

YOUR MINDBODY
ENERGY



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ENERGY

How to access your hidden energies
and take control of your life

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CONTENTS

ACKNOWLEDGEMENTS *vii*

INTRODUCTION 1

PART 1

The Cosmic Connection 5

CHAPTER 1

What's Wrong with Modern Medicine and Science? 7

CHAPTER 2

Tuning In 24

CHAPTER 3

How Our Mindbody Aerial Works 47

PART 2

Mobilising Your Own Healing Resources 57

CHAPTER 4

Self Talk 60

CHAPTER 5

Talking to the Cosmos 79

CHAPTER 6

Talking to Your Unconscious and Cell Memory 89

CHAPTER 7

Supplementary Techniques to Mobilise Life Energy 97

CHAPTER 8
Visualisation and Affirmation – Supplementary Techniques
to Access the Unconscious 104

CHAPTER 9
Changing Habits 114

CHAPTER 10
Techniques Used to Manipulate Belief Systems 126

CONCLUSION 134

APPENDIX
Audio Tapes Available 140

BIBLIOGRAPHY 141

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INTRODUCTION

THIS BOOK was written to give ordinary people access to extremely effective but simple ways of mobilising the extraordinary power of the electromagnetic energy in their own bodies, and provides an explanation for what is known as the 'spiritual body'. Using this electromagnetic energy can give you surprising control over your health and emotional life and enable you to manage stress. The techniques can help you become more creative, gain peace of mind, and find a new energy and enthusiasm for life. You can also use this energy to fight illness.

How to become aware of the energy has unfortunately become a product merchandised by a growing number of multinational, billion-dollar businesses, trading under an array of different names, with sometimes rather dubious belief systems attached. The prices charged by these organisations vary from hundreds to thousands of dollars, making an awareness of this perfectly natural phenomenon inaccessible to most people.

But you don't need a lot of cash and several days to learn about the phenomenon from a 'master', guru or spiritual leader. You can become aware of this inner power all on your own in a few minutes!

The book has evolved as a result of my own explorations to find explanations for experiences I have had since childhood, and especially the experiences I have had with clients while working as a psychologist for the last fifteen years.

Unlike many psychologists I came to the discipline of psychology through a strictly scientific training in genetics and biochemistry. Hence in many ways my approach to psychology followed a rigorous medical and scientific model. However, it

was not long before I became increasingly frustrated by this approach, both on a theoretical and practical level. What we were being taught at university often bore no relation to what I observed, experienced and felt intuitively. I found myself a round peg in a very square hole!

The practice of psychology gave me the opportunity to use knowledge in an intuitive way. It gave me confidence to trust my own observations and feelings, regardless of psychological dogma. Interacting with people on the intimate level of counselling provided opportunities to communicate not just with words, but on a powerful, unspoken level as well.

With time my clients started to trust me with some of their more unusual experiences of our sessions together – especially those who were seriously or terminally ill. It came as a shock to discover that a number of physical feelings like intense warmth, ‘buzzing’ and ‘warm waves’, which I had noticed in myself under certain circumstances (and hopefully dismissed as a virus and not some terrible disease!) were also being experienced by some of my clients. Some people even described a feeling like an electric shock if I touched them on the arm as we finished a session.

This energy of some type that I and my clients were feeling intrigued me, and I started to investigate very ancient healing practices and attend all sorts of seminars and lectures on ancient and New-Age healing. I was stunned to realise that in all these vastly different practices – including transcendental meditation, yoga, meditation, crystal healing, self-hypnosis, *reiki*, *chi*, acupuncture, shamanism and rebirthing (‘breath of life’) – although the mumbo-jumbo varied dramatically they were all really using the same underlying natural phenomenon, but often not in a very efficient way for more ‘earthly’ purposes.

Because the phenomenon they were using was so real and could be experienced so easily it gave credibility to whatever belief system (or mumbo-jumbo) was put with it, leaving a lot of extremely impressed (but often also rather confused) followers.

Many of these alternative groups have helped people find a more satisfying way of living, and that’s great! But they can also run a risk with their techniques of doing a great deal of harm, usually without even realising it.

We all have a need to explain in some way to ourselves where we fit into the scheme of things in the world and the cosmos (this book is my way of doing just that!) and so there is nothing intrinsically wrong with having a belief system that suits our

needs, so long as it does no harm to others. But I became extremely angry that many of the groups were using powerful and sophisticated psychological techniques, often very crudely and therefore dangerously, and usually *without their audiences' knowledge*.

Further, because the psychological techniques used are so powerful, they often trigger dramatic shifts in people's beliefs and attitudes immediately – literally reprogramming their thinking. The mechanisms of how this happens physiologically and psychologically will be explained later in the book. This reprogramming can initiate serious problems within the people themselves, their relationships at home and at work – all of which can have devastating consequences. In fact, over the last five years, since the proliferation of a large number of these groups in my area, I have seen an increasing number of families and individuals in crisis as a result of attending seminars or lectures with such fringe groups.

Often we do need to shake up our thinking, reassess our priorities and views of the world, and this can be a very traumatic but ultimately positive process. But if instigated by someone else it needs to be done in an extremely knowledgeable way, by someone who knows exactly what they are doing. The 'subjects' themselves need to be fully informed of what is happening and why, and what the consequences may be.

I am particularly angry that these techniques can be used so effectively and so easily by people to heal themselves physically and mentally, and yet knowledge about them is locked away by these groups, only to be revealed if you part with a hefty amount of cash. My own view is that as a human being you are *entitled* to know how to access this natural phenomenon as cheaply as possible.

Some of these groups publish enormous amounts of material *about* their belief or healing method but never actually tell you *how* to do it! In this book my main aim has been to show the reader how modern science (in particular quantum and astrophysics, psychoneuroimmunology and psychobiology) can be combined with very ancient techniques, to explain how the body and mind are powered by a natural life energy and to create very efficient, sophisticated, *fast* ways of tapping into this power, which can then be used to improve health.

If you have an emotional or physical problem, you often don't have years to practise passive meditation, hoping one day to stumble on the answer. Passive techniques have a very

important role, but they are often far too indirect for dealing with urgent, down-to-earth health and emotional problems.

The techniques described in this book are easy to learn, elegant and deceptively simple. As they are designed to be 'you'-centred they are also perfectly safe, as your own critical judgement and evaluation is encouraged. The beauty of these techniques is that you do them to yourself and therefore all the inner checks and balances within you continue to operate. This means that you only take from them what is appropriate and constructive at that particular time.

I have also explained the psychological techniques employed by various groups to convert you to their belief systems. I feel this chapter should be read by everybody, especially every vulnerable teenager, attempting to find a belief that will work for them. By recognising and knowing the 'games' being played to get you involved you are at least in a better position to evaluate whether you actually still want that particular belief system. You will then participate with informed consent, not because you have been unwittingly manipulated.

The important fact is you can utilise this powerful natural phenomenon while retaining a belief in modern science. Up to now people often felt they were forced to make a choice between natural healing methods *or* science. This book shows you *both are possible* and I hope this will reduce the desperate need of people to run from science to the latest health regime, cult, group or sect.

We have to take the best of the ancients and the best of science. I feel I have made a step in doing just that in a way which is understandable to people with no scientific training.

What's more, it's cheap!

PART I

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*T*HE COSMIC
CONNECTION

CHAPTER ONE

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WHAT'S WRONG WITH MODERN MEDICINE AND SCIENCE?

WHAT'S WRONG with modern medicine and science? To do justice to this question would probably take a book in itself, but in order to understand how the Cosmic Connection was lost in Western medicine this is an important question to ask. I am tempted to answer with the word 'Men'! However that would be a gross over-simplification, and cannot be the complete answer, as over half the graduates from medical schools in Australia are now women, yet we still have some formidable problems with the way doctors view their patients and their professional responsibilities.

There is something radically wrong with how we train health professionals when you hear them say they feel fearful about discussing the more intuitive skills they use in their practices. At one seminar where I spoke I had male and female psychiatrists, doctors and psychologists come to me afterwards, near tears, saying what a relief it was to hear someone say publicly that they used ways of 'tuning' into patients with 'intuitive senses'.

Many medicos have told me that they feel they have to suppress part of themselves in order to be accepted by the profession as a whole. Psychologists have told me they dare not discuss many of their more intuitive methods openly for fear of doctors no longer referring patients. I find the most upsetting behaviour that of female medicos who quite deliberately and consciously try to emulate the thinking and attitudes of their male colleagues while putting down other men and women who are trying to balance the prevailing paternalistic attitudes to patients.

Nevertheless, contrary to what the early feminists (and unfortunately many current ones as well) believed, men and women

are very different. I for one like the differences! It is crucial that we appreciate these differences so that society can get the best from both sexes.

I recently spent some weeks living with the Pitjantjatjara Aborigines* on their homelands and one of the highlights was being included in a culture where although men and women were seen as being different, with different roles and separate men's and women's 'business', these roles were mutually respected and seen as equal and complementary. Some issues were considered both the responsibility of men and women together, such as the care of young children.

Unfortunately in our culture's modern history, particularly from the times of Copernicus, Galileo, Descartes and Newton in the sixteenth and seventeenth centuries, this complementary approach has been eroded so that medicine and science has become dominated almost totally by masculine thinking.

To understand what I mean by this it is important to understand how women and men think differently and how their brains are affected by the sex hormones circulating in the blood.

THE TWO HALVES OF THE BRAIN

The higher cortex of the brain is made up of two halves, or hemispheres, called the left hemisphere (on the left side of the body) and the right hemisphere (on the right side of the body). They are joined together by connective tissue known as the corpus callosum. This connection is extremely important as it allows the hemispheres to coordinate thinking and action. Generally speaking the left hemisphere controls the right side of the body and the right hemisphere controls the left side of the body. If the corpus callosum is cut surgically (this was done as an early treatment for grand mal epilepsy before appropriate drugs became available) then rather bizarre behaviour can result.

One man who had this surgery found it cured his epilepsy but

* Whenever I lecture on this topic there are always requests for information on how people can experience first-hand Aboriginal culture. Visits of a few days' duration, accompanied by an anthropologist, to stay with the Pitjantjatjara Aborigines at Angatja can be arranged through Desert Tracks, PO Box 8706, Alice Springs, Northern Territory, Australia; telephone (089) 52 8984.

he once discovered one hand buttoning up his shirt as the other hand undid the buttons! His left, logical brain was making his right hand do up the buttons because he was dutifully dressing for work, whereas his right brain (which appears to have greater access to our unconscious thoughts) was making the left hand undo them because deep down he really didn't want to go to work!

Studying many other patients who have had surgery or brain damage from strokes and accidents has revealed that the left and right brains function quite differently. Furthermore, the left and right brains develop differently in men and women. In men the left brain tends to be more dominant than the right. In women the left brain is still dominant but the right brain is far more active and accessible. Research seems to show that sex hormones circulating in the blood of a developing foetus have an effect on the growing brain.

The left brain tends to think in logical and sequential steps. It also thinks in symbols and is responsible for language. The left brain likes to analyse things into component parts to see how they work – like a machine. The left brain is also competitive and self-centred.

The right brain tends to think in terms of interconnecting patterns and systems; it thinks in pictures and is directly involved in our 'unconscious', dreaming and altered states of consciousness – as occur in meditation and hypnosis. The right brain is holistic in its approach to understanding problems – trying to understand by seeing the overall pattern. It is more environmentally conscious and much less self-centred. It likes to cooperate rather than compete.

The job of the right side of the brain is to look at incoming information in order to create a meaningful pattern and interconnections, which it then presents to the left side for scrutiny. The left brain looks at the pattern and sees whether it is consistent with past experiences, memories and what is happening out in the material world. Hence the left brain builds up a belief system, or 'truth' that is consistent with what it experiences in the real world as it sees it.

The left brain tenaciously and rigidly holds on to these 'patterns', beliefs or truths because they have worked well for it in the past. Thus a large black shape that snarls may have been recognised in the past as a ferocious dog, so the left brain remembers the 'truth' about the image and will not easily change to see it as harmless and friendly.

The left brain, then, normally dominates the right brain, so that we can learn from experience and don't constantly have to relearn or reorganise familiar information. In order to access our right brain and reorganise our thinking, rules or beliefs, the left brain needs to relax its vigilance.

Therefore in order to *change our belief systems* and perceptions of the world we have to tap into our right brain by bypassing the dominance of the left brain. This is because changing our beliefs means changing the patterns we have created in our right brain and which the left brain is hanging onto.

This bypassing of the left, dominant brain is the first step in being able to 'reprogramme' our thinking and becoming more creative in our approach to problems.

'MALE' AND 'FEMALE' VIEWS OF THE WORLD

The male hormones, because of their effect on the left brain, tend to make men logical, analytical, sequential and rigid in their thinking. Men often have enormous difficulty thinking of more than one thing at once – hence their usual reliance on female assistants, secretaries and wives.

Many women reading this will be familiar with the scenario of being able efficiently to juggle the phone, cook dinner, supervise homework, clean the fridge and feed the cat, while their husband complains if ever asked to do more than one thing at a time. In my case I've written three books literally at the stove, the kitchen table and the kitchen sink, and grappled with quantum and astrophysics while cooking popcorn with my kids.

Women, although still dominated by their left brains – because that enables them to function efficiently in the 'real world' – can usually easily do several things at once; they also use intuition, as they are more closely in touch with their unconscious forms of communication (more about that later), are generally more creative and are able to consider new ideas or beliefs more readily than men.

However, women's greater accessibility of the right brain can also make them more vulnerable to new ideas, with sometimes insufficient scrutiny of them by the left brain – my mother has a

kitchen full of every imaginable gadget and appliance that comes on the market, most of which end up in her basement in what I call the 'dud appliance morgue'. But on the positive side, her openness to new ideas when we were children exposed us to a whole host of people and ideas that we would not normally have encountered. Fortunately my father is overwhelmingly left-brain and this nicely balanced some of Mum's more adventurous forays into new ideas.

THE 'RULES' WE LIVE BY

The development of an appropriate belief system for our perception of the world by the left brain also controls the 'rules' we live by and explains why these inner rules built up in childhood can be so difficult to become aware of and to change, even when they are no longer appropriate.

Techniques that can bypass our left brain at will can give us access to the right brain and allow us to find new ways of looking at the world and solving problems. Later we look at highly efficient and easy ways of doing just this.

This is in fact what many ancient techniques teach us to do. But this ability to access the right brain is also *a normal state which occurs on an approximate two-hourly cycle throughout the day* without us even being aware of it. These periods are called ultradian rhythms. Later we will discuss how we can use them.

BALANCING OUR THINKING

It is very annoying to see the defensiveness of men and women toward each other and their different styles of thinking. The important issue is to *accept, respect and recognise* the differences, so that our society becomes more balanced in its collective right-brain and left-brain ways of thinking and dealing with social and ecological issues. We also need to *accept these different ways of thinking within ourselves* and use them to our advantage to solve problems, improve relationships and maintain our health – which is really just a state of balance in the dynamic systems of our body.

Although the sex hormones affect our tendencies to think along certain lines we still have the ability to learn to use both

our hemispheres in a balanced way. There is no need to be frightened of either the left or the right way of thinking – rather, we need to learn how to utilise both to their best advantage. Unfortunately our whole education system is geared to teach the left-brain, logical and sequential approach to problem solving, despite the enormous numbers of female teachers.

Men often express a real fear of ‘letting go’ their old belief system and way of doing things, seeing this somehow as undermining their control over their lives. They may also feel their type of thinking is the only correct way of solving problems. Women, on the other hand, are often extremely resentful of left-brain analysis of their ideas and beliefs, as the left brain (where language originates) often does not have adequate words to explain what they are feeling or expressing.

But in fact if we open our minds and use both styles of thinking we actually *empower* ourselves in a way that can be quite startling. We give ourselves far more than an extra 50 per cent worth of skills when we utilise both areas of the brain to their fullest! Together, both hemispheres work far better than the sum of the two independent hemispheres.

If a new pattern or belief put forward by the right brain is really sound then it has nothing to fear from left-brain style scrutiny, so long as the left brain is also prepared to accept that it doesn't necessarily know, and may not be able to explain everything in purely analytical terms. There is nothing to fear about new ideas so long as we recognise and accept each hemisphere's limitations and differences.

DANGEROUS USE OF TECHNIQUES

I found, when attending many groups', cults' and sects' seminars, they often had an hysterical fear of anybody who in any way challenged or scrutinised what they were saying. It was not uncommon to find myself being screamed at, ‘You are resisting!’ Too right I was resisting! As if somehow there was something wrong with me for wanting to consider their new pattern or way of thinking with my left brain. It was very worrying to see how other members of the audience were totally intimidated by these tactics and power games. (I've since wondered whether I shouldn't start up a ‘cult busters' service!)

If you attend *any* meeting where the speaker, leader or guru

and his followers discourage questions, either covertly or overtly, and use guilt and intimidation to control the audience **then be very careful.** (The Moonies apparently had a close association with the CIA. Many of the techniques used by the Moonies in particular are highly sophisticated brainwashing techniques.) Such groups are not being very honest about their intentions, and the belief system they are preaching will be full of problems when it comes to dealing with the real world we live in.

One series of lectures I attended in Melbourne left me so concerned over the techniques being used that I invited a colleague to attend also. She immediately recognised the speaker and he later admitted to having been forced to leave a teaching position some years before because of accusations that he was teaching witchcraft. If my colleague had not recognised him it would have been very difficult to find out this background as he had changed his name to something rather exotic.

More alarming was his laughter when he admitted that he was using hypnosis 'but we don't call it that or it would be illegal'. This highlights an important point. At the moment many groups and individuals are actually using hypnosis on people (sometimes without even realising it themselves!) without telling them of the possible dangerous consequences.

Until recently I strongly recommended yoga and transcendental meditation (TM) but I have had some alarming instances of a few of the trainers in these techniques adding doses of 'guided imagery', visualisation, affirmations and suggestions to the basic meditation technique. Once this is done the meditation may no longer be controlled by the client and can become a form of hypnosis, where the trainer is implanting ideas into the client's right brain while it is receptive or manipulating their beliefs without them being aware of it.

I would like to stress that true TM and yoga meditations are perfectly safe and very beneficial, but if the trainer starts to dabble with emotional issues in your life or introduces suggestions, then find another trainer.

Rebirthing ('breath of life') is actually a crude form of regressive hypnosis; unfortunately it is often carried out by people totally ill-qualified for what they are actually doing. Rebirthing can be very dangerous if done by 'therapists' who are not also qualified hypnotherapists. Neurolinguistic Programming (NLP) is also a form of hypnosis.

Hypnosis and self-hypnosis are wonderfully natural ways of healing and have been used for tens of thousands of years.

Altered states of consciousness are part of being a human being and as natural as breathing. When you induce this state in yourself your own mindbody has a system of inner checks and balances to make it perfectly safe.* But if someone else is inducing these states you should be told so and it must be a practitioner, appropriately qualified and in whom you have complete trust. No matter what qualifications a person may have or how many certificates he or she has papering the office walls, make up your own mind as to what you think of this person *as a person* as well as a practitioner.

Individuals or groups that encourage questions, in a supportive and respectful environment, may well have something valuable to offer as long as they are not also using *more subtle techniques* for bypassing your left brain without first telling you what they are doing. Such techniques are things like soft music, semi-darkness or soft lighting, subliminal tapes, chanting, singing, or a monotone voice. (Chapter 10 gives more information about cults' techniques.) Many rely on very large numbers of followers or groupies to support the leader and make it more difficult for newcomers to question 'group energy'.

If this sounds like your local church you are not wrong. Religions through the ages have used these techniques, often rather crudely but still effectively, to bypass your left brain and rearrange your patterns or beliefs in the right brain.

The question to ask yourself is, '*How accountable is the individual or group using these techniques to the law or society?*' Mainstream religions and health professionals are at least legally accountable. (But make sure the 'church' is not just a front for some individual's money-making scheme.) In practice the fringe therapies, faith healers and self-proclaimed experts are in no way accountable. Even so, listen to *your instincts*: even if someone is a member of an accountable group but their behaviour or attitude doesn't feel right, then stay away. Many mainstream religions have a history that is not exactly squeaky clean regarding abuse of trust, and after the débâcle of Chelmsford Private Psychiatric Hospital, it is clear psychiatry needs to be made *far* more accountable too! In fact after what many patients have told me I am convinced that the whole practice and funding of psychiatry needs a complete review by health professionals, patients and government from *outside* the profession.

* People with psychiatric illness, depression or asthma should however get professional advice in using these techniques, especially if they intend to use them specifically for their illness.

Sadly, after twenty years studying and practising psychology, I still only know three psychiatrists whom I personally trust with my patients. At a recent seminar I was appalled to hear a very well-known psychiatrist say that he tells his patients he can't really help them – he can only 'be with them' while they sort it out for themselves. In practice this meant he would spend a few seconds or minutes putting them in a trance and then sit there and say virtually nothing until their time was up. For this he receives over \$150 per hour from the government under Medicare, and many of his patients see him weekly for months or sometimes even years!

Actually in 1990 our taxes paid psychiatrists over \$126 million under Medicare, in spite of the fact that even research done by psychiatrists themselves has shown that psychodynamic therapy is often no more helpful than a placebo or just talking to a friend. One wonders how long the Federal Government is going to allow itself to continue being conned by psychiatrists. This would have to be the 'sting' of the century!

Psychiatry based on Freud's fairy stories is quite obsolete. It is now well recognised that mental health problems have to be assessed and addressed in the context of the community and the family. One day the government will wake up and realise that the best and cheapest treatment for psychiatric and emotional problems is a combination of better training and selection of GPs, working in close association with psychologists and community social workers. Until then we'll continue to throw \$126 million down the drain each year. (More appropriate selection and training of doctors has already started in some Australian universities. The unique expertise of psychologists – which has been found to be highly effective, fast and comparatively cheap – together with the skills of community social workers are already there, waiting to be maximised.)

My intention in this book, though, is not to scare you silly but to let you know the powerful nature of techniques that access the right brain so you can make an *informed choice*. The techniques described here are totally in your control.

BALANCE FOR HEALTH

Getting back to what is wrong with modern science and medicine, it is important to realise how the left-brain thinking styles

of men have historically affected our approach to health and healing.

In ancient China although men were very much the dominant sex socially their styles of thinking were balanced between the left and right hemispheres: the yin and yang. Yin action was seen as intuitive, responsive, cooperative and consolidating. Yang was seen as aggressive, competitive and rational. Yin activity showed an awareness and consideration for the environment, while yang was more self-centred. Neither yin nor yang was better than the other but complementary, and they needed to be balanced.

This is exactly what we in the West are just starting to learn, that the needs of the wider environment have to be balanced with the needs of individuals (be they man, animal or plant). As Fritjof Capra puts it, 'in a healthy system there is a dynamic balance between integration and self-assertion'. Capra's book *The Turning Point* explains these historical changes extremely well.

So in China health and harmony in the wider environment, society and within individuals were seen to be a result of a balance between two extremes or poles. This was not a static balance however but a cyclic rhythm where first one pole (yin) and then the opposite (yang) would predominate. These poles or extreme opposites were also seen in terms of balancing energy flow around the whole cosmos, so that any extreme action of any kind resulted in another extreme act in the opposite direction in order to balance things out. (Socially these rhythms are seen today in the changes from conservative to liberal thinking and back again.)

The Chinese believed that illness came from an imbalance of energy flow (called *chi*) not just around the body, but in its environment as well. Although *in theory* the effects of the environment and society as a whole were thought to influence the health of an individual, in practice – due to the political and social structure of Chinese society – their medicine tended to be individually based. If they had looked too closely beyond the individual they would have been forced to see that their social structure and its distribution of wealth was what caused starvation and many illnesses!

Treatment was an attempt to balance energy flow in the body by either physical intervention, such as acupuncture, or biochemical intervention, such as herbal medicine. The body was treated holistically using the physical sciences concerned with

energy flow and the biochemical science of herbal medicine. Interestingly, the Chinese realised that the energy flow was the primary factor in health and that biochemical approaches were attempts to change this primary physical factor.

The Chinese then were using both the holistic approach of the right brain (seeing energy flow in the body as a whole) and the analytical approach of the left brain (looking at herbs and medicines that would relieve particular symptoms).

This ecological or holistic approach, using the left- and right-brain styles of thinking, was also the approach of many indigenous peoples, like the American Indians and the Australian Aborigines. The Australian Aborigines, however, actually practised what they preached. Aboriginal culture is characterised by a highly sophisticated belief that man is a part of the total environment and can in no way be considered separate from it. Hence if you damage the earth you damage people. Illness is seen as indicating disturbances in the overall balance, and rather than look within the patient the traditional Medicine Man may well have spent some time looking at family relationships, tribal clashes and environmental factors.

A WESTERN VIEW OF HEALTH

The approach of the Chinese – a belief in holistic factors but in practice a largely analytical treatment – spread throughout India, the Middle East and Europe. Until the sixteenth century Europeans looked on health and disease as disturbances in the natural rhythms and cycles. Herbal medicine flourished but also a belief in other forces in the social and physical environment. Because of this belief in the inter-relationship of man and the earth, both the physical and biological sciences played a part in the consideration of health and disease. It also encouraged a greater respect for the earth, as the earth was considered just as much a living entity as man.

However, between the fifteenth and seventeenth centuries this view of man and his environment as being intrinsically connected was destroyed by the mathematical approaches of Descartes, Isaac Newton and Francis Bacon. The world was now seen as composed of particles of matter which were indivisible and were the building blocks of the universe. In order

to understand natural phenomena it was believed you had to analyse and understand how these building blocks were put together: the world was like a mechanical machine.

Worse was the implication that, like a machine, man had a right to control the world's most basic functions. This idea was justified by Descartes' separation of 'mind' and 'matter' (body). He asserted that mind and body were quite independent and, along with Francis Bacon, felt that the *purpose of science was to enable man to control natural forces!*

Newton added to this analytical description of our universe by the development of Newtonian physics and a mathematical system to describe it. In Europe at least, left-brain analytical thinking completely took over scientific thinking and consequently the approach to health and disease as well. All other branches of science adopted this approach also – biology, chemistry, zoology and botany. Everything was pulled to bits to see how it worked. Even psychology did not escape. As late as the 1970s an attempt was made to look at behaviour using the 'strictly scientific model' and in many universities this is still the predominant attitude of psychology departments.

This is in spite of the fact that in the early twentieth century Einstein and the quantum physicists showed Newtonian physics no longer worked once you started to get inside the basic hard particles of matter – inside the atom. A whole new physics (quantum physics) has developed in the last eighty years to look inside the atom. This new physics has made some startling discoveries about how we and the universe function.

Unfortunately Western medical science has become stuck firmly in biology and chemistry (in fact you still cannot study physics and biology together in most secondary and tertiary institutions – it's biology and chemistry *or* physics and chemistry). Hence for most of this century the biologists, biochemists and molecular biologists have been virtually ignorant of what the physicists have discovered. Consequently most health professionals have no idea that physics is probably going to answer more questions about health and disease than biology and chemistry ever can. In fact most health professionals' knowledge of physics is still back in the seventeenth century!

THE NEW PHYSICS

So what is this new physics?

From Newton's time, the universe was considered to be made

up of hard particles which were the discrete building blocks of all matter. Later these particles were thought to be atoms. Then Einstein started looking inside the atom at subatomic particles and discovered that the idea of separate particles was no longer valid. Inside the atom the subatomic particles acted sometimes like particles and sometimes like energy waves. It was no longer possible to speak of a particle existing at a particular time or place — instead there were ‘tendencies to exist’ and ‘probabilities of existing’.

Suddenly all our left-brain language was inadequate to describe what was happening. Furthermore whether these subatomic particles behaved like particles or waves *depended on the situation* i.e. depended on what else was happening around them. Atoms then are not separate entities but are bundles of vibrating energy interacting with *everything else in the universe*.

Because of this constantly moving nature of matter and the interconnections between all matter, the old scientific distinction between mind and body is no longer relevant or possible. Everything is connected to and influenced by everything else — note my use of the word ‘influenced’ and not ‘controlled’.

I had great difficulty understanding this concept of ‘every event affecting every other event’ in the cosmos until my children raided the pantry, while I was working one day, to make an enormous jelly using every can of fruit they could find and my largest mixing bowl. Unfortunately they miscalculated the amount of gelatine needed and when we finally turned the jelly out it was *very* wobbly. As we laughed at the funny movements and poked at it, suddenly I could see what Einstein was on about. If I poked one piece of fruit on one side of the jelly even slightly the *whole* jelly wobbled.

The universe, then, is a constantly changing and moving unified whole, striving to achieve a dynamic balance of all the forces operating on it, and we are *bundles of energy within that whole* (some of us seem to have more energy and vibrate more than others!).

The fact that mind and body are really one ‘whole’ means that our world or ‘reality’ is created by our own minds, and we are not external to the world but part of it! Which brings us back to where we started — the ancients’ view of ourselves in the world! Remember the Aborigines and American Indians who see themselves as *part of the environment* and not external to it? Our minds can change ‘reality’ or its view of the world.

The universe, then, is composed of self-organising systems of vibrating energy. Every system is dependent on and interacts

with every other system. The organisation of these systems of energy is controlled by their intelligence or 'mind'. This raises the interesting idea that God is not so much the *creator* of the cosmos but the *organiser*! From this viewpoint God the organiser is part of every single system and all systems as a whole, that is, we all have inside us our own part of God!

MIND AND BODY BECOME MINDBODY

It now starts to make more sense to talk of the mindbody as one word rather than as two separate words. The one-ness of mindbody and how it is a bundle of vibrating energy interconnected to everything else in the universe is the basis of the Cosmic Connection. Further, vibrating bundles of energy create fields of influence around themselves. You can see the shape of the fields of force around a bar magnet by placing a sheet of paper over it and sprinkling iron filings on the paper. The iron filings align themselves along the lines of force of the magnetic field. If another magnet is brought near the first the pattern of filings changes to indicate the pattern of the new, combined field which is created.

My use of the magnet to illustrate the ideas of fields is no accident. Positive and negative, north and south, the concept of two opposing forces (yin and yang!) occurs throughout the universe. Within the atom are protons (positively charged) balanced by electrons (negatively charged). Vibrating electrons create electromagnetic waves or 'fields of influence'. The Hindus believe that the material world, or matter, is created by the separation of the 'consciousness', or unified cosmic energy, into positive and negative energy.

The idea of 'unified consciousness' separating out into positive and negative energy to create the material world is a particularly interesting concept to compare with the astrophysicists' discovery of background radiation in the universe.

Many ancient cultures describe a unified consciousness as a uniform white light. Is this heaven? Astrophysicists describe the background radiation they have discovered as white, smooth snow with no features at all, and it is thought to be what was first created from the Big Bang, said to have started the universe. In time this background radiation created concentrations of energy in regular patterns to create features and structures —

galaxies, stars and planets. In fact when we look into the universe, or even at the sun and the moon, we are actually looking at our past – because it takes time for the light and radio waves to reach us. When we look at the sun we are seeing it as it was eight minutes ago.

In Taoist meditation it is believed that when practising a particular kind of meditation which aims to unify the separate positive and negative energy of a person one can travel instantaneously via this unified consciousness to the stars and beyond – that is how Taoists believe the ancients mapped stars in the sky so accurately.

The after-death experiences of people who have actually died and then been resuscitated have a common theme of a shining white light being experienced. Perhaps the beginning and ending of life itself is a 'mini-bang', in which this background radiation or unified consciousness enters or leaves the material world?

TUNING IN TO COSMIC ENERGY

Not all electromagnetic waves are of the same size (amplitude) or frequency (how often a complete wave occurs in a given time).

The universe is composed of objects large and small vibrating at different energies, and so creating electromagnetic fields and waves of vastly different amplitudes and frequencies. Because each event in the cosmos influences every other event we must, as an organised system called a human being which is part of the universe, be hooked up or 'tuned in' to these electromagnetic fields in some way.

And that is exactly what we are. We can transmit and receive electromagnetic waves of varying types. Like a two-way radio, every subatomic particle of our bodies, every cell, every gland, every organ, every system and especially our central nervous system (CNS) *transmits* and receives information on its particular frequency to and from the cosmos.

Just as our eyes and ears receive different vibrational frequencies (the eyes receive frequencies in the visible spectrum between 390 trillion and 780 trillion cycles per second, the ears receive frequencies between 20 and 20,000 cycles per second), every part of our being is not only tuned to receive but also to

transmit vibrational waves. In fact I propose that sight and hearing are simply examples of a much more profound sense – *the sense of vibration*. This one sense operates at an infinite range of frequencies, only a few of which are we normally *consciously* aware of.

Furthermore, our senses perform a vital function in not just tuning into these vibrations but also in *tuning out* all those that are irrelevant. Some people's aerials will be highly efficient and strong, others less so, and with practice we may be able to fine-tune our aerials for more precise reception and transmission.

From this theory one can't help wondering whether schizophrenics aren't people with faulty tuners on their aerials which pick up unwanted signals or voices from the universe! Or maybe they have difficulty tuning to one station at a time?

This, then, is my Cosmic Connection in health and disease. Because the energy fields created by everything are in a dynamic (continuously moving and changing) system constantly trying to balance itself, and because our bodies operate as self-organising systems, a flow of energy is created around the body and between the body, its environment and the universe. This flow of life energy has been known about since very ancient times. The Chinese call it *chi*, the Japanese call it *reiki*, the Hindus refer to *prana*, the Russians have studied bioplasmic energy for fifty years, Jung referred to psychic energy, Wilhelm Reich referred to bio-energy, homeopathy talks about 'the vital or vibrational force' and Christians talk of light. The names differ but the phenomenon is the same – and it is as natural as breathing.

But going much further back than Eastern beliefs we must look with respect at the cultures of indigenous peoples like the Australian Aborigines, the Eskimos and the American Indians. Their approaches are in contrast to the Chinese and Indian cultures, which preached a balance in life between the material and the spiritual (left and right hemispheres), yin and yang, but never actually practised it, and consequently they have got themselves in an awful mess socially and ecologically with populations way out of balance with their environments. (I've always been quite bewildered by the enormous attraction of Eastern approaches to well-educated Westerners, considering how poorly Eastern belief systems appear to work in the material world.) However, the Aborigines and American Indians actually attempted to practise what they preached:

socially, culturally, medically and spiritually. Consequently I suspect they are still able to utilise this field or vibrational sense in ways that most Eastern or Western people only suspect.

The crucial point is using the sense of vibration or electromagnetic fields to achieve a balance within individuals, social groups, their culture and environment. If people use this sense to its fullest they enable themselves to tune in to themselves, each other, their environment and the universe in a way normally suppressed but vital for a successful harmony and balance within the individual and their environment.

The answer to our initial question: what's wrong with modern Western medicine? then, is that we have lost this Cosmic Connection between health and disease.

In order to really understand ourselves, the universe and how to restore a healthy balance in our lives and environment we must rediscover this connection and explore its implications – we must 'tune in'!

CHAPTER TWO

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TUNING IN

IN THE WEST we have restricted ourselves to only using senses that measure things in the material world: sight, hearing, taste, smell and touch, and have vigorously closed off our left brains even to the suggestion of other senses. We have effectively used our left brains and conscious awareness to tune out all the other information our bodies are constantly transmitting and receiving.

Perhaps our only real hope of living successfully as part of the cosmos is to allow ourselves to tune in and use this information again. I don't think it is any accident that since the advent of radio our left brain has unwittingly used radio language to explain behaviour and emotions between ourselves and our environment. We talk of being tuned in or tuned out to each other and our environment. We talk of being in harmony (which is a property of waves), being on the same wavelength, feeling the vibes, or the atmosphere being charged (as in electrically charged particles). It's as if our right brain has been trying to force the language of the left brain to incorporate these new concepts of waves and electromagnetic fields into a new pattern of understanding ourselves.

Actually when I first became aware of the energy in my own body I experienced it as heat, burning or tingling (the first time I felt this *very* strongly – even in my feet – occurred when I was at a residential hypnosis conference some fifteen years ago where the atmosphere was somewhat charged as fifty-odd psychologists and doctors hypnotised each other). As information about ancient healing practices was not very easy to come by at that time I had no explanation for these experiences, or many others I had experienced as a child.

Over the years since then I recognised the universal nature of

this phenomenon I was experiencing, but I could still not understand what form of energy it could be. Crude experiments with my husband (an electrical engineer) and my brother (a telecommunications officer) bewildered them as well. Although our bodies sometimes perceived the energy as intense heat it certainly did not follow the laws of thermodynamics.

For some time my kitchen became a crude laboratory as we laid out a 'patient' on the kitchen table and experimented with metal cooking trays and wooden chopping boards as shields between my hands and the recipient. Regardless of the material used as a barrier the sensation of heat *very deep* in the body of the recipient remained the same. My brother and husband swore it was far better than ultrasound or laser therapy for their injured backs as it seemed to penetrate far deeper. After a few experiments my husband and brother lost interest in *what* we were doing because they simply wanted to lie there and enjoy it! The intriguing thing was that my hands themselves often felt quite cold and the surface of the skin of my 'patient' was often not even warm.

The sensations they both experienced changed quite dramatically when I placed my hands actually over their spines. My brother described it as warm waves rippling very pleasantly up and down his spine. However he was a little disorientated afterwards, so in the instructions I give later I recommend people don't actually put their hands on the spine (rather, place them *next* to the spine), but his reaction made me wonder if there was not something electrical about the energy, given the electrical nature of the nervous system in the spine.

Then, one evening when I was listening to my son's spelling, cooking dinner and watching television, there was a programme about a new kind of stove that used induction heating – *where the stove remained cold but the saucepan and its contents were heated*. Suddenly I realised this was exactly what was happening with the energy I felt. (If I'd had a microwave oven I might have recognised the mechanism a lot sooner.) This natural 'energy' appears to be a form of electromagnetic radiation which we can draw on from the environment outside our bodies (the cosmos) and mobilise in the body as well.

The really exciting part, though, was that I discovered I had no trouble showing other people (particularly children) how to use this energy. Most people could be taught in about ten to twenty minutes. It was also interesting to discover you don't need to believe in it to feel the effects!

Many people I have taught have found extraordinary relief from all sorts of injuries and illnesses. This is not surprising, considering that for many years now orthopaedic surgeons have implanted devices near broken bones that produce weak electromagnetic fields to promote healing. *But this healing effect becomes even more powerful when combined with ways of resting the left brain and mobilising the right.*

The reason why this happens I think can now be explained, and also may explain why I felt the energy so strongly at the residential hypnosis conference where we all seemed to be in and out of trances constantly. Much of the explanation I give here is my own expansion of the work of Dr Percy Seymour, an astronomer at Plymouth Observatory in England.

OUR BODY 'AERIAL'

Dr Seymour describes the central nervous system of our bodies as a uniquely designed aerial for transmitting and receiving electromagnetic radiation to and from our environment and the cosmos. Each aerial is unique because its configuration is determined by our genetic material (DNA), which is different for each individual. The particular combination of frequencies to which we are tuned will be unique, just as our genetic material is unique.

This provides a possible explanation for the soft, extraneous voices found on tapes recording random white noise from a radio by the Latvian psychologist Konstantin Ranchice. Rigorously controlled testing of this phenomenon has been done in Germany and England and there appears no doubt that the tapes are picking up voices from somewhere. But the phenomenon only occurs in the presence of certain people. Are these people acting as particularly finely tuned aerials and picking up the echoes of voices in the past or the present? No other adequate explanation has been found.

But it is not just the central nervous system that acts as an aerial but *every single cell of the body and everything within the cell*. Our body as a whole is an example of a self-organising system that has a collective 'mind' or intelligence which tells it how to organise itself. This intelligence or mind has to be located within every single cell – otherwise how would the cell know whether to become part of a toe or an eye? Hence our conscious awareness of the material world is located in our

heads, whereas our 'mind' is located throughout the body. This is consistent with the concept discussed earlier of mindbody as one entity.

The genetic material of every cell in an individual is identical (but different for each individual). It is the blueprint of how your body will work and how it will look. But how then, if each cell contains the same blueprint, does it know which part of the blueprint to use in order to become an eye cell or a heart cell? This is the problem of 'cell differentiation'. What tells the cell what to become?

When I first studied genetics twenty years ago this was the big question and despite all the advances in the biological sciences it still is a big question. The problem is that to find the answer geneticists must start dealing with subatomic particles, and they are not physicists. As their respective laboratories are often physically at the opposite ends of a university campus they rarely even talk to each other.

But some physicists now believe they may have the answer! One of the most startling theories of modern physics is the idea that time is multi-dimensional, i.e. it doesn't just go forwards but backwards as well! Not being a physicist I find it very hard to understand, but I am willing to accept this concept as the consequences fit very well with what we are talking about here.

PICKING UP THE WAVES

According to some physicists cell differentiation may be determined by electromagnetic waves from the past (apparently the mathematics of this is not as complicated as Einstein's theory of relativity). In fact a radio handbook and information about how radio waves can be bounced off the moon explains this possibility very well. Since our bodies act as transmitters as well as receivers, throughout our lifetimes we are continuously transmitting into the cosmos. The waves spread out until they hit something and bounce off. By bouncing back towards Earth these earlier emissions could be picked up by the aerials of other people and those with similar aerial designs (i.e. similar genetic material) would be more likely to pick up these messages from the past.

This may explain 'instinctive' behaviours, including the remarkable behaviour shown by migrating birds. Birds are thought to be programmed with genetic instructions for direction and

distance concerning their first migration. Furthermore they navigate using the earth's magnetic field as a guide and many other animals are now thought to be actually able to see the earth's magnetic field. But perhaps birds are also receiving information broadcast by other birds who have successfully migrated in the past?

The extraordinary similarity in behaviour patterns, speech patterns and mannerisms observed in relatives who have never met, or siblings (especially identical twins) who have been separated from birth, can also be explained by this. It suggests that the DNA 'tunes in' to waves from the past, which tell it what to do and when. As our bodies are dynamic systems, this dialogue backwards and forwards between cells and the cosmos must continue throughout life – not just when we are developing.

It appears that as we start to develop as single cells in the womb the unique shape of our DNA acts as an aerial to tune in to particular frequencies in the cosmos. As the foetus develops its nervous system develops, i.e. a more general and complex aerial develops to deal with the growing, self-organising system of our bodies.

At this stage our senses of sight, hearing, touch, taste and smell are not fully developed, nor is the neocortex of the brain (left and right hemispheres). Hence conscious awareness has not yet developed. In the womb the dominating 'sense' and source of information is our vibrational or 'electromagnetic field' sense. At the foetal stage the cells are thus tuned in to receive information, which is laid down in 'cell memory', to control 'instinctive' behaviour and bodily functions, to 'programme' the growing foetus with all the information and wisdom it will need.

But once the baby is born it must survive in the local cosmos – its immediate environment – and in this situation its senses of smell, taste, sight, hearing and touch are going to be of far more immediate importance. The electromagnetic field sense is swamped by the information being presented by these other senses to the left and right hemispheres. Thus begins the process of the right hemisphere looking for patterns and relationships to present to the left hemisphere for scrutiny; then, depending on acceptance or rejection, to be laid down in memory to create our view of the world, truths or reality.

Memory however is not confined to the brain. Memories must be laid down in every single cell and *passed on* as these cells die to create new cells. For example, the immune system

has to 'remember' what a measles bug looks like in order to kill it next time it sees it. When the immune cell dies it must pass on its memory to the next cell. To avoid being overwhelmed by the amount of information picked up by each cell it is vital, however, that we create a barrier between unconscious and conscious to act as a *filter*.

Although the electromagnetic field sense is normally out of our conscious awareness *it is still there*, communicating with our environment and the cosmos to keep us tuned in so that our bodies can work rhythmically and harmoniously, both within the body system and with the environment and the universe.

How can our cells use these electromagnetic waves to talk to the 'cosmos' – it's so big? The answer is that communication does not necessarily depend on how big the wave, but on its frequency or pitch. This is the phenomenon of resonance or sympathetic vibration, where one object will start vibrating because something else is vibrating at its particular frequency or pitch (e.g. the soprano whose voice can break a crystal wine glass). I witnessed a rather impressive example of this at university when one night my now husband led some of his rather inebriated mates in an experiment where they hooked all their amplifiers and loudspeakers together and managed to produce the vibrational pitch of the residential college where they lived. Suddenly the whole building started to shake, rattle and roll rather alarmingly, with students and priests scattering in all directions (in various stages of dress and undress) wondering how suburban Clayton could be suffering an earthquake!

HARMONY BETWEEN PEOPLE AND THE EARTH

When we talk of harmony we mean a compatible resonance between things that does not disturb their intrinsic order or the order of the system as a whole. The body communicates with the environment and the cosmos by tuning in to frequencies it has been specifically designed to pick up by the DNA – its unique aerial. But all human beings additionally have an *overall* vibrational rate of 7.8–8 cycles per second when in a very natural relaxed state. This is also the frequency of the brain's alpha waves that are produced during quiet meditation, and it has been found that the Earth itself is vibrating at this frequency. We are literally tuned into the Earth! We are vibrating in harmony with the Earth.

The relationship of man and all living things to the Earth itself was described by an Aboriginal man to Steve Hawke, who mentioned it in his book *Noonkanbah*, as the Earth being a huge 'battery' which emits spiritual power or energy. The energy is recycled as living things die, and through rituals performed at certain points on the surface. These points on the surface 'are visible signs of the underground powers' and are known to Europeans as sacred sites. In trying to understand the Aboriginal view anthropologists describe some of these places as increasing sites – special places that maintain or increase fertility and productivity.

These special places of high energy are described as having spheres of influence radiating around them. The Aboriginal belief and understanding of the Earth and its energy is particularly significant as some Russian and German physicists believe that the Earth itself is not a sphere but a worn dodecahedron-shaped crystal which radiates energy (a dodecahedron has twelve pentagonal-shaped faces). Perhaps the special increasing sites are points for tuning and energising the Earth's aerial and battery?

If the Earth is a crystal radiating energy then it becomes easier to understand why Aboriginals find it so devastating when mining or other human activity takes out great chunks of the surface and alters its shape. The energy radiating from a crystal is determined by its geometric shape. The frequencies to which a crystal can tune (as in radios) are also determined by its very precise shape. Therefore if you change the Earth's shape then you will change its energy and disrupt the harmony of all living things dependent on it and tuned in to it.

THE EARTH'S LINES OF FORCE

Russian scientists have actually plotted two intersecting grids of lines of electromagnetic force over the Earth. If these grids are lined up with the Pyramid of Cheops as Position One, then the intersections of the lines of force correspond to geographical fault lines, active volcanoes, the Bermuda triangle and twelve other mysterious triangles as well. These intersections also occur where ancient civilisations flourished.

The significance of the Pyramid of Cheops as Position One for this force grid may be related to the fact that the dimensions

of the pyramids are based on the harmonics (numerical multiples) of the wavelength of light (a form of electromagnetic radiation) and it appears that the pyramids concentrate magnetic field energy within them and thus can significantly affect oxygen bonds. This means the pyramids themselves act as antioxidants – so it wasn't just the embalming that preserved the Egyptian mummies but the force created by the pyramids' shape inhibited their decomposition!

These lines of electromagnetic force around the Earth are also apparently crucial for the correct sighting of experiments on nuclear weapons and nuclear power. Even more interesting is the fact that all confirmed UFO sightings have only occurred along the lines of force.

A number of inventions have actually tapped the radiating energy of the Earth crystal and, by carefully designing aerials, the energy can be harnessed to improve yield and growth in plants and animals.

The fact that humans are specifically tuned to the frequency of the Earth crystal is a clue to other well-known phenomena in healing. I feel it is highly significant that the common meditational state which produces alpha waves in the brain is the same frequency as that of the Earth. Could it be that the other altered states of awareness correspond to other frequencies of the body or parts of the body?

Again this is where ancient beliefs and modern psychobiology can be brought together to create an explanation for what is happening, and can help us create more efficient ways of tapping the natural healing of the body.

ALTERED STATES OF AWARENESS

In the theory I am proposing the state of awareness of the foetus in the womb, when it has maximum access to the electromagnetic field sense and can communicate directly with the cosmos, is a *state of awareness that we can learn to access again at will*. To access it we need first to put aside our left-brain thinking in order to contact the right brain, which communicates directly with our unconscious and cell memory. We also need to tune out our normal senses giving information about the material world – sight, hearing, taste, smell and touch.

Hypnosis is called, like meditational states, an 'altered state

of consciousness' and is often described as a tuning out or disassociation. Strangely, even though radio language is used by many practitioners and textbooks to describe the phenomenon, nobody ever seems to have realised that *altered states of awareness may actually be due to tuning into different frequencies in the operation and functioning of the mindbody*. Instead there has been an obsession with biochemical and physiological explanations. It's time health professionals looked beyond their microscopes!

These different mindbody frequencies usually operate quite harmoniously together as an integrated system and we are therefore unaware of them. However, under times of extreme stress, like a car accident or bereavement, people describe being 'not really there' or 'as if I was watching it all happen outside myself'. There are also corresponding, measurable, biochemical changes at such times – such as an increase in the natural opiates of the body (painkillers produced by the body), which seems appropriate as pain relief may be very important to survival at such times. The effect of such painkillers is well known: someone getting out of a burning car with a broken leg but feeling nothing. People often describe a feeling like numbness or having an anaesthetic at times of extreme trauma and shock. The opiates themselves may actually trigger these states.

Associated with these biochemical changes are quite real altered states of awareness, or dissociation, where the logical left brain is put to one side, allowing the right brain and therefore individual body cells *the freedom to reorganise patterns, ways of functioning and interpreting information which may be more appropriate to the new, stressful circumstances. Hence new memories appropriate to the new situation may be learnt and remembered.*

This process is now known as state-dependent learning and memory. Simply put it means our memories are dependent on the 'state' existing or the way things are at the time they are made. For instance, if I get you very drunk and teach you to solve a puzzle, when you are sober again you will not be able to remember how to do it. But if you get drunk again you *will* remember how to get the answer.

It's as if the body remembers things as they are appropriate to the situation, which of course makes sense. A large black shape in your backyard may mean your friendly dog, but a large black shape in the jungle might be more appropriately remembered as a panther!

ULTRADIAN RHYTHMS

In fact these altered states of awareness also occur naturally and rhythmically throughout the day and night, between 1½–2 hours apart, and are known as ultradian rhythms. (Many of you will already be aware of the twenty-four-hour circadian rhythm in our body tuned to the sun, where our metabolism, eating patterns and sleeping states go through rhythmic patterns.)

Men are also tuned to the temperature cycle of women they live with, which is associated with the women's ovulation cycle. The ovulation cycle is itself tuned to the moon. Men who do not live in close association with women do not have this synchronisation and tend to die sooner. Women living closely together in colleges and boarding schools tend to synchronise their menstrual cycles within a few weeks.

Ultradian rhythms appear about every couple of hours, last about twenty minutes, and seem to be a natural healing state of the body. Unfortunately modern people usually ignore this rhythm and try to counter it with a cup of tea or coffee! It can't be just coincidence that we divide the eight-hour working day into two-hour blocks broken by a cup of caffeine stimulant to wake us up.

It appears that the body naturally enters an ultradian rhythm state as a sort of 'time out', when conscious awareness is turned down so the body can review its patterns, functions and memories, and reorganise or *reprogramme* itself according to the current situation or healing needs. (It may also be that this time out is when we tune in to the cosmic 'clocks' to correct the timing of our internal rhythms.)

STRESS-INDUCED REPROGRAMMING

Clinically there are a number of observations I have made which support such reprogramming during dissociated states. Health professionals have known for some time that patients complaining of all sorts of illnesses and problems can usually go back and describe either a highly stressful event (physical or emotional), or a head injury causing momentary unconsciousness, which seemed to trigger their present problems. Under such circumstances an altered state is induced and their cells are

vulnerable to 'reprogramming' while attempting to find an appropriate way of dealing with the current crisis. However, when the crisis is over, unless *it is adequately resolved and the body emotionally and physically returned to harmony and balance, the cells will continue to function as if they are in an altered state.*

This is seen in post-traumatic stress disorder, and is probably especially relevant with problems involving the immune system. With allergic and chemically sensitive people it is common to hear them say they never had any problems with a particular chemical until a trigger event occurred, causing some kind of emotional or physical trauma. In such cases the altered state of awareness created (which can be induced by biochemical changes in the body) has left their immune cells vulnerable to reprogramming harmless substances as harmful. In the case of injury or emotional loss, the 'state' associated with this reprogramming may stick around for a long time, creating a vulnerability to possible further changes in 'programming' of immune cells, and the situation can escalate out of control.

By using induced states of altered awareness I have found it possible to actually reprogramme the body no longer to react. An example of this was an eight-year-old boy, who had had a history of severe eczema since he was a baby. With strict control of his diet and dust mite in the home his eczema was finally cured. However, ever since he could talk he had continued to complain of a 'hot tummy'. The diagnosis by a GP and a paediatrician was gastric reflux, perhaps aggravated by some kind of food sensitivity. A number of foods were found to exacerbate the symptoms, but even when the foods were eliminated from his diet he was often still very distressed with the pain. The doctors only offered large bottles of Gaviscon, which didn't help. The general opinion was he would 'grow out of it'.

One day when the pain was particularly bad he tearfully asked if his hot tummy might be due to the fact that he was born on a very hot day (42°C) and his tummy was remembering that! Although I felt the hot day explanation unlikely I was quite stunned by his reference to what is really cell memory! I wondered whether intuitively (right-brain) he had stumbled on to the reason for his symptoms.

I encouraged him to use self-hypnosis to go back to a time when he didn't have the symptoms. It turned out that he must have been barely two when he was sitting outside eating his lunch and drawing pictures with his sister when his mother flew

outside in a 'really bad spac attack' about something, he couldn't remember what. But he remembered becoming extremely upset 'inside' and his tummy getting hot for the first time. From then on whenever anyone was even mildly cross with him, when he was eating or drawing, the hot tummy started.

It was then a very simple matter to give him options other than a hot tummy to express his uneasiness and fear, and within minutes he had reprogrammed the cell memory. He hasn't had a hot tummy since.

I don't believe, however, that these altered states are as simple as either a state of full conscious awareness or a state of altered awareness. Rather I believe, like the ancient Hindu yogis, that there are a number of altered states or 'planes'. Indian meditation talks of seven planes or levels of consciousness associated with seven energy centres (chakras) in the body, corresponding to colours – and colours are simply electromagnetic waves at particular frequencies!

But I suspect that although there may be main frequencies or 'radio stations' at which we operate, there are in fact an infinite number of altered states of awareness in between and in these special states we can communicate directly with the 'mind' of each cell.

In summary, we start out in the world in a specific state of awareness. In this state we are tuned into the cosmos and our environment in order to programme cell memory with knowledge and behaviour patterns from the past that it can build on for the future. This would account for 'instinctive' behaviour and perhaps the uncanny inheritance of mannerisms and voice inflections we often see between different generations in a family, even when the people might not have met, so one person could be described as walking like his or her great-grandfather.

As the nervous system develops in the foetus it creates a more general aerial that takes over from the aerials of the single cells. Gradually, as the senses of sight, hearing, touch, smell and taste develop and the left and right hemispheres grow, this special state of awareness is swamped by our conscious awareness of the material world immediately around us.

When we are finally born our nervous system is not yet fully developed and altered states of awareness are still very easy to slip into. This may explain why babies buried in earthquakes are found alive when dug out after a long time. Under such

circumstances of severe stress the babies perhaps slip back into the altered state of the womb, maintaining life by obtaining energy via their electromagnetic sense from the cosmos itself. There is also a well-documented case of a woman who went without food and water for forty years. Her own explanation was that she obtained all the energy she needed from 'God' (the cosmos?). The ability to live without food and water for extended periods of time has also been shown by the Indian yogis.

As the central nervous system further develops in childhood, and the material senses of sight, hearing, touch, taste and smell learn to read their immediate environment, our *awareness* of the vibrational or electromagnetic field energy sense diminishes *even though we are still using it to both transmit and receive information and energy*.

The concept of self has to be learned and children also need to learn where their body begins and ends in space. Many adults can still remember times when they were children of 'stepping outside themselves', but as we grow it becomes less easy to enter these altered states deliberately, although some of the altered states occur rhythmically throughout the day.

REINCARNATION

Some of you may be wondering by now if these radio waves from the past determining cell differentiation are supporting evidence, or an explanation, for reincarnation. Have we lived before in past lives? Frankly I think the idea of reincarnation is an over-simplification of something much more subtle and complex.

Each individual's genetic composition is unique to him or her. Therefore the aerials designed and constructed by the DNA at every level, from cells right up to the complete CNS aerial or the aerial of the body as a whole, are quite unique. According to this theory you would have to have an *identical* aerial with someone in a past life in order to be reincarnated. As our DNA is unique this would not be possible. However, I see no reason why in special states of awareness our aerials may not pick up glimpses of past events (or future events?) occurring at *similar* frequencies to our own. Perhaps we are all potential 'channelers', seeing glimpses of the lives of other people with aerials similar to our own.

An example of this phenomenon is mentioned in the book

Psychological Control of Pain. The authors couldn't give an explanation, but describe a person who in deep hypnosis spontaneously gave consistent details about the life of someone in ancient times as if she was watching it actually happen.

Many people who believe in reincarnation believe that if we get sick or something terrible happens to us in this life we are being punished for something we did or did not do in a previous life and *we have no control over it*. But even if something is lodged there from the past, by using healing techniques involving cell memory possibly we can reprogramme this memory to avoid the unpleasant consequences!

INFLUENCE, NOT CONTROL

This issue of control comes up repeatedly when talking to modern 'metaphysicists' and I think it is a dangerous distortion of the truth. In researching this book I read a number of books on metaphysics and talked (or, rather, heatedly argued) to a number of people who called themselves metaphysicists. I got widely divergent opinions as to what they believed. Many individuals who said they believed in metaphysics said that they felt that each person is *entirely* and *totally* responsible for his or her life and what happens to them: if you are sick it is because you want to be sick; if your child is dying of cancer it's because that's what you want; if you are poor it's because you want to be, and so on.

What these 'metaphysicists' appear to have got utterly wrong, or ignored, is the notion from quantum and astrophysics that every event in the cosmos *influences* every other event. Note the word is influence, *not* control. All systems in the universe still have multiple choices as to how they react to events, whether they be plants, animals, humans, planets, stars or the cosmos.

The choices come from the *dynamic*, constantly changing nature of the cosmos to maintain balance. If I smash a glass with a hammer it shatters, because at our material level it can't change its shape; there is no choice because the glass can't change with the circumstances. However a rubber ball being hit by a hammer simply changes its shape under the force of the blow and then springs back in balance. The cosmos is not rigid like the glass, but flexible and events in it are therefore only *influenced* by each other.

It is a gross distortion of the way nature and our bodyminds

work to say either we have total control or no control. *We have far more control of our mindbodies than we realise*, and Part Two of this book will demonstrate techniques to achieve this, but there are times when other influences are far stronger than ourselves and we must recognise that fact.

In my discussions with some metaphysicists I've wondered if they realise the social and political implications of what they are saying. I am not surprised that modern metaphysics is so strong in America, where Abraham Lincoln was fond of saying 'I am master of my fate and captain of my soul', and where the prevailing social belief is 'born a pauper, die a president', and 'you can be anything you want to be'. In other words, if you are poor, sick and homeless then it's totally your own fault. This attitude has allowed successive American governments to sacrifice welfare programmes and has even reached the ridiculous stage where the New York City council no longer considers it its responsibility to provide public toilets – it's your problem!

The logical consequence of this kind of belief is that we should scrap hospitals, safety programmes, unemployment benefits, public housing and schools. If you are not rich enough to afford those things it's your fault.

A rather horrific example of this kind of thinking was described to me by two very distraught parents of a Down's Syndrome child. In this case the presenter of a seminar had told them their child could become a brain surgeon if they *really* wanted it. The test of how much they wanted their child to be normal was then measured in terms of what they were prepared to give up in order for this to happen. The presenter said if they *really* wanted the child to be well they should be prepared to give up all their belongings, their *sight* and, the ultimate test, their lives! If they were not prepared to do any or all of these things they were not really 'wanting' their child to be well.

Apart from being sickeningly cruel, in my opinion this attitude is totally immoral and irresponsible. Our world and our cosmos need a recognition from all of us that we are in a highly dynamic and flexible system that gives us options and choices, not total control at all times. *We must know our limitations as well as our strengths.*

INFLUENCE OVER DISTANCE

This idea of events in the cosmos influencing each other, and of our bodies being tuned to this by an electromagnetic or

vibrational field sense, can also explain many other commonly reported phenomena.

For instance, there have been numerous reports of ‘healing over distances’ by indigenous peoples, especially Australian Aboriginals. Once one recognises the aerial nature of our bodies this is not all that far-fetched. (Even Christians believe in the power of prayer over distance!)

In desperation I once tried a ‘treatment over distance’ on my sister. She owns a gourmet food shop in a very busy seaside holiday town. Just at the start of the season, when she is on her feet eighteen hours a day for at least six weeks, I called in one day to find her hobbling around the kitchen in terrible pain, with tendonitis in her foot. Anyone who has ever had this extremely painful condition will know the only real cure is *complete* rest. She couldn’t even put her heel to the ground but was trying to work flat out. She didn’t even have time to talk about it, so I left rather concerned.

Since I’d read about healing over distances I thought at least it was worth a try. For the next few hours I concentrated on her foot while I did everything else I had to do. Later I rang her – to hear that the sore foot was hurting like hell and the other foot had for some reason become extremely hot! Oops! I’d been concentrating on the wrong foot! I then focused on the other foot and when I rang late that night she said she couldn’t believe it but her foot was almost better. (The other one had cooled down.) After a couple of days she had no further trouble, despite being on her feet constantly. Healing over a distance or placebo effect? Maybe they’re variations of the same thing?

Many professionals reading this may be saying the healing was definitely a placebo effect: that is, a procedure or medication which, although a ‘dummy’ in itself, causes a cure because the patient *thinks* it will.

But thoughts are a form of energy! I strongly suspect that the placebo effect works because the thought triggers a mobilisation of this electromagnetic energy where the body needs it. With pain this may mean the energy triggering the production of naturally occurring opiates.

Recently I spoke to a nurse who had been working in Aboriginal communities for some time. She reported an experience she had when her father was very seriously ill. She received a message from her mother to say that her father was in intensive care in a city hospital and not expected to survive through the night. Medicine men in the community on somehow ‘becoming aware’ of this came to her and asked if she

would like them to try and help. She agreed and they told her to sit still while they *sent* the healing through her to her father in the hospital. They explained that as she was a close relative the healing could be sent better through her (perhaps because of similarly tuned spinal arials?). As she sat with these medicine men behind her, within a few minutes she felt an extraordinary heat on her back. When they left the hot feeling lasted for several hours.

The next day she received a call from her mother, who said that her father was miraculously better, but he had described a strange dream he had had during the night. He dreamt that he was walking through the desert guided by some old Aboriginal men looking for something. When the nurse mentioned this to the medicine men they explained they had taken her father to look for the source of the illness and destroy it.

TELEPATHY AND PRECOGNITION

Tuning into electromagnetic fields may explain telepathic phenomena and how blind people can be taught to detect colours with their fingertips (colour, as I stated before, is simply a form of electromagnetic radiation at a particular frequency). It may also explain the phenomenon of collective precognition. In the early seventies an American mathematician analysed statistics concerning passengers involved in railway accidents, going back many years. He consistently found extremely large and significant differences between the number of people who would have been expected to be travelling in particular carriages involved in accidents and those that actually did – as if there was some collective unconscious awareness of the accident that was going to occur in the future.

Similarly, a group of electronic engineers in America have reported that when working with machines producing high frequency electromagnetic radiation they would suddenly find themselves telepathic with each other. Perhaps the imaginary friends of some children are actually real playmates they are communicating with telepathically?

I have often had the experience during intense counselling sessions with clients of finding myself ‘knowing’ what they were going to say or reveal next. But the reverse has also occurred.

A number of people who have never had hypnosis or relaxation training have said they have known exactly what I was going to say next, and could even tell me if I had changed my mind and said something else instead!

THE POWER OF SOUND

Sound therapy (ultrasound) is being used by the most traditional of doctors to promote healing. Unfortunately there is also some evidence that it can have negative effects on DNA. Similarly, microwaves have been shown to affect DNA, which is rather worrying when one considers the amount of microwaved food consumed now.

There are also some doctors who practice a form of therapy in which special sounds are made by the patient to create vibrations within the body appropriate to curing a particular illness. This is based on the sounds used by the Hindu yogis. The ancient Greeks also used sounds, playing music over wounds to accelerate healing.

Maybe the sound vibrations of the names we are given affect our personality so that we grow to suit our names?

Even in the eighteenth century the German physicist Ernst Ghladni discovered that sand would create extraordinary patterns when different notes were played nearby on a violin. More recently Hans Jenny in Switzerland has shown how sound waves can create physical patterns in sand and liquids like those found in shells, crystals, honeycombs and sea urchins. One has to ask whether perhaps animals and plants are creating these shapes in nature in response to vibrational messages they are tuning into from the universe.

SENSING THE ENVIRONMENT

Dowsing for water and minerals has been used by people all over the world, even the ancient Egyptians, up to the present day. The Chinese have discovered that for successful water dowsing the water must be flowing and setting up friction with the soil, which probably charges the soil particles so that an electromagnetic field is created that can be detected by the dowser.

The extraordinary attunement of Aborigines and American

Indians with their environment may be because they were able to 'sense' their environment using the electromagnetic fields to find water and food. Sensing also provides a possible explanation for how herbal medicine developed and why animals are attracted to certain plants when they are sick. Since there are many plants that are highly poisonous such medicines could not have been discovered by chance. It is more likely that when a person or animal is ill their field state changes and tunes them into appropriate behaviour – or in this case herbs with a field state that will balance their system again.

THE PROBLEMS OF 'PROOF'

I hope by now any members of the Australian Sceptics Association reading this are at least beginning to wonder. The Sceptics Association is a group of well-known Australians who have offered a large reward to anyone who can prove the existence of supernatural phenomena. It is not that they don't necessarily believe in supernatural phenomena, but they are rightly sceptical of the motives of many that do. Actually I think they serve an important function as a kind of watchdog on the extraordinary number of faith- and New-Age healers touting for business. The supernatural is very easy to fake!

There are real problems at the moment in studying these phenomena scientifically. One of the first rules of a scientific experiment is that it should be repeatable. Unfortunately to repeat something you have to know *all* the relevant variables operating and *be able* to control them. As we don't know how, why or all the conditions under which supernatural phenomena occur it is impossible to design an adequately controlled experiment.

Added to this is the problem of the uniqueness of the human aeriels involved. One person's aerial may work in a radically different way to somebody else's, even under the same conditions. I think the Sceptics Association's money is safe for a long time.

THE EFFECTS OF ARTIFICIAL ELECTROMAGNETIC FIELDS

Since our bodies are like two-way radios, with aeriels tuned to transmit and receive electromagnetic energy, we have to wonder

what the effects will be of the extra, artificial bombardment of such energy that has occurred over the last fifty years – i.e. what are the effects of electronic smog?

In my last two books, *The Chemical Connection* and *The Non-Toxic House*, I have explained in more detail how our bodies are tuned to electromagnetic fields of various frequencies and how there is increasing and alarming evidence that we are not tuning out as much of these fields as was assumed. Artificial electromagnetic fields bombarding the body daily from electrical appliances and, more importantly, from the electrical distribution system – even the wiring in your house – may cause leukaemia and other cancers, as well as a multitude of subclinical psychological and physical symptoms. Analysts at the USA's Environmental Protection Agency have classified electromagnetic fields as possible human carcinogens (cancer causes) because of their effects on DNA (the genetic material) in the cell. In England and Sweden doctors are treating a growing group of people who have become extremely sensitive to electromagnetic fields, both natural and artificial. These patients not only react to artificial electromagnetic fields but also themselves *affect* electronic equipment – especially remote controls on videos, televisions and computers – causing malfunctions. For a while both my parents were notorious for doing this to electrical appliances and bewildered a number of manufacturers. Equipment went berserk in their presence but operated normally if they were not there. My grandmother can change the station on her radio by just putting her hand near the dial, without actually touching it. Some research has shown that blank tapes left to record near electromagnetically sensitive people often record unusual signals and 'noise' and, as mentioned earlier, some people appear to be able to 'pick up' voices which can be recorded on tape. The extreme sensitivity of these people means that many are very badly affected by even normal electrical wiring in a home. This may also explain why many people find working inside sends them crazy.

Through the years of practising psychology I have seen many patients who have been attempting to find other types of employment because as a result of accidents they can no longer physically work outside. Sometimes the greatest problem these people have experienced has not been adjusting to the disability itself (which in some cases is very severe) but in trying to cope with working inside a building for the most of the day. They describe feelings of panic, dramatic mood swings – especially depression – blurred vision, tinnitus and screaming noises in the

ears. In view of recent research perhaps these people were in fact electromagnetic-field sensitive and had unconsciously chosen outdoor work for this reason? (A significant number were highly qualified to do other kinds of work but had deliberately chosen relatively unskilled jobs in order to stay outside.)

I have to wonder if this may also be one factor why Australian Aborigines can have such extreme difficulty coping with confinement or removal from family groups. Up until two hundred years ago (and in some cases to the present day) Aborigines were living a traditional lifestyle where they needed to be tuned in extremely well to their environment and their society. Living in houses (many of those provided by the Australian government are all metal) with electrical wiring would expose them to electromagnetic fields at levels never before experienced.

I suspect that all of us living in houses are having to tune out to some degree in order to cope. How much we are able to turn down the volume on this sense, or whether turning down the volume may create other problems for us or our children, is impossible to say.

Apart from housing, and closer to our bodies, perhaps we should consider the effects that synthetic clothing and furnishings are having on the field state of our bodies? The friction of synthetic materials causes a build-up in static electricity, which in turn affects the electromagnetic fields around us. So apart from the chemical hazards of synthetics in the home we need to consider the electromagnetic field hazards as well.

One of the most common distortions of the electromagnetic field occurs in the bedroom, where you can find beds with inner-sprung mattresses, electrical appliances and wiring – clock radios, electric blankets, heaters – or metal objects are stored under the bed. If you are curious run an ordinary compass down your bed from head to foot and see if North is where it should be or if it changes as you move over the bed. In Germany they have even discovered very significant field changes can be caused by metal spectacles, producing headaches and other symptoms in susceptible individuals, while one man discovered his mysterious heart arrhythmias were due to the expensive metal pens he wore in the inside left pocket of his jacket.

As Einstein put it: 'Matter [in this case our physical body] is a concentrated field of force.' As every single cell of our body is transmitting and receiving electromagnetic energy it is virtually

impossible to say that any particular artificial frequency is 'safe' or not affecting us. Research may need to concentrate more on the adequate *shielding* of appliances and distribution networks rather than getting bogged down looking at individual frequency ranges. (An Australian company is actually doing just that and has come up with revolutionary ways of effectively shielding exposure to even very strong sources of electromagnetic fields.)

ELECTRICITY IN THE BODY

A build-up in static electricity in the body may explain why the yoga practice of repeatedly drinking and then vomiting enormous amounts of warm salty water is said to cleanse the spiritual body (don't try it!). By now my own understanding of our spiritual body is that this term refers to our aerial and its associated energy fields. Salty warm water is an excellent conductor of electricity, so perhaps this practice is a means of absorbing and getting rid of inappropriate electrical energy from the earthly as well as the spiritual body? People I know who have done this exercise tell of an extraordinary clarity in their thinking and perception afterwards. A glass of warm salty water is also used in many Indian cultures as a way of absorbing 'spirits' that may have entered a house or a room.

Many years ago the husband of one of my clients told me about a mysterious illness he had had which caused enormous weight loss, muscle wasting and mental confusion. No definite diagnosis could be made, but he was forced to give up work. He went on a holiday camping at the beach and discovered that when he walked on the sand barefoot for the first few days he had a terrible burning in his feet (remember sand is wet and salty). His wife said jokingly that maybe he was 'earthing' himself! This burning sensation disappeared after a few days, and by the end of two weeks he had gained four kilograms in weight and all his symptoms had disappeared.

On returning home he quickly deteriorated again and was getting electric shocks off the fridge, stove and car. His wife, rather despairing and frustrated, one day blurted out, 'Maybe you just need earthing,' and then they remembered what had happened at the beach. He started to eat his breakfast while walking barefoot round the garden each morning and within a few weeks had no more symptoms. He found however he needed to avoid large multi-storey buildings or places with

synthetic carpet, as within minutes of entering such places he would feel very weak and confused.

There are also a number of reports from all over the world of people who have become magnetised, or charged, for periods of time and when others have touched them they felt as if they had been given an electrical shock. Many people, too, have reported feeling an extraordinary force field when near meditating yogis in India.

Perhaps the value of the old sea cures and salt water baths was in what they did to our spiritual or aerial body, allowing inappropriate energy fields to be dissipated. Personally I've always found a walk barefoot along the salty sand at the beach and a swim in the surf extraordinarily cleansing to my whole system – a feeling I definitely don't get in an indoor, chlorinated pool.

For those living in the city, insulated from the earth by housing and pavements as well as shoes, it is common never actually to touch the earth for years at a time! Perhaps this is why gardening is so therapeutic (without rubber gloves of course)? As you plunge your hands in the soil you are literally earthing yourself. After what I have seen overseas and in my own clients I would strongly recommend a walk barefoot every day and to avoid wearing synthetic clothing!

Artificial electromagnetic fields to promote healing have long been used in Eastern Europe and in modern veterinary practice. However the recent evidence that these fields can do harm as well as heal suggests that magnetic belts, bracelets and pads may not be a good idea until a great deal more research is done into the phenomenon.

CHAPTER THREE

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HOW OUR MINDBODY AERIAL WORKS

IN YOGA it is believed that the body has a system of energy flow that concentrates itself in seven main centres, or chakras. Each of these energy centres is represented by a different coloured lotus flower (remember, colours are just visual forms of electromagnetic radiation), with different numbers of petals that represent the different expressions of psychic energy in that particular chakra and the psychic channels leading in and out of it. Each chakra also has its own specific mantras or sounds (vibrations!) which when spoken or *thought* provide energy to the chakra.

The Indian yogis quite clearly associate thoughts with energy and this connection has been vividly demonstrated quite recently with plants. Plants have been shown to react very strongly if somebody in the room even *thinks* of hurting them in some way! Since thoughts are energy it appears prudent to keep our thoughts positive!

Yogis see meditation as a form of concentrated energy, mobilising the energy flow in the chakras and hence balancing energy flow around the body. By balancing the flow health is thought to be achieved. The fact that they (and many other ancient cultures) talk of energy flow and believe one of these chakras (the third eye) provides the pathway for telepathy, set me wondering as to how these chakras might be related to what we have learned more recently in the West about the aerial nature of the human body.

I knew Dr Seymour had built on other research to suggest that the CNS of the human body is really an aerial transmitting and receiving information to and from the cosmos. From my own reading I had discovered that this actually occurs in every

single cell. I had personally experienced a number of phenomena, including hypnosis, meditation producing an alpha brain-wave pattern, and the mysterious energy that I could mobilise in myself and others for healing. To me, somehow all this had to be connected to the ancient beliefs of the yogis' chakra systems – especially as they were positioned on the spine and designated by colours and sounds (mantras).

CHAKRAS AND OUR MINDBODY AERIAL

So back to the library and into books on the chakra system of meditation! In order to summarise what I was reading I drew the diagram below, and as I drew it and summarised the information I suddenly realised I was actually drawing an aerial!

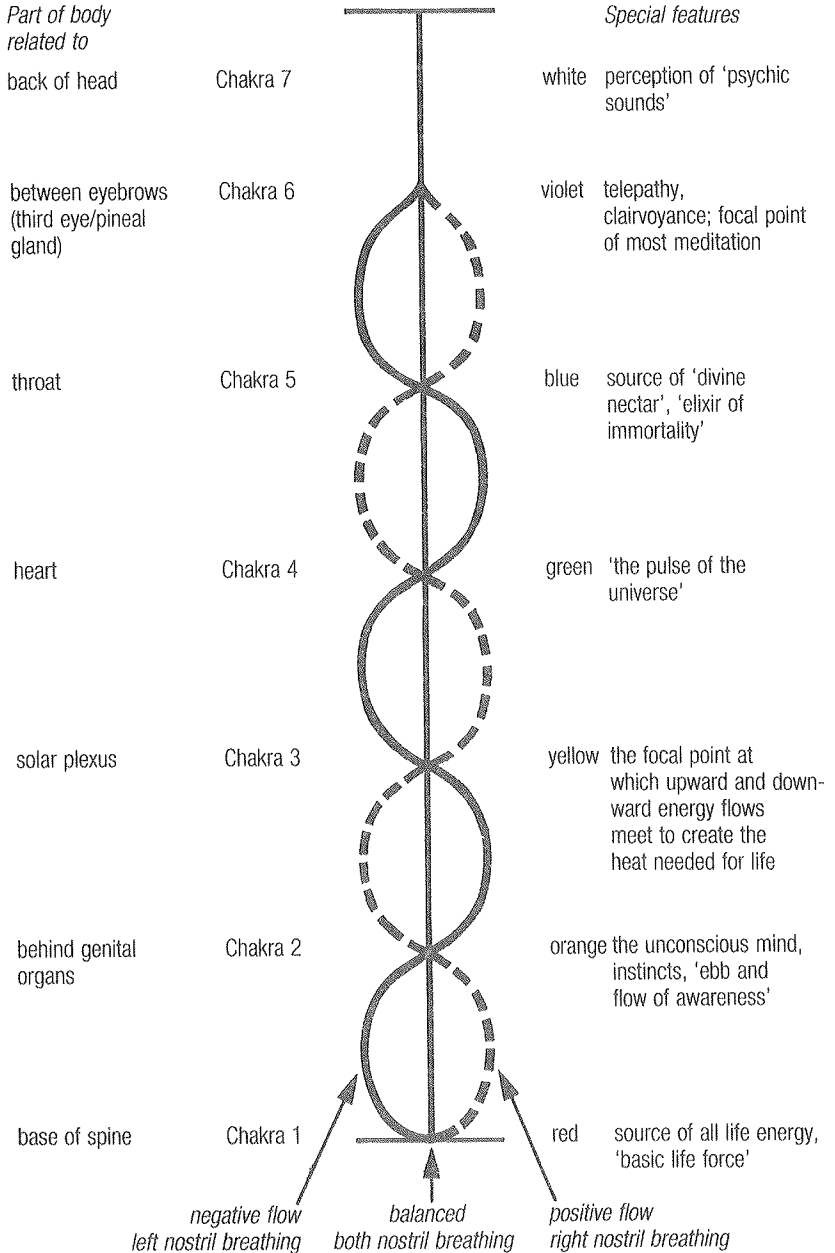
What the yogis understood, but in a different language, was that the spine (where the central nervous system is located) was in fact an aerial for transmitting and receiving energy with the cosmos. Different positions along the spine (aerial) were said to be involved with different types of energy, and as one moves up the seven chakra positions on the spine there is a merging of consciousness with matter and energy.

They saw the universe as resulting from the separation of consciousness from matter and energy. This is represented on the spinal aerial as moving down from the top of the head where consciousness, matter and energy are fused (that's why our conscious awareness appears to be located in our head) down through the chakras to the bottom of the spine, or Earth Chakra. Chakra Seven, on the back of the head, is said to be associated with the manufacture and perception of psychic sounds and is represented by the moon.

Chakra Six is also known as the third eye. Although the place for centring meditation for this chakra is midway between the eyebrows, this is just the 'switch' for the actual chakra which is the pineal gland. This is particularly interesting because it now appears that the pineal gland is humanity's main sense organ of electromagnetic radiation. By receiving light via the windows of the eyes it converts this energy into matter through melatonin, a chemical found in the nervous system, to produce a number of neurotransmitters (chemical messengers between nerve cells).

The spinal aerial

highest consciousness
merging of consciousness with matter and energy



The spinal aerial is located within the brain and along the spinal column.

The pineal gland therefore tunes us into the frequency of the Earth (because the amount of light received depends on the Earth's movement) which controls a number of functions in the body – the circadian rhythm controlling waking, sleeping, eating and general metabolism.

It is through this chakra that the yogis believe we can send and receive thought energy (telepathy). It is also considered to be the bridge between the physical/mental and psychic bodies, and therefore the chakra used in most types of meditation. This is important because I believe it holds the clue to the difference between meditation and hypnosis.

MEDITATION VERSUS HYPNOSIS

Meditation and hypnosis have been researched and argued about at length. In studies recording brainwaves the predominant pattern during meditation is always alpha, whereas in hypnosis there is no real difference in brainwave pattern to the normal state.

So what can the difference be, since there are so many similarities in people's experiences? I think there are two important factors. From extensive research in Russia with telepathy we know that telepathy is always accompanied by alpha-shaped brainwaves in both the sender and receiver (don't forget the alpha frequency is also the same as the Earth's). The yogis believe that telepathy is associated with the sixth chakra, i.e. *alpha waves would be expected when meditating on this chakra*. As most forms of meditation focus on this sixth chakra it is quite probable that the research into brainwaves associated with meditation was unintentionally only studying one form of meditation – on the sixth chakra.

Hypnosis (the dissociated state, a feeling of being somewhere else) I think is another form of meditation, focusing on the *second* chakra.

If you look at the summary diagram of the spinal aerial you will see why I have chosen this, second, chakra as the frequency to which we tune in hypnosis. It is thought to relate to unconscious processes, the collective unconscious (Jung), the ebb and flow of awareness and remote ancestral instincts (memories from the past!).

MEDITATING AT DIFFERENT FREQUENCIES

The general term meditation, then, can be thought of as the general *process* of tuning into a particular frequency along the spinal aerial. By meditating we are concentrating energy on the particular frequency, focusing and fine-tuning the energy flow around the system to balance it.

But we are not yet able to explain the healing energy experienced by myself and talked about and practised by so many ancient civilisations and cultures. A clue comes from the Japanese name for the phenomenon: *reiki*, or universal life energy, and this is exactly what Chakra One is considered to be associated with: the life energy source at earth level.

This separation of the types of meditation along the spinal aerial also allows us perhaps to understand why meditation practices can vary so dramatically in their success or failure to cure illness. In my practice as a psychologist nearly all the people I see have already seen a number of other medical practitioners: specialists, psychiatrists, psychologists, chiropractors and faithhealers. They have often also learnt TM, yoga and other techniques of meditation, such as those taught by Ian Gawler and the late Dr Ainslie Meares. These people frequently express extreme frustration at their lack of progress with their illness, despite doing all the right things with meditation, diet and positive thinking, while someone else they know may have had remarkable success following the same paths.

I feel one of the reasons for this is that by using a 'Westernised' general meditation, usually quite passive, *they keep missing the part of the aerial that is more probably the primary factor regarding material or earthly illness*. Illness manifests itself in our *physical* body and is a sign that all is not well in the way our aerial is tuned or balanced. But I feel the best way of tackling this is *at the bottom (earth) end of the aerial and working upwards*, not aiming for level six and hoping the effects will filter down!

A WELL-TUNED MINDBODY

Looking at our material body's 'earthly' lifestyle and our emotional and psychological state is also of paramount importance

in health and disease. The earthly body affects the tuning and balance of our aerial and vice versa, i.e. they interact. To achieve real health – a harmony and balance – we need to have a well-tuned aerial as well as a well-tuned body.

Mobilising the life-energy fields of our bodies is the first step in tuning. This is because the life energy has its source at Chakra One and moves up the spinal aerial. According to Hindu philosophy this life force (*prana*) is divided into two poles, positive and negative. These poles of energy spiral up out of Chakra One around each other, in and out of each chakra, up to number six, where they merge and leave the body. When this flow of *prana* (positive and negative) is balanced, it creates a more powerful flow up through the spinal aerial itself, energising the whole aerial. According to the Yoga system these positive and negative currents or flows alternate, that is, *they would produce an electromagnetic field around the aerial or spine!* In fact this electromagnetic field is very easy to feel and mobilise!

Not only the Hindus were aware of a life force with positive and negative poles. The Egyptians used magnetism to heal the sick, as did Aesculapius. It was also practised in the temples of Isis, Osiris and Serapis as a way of healing the sick. Egyptian tombs show paintings with priests and priestesses treating the sick with *varying positions of the hands*.

More recently, studies of enzymes damaged by ultraviolet light, then treated with the healing power of the hands, show they have been restored to normal activity. Similar results were achieved if the enzymes were treated with an artificial magnetic field of 13,000 gauss!

MAGNETISM

Goethe, the German poet and philosopher, described magnetism as a ‘universal active power’ which everyone possesses in their own individual way. He saw magnetic power as the reaching out to all mankind, animals and plants.

In the eighteenth century Dr Franz Mesmer spoke of animal magnetism (by animal he meant ‘soul’) and saw it as the ‘fundamental life force which animates all living bodies’. Mesmer is best known for his work with hypnosis (mesmerism was named after him). But Mesmer *combined* hypnosis and ‘magnetism’ in his treatment of patients and it appears that this may

have been for a very good reason. Unfortunately Mesmer was so ridiculed for his ideas that attention was only given to the hypnotic phenomenon he was dealing with and the magnetic phenomenon was completely ignored.

However, if we consider the spinal aerial we see that they are very closely aligned: Chakra One deals with the life force, or electromagnetic energy flowing through the whole aerial to tune it, and Chakra Two, the next chakra this life force affects, is the one I predict involves the phenomenon of hypnosis! In fact one of the most common experiences in the hypnotic state, used by nearly every therapist at some time, is the feeling that the hands are being influenced by magnets! Although countless numbers of therapists use this phenomenon, I have never read or heard of any of them relating it to the natural electromagnetic field of the body's life force.

Since the yogis can tell whether positive or negative energy is flowing according to which nostril they are breathing through – left nostril for negative energy, right nostril for positive – one would expect that when people feel the force attracting their hands together they would be breathing through one nostril, when their hands feel they are being forced apart they would be breathing through the other, and when the hands feel balanced they would be breathing through both together.

HYPNOSIS: TUNING CHAKRA TWO

The next step in tuning the mindbody then is to look at the type of meditation which focuses on level two – hypnosis – and so to contact directly cell memory and the unconscious. If the first two chakras are not tuned correctly I believe it may be very difficult (if not impossible) to tune the other frequencies satisfactorily.

Since the life energy can be mobilised entirely in the normal waking state it makes sense that this would be at level one, and so easy to access. Hypnosis, or dissociation, is often described as 'being somewhere else' even though fully aware of everything going on. This sounds a sensible second step, rather than falling immediately into a very deep trance state.

However, as hypnosis deepens I believe we are starting to meditate on the frequencies associated with this chakra, and then later on automatically on the higher chakra levels. This also explains why for most 'earthly' purposes only light hypnotic

trance states are necessary (Chakra Two), as this light trance is at the frequency of the unconscious cell memory where most of our earthly, material problems lie! In my model what is commonly experienced as hypnosis, or the dissociated state, is a particular kind of meditation (concentrating energy) tuned to the spinal aerial at Chakra Two, where the unconscious and cell memory can be contacted. Also, because hypnosis is a form of meditation tuned specifically to this frequency for tapping the unconscious and cell memory, it is extremely powerful *in dealing with disease and illness* of the earthly body, compared with the common types of meditation that are aimed at Chakra Six.

Hypnosis is so powerful at controlling the physical body that it can prevent burns from fire walking, allow painless surgery without anaesthetic, and get rid of warts within days. There is also strong evidence that hypnosis can actually change the expression of genetic material in the cells!

Once problems associated with Chakras One and Two are dealt with, meditating on Chakra Six may be the best preventative medicine. But in my experience people with emotional, psychological or physical problems benefit more from attending to Chakras One and Two thoroughly.

In fact mobilising the life energy or electromagnetic fields of the body often spontaneously induces the hypnotic states of Chakra Two and higher chakras as well. This again follows the sequence of positive and negative energy in and out of the chakras.

When teaching people how to use this phenomenon (especially groups) they often report a sudden surge of energy waves through the body, associated with seeing coloured waves (especially pink, purple or sometimes white). This initially may occur when I place my hands on their shoulders and later they find it happens just by starting the process of causing flow in their own bodies.

THE BODY AERIAL AND PAIN

Using this aerial model makes me wonder about alternative explanations for the phenomenon of pain. Pain serves a useful purpose in letting us know when part of the earthly body is sick or has been injured. But once we have received this message and taken appropriate steps to treat the cause it becomes a damn

nuisance if the pain continues. We know that pain perception is psychological *and* physical, and that the body has a biochemical system of natural opiates which circulate as natural painkillers, but what is also interesting is that we can control pain or alter our perception of it not just by material means (natural or synthetic opiates) but by hypnosis as well.

I am reminded of a phrase we have now adopted into our language. We talk of 'waves of pain'! Maybe this is our right brain's way of trying to give us another clue? Perhaps pain can be wavelike, or behave like an electromagnetic field, as well as being a material experience of stimulation of nerves being perceived by the brain as pain. This may explain why artificial electromagnetic fields can eliminate pain that has resisted all other forms of treatment. The electromagnetic energy used can be natural (like that I have found in my own hands) or artificially induced by specially designed machines. The hands are cheaper! As mentioned earlier, we really don't know the long-term possible side-effects of these machines. My own opinion is that until we know a lot more about their effects it is wiser not to use them.

Acupuncture is known to relieve pain; it stimulates changes in the electromagnetic fields of the body as well as changes in natural opiate levels. Hypnosis can also control pain, but it has no effect on opiate levels of the body, suggesting that it may be helping with pain control by altering the electromagnetic field or energy state of the body. This is actually what the American Indians and Eskimos believed: that in the hypnotic state induced by the Medicine Man pain could be drawn out of their bodies through their left hand held straight down, palm to the earth. This may of course have been the imagery used by the Medicine Man rather than an inherent property of pain to be 'earthed'. But in view of this model of hypnosis and what we know of pain I feel it is at least worth considering, especially since in hypnosis the pattern of pain relief doesn't follow known anatomical nerve pathways, but does follow areas of the body's electromagnetic fields e.g. 'glove' anaesthesia where the hand may become numb as if an anaesthetic glove is placed over it. This pattern of numbness is not at all the way nerve patterns function.

Having now explored the Cosmic Connection between our earthly body, the cosmos and the vibrational or electromagnetic field sense of our bodies it is now time to find out how to use it.

PART II

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*M*OBILISING YOUR
OWN HEALING
RESOURCES

PART TWO of this book is for anybody who wants to discover more about the hidden skills and resources that we have within us. All the techniques are equally valuable to those who are well and those who may have particular health or emotional problems. They can be used as preventative measures to maximise your self-awareness and creative potential, or as healing skills to discover the source of illness and to help cure it. Techniques for specific problems are also given. Although each technique – analysing self talk, mobilising the energy and self-hypnosis – can be used independently, you will get the best results if you proceed systematically in the order they are given.

This section looks firstly at psychological factors like self talk and beliefs that may be distorting our perceptions of the material world and our emotional reactions to it. We can then learn how to utilise the universal life energy of Chakra One to tune the whole aerial, and particularly Chakra Two where the hypnotic state occurs. Self-hypnosis techniques which contact our unconscious and cell memory can then be used to understand how an illness or disease process may have started and how it can, hopefully, now be cured. (If you are taking medication only change or stop it after discussion with your doctor.)

The techniques are not a total panacea. They can have a profound *influence* on health – in particular the progression and ultimate prognosis of any illness or injury. They can also help you achieve peace of mind – where what you perceive and know about the world around you matches what you believe.

But no matter why you use them you will be absolutely delighted by the wonderful sense of power and increased control over your life that discovering this energy gives you!

You can now learn how to ‘plug in’ to this cosmic power source!

CHAPTER FOUR

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SELF TALK

AS DISCUSSED in Part One, thoughts may be seen as energy which can influence our earthly body, our cosmic aerial and the universe itself. (Remember the plants that reacted dramatically even when the experimenter only thought of hurting them?)

When we realise this, we can see why there is such an extraordinary array of books on the subject of positive thinking, affirmations, positive imagery and visualisation. But it must be remembered that the message is that thoughts can *influence*, not necessarily *control*. This distinction appears to have escaped many writers of these books, leaving their readers feeling very guilty because no matter how positive and ‘good’ their thinking they aren’t getting results.

The two fundamental principles developed from astrophysics and experimental psychology which can help you have greater control of your mindbody are:

- 1 That any event (e.g. thought energy) in one part of the universe will *influence* the whole universe and therefore we must take responsibility for our own lives and the possible consequences of our actions.
- 2 Our emotional, psychological, physical and field energy responses to an event can be determined by our thoughts (energy) or ‘self talk’ about that event, i.e. we have *choices* in how we will react.

People are often quite surprised to realise that they are actually having a conversation with themselves about events as they occur, which then determines how they feel and respond to the event.

For instance, if someone you know ignores you in the street you could say to yourself: 'How dare she ignore me, what have I done to deserve such treatment?'. *This* kind of self talk would result in you feeling hurt and angry – as a direct result of what you *told yourself* about the situation. Alternatively you could have said to yourself, 'She must have had a lot on her mind not to have seen me', which would result in a fairly neutral emotional and therefore physical response.

Stress is a product of our adaptation to changing situations and events but it only becomes *distress* according to what we tell ourselves about what has occurred or when our ability to adapt to changing circumstances is exceeded by the demands made on us.

Furthermore, what we tell ourselves is intimately tied to the beliefs, truths or rules that we have acquired with experience. For instance, we only feel guilt if we feel we have broken some 'rule'. The important thing to realise is that those beliefs and rules are arbitrary – they are made by us in order to exist in the world as *we know it*. Therefore these rules and beliefs depend on our *perception* of the world, which is unique to each of us. Also, rules can be *changed* if they are no longer applicable.

In order to adopt appropriate self talk which is positive and which will promote health and harmony it helps to look at all the rules you live by. Clues to what these rules may be are hidden in our sentences that involve the words 'I should . . .' or 'I should not . . .', 'They should . . .' or 'They should not . . .'.

These reveal the rules we live by and are worth taking note of and evaluating in the light of what you now know or what further experience has revealed. Many of these rules are based on religious teaching when we were young. Religious rules are still arbitrary. Religions themselves change their rules when it suits them – for instance, Catholics can now eat meat on Fridays. Sects and fringe groups love having lots of rules because if you break them you will feel guilty and this allows you to be more easily manipulated by the group and the leader.

Some common beliefs and rules that people live by are:

- I should never make mistakes.
- I should be liked by everybody at all times.
- I should never get angry.
- I should *always* love my mother, father and children no matter what they do to me.
- I should believe in God.
- I should attend church on Sunday.

The list goes on and on! Even down to things like:

- I should brush my teeth every night.
- I should never forget my wife's birthday.
- I should remember to put out the garbage.

It is quite staggering the number of rules that we create for ourselves. But when we are sick or unhappy it is often a sign that something is not right with our view of the world – we are out of step, out of ‘tune’, and since our beliefs are created from our view of the world or perceptions, and vice versa, we often need to reappraise our beliefs and rules and make sure they are still valid, appropriate and allowing us to meet our needs.

HEALTHY THINKING

Many of us are plagued by doubts, fears and conflicts that stem from rather irrational beliefs about ourselves and other people.

Try thinking these thoughts instead:

- 1 I am a human being and as a human being I have a right to make mistakes (even catastrophic ones!).
 It just means I'm human, not bad.
 I have a right to have strengths and weaknesses.
 Nobody else expects me to be perfect, so why should I?
- 2 I like to be loved, appreciated, respected and approved of but I can't expect to have the whole world think of me like that, or even all the people I know. Their approval is nice but I am not dependent on it to make me happy.
- 3 Other people or situations can't make me unhappy.
 It is what I tell myself that determines how I feel. If someone criticises my clothes I can choose to let that upset me or choose to ignore it.
- 4 I am responsible for making my own happiness and I am not responsible for making other people happy. Nor am I responsible for other people's problems.
 But I am responsible for my behaviour towards other people, particularly children.
- 5 Just because unhappy, sad or traumatic things have happened to me in the past it doesn't have to devastate my future. I can let go of feelings about these unhappy times (see the General Relaxation technique in Chapter 7).

6 No matter what life throws at me I know I can cope alone if necessary. I may not like what happens, but as a human being I have been designed to cope with good and bad, happy and sad, and to survive!

If I am anguished it is because I am fighting the situation. If I accept it, I will have the strength and energy to deal with it.

7 I am allowed to feel anxious, frightened or unsure. These are human emotions in certain situations and I am human.

DISCOVERING YOUR OWN SELF TALK OR RULES

To contact your self talk and rules, for the next week start writing down all the sentences in your life beginning with 'I/he/she/they should or should not . . .'. Carry a notebook with you at all times to jot them down as you become aware of them. If you don't feel you are using self talk then write down instead all the situations that evoke in you some emotional response.

<i>Situation</i>	<i>Self talk</i>	<i>Emotional response</i>
While driving, a car cuts in too close in front of you.		Extreme anger

Next try and fill in what self talk you gave yourself which caused that emotional response, such as 'People *should not* drive like that'. The results of this diary-keeping may surprise you greatly.

The next step is to write down the rules hidden in your self talk and ask yourself whether these rules are really *necessary* or *appropriate* for you at this time of your life and in your circumstances? If not can you scrap a rule altogether or change it to something more appropriate? An example:

<i>Event</i>	Husband dies.
<i>Rule</i>	Women should be married. (This is not my rule but it comes up often with grieving widows.)
<i>Reaction</i>	Not just grief but panic by widow that she will not be able to function on her own.

Is the rule still appropriate?
Could the rule be changed?

How about: Some women like being married but they don't have to be married in order to survive and be happy.

These changes in the 'rule' empower the grieving widow with positive thoughts about her ability to cope rather than devastating her with grief *and* panic.

If you have trouble even labelling the emotional reactions you have to stresses see the List of Common Feelings on pages 99–101 to help identify exactly what are your feelings about situations. If you feel you need further information about self talk read *Feeling Good* by David Burns, which has an excellent step-by-step guide to exploring the hidden rules and modifying them where necessary.

A powerful subgroup of our general beliefs is our beliefs about people's rights. These vary dramatically, not just within individuals but within social and cultural groups as well. It is very important to be able to choose beliefs or respect 'rights' that are appropriate to the time, situation, place and, most importantly, the cultural group.

'Women's rights', as perceived by a white, middle-class, well-educated Anglo-Saxon living in Melbourne, may be totally inappropriate in the paddy fields of Indochina or for a Vietnamese woman struggling with the family's transition to suburban Springvale. Each person has to determine their beliefs about 'human rights' themselves. It is not something we can impose on other people – although if they ask us for support in asserting what *they* feel are their rights then that may be something quite different.

PEACE OF MIND

Peace of mind and contentment comes when what you *believe* about the world and yourself matches what you *perceive* about the world and yourself.

If there is a mismatch between our beliefs and rules and what we see actually happening this causes uneasiness and conflict; if you *believe* 'life should be fair' then you are going to be constantly anguished and disappointed when continually confronted with the fact that life isn't fair – what you *perceive*.

To gain peace of mind you need to bring your beliefs and perceptions together.

Look at your beliefs and rules and see if they are appropriate

and realistic. This doesn't mean that we can't have ideals that we work towards, only that we should phrase our beliefs realistically, e.g. 'It would be nice if life was fairer and I would like to work towards that happening'.

THE POWER OF SELF TALK

The power of self talk and 'thought energy' cannot be *overestimated* in health and illness. Nor can the power of taking responsibility for your own life and for the possible consequences of your thoughts and actions.

Self talk is extremely powerful – but it can be extremely *destructive* as well as *constructive*. Taking responsibility for your life generally is crucial to good health.

PASSIVE PEOPLE

Much research has been done into the psychological and personality aspects of illness. This research reportedly shows that people who play a 'victim' in life, seeing themselves as having no influence (let alone control!) over their lives, or who *feel* trapped and without options, are those most likely to develop cancer. There is also very strong evidence that people who have suffered a major life stressor (such as bereavement, moving house or losing their job) and who have been unable to resolve their feelings appropriately are more prone to cancer. Their problems in resolving their feelings may stem from what they tell themselves about the situation.

From my own clinical experience I would say I have never seen a cancer patient whose life before developing illness could be described as really happy, contented or fulfilled.

People who can be very assertive in a job may be completely non-assertive in expressing their personal, emotional needs and having them met. For these people illness can become a more socially acceptable way of saying 'No' to responsibilities or pressures rather than simply saying 'No, I don't want to do that'.

Many people do not give themselves the option of coping and getting over stress or hurt: instead of seeing their pain as temporary, they see their whole lives from that point on as gloom and doom. They forget that as human beings we are

designed to be able to cope with tragedy and upset just as much as we are designed to experience joy and happiness. We need to allow ourselves to draw on the tremendous emotional and physical resources we have but only occasionally need to use. We also need to allow ourselves to seek help in mobilising these resources if we need to. Research has shown repeatedly that cancer patients who receive psychological treatment to cope with stress and resolve conflict can almost double their life expectancy compared with those patients who receive no help.

Many people discover after seeking help that they in fact have unresolved conflicts within themselves or with others stretching back many years. If you do have unresolved conflicts the following technique may help you.

CONFLICT MANAGEMENT

A *Conflicts Within Yourself*

People often feel distressed and in conflict when:

- There are too many emotional or physical demands on them, resulting in confusion over priorities. This may be occurring now or have happened in the past. Conflicts in families are commonly due to differences in priorities between you and others.
- There are competing needs to be met, such as:
 - need for independence versus advantages of being dependent
 - need for time with family versus time with work
 - need for security of a spouse versus ‘need’ to have an ‘exciting’ affair.
- They feel guilty because they think they are breaking some rule.

To deal with such a conflict you first need to categorise what sort of conflict it is (the above summary should help), then look at the following ideas to get a different perspective. Basically you need to sort out priorities.

- 1 What are your *real needs* and what are just wants or desires.
- 2 Work out clearly *your priorities* in life. (Realistically in Australia, given society’s legal expectations of you, this usually means you, your spouse and children’s needs have priority over extended family.)

- 3 To do this you need to become aware of the *rules* that govern your behaviour.

Are your rules for yourself *appropriate* and *realistic* or are they simply leftover remnants from your childhood, your parents or another part of your life?

Rules are not arbitrary truths. *Rules can be changed.* As an adult you have a right to decide which rules are now best for you (as long as they don't harm people or property!). Maybe you're living too much by other people's rules?

As I have already shown, a clue to the rules you live by are sentences that begin with 'I should . . .'. Write down the rules you believe in by making a list of sentences beginning with 'I should . . .', 'They should . . .', 'He or she should . . .', and decide if they are appropriate or realistic.

Then ask yourself, 'Why should I (they, he or she)?'

What are more realistic rules? List them.

- 4 Are you imposing your rules on other people and expecting them to do what you think is right?

These ideas usually start with: 'He should . . .' 'You should . . .'.

Give yourself and other people permission to have different behaviour and different priorities, and learn to become comfortable with these differences.

B Conflicts With Other People or Organisations

Conflicts often develop because people are not *really* communicating effectively. This commonly occurs between different cultural groups who are working on the basis of different underlying 'rules', or even between men and women. For an excellent explanation of the differences in the way men and women communicate and talk read *You Just Don't Understand* by Deborah Tannen.

Many conflicts between nations, cultural groups and men and women can be avoided by each party checking out continuously that they have *really* understood what the other party means.

Once effective communication is established and, with it, mutual respect of differences, the trick is to try and find a solution where nobody feels the loser, because together you find a solution that satisfies everybody's needs.

This may sound impossible, because from childhood we are brought up to believe if somebody wins then others lose! But in

fact with a bit of thought and a lot of motivation a satisfactory solution can usually be found. This technique has been found to be as equally effective for fighting children as warring nations!

To resolve a conflict:

- Decide what is the *real* problem. Separate the people involved from the actual problem situation.
- Get the problem defined in terms of people's *needs*. Ask each party what they need or want from the solution.

This gives a clearer idea of what the problem *really* is.

- Now find out what each person is *frightened* of in the solution.

It helps to list each party involved in a table or diagram.

Problem: Cleaning the house

<i>People Involved</i>	<i>Needs</i>	<i>Fears</i>
Mum	House tidy and clean.	Meals all hours means dishes all hours. Has to do it all herself. She is taken for granted.
Dad	Doesn't mind untidiness. Wants it clean.	Wife will get cranky. House will be dirty. Might have to clean toilets himself.
Bill (adult child living at home)	Time to study. Likes house clean and tidy.	Mum might make him leave home if he doesn't help clean. Not enough time for study.
Jenny (adult child living at home)	Couldn't care less about housework but wants to live at home.	If does housework will break her nails. Might have to do ironing. Might have to do more than brother Bill.

Now brainstorm solutions where everybody will be satisfied, for instance:

- (a) *all* pay towards a cleaner;
- (b) divide chores up according to individual likes and dislikes;
- (c) Bill and Jenny eat out if not home at proper meal times;
- (d) make a roster – each person takes turn cleaning each week.

In this case the family decided on a combination of (a) and (c). This example should give you an idea of another way to solve your next conflict besides screaming abuse.

If there are issues and conflicts in your life you are having difficulty resolving, admit them to yourself and seek help. Learn to express your needs assertively to others and if necessary demand they take notice! Are you fulfilling other people's needs and expectations but not your own? Are you achieving for your own sake or to impress others and gain their recognition and love?

AGGRESSIVE, ANGRY PEOPLE

At the other end of the spectrum are people who quite ruthlessly feel a need to control everything in their lives. These people are often very angry, rigid types, with strict rules for themselves and others, and they have great difficulty 'just going with the flow' of life and its problems, or accepting normal human behaviour. They too get sick and are often very aggressive, unhappy people who blame others for whatever is wrong in their lives: if they can't control the situation they feel it has to be somebody else's fault. But we can only hope to *influence* events, not necessarily control everything that happens.

Such people are often candidates for heart disease. Many people trying to prevent heart disease go to extraordinary lengths to keep themselves physically fit, but heart disease can also be caused by prolonged unmanaged stress and hostility. It is not stressful situations themselves that kill but poor coping skills. It is not so much 'driven' high achievers who are prone to heart disease, but those with aggressive, angry attitudes.

If you are angry, aggressive or in some kind of conflict, even one or two sessions with a psychologist can help get priorities sorted out and a more productive perspective on the problem. As well as seeking professional help, if you want to accept responsibility for your attitude, change it and reduce your risk of disease, try the following steps.

- 1 Become aware of your angry, cynical thoughts and the emotional *result of your own thinking* by keeping a daily diary for one week.

The thought:

That old lady in front should have driven faster and caught the green light! Now she's made me late!

Why were you really feeling angry?:

Was it because of what she actually did?

What you tell yourself about the situation:

The feelings that resulted from what you told yourself.

- 2 As you become aware of this kind of self talk and its consequences, when you realise you're doing it, say STOP! and substitute more appropriate thought:

Why should she risk dying to beat the traffic light? She's driving within the law and her ability.

If I am late it's because I made myself late. But that's okay, because I'm not perfect and the meetings never start on time anyway.
- 3 If it's hard to substitute your negative thinking try and empathise with the other person's position. What would it be like to be in his or her shoes? Learn to LISTEN.
- 4 Tell other people you are trying to change and admit you need to! Enlist their help to point out in a gently, constructive way when you're being judgemental, hostile or cynical.
- 5 Learn to laugh at yourself and the world – lighten up. Life is to be enjoyed, not endured.
- 6 Pretend today is your last. Get life's little hassles in *perspective*. Learn to forgive and forget.
- 7 Learn to relax.

TAKING RESPONSIBILITY

Taking responsibility for our lives and our illnesses can be very scary stuff. There is suddenly no one to blame! We are taught as children that if we are sick somebody else will fix it – Mum, doctor or some other health professional. This attitude spills over into not just physical illnesses but emotional and psychological problems – or just plain unhappiness. It can take a

very long time before a person finally realises no one else necessarily has the answers to their problems and their best chance may be with themselves. Anybody facing a life-threatening illness has to ask themselves honestly 'Do I want to live . . . or die?' Death can sometimes be a more attractive alternative than facing what is wrong in your life and doing something about it.

Our parents have been the traditional scapegoats of why we are not happy, fulfilled, rich, accomplished or well-educated (especially mothers, who often take the role of 'mood' regulators and peacemakers in families). But sooner or later we have to face the fact that as adults we are not victims – we *can influence* 'events' and our lives.

However, taking responsibility does not mean you have to do it all on your own! It means taking charge, making choices and mobilising all possible resources, whether within yourself, your family, community or a health professional.

WHEN TAKING RESPONSIBILITY STILL DOESN'T WORK

Perhaps the saddest group of people I see are those with a medical problem who *have* taken charge but *blame themselves* totally if they don't get better – the attitude of some book, group or glib busybody who has told them 'If you *really* wanted to get better you would!' A person's will to live is a crucial factor but *not the only factor*.

These guilt-ridden patients are often in terrible anguish, especially if their suffering gets to the stage that they really do want to die. Instead of being able to accept these feelings in themselves and express them, they hold them as a 'guilty secret' they must take to their graves.

The situation is even worse when grief-stricken relatives decide they will not be empathetic or supportive as the patient 'just wants to be sick to manipulate us'. Using illness to manipulate family does of course occur. All illness has its psychological component. But it is *not* true to say that *all* people who get sick are doing so to manipulate their families.

Often unhappiness, restlessness, an illness, or symptoms are

more a way of the body trying to talk or ‘manipulate’ the *patient* themselves into rethinking their lifestyle and priorities. These feelings or symptoms can be viewed in some ways as a signal from the unconscious that something is unresolved, ‘out of balance’ or not ‘in tune’. For people who do not allow themselves time out, or opportunities to take stock of their lives spiritually, discontent and symptoms can be the only way for the unconscious to force the conscious mind to take some action.

Next time you are sick (even just a cold) or unhappy, ask yourself if this is perhaps something your body is unconsciously trying to tell you.

Even if you succumb to a virus – why did your immune system succumb instead of being able to fight it off? Do you work too hard or let yourself get upset by unimportant issues? Do you have an unresolved problem with someone that is dragging you down? Are all your emotional and physical needs being met?

It is quite extraordinary how individuals, if given the chance, can discover what is actually causing their symptoms, even when the cause appears to be entirely physical. The technique outlined later for assessing your mindbody (pages 92–5) is an excellent way of ‘self-scanning’ your body. For people with complex problems that have resisted ‘diagnosis’, doing these techniques in conjunction with a health professional can reveal quickly and accurately the real source of the problem. My advice to health professionals is *always* to ask a patient what *they* feel is causing the problem. Patients’ insights about their own bodies will astound you! And for goodness’ sake, *listen* to what they say!

There is a ‘hug’ theory of depressive illness that states that if you are not receiving at least seven hugs a day then you are a prime candidate for depression or physical illness! The ‘hugs’ may be physical, like cuddles and bearhugs, or simply an affectionate touch, or they can be emotional like praise, appreciation, approval, a smile or an ‘I love you’.

Maybe *all* your emotional needs are not being met, or maybe you’re expecting too much of one source – spouse, children or work. No one person, occupation or hobby can fulfil *all* your needs, so consider widening your sources of hugs by increasing your interests and balancing your life better between work, home and play, and increasing the number and type of relationships you have.

EXPRESSING YOUR NEEDS

If the demands on you emotionally or physically are greater than you are getting back from people and occupations in your life, then you can become ‘burnt out’ – your batteries go flat! To get recharged you need to look very closely at your physical wellbeing and how well you are being fed emotionally by those around you. Maybe it’s become all demands and no giving to you.

People who are burnt out become impatient, irritable and ambivalent about relationships and occupations that once meant a great deal to them. It is not a sign of selfishness but a signal that things need to change.

Because of their upbringing some people have never been able to let others know that they have needs too. They may be giving themselves, but feel extremely vulnerable if they let other people become aware that they have weak spots and unfulfilled needs. Such people often present themselves as being extremely competent and ‘together’, and give off clear messages to others that they are perfectly happy with their lives and are tough enough not to need others. But inside such people may be crying out for warmth and closeness. They may be bewildered that other people are not mind-readers. They don’t realise that others rely on obvious signals and direct statements from them about what their needs are.

This can be a special problem for those people who are extremely intuitive and sensitive. Because they find it so easy to tune in to other people’s needs without anything actually being said they can be bitterly disappointed in relationships when others don’t do the same to them.

If you are unhappy, don’t expect others to guess that – tell them!

Questions about your own needs are easier to ask (and get surprising answers!) when you use the special techniques described later to tap into your unconscious feelings and worries (see Chapter 6).

‘POINTING THE BONE’

The power of our thoughts, then, can empower or destroy us. Similarly, the power of other people’s thoughts can do the same to us *but only if we decide to let them.*

There is no stronger example of this than in the 'pointing the bone' ceremony of the Australian Aborigines, and similar ceremonies in other cultures. In these the receivers of the death 'thoughts' or bone-pointing must be aware that they are the object of the ceremony. Despite all modern medical interventions people who are victims of this and who believe in the power of the sender (such as the Medicine Man) will die.

Unfortunately many doctors in our modern society are unwittingly practising the 'pointing of the bone' on their patients today. Many patients have described extreme anger, frustration or passive resignation when spotting their file in hospital with big red letters across the top saying TERMINAL. I have often been utterly stunned by the brutal insensitivity of doctors telling patients they have terminal or degenerative illnesses. Worse still are those who go on to give graphic descriptions of the step-by-step deterioration in the patient's health and a timetable! Some of my patients with horrible degenerative diseases have been given month-by-month descriptions of which parts of their bodies would 'die' next and when!

Even when a patient does ask for 'the facts, Doc' there are ways of being honest about a condition and the possible prognosis without sentencing a person to a certain death by setting out the illness's progress as if it had already occurred.

What appalling arrogance that any human being would consider themselves all-knowing (godlike!) enough to be sure what the future will be. Fortune telling is supposed to be illegal!

Patients who are told about these illnesses in this way and who believe that their doctors know everything have a nasty habit of fulfilling the doctors' predictions almost to the day. These are the patients who, because of their beliefs, feel the doctor's authority and power is indisputable. Such people will still persevere with whatever test or treatment is ordered without question. Some have told me how they come to expect bad test results because that is what they believe the doctor expects and they don't want to let him down – as that would undermine his authority and their faith in him as their doctor!

Other patients (not many) become absolutely furious – not just at the fact that they are sick but that anybody would have the audacity to think that they would know how their *individual body will react to the illness or disease state*. These patients often do quite well – particularly when they avoid further testing 'just so the doc can prove he is right'.

In fact a number of patients have said to me that when they

go back to the specialist they feel that he or she is just examining them to find further proof that the prognosis was right and that the patient is deteriorating 'on schedule'. The doctor actually seems pleased if the patient gets worse!

You may think this is the imagination of highly stressed and overly sensitive sick people, but I have noticed the same attitude myself when talking to some specialists about mutual patients. In fact some get quite put out if the patient actually gets better, particularly if the patient claims some non-medical intervention helped. A number of GPs have commented to me how reluctant many oncologists (cancer specialists) are to have even other doctors treating their patients. Unfortunately there is often more ego, power, politics and money involved in medicine than caring and compassion. The important thing to realise is that doctors are mere mortals and *nobody*, no matter how qualified, really knows how any individual is going to respond to a particular disease state. They can give the *general* picture, perhaps, but they don't really know.

Many doctors who *are* acutely aware of their limitations are unfairly accused by their patients of 'not being honest' with them because they don't spell out in a step-by-step fashion what course the illness will take. It is also up to patients to let their doctors know clearly what kind of information they want, how much and when. Doctors aren't mind readers any more than patients are. *Both* patient and doctor have to try and communicate honestly.

HOW YOU CHOOSE TO RESPOND

There are probably as many people walking around with terrible illnesses they don't know about as those that do, and of those that don't know *many* will die of other causes altogether, never knowing what ghastly disease they have actually conquered all by themselves.

If everybody around you treats you as if you are about to die then you probably will! Unless you decide you have other plans – like to dance at *their* funeral!

It's also important to realise that medical testing can help give a picture of health which, while often very useful, does not necessarily give the complete story or one that necessarily reflects the way the patient feels and behaves. Many years ago I

met a lovely lady who was extremely active, 'glowing' with health, involved in the community and, because of her vitality and enthusiasm, a real pleasure to know. One day she confided in me something that not even her husband knew, let alone her friends and extended family.

Some ten years previously she had been very ill and a routine chest X-ray had revealed large tumours in *both* lungs. Her GP had been shocked and upset. He urged her to go to Melbourne for treatment or possible surgery immediately. To placate him she went and had a few further tests. She was told by the specialist that her condition was inoperable and that she had secondary tumours in other parts of her body. The specialist felt that as she had not long to live other forms of treatment would not be worth the side effects. In other words, to go home, put her 'house in order' and wait to die. Well, she had other plans and never went near her GP or any other doctor again. Slowly, for some reason, all her *symptoms* disappeared and she felt wonderful. Then quite recently to the time she revealed this past history to me, she had a minor car accident and broke some ribs. The radiologist was horrified when he saw her X-rays – massive tumours and yet she had *no symptoms whatsoever*. Not even shortness of breath or a cough! She was terrified that somehow the radiologist and the doctor would tell her family because she felt that 'once they all think I'm going to die I know I will'. The radiologist and the doctor respected her wishes and five years later she was still totally *symptom-free!*

I have heard a number of similar stories since – people whose test results consistently give a picture at odds with either their symptoms or the severity of symptoms.

I think there is a message here for all of us working as health professionals. In the final analysis a patient's view of the illness and symptoms is the most important factor. We therefore have to be extremely sensitive to this patient view when asked for predictions, diagnosis and prognosis. We must qualify all our information so that the patient realises his or her response to an illness is unique and that is something nobody can predict with absolute certainty. It is not a matter of giving false hope but letting the patients know honestly about our limitations as health professionals, to give them the option of thinking the 'experts' can be wrong! Many health professionals don't fully realise just how frightened most patients are of them, or how they are revered, and therefore *anything* they say may be viewed as indisputable fact.

Physics has had to recognise an Uncertainty Principle, but much of medicine still needs to do the same! Fortunately patients are waking up and realising that what they get from a health professional is nothing more than an informed opinion with no intrinsic power except what the *patient* wants to give to it.

CHOICES AND POWER GAMES

It should also be remembered that while we definitely do have choices in how we react to situations there are also a number of people and groups who use this as a form of manipulation and to excuse their own abominable behaviour – sometimes being downright nasty and aggressive, and when you complain they turn around and say, ‘That’s your problem!’

You must be able to recognise this power game for what it is. If there is some problem in a relationship, be it at work, home or in an organisation, then every person in the relationship must take responsibility for trying to make it work. Even if the way you are reacting is inappropriate the other party should at least acknowledge concern that you are having difficulty and be prepared to negotiate on the issues.

But also face the fact that some people *don’t want the relationship to work or exist any longer* and their aggression is the rather dishonest way they are letting you know that.

In that case get the message *fast* and start looking for ways to remove yourself from this destructive influence, or at least be able to see the behaviour for what it is. If the other person doesn’t want to resolve the issue don’t waste time and energy beating your head against a brick wall. Instead find other relationships that will support you and help you cope with the situation.

In summary, our control of our mindbody depends on close interconnections between our conscious awareness and perceptions of the local ‘real’ world we live in, the interpretations we make of events and how we *choose* to respond.

To gain greater control of the mindbody it is therefore necessary to ‘listen’ to the clues (body talk) our physical body is giving us regarding things that may be unresolved, stressful or causing conflict within our body and its aerial – what is

making us 'out of tune' with ourselves, our local environment and the cosmos as a whole and therefore creating discontent or physical symptoms. We need to learn to listen to our body talk and our self talk, in order to help restore balance in our needs physically, emotionally and spiritually.

The word 'spiritually' can be attached to a particular religion or belief system. In my case I believe spirituality is our need for this 'energy balance' which allows a fine tuning of our aerial, so that we can interrelate harmoniously within ourselves, with each other, with the environment and indeed the universe.

Once we recognise that there may be areas of our life that are out of balance it helps to identify what needs to be changed by looking at our beliefs, truths and the rules we create to function in life. This self talk can give invaluable insights into what rules, or self talk, need to be modified or changed completely.

Having started to do that we can now go on to mobilise and 'energise' our body aerial, which can in turn help us to contact our unconscious and the beliefs or programmes in our cell memory that are affecting our present health. Having contacted them we now have ways to influence them. How to learn and develop these skills can now be explained.

CHAPTER FIVE

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TALKING TO THE COSMOS

HERE I look at mobilising the ‘life energy’ of your body and tapping into the energy around you. The important thing to remember is that according to the ancients this energy flow originates and is mobilised at the lowest level of ‘meditation’ – at the level of conscious awareness. You are not ‘learning’ or acquiring life energy – just *becoming aware* of what is *already going on*. You do not have to believe in it. It is as natural as breathing. Normally you are not aware of your breathing but you only have to focus your attention in order to become aware of it occurring – you don’t have to go into some kind of trance to breathe slower or deeper. Similarly, by simply focusing your attention you can become aware of the life energy in your body and particularly in your hands.

This life energy, as I have explained before, energises or tunes all parts of our aerial. So mobilising this energy affects your whole cosmic aerial and thus influences many levels at once. The energy appears to alternate its flow, positive and negative, around the spinal aerial to produce electromagnetic fields. It is these fields which can help you initially to become aware of its existence.

Both individually and in the seminars I run I have found children and adults can usually become aware of the energy within a few minutes of coaching. On their own people have found it sometimes takes a little longer and is helped by a bit of practice for a few days.

BECOMING AWARE OF THE ENERGY FIELD

Step 1

To first feel this energy it helps to find a quiet, comfortable place to sit or lie down. Remove shoes, spectacles and wrist watches. It is best done when no one else is at home, or late at night or early in the morning when the house is very quiet. (Later on you can be aware of it anywhere, anytime, even in the middle of Bourke Street!) You may also find it helpful to close your eyes and wear an eye mask or blindfold. These are just ways of helping to tune out other senses so you can concentrate on the sense of electromagnetic field.

Step 2

Place your hands, touching at the fingertips, at the base of your breast bone (this is the energy centre called Chakra Three in Eastern meditation).

Concentrate on your breathing and take particular note of the rise and fall of your hands as you breathe. Imagine as you breathe in that you are taking in a positive, healing energy from the air around you.

Breathe rhythmically and very deeply:

Inhale and 2 and 3 and 4

Hold and 2 and 3 and 4

Out and 2 and 3 and 4

Pause and 2 and 3 and 4

Repeat four times.

Return to normal breathing. (The entire breathing cycle should take 8–10 seconds. If you have a respiratory disease, consult your medical adviser before doing the exercise.)

Step 3

Now as you sit or lie quietly, start to become aware through which nostril you are breathing – the left or the right or both together. Start to shift your breathing so that you are mainly breathing through the left nostril. This dampens down your left brain's activity and increases activity in your right brain. (For further breathing exercises see pages 101–3.)

Step 4

Once you have done this start to go around your body allowing

yourself to relax, saying to yourself slowly ‘I am feeling more . . . and more . . . comfortable’.

Step 5

When you feel quite comfortable slowly move your hands so that you are holding them out in front of your body, palms facing towards each other, about forty centimetres (fifteen inches) apart.

Now focus your attention completely on the sensation in your hands – particularly the palms.

Keep asking yourself: ‘I wonder in what way I will experience the electromagnetic field . . . will my hands feel as if they are being drawn or pulled together . . . or pushed apart . . . or will the field be perfectly balanced so that my hands feel no pull in either direction?’ Continue to concentrate on the palms of your hands.

Depending on whether the flow of energy when you do this is positive, negative or balanced your hands will move or remain stationary. Nearly everyone trying this will experience the electromagnetic field as *very gently* drawing their hands together. A few will experience it as the hands being pushed apart or not moving at all. How you experience it doesn’t matter.

It usually only takes a few seconds or minutes to experience the field. If you don’t think you have felt it very strongly then try again some other time.

Step 6

Regardless of how strongly you felt the field, now place your hands side by side flat on your body at the bottom of the rib cage on the point at which many large nerve trunks intersect in the body (this is Chakra Three) and continue to relax with your eyes closed.

Focus your attention on the palms of your hands and imagine as you are breathing out slowly that you are also breathing out through the centre of the palms.

Continue to do this until you start to feel a warmth or ‘buzzing’ under your hands (or you may even notice a warm ‘glow’ over your whole body). At first it may be only a slight warmth or a different sensation (a few of my patients have noticed a cooling of their hands the first few times they practised and then warmth later on). Some people experience it as a very pleasant mild vibration.

Do this for ten to twenty minutes. Most people learning this

by themselves become aware of the energy in the first session, others need to practise for a few days.

Once you are aware of the energy you can now use it on yourself and others just by resting your hands lightly on the body.

(For information about audio tapes available to do this and other exercises see page 140.)

USING LIFE ENERGY

As mobilising this energy in yourself or others is really a way of 'tuning your aerial' it can be used as a very enjoyable and soothing preventative treatment to energise and balance your whole system, or it can be used for particular physical or emotional health problems. It is specially good for injuries like sprains, broken bones (it will even work through plaster casts), burns and insect bites. It can also be used for very serious conditions.

If you are taking medication do not change it without consulting your doctor. If you have undiagnosed symptoms you should see a doctor first and then make a decision as to whether you wish to use modern medicine alone, the natural healing methods or a combination of both. If you have a condition which defies a clear-cut diagnosis by health professionals these natural methods can often have astonishing results.

USING LIFE ENERGY ON YOURSELF

According to the ancient Hindu system of chakras, Chakra Three, which we use to start, is the meeting point for 'upwardly moving energy' from Chakra One and 'downwardly moving energy' from the higher chakras. The clash of these two energy flows, according to the yogis, is why heat is felt more strongly here.

Because it is the meeting point of lower and higher energy flows it's also an excellent place to energise the whole aerial in both directions quickly. Hence always start at this position at the base of the rib cage.

In the following exercises spend about five minutes in each

position, *or* until you notice a distinct change in sensation, e.g. your hands may suddenly feel quite cold.

There is no need to press your hands onto your body – just lightly rest them. You can even hold your hands about 2–5 centimetres (1–2 inches) above the body and it will still work, but you will get rather tired holding your hands in the air!

When you begin you may feel the heat is no more than just body heat but as you *practise* you will realise that what you are feeling is far stronger and may occur even when your hands are cold to the touch. You may also find yourself beginning to perspire and your body may start to feel as if it is glowing all over. These strong sensations tend to occur the more you practise – tuning your aerial – but even if you don't notice anything particularly strong *you will still be mobilising the energy*.

You can use this energy on yourself anytime, anywhere – while watching television or reading a book, or talking to other people or in a boring meeting. However you will probably feel the benefits most if you set aside some time each day to tune your aerial and energise yourself. In bed at night just before you go to sleep is excellent, as at the same time you can allow yourself to clear your mind by just letting go of any unresolved or unpleasant things that have happened that day. If you have any problems letting go and feeling relaxed see the General Relaxation technique on pages 97–8.

STEPS FOR SELF-ADMINISTRATION

- Find an appropriate quiet place to sit or lie comfortably.
- Place your hands in the following positions for five minutes each, or until you notice a change in sensation in your hands, whichever is the sooner.

Body Positions

- 1 Start by placing your hands flat and side by side over the solar plexus (at the base of the rib cage).
- 2 Move hands downwards so that the fingertips now meet in the middle, but hands remain flat on body (keep fingers and thumb together, not spread). When it is time to move on, move your hands down the body one hand width. Wait, then

move on again. Keep doing this until your hands are just above the groin.

On small people this may be only once, on large people it may take two or three steps to reach the groin.

3 Move hands to a 'V' shape resting just above the groin area.

Head Positions

1 Move hands to flat over eyes with hands lying either side of nose.

2 Move hands to side of head.

3 Over ears.

Heart/Thymus Positions (Self Hug)

Cross hands over chest; hands flat.

If you keep falling asleep before you get to the end of this sequence just do Body 1, then the Self Hug. Sweet dreams! If you have chronic sleep disturbance or insomnia you may find the section on pages 121–5 useful.

TO ADMINISTER LIFE ENERGY TO SOMEONE ELSE

Caution

This energy is tuning your aerial, so if the situation is appropriate you may spontaneously enter an altered state of consciousness. This can be quite desirable, and one of the reasons for mobilising the energy in the first place is so you can contact your unconscious feelings and cell memory more easily.

But it also means that if you allow someone else to administer it to you, or if you administer it to someone else, then you need to have a high degree of mutual trust. Unless the person administering the energy is also a psychologist, psychiatrist or other appropriately qualified professional (with whom you feel very comfortable) I suggest you do not speak, or keep conversation light and chatty and on safe issues like the weather.

Not speaking also allows the 'patient' to go 'into themselves' and explore the factors that may be contributing to their illness.

Note

Administering life energy to yourself or someone else *does not* require you to remove any clothes, but it is more comfortable if you remove shoes, spectacles and tight jackets. A light rug can also make you feel more comfortable. Remove watches as many patients have reported them stopping or going haywire after using the energy.

Important

If you have ever suffered from schizophrenia you should only administer life energy to yourself. If in doubt check with whoever is monitoring the schizophrenia. People with other psychiatric illnesses or who suspect that they are depressed should also only administer the energy to themselves.

If you suffer from any psychiatric condition only allow the energy to be given to you by someone who is also qualified to treat the condition.

The systematic programme outlined here is based on the Japanese use of the phenomenon of life energy. They have only used it comparatively recently (about two thousand years) and call it *reiki*. Compared with other cultures this 'order' of using the energy tends to be very rigid in its sequence. Don't be afraid to vary it if you feel that it is more appropriate.

Where possible always start on Chakra Three (bottom of rib cage) and if using for healing and you haven't time to move through the whole sequence then just go straight to the sore bit: ankle, thigh, tummy, etc.

Do not place your hands directly on the spine. Instead keep hands just either side of the spine.

You don't have to lie your 'patient' out on a bed or a kitchen table to treat them – even placing your hands from behind on the shoulders can help and is easy to do while watching television or having a chat.

SYSTEMATIC FULL TREATMENT

- Place hands lightly in the positions described one in front of the other.
- Move the hands from one position to another after about

five minutes or when the sensation changes – whichever is the sooner.

- When moving from one position to the next ‘walk’ the hands down the body, alternating the positions so you don’t lift both hands off the body at once.
- As you move from one major area to another keep one hand lightly touching the person so you don’t break contact altogether and when you finish the complete sequence gently rub or massage the last area for a few seconds before removing your hands.
- The full treatment usually takes about 1–1½ hours, so make sure that both giver and receiver are comfortable. An ergonomic stool for the giver and the couch or table at the proper height can prevent the giver needing treatment themselves afterwards!

The best part of this energy is that it is being drawn *through* the giver, not *from* the giver, so both receiver and giver end up charged.

- To make sure your ‘patient’ is fully back in the real world and alert say to them: ‘You will now be as alert as you need to be for the things you need to do.’

It is best if the receiver can just sit quietly for a few minutes before resuming normal activities.

Starting Position

Sit or stand at the side of your subject and place your hands flat down over their solar plexus (base of rib cage), with one hand in front of the other i.e. fingertips of one hand touching under the wrist of the other hand. Don’t squash your patient – just rest the hands lightly on the body.

Body Steps

- 1 Depending on the length of your subject’s body you may need to move your hands once, twice or even more, one hand space at a time, down the body until you reach above the groin area.
- 2 Wait after each step down until you notice a change in sensation (or five minutes whichever is sooner) and then move on.
- 3 When you reach the top of the pubic bone (above the groin area) the next step is to place your hands in a ‘V’ at the angle of where the legs join the outer hips.

Head Steps

- 1 Standing or sitting behind your subject, place your hands down flat at the following steps (place a silk scarf or tissue over the face for greater comfort of subject and giver):
 - Over eyes – fingertips reaching down to end of nose.
 - Temples – move hands one hand width to each side over temples.
 - Over ears.
- 2 Under head: cradle head in your hands with fingertips resting in the groove at the base of the skull.

Rest of Body

- 1 Then do the joints like shoulders, elbows, hands, knees and hips, by placing one hand under and the other hand on top of the joint so that you sandwich it.
- 2 Now ‘toast’ the other side. Ask your receiver to roll over and lie on their tummy. Start at the top of the spine (hands either side) and move down in adjacent steps. (How many steps will depend on how big the back is and the size of your hands!)
- 3 Finish by placing hands in a ‘V’ position just above buttocks.

As mentioned earlier, this Japanese system of using the energy is rather rigid. (The Chinese have a similar system.) I have found that people often develop a marvellous ability to sense which areas of the body may benefit most at a particular time and I would encourage you to use the order above only as a guide which you can then modify according to what you may feel is appropriate.

Many people find a quick, ten-minute massage before they start, or some stretching exercises for a few minutes, improve results also.

Learn to trust your own instincts.

LIFE ENERGY FOR HEALING

I strongly suspect that our various traditional medical ‘treatments’ often do no more than stimulate the body’s own healing response by mobilising the patient’s life energy.

Over many years I have seen thousands of people with all

manner of illnesses, varying from quite minor injuries, through major psychological problems to terminal illnesses.

I have been increasingly intrigued how many patients with the same condition can gain relief or cures from completely different treatments – ranging from simple positive thinking and meditation to herbalism, homeopathy, osteopathy, chiropractic, physiotherapy, Alexander technique, psychological treatment, hypnotherapy, traditional medical or drug treatment and surgery. I suspect that health professionals may often only be facilitators who give their patients confidence to trigger the natural healing ability of their own bodies.

One interesting study looked at the power of a ‘definitive diagnosis’. When patients were given a satisfactory explanation of their symptoms, these usually disappeared or were reduced significantly within two weeks. Those patients given no satisfactory explanation tended either to get worse or have no relief of symptoms.

Another study looked at two groups of patients needing heart bypass surgery. One group was put through a ‘dummy’ operation, where the patients thought they had had surgery. The other group actually had surgery. For ten days after the dummy and real surgery there was *no difference* in the functioning of the hearts in both groups of patients. I feel that we, as health professionals, are being supremely arrogant in assuming that our techniques or treatments are actually the most important healing factor.

CHAPTER SIX

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TALKING TO YOUR UNCONSCIOUS AND CELL MEMORY

IN CHAPTER FOUR we looked at the way we experience and perceive the material world around us and how it is influenced by our self talk. This self talk is relatively easy to become aware of consciously. In Chapter Five we learnt about our body aerial, which ‘talks’ constantly to our environment. This ‘talking’ is going on at all levels – right down to individual cells. The cells record this external information as well as internal information of events within our bodies, in cell memory. Because of the overwhelming amount of information being dealt with, cell memory is not normally available to our conscious mind – it is occurring unconsciously. Our aerials are tuned and charged by the energy known about since ancient times and which I have referred to here as life energy. Mobilising this energy allows us to tune, balance and harmonise our aerials, and the energy fields around them.

As we are tuned to the rhythms of the cosmos, we also operate in a rhythmic way. One of these rhythms is the ultradian rhythm, which occurs about every ninety minutes to two hours throughout the day and night.

In the present chapter I explain a technique for accessing and talking to your unconscious, to reach information in cell memories that may help resolve particular problems or heal. This information is easier to access and the healing response is more powerful when we feel ourselves ‘day dreaming’, or winding down, at the low point of the ultradian rhythm. This technique is used when you want more information consciously of why a problem or illness is being maintained, or to allow your unconscious mind to do whatever it needs to heal or solve a problem, without you necessarily being aware of it.

Looking back, I first became aware of ultradian rhythms when I became a psychologist working for the Ministry of Education. Because of the distance many of my clients lived from the office I often saw them in their homes. This more informal approach suited me very well. Rather than stop at the end of the arbitrary hour our sessions sometimes extended for two or three hours over a cup of tea or two. I much preferred this type of approach to the office as the clients were always more comfortable and therefore able to relax better in their own environments. It was quite amazing the sort of information that came out in these lengthy sessions and just how extraordinarily productive one such session could be. It was considered 'bad' professionally to allow clients to control the interview but on the contrary I found that by giving them the opportunity to set their own pace (with gentle direction occasionally) the most important issues seem to surface very quickly. Once the issues that were important *to them* were revealed very direct techniques and options could then be discussed.

During these sessions there developed a 'rhythm' between us where sometimes there was a great deal of discussion and hard work and then periods of very relaxed time when not much might be said. I often found myself almost telepathic with patients in these quiet times. More recently I have realised that I was probably witnessing the ultradian rhythm or 'self healing' state, particularly as it was often immediately after these quieter times that some of the most satisfactory resolutions of the problems would be found.

This started my interest initially in the power of relaxation. Personally I've always been someone who seems to have needed to spend a great deal of time on my own 'just being' and not thinking of anything in particular, and these experiences with relaxation have affected my approach to counselling.

From this I became interested in hypnosis, thinking that was perhaps a way of tapping into this relaxed therapy more effectively. However when I first became involved in hypnosis more than fifteen years ago I was quickly disillusioned by the authoritarian approach that predominated at that time, and so left to pursue my own more subtle approaches of using quiet relaxation periods through the day to 'talk' to the body through the unconscious.

As I practised myself and worked with people it appeared to be extremely easy to access unconscious thoughts and very distant memories. The bridge between conscious awareness and

the unconscious seemed extremely easy to cross in these relaxed states. Unlike the Westernised meditation being taught by a number of groups it didn't seem to need months or years of practice twice a day. It was fast! And being impatient that was just what I wanted! Moreover many of my patients who were learning meditation said these relaxed techniques used with the life energy were helping them far more with their earthly illnesses and problems, and much more easily. I am not suggesting that meditation is not extremely valuable and productive – only that it is often not the most appropriate or efficient way of dealing with a problem that exists in our earthly body and earthly relationships.

As explained earlier this is what we would expect if these techniques are tapping Chakras One and Two rather than meditation's Chakra Six.

I was delighted to discover when I started to look into more recent approaches to hypnosis in the course of researching this book that many other professionals have discovered how easy and successful these indirect *client centred* and more subtle approaches to talking to the unconscious can be, perhaps because they focus on what the client thinks is important, not what the therapist assumes is important.

The words and phrases *used* in the techniques here are based not just on what I have found to be successful but also on the more 'efficient' phrasing and techniques of Dr Ernie Rossi, an American psychologist. The phrasing given here is very general and allows you to insert your own appropriate words. People with serious illnesses may find it more helpful to consult a psychologist* familiar with these techniques to have suitable phrasing 'prescribed' especially for them and to have an opportunity to discuss what they discover.

In fact I can actually see a time quite soon when this type of 'phrasing prescription' will become the best option for symptoms presented to health professionals – including injuries! Just think of the savings on the health and drug budget!

This ease of accessibility of the unconscious and cell memory is consistent with my model of the spinal aerial when one

* Due to the time involved, philosophical approach to patients needed, and the knowledge of psychological functioning required, in my opinion a psychologist *trained in these techniques* is the only health professional with the unique combination of skills necessary to help with individualised programmes.

considers that this process appears to occur at Chakra Two – which is still very much the earthly end of the aerial.

Similarly the close proximity of the relevant chakras (One and Two) in the model explains why I have found the mobilising of the life energy in this aerial makes this process much easier and more effective.

I don't want to suggest here that it is so easy that a 'coach' isn't sometimes necessary, but it really is extraordinary how powerful these methods can be *when used together*. They do not necessarily find the solution on their own but may point the way with remarkable clarity to how a person needs to help themselves or with whom.

The techniques that I will now describe are designed to be used by *you* for your *own* needs. *Do not attempt to use them on others* as without appropriate training you may open a Pandora's Box that you cannot close! If you have ever had schizophrenia do not use these techniques without your psychiatrist's consent. If you suspect you are depressed do not use them without appropriate professional help. The wording here is very general and therefore safe but if you want to make a *specific* suggestion about *specific* symptoms e.g. an asthmatic who wants to control his or her breathing in a specific way, then *seek professional help with the phrasing*.

The *general* phrasing in the examples is *perfectly safe* to do to yourself because of the internal system of checks and balances operating between your conscious awareness and your unconscious.

The techniques can be used simply to relax or to solve a particular problem at work, home or with your health. They can be done anywhere, any time you feel is appropriate (but of course not when you need to be fully alert, such as driving a car or operating machinery).

I feel the most important reason these techniques can be so successful is that they are totally centred on *your needs* and timetables, not those of a second person like a therapist.

The most successful combination for healing purposes, however, is an appropriate therapist using these techniques with you, but if this is not possible then an enormous amount can be achieved by yourself, even if it takes a little longer.

Step 1

Decide why you are going to practise this technique at this particular time.

- General relaxation, ‘healing’ or for preventative medicine.
- A particular problem that you are aware is bothering you.
- To explore the possible sources of some unhappiness, anger or other feeling you can’t define.
- To find out why you can’t give up smoking, etc.
- To look at an eating problem or sleep problem, etc. (See Chapter 9 for further information on Sleep Problems, Smoking and Eating Disorders.)
- To discover more creative solutions to a problem at work.
- To promote healing.

It is very important not to be too specific about what you want your mindbody to do so that you don’t close off options that might then turn out to be the most relevant and most effective solution. If you have trouble identifying why you are unhappy or discontented look at the List of Common Feelings on pages 99–101 to help first clarify the feelings you have and then focus on why you may have them.

Step 2

Start your ‘motor running’ by following the steps 1–4 for Talking to the Cosmos on page 80.

Note: You do not have to be physically relaxed to use these techniques. The term relaxation is used here more in reference to a relaxed left hemisphere, which allows the right brain to communicate with your unconscious cell memory.

The breathing techniques trigger this relaxation extremely well but if you are extremely wound up do the General Relaxation technique first, pages 97–8.

- When you are comfortable, with your hands placed at the base of the rib cage, continue breathing (when you think of it) through your left nostril.
- Then say to yourself one of the following options (choose the words that are the most meaningful to you):
 - ‘When my unconscious (inner mind/spiritual body) knows that it is ready . . . (pause)
 - to explore that problem/feeling (to do some mindbody healing) . . . my eyes will want to close . . .
 - and in this special state (state of healing) my mindbody will be able to do whatever it knows is necessary for a solution to be found (healing to occur) . . . even though I may not be consciously aware of what is happening . . .
 - This process/healing will continue for as long as it is appropriate at this time . . .

When my inner mind knows it can continue this process even when I am unaware of it . . .

I will find myself stretching and opening my eyes . . .’

- Until you become familiar with the words write each phrase on a card. There is no harm in gently opening your eyes to read the next bit of the card and then closing them again.
- Don’t expect to ‘see angels’ or have a wow experience! Remember this is a *natural state* you are learning to enter effectively and at will. You may be totally aware of your surroundings and feel like you are just sitting with your eyes closed most of the time.
- Choose an appropriate time and place. If you have a racing mind ask yourself if this is really the best time and place for you. If not choose times and places that you find relaxing, such as listening to music, or in front of the television – even with it switched on – or in bed at night, in the sauna, running or exercising. You must choose the time and place that is appropriate to *you*, but gradually you will find that it becomes easier to use the technique in quiet ‘still’ surroundings.
- If you find music helpful then be careful what kind of music you choose. Because we are really vibrating bundles of energy it is not surprising that we are particularly affected by the vibrations from the sounds of music. Soviet research has shown that the energy fields of the body are particularly affected by breathing, magnetism, sunspots (which change electromagnetic fields on earth), light and rhythmic sounds like music. Also these changes in energy fields in turn create changes in the body – its brainwaves, heartbeat. These energy fields appear to be the way the mind affects the body.

Different kinds of music have been found to profoundly affect plants and other types of living cells. Baroque and classical Indian ‘healing’ music have been found to create lush growth and very healthy plants. Rock music caused plants to wither and die! Mantras are sounds used to meditate on and are said to have frequencies which ‘tune’ our mindbodies. Mantra sounds have also been found to create precise geometrical patterns in sand and iron filings.

The ancients believed that through ‘resonance’ sound frequencies played in one place would create harmony and order throughout the universe. For example, if a note is played on one piano in a hall full of pianos all the pianos start to play that note as well – i.e. resonance increases the power of a single note.

In Russia baroque music and synchronised breathing have been used to develop a technique of 'super learning' which gives access to the left and right learning abilities of the brain to achieve remarkable learning and photographic memory.

In America, advertising agencies have found that a seventy-two beat per minute rhythm in music increases suggestibility and can therefore make people more influenced by their advertising blurbs.

- Deal with distracting thoughts. If you choose a relaxed setting but the thoughts keep coming imagine the 'thought' is printed out in front of you and ask yourself: 'Is this relevant to what I am doing now . . . if not I'd like to put it to one side for later . . .' And then imagine yourself drawing a balloon around the thought so that you can gently push it away.

If you think it *is* relevant just allow your mind to ponder and explore why.

Sometimes thoughts keep coming up that at first don't seem relevant at all, in which case say to yourself: 'Now that I have put this thought in a balloon I can put it to one side until I am really ready to deal with it.'

Once you have grasped the essentials of the technique you can use it anytime, anywhere it is appropriate. This is because you are, deliberately and effectively, using what you do unconsciously several times a day anyway. But it is important that you learn to recognise the ultradian rhythm in your own mindbody during the day and learn to go with it and not against it. The natural healing state occurs about every one and a half to two hours night and day. That means don't try to stimulate yourself with tea or coffee or sugar when you feel yourself entering that state, as these then break the rhythm and stop the natural healing state occurring. Perhaps this is why the Muslims developed the ancient custom of spending a few minutes praying regularly throughout the day? Similarly many Christian religions have regular prayer times during the day.

Instead, take even just ten minutes to let go and enter that state quite deliberately. If you really *must* have tea, coffee or sugar have it *after* you have completed this quiet time.

At lunchtime use the technique before lunch and before any tea or coffee. Don't fool yourself that you haven't the time. If you avoid this natural rhythm your efficiency and productivity will fall dramatically by the end of the day. You are only fooling yourself if you think you can work through these natural

healing states at no cost. This is a natural anti-stress safety valve. Use it! I find some of my most rewarding work has been running seminars to teach the techniques described in this book to large groups of ordinary people and seeing the enormous amount they can learn and achieve in just one day.

No matter how important you *think* you are, put your ego to one side and follow the flow of the rhythms. The healing state you allow yourself will benefit not only you but those around you. If we could persuade people in government, businesses and particularly educational and health care institutions all to take these regular breaks I'm sure the results in terms of creativity, productivity, staff morale and reduced absenteeism would be remarkable!

CHAPTER SEVEN

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SUPPLEMENTARY TECHNIQUES TO MOBILISE LIFE ENERGY

THIS CHAPTER covers two supplementary techniques to help tune your body aerial and mobilise your life energy: a general relaxation technique, to be used in conjunction with the list of common feelings, and a series of breathing exercises, to energise the mindbody, improve concentration and breathe away pain.

GENERAL RELAXATION

As well as a relaxation technique, this is very effective for anxiety, grief, insomnia or ridding yourself of any feelings that you find difficult to let go, such as hate, anger, resentment, bitterness or jealousy.

- 1 Look at the list of feelings people often have (pages 99–101) and identify the three strongest negative feelings you have at the moment. Think about these negative feelings and why you have them.
- 2 Find a quiet place to be alone, either sitting comfortably or lying down, in loose clothing with shoes off. Remove spectacles and watch.

Go around your body focusing on any area that is uncomfortable or tense. By focusing on the area or moving your position try and consciously relax that part.

If you have trouble doing this or you are particularly tense in certain areas then tense *every* muscle in your body as tightly as you can – feet (pull upwards to avoid cramps), lower legs, thighs, buttocks, stomach, chest, shoulders (pull

back and bring them up towards your neck), mouth (pull lips back in a monkey grin – no one can see you!), screw up your eyes and forehead. Hold the tension as long as you possibly can and imagine you are squeezing all the negative feelings out of every muscle and part of your body. When you can hold the tension no more, let go, releasing quickly and completely and enjoy the easy flow of heat energy around your body. If you are trying to rid your body and mind of particularly difficult feelings repeat this tensing, squeezing and relaxing.

- 3 Concentrate on your breathing and get into a rhythm of:
 breathing in to a slow count of three: 1 and 2 and 3 and
 hold the breath to a slow count of three: 1 and 2 and 3 and
 breathe out to a slow count of three: 1 and 2 and 3 and

While you breathe out say to yourself:

‘I am letting go all these negative feelings’ (say the feelings you have identified to yourself e.g. hate, anger, sadness) ‘from every part of my body.’

When you breathe in say to yourself:

‘I can now allow peace, calmness and happiness’ (or your own choice of positive feelings) ‘to enter my body.’

Repeat this cycle of breathing and talking to yourself three times.

Continue to breathe normally, imagining positive feelings flowing in and throughout your body with each breath in and any negative feelings flowing out as you breathe out.

For Simple Relaxing

During the day: continue for twenty minutes (use a kitchen timer) and when finished say to yourself, ‘I am now going to be normally alert but remain feeling calm and peaceful.’

At night: simply continue until you drift off to sleep.

For Particular Problems

Use this basic technique as a preliminary exercise and while relaxed and breathing normally follow specific instructions for particular problems. Give yourself instructions or suggestions starting with ‘I’ e.g. ‘I am . . .’, ‘I will . . .’, ‘I can . . .’

This is also a good preliminary for then visualising yourself and your life the way you would like it to become. It is a wonderful exercise to do in bed each night to clear your body and mind of any negative experiences, thoughts or actions during the day.

It is also particularly useful for letting go of feelings from emotional or physical traumas in the past. Grief reactions which have grabbed hold of someone and are physically affecting them also respond extremely well.

Many patients have reported that real physical symptoms and conditions which have plagued them for years have responded quickly and permanently to these techniques, where all sorts of drugs and even surgery have failed.

These relaxation techniques can enable you to reclaim responsibility for your health from the myriad of health professionals now touting for business. When you really do need help from a professional seek out those that want to work *with* you and your body and not against you.

LIST OF COMMON FEELINGS FOR RELAXATION TECHNIQUE

Abandoned	Bold	Critical	Distressed
Adamant	Bored	Cross	Disturbed
Adequate	Brave	Cruel	Divided
Affectionate	Burdened	Crushed	Dominated
Agitated	Burnt out	Culpable	Down
Agony			Drab
Alive	Calm	Deceitful	Dubious
Almighty	Capable	Defeated	Dull
Ambivalent	Captivated	Deflated	
Angry	Challenged	Dejected	Eager
Anguished	Charmed	Delighted	Ecstatic
Annoyed	Cheated	Depressed	Electrified
Anxious	Cheerful	Desirous	Embarrassed
Apathetic	Childish	Despairing	Emotional
Astounded	Clever	Destructive	Empty
Awed	Combative	Determined	Enchanted
	Competitive	Different	Energetic
Bad	Condemned	Diffident	Energated
Beautiful	Confused	Diminished	Enjoying
Betrayed	Conspicuous	Discontented	Envious
Bitter	Contented	Disgusted	Evil
Blissful	Contrite	Distracted	Exasperated
Blue	Crazy	Distraught	Excited

Exhausted	Hysterical	Mystical	Rewarded Righteous
Fascinated	Ignored	Naughty	
Fawning	Immortal	Negative	Sad
Fearful	Imposed upon	Nervous	Satiated
Fed up	Incensed	Nice	Satisfied
Flustered	Indignant	Nutty	Scared
Foggy	Infuriated		Sceptical
Foolish	Insecure	Obnoxious	Screwed up
Forgetful	Inspired	Obsessed	Self pitying
Frantic	Intimidated	Odd	Servile
Free	Irate	Opposed	Settled
Frightened	Isolated	Outraged	Sexy
Frustrated		Overwhelmed	Shocked
Full	Jealous		Shy
Furious	Joyous	Pained	Silly
Fury	Jumpy	Panicked	Sneaky
		Parsimonious	Solemn
Gay	Keen	Peaceful	Sorrowful
Glad	Kind	Persecuted	Sorry
Gloomy	Kinky	Petrified	Spiteful
Good		Pitiful	Stale
Gratified	Laconic	Pity	Startled
Greedy	Lazy	Pleasant	Stingy
Grief	Lecherous	Pleased	Strange
Grieved	Left out	Precarious	Stuffed
Groovy	Licentious	Pressured	Stunned
Guilty	Livid	Pretty	Stupid
Gullable	Lonely	Prim	Stupified
	Longing		Submissive
Happy	Lost	Quarrelsome	Suffering
Hated	Loving (love)	Queer	Sure
Hating	Low		Sympathetic
Heavenly	Lustful	Raging	
Helpful		Raptured	Talkative
Helpless	Mad	Refreshed	Tempted
High	Maudlin	Rejected	Tenacious
Homesick	Mean	Relaxed	Tense
Honoured	Meek	Relieved	Tentative
Hopeless	Melancholy	Remorseful	Tenuous
Horrible	Miserable	Restless	Terrible
Hostile	Mistrustful	Revengeful	Terrified
Hurt	Morose	Reverent	Threatened

Thwarted	Ugly	Vehement	Weepy
Timid	Undernourished	Violent	Wicked
Tired	Unfit	Vital	Wonderful
Trapped	Unwanted	Vivacious	Worried
Troubled	Useless	Vulnerable	Zany

BREATHING EXERCISE FOR GENERALLY ENERGISING THE MINDBODY

In the Breath Meditation of Raja Yoga various exercises are used to mobilise a greater flow of *prana* (life energy) through the body.

The following sequence of breathing, if done daily, will make you feel wonderfully ‘charged’. It is ideal to do before any kind of physical or mental activity where you want to perform at your peak, e.g. sport, important meetings, taking exams. (For further information on other techniques read *Superlearning* by Sheila Ostander and Lynn Schroeder.) Recent research has shown that this type of breathing also balances creativity in the right and left sides of the brain, giving you greater access to all your brain’s capabilities.

The brainwave pattern achieved using this exercise is alpha, associated with the sixth chakra, so it is like the state achieved in transcendental meditation.

- 1 Sit or lie comfortably.
- 2 Go around your body and make sure all parts of it are comfortable.
- 3 Consciously relax – checking neck, shoulders, arms, hands, fingers, chest, abdomen, hips, thighs, calves, feet and toes.
- 4 Close your eyes.
- 5 Breathe deeply using your diaphragm so that your stomach rises. When you have breathed in as deeply as you think you can, breathe in just a little more.
- 6 Now breathe out as deeply as you can – then breathe out just a little more.

Do this a few times.

7 Now breathe to the following rhythm:

inhale and 2 and 3 and 4
 hold and 2 and 3 and 4
 exhale and 2 and 3 and 4
 pause and 2 and 3 and 4

Repeat four times and then relax.

Now slow your breathing to a rhythm of 6:

inhale and 2 and 3 and 4 and 5 and 6
 hold and 2 and 3 and 4 and 5 and 6
 exhale and 2 and 3 and 4 and 5 and 6
 pause and 2 and 3 and 4 and 5 and 6

Repeat four times and then relax.

Now try a rhythm of 8:

inhale and 2 and 3 and 4 and 5 and 6 and 7 and 8
 hold and 2 and 3 and 4 and 5 and 6 and 7 and 8
 exhale and 2 and 3 and 4 and 5 and 6 and 7 and 8
 pause and 2 and 3 and 4 and 5 and 6 and 7 and 8

Repeat four times, and relax.

BREATHING AWAY PAIN

As mentioned in Part One, many ancient cultures thought of pain as a 'wave' of energy which could be allowed to flow out of the body. This technique is from Raja Yoga and is a way of synchronising breathing and heartbeat to create a rhythm that drives the pain out of the body.

Sit or lie down and relax as much as you can. Use the previous breathing exercise if you have difficulty relaxing. Feel your pulse and count out loud with it so you get its rhythm and can breathe to the counting without concentrating on it. For instance:

breathe in for six beats
 breathe out for three beats
 pause for three beats
 repeat

Keep your mouth closed for breathing in and out.

Once you have the rhythm imagine you are breathing the following cycle:

- 1 Breathe in 'life energy' or *prana* from around you, then as you breathe out imagine you are sending this energy to the painful area to promote healing.

- 2 Inhale again, imagining that the energy is going to drive all the pain out of your body. Now when you breathe out imagine that all the pain is flowing out of your body.

Repeat the cycle seven times before resting.

BREATHING EXERCISE TO IMPROVE CONCENTRATION

This technique is also very good to break the ‘worry’ cycle – when you can’t get something out of your mind.

As you practise you will notice a tingling energy running up and down your body as you breathe.

- 1 Lie down in a quiet, appropriate place with your feet pointing south and your head north. This aligns you with the earth’s magnetic field. Have your feet together but relaxed.
Keep hands palms upwards, touching the sides of your body.
- 2 Inhale slowly and deeply through the nose and visualise golden warm, yellow energy from the sun being drawn in through the top of your head, flowing down through your body and out through the soles of the feet. Think of this yellow sun energy as a positive current.
- 3 Now breathe out slowly and evenly, visualising cool blue, moon energy being drawn up through your feet and out through the top of your head. Think of this as negative current.
- 4 Continue breathing in warm yellow positive current and out blue cool negative current. Imagine your mindbody vibrating with the different coloured energy so that your breathing and energy flow is synchronised.
- 5 Do the exercise for about fifteen minutes. When you feel the flow of the energy current in and out you have achieved a state of better concentration and visualisation.

You may like to go on from here to visualise your own particular healing visualisations (pages 109–12).

CHAPTER EIGHT

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VISUALISATION AND AFFIRMATION – SUPPLEMENTARY TECHNIQUES TO ACCESS THE UNCONSCIOUS

ACCESSING the unconscious and cell memory, as explained in Chapter 6, is a way of radically changing behaviour patterns, solving long-term problems and helping healing.

Many people find visualisation the most efficient way of accessing the right brain.

VISUALISATION

Because it is our right brain that works in patterns and pictures, visualisation can be an extremely valuable tool for accessing your right brain and through it cell memory.

Most people, when asked to close their eyes and imagine something, actually see the image quite clearly like a movie, in black and white or vivid Technicolor. Even if you don't 'see' the images, imagining them seems to work.

Visualisation can be done to tune your aerial, as a way to relax and put yourself into a more receptive state for self-healing, or as a treatment to 'see yourself' in a certain way in order to mobilise the resources necessary for you to become the way you want to be, such as healthier, pain-free, happy, confident, slim or powerful.

The following specific visualisation exercises (Exercise 1 for adults and Exercise 2 for children) are ways of visually 'tuning your aerial' at different colour frequencies. Some of you (me included!) might find the ice-cream visualisation more effective as it tends to appeal more easily to all your senses.

EXERCISE 1 – ADULTS

Find a comfortable and appropriate place to sit or lie down. If you wish, use an eye mask and listen to relaxing music.

- Do the following breathing sequence:

inhale and 2 and 3 and 4

hold and 2 and 3 and 4

exhale and 2 and 3 and 4

pause and 2 and 3 and 4

Repeat four times and breathe normally.

- As you relax imagine or visualise a scene you find relaxing, e.g. the countryside, a forest, the beach, a favourite park, a city square.

Allow yourself to experience this scene with all your senses – sight, hearing, smell, taste and touch. What does the air feel like, what can you hear, what can you see, what can you smell, what does the air taste like? Put as much detail into the scene as possible.

- Now go for a walk in your scene and with each step feel yourself becoming more and more comfortable, and more and more involved in experiencing your visualisation. As you walk look around you and experience the different perspectives that evolve.
- After a few minutes you see a very pretty/stylish/friendly building in your scene, with appropriate design for wherever you are, so that although surprised by the building it still seems to fit in. The building is small but tall – seven storeys. Its design seems friendly and somewhere you very much want to explore. (If you have trouble with heights imagine instead you are entering a very long one-storey building with seven rooms connected by corridors with moving walkways like they have in airports.)
- As you enter the building you notice the entire ground floor, or level one, is glowing red – the walls, the floors, the furnishings – everything is a warm, friendly, comfortable red colour which seems to envelop you so that you feel your own mindbody also seems red.

Allow yourself to feel the ‘redness’ all through your mindbody, imagine yourself pulsating at the same frequency as the red colour as it enters your very being. Imagine the colour being concentrated at the base of the spine (Chakra One).

Enjoy that colour and the energy it is now giving you for as long as you wish.

- Explore the entire ground floor of the building ... until you see an escalator leading up to the next floor As you approach the escalator you notice it is particularly new, incorporating all sorts of design features which make it entirely safe, slower than usual and with a stop and start button for your personal use. As you step on the bottom step of the stationary escalator you see above you an orange glow coming from the floor above.

As you press the start button you feel yourself very slowly and quietly gliding effortlessly up towards the orange glow.

- As you stop the escalator and step off onto the second floor you feel yourself enveloped by this warm orange feeling. What does it taste like? What does it smell like? What does it feel and sound like? Perhaps there is something you enjoy in life that this colour reminds you of – a fruit, a place or something special to you.

As you explore the orange level you feel yourself vibrating with its particular frequency. Enjoy this level for as long as you wish. There are many comfortable chairs and couches if you would like to rest awhile on this level. At this level imagine the orange colour concentrating inside you above the reproductive organs (Chakra Two).

- When you are ready you see the next escalator, and when you step on you start it moving. Enjoy that slow effortless gliding feeling again and slowly rise to the third level and find yourself bathed in soft yellow light.

Again allow yourself to enjoy this colour and its soothing energy. Fill your body and inner being. Use all your senses to experience this colour and the positive emotions and places you associate with it. Concentrate this yellow colour at the base of the rib cage (Chakra Three).

- When you are ready move to the next escalator ... Continue this visualisation, moving up to each level as you are ready: level four, green (heart); level five, blue (throat); level six, purple (between the eyebrows); level seven, white (top of the head).
- As you move onto level seven imagine an extremely restful white glow envelops your whole being. The soft white glow makes images muted, your own body seems diffuse and no longer seems to need to be sharply defined. You feel yourself as an extremely powerful energy field and in this state you feel yourself as having abilities and strengths not usually available to yourself.

In this state you may feel a tingling as your mindbody/innermind works to heal and strengthen whatever part of your mindbody needs healing.

You can enjoy this state for as long as you wish.

- When you wish to return to your usual self but retaining all the extra energy and benefits you have now gained walk to the escalator and allow yourself to descend each floor, receiving a boost of extra energy from each colour as you go. Imagine yourself concentrating this extra coloured energy at the appropriate place in your body.
- When you leave the building you feel yourself powerfully charged but relaxed, with a feeling of harmony within yourself and your surroundings.
- Now, when you are ready, leave your relaxing scene to return to where you are, feeling all the benefits of what you have just done. Say to yourself: 'I am now as alert as I need to be for the things I need to do.'

As you practise you can use this visualisation quite quickly to tune and energise your aerial. You can also use the different levels to mobilise different abilities, e.g. at level one you might like to see yourself increasing your ability to turn on the energy field. At level two you might see yourself talking to your unconscious or your illness. Level two is the ideal time to use your personal visualisation for healing (see pages 109–12) or to see yourself the way you would like to be.

EXERCISE 2 – CHILDREN

Explain to the child that this is a pleasant way of relaxing and in this special state their body can energise itself and even help heal itself.

Before you start ask the child if they like ice cream or are allergic to it! If they don't eat it get them to think of some other food that they do like that has different natural colours, e.g. fruit jellies, different fruits or vegetables, tofu ice cream or frozen fruit yoghurt. Or simply say that you are going to talk about a very special ice cream only made at this special shop which is made out of special ingredients which can't harm them in any way. Discuss the imagery and colours with the child to make sure he or she is happy and comfortable with the images and their associations.

- Tell the child to make themselves comfortable either sitting or lying down. Ask them to close their eyes. Some children like to put on a blindfold as this helps them separate from their surroundings.
- Get them to breathe rhythmically. It may help to have them rest their hands on their tummy so they can feel the breath in and out. Do the counting out loud for them. The counting will need to be quicker than for adults.
- When the breathing is relaxed ask them to think of a favourite place they like to go and to imagine themselves there with someone they love and feel safe with.

Note: Children are often very fidgety, even when they are benefiting from these session. Don't say 'don't fidget'; rather, give positive comments like 'you are feeling yourself becoming more and more comfortable ... and your body seems to feel more and more still ...' But ignore fidgeting if it continues.

- Keep the pace moving with children so their attention stays focused. As you proceed with the visualisation slow down the delivery and lengthen pauses. Also soften your voice.
- Ask them to tell you about their special place so that you can help them visualise it better. Ask them to focus on details like time of day, weather, who is with them, what they are doing. Encourage greater awareness of how each sense is experiencing this special place. What does it feel like? What do you hear? Does your place have a special smell? Once they are fully involved in visualising the special place, continue:

'You have now been here for a while and perhaps you are now getting hungry. There is a very special shop (kiosk, canteen) just near here ... just down the path ... It sells this special ice cream that you can only get here. It's now time to get Mum' (or whoever they may have with them) 'and go and get an ice cream.

'As you walk along the path you think of that special big ice cream. Soon you find the shop standing in the sun with that very nice lady (man) who knows your name.

'You watch as she (he) takes a cone and starts to scoop the ice cream.

'First she puts on a big scoop of very red cherry ice cream with real cherries. It glows red and makes everything around it seem red.

'Then she puts on a scoop of orange ice cream. It's a very bright luscious looking orange and looks great on top of the red.

- ‘Now she puts on some yellow banana ice cream. You can even see the chunks of real banana in it . . .’ Continue putting on green (lime), blue (blueberry), purple (grapes or blackberry), and white (lemonade) scoops. Use appropriate imagery.
- ‘Now you have this enormous cone of seven flavours of different coloured ice cream. Because this is special flavoured ice cream even any flavours that you don’t normally like still somehow taste delicious.’
 - ‘Imagine yourself eating the cone from the white on the top down to the red on the bottom. And as you eat each flavour feel the colour glowing inside you.’
 - ‘So as you eat each scoop you seem to be absorbing their colour into every part of you . . .’
 - ‘Now you’ve finished the whole cone and all the ice cream of all the different colours has given you a wonderful feeling and so much energy.’
 - ‘You now feel very comfortable with all the energy from that ice cream inside you!’
 - ‘When you are ready to leave that special place you will feel you would like to move and open your eyes feeling very relaxed and happy – and fully awake.’
 - Give them a few minutes to reorientate themselves. They may like to share their experiences with you. At appropriate times in the visualisation you may like to add things the child has said are important to him or her e.g. feeling strong, healthy or happy.

VISUALISATION FOR HEALING AND PARTICULAR PROBLEMS

To use visualisation for healing, choose a time when you are relaxed and comfortable. You may like to do this visualisation after the breathing exercise on page 103.

The following examples are from my own patients. Try and find your own images that are meaningful for you. I would encourage you to create your own personal visualisations, as in my experience they are infinitely more powerful than one someone else has thought of. Choose visualisations that use all your senses – sight, hearing, touch, smell, taste and energy fields. For those who have difficulty imagining things to visualise use my examples or read *Mirrors of the Mind* by Dr Len Rose, which has more extensive examples.

You may like to use these examples to make yourself a tape that you can then replay as needed.

<i>Patient</i>	<i>Occupation</i>	<i>Illness</i>	<i>Image Used</i>
1	Tree surgeon	Cancer	Cancer as a diseased tree. Systematically chopped off its limbs and dug out its roots.
2	Bricklayer	Heart disease requiring 'patches' to be put on arteries to strengthen them.	Travelling through arteries using his trowel to smooth rough edges and to remove cholesterol or other debris. Used trowel to make sure 'patches' were smooth and secure.
3	Orchardist	Cancer	Spraying cancer with pesticide that could only harm cancer.
4	Housewife and cook	Leukaemia	Sifting her blood cells with a flour sifter to remove the bad bits which she then destroyed in the waste disposal unit in the sink.
5	Electrician	Very low self-esteem, saw himself as weak and very nervous.	Rewired his 'central nervous system' with circuit breakers, larger and stronger wires so he was more powerful and in control.
6	Electrician	Arthritis	Saw his joints as having light dimmer switches which he could turn up or down. Very bright light represented extreme inflammation. He practised turning the dimmers down and then off altogether.

7	Maintenance engineer (boilers)	Migraine	Visualised gauges and valves for turning pressure down inside his head and hence turning off migraine.
8	Young boy (train enthusiast)	Leukaemia	Imagined trains running in and around his body picking up passengers (leukaemia cells) which he then took out of his body.
9	Young mother (part-time job in a theatre)	Chronic insomnia	As 'theatre curtains' of black velvet closed she became more and more sleepy and secure.
10	Filing clerk	Obesity	Each negative feeling which triggered eating was taken out of her 'file' and shredded in the office paper shredder.
11	Plumber	Heart disease	Visualised drain rods cleaning his arteries of cholesterol.
12	Lawyer	Smoking	Imagined that when he lit a cigarette he was burning a rainforest tree as well. Visualised his children standing in a treeless world with sun burning them.
13	Interior decorator	Severe pain from injury	Imagined a special room which she decorated entirely in 'white on white', filled with antiques. In this room it was not possible to feel pain. She imagined herself entering and 'taking off her coat' (pain) which she hung in a cupboard and closed the door on.

To start your visualisation, do some relaxing breathing and then say to yourself: 'As I count from one to five I will experience my visualisation more ... and more ... by seeing, hearing, smelling, feeling and even tasting the experience ... as if I am actually there doing what I want to do ...'

At the end of your visualisation count yourself back from five to one, saying: 'I will now be as alert as I need to be for the things I need to do ... feeling relaxed and happy ... experiencing and remembering what I have achieved.'

AFFIRMATIONS

Affirmations are another way of talking to your unconscious. They are positive messages you can give yourself to help change the way you behave and to help influence what happens in your life. They are often placed on the backs of toilet doors or on bathroom mirrors! For slimming, messages or photographs may be placed on fridge or pantry doors. Although this can help it is rather an inefficient way of getting to unconscious behaviour and thought patterns.

Try instead to use your affirmations during the self-healing techniques (pages 92–5) when you are in direct contact with your unconscious, administering life energy.

After self administering life energy at night and clearing your mind of the day's hassles, picture yourself as you would like to be just as you go to sleep ... e.g. 'Each day I feel myself becoming more stronger and more able to ...' or 'Each day I become more confident and happy with myself ...' Insert whatever message you would like to give yourself.

Caution

Before you use an affirmation ask your unconscious if it is *entirely* happy with the suggestion or image you are proposing. For instance, you may consciously want to see yourself as strong and independent, but your unconscious may prefer to be weak and dependent, as this avoids other people making demands on you. If your unconscious is not happy or is uncertain about the affirmation you propose then ask it what changes it would like to make it acceptable, or ask your unconscious when the affirmation might be acceptable in the future.

Affirmations derived from a self-exploration of the issues involved in your unconscious can be wonderfully successful. Those that are only derived from consultation with your conscious mind can be dismal failures!

CHAPTER NINE

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CHANGING HABITS

MANY PEOPLE find techniques accessing the right brain and the unconscious useful when they are working to change a habit that has become a problem: smoking, overeating, drinking, drug abuse or even insomnia.

Because these problems are so widespread, and I so often find myself dealing with them with my clients, I have given more detailed instructions in this chapter to help those trying to change such behaviours.

SMOKING

There are many 'techniques' for stopping smoking. In my experience no technique will work unless you *really* want to give up. Many people pretend to themselves and others they wish to give up because it is the socially acceptable thing to do.

An audio tape which you make for yourself according to your specific situation and needs can be highly effective in stopping smoking. Although I have made a general tape to 'Stop Smoking' which is available (see page 140), a tape you make specifically for your own needs may be more effective.

So that you focus your undivided attention on doing this exercise use the basic technique for General Relaxation (pages 97–8) as a preliminary on the tape that you make for yourself.

Now Consider Your Motivation

1 Reasons for stopping smoking.

If you have poor motivation to give up then try and imagine a highly meaningful and powerful image for yourself about

why you would want to give up. People give up smoking for different reasons. Find a reason that is right for *you*.

Some negative aspects of smoking are:

- social isolation, rejection because of the cigarette smoke, bad breath, body odour (even introduction agencies have difficulties matching smokers – nobody wants a smoking partner);
- health – smoking can lead to lung disease, cancers (throat, lung and face), gangrene (resulting in amputated limbs), heart disease;
- destroys rainforests – third-world countries are cutting down rainforests to fuel fires to cure the tobacco;
- decreased ability to enjoy sports or other physical activities;
- may shorten your life, may not see your children grow up or your grandchildren.

2 Reasons for not stopping smoking.

What are the benefits and pay-offs of smoking that are stopping you giving up? The most common are: to cope with anxiety, a social ritual with peers, an excuse to take a break, to rebel against other people in your life, to cope with anger and frustration. If you are unclear of hidden pay-offs try a self-healing session (pages 92–5) with the purpose of exploring possible reasons you are unclear about.

Once you understand why you may want to continue smoking, deal with the obstacles first, e.g. learn assertiveness to cope with anger and frustration so you don't need to rebel, learn relaxation to cope with anxiety or social uneasiness, give yourself permission to take breaks as needed, and find a satisfactory substitute activity – breathing exercises, walking or meditation. Work on your general self esteem.

When you have pay-offs identified which are making your unconscious resistant to giving up and have dealt with them, the reasons for giving up become much more powerful. Now get a clear and sharply defined image of your reasons to give up, unfettered by resistances of any kind.

Use this image to help you refuse the urge to smoke or the offer of a cigarette. Imagine yourself refusing cigarettes and choosing not to smoke even when tempted.

After the preliminary general relaxation instructions you have put on your tape say one of the following:

'I will not crave excessively for a habit which is negatively affecting my health.'

'My mind and body will find it does not need something which can do so much damage.'

'I can block any craving for tobacco which is stressing and straining my body and forcing it to work harder than it needs to.'

'Because of the enormous power of my unconscious mind any craving for this ugly and lethal habit will get less and less until there is no craving at all – permanently.'

'I will never crave again and this will make me feel in control and happy and confident.'

'Just as I would not let a child eat poison, even though it might taste good, so I will easily be able to resist my own funny ways of rationalising a cigarette.'

Repeat the message slowly a few times but if necessary replace the ill-health image with the *image which means most to you*. (Some people find negative images annoy them, making them even more resistant to changing the habit. If this is you, then just use positive images on your tape.)

Now put on your tape positive suggestions like the following (choose those most relevant or make up others important to you).

'When I feel anger or frustration I can rid myself of these feelings completely by imagining myself squeezing all this negative feeling out of my body and into a rubber ball.'

'As I start this process of no longer needing a cigarette ... some days will be more comfortable than others ... but I know that my own inner mind, because it too wishes to give up cigarettes, will help me relax particularly easily when I feel uncomfortable ... making any times of discomfort seem shorter and shorter ...'

'As I continue this trend, to naturally stop this habit I no longer wish to have, I will feel myself becoming stronger and stronger, calmer and calmer, more and more confident as I realise the increasing control I now have of my mindbody.'

'As I continue this trend, to naturally stop this habit I no longer wish to have, I become more aware of how valuable and important I am, and how I deserve to be looked after and pampered. I become more aware of my mindbody's need for pure fresh water, pure fresh air and clean healthy food. I become aware of wanting and needing more exercise, of enjoying my body and life more and more ... feeling more and more comfortable ... in every way.'

‘Whenever I feel any tension I can breathe away that tension by taking a deep breath and saying: “I can relax, I can be calm, I can feel good, I can breathe out all that tension . . .” Each time I pick up and put down a pack of cigarettes without smoking I will feel a tremendous surge of power, self control and self respect flowing through me. I will feel I am a winner . . . more and more in control, more and more powerful . . . each time I can refuse a cigarette.’

Play this tape each day, or whenever you feel the urge to smoke. It is *extremely important* that you do not berate yourself or feel guilty if you do have a cigarette. Remind yourself that this habit took many years to develop but from now on the *trend* will be that your smoking will decrease.

Extra Hints

- To avoid gaining weight as you give up smoking switch to a low-fat diet with lots of fruits and vegetables and whole grains. Smoking interferes with fat metabolism, which may have to correct itself once you give up. Drink more pure water and less caffeine and alcohol.
- Instead of holding a cigarette hold a pencil, handle a fob watch or worry beads.

OTHER ADDICTIVE BEHAVIOURS (ALCOHOL, DRUG ABUSE)

The basic principles outlined in the previous section on stopping smoking are also applicable to other addictive behaviours.

To explore and clarify your reasons (psychological *and* physical) for continuing the habit, use the self-healing technique (pages 92–5) to ask your subconscious the following questions:

- What purpose or purposes is this behaviour serving me as a whole? (The answer may be ‘many’! e.g. escape from psychological and physical pain; attention; punishing others; punishing yourself because you don’t feel worthy of happiness.)
- Could my unconscious find other ways of serving those needs or purposes?

If another type of behaviour is found:

- Does this behaviour satisfy *all* of me or does it need modification?
- Are there issues and conflicts preventing me from making other choices?
- Could my unconscious find ways to reduce cravings?

With addictive behaviours there are often complex issues involving other people to be sorted out. You may therefore find that these techniques are sufficient in themselves, or a good starting point to tackle the problem further with a psychologist who uses these techniques.

WEIGHT CONTROL, OBESITY AND EATING DISORDERS

There can be real and entirely physical reasons why people have these kinds of problems, such as thyroid deficiency, drug reactions, chemical and food sensitivities, PMT, hormone irregularities, tumours and certain genetic conditions. There should also be further research carried out as to the effects of hysterectomy on women's eating behaviour and metabolism, as from the patients I have seen I am convinced that there are physical reasons for these symptoms, not just psychological.

However, in women particularly the most important factors are often psychological. Food and being a larger than 'socially idealised' size can be a way of:

- Fulfilling needs you may not be aware of or daren't admit to yourself.
- Asserting your right to be yourself, no matter what, without actually saying so.
- Giving yourself a feeling of being in control and powerful. You may feel that people will take more notice if you are larger. This can be a particular problem of women working in men's fields or business or who are ignored at home.
- Being 'big' lets you off the hook sexually. If you are big you may feel you don't have to compete with other women or cope with the sexual advances of men or your spouse.
- Rebelling against social or family imposed expectations.

1 If you have a weight problem or eating disorder, see if you can identify needs or feelings that may be related to your eating behaviour from the List of Common Feelings (pages 99–101).

- 2 Keep a diary of your eating pattern for one week. Record:
 - What you eat.
 - When.
 - Why (prior events or triggers to eating) e.g. gave in to husband, fought with boss, hassled with kids, bored, depressed, guilty.
 - Whether what you ate satisfied you.
 - Alternatives to eating that could have satisfied you just as well or more at that time, e.g. tennis, a walk, listening to music, phoning a friend, a hug, buying some clothes, having your hair done.

- 3 Use the diary to identify why you eat, when and what other activities would satisfy you just as well. If you have problems with assertion you may find the book *When I Say No, I Feel Guilty* by Manuel Smith very helpful.

Other problems with coping skills, once identified, should be dealt with directly e.g. handling children, relationship problems, sexual problems.

- 4 To improve your attitude to food:
 - Identify your needs as a person.
 - Give yourself permission to have these needs and *have them fulfilled*.
 - Look after yourself. Choose other ways of rewarding and looking after yourself, not just with food, perhaps a social game of sport, a massage or facial or a weekend away on your own instead.
 - Learn to listen to your body and its food needs. Before automatically eating ask yourself what sort of food do you *really* want now? Do you *really* want anything now or is it habit?

If you have serious problems with food seek professional advice from a psychologist skilled in this kind of problem. The self-healing technique (pages 92–5) can help you explore and identify relevant issues much more effectively.

Binging

- If you feel a binge coming on or are in the middle of a binge:
- Take one heaped teaspoon of Sago Palm Buffered Vitamin C powder in water (Biogenics or Nutricology).
 - Read the List of Common Feelings (pages 99–101) and identify what feelings and needs you have at the moment.
 - Accept that you have a right to have these feelings and needs.

- Do the General Relaxation exercise (pages 97–8). When you tense all of your body imagine you are squeezing out negative feelings which, although you accept your right to have them, you may want to let go of to allow room for positive feelings.
- While breathing slowly and rhythmically in a relaxed state become aware around your body of other feelings and needs you may have been denying yourself and imagine the positive ways these needs could be met – a good cry, a hug, a friend, exercise, reading a book.
- Imagine what you are going to do now after the relaxation session.
- As you end your relaxation session say to yourself ‘I now feel calmer and no longer frightened of binging because I know what my real needs are and how to meet them.’

If you still want to eat, *that's fine*, but explore exactly *what* it is you want to eat and where and with whom. Perhaps you'd like to eat out on your own to be waited on and looked after? One patient found that just driving to a favourite coffee shop and having a big cappuccino while reading the *whole* paper (without kids to interrupt her), or an expensive magazine, stopped her regular binging.

If you have a problem with regular binging making your own relaxation tape to play can make relaxing easier. Just record a talk to yourself based on the relaxation guidelines and include any messages that are particularly important to you. If you binge before your periods (particularly on chocolate) then you may find a magnesium supplement (such as magnesium orotate 400 mg) taken for one week before your period helpful.

If You Must Lose Weight

If for health reasons you *must* lose weight do not go on any diets until you have considered the factors below.

Repeated dieting can actually make you fat! It can decrease your metabolism permanently and increase the ratio of fat to lean body cells in your body.

Weight control is more concerned with what and why you eat and when, rather than the amount you eat.

Only diet under a dietician's supervision.

It is vital that if you do diet you do appropriate aerobic exercise for half an hour three times a week. If you can't do this then don't diet unless under strict professional supervision.

Consult your doctor for recommendations on appropriate exercise. Even daily walking for half an hour can be appropriate.

Avoid weight-loss programmes that imply only slimness is attractive and desirable. This includes audio tapes or direct suggestions from organisations selling diets and weight-loss programmes. Such approaches can set you up for long-term failure because they are not looking sufficiently closely at why you may have gained the weight in the first place, or at unconscious motivations you may have for not losing weight.

SLEEP PROBLEMS

Before you assume you have a sleep problem it is a good idea to know what is a 'normal' sleep pattern!

During the night normal sleep changes following the ninety-minute to two-hour ultradian rhythm mentioned earlier that also occurs during the day. There are two main types of sleep: non-REM (Rapid Eye Movement) and REM sleep. Non-REM sleep has four stages as sleep goes from the transition (Stage 1) of being awake and drifting into sleep through Stage 2, where outside distractions don't bother you, and into deep sleep (Stages 3 and 4). Sleep then cycles back into Stage 2 and then into a lighter special sleep called REM. In REM sleep muscles relax completely, heart and respiration rates change, penile erections and vaginal excitation occur. Although the eyes remain closed, the eyes move rapidly. In this stage most dreaming occurs.

Hence in normal sleep there are periods of very deep sleep, light sleep and times when you may completely wake up before drifting into sleep again. Also, the total amount of sleep varies in normal adults between five and a half and ten hours per night. It takes the average person about half an hour to fall asleep.

The proportion of the different types of sleep varies with age (as does the length of the total cycle). After the age of fifty the total amount of sleep can decrease dramatically. During the night the proportion of time spent in each stage also varies. Deep sleep occurs mostly in the first half of the night, whereas REM sleep occurs mostly in the second half of the night. With increasing age it is quite normal to have periods of one hour or more awake during the night.

Sleep Problems

These are classified into three main groups:

- 1 sleep disorders of arousal;
- 2 excessive daytime sleepiness;
- 3 insomnia.

1 Sleep disorders of arousal.

These include sleep-walking, sleep-talking and night terrors of children. If these occur in the first half of the night they may be temporary developmental problems that tend to right themselves (more common in boys). If they occur later in the night or early morning they may be due to psychological upset and a chat with a psychologist could be a good idea.

However in my experience many sleep arousal problems are due entirely to food or chemical sensitivity. To find out how to diagnose and minimise sensitivity reactions see my book *The Chemical Connection*.

Nightmares tend to occur during REM sleep and can be remembered the next day. Night terrors occur in very deep sleep and although the child may have his or her eyes open they will be deeply asleep and not remember what happened the next day. When a night terror occurs turn on the lights and the television and hold the child while you talk calmly but firmly. Tell him or her it is only a dream, it's not real, and he or she is now waking up. If you can get the child still enough *say* you are massaging their legs, body and face. This is important, as if you don't keep telling the child what you are doing they may interpret the sensations as part of the hallucination.

Keep calm, but it's not easy. This would have to be one of the most alarming things that children can do to their parents!

2 Excessive daytime sleepiness.

This almost always indicates either narcolepsy or sleep apnoea. Both conditions should be properly diagnosed and treated without delay.

Narcolepsy is genetically inherited and usually starts in the teens. It is characterised by sudden attacks of sleep during the day which may be triggered by emotion, a fright or excitement. It can be quite easily treated once diagnosed.

Sleep apnoea is a very serious medical condition more commonly found in older men. During sleep there are times when no air exchange occurs so that the sleep pattern is seriously disturbed as the person keeps waking to restore

breathing. Very real oxygen deprivation can occur causing heart failure and severe disturbances in psychological functioning, such as memory and concentration. Many patients are misdiagnosed as having Alzheimer's disease. Loud irregular snoring with silent periods in between is the most obvious symptom, together with daytime sleepiness.

To diagnose this condition properly you will need a referral to a sleep disorders clinic.

3 Insomnia.

There are two main types of insomnia: acute and chronic.

Acute insomnia can occur as a reaction to emotional or physical trauma and stress or as an after-effect of anaesthesia and surgery. In these cases mild medication for a few days *may* be advisable, although often it is better to let nature take its course and the sleep pattern be allowed to be restored naturally.

Chronic insomnia is not satisfactorily treated with medication. Chronic insomnia may develop slowly or as a result of an acute situation which has been inadequately resolved. Medication artificially alters the sleep cycle, often causing far worse problems in the long term. Some particularly sensitive people have been found to have disturbances in their natural sleep cycle months after taking pills for only a few days.

To help *chronic* insomnia first of all consider how relevant are the following factors to your situation and seek appropriate help or make appropriate modifications.

- Psychological
 - Anxiety, unresolved conflicts, anger or resentment, depression, psychotic illnesses e.g. schizophrenia, manic depression.
- Medical conditions
 - Asthma, heart disease, lung disease, chronic pain, PMT, ear, nose, throat infections or sleep apnoea. Have a physical check-up, especially have your thyroid function checked.
- Drug side-effects
 - Prescribed medications (including unusual reactions to sedatives), alcohol, tobacco and caffeine in tea, coffee, cola and chocolate.
- Food/chemical/mould sensitivities
 - If these are a factor other physical or psychological symptoms will also probably be present (see *The Chemical Connection* for how to recognise a sensitivity problem and what to do about it).

- Diet

Poor eating habits, including very large meals at night, junk foods – particularly those high in sugar – and nutritional deficiencies. Do not take Vitamin B supplements at night. A light snack before bed can improve sleep in people who have trouble maintaining adequate blood glucose levels. L-tryptophan (available in health-food stores) is a natural amino acid which can help shorten the time taken to get to sleep (sleep latency) as it stimulates the production of serotonin in the brain. A snack high in *complex* carbohydrate and low in protein can also increase the supply of tryptophan into the brain e.g. wholemeal bread salad sandwich, avocado etc.

- Activities

Too much stimulation (television, books, work) just prior to going to bed. Do not do hard aerobic exercise within four hours of going to bed. A gentle walk is okay. Hard exercise, especially outside during the day, stimulates much deeper sleep at night.

- Physical conditions

Noise, uncomfortable bedding, poor ventilation, too hot or too cold, street lights or other strong light sources, decor of bedroom not relaxing or peaceful. Keep the bedroom for relaxing, sleeping and healthy sex! Keep television, computers, marital disputes and other stimulating activities out of the bedroom. If you are awake for over half an hour go into another room until you feel sleepy again.

- Time of going to bed

Use the circadian and ultradian body rhythms to determine your most appropriate bedtime and to keep the rhythms regular.

The Circadian Rhythm

Many people quite naturally use this body rhythm to set their sleep time consistently each day. Others are able to sleep anytime in spite of the rhythm – they can easily switch off. Other people can have disturbances in their circadian rhythm (e.g. one of 25 hours instead of 24 hours), which dramatically interfere with sleep. This of course happens in jet lag and with shift workers.

To keep your inner clock running on time make sure you wake and *get up* at the same time each day (even on weekends and holidays) and either go outside or go into very bright light. The light falling through the eyes onto the pineal gland sets your internal clock and helps keep the circadian rhythm regular and

accurate. This will make your going to sleep time more predictable and regular.

The Ultradian Rhythm

The 1½–2 hour rhythm that occurs during the day and night can be used to optimise the time at which you go to bed. At the beginning of this cycle there is a short ‘window’ (about 10–15 minutes) of time in which you will more easily fall asleep.

To calculate this time take note firstly after lunch and then later in the afternoon of the times at which you notice either drowsiness, loss of concentration, daydreaming, unexplained sexual arousal or sudden driving fatigue occurring. The elapsed time between two such events gives you the period of your cycle. Then count forward to the time you need to be going to bed to wait for your ‘window’ of sleep. For instance, if you first noticed drowsiness at 2 p.m. and then again at 3.45 p.m., your cycle would be one hour forty-five minutes. Counting forward from 3.45 p.m. you could expect to be ready for sleep at 9 p.m. or 10.45 p.m.

If you go to bed and don’t go to sleep within half an hour get up and go to another room to do relaxing activities for an hour until the next ‘window’ approaches.

It is easier to identify your ultradian cycle and its period on a day which is not too demanding and you are not overdosing on caffeine.

To overcome insomnia, try the dietary guidelines in *The Chemical Connection* rigorously for a period of six weeks, together with the General Relaxation basic technique (pages 97–8) twice a day and the Administration of Life Energy (pages 83–4) at night. (The general dietary guidelines basically eliminate all additives, caffeine and sugar from the diet.)

Get into a routine or ritual of things you do in the same order every night: put the cat out, lock doors, clean teeth, shower, bed.

If you are still having difficulties, seek professional advice.

With sleep problems it is most important to keep the problem in perspective and do some accurate diary keeping, with your partner making observations as well. This helps identify the real factors involved more easily. For suspected sleep apnoea or narcolepsy do not delay in seeking medical help. Other sleep problems can be helped dramatically by considering the factors listed, and with the added help of mobilising your life energy, self-hypnosis and performing a General Relaxation exercise (pages 97–8).

CHAPTER TEN

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TECHNIQUES USED TO MANIPULATE BELIEF SYSTEMS

MANY TECHNIQUES are commonly used to induce altered states of awareness in order to bypass the critical left brain and so to change beliefs, cell memory and to heal, and I have described safe, self-administered ways of using them in Chapters 6 and 8. This is a summary of how these techniques may be misused by individuals and groups, without necessarily informing you of their intentions.

ATTENTION FOCUSING

This can be as simple as having subdued lighting with a spotlight on the speaker so that you keep your eyes focused on him or her. Any technique that fixates your eyes on a particular thing can induce a trance state very quickly. This is also commonly done with focusing your attention on candles or a symbolic object, such as a cross, statue or picture.

LIGHTING

Subdued lighting, candles or lamps; flickering or strobe lights.

MUSIC AND SOUNDS

Soft classical or Indian music, absolute quiet, sensory deprivation chambers or floatation tanks, single sounds, chanting, singing, or a slow monotone voice. Rhythmic sounds and masking music e.g. wave sounds.

SEATING

Often either extremely comfortable – pillows on the floor in a warm environment – or very uncomfortable, in unheated room. Often the seating is crowded together or surrounded by special seating reserved for those who are already ‘members’ of the group.

ATMOSPHERE

This can be superficially very supportive, kind and caring, unless someone challenges what is being said. When challenged the group may use ridicule, intimidation and verbal aggression to subdue whoever has questioned their statements.

Sometimes a group of followers or members will come and sit behind or beside the ‘disbeliever’. Very sophisticated techniques use ways of heightening your level of arousal so that you become ‘primed’ to change your beliefs more readily e.g. embarrassing or ridiculing you, picking an argument with you to get you angry.

TOUCHING

Touching and hugging are two of the most wonderful ways human beings can communicate, so long as it is done with the ‘permission’ of each person involved and is done in a mutually respectful way.

Many groups use hugging as a form of manipulation and power play. Groups that order people to hug perfect strangers whether they want to or not are showing no respect for other people’s personal space – in fact, people forced to hug others have described it as feeling like a form of personal assault.

People may be made to feel as if there is something wrong with them if they show reluctance. In one group I attended a man who had become a follower of the group’s leader actually told me the groups were ‘wonderful’ because now he could hug any woman he liked ‘without being sent to prison for it like I was before’!

Group leaders will sometimes use the ‘power’ hug where they enclose you with their arms above yours, making it extremely difficult for you to break the ‘hug’ first.

MASSAGE

Again, massage is an extremely beneficial practice. However, during massage you may well enter a light trance and be more vulnerable to what is being said without realising it. Stick to masseurs who either say nothing, letting you 'just go with it' by yourself, or who chat about topics like the weather.

I have had a number of patients who became very confused by and anxious about the particular metaphysical philosophy of their masseurs and couldn't understand why what the masseurs said upset them so much. By expressing their particular ideas of 'truth' or 'beliefs' when their clients were in light trances the masseurs were able to manipulate the clients' own belief systems, causing conflict and confusion.

MONEY, EGOS AND POWER

Sadly this is the bottom line of why most of these groups and individuals operate. They are quite arrogant about their charges, stating flatly that they are not going to justify the cost or where the money goes. They often try to use the justification that you will not appreciate what they have to offer unless you pay a small fortune for it! This argument is a complete myth. Over the years I have seen a very large number of patients for no fees at all. Many of these have been the greatest successes and the most rewarding people to work with. The most important ingredient is motivation. These groups often use money as a test of your motivation so they don't waste time with people who are not highly motivated. Also paying a lot of money is the first step towards you committing yourself to their ideas – it's very hard to face the fact that you may have been duped or have wasted your money, so people tend to go along with what's happening even when they develop doubts.

GROUPS

Some sects and healers work individually, in which case all the above factors are relevant. Be *even more careful* if they work in

groups. You may think that everybody in the audience is like you – there for the first time. But sometimes the new ‘initiates’ may be in the minority as the pressure of the group is used to influence you.

Group dynamics are very powerful but often very subtle. The combined energy of the group can produce a highly ‘charged’ atmosphere which the group leader may attribute to his particular power, beliefs or practices. The atmosphere is created by the combined electromagnetic field energy of the group and is an inherent property of any group of people. The ‘charge’ you feel may have nothing to do with the beliefs being expressed.

Also the group dynamics or energy field can change dramatically if a person leaves or enters a group late. That is why so much pressure is exerted by some of these group leaders or their followers to stop people leaving once the group process has started. It’s the same process that happens when people leave a party early – it can have the effect of breaking up the party.

Find out as much as you can about the person leading the group or giving the lecture. Many such people have changed their names to something exotic, making it very difficult to find out their real background or the *appropriateness* of their qualifications. Just because someone has ‘discovered themselves’ doesn’t qualify them to solve other people’s problems, no matter how good their intentions. Even health professionals like dentists, physiotherapists, occupational therapists and nurses are not automatically qualified in emotional problems as well.

Organisations that conduct seminars for very large groups are really conducting ‘group therapy’, but usually with leaders who have no appropriate qualifications to deal with the crises that can arise in participants.

RELIGIONS

Mainstream religions of course also use these techniques, but these days they are usually more open about what they are selling. These religions are generally open to scrutiny about their financial situation and internal politics. They are also accountable legally. Even so there have been many instances that suggest even greater accountability to the wider community may be necessary. Religious leaders can still have very earthly faults!

RESIDENTIAL GROUPS

These are usually held in isolated areas. Sometimes you are told to arrive at night, which may slightly disorientate you and heighten your level of arousal.

Frankly, unless you know a great deal about those in charge of such a residential group, including the *appropriateness* of their qualifications, their credibility and their degree of *accountability*, my advice is to stay well away. The group dynamics of residential groups are even more powerful and subtle than that of a meeting, especially if a diet low in protein and high in carbohydrates is eaten.

A diet of white rice, fruit and vegetables and no protein will deplete your body of Vitamin B12 within the first twenty-four hours, making you less alert. A high carbohydrate diet will also increase the supply of tryptophan to your brain, causing a natural sedation.

A vegan diet of brown rice, fruits and vegetables and non-animal protein lowers the acidity of the body, which causes an increase in the level of carbon dioxide reaching the brain and a lowering of the oxygen level. This makes it easier for you to enter the alpha rhythm pattern of meditational states, bypassing the critical left brain, and thus be more vulnerable to programming.

Of course less animal protein, less fat and more fruit and vegetables is definitely a healthier diet than most, and it is also a calming diet, because of this influence on brainwave patterns. The point here, though, is that sudden, severe changes in diet which may be a condition of a residential workshop or group can enhance the effects of the techniques being used to alter your belief system *without you being aware of it*.

HEALTH PROFESSIONALS

For a look at power games that health professionals play generally see my book *The Chemical Connection*. (I knew one paediatrician who actually cut five centimetres off the back legs of the chairs his patients – or more usually their mothers – sat in opposite him across an enormous desk. His chair was raised on a platform. This forced the patients or their parents to have to look up into his face, with the light from a window behind him blinding them so they often couldn't see him properly. For both the parents and children he saw it was *extremely* intimidating

and effectively discouraged any questions or discussion of what he said.)

Many of the techniques described in this chapter as practised by cults are used by a number of health professionals as well, in particular those teaching relaxation and stress management skills, such as occupational therapists, physiotherapists, child-birth educators and social workers. Others use hypnosis to help people deal with pain, side effects of medication, preparation for surgery or to resolve traumatic experiences. These are usually doctors, psychologists and psychiatrists (although dentists also use hypnosis to help with dental phobia and pain management). Some health professionals are now also exploring the possibilities of using altered states of awareness to promote self healing the way many ancient civilisations did. The main difference between such health professionals and fringe practitioners or groups is that these licensed health practitioners are accountable for their actions both legally and within the peer review system of their professions.

There is also usually a clear understanding between practitioner and patient of what is going on and why. *Make sure the health professional you consult is only doing what is directly within their area of expertise.* If you need help seek it from someone who is appropriately qualified, whom you feel comfortable with and who doesn't need to play power games to intimidate or control you. Ask questions and get a dialogue going that you think is honest, respectful and caring towards you.

Fortunately health professionals who feel that they have to strut about pompously, proving themselves and intimidating you, are an ageing and dying breed.

WHY ARE THESE TECHNIQUES SO SUCCESSFUL?

The techniques outlined above are ways of bypassing the critical left hemisphere. This allows the right hemisphere to contact the unconscious cell memories in order to re-evaluate them in light of the new information and if appropriate change the memories, beliefs or truths.

This new pattern, or way of seeing things and functioning, is then presented to the left brain for critical review, but if the left

brain has been *turned down* its ability to evaluate critically is diminished, so the new idea has a much higher chance of being accepted as the new belief system.

Because these new beliefs have been acquired in an altered state of awareness they will be almost impossible to change unless the person enters into a similar psychophysiological state again – an example of ‘state dependent learning and memory’. The mind has been ‘accessed’ using the ‘code’ of an altered state of awareness and has been reprogrammed. The new programme can only be changed by accessing the mind again using the same code. This can be more difficult if suggestions have been given in an altered state to *resist all attempts to change the new beliefs and to forget in the conscious state what has been done* – this is a common practice in many fringe groups.

This also explains why people often radically change their lives and beliefs after highly traumatic emotional or physical events, e.g. losing a child or nearly dying of a heart attack. In the highly stressed state just after the event an altered state of awareness is induced (this is explained in Part One) where beliefs and cell memories are easily accessible. A person at this time is very vulnerable to groups or individuals, often learning patterns of beliefs that will help them deal with the recent trauma. If they change their belief system at this stressful time (such as ‘finding religion’) then the new pattern will be tenaciously held on to once the stress has passed and the altered state of awareness no longer exists. The new beliefs are highly unlikely to change again unless another similar psychophysiological state is induced, by either more stress or allowed by the person themselves to be induced artificially.

You may be wondering why our minds, conscious and unconscious, work this way if it can make our beliefs so vulnerable to change, but in fact the mechanism is also very important to our survival in the ‘real’ world.

As stated before we acquire our beliefs from our right brain creating patterns from its experiences, which it presents to the left brain to scrutinise for their appropriateness to the ‘real world’. If they are appropriate they become ‘truths’ or ‘rules’ for us to live by. For instance, in Australia I should drive on the left-hand side of the road. But if I go to America without knowing they drive on the right and start driving on the left, within minutes I am going to be in a highly stressed state which will challenge my truth or belief. It is vital for my survival that I can *easily* change my belief or truth as quickly as possible. The

stressed state, by inducing an altered state where I can access these memories or beliefs easily, allows me to do that.

From this you will realise that these altered states are *not necessarily* trance-like or meditational; rather, they are a dissociated state where you can be fully consciously aware of what is going on in the real world but be somewhere else – i.e. talking to your unconscious at the same time.

Many psychologists have observed that human beings seem to have a *need* to believe and we can now see why that is so: *beliefs and belief systems are so important to human beings because they enable us to build up a picture or pattern of the world outside. These beliefs are crucial to our being able to function in the real world.*

To me it doesn't matter what the belief system is that people choose, so long as it works for that individual and is not at the expense of the needs of others or of the 'harmony' of our universe as a whole. But I think we are all entitled to know if techniques are being used to tamper with our beliefs, *no matter how well intentioned.* After all, if you needed brain surgery you'd want a highly skilled neurosurgeon to bore the holes in your skull, not a carpenter! Similarly, it's prudent to be rather choosy about whom you allow to go poking around in your subconscious!

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CONCLUSION

WHEN WESTERN MEDICINE abandoned the physical sciences one of the most important results was that mind and body were separated and treated as if they were two different things. Modern physics has shown us that this cannot be so – we are all vibrating bundles of energy (reminds me of the teabag advertisement – ‘everybody jiggling’!) interacting with each other and the whole cosmos. Our mindbody is one entity – a self-organising system interacting with all the other self-organising systems in the cosmos. The intelligence, or mind, which organises our system is located in every single cell of our body, while our conscious awareness of the material world around us is located in our brain.

From a consideration of recent research and studying the beliefs and practices of ancient cultures, my own view is that our mindbody communicates with the material world and the cosmos on two levels: our conscious awareness of our material surroundings via our senses of sight, hearing, smell, taste and feel, and our unconscious awareness, which uses these senses and the body’s spinal aerial (and the aerial of each individual cell) to communicate within the mindbody and the entire cosmos.

The aerial is energised and tuned by a phenomenon known about since ancient times – *prana*, bioplasmic energy, *chi*, *reiki* – and referred to here as life energy. This energy can easily be brought into our conscious awareness and used to promote feelings of harmony and well-being, and to treat symptoms.

In order to promote health and well-being, techniques to mobilise the special characteristics of our mindbody are employed. Firstly we must recognise how our self talk about ourselves and our experiences affects our perceptions of the

material world, and in turn the emotional and physical responses of the mindbody. The right brain uses our perceptions to create patterns from what we are experiencing to present to the left brain. The left brain then scrutinises this information and creates rules and beliefs about the material world so that we can function successfully.

Secondly we must energise and tune our spinal aerial by mobilising the life energy that flows through us, and can use the Hindu Chakra system of meditation as a way of tuning the aerial. The life energy flows in through Chakra One at the bottom of the spine, separating into positive and negative flows, and then flows alternately in and out of the higher Chakras up the spine, leaving the body at Chakra Six where it merges. The flow of this energy can help the third group of techniques occur more easily.

This third group of techniques – communicating between the conscious and unconscious mindbody – were described in Chapters 6 and 8. These techniques are very new refinements of self-hypnosis, developed from an enormous amount of scientific research in psychoneuroimmunology. On the Hindu Chakra system they would be considered to be a utilisation of the properties of Chakra Two. These techniques quieten the vigilance of the left brain, enabling the right brain to set up communication directly with cell memory.

This then allows us to mobilise and maximise the natural healing resources of our own mindbody, by allowing a resolution of conflict between our conscious awareness and unconscious needs and desires. Hence the techniques can be used by all of us for a greater sense of harmony, balance and well-being, and by people with particular problems or symptoms.

All the techniques described in this book are simple, elegant and highly efficient. *Their real power lies in the fact that they are based on naturally occurring phenomena of the 'real' earthly body.* The refinements of self-hypnosis are simple and elegant because the great amount of scientific research on which they are based has stripped away all irrelevant clutter in the technique. These methods are not remote or artificial to our normal experience and therefore they do not have to be forced or take years to learn. Nor is there any necessity to be tuned in to them by paying some Grand Master a lot of money – you don't need a certificate to find out how to breathe and you don't need a certificate to discover this natural phenomenon of your body either.

These natural experiences of relaxation, hypnosis and meditation are often confused in the everyday language of Western cultures. This confusion has allowed the proliferation of many groups, 'healers' and 'leaders', who use a jumble of techniques that can manipulate your belief systems without you being aware of it. Such confusion is not restricted to fringe groups but occurs in a variety of orthodox branches of medical care as well, with the result that many health professionals are dabbling with problems and symptoms for which they have no *appropriate* expertise – often without realising it.

Relaxation can be experienced as a physical sensation and a mental quietening of your conscious mind. It is the first step in you entering a state in which you can access your unconscious mind and become consciously aware of the life energy of your body. From this initial step of mental or physical relaxation it is *extremely easy* to focus attention and enter other states of awareness. These altered states of various types occur naturally and peak rhythmically during the day.

Meditation in my view is the *general* process of focusing or tuning to one of these states; however, in Western culture the term 'meditation' is usually restricted to a focusing or tuning to an altered state where alpha brain rhythms predominate (Chakra Six). Doing these techniques yourself is perfectly safe because of the in-built checks operating between your unconscious and conscious mind (although schizophrenics need to check with their doctors first).

Because these states are natural and so easy to enter, it is vital that if another person is inducing the state they are fully trained and aware of the ramifications of what they are doing. In my experience extremely few of the people teaching 'relaxation therapy' have any idea what they are really dealing with. Once 'guided imagery', visualisation, affirmations or suggestions are added to the relaxation technique you are no longer just practising relaxation.

As a community we need to decide *who* we want to have access to our unconscious and belief systems when we are troubled, unhappy or have health problems. (Belief systems are being manipulated all the time in our society via the media, education system and your cultural background, but here I am referring to manipulation of vulnerable people seeking solutions to everyday problems or serious illnesses.)

From the misery I have seen caused to other people, families and particularly children by misuse of these techniques, in my

view the practice of these techniques needs far greater control, perhaps at different levels. For instance 'relaxation therapists' and those only administering life energy need a fairly basic training, screening and proper registration, so they limit their activities to only what they are trained to do. 'Meditation trainers' (of the common Chakra Six type) also need registration so that they restrict themselves to the extremely safe practice of sixth chakra meditation. Hypnotherapists using the techniques to talk to the unconscious in order to initiate active change need the strictest of controls. At the moment the techniques are being openly abused by many fringe groups and health professionals.

Ideodynamic healing – which is really a use of life energy and a special kind of self-hypnosis taught by a therapist – also needs controls as in my experience of all the techniques it is probably the most powerful initiator of change in behaviour and facilitator of self-healing. Because of the time involved in teaching ideodynamic healing, the philosophical approach and attitude to people needed, and the extensive knowledge of psychology required, in practice ideodynamic healing probably needs to be restricted to psychologists with specialist training in this field. (This opinion is not just based on my own bias as a psychologist, but on the research into the efficiency of various techniques administered by different professional groups.) Although psychiatrists may assume they have the expertise, research shows otherwise and patients have told me repeatedly that the stigma they feel of being mentally ill, or just needing to see a psychiatrist, is due more to the behaviour of psychiatrists than anything the patients do!

A graded registration system would protect consumers without unnecessarily restricting access to various therapies. The point is that to protect all of us, no matter how well-intentioned the motives of 'therapists' and 'trainers' they must somehow be made accountable for their actions. We can't just shove the problem in the 'too-hard basket' and hope it will go away. As we learn more about how our mindbody works from science and as we start to use what the ancients knew, we must take responsibility for that knowledge. I feel we have a right to know how to use these techniques on ourselves (we could slash billions of dollars off future health budgets if we trained our children in these techniques at school) but I don't think we have a right to use them on others without their permission or without being appropriately trained.

Because the groups and individuals who are deliberately manipulating people are using a hotch-potch of these techniques (especially various forms of hypnosis) stringent and specifically graded controls as outlined here would make it virtually impossible for such people to operate.

I hope very much that this book also provokes some real questioning by health professionals of their attitudes and what they are really doing – somehow I feel we have lost the thread of what health and healing is all about, and replaced it with an often pig-headed obsession with diagnostic categories and test results, which can leave the patient no better off, continuing to suffer emotionally and physically.

This has left the way wide open for fringe practitioners, accountable to no one, to attract people who are quite justifiably disillusioned with ‘traditional’ medicine. I also hope that the fringe practitioners who are genuinely *only* wanting to help people (this group is *extremely* small) will realise that they may not know enough to recognise the dangers of what they are doing. The consequences can be disastrous when such people dabble in ‘healing’!

In my opinion most of the New-Age healing practices (colour, sound and crystals) and many ancient techniques are in fact using the natural electromagnetic field phenomenon of our mindbodies. By describing the phenomenon in this book my hope is that the ‘scientific’ health disciplines will at least begin to look more seriously at the role of physics in the health sciences, so that patients can get the best of both worlds from practitioners – who, although never perfect, are at least accountable for their actions. Just imagine what might be discovered if as much money as is spent on medical drugs every year was spent on researching the electromagnetic field phenomenon of our bodies – even perhaps designing specific crystals or colour combinations for particular illnesses!

To me it is not just that sounds, colours or crystals can’t be of use, but rather that at the moment they are used so crudely they are of more benefit to the bank accounts of the practitioners than to their patients’ health.

Although this book explores in detail the use of life energy at the level of the individual, we should be applying our knowledge of the concepts I have been discussing to a much broader picture: the world.

Because of the state of our world environmentally we just can't afford any longer to ignore both left- and right-brain approaches in everything we do – socially, culturally, environmentally and scientifically. We must strive for the magic balance that many indigenous people like the Australian Aborigines had and which we have systematically set out to destroy. If we don't change our 'tune' the cosmos may survive but we certainly won't! Extreme actions and extreme thinking result in a backlash of extreme opposing forces as an overall balance tries to be maintained. Therefore more moderate approaches in our thinking and actions may do far more to modify the extreme actions of others.

We have to realise that we are in fact *all part of each other*, intricately connected and dependent on the environment. I hope it is not too long before we respect and like *ourselves* enough to be respectful and caring to each other, the earth and the whole cosmos!

APPENDIX

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AUDIOTAPES AVAILABLE

Audio tapes are available giving instructions for:

Becoming Aware of your Energy Field

General Relaxation

Promotional Self Healing

Visualisation for Tuning your Aerial

Stopping Smoking

from:

Louise Samways & Associates

Waterfall Gully Medical Centre

1537 Point Nepean Road

Rosebud West, Victoria 3940

Australia

Telephone: (059) 89 6125

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