

THE ART AND SCIENCE OF
HEALING:
FINDING THE HEALING
SELF INSIDE

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THE ART AND SCIENCE OF HEALING



THE ART AND SCIENCE OF HEALING

- ▣ YOU SEE A LOVELY SUNSET
 - AT THE PRECISE MOMENT OF SEEING IT, THERE IS NO EXPERIENCER-ONLY THE SENSE OF GREAT BEAUTY
 - WHAT HAPPENS WHEN THE MIND SAYS, “HOW BEAUTIFUL THAT WAS”, “IT WAS MORE BEAUTIFUL THAN YESTERDAY”, “I WISH IT WOULD LAST FOR HOURS”
 - THE EXPERIENCER IS MEMORY, THE COLLECTIVE
 - CAN WE SEE THE SUNSET WITHOUT COMPARING?

THE ART AND SCIENCE OF HEALING

- ▣ PLEASE CONSIDER
 - A CHILD WITH A NEW TOY
 - HE GIVES THE MIND TO THE TOY
 - TOY ABSORBS THE MIND
 - ▣ NO STRAIN, JUST FLOW LIKE DISTANT MUSIC
 - *THIS IS ATTENTION*
 - ▣ *TOTAL AWARENESS OF INWARD AND OUTWARD THINGS*
 - ▣ *EXCLUDES NOTHING*

THE ART AND SCIENCE OF HEALING

- PLEASE CONSIDER
 - YOU GIVE YOUR WHOLE ATTENTION ONLY WHEN YOU CARE
 - WHICH MEANS YOU LOVE TO UNDERSTAND
 - GIVE YOUR WHOLE HEART AND MIND TO FIND OUT
 - RIGHT HEMISPHERE
 - INTUITIVE SELF
 - INSIGHT-INTELLIGENCE
 - SUPERCAUSAL

THE ART AND SCIENCE OF HEALING

- ▣ PLEASE CONSIDER
 - CONCENTRATION
 - ▣ MIND ABSORBS THE TOY AND ANALYZES IT IN ORDER TO CONTROL WHICH CREATES CONFLICT
 - LEFT HEMISPHERE
 - EGOIC
 - EFFORT TO ACHIEVE A RESULT

THE ART AND SCIENCE OF HEALING

WHY DO WE SUFFER?

THE ART AND SCIENCE OF HEALING

- ▣ *THE ORIGIN OF EMOTIONAL SICKNESS (SUFFERING) IS THE EGO AND ITS..*
 - BELIEF THAT OUR PERSONALITY IS THE ESSENCE OF WHO WE ARE
 - BELIEF THAT HAPPINESS IS OUTSIDE THE SELF
 - PERSONAL AND MATERIAL ATTACHMENTS
 - INABILITY TO STAY CONSCIOUSLY IN THE MOMENT

THE ART AND SCIENCE OF HEALING

- BELIEF THAT OUR PERSONALITY IS THE ESSENCE OF WHO WE ARE

EGO



SELF

EGO

SELF

EGO

SELF

THE EGO

- EMOTION, ESPECIALLY NEGATIVE EMOTION ARE “TOOLS” OF THE EGO



THE ART AND SCIENCE OF HEALING

- BELIEF THAT HAPPINESS IS OUTSIDE THE SELF
 - ALCOHOL AND DRUGS ARE NOT THE ONLY “DRUGS” WE BECOME ATTACHED TO
 - APPROVAL
 - SECURITY
 - CONTROL
 - AFFECTION
 - SUCCESS
 - ACCEPTANCE
 - POPULARITY

THE ART AND SCIENCE OF HEALING

BEING A LUNATIC

“I WANT TO RUN YOUR LIFE FOR YOU; I WANT TO TELL YOU EXACTLY HOW YOU’RE SUPPOSED TO BE AND HOW YOU’RE EXPECTED TO BEHAVE, AND YOU’D BETTER BEHAVE AS I HAVE DECIDED OR I SHALL PUNISH MYSELF BY HAVING NEGATIVE FEELINGS.”

DE MELLO, ANTHONY. “AWARENESS”. IMAGE BOOKS, NEW YORK, PG.91.

THE ART AND SCIENCE OF HEALING

- PERSONAL AND MATERIAL ATTACHMENTS
 - EXAMPLE-SORROW
 - COMES FROM PSYCHOLOGICAL AND PHYSICAL DEPENDENCE (ATTACHMENT) TO ANY PERSON OR THING
 - COMES FROM THE *FEAR* OF LOSING ATTACHMENTS
 - SORROW IS NOT ABOUT THE PERSON OR THING BUT IS ABOUT US
 - IF ONE FOLLOWS IT DEEPLY IT WILL TAKE YOU TO *LONLINESS AND ISOLATION*

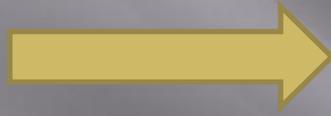
THE ART AND SCIENCE OF HEALING

- PERSONAL AND MATERIAL ATTACHMENTS
 - EXAMPLE-SORROW (CONTINUED)
 - HAVE USED ATTACHMENTS ALL OUR LIVES TO DEAL WITH *LONLINESS (ISOLATION)*
 - FOCUS ON ATTACHMENTS SO MUCH WE LOSE SIGHT OF THE LONLINESS
 - MUST FACE THE LONLINESS TO ARRIVE AT ALONENESS
 - WHEN ONE IS TRULY COMFORTABLE IN THEIR ALONENESS LOVE AND COMPASSION COME NATURALLY

THE ART AND SCIENCE OF HEALING

- INABILITY TO STAY CONSCIOUSLY IN THE MOMENT

“WHAT IS”



“WHAT SHOULD BE”

TRUTH

ILLUSION

MOMENT

PAST TO FUTURE

GREAT ENERGY

LITTLE ENERGY

THE ART AND SCIENCE OF
HEALING

*HOW DOES SPIRITUAL
AWARENESS MANIFEST
ITSELF?*

*INTUITIVE,
WORLDVIEW CHANGE*

THE ART AND SCIENCE OF HEALING

- ▣ SPIRITUAL AWARENESS...WORLDVIEW CHANGE
 - CANNOT BE ACQUIRED
 - THERE IS NO PATH
 - CANNOT BE ATTAINED BY TECHNIQUES OR PROGRAMS
 - COMES TO YOU WHEN CONDITIONS ARE RIGHT
 - ▣ AN ORDERLY AND MORAL MIND
 - ▣ A SILENT MIND DEVOID OF "CHATTER"
- ▣ LEFT/RIGHT BRAIN LATERALIZATION

THE ART AND SCIENCE OF HEALING

▣ LEFT/RIGHT BRAIN

- If disconnected from the brain chatter that connects us to the outer world the mind is silent
- Lose the complications of the past and future and become overwhelmed by the peacefulness of the moment
- The more time we spend in the inner circuitry of our right hemisphere the more peace we project into the world

THE ART AND SCIENCE OF HEALING

▣ RIGHT HEMISPHERE

- The Present Moment-Right here and now
- Thinks in pictures and symbols
- *Receives sensory information that allows us to understand what the moment feels like, smells like and tastes like*
 - *Sensory collage*
- Connects to the energy all around us
- We are energy beings connected to everything through the consciousness of our right hemisphere

THE ART AND SCIENCE OF HEALING

▣ RIGHT HEMISPHERE

- Designed to remember things as they relate to one another (similarities and relationships)
- NO time exists other than present moment
- Thinks intuitively out of the box
- Connection with something greater than ourselves
- Spontaneous and imaginative
- Empathic, non-verbal communication

THE ART AND SCIENCE OF HEALING

- ▣ LEFT HEMISPHERE
 - TEMPORAL CADENCE
 - ALL ABOUT THE PAST AND FUTURE
 - TAKES THE “COLLAGE” AND CATEGORIZES AND ORGANIZES THE INFORMATINAL DETAILS
 - THEN ASSOCIATES THIS INFORMATION WITH WHAT WE HAVE LEARNED FROM THE PAST AND PROJECTS IT INTO THE FUTURE

THE ART AND SCIENCE OF HEALING

▣ LEFT HEMISPHERE

- Programs for pattern recognition
 - ▣ Can predict future based on past patterns
- Judgmental (likes and dislikes)
 - ▣ Looks for differences
- Constantly comparing us to everyone else
- Literal interpretation
- Left brain orientation association area defines where we begin and end compared to space around us (right places it where we want it to go)

THE ART AND SCIENCE OF HEALING

▣ RIGHT HEMISPHERE

- WIDE OPEN ATTENTION TO THE WORLD
- SEES THE WHOLE
- DEALS WITH NEW EXPERIENCE
- CONTEXT AS INSEPARABLE,
INTERCONNECTED AND LIVING
- RECOGNIZES THE IMPLICIT
- OPEN SYSTEM-SEES WORLD AS NUANCED
AND COMPLEX

THE ART AND SCIENCE OF HEALING

▣ RIGHT HEMISPHERE

- ALL THAT IS NON-VERBAL, METAPHORICAL, IRONIC AND HUMOROUS
- AT EASE WITH AMBIGUITY AND IDEA THAT OPPOSITES MIGHT BE COMPATIBLE
- MAKES US SOCIALLY AND EMOTIONALLY SENSITIVE
- TO UNDERSTAND BEAUTY, ART AND RELIGION

THE ART AND SCIENCE OF HEALING

- ▣ LEFT HEMISPHERE
 - FOCUSES ON DETAILS
 - LIKES PREDICTABLE EXPERIENCE
 - ISOLATES WHAT IT SEES
 - BLIND TO THE INDIRECT
 - CONTROLS THE GRASPING RIGHT HAND
 - LANGUAGE
 - HELPS US MANIPULATE AND USE THE WORLD FOR OUR PURPOSES

THE ART AND SCIENCE OF HEALING

- ▣ LEFT HEMISPHERE
 - DELINEATED AND CERTAIN
 - CLOSED SYSTEM (DOESN'T GET CONTEXT)
 - LITERAL
 - BRINGS DETAIL INTO FOCUS
 - EVER OPTIMISTIC
 - RIGID AND RULEBOUND
 - EXCLUSIVE IN ITS ATTITUDES

THE ART AND SCIENCE OF HEALING

- ▣ LEFT HEMISPHERE
 - NEGATIVE FEEDBACK CAUSES IT TO GET LOCKED DEEPER INTO ITS OWN VIEWS
 - ▣ DOES THE SAME THING IT ALWAYS DOES AND NO MORE
 - MECHANISTIC
 - SEES WORLD AS A HEAP OF MEANINGLESS FRAGMENTS
 - MANIPULATIVE AND REDUCTIONISTIC

THE ART AND SCIENCE OF HEALING

- ▣ LEFT HEMISPHERIC DECISION MAKING
 - DRAWS FROM OUR MEMORY (PAST)
 - FUNCTIONS IN A REDUCTIONISTIC FASHION
 - ▣ LIKES TO LABEL
 - ▣ REDUCE TO SMALLEST ELEMENT
 - ▣ SEES THE TREE BUT MISSES THE FOREST
 - PROCESSES SLOWLY
 - GIVES AN EXPLICIT RESPONSE (ANSWER)

THE ART AND SCIENCE OF HEALING

- ▣ RIGHT HEMISPHERE DECISION MAKING
 - DRAWS FROM IMPLICIT, UNCONSCIOUS MIND (90%) , AFFECT AND THE FIELD OF CONSCIOUSNESS (BASED UPON ONE'S LEVEL OF SPIRITUAL CONSCIOUSNESS)
 - HOLISTIC AND FAST
 - GIVES AN IMPLICIT, INTUITIVE RESPONSE RESULTING IN A WORLDVIEW CHANGE

THE ART AND SCIENCE OF HEALING

*IF THERE IS NO PSYCHOLOGICAL TIME
THERE IS NO CONFLICT. THE EGO IS
TIME BOUND TO THE PAST AND
FUTURE. WITHOUT TIME WE
WOULD BE IN THE PRESENT
MOMENT-IN A SPACE THAT HAS NO
WORDS AND NO CENTER AND NO
"ME". WE WOULD EXPERIENCE
PEACE AND JOY AND THE IMMENSE
ENERGY OF THE UNIVERSE*

THE ART AND SCIENCE OF HEALING

WHEN THE MIND IS STILL,
TRANQUIL, NOT SEEKING ANY
ANSWER OR SOLUTION, NEITHER
RESTING NOR AVOIDING-IT IS
ONLY THEN THAT THERE CAN BE
REGENERATION BECAUSE THEN
THE MIND IS CAPABLE OF
PERCEIVING WHAT IS TRUE AND
IT IS TRUTH THAT LIBERATES YOU
NOT YOUR EFFORT TO BE FREE.

THE ART AND SCIENCE OF HEALING

WHEN SOMEONE CHANGES IT
HAPPENS “LIKE THAT”-IT IS
IN THE MOMENT. THERE MAY
HAVE BEEN MUCH ANALYSIS,
SUFFERING LEADING TO THE
MOMENT. WHEN ONE IS
AWARE AND HEARS “TRUTH”
AN INNER
RECONFIGURATION OCCURS.

THE ART AND SCIENCE OF HEALING

- ▣ IT IS UNDERSTANDING THAT MATTERS
- ▣ UNDERSTANDING IS IMMEDIATE, DIRECT;
IT IS SOMETHING YOU EXPERIENCE
INTENSELY
- ▣ TO MERELY MEMORIZE TO REMEMBER
WHAT YOU HAVE HEARD INVOLVES
MEMORY
- ▣ UNDERSTANDING IS CONSTANT
DISCOVERY
- ▣ IF YOU MERELY REMEMBER YOU WILL
ALWAYS BE COMPARING WHICH BREEDS
ENVY-THIS IS WHAT OUR ACQUISITIVE
SOCIETY IS BASED UPON

THE ART AND SCIENCE OF HEALING

▣ TAO OF WU WEI

- THE NON-ACTION OR NON-DOING WHICH IS NOT INTENT ON RESULTS AND IS NOT CONCERNED WITH CONSCIOUSLY MADE PLANS OR DELIBERATELY ORGANIZED ACTS
- IF ONE IS IN HARMONY THE ANSWER WILL MAKE ITSELF KNOWN INTUITIVELY WHEN THE TIME COMES TO ACT
- THEN ONE WILL NOT ACT ACCORDING TO SELF-CONSCIOUS DELIBERATION BUT BASED UPON A CONNECTION WITH THE DIVINE SOURCE OF ALL GOOD

THE ART AND SCIENCE OF HEALING

- ▣ TAO OF WU WEI (CONTINUED)
 - EFFECT OF SOCIETY IS TO COMPLICATE AND CONFUSE OUR EXISTENCE MAKING US FORGET WHO WE REALLY ARE BY CAUSING US TO BE OBSESSED WITH WHO WE ARE NOT
 - TRUE CHARACTER OF WU WEI IS NOT MERE INACTIVITY BUT PERFECT ACTION-IT IS ACTION WITHOUT ACTIVITY.

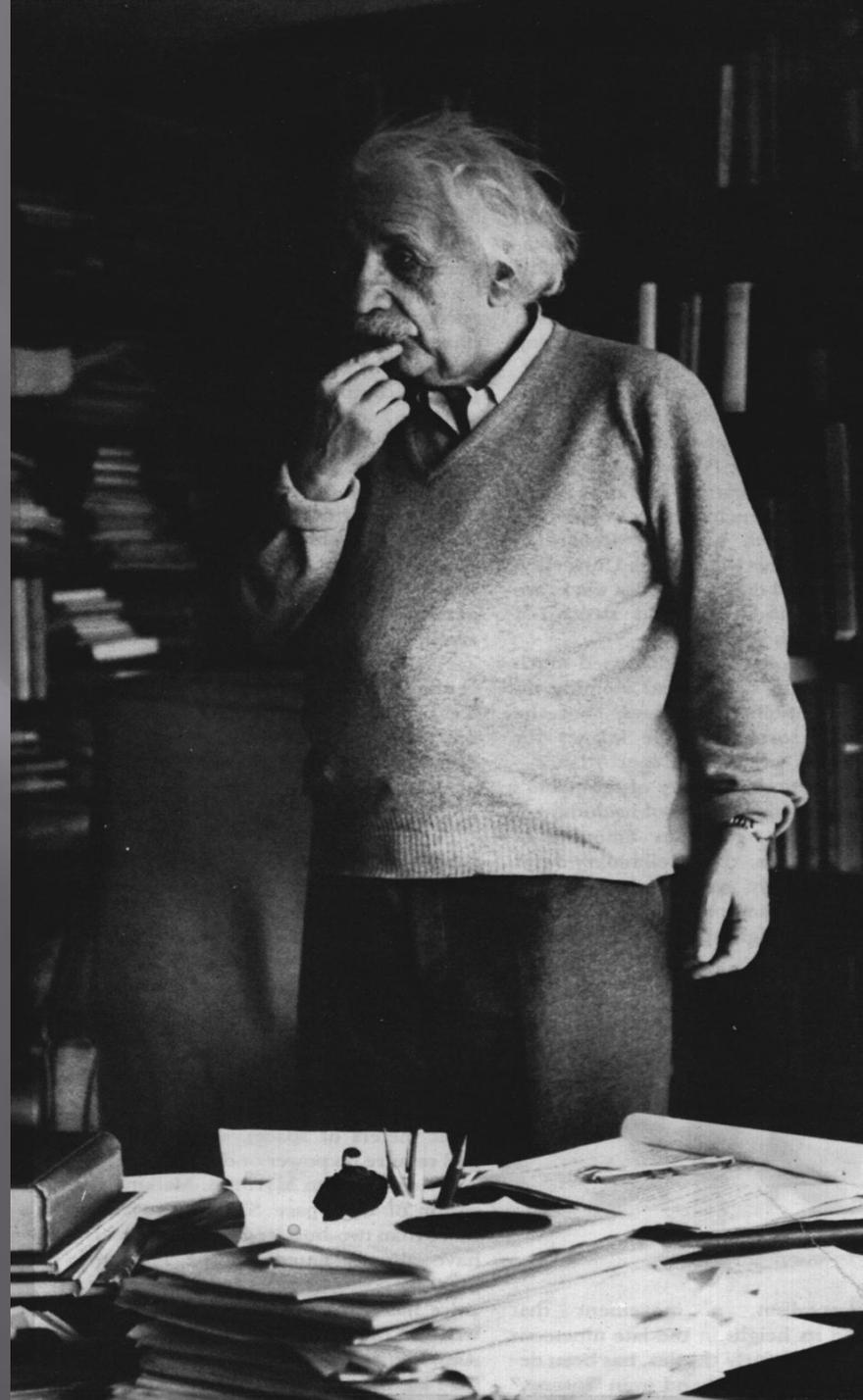
THE ART AND SCIENCE OF HEALING

- ▣ TAO OF WU WEI (CONTINUED)
 - IT IS ACTION IN HARMONY WITH HEAVEN AND EARTH
 - ▣ IT IS EFFORTLESS, SPONTANEOUS AND IN PERFECT ACCORD WITH OUR NATURE AND OUR PLACE IN THE SCHEME OF THINGS
 - ▣ NOT CONDITIONED BY IDEAS AND THEORIES AND USES NO FORCE OR VIOLENCE
 - ▣ NOT RELATED TO OUR NEEDS AND DESIRES

"The intuitive mind is a sacred gift and the rational mind is a faithful servant.

We have created a society that honors the servant and has forgotten the gift."

--Albert Einstein



THE ART AND SCIENCE OF HEALING

*CAN YOU REMEMBER AN
EXPERIENCE WHEN SOMEONE
(A CLIENT, FRIEND OR CHILD)
CAME TO YOU WITH AN
UNSOLVABLE PROBLEM AND IN
YOUR PRESENCE CAME UP WITH
THE SOLUTION WITHOUT YOU
SAYING A WORD?*

THE ART AND SCIENCE OF HEALING

- ▣ ENTRAINMENT
- ▣ COHERENCE
- ▣ SEEING THE LOVE AND
BEAUTY INSIDE ONE WHO
CANNOT SEE IT INSIDE OF
HIM/HER SELF

THE ART AND SCIENCE OF HEALING COHERENCE

- ▣ Any object (piece of wood, bone, electron, molecule, etc.) has a certain natural or resonant frequency
- ▣ When two objects have similar natural frequencies, they can interact without touching; their vibrations can become coupled or entrained
- ▣ For electromagnetic interactions between molecules the word “resonance” is used more often than entrainment

THE ART AND SCIENCE OF HEALING

- ▣ If a piano and a guitar were both tuned and a G cord was played on the piano, the G string on the guitar would also vibrate
- ▣ Entrainment allows two similarly tuned systems to align their movement and energy so they match in rhythm and phase
- ▣ When two systems are oscillating at different frequencies there is an impelling force called *resonance* that causes the two to transfer energy from one to the other

THE ART AND SCIENCE OF HEALING

- ▣ When two similarly tuned systems vibrate at different frequencies there is another aspect of this energy called *entrainment* which causes them to line up and to vibrate at the same frequency
- ▣ *LOVE IS THE UNIVERSAL VIBRATION THAT ALLOWS PEOPLE TO TRANSFER HEALING ENERGY FROM ONE TO ANOTHER*

THE ART AND SCIENCE OF HEALING

- ▣ *ONE DOES NOT HEAL ANOTHER*
- ▣ *THAT IS ARROGANCE!*
- ▣ *ALL ONE DOES IS PROVIDE THE RESONANT ENERGY TO ALLOW OTHERS TO HEAL THEMSELVES*

THE ART AND SCIENCE OF HEALING

- ▣ Living tissue has a crystalline nature
- ▣ Living crystals are composed of long, thin, pliable molecules that are soft and flexible (i.e. liquid crystals)
- ▣ Crystalline arrangements are the rule and not the exception in living systems
- ▣ Molecules interact with each other via electromagnetic fields (often referred to as “light” and their units as “photons”)

THE ART AND SCIENCE OF HEALING

- ▣ Crystalline molecular arrays should vibrate strongly and coherently
- ▣ The vibrations are collective or cooperative phenomena in which all of the weakly vibrating parts in the presence of an electromagnetic field become coupled
- ▣ The result is a strong, orderly and stable vibration far more than the sum of the individual parts

THE ART AND SCIENCE OF HEALING

- ▣ *Crystalline molecular arrays found throughout the body are exceedingly sensitive to energy fields in the environment*
- ▣ *Strong oscillations can travel about within the crystalline network of the body and can radiate into the environment*
- ▣ *Crystalline components of the living matrix act as coherent molecular “antennas” radiating and receiving signals*

THE ART AND SCIENCE OF HEALING

- ▣ Water in the spaces between parts of the highly ordered system is highly organized
- ▣ Vibrations of water molecules can couple to the coherent energy patterns within the protein (crystalline) array
- ▣ The resulting coherent water system has a laser-like property and is likely to retain and release electromagnetic information (i.e. have a form of memory)

THE ART AND SCIENCE OF HEALING

- ▣ Medical research has stated energy field therapies are effective because they project “information” into tissue
- ▣ Applications of healing energy whether from a medical device or human hands can open networks to the flow of information when physical and/or emotional or trauma impair continuity

THE ART AND SCIENCE OF HEALING

- ▣ There is an ancient information system residing in the perineural connective tissue cells (includes glial cells)
- ▣ Perineural cells encase every nerve fiber throughout the body
- ▣ The perineural system is a direct current (DC) communication system reaching every innervated tissue
- ▣ This system establishes a “current of injury” that controls injury repair

THE ART AND SCIENCE OF HEALING

- ▣ The “current of injury” is generated at wound sites and continues until repair is complete
- ▣ The current attracts mobile skin cells, white blood cells, fibroblasts, etc. that close and heal wounds
- ▣ When healed the energy current shifts and sends feedback to the system
- ▣ The “current of injury” is not an ionic current but a semiconductor current sensitive to magnetic fields

THE ART AND SCIENCE OF HEALING

- ▣ Semiconduction takes place in the perineural tissue
- ▣ The importance of semiconduction is that it can be precisely controlled
- ▣ Virtually all molecules are semiconductors

THE ART AND SCIENCE OF HEALING

- ▣ Entrainment occurs when two rhythms that have nearly the same frequency become coupled to each other so they both have the same rhythm
- ▣ Brain waves are not constant in frequency but vary from moment to moment
- ▣ The brains pacemaker is located in the thalamus (thalamic rhythm generator)

THE ART AND SCIENCE OF HEALING

- ▣ Calcium ions slowly leak into thalamocortical neurons which oscillate for 1.5-28seconds
- ▣ When excess calcium builds up the oscillation ceases
- ▣ This silent period lasting 5-25 seconds allows brain waves to “free run” (are not paced by thalamus)
- ▣ During this time brain waves are susceptible to entrainment by external electric and magnetic rhythms-either natural or man-made

THE ART AND SCIENCE OF HEALING

- ▣ The brain waves spread out throughout the entire nervous system via the perineural system
- ▣ During meditation, “free run” can be dominated by geophysical rhythms

THE ART AND SCIENCE OF HEALING

*WHAT IS THE ESSENCE
OF A TRUE HEALER?*

THE ART AND SCIENCE OF HEALING

“THE DEEPEST PRINCIPLE IN
HUMAN NATURE IS THE
CRAVING TO BE APPRECIATED”
WILLIAM JAMES

THE ART AND SCIENCE OF HEALING

- ▣ A LIFE OF NO SIGNIFICANCE (HUMILITY)
 - BEING NOTHING
 - KNOWING NOTHING
- ▣ A STATE WHERE EVERYTHING IS NEW AND TIMELESS
- ▣ AS SOON AS GIVE SIGNIFICANCE TO YOUR LIFE
 - “I HAVE TO BECOME SOMETHING”
 - “I AM HERE FOR A REASON”
 - ▣ WHEN YOU SEEK FULFILLMENT YOU MISS LIFE

THE ART AND SCIENCE OF HEALING

- ▣ AS SOON AS YOU IDENTIFY YOURSELF WITHIN THE COLLECTIVE (CULTURE) THERE IS DIVISION
 - "I AM A CHRISTIAN"
 - "I AM A MEMBER OF NARCOTICS ANONYMOUS"
- ▣ WHAT DOES THE MIND DO?
- ▣ WE ARE ALL HUMAN BEINGS
- ▣ THE SPIRITUAL HEALER IS ONE WHO DOES NOT BELONG TO ANY RELIGION, TO ANY NATION, TO ANY RACE AND IS INWARDLY COMPLETELY ALONE, IN A STATE OF NOT-KNOWING AND FOR HIM THE BLESSING OF THE SACRED COMES INTO BEING

THE ART AND SCIENCE OF HEALING

- ▣ POVERTY IS TO BECOME FREE OF SOCIETY.
- ▣ ONE MUST BECOME POOR INWARDLY
- ▣ FOR THEN THERE IS NO SEEKING, NO ASKING, NO DESIRE, NO NOTHING!
- ▣ IT IS ONLY INWARD POVERTY THAT CAN SEE THE TRUTH OF LIFE IN WHICH THERE IS NO CONFLICT AT ALL
- ▣ IN THIS STATE WE CAN SEE AND HEAR OTHERS AS THEY REALLY ARE

THE ART AND SCIENCE OF HEALING

- ▣ Listening is important only when one does not project their own desires into the other
- ▣ We listen from preconceptions (images) or from a particular point of view
- ▣ To really listen one needs an inward quietness (awareness), a freedom from the need to acquire
- ▣ This inner quietness allows a connection or communion beyond the noise of words

THE ART AND SCIENCE OF HEALING

- ▣ It is only when one listens without ideas, without thoughts, that one can determine if what is being said is true or false
- ▣ FOR MOST OF US SILENCE IS WHAT OCCURS WHEN THERE IS NO NOISE
- ▣ FOR OTHERS THE SILENCE ALWAYS EXISTS AND AT TIMES NOISE OCCURS
- ▣ I-THOU

THE ART AND SCIENCE OF HEALING

MARTIN BUBER ICH UND DU,

1923

- ▣ THE BASE WORD *I-THOU* CAN ONLY BE SPOKEN WITH ONE'S WHOLE BEING
 - *THERE IS NO FRAGMENTATION*
- ▣ THE BASE WORD *I-IT (HE,SHE)* CAN NEVER BE SPOKEN WITH ONE'S WHOLE BEING
 - *THERE IS FRAGMENTATION, THIS IS HOW THE WORLD IS ANALYZED AND DESCRIBED*
- ▣ THE WORLD OF EXPERIENCE BELONGS TO THE BASE WORD *I-IT*
 - SUBJECT TO OBJECT
 - SEPARATENESS AND DETACHMENT

THE ART AND SCIENCE OF HEALING

- ▣ THE BASE WORD *I-THOU* ESTABLISHES THE WORLD OF RELATIONSHIPS
 - SUBJECT TO SUBJECT
 - WORLD OF RECIPROCITY AND MUTUALITY
- ▣ EXPERIENCE IS REMOTENESS FROM YOU (THOU)
 - THOU IS NOT AN OBJECT OF EXPERIENCE OR OF THOUGHT

THE ART AND SCIENCE OF HEALING

- ▣ NOTHING CONCEPTUAL INTERVENES BETWEEN I AND YOU
 - NO PRIOR KNOWLEDGE AND NO IMAGINATION
 - NO PURPOSE INTERVENES BETWEEN I AND YOU
 - IN THE MOMENT
- ▣ IF YOU EXIST AS IN RELATIONSHIP TO PAST EXPERIENCES, YOU LIVE IN THE PAST

THE ART AND SCIENCE OF HEALING

- ▣ *"I SEE THE TREE"*
- ▣ THERE IS NO RELATIONSHIP BETWEEN I AND TREE (THOU)
- ▣ THERE IS A BARRIER ERECTED-THE BASIS OF *I-IT*
- ▣ THE WORD OF SEPARATION HAS BEEN SPOKEN
- ▣ *I-NATURE (SPIRIT, THOU) HAS BECOME AN I-IT*

THE ART AND SCIENCE OF HEALING

- ▣ *I-THOU* RELATIONSHIP WITH GOD IS A UNIVERSAL RELATIONSHIP WHICH IS THE FOUNDATION FOR ALL OTHER REALTIONSHPIS
- ▣ *IF HAVE A GENUINE I-THOU REALTIONSHIP WITH GOD, THEN HAVE A REAL I-THOU RELATIONSHIP WITH THE WORLD*
 - *ONE'S ACTIONS IN THE WORLD WILL BE GUIDED BY I-THOU RELATIONSHIP WITH GOD*

THE ART AND SCIENCE OF HEALING

- ▣ WE FREQUENTLY VIEW BOTH OBJECTS AND PEOPLE BY THEIR FUNCTION
 - SOMETIMES THIS IS GOOD
 - ▣ EXAMPLE-A SCIENTIST OBSERVES, MEASURES, JUDGES AND EXAMINES
- ▣ THESE PROCESSES ARE *I-IT* RELATIONSHIPS
- ▣ WHEN WE VIEW PEOPLE WITH JUDGMENT, OPINION AND MOTIVE IT CREATES AN *I-IT* RELATIONSHIP

THE ART AND SCIENCE OF HEALING

- ▣ AN *I-THOU* RELATIONSHIP DEMANDS WE MAKE OURSELVES COMPLETELY AVAILABLE TO THE OTHER
 - UNDERSTANDING THEM
 - SHARING TOTALLY
- ▣ INSTEAD WE KEEP OURSELVES OUT OF THE MOMENT OF RELATIONSHIP
- ▣ WE DO THIS TO PROTECT OUR VULNERABILITIES OR TO GET THE OTHER TO RESPOND IN SOME PRECONCEIVED WAY (TO GET SOMETHING FROM THEM)

THE ART AND SCIENCE OF HEALING

- ▣ IT IS POSSIBLE TO PLACE OURSELVES ENTIRELY INTO A RELATIONSHIP (*I-THOU*) WITHOUT FRAGMENTATION
- ▣ THERE CAN BE NO “MASKS”, PRETENSES, PRECONDITIONS
- ▣ CAN BE DONE WITHOUT WORDS
- ▣ *IN THE MOMENT EACH PERSON IS ENLARGED*
- ▣ *EACH PERSON RESPONDS BY TRYING TO ENHANCE THE OTHER*
- ▣ *THE RESULT IS TRUE DIALOGUE, TRUE SHARING*

THE ART AND SCIENCE OF HEALING

- ▣ *I-THOU* RELATIONSHIPS ARE NOT CONSTANT OR STATIC
- ▣ *TRYING TO ACHIEVE I-THOU MOMENTS WILL FAIL BECAUSE BY CREATING AN OBJECTIVE OR GOAL THE RELATIONSHIP BECOMES I-IT*
- ▣ *I-THOU MOMENTS CANNOT BE DESCRIBED*
- ▣ *WHEN IT OCCURRS YOU SENSE IT*
- ▣ *IT IS POSSIBLE TO HAVE AN I-THOU RELATIONSHIP WITH EVERYTHING*

THE ART AND SCIENCE OF HEALING

- ▣ *GOD IS THE ETERNAL THOU*
- ▣ *BUBER FELT ONE COULD HAVE AN I-THOU RELATIONSHIP WITH GOD THROUGH I-THOU MOMENTS WITH PEOPLE, ANIMALS, NATURE, ART AND THE WORLD*
- ▣ *IT IS ONLY IN THE MOMENT OF I-THOU MEANING CAN COME TO US IN TRANSFORMATION*

THE ART AND SCIENCE OF HEALING

- PERFECT LISTENING
 - PERFECT LISTENING IS LISTENING NOT SO MUCH TO OTHERS AS TO ONESELF
 - PERFECT SIGHT IS SEEING NOT OTHERS SO MUCH AS ONESELF
 - FOR THEY FAIL TO UNDERSTAND THE OTHER WHO HAVE NOT HEARD THEMSELVES; AND THEY ARE BLIND TO THE REALITY OF OTHERS WHO HAVE NOT PROBED THEMSELVES. THE PERFECT LISTENER HEARS YOU EVEN WHEN YOU SAY NOTHING

THE ART AND SCIENCE OF HEALING

“WHEN OUR LIFE CEASES TO BE INWARD AND PRIVATE, CONVERSATION DEGENERATES INTO MERE GOSSIP...IN PROPORTION AS OUR INWARD LIFE FAILS, WE GO MORE CONSTANTLY AND DESPERATELY TO THE POST OFFICE. YOU MAY DEPEND ON IT, THAT THE POOR FELLOW WHO WALKS AWAY WITH THE GREATEST NUMBER OF LETTERS PROUD OF HIS EXTENSIVE CORRESPONDENCE HAS NOT HEARD FROM HIMSELF THIS LONG WHILE.”

THOREAU, *WALDEN AND OTHER WRITINGS*. BANTAM BOOKS, LONDON, 1950, PPG723-4.

THE ART AND SCIENCE OF HEALING

*RELIVE A TIME WHEN YOU
TOTALLY RESONATED
WITH A CLIENT OR A
CHILD*

*WHAT WAS THE
EXPERIENCE LIKE?*

THE ART AND SCIENCE OF HEALING

- ▣ ONE UNCONSCIOUS MIND COMMUNICATES WITH ANOTHER UNCONSCIOUS MIND
- ▣ RIGHT HEMISPHERE (RH) RESPONDS QUICKLY TO ALL STIMULI
- ▣ IMPLICIT LEVEL OF THE THERAPEUTIC ALLIANCE (BENEATH THE EXPLICIT COGNITIONS AND LANGUAGE) ARE THE CORE OF THE CHANGE MECHANISM AT THE UNCONSCIOUS LEVEL

THE ART AND SCIENCE OF HEALING

- ▣ INVOLVES CO-CREATION OF AN INTERSUBJECTIVE CONTEXT THAT FACILITATES THE PROCESS OF CHANGE (ATTACHMENT COMMUNICATION)
- ▣ ATTACHMENT COMMUNICATION REPRESENTS RH TO RH TRANSACTION THAT FACILITATE THE EXPERIENCE DEPENDENT MATURATION OF RH

THE ART AND SCIENCE OF HEALING

- ▣ THERAPEUTIC ALLIANCE
 - THERAPIST'S FACILITATING BEHAVIORS COMBINE WITH THE PATIENTS CAPACITY FOR ATTACHMENT TO PERMIT DEVELOPMENT OF ALLIANCE (PRIMARY COMPONENT OF EMOTIONAL BOND)
 - THERAPIST MUST BE EMOTIONALLY AVAILABLE

THE ART AND SCIENCE OF HEALING

▣ CARL ROGERS (1986)

“AS A THERAPIST, I FIND THAT WHEN I AM CLOSEST TO MY INNER, INSTINCTIVE SELF, WHEN I AM SOMEHOW IN TOUCH WITH THE UNKNOWN IN ME, WHEN PERHAPS I AM IN A SLIGHTLY ALTERED STATE OF CONSCIOUSNESS IN THE RELATIONSHIP, THEN WHATEVER I DO SEEMS FULL OF HEALING.”

THE ART AND SCIENCE OF HEALING

*HAVE YOU HAD THE
EXPERIENCE OF BEING
WITH SOMEONE WHO
WRAPPED YOU IN THERE
LOVE AND IT FELT LIKE
ONLY THE TWO OF YOU
EXISTED?*

THE ART AND SCIENCE OF HEALING

- SPIRITUAL VISION
 - RIGHT HEMISPHERE SEES THE BIGGER PICTURE
 - BLENDED OR SOFTENED PERCEPTION
 - Perceives low frequency of sound
 - Perceives the longer wavelengths of light
- ▣ EGO VISION
 - LEFT HEMISPHERE FOCUSES ON DETAIL
 - Perceives shorter wavelengths
 - Delineate sharp boundaries
 - Perceives high frequency sound
 - Detect, discriminate and interpret tones associated with language

THE ART AND SCIENCE OF HEALING

*WHEN YOU WORK WITH
SOMEONE WHAT IS
YOUR INTENTION?*

THE ART AND SCIENCE OF HEALING

- ▣ INTENTION CHANGES OUTCOME
 - HEISENBERG PRINCIPLE
 - VON NEUMANN FORMULA
- ▣ LOVE AND BEAUTY
- ▣ INTEGRITY
- ▣ TO HELP PEOPLE SEE THE TRUTH IN THEMSELVES
- ▣ LIGHT

THE ART AND SCIENCE OF HEALING

▣ REMEMBER...

- Your mind (thoughts) can directly influence the rate of growth of bacteria, fungi and plants
- Depending upon whether the clinician focuses thought using calming or activating imagery, they can create a greater sense of relaxation or anxiety in the patient

Nelson, Bradley. "The Emotion Code". Wellness Unmasked Publishing, 2011, pg. 48.

THE ART AND SCIENCE OF HEALING

- ▣ WHEN THERE IS UNCONDITIONAL LOVE AND BEAUTY WHATEVER YOU DO IS RIGHT
- ▣ UNCONDITIONAL LOVE WILL SOLVE ALL PROBLEMS
- ▣ UNCONDITIONAL LOVE IS PASSION WITHOUT MOTIVE
- ▣ A MIND THAT IS SEEKING IS NOT A PASSIONATE MIND AND TO COME UPON LOVE WITHOUT SEEKING IS THE ONLY WAY TO FIND IT

THE ART AND SCIENCE OF HEALING

▣ LIGHT

- UNIVERSAL METAPHOR FOR GOD
- LIGHT IS CONSCIOUSNESS, INTELLIGENCE AND UNDERSTANDING
- LIGHT CREATES
 - ▣ PUMPS POWER INTO THE SPACIO-TEMPORAL WORLD
 - PHOTOSYNTHESIS
- LIGHT IS DIFFERENT

THE ART AND SCIENCE OF HEALING

▣ LIGHT

- SITS ON THE CUSP OF THE LINEAR AND NONLINEAR REALMS
- ITS SPEED IS 186,000 MILES PER SECOND IS AN UNWAVERING CONSTANT
 - ▣ EVERYTHING IN THE UNIVERSE ADJUSTS TO IT
 - AS SPEED INCREASES TIME SLOWS DOWN
 - AT SPEED OF LIGHT TIME STOPS

THE ART AND SCIENCE OF HEALING

▣ LIGHT

- PHOTONS ARE QUANTA OF LIGHT
 - ▣ HAVE NEITHER RESTING MASS NOR AN ELECTRICAL CHARGE
 - ▣ PARTICLES WITH MASS ARE DERIVED FROM LIGHT ENERGY
- LIGHT PRODUCES THE PHYSICAL UNIVERSE AND IS RESPONSIBLE FOR ITS PERMUTATIONS

THE ART AND SCIENCE OF HEALING

▣ LIGHT

▪ FROM QUANTUM MECHANICS

- ▣ ESSENCE OF EVERY INTERACTION IN THE UNIVERSE IS THE EXCHANGE OF QUANTA OF ENERGY (QUANTA IS THE SMALLEST PACKET OF ENERGY THAT CAN BE EXCHANGED)
 - MEASURED BY PLANCK'S CONSTANT
- ▣ IT IS QUANTA OF PHOTONS THAT CHANGE MOLECULES IN THE ACT OF PHOTOSYNTHESIS AND EXCITE ATOMS IN THE RETINA TO ENABLE US TO SEE

THE ART AND SCIENCE OF HEALING

▣ LIGHT

- THE LIGHT OF GOD IS WITHIN YOU AND IT IS CALLED THE SELF, ATMAN, BUDDHA NATURE, SOUL, TAO OR HOLY SPIRIT
- *IT IS THE LIGHT IN YOU THAT HEALS*
- WHEN IT IS ACCESSED WITHOUT THE FILTERING DISTORTION OF THE EGO IT CAN BE EXPERIENCED AS NIRVANA, SAT-CHIT-ANADA, OR ENLIGHTENMENT

THE ART AND SCIENCE OF HEALING

- ▣ CASE WESTERN RESERVE AND INSTITUTE OF NOETIC STUDIES
 - *WHEN YOU SEND AN INTENTION EVERY PHYSIOLOGICAL SYSTEM IN YOUR BODY IS MIRRORED IN THE BODY OF THE RECEIVER*
 - ▣ ELECTRICAL SIGNALS IN THE BRAINS OF PEOPLE GET SYNCHRONIZED
 - THE FREQUENCIES, AMPLITUDES AND PHASES OF THE BRAIN WAVES OPERATE IN TANDEM

THE ART AND SCIENCE OF HEALING

- ▣ CASE WESTERN RESERVE AND INSTITUTE OF NOETIC STUDIES
 - EEG WAVES MIRROR THOSE OF SENDER
 - *EEG WAVES OF THE RECIPIENT OF HEALING SYNCHRONIZE WITH THOSE OF THE HEALER DURING MOMENTS WHEN HEALING ENERGY IS SENT*

THE ART AND SCIENCE OF HEALING

- ▣ JACOBO GRINBERG-ZYLBERBAUM OF UNIVERSITY OF MEXICO
 - PARTICIPANT WITH THE MOST COHESIVE QUANTUM WAVE PATTERNS GENERALLY SET THE TEMPO AND TENDED TO INFLUENCE THE OTHER
 - *THE MOST ORDERED BRAIN PATTERN GENERALLY PREVAILED*

THE ART AND SCIENCE OF HEALING

▣ SYNCHRONY

- MID 20TH CENTURY 200 MALE MEDICAL STUDENTS WERE INTERVIEWED TO DETERMINE THE EXTENT OR LACK OF PATERNAL NURTURING EXPERIENCED IN INFANCY AND CHILDHOOD
- FORTY YEARS LATER
 - ▣ 25% OF THOSE WITH SUPPORTIVE AND NURTURING PARENTS HAD ILLNESSES RELATED TO AGE
 - ▣ 89% OF THOSE WITH UNSUPPORTIVE PARENTS HAD ILLNESSES RELATED TO AGE

THE ART AND SCIENCE OF HEALING

▣ SYNCHRONY

- SCHWARTZ AND RUSSEK-UNIVERSITY OF ARIZONA ALSO STUDIED THESE MEN. DURING AN INTERVIEW
 - ▣ WITHIN A SHORT TIME THE AVERAGED EEG PATTERNS OF THOSE SUBJECTS HAVING POSITIVE CHILDHOODS SYNCHRONIZED OR ENTRAINED WITH THE AVERAGED EEG PATTERNS OF THE INTERVIEWER
 - ▣ THE EEG PATTERNS OF THE SUBJECTS WITH NEGATIVE CHILDHOODS SHOWED A SLOWER FORMING AND WEAKER CORRESPONDENCE TO THE INTERVIEWER

THE ART AND SCIENCE OF HEALING

WHAT ARE THE COMMON
FACTORS INVOLVED IN THE
THERAPEUTIC CHANGE
PROCESS?

THE ART AND SCIENCE OF HEALING

- ▣ OPENNESS, HONESTY AND TRUST VALUED
- ▣ EXPLORATION OF BEHAVIOR, EMOTION, SENSATION AND COGNITION IN AN ATTEMPT TO INCREASE AWARENESS OF PREVIOUS UNCONSCIOUS OR DISTORTED MATERIAL
 - Integration of affect with conscious awareness and cognition
 - Intellectual understanding in the absence of integration does not result in change

THE ART AND SCIENCE OF HEALING

- ▣ SAFE EMERGENCY
- ▣ EVOCATION OF EMOTION COUPLED WITH CONSCIOUS AWARENESS IS MOST LIKELY TO RESULT IN SYMPTOM REDUCTION AND PERSONAL GROWTH
- ▣ OPTIMAL STRESS CREATES THE MOST FAVORABLE NEUROBIOLOGICAL ENVIRONMENT FOR NEURAL PLASTICITY AND INTEGRATION
- ▣ STATE OF MILD TO MODERATE STRESS IS IDEAL FOR FOSTERING CONSOLIDATION AND INTEGRATION

THE ART AND SCIENCE OF HEALING

- ▣ SAFE AND SUPPORTIVE RELATIONSHIPS ARE THE OPTIMAL ENVIRONMENT FOR SOCIAL AND EMOTIONAL LEARNING
- ▣ EMPATHIC ATTUNEMENT = NURTURANCE = SECURE ATTACHMENT
- ▣ BY CREATING AN ENVIRONMENT OF NURTURANCE AND ACCEPTANCE THE THERAPIST CREATES THE OPTIMAL POSSIBILITY FOR LEARNING BOTH COGNITIVELY AND EMOTIONALLY ALLOWING THE BIOLOGICAL PLAN AND NEUROPLASTICITY TO DO ITS JOB

THE ART AND SCIENCE OF HEALING

- ▣ HIGH AROUSAL INHIBITS CORTICAL PROCESSING AND DISRUPTS INTEGRATION (ABILITY TO TOLERATE THOUGHTS AND EMOTIONS PREVIOUSLY INHIBITED, DISSOCIATED OR DEFENDED AGAINST)
- ▣ IN PSYCHOTHERAPY UNDERSTANDING IS THE “BOOBY PRIZE”- A PSYCHOLOGICAL EXPLANATION FOR A PROBLEM REMAINING UNRESOLVED

THE ART AND SCIENCE OF HEALING

“THE CURIOUS PARADOX
IS THAT WHEN I ACCEPT
MYSELF AS I AM, THEN I
AND CHANGE” ...CARL
ROGERS

THE ART AND SCIENCE OF HEALING

*HOW DO YOU ADDRESS A NEW
CLIENT?*

*WHAT ARE THE FIRST THINGS
YOU SAY TO THIS PERSON?*

THE ART AND SCIENCE OF HEALING

▣ PLACEBO EFFECT:

“I HAVE WORKED WITH MANY PEOPLE WITH YOUR PARTICULAR PROBLEM AND JUST ABOUT ALL OF THEM HAVE GOTTEN MUCH BETTER. I EXPECT YOU TO GET BETTER ALSO.”

THE ART AND SCIENCE OF HEALING

- *THE PLACEBO EFFECT DEPENDS ENTIRELY ON THE PATIENT'S STATE OF BELIEF*
- *THE MIND CAN CHANGE THE BIOLOGY OF THE BRAIN*
- *CLINICIANS SHOULD ALWAYS TAKE ADVANTAGE OF THE PLACEBO EFFECT*
 - *GREET EVERY PATIENT POSITIVELY*
 - *BE SUPPORTIVE*
 - *TELL PATIENT YOU EXPECT THEM TO GET BETTER (NEVER UNDERESTIMATE THE POWER OF HOPE)*

THE ART AND SCIENCE OF HEALING

- *IF TREATMENT PROTOCOL IS EVIDENCE-BASED OR IF CLINICIAN HAS SUCCESSFULLY USED THE PROCEDURE, ADVISE THE PATIENT OF SAME*
- *IF APPROPRIATE, DISPLAY DEGREES AND CERTIFICATIONS WHILE DRESSING APPROPRIATELY*

THE ART AND SCIENCE OF HEALING

▣ PLACEBO EFFECT:

- A SIGNIFICANT HEALING EFFECT CREATED BY A PERSON'S BELIEF AND EXPECTATION THEY WILL GET BETTER AS A RESULT OF TREATMENT.
- PLACEBO USUALLY HELPS ABOUT 35-45% OF PATIENTS
- A proposed new drug's effect is routinely tested against that of a placebo. If it is 5% better than placebo it can be licensed.

THE ART AND SCIENCE OF HEALING

- ▣ PLACEBO EFFECT:
 - PLACEBO CAN CHANGE NEURAL ACTIVITY IN BRAIN REGIONS MEDIATING PERCEPTION OF EMOTION
 - PLACEBO CAN INCREASE APPETITE
 - EFFECT CAUSES RELEASE OF ENDORPHINS
 - IF DOCTOR IS SUPPORTIVE AND POSITIVE A PATIENT MAY BENEFIT FROM ANY TREATMENT

Paraphrase of material from Mayo Clinic. Placebo Effect: Harnessing Your Mind's Power to Heal. December, 30, 2003.

THE ART AND SCIENCE OF HEALING

- ▣ PLACEBO EFFECT:
 - fMRI REVEALS DECREASED ACTIVITY IN PAIN-SENSITIVE REGIONS OF THE BRAIN IMPLICATED IN THE SUBJECTIVE EXPERIENCE OF PAIN
 - ▣ Thalamus
 - ▣ Insula
 - ▣ Anterior Cingulate Cortex
 - INCREASED ACTIVITY IN PREFRONTAL CORTEX DURING ANTICIPATION OF PAIN

THE ART AND SCIENCE OF HEALING

- ▣ PLACEBO EFFECT:
 - IN DEPRESSION CAUSED CHANGES IN BRAIN ACTIVITY SIMILAR TO THOSE OBSERVED WHEN TAKING A MEDICATION
 - MEDICATION MAY CAUSE A MORE PRONOUNCED EFFECT
 - CHANGES WERE DIFFERENT THAN THOSE OBSERVED FOLLOWING CBT

THE ART AND SCIENCE OF HEALING

▣ PLACEBO EFFECT:

- PATIENTS ON MEDICATION, IN ADDITION, EXPERIENCED DECREASED ACTIVITY IN LOWER BRAIN AREAS (HIPPOCAMPUS, ANTERIOR INSULA) THOUGHT TO SUSTAIN THE CORTICAL/LIMBIC CHANGES AND PREVENT RELAPSE
- PATIENTS ON MEDICATION THAT FAILED TO IMPROVE DID NOT SUSTAIN THE BRAIN STEM, STRIATAL, AND HIPPOCAMPAL CHANGES UNIQUE TO ANTIDEPRESSANT RESPONDERS

Sagittal View

Axial View

Coronal View

Placebo Responders



Fluoxetine Responders



Left

x=2

y=-14

y=18



THE ART AND SCIENCE OF HEALING

Composite PET (positron emission tomography) scan data, superimposed on MRI (magnetic resonance imaging) scans, show brain areas that increased (red) or decreased (yellow) in activity in men who responded to placebo (top row) and fluoxetine (bottom row). Both groups shared a pattern of increased activity in the cortex (e.g., prefrontal, posterior cingulate) and decreased activity in limbic regions (e.g., subgenual cingulate), which the researchers suggest is necessary for therapeutic response. Men who responded to the active medication, in addition, experienced decreased activity in certain lower brain areas (e.g., hippocampus, anterior insula) thought to sustain the cortical/limbic changes and prevent relapse. Source: Helen Mayberg, M.D. University of Toronto.

THE ART AND SCIENCE OF HEALING

- NOCEBO EFFECT
 - PLACEBO MEANS “I WILL PLEASE”, NOCEBO MEANS “I WILL HARM”
 - HARMFUL HEALTH EFFECT CREATED BY A SICK PERSONS BELIEF THAT A POWERFUL SOURCE OF HARM HAS BEEN ADMINISTERED
 - PILLS MAY WORK ACCORDING TO EXPECTATION, NOT PHARMACOLOGY
 - RED OR ORANGE MAY STIMULATE
 - BLUE AND GREEN MAY DEPRESS

Reid, *The Nocebo Effect: Placebo's Evil Twin*. Washington Post, April 30, 2002.

THE ART AND SCIENCE OF HEALING

▣ NOCEBO EFFECT

- SOME SOURCES ARE:
 - MEDIA HYPE OF A NEW TREATMENT FOLLOWED BY A SIDE EFFECT SCARE
 - COLD, IMPERSONAL HEALTH FACILITIES RUN LIKE FACTORIES CONTRADICT THE HIPPOCRATIC OATH
 - CONFLICT BETWEEN MEDICATIONS FROM BIG PHARMA AND ALTERNATIVE TRADITIONAL TREATMENTS
 - MEDICAL INFORMATION GIVEN TO AVOID POTENTIAL MALPRACTICE CLAIMS

Beauregard and O'Leary. The Spiritual Brain. Harper Collins, New York, 2007, ppgs 140-150.

THE ART AND SCIENCE OF HEALING

*CLEAR YOUR MIND BY TAKING
SEVERAL BREATHES...*

*LOOK AT SOMEONE IN YOUR
GENERAL VICINITY...*

WHAT DO YOU FEEL?

THE ART AND SCIENCE OF HEALING

▣ THEORY OF MIND

- Ability to think about what another is thinking
- Starts as visceral-emotional sense of others gained from *MIRROR NEURON SYSTEM*
- Key component of social interaction

▣ *THERAPEUTIC
RELATIONSHIP*

▣ *EMPATHY*

THE ART AND SCIENCE OF HEALING

WHAT IS MEDITATION?

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

▪ CAN BE DEFINED BY INTENTION OF THE INDIVIDUAL PRACTITIONER

▣ PSYCHOPHYSIOLOGICAL HEALTH BENEFITS

- CAN BE LEARNED BY A FORMULA
- WHERE I HAVE BEEN AND WHERE I AM GOING
- CAN YIELD MEASUREABLE RESULTS
- ALL ABOUT COMPARISON WHICH IS EGOIC

▣ PURSUIT OF THE "TRUTH", THE "ACTUAL"

- CANNOT BE LEARNED BY FORMULA
- MUST BE LEARNED FOR YOURSELF
- TO LIVE A LIFE WITHOUT ANY SENSE OF
MEASUREMENT OF WHAT I HAVE BEEN OR WHERE
I AM GOING

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *TO PONDER TO PERCEIVE, TO SEE CLEARLY*
- *TO SEE CLEARLY IS TO OBSERVE WITHOUT DISTORTION*
- *IN ORDER TO SEE CLEARLY MUST REMOVE THE DISTORTION OF THE EGO*
- *THIS ALLOWS ONE TO EXPERIENCE "TRUTH"*

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *DRUGS CAN FOR A SHORT TIME MAKE THE BRAIN MORE SENSITIVE WHEN LIBERATED FROM THE PETTINESS OF PAST EXISTENCE*
- *BUT THE MIND BECOMES DULL DUE TO DEPENDENCE*
- **IF YOU ARE USING MEDITATION AS A MEANS TO SOMETHING IT IS JUST ANOTHER DRUG**
- **THE REPETITION OF WORDS IN LATIN, SANSKRIT, ETC. MAKES THE MIND DULL**
- **LIKE ALCOHOL AND DRUGS THEY ARE AN ESCAPE FROM “WHAT IS”**

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- WANT A FREE (NOT FREE FROM SOMETHING) AND ORDERLY MIND WHICH IS A SENSITIVE MIND
- USING MEDITATION AS AN ESCAPE FROM THE WORLD IS NOTHING MORE THAN AN ESCAPE AND DOES NOT GET ONE CLOSER THE TRUTH

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

■ A SENSITIVE MIND IS....

- ▣ VULNERABLE INWARDLY IN A SENSE OF NOT HAVING RESISTANCE, IMAGES OR FORMULAS
- ▣ NOT FOLLOWING AUTHORITY
- ▣ NOT DEFENSIVE
- ▣ NOT FEARFUL
- ▣ NOT DOGMATIC
- ▣ NOT VIOLENT
- ▣ NOT MISUSING AUTHORITY
- ▣ NOT RUDE, VULGAR AND OPPRESSIVE

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- ONLY A MIND THAT IS VULNERABLE IS CAPABLE OF AFFECTION-LOVE
- CONCENTRATION IMPLIES NARROWNESS, EXCLUSION
 - ▣ HOW CAN ONE EXPERIENCE THE UNLIMITED, THE ULTIMATE IN THIS MANNER?
- AWARENESS HAS NO EXCLUSION
- A MIND THAT IS NOT TOTALLY EMPTY IS NOT FREE

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- IN MEDITATION, LIFE IS A TOTAL MOVEMENT-NOT FRAGMENTED, NOT BROKEN UP INTO “YOU” AND “ME” (IF THERE IS NO “ME” THEN THERE IS NO “YOU”)
- IN MEDITATION THERE IS NO EXPERIENCING
 - ▣ EXPERIENCE IS IN THE PAST
 - ▣ THERE IS ONLY THE PRESENT
- THE MIND BECOMES COMPLETELY SILENT

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- IT IS PART OF OUR DAILY LIVING AND NOT SOMETHING WE DO AT ODD TIMES
- IT BRINGS ORDER TO EVERYTHING AND HAS GREAT BEAUTY WHICH IS UNCONDITIONAL LOVE
- WHAT LIES IN THIS VAST SPACE IS INDESCRIBABLE

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- "I DON'T KNOW" IS THE BASIS ON WHICH TO MEDITATE
 - ▣ MY MIND IS STRIPPED OF ALL TECHNIQUE AND ALL INFORMATION ABOUT MEDITATION, OF EVERYTHING I HAVE READ OR BEEN TOLD ABOUT IT
 - ▣ THIS IS THE BEGINNING AND THE END OF MEDITATION BECAUSE IN THE STATE OF "I DON'T KNOW" THERE IS NO MOVEMENT OF THOUGHT
 - ▣ MEDITATION IS PURGATION OF THE MIND AND CAN ONLY HAPPEN WHEN THERE IS AN ABSENCE OF THE EGOIC MIND

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- THE MIND CAN NEVER SAY IT KNOWS, THEREFORE IT IS ALWAYS FREE AND NEW AND SENSITIVE
- IT HAS NO ANCHOR
- THOUGHT ANCHORS THE MIND WITH OPINIONS, CONCLUSIONS AND COMPARISONS
- WHEN THE MIND IS FREE AND ORDERLY- THIS IS MEDITATION

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *MEDITATION IS TO PERCEIVE THE TRUTH EACH SECOND-NOT THE TRUTH ULTIMATELY*

NOT KNOWING IS THE STATE OF NO CONTENT. THIS IS A DIFFERENT DIMENSION TIME CANNOT TOUCH THEREFORE CANNOT DESCRIBE

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *WITHOUT ORDER IN ONE'S LIFE, WITHOUT MORALITY IN OUR ACTIVITIES, HOW CAN ONE MEDITATE?*
- *FOR ORDER TO EXIST THERE MUST BE NO FEAR*
- *ORDER CANNOT BE PUT TOGETHER BY THOUGHT*
- *YOU CAN SIT CROSS LEGGED FOR A MILLION YEARS BUT IF YOUR LIFE IS DISORDERLY YOU WILL NEVER COME UPON THAT WHICH IS TRUTH*

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *TO SEE ANYTHING CLEARLY ONE NEEDS A QUIET, ORDERLY MIND-NOT A MIND FULL OF CHATTER*
- *MEDITATION IS THE EMPTYING OF THE MIND OF CONTENT-FEARS, ANXIETIES, CONFLICTS*
- *THE ENDING OF THE CONTENT OF THE CONSCIOUS MIND IS COMPLETE SILENCE (EMPTINESS)*
- *IT IS NOT A VACANT SILENCE OR ONE THAT WANTS SOMETHING MORE*

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- THE BASIS OF MEDITATION IS GENERALLY TO CONTROL THOUGHT
- YOU WILL NEVER FIND TRUTH THIS WAY
- THE MIND BECOMES SILENT BUT CANNOT BE MADE SILENT THROUGH CONTRIVED THOUGHT OR TECHNIQUE
- WHEN YOU HEAR THE WORD MEDITATE HEAR IT *AS IF IT WERE THE FIRST TIME*

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- IT IS NOT AN END TO BE ACHIEVED BY CONTROL (SYSTEMS)
 - ▣ CONTROL IMPLIES A CONTROLLER (EGO) WHICH IS IN THE FIELD OF THOUGHT WHICH IS WITHIN TIME AND MEASURE
- WHEN THOUGHT THINKS IT IS A HIGHER SELF IT IS AN ILLUSION
- EMPTYING CONSCIOUSNESS OF ITS CONTENT
- ONLY THEN CAN THERE BE ABSOLUTE SILENCE

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- MEDITATION IS NOT AN EXPERIENCE
 - ▣ EGO LOVES EXPERIENCES WHICH TIE IT TO TIME AND THE RELATIONSHIP TO THE PAST
- MEDITATION MEANS TO COME UPON THAT SPACE IN WHICH THERE IS NO CENTER; THEREFORE, NO DIRECTION; THEREFORE, NO TIME. IT HAS NO WORDS UNLESS THEY ARE "I DON'T KNOW"

THE ART AND SCIENCE OF HEALING

▣ *WHAT IS MEDITATION?*

- *IT DEMANDS NO DIRECTION, NO TIME, NO PERSON. TOTAL INSIGHT IS THE PASSION*
- *TOTAL COMPASSION IS THE HIGHEST INTELLIGENCE*
- *TOTAL INSIGHT IS THE FLAME OF PASSION THAT WIPES AWAY ALL CONFUSION*

THE ART AND SCIENCE OF HEALING



THE ART AND SCIENCE OF HEALING

