

## SPECIAL REPORT

## insight

A conversation with Madlena Krusheva

We have become materialistic, lost sight of what matters

## Spiritual healing ... fact or fiction?

By Nihal Sharaf  
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MANY of us strive to learn more about the meaning of life and how we fit in it. Therefore, we are in constant search of fulfillment in every aspect of daily life. According to spiritual healer Madlena Krusheva, the modern lifestyle has resulted in the loss of focus on what really matters in life and has reduced our natural rejuvenating capabilities.

Practices such as Reiki, Chakra Balancing, Yoga and Aromatherapy are gaining wide popularity in Kuwait but there is still plenty of confusion and skepticism on the effectiveness of these practices.

As a master in various spiritual healing techniques, Madlena describes in this interview how alternative natural healing methods help individuals rediscover their souls and remove all the excess baggage that can hinder a person's quality of life.

**Question:** What does it mean to be spiritual? Is there a definition of spirituality?

**Answer:** Spirituality is not a word you can easily find a meaning to in a dictionary. Even if you look it up in a dictionary, it says different things. Basically spirituality from what I've experienced, because I wasn't always spiritual, is trying to find a path in life that suits you and also lets you connect to what is important without clogging you with aspects that you don't need. Most of us carry around luggage that we don't really need. But because society accepts it, you keep carrying it.

It is basically how you connect to what is upstairs. Being spiritual is being the best you can be towards yourself and towards those around you and that in turn connects you to the higher power, whatever you call Him depending on language, tradition and time scale but He is One. That is my definition of spirituality.

Spirituality has nothing to do with religion per say. If you look at it logically, even from a religious point of view, they all basically teach the same thing. None of them actually tell you follow me and worship me, they ask people to follow their way. At the end of the day the way is "live simply, so others may simply live" and just be the best you are.

There is a certain purity to spirituality. For example, you can't just do things that are not accepted in which ever faith you follow and then pray and believe you are forgiven but then start doing what it is not accepted again. Each religion has people who are basically hypocrites. So to be spiritual means you only speak for yourself, it means you can look at yourself in the mirror and say that "hey, I can live with that person. I did alright today to the best of my ability." Nobody's perfect, but at least you have to try.

**Q:** In your opinion, what are differences or commonalities between spirituality and religious practices?

**A:** Spirituality is a big part of religion but in each teaching it is expressed in a different way. Like I said religion differs depending on culture and period, but they all basically teach the same thing. They help you find out why you are here and how to do the best you can. Spirituality, in turn, lets you focus on what matters and helps you enjoy the simple things in life. Instead of focusing on buying a Porsche that you might never have, it helps you focus on the sunrise, which is something that you can't buy but it's there and for free.

I was born into communism where being spiritual was very frowned upon. When I came here I found the possibility to explore spirituality and it wasn't something I was forced to do. I grew up Greek Orthodox, that was the upbringing in my family unit under communism. Religion in a way gives you a structure to tell you what is right and what is wrong, but spirituality itself is not religion. They are very connected and you need one to reach the other.

**Q:** In your opinion, what must people do in order to attain a higher spirituality, in other words better connect to themselves?

**A:** It is actually a life-long process to attain a high degree of spirituality, it is not as simple as waking up one day and just deciding that you are a spiritual person now and start levitating. First you have to look inside and discover what you really want out of yourself. Forget all the materialistic things, forget everything around you. Look inside



Madlena Krusheva

## biography

**Madlena Krusheva** — a Doctor and Master of Divinity; A Masters Degree in Spiritual Healing; an NLP/Time line Therapy/ Hypnosis Master Practitioner/ Usui Reiki and Karuna Ki Reiki Master/ teacher; Life Therapist; Spiritual Aroma-therapy Practitioner/Medi-

ation and Raja Yoga Practitioner and Teacher; Chakra Balancing Technician; Crystal Healer; reflexologies; Attracting Abundance Coach; Angel Healing Practitioner; Spiritual counselor; Psychological Counselor and Psychotherapist.

**Q:** There are many practices of spiritual healing, what are they and how can one decide which is best for them?

**A:** Let me first talk about the process of healing. I have studied divinity and all of the religions and it has been said that our DNA has been programmed to have the ability to regenerate and heal. We have always been built to regenerate since the beginning of life but with time and the different changes, our perspectives have changed as well as our values. Instead of focusing on what is really good for us, we've turned the other way and have become very materialistic and have lost sight of what really matters.

So basically that regenerating DNA has been blocked. We develop stress, we develop cancer and all sorts of things. What healing does is goes into your sub-conscious and unlocks past memories that have been destructive or unpleasant. These memories are blocked by your conscious on the present level, therefore they backfire on you and materialize in actual physical pain, discomforts and diseases.

Because we have fed our greed for so long as we've strived for materialistic gains, we have blocked our healing methods consciously and sub-consciously. Through healing, the sub-conscious mind is allowed to unblock the meridians or the energy pathways and so reactivate our body's natural healing capabilities given to us by God.

We are programmed by the higher power to live in harmony with each other. We are all connected and it can't

be any other way because in the end we have one common destiny. As a healer, I am not specifically curing you. What I do is just take your hand and lead you on a pathway on which you become capable of curing yourself. Healers are just basically coaches who guide you to the cures that are within you.

The differences in the practices of spiritual healing are to do with method and origin. One technique is called Neuro-Linguistic Programming (NLP), developed by Richard Bandler, which is a practice that puts your conscious mind in a state where the origin of a problem can be located. For example, you start smoking and you can't quit. What NLP does is it takes you back to the origin of why you started smoking in the first place. It doesn't just cure the symptoms, it reveals the different causes of those symptoms and helps remove them.

Another technique is called Reiki which uses energy symbols to open energy pathways that remove the blockages of past-life memories, trauma, childhood abuse and whatever there might be that is hindering the quality of life.

Another method is Hypnosis, which is widely misunderstood. People think it makes a monkey out of you and you become capable of doing things you don't want to do, which is not true. First you are not asleep, but you are in an in-between heavy meditation state and can't be made to do anything you don't want to do. You can wake up at your own free will. Secondly, you

remember everything you say after you come back. You actually keep remembering things days and weeks after a hypnosis session.

What hypnosis basically does is turn the light on in the sub-conscious mind and bring out the problems so you are able to deal with them properly so you can lead a normal life. It works with bad habits, stress that you don't know where it comes from and neurosis issues such as claustrophobia.

It is a very effective therapeutic technique but the participant has to actually be willing to try it and even believe in it. If your mind doesn't want to be hypnotized, you are never going to be hypnotized. Before I began believing in hypnosis, a therapist tried to hypnotize me 16 times and I was dying from laughter. I drove my therapist absolutely mad. Then my mind basically got fed up with playing games and I decided to go under.

Every person may prefer one healing method over another because we are all individuals and you can't apply one general rule over everybody. Everyone has individual needs and problems that need to be addressed in a specific way that works for that person. I prefer NLP, Time-line therapy and hypnosis because they give me the best results.

**Q:** When someone with a specific problem requests your help, how do you identify which healing method will suit him/her?

**A:** First of all, people approach me by e-mail. I have a developed sixth sense and can be very intuitive so I can easily identify who is serious or who is merely trying to make fun. But there are people who you genuinely feel need your help. I ask them first to fill a questionnaire with questions that help identify the problem, its type and where it could have originated from. Usually the problems and their origins are psychological.

When I meet the clients, we then discuss the problem and take it from there. I normally give my clients options and they are more-or-less familiar with

them. I've noticed that if they are skeptical they are not willing to try anything new, so I explain the options so they more-or-less know what they are getting into. I can recommend certain therapies that I believe will suit the client but I can't force him/her to accept something they are not comfortable with or they won't be able to help themselves.

The healing process comes from the mind. If you believe you are going to be healed, you activate what God gave you. I am just a placebo really that triggers the process. But clients have to be comfortable first in order to cooperate. They need to help themselves in order to help me help them.

**Q:** From your experiences in Kuwait in particular, what are the challenges that can hinder a person's spirituality and positive energy?

**A:** There are some societal issues that can cause depression. There are family taboos and social taboos that don't allow individuals to express themselves openly. But lately I've noticed that there are outlets which allow people to get help, especially young adults.

Society normally expects certain things from you that don't always suit your needs. Some people try to run from that and they struggle instead of fitting in and it creates problems that become detrimental to everyone involved.

I grew up in Kuwait, I've seen its transition through 30 years and from what I've seen before the Iraqi invasion is that people were more responsible and stuck to their values. This has switched somehow after the invasion and the values have changed and become materialistic and superficial. The values that matter have gone away, such as respect for the elderly, and people have lost sight of what is important.

**Q:** Nowadays the "spiritual way" has become something of a commodity that you can buy and sell. You can find a range of products that promise you a spiritual awakening, such as books and TV shows. Do you think this creates skepticism towards spiritual healing?

**A:** I believe that God gave us the mind and the free will to see what is good for us and what is not. As individuals, what might suit you might not suit me and vice versa. So, you have all these range of products, and I agree some of them are hoaxes I would not even buy them, but there are also aspects out there that give you the basic guidelines just to push you in the right direction. I know that there is an over-marketing of everything, but that is how it is these days.

Sometimes the practices of healing are confused with witchcraft. I was asked that question when I talked about hypnosis on Al-Watan TV. I believe there is no such thing as witchcraft, because everything is in your head. Nothing has ever been created before it was thought. Even God said "let there be light" and there was light. The thought came first before the creation, which basically tells you that God gave you the mind to use it how you use it. It is up to the person and how he/she wants to use the mind. The practices are not to blame, it is the people and how they choose to use those practices.

What I personally believe about people who are tarot card readers and coffee cup readers, for example, is that they are intuitive people first of all. Secondly, there is something called telepathy which has been proven on many occasions. There are people who can actually sense what you are thinking, there are people who are very smart and trained in picking up clues.

There are some people who are genuine and some who are not. I am especially skeptical about those who advertise it as a business and make money out of coffee reading and tarot card reading. But those who sit down with you and do it just because they have something they want to tell you, those I tend to have more faith in.

**Q:** What advice would you give people to begin their path of self-discovery and spirituality?

**A:** Try to see what really matters to you and what makes you happy. Like I said: "Live simply, so others may simply live." There is so much in this life that is wasted and so much misery in this world, that people need to balance themselves out in order to balance the world. If everybody were mindful of others and their fortune just once a day, there would be enough for everybody and there is going to be a balance.