

# The Healing Process And Traditional Medicine



**Mushiba:** There is an ongoing debate about the use of traditional medicine for healing versus alternative techniques ~ and each side presenting their positives and the negatives of the other side. Waith has regularly counseled what the role of traditional medicine is in the process of Healing Self. Here is a sample:

**Waith:** *“There is too much emphasis on thinking that if one is seeking spiritual truths, then they surely must Heal Self without taking medication. There are healers in many different forms ~ and they may have degrees in medicine. They may be doctors who are very much of the Light and who are attempting to heal.*

*“Be careful ~ by not allowing yourself to work with a doctor and thinking that you would use herbs to heal yourself, may not be appropriate for your particular point in the healing process. There must be a flexibility and an open mindedness toward any assistance that you may receive from any of the healing that is being given through on the earth plane now.*

*“There are some medications that are beneficial for some while that same medication may not be beneficial for another. It must not be categorically denied ~ rather, acceptance of it as part of the healing process.”*

We each need to find our own balance in the Healing of Self. Whether we are helped by traditional medicine, alternative medicine or a combination of the many modes available to us, does not matter. I have much love and appreciation for the healing facilitators who have guided me in my healing journey in this life ~ with both traditional and non traditional medicine.