



# Holistic Healing

Okeko Systemic Energetic Bodywork  
Bioenergy Healing



## Okeko Learn & Share Gatherings

On our website [okeko.org](http://okeko.org) you can read about the purpose of Okeko® and the general set up of Learn & Share Gatherings. Read and agree to the [Terms & Conditions](#) to organise an Okeko Gathering yourself. In two hours sessions, we learn & share unique, easy, effortless nevertheless effective healing techniques for private and/or professional use. No holistic healing experience, certificates or membership needed. Participants need to sign the [Okeko Learn & Share Gathering Consent Form](#) and be okay or intend to be okay to heal and facilitate healing, the Okeko artist way.

Holistic Healing  
what we need to know first

In Okeko Systemic Energetic Bodywork and Bioenergy Healing we play with Holistic Healing techniques that involve touch, movement and various skills derived from the ancient healing arts. We regard the knowledge that the body has an interest in maintaining a free-flowing energy exchange in and around tissues to nurture and sustain a balanced bodily system. Likewise, if we deeply realise who we are and know that we are in an infinite flowing connection with other people, environment and Universal (powerful creative conscious love) energies-in-formation, we long like every cell in our body to be part of this free flow of energy.

Contrary, for whatever reason we forget, fail to recognise, ignore or put aside the knowledge about our continual flowing connection as described above, it's very likely that after a while we will feel blocked, isolated, stuck, stiff and/or static. Being deprived of sincere unconditional contact and lovely connections with other people to share genuine thoughts and feelings with, we might for

example avoid close contact because we are crippled with fear to properly connect, thereby hindering allowance of the flow of love in life.

We might not even realise how deeply we miss genuine interaction and connection. Specially if growing up without loving touch, hugs, warm-hearted connection and emotional support. Even worse, when growing up in chaos, conflict, abuse and violence where our normalised ways of interaction are painful, we don't have a vivid reference of the benefits of connectedness and might fear it altogether. The good news is that there are great opportunities available to become aware of blocked energies and heal fear, pain and stress in Holistic Healing sessions.

Even when we have plenty memories of loving touch, the world around mostly provides for conditional ways of contact. For instance health care professionals who rigidly stick to a certain method or state of being when connecting with clients. In Okeko Systemic Energetic Bodywork Gatherings we emphasis the fact that if we process fears, pain and stress and become aware of our continual flowing connection with other people, environment and Universal flows of life, we learn our lessons and profoundly free ourselves. This creates opportunities to become aware of and follow our inherent guiding systems like feelings, intuition, creativity and courage, which empowers us to choose for the flow of love and align with Universal consciousness without dependency on methods, substances or professionals.

In Okeko Learn & Share Gatherings, we allow ourselves to play with Holistic Healing techniques to create opportunities to remark our shared flow of Universal energies and dare to explore our conscious connection with others in ever more sensitive listening ways. Moreover, we learn to progress on our healing journey by letting go of fixed methods and states (conditions) of being, which hinder the free flow of healing energies.

By allowing play and letting go of patterns that no longer serve us on our healing journey, we also realise that the more we can let go of the narrow

identification with for instance the image that we have created of ourselves and others and the roles we play in our societies, the more we'll notice that it is our awareness and allowance of the free-flowing Universal energies that facilitates healing for our own benefit as well as for others and environment. Life is all about endless learning, sharing and healing. We can try to capture and label the healing life force, but soon find out that we're fooling our-selves.

It's not the healing method or our state of being that facilitates healing. Facilitation of healing cannot be 'done' because it is a result of becoming aware of and allowing Universal energies to flow in our perception of what's going on in and around us. By allowing these energies to come forward in our intentions and expressions we will notice tangible proof of our healing in our experiences. It is based on the principle that if we let go of constricting identification, methods and conditions that hinder the flow of life, it can flow through us. Very simple principle.

Although there are various and sophisticated methods who claim to advance our healing, the basics of Holistic Healing are again very simple. In Okeko Healing Gatherings we aim to notice the power of simplicity, ease and playfulness. So, if we are able to make a sensitive listening contact with one-another, our bodily tissues (even bone tissue) awaken. When that happens, many participants feel soft tingling sensations, which is a sign of the energies unwinding and because the cells in our body embrace this process, it feels like a joyful play.

Through the enhanced flow of energy, our bodies rejuvenate and it is possible to release (unconscious) patterns of tension even after many years of holding on to fear, pain and stress caused by psychosomatic symptoms of dis-eases, accidents, injuries, etc. as a result of emotional imbalance, often related to loving touch deprivation and subsequently due to the creation of assumptions, detrimental patterns in beliefs and conditions the inability to become aware of our connection to our true selves aligned with Universal flows of life.

We need to know that if our body holds on to a pattern of tension which means that the flow of energy is being blocked in an area, it will react quite intelligent by making the problem, or the blockage, if you will, as small as possible. In this way there is an opportunity for the unaffected tissues to stay in touch with the flow of Universal energy, also called Prana or Chi, which maintains systematic flow for instance in phases of contraction, expansion and neutrality in order to fine-tune with life's healing forces and keeping up to speed with heightening consciousness.

When allowed, the body can take care of itself and provided with awareness and enough rest, healing can take place. But if the individual can not give the body what it needs to recover, the consequence will be that the blocked area becomes compressed, it will be isolated and alienated, excluded from ongoing maintenance in bodily systems. The blocked area can become so tensed that the healing processes in every cell in this compressed area is hindered by that tension.

Now, just for one moment, imagine a human being in this position, or better still, imagine yourself to be under pressure, alienated, excluded from systematic maintenance, isolated without noticing flow in life and its lovely creative and wise healing phenomena.... What would really help you? Could it be that we need at least one human being who has the courage to connect without judging and blaming us?

Would it be valuable to us if this human also brings the remembrance of our potential to reconnect and heal, to realise that the biggest part of us, the subtle energy body, thrives to coherently flow in powerful vortexes of Universal consciousness and that we might as well start by shifting our attention to flow in life instead of keeping our focus on our problem?

Deliberately shifting attention from a problem to flow opens the way to healing and unconditional love of 'self'. Holistic Healing is basically a process of becoming more and more aware of the above described dynamic where we

learn to mark that others are in the same process of rising up to higher levels of consciousness and subsequently also mark that if they are struggling, that this too is part of the same healing journey, which means we can transcend the normalised viewpoint that we totally consist of a personality and thus locked in our image of a fixed identity.

We live-on in flow in regard to our essential connection with reality and learn to open our minds to the notion that 'self' is a shared reality fuelled by the flow of Universal energies-in-formation and that although our perceptions, intentions, expressions and experiences are brilliantly unique, we are the same flow of consciousness. The word 'self' denotes our share in consciousness, identical to others, which becomes clearer if we take a look at the root meaning of this word in foreign languages like German, Dutch and Spanish. There we find that 'self' means 'same' and 'identical'.

In this way, the term 'self-conscious' leads to the notion that we are conscious of our shared reality, that we are part of the same flow of consciousness. To realise the implications of this knowledge, we need to transcend the boundaries we've been building around us and gradually let go of the image that we've created of our-selves and others.

Well, just like the individual will benefit from holistic healing dynamics, every bodily cell rejoices, revitalises and rejuvenates when our bodies are approached and touched in a more aware, subtle listening way, gracefully invited to let go of excessive tension and allowed to surrender little by little through heart-to-heart communication.

There's no force needed, holistic healing processes go gradually without hurry, thereby facilitating the feeling of being welcome. Our healing dynamics propels us to participate in ongoing learning, sharing and healing processes, to have the courage to transcend sophisticated methods, states of being and identification with roles in life, to be in the infinite flow of rising consciousness.

The results can be really amazing when consciously (re)connecting in more open, direct and welcoming ways so that the tensed areas of our bodies can release and healing can take place which promotes the processing and letting go of emotions, and subsequently our fear, pain and stress. We become aware of our true self, so we can reach out again, freely connect with others and be in the flow of powerful creative conscious love energies that we share anyway.

So the question is, are we ready to explore? Ready to challenge the image that we have created of our-self and others, open our heart and mind, transcend our beliefs and conditions to rejuvenate and dare we play with Universal healing forces that will awaken us to rise-up to higher levels of consciousness for more flow in life, ultimately for the benefit of all?

If so, you can also be part of our experiential healing journey presented on our websites [Okeko.org](http://Okeko.org) & [Okeko.Co.UK](http://Okeko.Co.UK) Book your place in Okeko Learn & Share Gatherings or [Contact](#) us with a request to organise a gathering in your own area of Scotland, T&C apply.

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Read also our Free Booklet: [Okeko Systemic Energetic Bodywork](#)

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Okeko Learn & Share Gatherings to Heal and Raise Consciousness