

The Body. Mind & Spirit Connection of Creative Expression



by Dalal Akoury, MD

“Diseases” and addictive behaviors are physical and emotional expressions of the soul when all avenues for expressing the inner creative energies are blocked. Our inner energies are reflected outwardly as concrete events.

Just as a mirror reveals whatever comes before it, so life and health are the result of the magical continuous balance between the inner and outer dance. The inner and outer (or the apparent opposing forces) are aspects of the same thing seen from different angles. The more we relate with one end of polarity (i.e. light and dark), the more likely the other extreme of the spectrum will surface as external expression.

We use a lot of energy to “curb what we perceive as our undesirable traits—our negativity, judgmental nature, and our other secret defects and struggles.” In other words, physical diseases are reflections of how we are managing our energies. If we are willing to look at the reflections, and to embrace awareness of them, miracle transformation will be born. We will become less polarized and more centered, resulting in an alignment of our soul and body. When disease and illness are considered as expressions of



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the sick and blocked soul, we may realize that we hold the key to self-healing deep inside. The fundamental concept of these vital forces form a logical understanding of the role of disease in life, and this knowledge, of susceptibility and disease manifestation, leads to the path of higher consciousness.

This is an alternative view that will take us outside the traditional orthodox medical model in relation to mental, emotional and physical illnesses and their manifestations. By embracing creative expression, we will discover a wonderful healing tool for many of our personal health and spiritual problems. It takes tremendous personal courage and compassion to embrace the external expression as reflections of the inner self, and to begin the journey in healing one's own soul. We need to give ourselves permission to stop suppressing our unpleasant thoughts and allow them an emotional "Drano" purge time through creative expression. This can free up energy we need in order to persevere in our creative passions. We need to realize that our flaws, imperfections, crippling emotions, and scars, such as anger, jealousy, revenge, frustration, sadness and rejection, can become our incredible creative energy for many triumphant works of writing, art, music, performances and healing. We need to acknowledge that this inner landscape can be a source of personal growth, healing and creative expression.

Art therapy, music therapy, dance and movement

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therapy, poetry therapy, drama therapy, cooking, sewing and psychodrama are becoming fundamental disciplines that combine psychotherapy and counseling with the curative power of creative expression and communication through the arts.

Music, painting and all creative arts are medicine for the soul and the body. Creative expression, or Creative Art Therapies (CATs), are well-established psychotherapeutic approaches that can enhance the care of patients with

mental health and medical problems. Considered complementary and alternative approaches by the National Institutes of Health, CATs seek to evoke emotional expression through various art forms including dance, theater, music and the visual arts. A growing body of research is demonstrating the effectiveness of CATs in alleviating stress, helping patients cope with pain, and giving them the courage to fight cancer and other chronic, debilitating diseases. At this time, when medicine of the 21st century is embracing the arts in so many ways, there is renewed interest in CATs.

For more info on alternative and complementary methods of healing, and the 4 Pillars of Optimal Health, contact Dr. Dalal Akoury (Dr. Dolly) at Awaremed.com or call 843-492-0616. Awaremed is located at Cinzia at North Beach Plantation, 719 N Beach Blvd, North Myrtle Beach. See ad page 13.

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