

YOUR MINDBODY
ENERGY



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ENERGY

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

LOUISE SAMWAYS

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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