

## ***Integrating Healing into Medical Practice by Dr Gareth Thomas***



*I was recently approached by The Doctor- Healer network and asked to write an introductory piece on how I got into healing and how I use healing within the mainstream medical profession as well as life in general.*

*I was initially drawn to healing and the world of energy medicine when I travelled to Australia and South East Asia, whilst taking a year out from the proposed career path of Oral & Maxillofacial Surgery. Whilst in South East Asia I became interested in energy, through meditation.*

*Immediately, I became aware of how beneficial simple meditation was to my general well-being. This spawned my interest in the subtle anatomy i.e. the human energy field and the chakra system. It did not take a long time to see the connection between disease and how this may manifest in the subtle anatomy.*

*Fortunately, my early training in Crystal and Energy (Spiritual) Healing with The Vibrational Healing Foundation was an exceptional comprehensive start in energy medicine. So much so that it inspired me to learn how to teach this subject to the required National Standards as well as build my own healing practice.*

*Integrating healing into practice has become something that is much more widely accepted. Personally I tend to use a combination of Energy Healing and Bach Flower Remedies with clients that have a problem with dental anxiety as well as general stress that shows up within the context of dentistry.*

*Based on my knowledge that every experience involves some exchange of energy. Unpleasant dental experiences may be held in the subtle energies. These thoughts or memories are usually*

*recalled on each visit to the dentist. Following which there is usually an emotional response which in turn affects the physical body e.g. increased heart rate, along with the other physical feelings that accompany anxiety. It makes sense therefore, if the causative thought or memories can be addressed and cleared in accordance with what is for the highest good for the patient, the cyclical events of the conditioned response is broken and the patients overall experience improved.*

*From my experience it is better not to treat or focus upon specific events or symptoms for the simple reason that a symptom always has a different cause in each individual. Focusing upon symptoms generally (I feel) is a block to healing energies. In other words it is better to work through the issue which each individual on its own merit i.e. holistically.*

*Additionally being realistic in terms of the time it takes to help a patient have a comfortable experience at the dentist is also important as well as a constantly evolving genuine care for the patient.*

*In practice I tend to set very strong boundaries between conventional practice and complementary practice. This ensures that the patient knows what they are receiving and why. It also ensures that I know what knowledge I am drawing upon. I do this to avoid diluting each discipline with one another. If I wish for the integration to evolve I generally improve the standards of practice in each separate field of practice rather than developing a new therapy through the amalgamation of conventional and complementary medicine. This also ensures that the knowledge of each discipline to date remains protected, which in turn protects the public.*

*I also use healing for myself on a day to day basis. If I look back at my conventional practice days without it I often wonder how I managed. With that thought in mind I would like to bring the idea that people involved in any aspect of healthcare (conventional & complementary) are immune to ill health to light. By the very nature of energy, practitioners of any kind of healthcare are susceptible to the taking on of their client's disease patterns. This is inevitable; however, there are ways in which this can be kept to a minimum. I am sure that most healers will be familiar with the terms grounding, strengthening & clearing the energy field. These I believe are techniques that should also be widely known by anyone who is involved in healthcare.*

*Unfortunately, most people wait until they get affected upon the*

*physical levels and are then forced to seek help or take time off from their work.*

*Working closely with people has an affect also on our own personal development. In my own experience meditation can be of a great help as well as self-healing with and without crystals the issues which may be mirrored to us through our own patients or clients. In short I feel that anyone involved in any aspect of healthcare should take their own health seriously.*

*Another aspect of my healing work involves one to one healing, group work and teaching.*

*My one to one work involves working with people in general as well as specialising in working with people who have been affected by both prescription and illicit drugs. These can have profound long term affect upon the subtle anatomy. These affects I feel best explain the reason for some aspects of behaviour and experience of individuals following the ingestion of these substances.*

*Energetic rehabilitation takes some time and healing techniques and approach are generally very different to working on someone who has not been affected by this. It is usually a benefit for these clients to seek some conventional help e.g. counselling or psychotherapy alongside healing to be able to work through issues that need discussion and expression.*

*As Conventional Medicine Coordinator to both The Vibrational Healing Foundation (VHF) and The Crystal and Healing Federation (CHF) it is part of my work to actively bridge the gap in understanding between energy medicine and conventional medicine. I have worked closely with the NHS-Directory for complementary and alternative therapiesto ensure that crystal healing is properly represented i.e. to the required National Standards.*

*Bridging the Gap between energy medicine and conventional medicine needs to evolve. I feel that in some ways energy healing is becoming more conventionalised daily. This may be because the correct language and image is yet to be conveyed to the conventional world by more people who are serious about healing.*

*The Vibrational Healing Foundation is attempting to do this through its website VHF Energy Medicine: [www.energymed.co.uk](http://www.energymed.co.uk) which is also in the process of evolving presently. Any feedback or comments on the present site are welcomed.*

*This work generally involves working with healthcare professionals. In an attempt to highlight the need to integrate energy healing into conventional settings I tend to approach this subject in an experiential way. In other words teaching conventional healthcare professionals about how they themselves can work with their own subtle energy and anatomy to improve their experience in work and life in general. Experiencing healing energies tends to speak for itself; however, finding the right language is important.*

*Continuing on with integrating energy healing and conventional healthcare I regularly teach groups of qualified healers how to work responsibly and affectively in conventional settings. As a tutor for The Vibrational Healing Foundation, I regularly teach Crystal and Energy Therapy to small groups and to the required National standards. This is something that I passionately love to do as it gives me the opportunity to be with like minded people as well as share my knowledge with others. With Light*

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