

Soul Medicine

TITLE: Soul Medicine

SUBTITLE: Awakening Your Inner Blueprint for Abundant Health and Energy

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700 Word Excerpt

By changing our consciousness, we can change the very blueprints around which our physical bodies are constructed. We can first seek healing close to the source, by intervening in our own thinking, rather than trying to deal—much later on down the line—with the ill effects of our thoughts on our bodies. While it is unlikely that we will ever be able to bypass physical means like drugs and surgery for the healing of every disease in every person, these new insights show clearly that soul medicine is the very first intervention point we should look to for physical or emotional healing. It's free. It's not under the control of an HMO, doctor, hospital, or spouse. It usually feels good to great. It places awesome power over our own healing within us. It returns the responsibility for our well-being to our own doorsteps, rather than displacing that responsibility onto some outside agent of healing. And research is screaming at us with the urgent message that consciousness can harness the powerful healing forces of a quantum universe, forces far more potent than pills in a bottle.

Soul medicine makes medical use of that quantum coherence that gives rise to consciousness in order to effect healing. It harnesses the healing power of consciousness, regardless whether that consciousness is expressed through alternative medicine or conventional medicine. Soul medicine does not deny or negate conventional medicine. The last six decades of biomedical and pharmacological research have managed almost completely to overlook the study of such crucial factors in healing as consciousness, electromagnetism, faith and prayer, and quantum processes. Soul medicine simply restores these into the center of the equation.

In past generations, spiritual healing was perceived as a mystical, otherworldly event. To many people, and some scientists, it still is. In a quantum universe, the energy field in which a patient exists can produce healing without any need for a spatial or temporal connection. Phenomena like distant healing—healing across great

distances, or even across time—are conceivable. A quantum universe is a set of probabilities, susceptible to influence by many factors, including thought, will and intention. It is a universe in which spontaneous remission of disease is possible, and in which the influence of a healer using non-physical means can be as effective as conventional medical treatment.

As our experimental data on spiritual healing increases, we are discovering that its effects are vast. The dozens of scientific experiments on the effect of consciousness upon physical healing show, time after time, that spiritual practice and belief have a marked positive influence on longevity and health. They have been found to:

- improve the survival rate of patients after operations,ⁱ
- ameliorate pain,ⁱⁱ
- raise levels of pleasure-inducing hormones in the brain,ⁱⁱⁱ
- improve mental acuity,^{iv}
- reduce depression,^{vii}
- boost immune system function,^{viii}
- reduce the time it takes wounds to heal,^{ix}
- reduce the frequency and length of hospital stays,^{xxi}
- increase marital happiness in men,^{xii}
- reduce alcohol consumption and cigarette smoking,^{xiii}
- reduce the incidence of cancer and heart disease,^{xv}
- improve the health of older adults,^{xvii} and
- add years to the average life-span.^{xviii}

What phenomenon is at work here? Science can confidently correlate a vibrant spiritual life with all kinds of healing effects. Science can identify and measure magnetic, electrical, and other subtle energy fields which are being affected by sacred healing. Science can catalog the many vehicles by which sacred healing takes place, from visits to shrines like Lourdes, to prayer, to acupuncture, to massage. What science has a great deal more trouble with is putting them all into a unifying big picture, and explaining where the epigenetic control comes from that produces these miraculous cures. That's where the concept of soul healing comes in. Science, which for so long dismissed the entire realm of soul medicine as superstition or anecdote, is now the engine pushing our understanding of its principles to new levels of precision.

We are entering a new era of healing. Soul medicine, like fire-making, is no longer a mystery guarded by shamans. It is being investigated, described, cataloged,

and understood by science. The gifts of soul medicine are on their way toward becoming a routine part of medical treatment.

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