



## WHAT IS HEALING?

By Neil W. McKinlay



'To heal' finds its origin in the root 'wholeness'. Understood from this perspective, healing involves becoming whole. More accurately, healing involves restoring the wholeness fundamental to who we are. The word 'fundamental' is crucial here. We are not bringing anything new to our being when we heal; instead we are restoring something which is already there - something essential, something that can be forgotten but never lost.

Imagine a tabletop that has accumulated a considerable amount of paint and dirt through the years. We need not replace this surface in order to heal its grainy brilliance. We need only realize that brilliance has become obscured. Then we begin the work of removing these obscurations, confident in the untouched magnificence waiting underneath.

So too with us. Healing involves rediscovering qualities already within and intuitive work facilitates this in several ways. Most obviously, such work helps us see that which covers our natural selves. Through the unbiased wisdom of intuition we are given insight into the patterns and blockages that no longer serve our necessary unfolding, that in fact impede this never-ending process.

This sort of engagement also offers glimpses of the intention held by our true selves. While this directionality is always present - and very often sensed - accumulated "paint and dirt" add a layer of cloudiness and uncertainty to our experience. We might sense we need to move toward a certain end, for example, but not fully believe this. Intuitive guidance can help us see more clearly what needs expression in our lives.

Finally, when conducted in a hands-on way, intuitive work brings us into direct contact with the energy arising from our basic wholeness. Here, as always, the intuitive becomes a channel, helping this energy flow more freely in our present situation. When this happens, the above-mentioned obscurations begin to dissolve and a direct experience of fundamental wellness arises.

As the thread running through all my work, healing involves becoming who we are. Drawing confidence from a growing certainty that there is something basically wholesome in this 'are-ness', healing involves seeing the ways we hold ourselves back and, at the same time, leaping into the mysterious expanse that lay beyond, leaping - in the simplest terms - into our life.

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