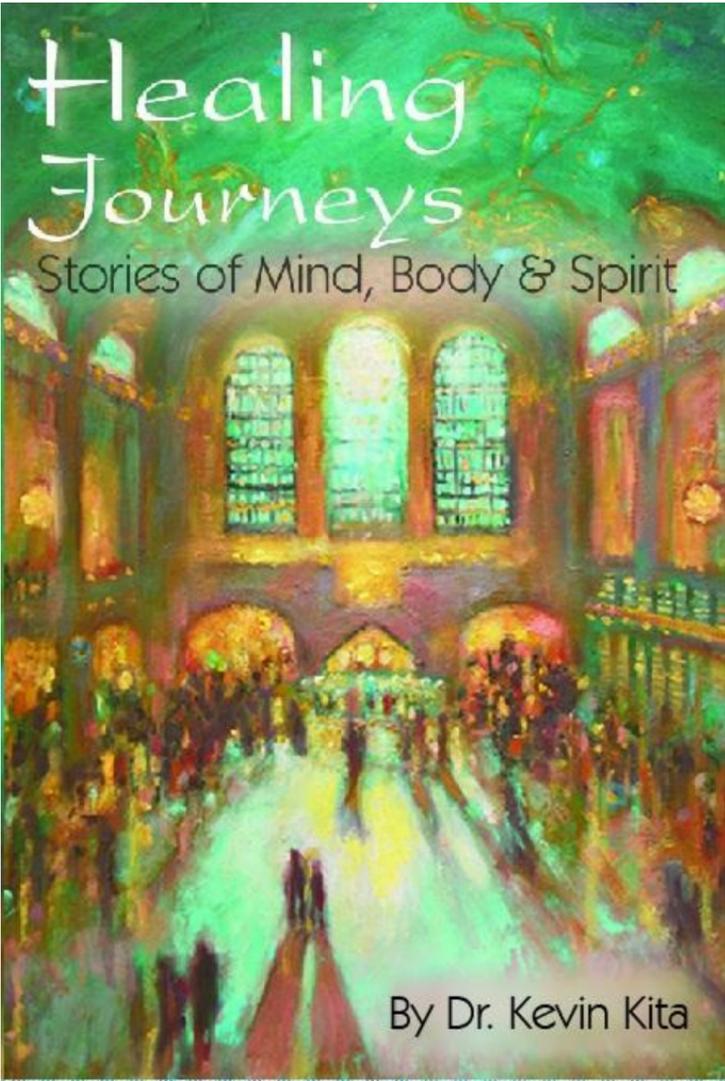


Healing Journeys

Stories of Mind, Body & Spirit



By Dr. Kevin Kita

What they are saying about Healing Journeys Stories of mind, Body & Spirit

“A heartfelt mixture of the physical and the metaphysical, the transformative and the healthful, from Chiropractic to the healing power of the body, mind and soul.”

Dr John Demartini
Author of Count Your Blessings –
The Healing Power of Gratitude and Love

“... encourages the reader to take stock – and, in conjunction with that, responsibility – when seeking answers to physical ailments. Oftentimes, there are underlying issues which contribute to the severity of our physical issues. Dr. Kita's remarkable intuition and gentle manner allow those he comes in contact with to truly look themselves in the eye and confront their problems from more than one angle. The reader will gain insight in dealing with fear, anger, and criticism, among other emotions. This book is a must-read for anyone who desires to be fully healthy, both inside and out.”

Jeff Olson
Author of The Slight Edge: Turning Simple
Disciplines Into Massive Success

In this book, we learn that the physical symptom is usually just that...a symptom. The root cause is practically always emotional and must be

discovered, acknowledged and dealt with in order for one to heal themselves. The wisdom of Dr. Kita can help us do just that and, as a result, live a happier, healthier, and more fulfilling life.

*-Bob Burg
coauthor of The Go-Giver*

A seemingly simple book with much wisdom, information, and a bit of magic. The book's central statement that "negative emotions can cause health problems" is not an unusual idea in itself, but Dr. Kevin Kita's handling is not just unusual but unique. He systematically addresses six emotions – anger, fear, criticism, self esteem, resentment, and forgiveness – with true case studies. He gives his own, genuine reaction as he meets each case. ... Also, he suggests self-help exercises for each emotion, for the sake of good health for us his readers. Along the way, we read fascinating chiropractic information. Dr. Kita makes it fascinating by his plain and intelligent style. The author's unassuming and honest approach to each case and his deepening abilities inspire us. And, perhaps to our surprise and, with that bit of magic, our authentic encounter with the author gives us an unexpected healing.

*Lisa Nicole Woodside, PhD
Professor Emerita
Holy Family University*

"This book is much like it's author – kind, gentle, thoughtful, helpful. ...Dr. Kita's work and book are truly holistic. It is fascinating to read about the interplay of body, thought, emotion, life-problems,

and healing, in such simple, clear, compassionate writing. As a Nietzschean scholar, I was impressed to see resentment as a key problem and topic here. Nietzsche himself called attention to the powerful role of resentment in the modern psyche. (He also suffered from migraines and other debilitating problems which a gifted healer like Dr. Kita might have assuaged!)

*Harold Weiss, Ph.D.
Professor of Philosophy
Northampton Community College*

In this book, Dr. Kita demonstrates that a psychosomatic relationship does exist in the healing process. By compassionately listening to his patients he allows for a productive dialogue to ensue which brings to bear a mental or spiritual dimension to chiropractic care. The results may more readily affect a physical cure. In addition, this unique approach can only bring hope and encouragement to his patients. It's a great read!!!

*Edward M. Murawski
Lecturer of Philosophy
La Salle University*

Healing Journeys

Stories
of Body, Mind & Spirit

by

Dr. Kevin Kita

Illustrations

by

Jessie Krause



Open Door Publications

Healing Journeys
Stories of Body, Mind and Spirit

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The material in this book is not intended as a substitute for advice from physicians, therapists or other professionals. The reader should regularly consult his or her own physician in matters relating to health, exercise, diet or emotional well-being.

Names and identifying details of the patients, their family members and friends have been changed to protect the privacy of individuals.

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Introduction

I wrote this book at the urging of many of the patients who have come to my office seeking help. As I got to know them, and they me, they would tell me that I should write a book to share my experiences with people who are not able to visit me personally. I listened to their advice, and often thought about writing a book, but it took me years to finally sit down and begin to work on it.

Many people suffer from health problems that are caused by past emotional

traumas or thinking patterns, but they have no understanding of the real, underlying cause of their physical symptoms, and so no way to really begin to heal. I hope that this book will help people to understand some of the things that I have learned in my own healing journey about the need to heal our emotional wounds in order to heal our physical symptoms.

My healing journey began by accident. I was still in Chiropractic College and during the small amount of spare time that I had, I would play tennis. I had played a lot of serious tennis in my youth and always considered myself to be in good physical shape. Then, at a weekend tennis tournament, I tore my right calf muscle. This puzzled me because I had never had any muscle issues in 25 years as a tennis player, or in any of the other sports I had participated in. I finished playing the match, and won it, even though I was in excruciating pain. I was supposed to play another match that day, but told the tournament director I couldn't play anymore.

After forfeiting the next match, I turned my attention to my calf muscle. It hurt a lot, but I wasn't worried because I had always healed fast. Little did I know that this time

something would be different. I did the normal things one does for this type of injury, such as applying ice and resting it. One week went by and there was very little improvement. I was a bit surprised by this lack of improvement, but as things developed, this was only the beginning of my journey. Two weeks went by and no improvement. Three weeks passed and still no improvement. After a month my leg began to feel better, and I thought I was finally healed. I started to run on it, but I could only run one block before my calf muscle seized up again.

I was frustrated of course, and one day I mentioned my problem and my annoyance and frustration about it to one of my classmates. She suggested that I read a book by the well-known author and healer Louise Hay, titled *Heal Your Body*.

I read the book and learned the connection between our emotions and our body. Reading the book helped me to realize that I was in a state of fear about moving forward in my life: I was finishing Chiropractic College and I was terrified about opening my own practice. This fear was what was causing my calf muscle not to heal. As I realized the

connection and dealt with my fear, my calf muscle finally began to heal quickly.

The healing journey I experienced at the start of my Chiropractic career taught me lessons that have helped me ever since in working with patients who have seemingly incurable ailments. It helped me to learn that often “incurable” really means that something must be cured from within ourselves.

Healing Journeys: Stories of Body, Mind and Spirit is comprised of just a few of the journeys that have begun in my office over the years. Some are hard to believe, even by me, but all of the events that I describe in this book have really happened. While they seem very surreal to me, they have also opened my eyes, and the eyes of the patients and their families and friends, to the power that our emotions have on our health.

As I experienced my own healing journey, and then later began to see similar journeys in my patients, my understanding of and appreciation for the connection between our emotions and our health grew. These experiences have changed my life and the lives of my patients forever. It is easy to say “Our emotions affect our health,” but to experience it

firsthand has given me a totally different perspective than I had before.

There are many people who praise me for healing them, and I always need to correct them. I am not the one who has healed them - their own bodies have. The body has the innate intelligence to heal itself; I am just the facilitator of that healing.

Over the years I have found that there are six major emotions that cause the most problems with my patients' health. They are: **anger, fear, criticism, self-esteem, resentment,** and **forgiveness.** I realize, of course, that there are many more emotions that can also cause health problems, but these are the most common ones that continue to regularly surface in the patients who come to my office.

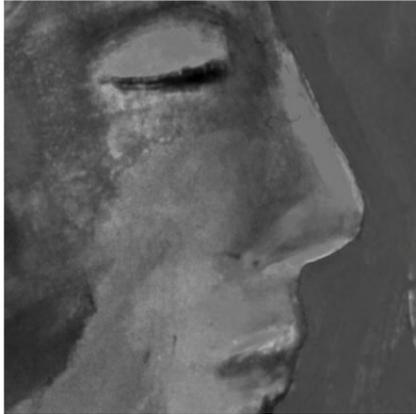
These stories of healing would never have come about without the many teachers and mentors who have blessed my life forever. "When the student is ready the teacher will appear" is a Buddhist proverb, but in my case, I have often felt that the teacher appears, and I later discover why I needed that teaching. Without these great people entering my life, the resources that I have to help the people

who come into my office would be limited. Most of the knowledge that I give to others is not mine but that of the teachers I have met throughout my own journey. They have always been gracious in sharing their knowledge with me. This book is my way of returning that favor and sharing what I have learned with others.

My wish is that this book will help you, the reader, to learn more about the effect that emotions can have on your health and your body. I hope that if you experience in your own life something similar to the stories written here you will have a better understanding of how to begin your own healing journey, so that you can find your own balance of body, mind, and spirit.

Chapter 1

Anger



Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

The Healer Within

Kristin Malloy entered my office and sat down with a protracted sigh in the wooden chair across from my desk. She looked exhausted. She wore a navy blue suit with gold buttons, a white blouse and low-heeled black shoes. She'd obviously just come from work. An identification card still hung around her neck.

While a patient history can give a lot of information, taking the time to talk with a new patient is often a big help in determining a medical issue.

It was 5 p.m. and the 35-year-old was tired from her long, busy day. As we talked, she

reached up numerous times to rub the back of her neck or her eyes, as if her head hurt. Kristin looked not only tired but also frustrated. She'd been to so many other healthcare providers and, so far, hadn't found answers to her health problems.

I get a nervous feeling in my stomach when someone comes to see me after going to numerous other medical doctors. It's likely I'm their last resort. They're counting on me to resolve the problem or, at the very least, point them to someone who can. It's a lot of pressure to live up to their expectations, especially if someone I know referred them. I don't want the referring party to be disappointed. To rid myself of this nervous feeling, I take deep breaths and mentally relax.

Earlier in my Chiropractic career, I found myself caring so much about each patient that I was completely drained at the end of the day – emotionally exhausted. I learned to deal with this problem, particularly when it involved referrals, through a woman named Barbara Rose. Barbara is very unassuming. You must spend some time in one-on-one conversations to really get to know her. Barbara was first referred to me by

another patient, Linda Smith, who was interested in the metaphysical. One day after treating Linda, she asked me if her friend, Barbara, had come to see me.

“Do you know her?” I asked.

“Oh, she did come to see you. I’m thrilled. I’ve been telling her that you two really needed to meet!” Linda said.

“Tell me more about her,” I asked, surprised at her reaction, because while Linda had referred other patients to me, she had never seemed so excited before.

“She has a great gift for healing,” she said, and rattled off a number of different places where Barbara had studied.

Now, when I hear phrases like “a great gift for healing,” I tend to take it with a grain of salt, because I often hear similar things about the friends or acquaintances of my patients. What does the phrase “a gift for healing” mean? I’ve never been sure, but I have learned that often people who are labeled healers are put on a pedestal as if they have something special. The true healer for each of us is ourselves and no one else.

But I was curious, now, about Barbara and her training, so the next time she came to

my office I asked her about her experiences. She told me she'd spent ten years in Hawaii learning from the Kahunas, teachers of the ancient Hawaiian healing arts.

"That's interesting," I said to her quietly as I thought to myself, "I still don't buy into this great healing skill Linda told me about."

But each time Barbara returned to my office we talked more about healing and the relationship between the healer and the patient. As our relationship grew, I began to respect her knowledge of people more and more. In fact, I now consider her one of the people who has most influenced the way I practice Chiropractic today.

I joke with Barbara that she reminds me of Mr. Miyagi in *The Karate Kid*, although she tells me she looks nothing like him — she's about 60 years old with white hair. But, of course, it is the relationship between Mr. Miyagi and the Karate Kid that I mean. In the movie, Mr. Miyagi would say something very simple, and at first, Daniel would not understand it. Then he would have an amazing breakthrough as he figured out what Mr. Miyagi really meant. This always happens when Barbara tells me something.

The following is some of the advice she's given me over the years:

- “Don’t care emotionally so much. If you start caring too much it will emotionally exhaust you and block you from really helping people. That’s one of the most important things I learned from the Kahunas,” she said. I now tell people to look within themselves when looking for healing. “I am just the facilitator who helps you find your own solution to your health problems.”
- “Look for progress, not perfection. If you always look for perfection, you will be let down by the result.” This goes for personal growth as well. If you look for perfection, you forget about all the progress you’ve already made.
- “Simple things come from God and complex things come from man!” Man is constantly looking for the most complicated solution to a health problem rather than the cause. It is all about ego. Healthcare practitioners often fall into this trap too, and look for something complex that will challenge their skills, rather than something simple.
- “Always keep your ego in check, because then you will find better solutions,” is another

of Barbara's mottos. It's often difficult for a doctor to keep it simple, because we worry that patients will think we're doing nothing. It takes a lot of strength on my part to keep away from diagnostic tests and to find a much simpler way of practicing Chiropractic.



I was reminded of all these things as I looked over Kristin's patient form. I saw nothing unusual in it that would caution me against adjusting her. She suffered from the usual low back problems that many people have. Her biggest complaint was the debilitating migraine headaches which she suffered from every two to four days for the past six months.

"Do you know what brings the headaches on?" I asked.

“I have no idea,” she said with a frustrated shake of her head.

“Have you been to see a medical doctor about your headaches? Did they give you a diagnosis?” I asked.

“The medical doctor said it was caused by mini-seizures,” she said.

The previous doctor had done the usual tests: blood, urine, x-ray, MRI, and CAT scan, but had not come to a definitive conclusion as to the cause of the headaches. Kristin was frustrated because the medical doctors she’d seen simply gave her pain medications that made her nauseous and sick. It was difficult for her to go to work and, more importantly, live her life normally.

Until the past six months, she’d been a very active person. The headaches and the medications prevented her from participating in many of the physical activities she enjoyed. The only thing that helped her was to sit in a dark room with no noise and an ice pack on her neck. Needless to say, this was awkward, and she was unable to do much of anything with an icepack on her neck all the time. She put up with the excruciating pain day in and day out because nothing seemed to help her. Finally,

her sister suggested she visit me because I use a different approach.

“Is there anything else you might have forgotten to tell me that could help me to help you?” I asked.

“Nothing,” she replied, and I asked her to move to the other side of the room so I could examine her.

I quickly saw that she was dehydrated and told her to drink three more glasses of water each day. I could also tell that some of her cranial bones were misaligned.

The cranial bones make up the hard covering of the skull. They are joined together by something called sutures, rigid articulations that allow very slight movements of the cranial bones. The very slightest movement out of the normal position can cause devastating affects to a person’s health. Many people in the medical community don’t believe that the cranial bones can move. They believe these bones are fused and can’t possibly move out of place.

Dr. John Upledger, D.O., is the founder of Cranialsacral Therapy. The basis of his approach is that cranial bones can become fixated and not move properly. Once adjusted

to moved properly, they won't cause health problems. In Kristin's case, the sphenoid bone and the parietal bones were misaligned. This can cause major health problems for a number of reasons.

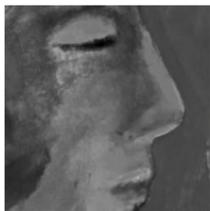
The sphenoid bone touches every cranial bone in the skull. If it is misaligned it's quite possible that all of the cranial bones in the skull can become misaligned. That is why the sphenoid bone is called the keystone bone. One of the side effects of misalignment of the sphenoid bone and parietal bone is migraine headaches.

I began by adjusting Kristin's lower back and neck region. That seemed to relieve her lower back problems. I adjusted her sphenoid bone, and parietal bone and the migraine headache pain was instantly relieved. I could tell when the headache was gone, because of the look of amazement on Kristin's face. She could hardly believe how quickly the pain had disappeared. Often, it happens so fast that it takes a few moments for the brain to realize what has occurred. Patients are always amazed that such a simple procedure can make such a difference. Of course, this also means that people don't always credit the technique for

helping them. In Kristin's case I explained that the adjustment had caused her migraine headache to go away.

“Should I come back?” she asked.

“Yes, in a week we'll see how you're doing.”



“How are you feeling?” I asked Kristin when she came in the next week.

“The back problems are much better, but the migraine headaches have returned,” she said with frustration in her voice. “They're worse than ever this week.”

I checked her again and adjusted a few subluxations, or misalignments of the spinal column, that cause nerve interference and prevent the cells, tissues and organs in the body from getting the right messages from the brain.

“How do you feel?” I asked again after the adjustment.

“My migraine is much better now. It’s amazing how quickly it goes away when you adjust me, but I’m worried that just like last week, it will come back again,” she answered with a look of utter disgust and failure on her face. I could almost hear her saying to herself, “Here we go again. Different doctor, same result.”

I had a sudden panic in my heart that I had failed her. I took a breath, refocused and reminded myself of Barbara’s words, “Look for progress, not perfection.” Kristin’s answer and the look on her face told me that I needed to delve deeper to find the real cause of the migraine headaches, and I needed to do it fast if I was going to help her out. The fact that her headaches had returned so quickly also told me that the cause of the problem was not just physical.

I often see this type of thing in my practice. I call it the rebound effect. The physical symptoms go away for a short time, but quickly return, sometimes even worse. The body has many different layers, like an onion. In Kristin’s case, I had peeled away the physical

layer, and now another layer was showing. The layers can be physical, chemical, or emotional in nature. These three things are the causes of subluxations that are discussed later in this chapter.

Often, in the tougher cases that come to my office, I find there is a different, underlying cause to the problem that has not been addressed by the healthcare practitioners the patient sees before visiting me. Sometimes I get a funny feeling in my stomach, a gut feeling about the cause of the problem. Other times a word, a person or even a name may flash in front of me, and I have a quick idea of the cause of the person's problem. This type of intuition is like a muscle: the more you use it the stronger it becomes.

In Kristin's case, this intuitive sense was picking up that the cause of the migraines was an emotional trauma that had happened six months before at work, and it had become an ongoing problem.

"You aren't getting along with an older woman in your office, are you?" I asked her.

"Why? How do you know that?" she asked, surprised.

“My intuition is telling me your headaches have an emotional cause. They are coming from your anger at this woman.”

“You’re right. I do have a problem with someone in my office. Mary is another admin. We have the same pay grade, but she is always acting as if she is my boss. I know she’s older than I am and has more experience than I do, but it’s not as if I’ve never done this job before! I’m good at my job, but she gives me no respect. It just makes me so angry, I can hardly say good morning to her anymore without feeling upset.”

As she spoke, her voice became more agitated. This was a big stress factor in her life.

“The anger you feel toward your coworker is the cause of these terrible migraine headaches you are experiencing,” I said. “Until you release the anger you feel toward Mary, you won’t be free from these headaches. I know they are debilitating and you want to get on with your life, but as long as you let her anger you, she will control you.”

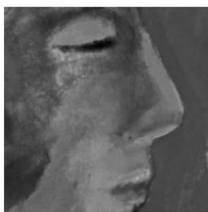
I described two techniques to help her change the situation. I asked her to work with these techniques for helping her deal with her

anger toward Mary, and then come back and see me again.

I was amazed at the difference I saw in Kristin the next time she came to my office. She looked more relaxed, and I could tell just by looking at her that her pain was gone.

“It’s really hard,” she admitted, “but I’m working on it, because I know it will help my headaches and I want them gone forever. I’m going to keep trying, because I haven’t had a headache all week!”

Kristin has been migraine headache-free ever since.



Looking back at this case, I realize that it helped me learn to always listen carefully. My ability to listen and use my intuition began with my friend, Barbara Rose. If I had been unwilling to listen to her ideas because they

were new to me, I probably wouldn't have a clear enough mind to manage a case such as Kristin's properly. My intuition might have been blocked or ineffective if I was too busy worrying about the result. Barbara had given me very important information that she'd learned from the Kahunas in Hawaii. I have learned that listening to her and learning from her helps me with many of the problem cases that come to my office.

Anger Releasing Techniques

Spend a few minutes thinking about the person you are angry with, but this time, instead of thinking about the things that anger you or what you dislike about the person, try to come up with three to five things that you admire about her. This will help turn the negative energy that you have for this person into positive energy, and as you focus on these admirable traits, you will forget about the negative things that you dislike.

Of course, the first thing people say to me when I explain this technique is that they can't think of anything they like about the other person. If this is the case, try to start by focusing on very simple things such as she always wears great shoes, or I like her hair. It doesn't matter how simple the things are, just the act of focusing on something constructive will bring that positive energy to you.

The second technique is to try not to take things personally if someone has said something to you that makes you angry. Most

likely the person who is saying these mean things is having a problem in their own life.

These techniques may sound simple, but it can be difficult to change your mind about a person or about the way in which you deal with situations or people that make you angry. The results, however, are well worth the effort.

What Are Subluxations?

Subluxations are slight dislocations or distortions in the spine and body structure that can cause a serious form of nerve stress as well as physical, mental or emotional malfunction. They are often associated with loss of energy, pain, weakness and disease of all types. Subluxations may be caused by physical, chemical or emotional stress or trauma and can occur in the cranial bones, the vertebral column, sacrum, coccyx, discs, hips, sternum, ribs, femur, shoulders, feet and hands.

As subluxations are corrected, people often experience “retracing” as deep, unhealthy stresses leave the body. This retracing, which is expressing and releasing unhealthy physical and emotional stresses, is an essential aspect of the journey toward health and wellness.