

ENERGY, HEALTH, AND THE HUMAN BODY

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Let's talk about "science" first, as it will be an important part of the basis of our discussion.

I want to make it clear that; Quantum Theory, Chaos Theory, and Particle Theory are the sciences upon which I base all of my work.

They are the inspiration of my work, as it was their total dichotomy from our day-to-day reality that prompted me to the questioning of our reality, and also to the questioning of our philosophies that attempted to define that reality.

They are sciences, and "hard" sciences at that, but they do not deal with physical reality. They all of them deal with what we now know is beyond physical reality.

As a result these sciences may be defined as "Trans-Physical", "Para-Physical" or, if you like, and the meaning is totally identical..... "Meta-Physical".

Disciplines such as: Physiology, Medicine, Biology, Physical-Anthropology, and Zoology, among many others, are also sciences, and they too are "hard" sciences, but they deal solely with physical reality, physical "facts".

What we really lack today is a "hard" science, or more than one, which bridges the gap between the physical and the para-physical.

Let's talk about the Human Body in it's only true reality, that of a force-field.

But to every-day human beings, it is a physical thing and a physical thing **ONLY!**

Both of those contradictory statements are, on their faces, entirely true..... and both of them are, at least intrinsically, almost equally false! The paradigm within which we exist is dreadfully paradoxical!

Scientifically speaking, at least in terms of Quantum Theory and Particle Theory, what we see and experience as "The Body" is simply a web, or network, of lines of force. These "lines" are particle carrier waves, and they carry the energy particles which are the building blocks of what eventually manifests as our bodies.

These webs of energy, like all other webs or nets, criss-cross one another, where they do so, the body has what is called in the orient, an "acupuncture median"..... but which is simply a nexus in the energy web..... this many people already know due to the ever-spreading popularization of Eastern religious and philosophical thought..... There are also major nexii, these "major nexii" may function as control junctions. They may simply serve as access ports to the system of which they are part. They may perform some function we wouldn't recognize at all. The

Orient, where these things have been studied for some six millennia, calls these Chakras. I call them Chakras too, simply for lack of a better word, as we don't have an equivalent term in any Western Vocabulary. "Energizing Venturi Exchange Valves" would be technically accurate but ponderous.

Eastern Religion, and Western Theosophy, and those inspired by it, say there are only seven chakras. They are completely wrong, as religion based things usually are.

There are far more than seven. Pragmatic experience and intensive personal experiment has clearly demonstrated to me that, when it comes to major nexii, there are ordinarily some thirty eight of them (extraordinarily forty, though Homo Sapiens **NEVER** actually possess the entire forty) and while they do not originally function as such, the chakras are paired, and eventually they function as a pair.

Their purpose is the in-take and out-flow of energies which are external to the force-field itself. The individual force-field which manifests as a human body has it's own intrinsic energies. That force-field is stabilized, maintained and eventually intrinsically changed through the influx and outflow of cosmic energies not intrinsic to the force-field.

The transmutation and transmigration of energies within any given energy field is what we call evolution. Evolution relates to consciousness and awareness of consciousness **ONLY** and not at all to form, although forms themselves, experience change too, over time, in response to natural selection. Physical evolution and para-physical evolution are, while not entirely dichotomous, hardly the same thing at all.

When all forty chakras are perfectly balanced in their energy flows, and those energy flows are at the highest rate of oscillation of the particle carrier waves, the by then trans-human physical body ceases to exist. The evolution of the nucleus of that force-field, which is a consciousness, then continues its evolution within a paradigm other than the physical.

Of the nineteen pairs of chakras which eventually come into play in any particular physical human being's body, the process of excitation is very gradual and hardly symmetrical.

The developmental process is completely different in each and every individual. This process is not limited to human beings!

While most people are already familiar with the concept of seven chakras and the location of those seven chakras, let me give the enumeration and locations as my latest thoughts and experiments make it.....

- #1: Top of the Head (center)
- #2: Pineal or "Third Eye" triangle at top of nose
- #3: Pituitary, Hollow at the rear base of the skull/top of neck
- #4: Temple (Right)

- #5: Temple (Left)
- #6: Hollow at base of throat
- #7: Vicinity of top spinal vertebra
- #8: more or less in center of scapular or breast-bone
- #9: more or less centered between shoulder blades
- #10: more or less at the solar plexus
- #11: center of back
- #12: more or less at the navel
- #13: bottom third of spinal column
- #14: between navel and pubic mound
- #15: more or less bottom of spinal column
- #16: genital area (around the pubic mound)
- #17: bottom of coccyx bone
- #18: area between genitals and anus
- #19: right side of groin} These two (19 & 20) form a equilateral
- #20: Left side of groin} triangle with # 16
- #21: see below
- #22: #'s 21 and 22 are the reverse of #'s 19 and 20
- #23: palm of right hand
- #24: back of right hand
- #25: palm of left hand
- #26: back of left hand
- #27: Bottom of right foot
- #28: top of right foot
- #29: bottom of left foot
- #30: top of left foot
- #31: right leg. inside bend of knee
- #32: right leg. knee cap
- #33: left leg.. inside bend of knee
- #34: left leg.. knee cap
- #35: right arm. inside elbow
- #36: right arm. elbow
- #37: left arm...inside elbow
- #38: left arm...elbow
- #39: one and one half inches (approx) above right ear
- #40: one and one half inches (approx) above left ear

You will notice that the locations I give are, by and large, approximate, that is because all human beings are unique and each and every human being's chakras are unique to that individual. But they are always in these approximate locations.

The pairings are:

#'s 1 and 18, 2 and 3, 4 and 5, 6 and 7, 8 and 9, 10 and 11, 12 and 13, 14 and 15, 16 and 17, 19, 20, 21 and 22, {1&18, 16, 17,19,20,21,22, form a major, and terribly vital unit which serves as a "super-chakra" which serves a function

primarily connected with the "enlightenment"}, 23 and 24, 25 and 26, 27 and 28, 29 and 30, 31 and 32, 33 and 34, 35 and 36, 37 and 38, and lastly, but **NOT** for human beings, 39 and 40.

These pairs are excited and come into operative status not as pairs, but as individual components, and they do so in no particular order excepting for the last two chakras which are always indicative of the culmination of the process.

Each "opening" functions both for out-flow and in-take, and the intake flows clock-wise, and the outflow flows widdershins, that is they do so usually, but it cannot be said to be invariably so. Why this is so no one knows. But that is what they do, except when they don't.

The only conceivable purpose for this in-and-out flow is the regulation and stabilization of the individualized energy-field. This "stabilization and regulation" is vital to the maintenance of the health and vitality of the physical vehicle as well as to the psychological well-being of the personality. Lastly this process is intrinsic to the eventual conscious integration of the entire spectrum of consciousness ranging from the intrinsic consciousness through its manifestation the Virtual Reality Consciousness to the consciousness of the physical human being who is the manifestation for purposes of action of the virtual reality consciousness.

What else they may or may not do, and how they "do" it, is unknowable.

There are three other energy channels; one is a straight channel paralleling the spinal column from # 1 to # 18 and vice versa, there are also two, one on the right side of the central energy duct, and one on its left, these two channels are based upon the "super-chakra which is composed of chakras 1 & 18, 19,20, 21, & 22,they flow to chakras #s 39 and 40, they form a double helix around the central duct or channel and the one on the right culminates in chakra #39 (right ear) and the one on the left culminates over the left ear in chakra #40.

As far as these channels are concerned, the straight channel connecting chakras 1 and 18 is always functional. It simply has to be. It is the major source of energy to sustain the physical form and it draws in, mixes, and expels, two totally different types of energy. Chakra #1 draws in the most developed of raw extra-physical cosmic energies with which the physical vehicle can cope..... chakra #18 draws in the energy which is called in the East "Dragon Fire", or "Kundalini", which is basic or raw external physical energy.

I think that the "used" Cosmic energy outflows through Chakra # 18 while the "used" "Dragon Fire" outflows by way of chakra # 1.

I am inclined to think that in the case of functionally paired chakras the energy from each, when utilized, passes out by way of the other of the pair.

The spinal channel is the focus of all the other chakras except #s 39 & 40. The various energies focused through the various chakras upon this channel cause it

to be an "energy mixer", and in it energies are blended into a harmonious whole for the energy structure to function. When the over-all energy flows are truly balanced and have reached an appropriate timbre, the energy from this central "mixing-channel" is focused, by way of the "super-chakra" into the two helically spiraling channels.

The focus from the central spinal channel into the right and left spiral channels is accomplished by way of the creation of what I have already described as the "super chakra". It results from the "fusing" into what functions as one extremely powerful energy valve composed of chakra #'s 16 and 17 and the creation of four "new" or additional chakras (#'s 19,20,21, &22) which function in union with #'s 16 and 17. These four additional chakras are located in the general area of the hip. The numbering of the chakras is arbitrary and has absolutely nothing to do with their order of excitement.

The purpose of this "super chakra" appears to be the transmission of the entire available energy of the spinal channel, which includes all the energy which is fed into it by all the other chakras, and by all the median points, into the two serpentine channels which lead to chakras #'s 39 and 40. It is because of what I believe their function to be, and because of their great intensity and power, that I call this union of four chakras into one; "The Rainbow Bridge". Their activation is an extremely uncomfortable process.

In any case, the spiraling channels are the last to come into active play, their activation and excitement by the energies from the central spinal channel transmitted over the "Rainbow Bridge", and their resulting activation and excitement of chakras #'s 39 & 40, are the culmination of physical manifestation and evolution. Not instantly, of course, but over a relatively short period in evolutionary terms.

For when all 40 chakras and all three channels are in full **AND BALANCED** operation, physical manifestation is complete.

This very complex energy system serves the purpose of creating, regulating, and individualizing the energy-field that is the true reality of any physical form... how it does this and why it does this, and what are the individual functions of the individual chakras, as I said earlier, is both unknown and at this point in time unknowable.

If chakras #'s 14 to 18 are not at least somewhat operative there is no life at all. Sentient beings do very well without any or all of the other chakras or with any combination of them. The most important thing to understand is that the over-all chakral system pertains to spiritual evolution..... by which I mean to say the evolution of consciousness and awareness and **NOT** to physical evolution.

The question that now arises is..... so what???????

The answer is..... so..... lot's of things!!!! Lot's of very important things!

The energy system, or force-field is, for each of us, our most essential reality. The chakral system of chakras and median points is what stabilizes and energizes that reality. It is also the medium through which consciousness evolves. It's primary purpose therefore is, and I wish there was a less "loaded" word to define it..... "spiritual".

"Spiritual evolution", by which term I simply mean to say the intensification and expansion of consciousness and of the awareness of that consciousness, and the ultimate integration of all aspects of that consciousness, has absolutely no connection with physical existence. No human being can effect this aspect of the functioning of the energy system in any way. By which I mean to say that there is absolutely nothing at all that a sentient being can do..... or refrain from doing..... that has any effect on "spiritual evolution".

The chakral system has a secondary function though, and it is an extremely important one. It is called "health and healing". That this is true is proven and demonstrated true by the functioning of the Chinese science, and science it is, of Acupuncture!

Acupuncture clearly "works"..... it clearly **DOESN'T** work through the physical body though it clearly effects that body.

Acupuncture "works" through the force-field or energy-body that the chakral system empowers and maintains. That it does so, is clear, how it does so, is not at all clear.

But it is very clear indeed that the only way that human beings can interact with the energy system I call the Chakral system is as "energy workers" or "healers". An Acupuncturist is simply one kind of "energy worker".

Most of what we do know about the relationship of the energy field to health and well-being comes from six or seven thousand years of Chinese experimentation and experience. The Chinese however, deal mostly with the medians and not so much with the chakras themselves. Nevertheless, they have had a really long period of intense study during which they have learned which medians appear to effect what bodily area and function. One can do an awful lot of experimentation and gain a tremendous amount of experience in six or seven millennia.

We also are in the process of demonstrating through our own work that an individual person appears to function better in all ways when the "system" is functioning in a relatively balanced manner.

I HAVE COME TO BELIEVE VERY STRONGLY THAT THE FORCE-FIELD WHICH IS THE TRUE REALITY OF ANY BEING, IS TRULY THE ULTIMATE "IMMUNE SYSTEM". PERHAPS, ALL "ENERGY WORK" REALLY DOES IS EMPOWER THE PHYSICAL IMMUNE SYSTEM TO DO ITS WORK!

It is what "relatively balanced manner" really means to say that presents us with our first problem in the use of the energy system therapeutically. Definitions,

accurate definitions, are always our first problem no matter what we are discussing. That is true for all people all the time!

O.K. Let's start "defining".

I think that one of the most important factors we must keep in mind while we discuss this subject is that while each and every human being is physically a great deal more than superficially similar, they are incredibly non-similar when we discuss energy.

Of course, when we are discussing the Chakral system and its relationship to individual humans and their health, what we are discussing is energy, "raw" energy, sophisticated energy, energy patterns, and the balance of such energies.

It has become absolutely clear to me that each and every sentient being, human and otherwise, is totally different and unique when it comes to the energy field which is their basic reality.

Now that is what we must remember when we talk about "relatively balanced chakral system".... the "balance" is totally unique and individual.... there is absolutely no standard paradigm to which individual energy fields must adhere. Each and every energy field must have its chakral system balanced in a fashion appropriate to its individuality.

We are talking about using the existence of this energy and our own in the quest for healing and health. I do not intend to discuss acupuncture any further than I already have. It is a fully-developed science, it possesses copious documentation, and it is taught by experts, relative experts, and some frauds, in schools all over this planet. It's also **PRACTICED** by experts, relative experts, "so-so" practitioners, and some frauds! It's an interesting topic, but it is not the topic which interests us here.

What I'm going to be talking about is what I call energy work. This is also known as "magnetic healing", but there's nothing "magnetic" about it. Religion calls it "laying on of hands" but, as usual, they've gotten it all bollixed up. One of the worst ways in which religion has gotten everything wrong in regard to non-physical healing is in their assertion that it requires very specific, and very special, qualities in order to be enabled to successfully heal. It does **NOT!**

Anyone who **really wants to.....** and who **truly cares about other people's well-being**, and who is willing to suspend their ego functions for a while, can be a really good healer. All one has to do is accept the fact that the "healer" does nothing at all except provide their own energy field to act as a conduit and mediator for energies which appear to come from two sources. Those sources are the Cosmos itself, and the energy field of the person who is being subjected to the healing process.

What seems to happen is this; the two disparate energies... the "raw" cosmic energy and the out-flow energies of the force-field which is the true reality of the

"patient" are merged, blended, and balanced within the force-field of the healer, and then, in that balanced state, returned directly to the energy field of the "patient". The healer makes no judgments, no decisions, no anything. The healer simply makes their own force-field available as a tool in the balancing of energies. He or she then "steps aside" and let's what happens..... happen!

It is also clear to me that in the course of "what happens", the "healers" are..... themselves..... "healed"! "Healed" means very much more than "cured"! The important thing about this process is that **IT WORKS!** It "works" even if the subject doesn't believe in it at all! It is experiential, the "patient" or "subject" actually "feels" something happening. The only problem arises when the person undergoing the process, upon feeling something they have never felt before, becomes frightened and "runs away". But this is their problem and not the healer's.

The only "demand" on the subject is that they truly desire to be helped and that they be willing to cooperate in the process. As I said earlier they needn't believe in the process, when it works, when they actually experience the energies they will come to accept its validity.

But, **they must cooperate in the process**, by this I mean that a person who comes to be "healed" who has, let us say, Pneumocystis Carinii, can't sit for "the process", say "That felt great!" and then go out in the hall and light up a cigarette. This is like two people sitting in a leaky boat with bailing buckets, one of them scooping water **out** of the boat, and the other scooping water **INTO** the boat!

There is an opposite side to this discussion which needs talking about. **No one, no one at all, can attempt to use this process in order to harm another sentient being.** The paradigm within which we exist won't permit that to happen! Energy can only function in a constructive and positive manner. Probably the most important fact we need to know is that in this sort of "healing", the person who is allowing their energy-field to function as a mediating or transforming field, is **used BY the energy**, they do not really use it, or effect it, in any way. There is, however, no sort of "sacrifice" entailed in any way!

Helping others, in any way, is rightfully a source of personal satisfaction, but it is absolutely necessary that it **NOT** be an "ego-trip"! Helping others should give a person a sense of "a job well-done", but it absolutely **MUST NOT** give one a sense of being "special" or "better" in any way. For some strange reason, or maybe it's not really so strange after all, a "healer" who works primarily for ego-gratification cannot heal! It's just that simple! I think the reason is that someone who is doing this for ego-gratification purposes is incapable of "stepping aside" and allowing "what happens... to happen" because, as they remain "in the way".....nothing can "happen".

If you want to be a healer so that others will think well of you and, because of that, you will feel better, or more secure, about yourself....forget it!

Everyone possesses the innate capacity to perform the mediation that is "healing", all it "takes", after a very short period of instruction, and the excitement, activation, and balancing of one's own chakras, is the willingness to set aside our fears of non-performance (we don't "do it" anyway) and **GET TO IT!!!!!!**

How? However it seems to work best! Everyone is truly different!

Different methods seem to be appropriate for different patients and in differing circumstances. There are also "energy workings" that seem to be appropriate for people who are not "sick" but who require some kind of "balancing", and there are others which are more appropriate for energy workers themselves.

This is what works for me.

I always insist that this energy work be part of a therapeutic co-strategy, and that each of the people who come to me, **IF** healing from a recognized physical condition (that is medically treatable), is what they've come to me about; continue with the course of therapy prescribed by, and maintain a constant checking and testing process with, their regular physical physician. I think it's really very important for both the subject and myself, and perhaps their physician, to be sure we're making progress.

I have two separate strategies with which I utilize this process.

Each of these two strategies is important to the process. Neither of them is more important than the other, and in many cases, either of them can be dispensed with for various reasons. But I prefer, if I can, to work with them in the following order:

First I think it is wise to "sensitize" the subject by at least attempting to temporarily activate as many of their chakras as is possible given their circumstances. The reason for this is that they are then enabled to actually consciously experience the energy process more strongly than they would have had they not been "sensitized".

I also like to go through this "sensitizing" process with people who are novice healers, it helps make sure that they have the sensitivity to locate the chakras of subjects/patients so they can "work" with them. A healer who cannot locate chakras is fairly useless.

"Experiencing the process" is a very important factor in helping the subject to actually feel and believe that something is actually happening to them in the process.

"Sensitizing the subject" is a process during which I first ascertain exactly where each of their chakras are located and then test to see their level of activation. This is probably best described as an "energy field assessment".

I usually do not deal with chakras #s 14 to 18 as these most basic of the chakras must be functional if the individual is alive. Another reason that I usually do not work with them is that these chakras are very strongly connected in some way with human sexuality. When one "works" with them and activates or "excites" them, it generally leads to activities that are fun but hardly part of the healing process.

To be perfectly clear in my meaning, **I do not work with chakras #s 14 to 18** unless both the subject and I are agreed that as it will probably lead to sexual arousal/activity, that then, is an eventuality which we mutually accept, and with which we are both agreeable. How this occurs is that when the so-called genital chakras are excited, there is a physical sensation which is of the type that causes sexual arousal, this is unavoidable and is an intrinsic part of the energies involved. When the genital chakras are aroused, and they must be for the process to "work" then all the Kundalini or Earth energies are focused in and through the genital chakras and much of the Cosmic energy as well, until this focus is dissipated by sexual activity the other chakras cannot be either activated or balanced. Secondly, anyone who performs as a healer for any length of time eventually becomes strongly empathic even if they were not at all empathic to begin with as is always the case with fully activated Shamans. I must say though that most healers eventually become so as a result of their empathic abilities. In any case empaths share the emotions and feeling of those they are with, and no one is closer than healer and patient or teacher and student. The arousal therefore is entirely mutual. Thusly this too is an unavoidable effect upon the operator as well as upon the subject. It is for that reason that I insist upon mutual understanding of this subject and for that reason too that I most always do not operate below the waist. I only perform such a full body chakra activation/balancing on some one who asks specifically for it and who I believe has shamanic potential. The only other case where I will do this is someone who is having really serious psychic imbalance problems or, and this is the rarest of all, someone who is under attack by human beings utilizing the energy of the force for negative and selfish reasons. Even in those cases there must be full disclosure of the sexual potential and full agreement to it.

This is an unswerving policy which I very strongly advise all energy workers to adopt. There is nothing whatsoever wrong with sexual activity and expression. It is both enjoyable and quite beneficial to both physical and mental well-being. It's just that arousing someone by way of the excitement of chakras #s 14 to 18, without the subject's full foreknowledge and consent, borders on rape!

After I have located all (or most) of the Chakras, for if the chakras are totally dormant it is not possible to locate them, I massage them with an oil that I make myself. It is an agent that experience shows to be actively sensitizing. I then, utilizing my own palm chakras as sensors, move them over the approximate area where the chakra opening should be until I feel a mutual exchange of energies take place.

I then continue that exchange of energies until I feel that it is appropriate to stop. This usually means that the mutual exchange has slowed down appreciably or stopped altogether.

Additionally, I sometimes (at least once for each subject) place various crystals and/or gem stones on each of the chakras. I then focus the energies available to me through the gem stones and crystals. This seems to intensify the process. Perhaps it's due to the crystalline structure of the gems. If it isn't, then I have no idea why they help. But help they do, there's absolutely no question about it!

The other process I use involves the group of healers I have gathered into "The Cubic Circle".

The primary way in which energy itself becomes "visible" to us is through color. The other most important way is through sound. Both color and sound are functions of energy.

The "Cubic Circle" healings commence with our group forming a circle and then "toning" both vocally and with various musical instruments completely improvisationally, until there is an attunement of the group with energy as sound.

The healing subject takes his or her place in the center of the circle and then, using their palm chakras, the group focuses the energy through them, and also through such other chakras as each of them chooses to use, on the center of the circle. In the interim I, as Senior Shaman, place my hands wherever I'm "told" to place them and allow whatever spirit chooses to use my voice and throat to chant for the healing of the subject. When the chant ends and the energy stops flowing strongly the process is, for the moment, complete. This can be repeated as many times as is necessary with the number of subjects being the only parameter.

And that is all there is to it! It works, and it helps, and it simply is!

If all there is..... is energy, and that is clearly true, then there is nothing physical which cannot be effected by the application of either complimentary or counter-energies.

One of the most positive factors of this kind of non-physical therapy is that it lends itself perfectly in situations in which main-stream medicine has already "given-up" on a subject. A very good example is "A.I.D.S."

During the course of this discussion I have implied that physical disorder is not the only reason to seek energy work. Sometimes people simply need their energies balanced. They know they need "something" because while they not "sick" they just don't feel fully functional. In addition "healers" need to have their energies balanced and their chakras further activated so they can do what they do better!

On the other hand, people who are emotionally disturbed are sometimes not at all amenable to energy work, and, I've found, sometimes energy work exacerbates emotional problems. I have absolutely no idea why.

Well, that's not entirely true, I do have an idea as to why. It all relates back to my idea that while the human brain is clearly physical, the human mind is clearly something utterly different than the brain. If, as I believe to be true, the "human mind" is, itself, an energy center on its own behalf. A thing which is separate from but inter-connected to, the human body. It is clearly possible that any manipulation of the energy fields of which this "mind" may, or may not, be an intrinsic part, would have an at least unpredictable effect upon a mind that is experiencing difficulties.

So, when I have the option, I prefer not to do "healing work" with subjects whose only problems are emotional. These are people, I think, who benefit more clearly from personal physical plane inter-action or what is called "counseling". That kind of counseling I do all the time. I view it as "helping" rather than as "healing".

Now, all of the above instances of "healing" and "balancing" are the most common and useful examples of the process, and are the ones I, and my group use most regularly. Because we are a Shamanic Group we have more options than most healing circles. Like most healers there is a personal healing process that is simply a matter of "reaching out" to the Cosmic or Universal energy field and mentally "focusing" that energy, as it were, using our own consciousness as the lens. This, as I see it permits the individual's consciousness on the virtual reality level to use such energies as it may require. As Shamanic workers however, there is the process of "calling in the spirits" and allowing them to do the focusing of the cosmic harmonic energies using our group as a complex lens. Experience proves this to be the most efficacious method.

There is another method but it is only available to the healer who is the physical shadow of a fully integrated tripolar consciousness. This method will clearly function on very serious conditions indeed. The process involved requires the healer, (The Integrated Personality/Consciousness), to consciously "mesh" with the consciousness existing upon the intrinsic realities of which that physical vehicle, i.e. the person needing healing, is the ultimate physical manifestation for the purpose of physical action. What seems to happen here is that the healer becomes a bridge enabling the intrinsic consciousness of a non-integrated personality/consciousness to act directly upon the physical vehicle which is otherwise not aware of the presence or nature of the intrinsic intelligence. In the course of this process the "healer" acts as the lens to focus a full spectrum of cosmic energy which is used by the intrinsic intelligence of the healing subject.

In addition, there is a method through which the healing subject can participate in the process, and that method is a kind of continuous affirmation to themselves that states that the "mind" is the controller of the body, that the mind is real but the body isn't particularly so, and that, as the body is when all is said and done merely an energy field, the mind/consciousness/intelligence has the ability to

manipulate that energy field as it will. The energy field is perfect, so too can be the physical being, if the individual consciousness wills it so! This isn't easy to do as it is very difficult for the personality to convince itself that this is so. To do so, requires an acceptance of one's very low order of reality! But.... it can be done.

Here I think I'll end my discussion on the subject of the human body..... energy..... and healing. For now.....