

The difference between healing and curing



Arvick Baghramian

Indie Shaman is happy to work in partnership with Guid Publications bringing you our new columnist, Arvick Baghramian, who in this series of short articles (with associated videos) discusses her work and insights as a shamanic counsellor.

In this article Arvick talks about the difference between healing and curing

*To see the original video on this article: https://www.youtube.com/watch?v=dhvofniH0_w
courtesy of www.guid-publicaciones.com*

Today I would like to talk about the subject of healing and curing and the difference between them from a shamanic perspective.

So what is the difference? Many people, when asked, would find this question very difficult to answer. However, there is a difference and in order to explain it, we need to understand the difference between the medical and the shamanic understanding of health and illness. The medical doctor deals exclusively with curing. This means eliminating the disease or the symptoms of the disease and extending life. That is the sole concern of the medical doctor. The shaman on the other hand, while she is also interested in the curing and extension of life, where possible is more interested in the broader healing of the person. The shaman treats the person, not the disease.

So, what does that mean? The shaman looks at the person holistically, the broader extent of the disease. What was the quality of the ill person's life before the sickness? How is that illness affecting their daily life now? How is it affecting their immediate and extended community? And most importantly, is most interested in understanding the real cause of the sickness. The shaman considers that the cause of the disease can sometimes be other than physical. It can be psychological, emotional or spiritual. But this doesn't mean that a physical illness or a physical disease is not purely physical. So, the shaman sets out to heal the cause, to heal the whole person, not just to eliminate the disease.

In shamanic terms, one of the possible reasons for illness could be loss of power. Just like in medical terms, a low immune system can lead to sickness, because when we are weak we are vulnerable to all that is around us. So loss of power from a shaman's point of view can lead to either physical or psychological illness. The shaman believes that loss of spiritual power can lead us to develop mental and physical illness. So, when the shaman heals, she would attempt to restore the lost power to the person.

Sometimes this restoration of the spiritual power for the person would mean that a physical healing and curing can also happen. But there are other times that the restoration of the power and the shamanic healing will not necessarily cure the disease. Maybe because the disease is too advanced and cannot be healed.

What we are saying here is that it is possible for us to be healed, not necessarily cured. And to accept our disease from a power place is what the healing is all about. So, understanding this is at the core of the difference between healing and curing. And how shamanic intervention can help us to live our life under any circumstances from a power place and not a victim place.

Author's Bio

Arvick Baghramian, currently living in Spain, received her degree in Applied Social Studies and Social Work from the University of Bradford in England. She specialized in the field of child sexual abuse and has worked with traumatized children and adults for the past twenty years, lecturing extensively on the subject and training professionals around the world. Her work with abused children compelled her to explore different therapeutic techniques, leading her to become a Play Therapist, NLP Practitioner and Ericksonian Hypnotist, and ultimately led her to Reiki, Conscious Breathing, Shamanism and the Personal Totem Pole process, all of which she has been teaching since the mid-1980's.

Arvick leads workshops in the UK, USA, Israel, Spain, Poland, New Zealand and the Scandinavian countries. Her commitment in directing people to achieve their full potential and to discover their true inner selves is an inspiration and her unique way of teaching as well as her personal approach and sincerity make her courses and trainings an unforgettable beginning of a new path in life.

Arvick's book *The Magic of Shamanism* (Guid Publications ISBN: 978-99957-32-15-8) is available in your local Waterstones bookshop or on Amazon. <http://myBook.to/themagicofshamanism>

Guild Publicaciones (<http://guid-publicaciones.com>) have a new company website for their books published in the English language and you can read more about Arvick's work at <http://guid-publicaciones.com/arvick-baghramian/>

