

The qualities of true power

Today I will continue the series of articles on the process of healing. I have fifteen years of experience in medical practice and I can say that not all patients heal according to the textbooks I read while in training. What has become a fascination for me is the psychological component to how humans heal. I have discovered that healing is dependent on a combination of factors. Those factors include physical, emotional, mental and even spiritual elements.

Today I will focus on metaphysical aspects to healing. Specifically, I will make an important distinction between power vs. force. In order to heal, it is wise to align oneself with the qualities of power instead of the qualities of force.

In short, power makes the body go strong and force makes the body go weak. What I mean by strong and weak is in reference to the immune system and the nervous system. When the immune system and nervous system are strong we are better able to heal. Qualities of power will therefore help us heal and qualities of force will oppose this.

According to David Hawkins, MD in his book *Power vs. Force* he states, “On examination, we’ll see that power arises from meaning. It has to do with motive and it has to do with principle. Power is always associated with that which supports the significance of life itself.”

According to the laws of physics, force is always met with counterforce. A counterforce by definition is a limitation. Power, however, never encounters opposition. It requires no justification, has no needs and makes no demands. Power is total and complete and is unlimited. Force requires continued energy to sustain itself. Power energizes and supports life. Force takes these away.

Now let’s examine some practical examples. Anger for instance is an emotion of force. Anger makes the body go weak. It depletes energy and reduces immune function. A well known long term analysis of medical students done by Reford Williams at Duke University measured levels of anger and hostility and then looked at mortality rates decades later.

The psychological exam measured hostility and found that the students who scored high on the hostility measures, died at a higher rate than the students who scored lower on the hostility index. All other factors such as smoking, blood pressure, weight, diet, or family history made no impact on the mortality rates. The defining measure for the mortality rate was only due to one thing, and that was hostility. The force of anger met a massive counter force, illness.

Let’s now consider kindness as a quality of power. Being kind to another human being is uplifting. It strengthens the body and immune system. Kindness has no downside. There is no regret or feeling of loss when you are kind. Did you know that kindness is a natural antidepressant? It’s true. Being kind is a scientifically proven way to improve your mood.

In his bestselling book, *The Power of Intention*, Dr. Wayne Dyer sites research that an act of kindness increases the serotonin levels in your brain. Serotonin is a natural chemical in your body that is responsible for improving mood. Elevating serotonin levels is the mechanism of action for many anti-depressant medications. Kindness is a proven way to naturally increase your serotonin levels.

The interesting conclusion found in this study is that serotonin levels are increased in both the giver and receiver of an act of kindness. In addition, anyone who witnesses an act of kindness also has an increase in serotonin levels. Wow. Kindness is a natural antidepressant for the giver, receiver, and witness of human compassion. That is power.

As a quality of power, kindness has no demands; it has no needs. It requires no external source of energy. It has no limitation and in contrast to force it energizes, supplies and supports. This is why kindness positively impacts the giver, receiver, and observer.

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