

"The Six Laws of Cure"

Marlenea
La Shomb, N.D., LMT

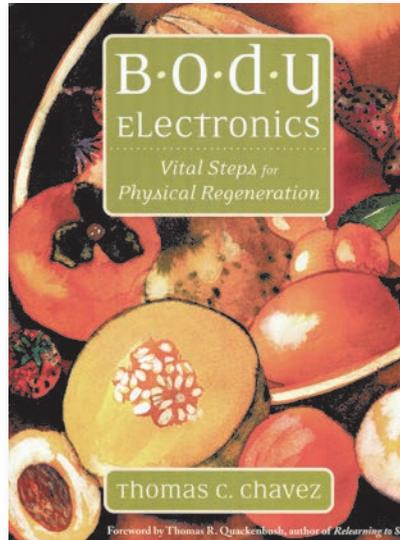
A COVID-19 STRESS-FREEDOM PRIMER: *It Starts with You!*

How does the body heal? What steps does it go through? When extrapolated to groups and to society, how do the principles of natural healing give us insight and hope, as we interreact (dance together) and strive to create a better world?

In 2005, Thomas C. Chavez wrote a fascinating book on the entire healing process titled, *Body Electronics: Vital Steps for Physical Regeneration*, which combines nutrient saturation (through natural, dietary choices and limited supplementation), personal consciousness, and peer support. A seminar leader on these subjects since 1984, he was one of the earliest students of Body Electronics pioneer, Dr. John Whitman Ray. He co-pastors with his wife at Christ the Healer United Church of Christ. He teaches "how to gourmet raw" and has supervised raw catering extravaganzas since 2002.

Chavez entered the world of active health care in 1975 as an Emergency Medical Technician and soon became a student of massage, shiatsu, herbalism, Bach flower remedies, nutrition, and neuro-linguistic programming (NLP). He became a practitioner of homeopathic medicine in 1979. Gabriel Cousens, MD, Director of the Tree of Life Rejuvenation Center, says that Chavez's work "provides the basis for a complete transformation of body, mind, and spirit." We will outline here the foundational principles of Chavez's *Six Laws of Cure*.

#1) Health is most usefully described as simply FREEDOM.



The better the health of an individual, the greater the FREEDOM of that person to both express and experience the fullness of life. Here are some examples:

- a) Healthy arms and legs are free to act within their complete range of motion.
- b) A healthy digestive system is free to break up and absorb the full spectrum of appropriate foods.
- c) An emotionally healthy person is free to respond to any event with a complete range of feelings, yet not be enslaved to those feelings (i.e. through reactive, fight-or-flight responses).
- d) A mentally healthy person freely relates any piece of data, fact, or event to any other with no consideration other than the facts and patterns themselves.

#2) Health FREEDOM is increased to the extent that people accept, embrace, love, and expand in the presence of the reality they live with. Health freedom is decreased when people resist,

deny, reject, hate, or have fear of what is.

#3) Stress refers to any event, situation, object, or internal process that must be overcome, negotiated, or adjusted to in order to maintain FREEDOM. Without this we create a symptom-dominated (damaged, sick, dysfunctional, or incomplete) state of being, environment, and world.

#4) Given the three variables of: environment, level of vitality, and available skills, each person's symptoms, no matter what they show, must be considered, as that person's best possible response to the overwhelming stresses of the moment.

#5) Changes in symptoms that reflect cure, rather than palliation (sweeping symptoms under the rug), or suppression (exchanging current symptoms for something worse) always follow *Herring's Law*, outlined in the following four principles:

- a) Cure progresses from the top down. As symptoms felt in the arms are resolved, similar symptoms may show up in the legs. The same movement progresses from the brain toward the heart, heart toward lungs, mouth toward stomach, stomach toward colon, etc.
- b) Cure progresses from the inside out, and mental symptoms that affect the core of self will tend to cure before emotional ones. Emotional issues will cure before physical ones.
- c) Cure progresses from the most delicate, life-sustaining physical organ, to the least deli-

cate, life-sustaining organ—e.g., from the brain to every other organ, heart before lungs, lungs before liver, liver before spleen, etc., and ending with the skin.

d) Cure progresses from the most recently arising (acute) symptom back through all previous symptoms, in reverse order of their arrival.

#6) Emotional symptoms are briefly re-experienced (cellular memories coming up) as the underlying reasons for their existence unravel, so that the physical symptoms can be healed. The goal is to NOT be re-triggered by this. It's okay to respect these emotions, which are like colors, with endless variations and distinctions.

In light of the changes we are experiencing today as a society, Chavez points out that life grows directly out of our personal work of healing, which then expands into the group. Chavez outlines the four stages of group cohesion that all voluntary groups endeavor to go through. These become the rhythms and dances of group maturation. He calls them: *Inspiration, Dedication, Integration, and Voluntary Unity*. These are fundamentally distinct from the herd-like behavior that is prevalent in so much fear-based anxiety and unrest today. Any group that wants to thrive would benefit from studying these healing processes.

We have yet to evolve into a society that is based on self-governing consciousness—*"the land where every one is free"*—yet there are signs we are moving toward it. This wholeness we seek is a sensitivity of love, wisdom, and awareness, so that the rhythms of my dance blend perfectly with the rhythms of yours. ■

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