

Beitrag in einem englischen Tibetan Pulsing Buch  
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**The cycles of healing –  
Tibetan pulsing as a healing and supportive guide on our life's path**  
Practitioner: Ranva I. Görner

Tibetan pulsing has the potential to support us through every stage of our development. It can be used to restore physical and emotional well-being or as a practical and spiritual guide on the evolutionary path of consciousness. Our understanding of what it is to be healthy, happy and balanced may undergo many transformations through the Tibetan pulsing processes, just as people often move through different cycles of healing as illustrated by the case of Margo a 45-year old former sports and dance teacher.

Margo first came to me for Tibetan pulsing treatment several years ago. Her body was so full of tension, aches and pain she could no longer run or dance. Her immune system was particularly weak so she was prone to many colds and infections. She also suffered from hypochondria and was continually checking to see if her blood pressure was normal. If she had a headache for a few days she would immediately go for a CT scan believing that she had a brain tumor.

Margo told me her problems had started after giving birth to her two sons. During both births she had entered a deep state of profound gratitude, ecstasy and bliss despite the pain of labour. Afterwards she developed an overwhelming fear of losing her children, her husband, her health and even her life. I recognized that she had experienced a Satori while giving birth: a state of impersonal, infinite bliss. When she 'came back' a fear of dying flooded her system. The experience was too much for her nervous system and caused a strong energetic charge to remain held in her body. Despite her disinterest in spiritual matters, she was able to feel some resonance with what I was trying to point towards. However her main concern was to get rid of her pain and fear. (Margo is German and unable to share her process easily in English but has given me permission to report her case and describe the cycles of healing she went through):

**Cycle one: Discharging tension**

At the start of our spiritual, healing journey we often have specific issues or problems which we want to solve. We want to rid ourselves of emotions, thoughts, tensions which we don't like and we aspire to attain to a certain state of being. Our attitude is usually one of wanting to feel better, become more healthy and improve our inner state. At this level Tibetan Pulsing can help us by discharging tensions held in the body within the nervous system. Relaxation occurs and we may feel more healthy, more at ease, more powerful and alive.

**Margo's process:**

I gave her sessions focusing on the bladder and hara to release the tension and stress in her body and to help restore her immune system. The sessions supported a process of self-inquiry where she became more aware of the psychosomatic element of her dis-ease. She also gained an awareness of her hypochondria. She began to

see her control mechanisms which was the first step towards changing this habitual behaviour.

Cycle two: Containment; being a vessel for emotional release:

Eventually we come to a point where we realize that despite all the improvement, we still experience pain, fear, anger and sadness. We see that our arduous efforts to be free from these feelings and sensations don't really succeed. We become aware of the pendulum which moves from feeling good to feeling bad, being at ease to being afraid, tense and angry. At this level Tibetan pulsing can support us in being able to cope with life's challenges and its ups and downs.

Margo's process:

A combination of her deepening self-inquiry together with the Tibetan pulsing sessions allowed Margo's immune system to begin to strengthen. The next stage was to address all the fear and anxiety which she was still experiencing at a deep level. She received a combination of heart, pons, liver, stomach, cerebellum and again bladder sessions. During these sessions her relationship and emotional issues began to come to light. The unresolved emotional charge began to relax so her body could contain the fear and insecurity. She felt more stable in the midst of turmoil. Her whole energy system had become more resilient.

Cycle three: Meditation and mindfulness; being the witness

Finally the mindfulness aspect of Tibetan Pulsing allows us to accept the two poles of life as they are and to be a witness. We are no longer attached to what we want and what we do not want. The ideas and concepts of achieving and fixing ourselves come to an end. We learn to remain centred, aware and relaxed in the middle of fluctuating moods, thoughts and emotions.

Margo's process:

After a further series of sessions Margo came to the point where her attachment to certain limiting thought patterns was being highlighted. She was able to begin letting go of the attachment to these habitual mind concepts as they continually became more transparent and less compulsory. In the process of her self-inquiry the root cause of suffering became clear: 'the attachment to what I want and to what I don't want'. She has started to see there could be a way of life that exists without this clinging.

There is such a difference between how Margo was when I first met her and how she is now. She continues to experience life's ups and downs, but each moment brings more lightness, joy and relaxation. No-Mind is dawning.

Ranva calls her work Pulsare, which is a blend of self-inquiry and Tibetan Pulsing Healing.

<http://www.ranva.de>