



## Introduction to Resolve

Welcome to Resolve. This series of modules relates to:

- The ability to express one's spirit; one's true self, from the heart;
- Creating a personal reality that reflects that true self, that spirit.
- The first module relates to identifying what is unresolved, the conflict that is limiting the person in the expression of their true self.

Unresolved Challenges → Conflict and Confusion → Invalidation → Vulnerability

**Versus**

Resolved Challenges → Awareness & Understanding → Self-Validation & Trust → Resilience

## Resolve

I have always been investigative in my work. When the cause of a set of symptoms is known, my next question is "What caused that?". When the answer to that is known, I ask, "What caused that?"—drilling down to the disturbance in the person's expression of their life (spirit), that has resulted in those symptoms.

Our genetics give us the ability to express our life. Genetics gives us the ability to choose how we want to express our life; to choose our thinking, our behaviours, and how to inhabit our physical body.

Whatever disturbs that genetic ability, and therefore the expression of our life, are challenges that we don't, can't, resolve. These challenges may come from being involved in a major devastating event like a flood, an earthquake, or a tsunami, but can just as easily come from a seemingly insignificant every day event. It is not the size of the challenge or what the trauma was, but our response to the challenge that matters, that determines whether we will develop a conflict and symptom pattern or not; whether we will be vulnerable or resilient in the future as a result.

There are a million techniques out there (an exaggeration perhaps . or maybe not) that are applied to symptom patterns, and some of those will work some of the time. They will work, in that the symptom pattern will disappear. When the symptoms appear to have gone, the person may feel that they have had a cure. There are two possibilities, either they have resolved their conflict and have indeed achieved a cure, or they have enlisted defence strategies to enact denial, avoidance, and/or suppression.

We have available to us, also through our genetic ability, a myriad of such defence strategies with which to secure our survival, when our ability for living is distressed:

- Avoidance - %get very anxious when I have to go a place I haven't been to before. So I don't ever go+.
- Denial - %My family never take any notice of what I say, but they do take care of me, so that's OK+ (Denial of their own personal power, and have abdicated personal responsibility.)
- Changed Expression - %used to have very bad eczema but thanks to a marvellous cream, I don't any more. Now my only problem is asthma.+ (Stopped the expression of the conflict in one form and now there is a new pathway of expression.)
- Changed Expression - %used to have very bad eczema but thanks to a marvellous cream, I don't any more. Now my only problem is asthma.+ (Stopped the expression of the conflict in one form and now there is a new pathway of expression.)

If the person has resolved the conflict and have indeed had a %cure+, then to put it more accurately, the technique or therapy that was applied, has given them what they required, for them to affect their own healing ability, to resolve whatever it was that was causing the symptoms. No technique or treatment works without the ingredient %person+.

Symptoms are but messengers of an inner conflict whatever that may be; whether mental, emotional, physical or energetic. Kill the messengers, and you stop the expression of the conflict, but you don't necessarily resolve the conflict.

In fact by stopping the messages of the symptoms, the cause is now that much harder to find, and the pattern will eventually express again in the same or a different pattern of symptoms.

Many therapies work only with the symptoms of a person's dis-ease; the consciously known symptoms, and those that can be assessed with a limited (to physical) range of tests. Too often symptoms are taken in isolation of other symptoms with little or no consideration of the integrativeness.

We have specialists for different set of symptoms, Cardiologists, Ear Nose and Throat, etc. In natural therapies, we have Naturopaths, Osteopaths, etc. Specialisation gives us a depth of knowledge in each particular field, but the integrativeness is often lost.

A doctor's advice: An article in a magazine for seniors, produced by Readers Digest (Australia) in 2011, discussed %how to get the most out of your 7 minute consultation with your Doctor+. The doctor's advice in this article was that you should only concentrate on one problem per visit.

Unless the patient can see for themselves an integrative aspect to their various symptoms and therefore include them in their %one problem per visit+, how can a doctor possibly get an overview of what might be ailing the person? And, trying to do that in a 7 minute visit is interesting to contemplate.

Article by:

Val Walters

<http://kinesiologytraining.com>

