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## **TWENTY-FIRST CENTURY MEDICINE: LOOKING UP AS WELL AS DOWN**

Twenty-First Century Medicine will mostly involve a shift in our viewpoint. In the 20<sup>th</sup> Century, medical students were taught that the body is similar to a machine. When different parts of the machine break and different organs, biochemical systems and physiology systems break down, for each area of disease, there is a magic bullet, such as an antibiotic, a pharmaceutical, or a surgical procedure. But physics has advanced farther than Newtonian mechanics and with the advent of the discovery of Superstring theory and Quantum theory in the 20<sup>th</sup> Century, we can no longer view the body as a machine.

Superstring theory and quantum theory teaches us that matter does not exist. All that exists are electromagnetic energy fields, which overlap and interact and are not even confined to this dimension. Therefore, we must advance our understanding of the body as the physical manifestation of these energy fields and start to study medicine not just from the viewpoint of the physical body, but endeavor to explore the different aspects of the energy body and the nature of the spiritual connections beyond the energy body.

### **How Do We Become Ill?**

Think of the energy body as a luminous, egg-shaped energy field. This energy field is not only encompassing the physical body, but sustaining it. If the field is damaged, physical decay occurs quickly. Most people cannot “see” this level of the energy field, although clairvoyants and healers have described it for hundreds of years. Indeed, cameras have been developed that can photograph the energy field and document its response to different kinds of foods and other external influences. Most of the information we know about the energy body is a result of the study of the chakra system. This is a system that “steps down” or transforms energy from the higher energy bodies, i.e. the spiritual, mental and emotional bodies into the physical body. Chakras are described as spinning wheels of light by clairvoyants and the energy coming through the chakra can be quantitated by using pendulum techniques. If you hold the pendulum over the chakra and observe the direction and diameter of the spin, you gain information on the energy of the chakra. We often check the energy of the chakras before and after the healing session. We also gain information regarding the health of the chakra by placing our hands over the chakra.

There are seven major chakras associated with the physical body and many more minor chakras. Carolyn Myss’ book Anatomy of the Spirit describes each energy center and the issues which reside in that part of the anatomy. Therefore, we need to look up from the chakra system into the spiritual plane and down from the chakra system into the physical plane to understand illness.

In health, energy tends to flow from the energy body via the chakra system into the physical body. This is associated with a clockwise spin of the chakras. In disease, energy flows out of the body via the chakra system into the energy body and is associated with a counterclockwise spin of the chakras.

### **What Affects The Overall Vibrational Rate?**

At the physical level, physical agents such as food, sunlight, exercise, chemical toxins, radiation, foreign materials, i.e. dental amalgams, artificial joints, root canals, implants and suture material, and electromagnetic fields such as around high tension wires and/or in airplanes are all known to affect the body. Please see the article “At What Price, Technology?” written by myself regarding some of these agents.

At the emotional level, both negative and positive emotions coming from yourself and others in your environment to whom you are connected affect the energy field. Those energy connections need not necessarily be in physical proximity as is demonstrated by the example of the girl who faints when her best friend in another state is killed.

At the mental level, thoughts and belief systems influence us to a degree greater than we realize. The classical example is that of a child who believes he was bitten by a poisonous snake and dies even though he was only punctured by a twig. Belief systems that regard AIDS and cancer as fatal can cause the body to shut down. Dr. Larry Dossey talks about “medical hexing” in his book, Be Careful What You Pray For, You Might Just Get It. Another example of this effect is a patient with metastatic cancer of the abdomen who is told by the surgeon that she only had a gallbladder problem and that was taken care of by the surgery. She later is found to have recovered completely from metastatic cancer. Is this because she believes the doctor? What would happen to her immune system if she had been told she had terminal cancer?

At the spiritual level, we see this level extend beyond the energy body and beyond this dimension of time and space. Dr. Larry Dossey calls it ERA 3 medicine which involves non-local phenomena. Carolyn Myss calls it “calling back your spirit”. You can visualize this by seeing your energy body throughout time; this lifetime and even into past and perhaps future lives.

### **Where Did You Lose Your Energy And From What Part Of Your Body Did Your Energy Loss Result In The Lowering Of Your Vibrational Rate?**

This can be thought of as aging, disease, and/or disintegration of tissue. In surgery, we see and feel how healthy the tissue is and can predict how wounds will heal based on these observations during surgery.

Whenever you have a major event in your life where you hold a grudge or harbor hatred against an individual, a group, or a concept, you lose energy. Scientific studies have found that cancer patients may have had such a major life trauma often within several years prior to the cancer being diagnosed.

When we lay hands on the area of the cancer, we often “read” this information clairvoyantly. For example, we recently treated a patient with unresectable pancreatic cancer, who had issues regarding his daughter, appear during his first healing. When I asked him about his daughter, he replied that she had died about two years prior. His wife confirmed that he was very emotionally traumatized by his daughter’s death. If he was willing to release this dark energy related to this issue, we feel his cancer would be more likely to regress. Forgiveness or the release of this energy is often the key feature in the spontaneous remission of cancer.

Another common feature of some cancers is the person who is overextending themselves for everyone else, but funneling little energy into their physical body. You can visualize this by imagining that the energy body is connected to other energy bodies such as a person’s spouse, parents and/or children. It is even attached to other energy systems such as religions, nations, tribes, and other social and political groups. If the primary direction and flow of energy is out rather than into one’s energy system, disease and aging are the result. We do not age linearly; we age in spurts, usually due to stressful times in our lives.

Spiritual practices can help reverse this flow so energy flows into the system and health and youth result. Practices such as meditation, prayer, yoga, Tai Chi, Qi Gong, drumming, and creative endeavors such as art and music can reverse the energy flow.

Each of us has a unique guidance system that can guide us toward health. Many call it intuition or “knowing”. If we dedicate a portion of each day to checking in with this internal guidance system, we can save ourselves a lot of suffering and medical bills. The best time for this practice is probably in the morning and again prior to bed. Checking in during the day also has its benefits. Being aware of how different locations (i.e. the mall, hospital and workplace) affect our energy fields, how different people affect our energy fields, and how different activities and foods affect our energy fields empower us to arrange our environment for optimal health. Becoming aware of how our thoughts and emotions affect our energy field is also important. When your mind becomes still, without the perpetration caused by negative emotions, physical health is created.

## **Does This Mean If We Achieve Mastery Of Our Thoughts And Emotions, We Always Manifest Perfect Health?**

Unfortunately not. This is explained well in Esoteric Healing by Alice Bailey. The planet itself is not healthy, so contamination of the physical can still result. When Krishnamurti was dying of cancer, he was asked by one of his disciples if he had pain. His reply was “there is pain but there is no suffering”.

Plastikos Surgery Center, which opened in 1995, was developed as a holistic surgery center to help restore health to the whole body, mind and spirit either via cosmetic surgery or via reconstructive surgery to treat injury and/or deformity from disease. Millennium Healthcare was founded in 1998, as patients asked for medical services in addition to surgical services to include the same holistic and spiritual approach. Techniques to improve the energy body included Traditional Chinese Medicine, craniosacral therapy, massage therapy, homeopathy, chiropractic and hypnotherapy. Several physicians, who are experts in holistic medicine, are now associated with Millennium Healthcare.

The latest addition is Avatar Cancer Center, founded in 1999, to treat life threatening illnesses such as cancer, AIDS and other viral diseases such as hepatitis. The Avatar physicians have put together a program of energy therapies to treat these conditions. Because these illnesses are life threatening, the program focuses not just on one or two areas, but addresses simultaneously, spiritual issues, emotional and mental issues and physical problems.

We must begin to treat cancer on several fronts. We utilize physical methods such as surgery when indicated, immune therapy, non-toxic anti-tumor detoxification agents, plus heat and oxygen as adjuvants. Spiritual issues, which can create the depletion in the immune system, are simultaneously addressed. Core problems such as biological conflicts are identified and released so the body can begin to heal. Techniques to increase the energy of the body are begun which include spiritual healing, chiropractic, Traditional Chinese Medicine, homeopathy, and hypnotherapy. Progress is documented with standard testing such as ultrasound for evaluation of tumor size, PET scans, as well as more traditional diagnostic tests such as CT and MRI.

As medical science keeps looking “down” to the individual cells, the genes and the molecules which make up the cell, we have to remind ourselves that we also need to look “up” and out into the family and into society. As taken from an article in Mamm, 1998, “The View From Here”, “To switch our attention from power lines to cell lines in the search for the causes of cancer, to keep looking down instead of up, is dangerous. To individualize the disease obscures the role of the social world in causing cancer.” At Avatar Cancer Center, we believe that the cure for cancer and other life threatening diseases lies in our ability to look in both directions.