

Through the Looking Glass

Martin Brofman, the Body Mirror System, and the perils and rewards of deciding that you're a healer.

by Michael Abedin

Martin Brofman was a Wall Street computer expert when, in 1975, he found himself diagnosed with terminal cancer. "Some time later, I was still alive and celebrating at Club Med in Martinique, talking to a man who taught Zen meditation," a conversation that eventually led him to the realization that cancer – and any other disease – begins in your mind.

It was a notion that he realized was a reality when he returned to his doctors, who decided that a mistake had been made. His cancer was gone – and so was his previous view of the world. "I realized I didn't have to depend on anything outside myself. I found this more interesting than computers."

Once you've healed yourself, the natural next step is to teach others that they can do the same – not a decision that everyone is ready to accept. Reluctantly, he says, he got involved in healing other people – as he puts it, getting people back on their feet. "Healing, for me, is a return to the experience of wholeness, the you that's in the deepest part of yourself."

Every symptom, every disease, Brofman says, is a metaphor for something, and that metaphor originates in consciousness. Cancer, for instance, is a metaphor for holding something in instead of expressing it, and the part of the body where the symptoms surface shows what's being held and not expressed.

"Every symptom that could have death as a logical conclusion begins as a decision to die." You not only have to release the symptom, you have to see a way out of the situation that led you to that conclusion, a decision that has to originate in a change of consciousness. For Brofman, that change happens on seven levels that correspond to the seven chakras, the energetic centers of the body in Hindu tradition.

Each of the chakras is connected to the nervous system and the endocrine system, so tension in consciousness is reflected into the body through those energy centers. The ability to see that relationship between the mind and the body is what he calls the Body Mirror system, and it's nothing particularly mysterious. "For me, it's just energy."

No gurus, no guides, no crystals, no pyramids.

Sounds easy enough – make a decision to release tension in your consciousness, and you can return to a natural state of wholeness. If it's that easy, though, why do we have so much trouble with it, even when we've accepted the premise?



For starters, we get caught up in our own movie, our own ideas about what's "wrong" with us. Then, Brofman explains, we get caught up in the process – we begin to believe that we have to have just the right book, just the right expert, just the right crystal, pyramid, or other tool. "You don't need a guru or a guide. I'm working with the idea that we don't need tools."

Here's the kicker, though. Once you've decided you don't need the tools, that's when you can begin to use them – the kind of advice you could probably expect from someone whose first step towards the realization that he could heal himself came after a conversation with a Zen master at a Club Med.

Even after you've let go of the tools, though, and learned to bring about the changes in consciousness and the changes in energy that are at the root of true healing, there are still a few little side roads that you can wander down on the path to becoming a healer. Once again, in true Zen fashion, one of these *is* the idea that you're becoming a healer. It's easy to get lost in that and not be able to put yourself aside, Brofman points out.

Who's looking back from the mirror?

"Every healer has to work with self-confrontation." Even the New Testament is really just the story of the evolution of a healer, someone who realized it wasn't just enough to tell people their sins were forgiven. They had to be taught that they could straighten their twisted bodies, cast out their demons, and rise up from the dead – if they had faith that they could do so. "You have to step through your own self-imposed limitations."

One limitation is really tricky, and it's one that trips up a lot of people because it's a direct result of one of the most valuable tools of healing – empathy. "There's this idea that you can catch the symptom from someone, but if you look at it closely, it doesn't stand up." There's not only the idea that you *can* catch the symptom, in fact, there's even the idea that you *should* catch the symptom, that it's somehow ennobling or self-sacrificing to take on someone else's problems.

Empathy, however, is more of a feedback system, according to Brofman, part of the ability to read the body as a map of consciousness. It's just another tool, and when you don't need the tools – when you don't need to suffer to heal or to show someone else that they can heal – then you can begin to use that tool more effectively. "Healing is a gentle process of settling into yourself."

At one point, Brofman – the former computer expert – did some arithmetic and calculated that if he spent ten minutes with every person on Earth teaching them to heal, it would take about three hundred years, so he began developing classes the same way he used to build computer systems. The message of his classes, as taught by him and those he's certified to teach, is a simple one.

"I'm working with the idea that everything can be healed."

Martin Brofman will hold a one-week Body Mirror Intensive in Austin February 11-15, facilitated by Patricia Doyen. For information and registration, visit www.patdoyen.com or call (936) 697-1838. For more on Martin Brofman, visit www.healer.ch

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*Anything can be healed,
and everyone is a healer.*

*Illness starts in the consciousness, and
that is where it can be healed.*



PATRICIA DOYEN

Course facilitator • Master Healer
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