

eISBN: 978-1-68108-259-2
ISBN: 978-1-68108-260-8

WHOLE PERSON SELF-HEALING: A SCIENCE AND ART



Phillip Shinnick
Laurence Porter

Bentham  Books

Whole Person Self-Healing: A Science and Art

Authored by

Phillip Shinnick

&

Laurence Porter

*Whole Person Self Healing Institute, Inc. New York
New York, USA*

Whole Person Self-Healing: A Science and Art

Author: Phillip Shinnick("Newt gpeg"Rqtvgt")

ISBN (eBook): 978-1-68108-259-2

ISBN (Print): 978-1-68108-260-8

© 2019, Bentham eBooks imprint.

Published by Bentham Science Publishers – Sharjah, UAE. All Rights Reserved.

First published in 2019.

BENTHAM SCIENCE PUBLISHERS LTD.

End User License Agreement (for non-institutional, personal use)

This is an agreement between you and Bentham Science Publishers Ltd. Please read this License Agreement carefully before using the ebook/echapter/ejournal (“**Work**”). Your use of the Work constitutes your agreement to the terms and conditions set forth in this License Agreement. If you do not agree to these terms and conditions then you should not use the Work.

Bentham Science Publishers agrees to grant you a non-exclusive, non-transferable limited license to use the Work subject to and in accordance with the following terms and conditions. This License Agreement is for non-library, personal use only. For a library / institutional / multi user license in respect of the Work, please contact: permission@benthamscience.org.

Usage Rules:

1. All rights reserved: The Work is the subject of copyright and Bentham Science Publishers either owns the Work (and the copyright in it) or is licensed to distribute the Work. You shall not copy, reproduce, modify, remove, delete, augment, add to, publish, transmit, sell, resell, create derivative works from, or in any way exploit the Work or make the Work available for others to do any of the same, in any form or by any means, in whole or in part, in each case without the prior written permission of Bentham Science Publishers, unless stated otherwise in this License Agreement.
2. You may download a copy of the Work on one occasion to one personal computer (including tablet, laptop, desktop, or other such devices). You may make one back-up copy of the Work to avoid losing it. The following DRM (Digital Rights Management) policy may also be applicable to the Work at Bentham Science Publishers’ election, acting in its sole discretion:
 - 25 ‘copy’ commands can be executed every 7 days in respect of the Work. The text selected for copying cannot extend to more than a single page. Each time a text ‘copy’ command is executed, irrespective of whether the text selection is made from within one page or from separate pages, it will be considered as a separate / individual ‘copy’ command.
 - 25 pages only from the Work can be printed every 7 days.
3. The unauthorised use or distribution of copyrighted or other proprietary content is illegal and could subject you to liability for substantial money damages. You will be liable for any damage resulting from your misuse of the Work or any violation of this License Agreement, including any infringement by you of copyrights or proprietary rights.

Disclaimer:

Bentham Science Publishers does not guarantee that the information in the Work is error-free, or warrant that it will meet your requirements or that access to the Work will be uninterrupted or error-free. The Work is provided "as is" without warranty of any kind, either express or implied or statutory, including, without limitation, implied warranties of merchantability and fitness for a particular purpose. The entire risk as to the results and performance of the Work is assumed by you. No responsibility is assumed by Bentham Science Publishers, its staff, editors and/or authors for any injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products instruction, advertisements or ideas contained in the Work.

Limitation of Liability:

In no event will Bentham Science Publishers, its staff, editors and/or authors, be liable for any damages, including, without limitation, special, incidental and/or consequential damages and/or damages for lost data and/or profits arising out of (whether directly or indirectly) the use or inability to use the Work. The entire

liability of Bentham Science Publishers shall be limited to the amount actually paid by you for the Work.

General:

1. Any dispute or claim arising out of or in connection with this License Agreement or the Work (including non-contractual disputes or claims) will be governed by and construed in accordance with the laws of the U.A.E. as applied in the Emirate of Dubai. Each party agrees that the courts of the Emirate of Dubai shall have exclusive jurisdiction to settle any dispute or claim arising out of or in connection with this License Agreement or the Work (including non-contractual disputes or claims).
2. Your rights under this License Agreement will automatically terminate without notice and without the need for a court order if at any point you breach any terms of this License Agreement. In no event will any delay or failure by Bentham Science Publishers in enforcing your compliance with this License Agreement constitute a waiver of any of its rights.
3. You acknowledge that you have read this License Agreement, and agree to be bound by its terms and conditions. To the extent that any other terms and conditions presented on any website of Bentham Science Publishers conflict with, or are inconsistent with, the terms and conditions set out in this License Agreement, you acknowledge that the terms and conditions set out in this License Agreement shall prevail.

Bentham Science Publishers Ltd.

Executive Suite Y - 2

PO Box 7917, Saif Zone

Sharjah, U.A.E.

Email: subscriptions@benthamscience.org



CONTENTS

FOREWORD	i
PREFACE	iv
ACKNOWLEDGEMENTS	vi
CONFLICT OF INTEREST	vi
ABOUT THE ARTWORK	vii
CHAPTER 1 INTRODUCTION AND OVERVIEW	3
PRIMARY AUTHOR'S BACKGROUND, BOOK OVERVIEW AND CO-AUTHOR'S INTRODUCTION	3
A FEW WORDS ON LAURENCE PORTER	8
A FEW WORDS FROM LAURENCE PORTER	9
ACKNOWLEDGEMENTS	11
CHAPTER 2 HISTORICAL DEVELOPMENT OF PULSED ELECTROMAGNETIC FIELDS, PEMF (COULOMB, GAUSSIAN AND PHOTONIC) WITH IMPLICATIONS FOR DIAGNOSIS, TREATMENT, AND HEALING IN MEDICINE	12
SAFE AND EFFECTIVE ELECTROTHERAPY	21
SUBTLE MEASUREMENT OF COULOMBIC, GAUSSIAN, AND PHOTONIC FIELDS	23
THE HEART HAS MEMORIES AND RETAINS MORE THAN ORGANS	24
PULSE GENERATORS	26
Photonic Energy	27
THE HEART'S PULSE GIVES INFORMATION FOR HEALTH AND NOXIOUS CONDITIONS	28
Cavity of Earth: Schuman Resonance	33
NOTES	34
REFERENCES	34
CHAPTER 3 PARALLEL PROPERTIES OF ONENESS IN THE MOST STABLE INORGANIC AND ORGANIC STATES	39
INTRODUCTION	39
PHYSIOLOGIC STATE OF ENLIGHTENMENT	41
ATTENTION TO THE PRESENT: LEARNING AND EMOTION	46
MASTER VERSUS TECHNICIAN	49
SYSTEM OF UNITY: SHARED AND PARALLEL PROPERTIES	49
REFERENCES	50
CHAPTER 4 A MEDITATION ON MEDITATION FOR BEGINNERS: A CREATIVE ODYSSEY FROM YEARS OF PRACTICE	52
A PERSONAL INTRODUCTION TO MEDITATION	52
A BASIC PHILOSOPHICAL APPROACH	56
BEGINNING WITH THE ESSENTIALS: THE BREATH FOR BEGINNERS . . . APHORISMS ON MEDITATION	57
NUMBERS . . . FOR GOOD AND FOR BAD	64
ANOTHER ASPECT OF NATURE: COLOR & VIBRATION	67
MEDITATION, ILLNESS AND DISEASE	73
Impulses Come from Deep Seated Habitual Happenstance Propensities and Not What We Think We are Rationalizing	74
THE SELF IS OUR TEACHER . . . AND NO PARTICULAR FORM OF MEDITATION IS THE WAY TO GO	83
TRAUMA, OPPOSITES, EMOTION, FEELINGS	86
FOOD AND OUR EATING HABITS	90

TOWARD A MORE TRANSCENDENT SEXUAL UNION	91
NON ATTACHMENT TO LIFE AND TO DEATH	93
REFERENCES	93

CHAPTER 5 THE SCIENTIFIC MEASUREMENT OF “QI”: TECHNIQUES FOR QIGONG BEGINNERS AND FOR QIGONG ADDICTION THERAPY 95

INTRODUCTION	95
DEFINITION OF QIGONG AND METHODOLOGICAL RESTRICTIONS	97
MAJOR METHODS OF MEASUREMENT EQ (EMITTED QI) AND RESULTS	98
Physical Signal Detectors	98
Utilizing a Far-Infrared Detector (8-14 μm)	98
AGA Thermo Gram	99
GE Micro- Pressure Detector (Placed from 0.5m to 2m)	99
8 mm Microwave Radiation Meter	99
Infrasound Sound Detector (Denmark B-K Corp’s Infrasound Sound Detector 1,3,5,6,10 or 40 cm Distance)	100
Chemical Dynamic Methods Using Qigong with Yi or Intention and Directionality	100
Detector Using Biological Materials	101
Liver Cancer Cell and Lung Cancer Cell Cultures, DNA Synthesis and DPPC Liposomes	101
Detectors Using Living Sensors	102
Effect of EQ on Cancer Growth	102
Effect of Qigong on Anti-Cancer and Anti-Tumor Effect of EQ on the Immunologic Functions of Tumor Bearing Mice (TBM)	102
The Effects of EQ on Human Bodies	103
MAJOR TECHNIQUES OF QIGONG PRACTICE ACCORDING TO HE BIN HUI2	103
Adjustment of Body Posture	104
I. External Maneuver	105
a. Posture Maneuver	105
1) Standing Posture	105
2) Sitting Posture	107
3) Lying Posture	109
a) Supine Position	109
4) Other Postures	110
5) Movement Maneuver	110
ADDICTION THERAPY	117
REFERENCES	117

CHAPTER 6 ORGAN PULSED ELECTROMAGNETIC FIELDS (PEMF): CRITICAL EVALUATION OF TRADITIONAL CHINESE MERIDIAN THEORY AND O-RING CONTRIBUTION TO MEDICINE 120

INTRODUCTION TO THE O-RING TEST	120
APPLICATION TO ORT TO CARDIOVASCULAR SYNDROME	134
FOOD AND DRUG COMPATIBILITY TO PATHOGENIC MICROORGANISM	137
INFORMATION PROPAGATION WITH LASER	137
CHANGES IN BIOCHEMISTRY DUE TO PAIN	138
BIOCHEMICAL PRECURSORS TO CANCER AND CIRCULATION DISTURBANCES	138
LONGEVITY	139
PEMF EFFECTS ON HUMANS BIOCHEMISTRY	139
COMPARISONS OF ORIENTAL PATHWAYS TO CLINICAL TESTING WITH O-RING	140
Summary	148
ACKNOWLEDGEMENTS	152
REFERENCES	152

CHAPTER 7 SELF HEALING IN CHRONIC HEART DISEASE: A CLINICAL STUDY USING HEART MEDICATION 156

INTRODUCTION	156
BEFORE, DURING AND AFTER THE “QUIET”	159
DESIGN AND METHOD	160
MEDICATION	162

MEDITATION: VOLUNTARY	162
BREATH CONTROL	162
QIGONG	164
INVOLUNTARY USE OF THE WILL OR VOLITION	164
RESULTS AND DISCUSSION	165
CONCLUSION AND SUMMARY	166
APPENDIX A	167
Treatment Strategies	167
APPENDIX B	172
Summation of Variables	172
REFERENCES	173
CHAPTER 8 WHOLE PERSON FAMILY HEALING: HOW A DAUGHTER HEALS HER MOTHER	175
THE OATH OF HIPPOCRATES	175
INTRODUCTION	176
TWO SIDES OF THE SAME COIN	177
WHOLENESS	178
HEALING MEDICINE IS AN ART	180
PROGRESS REPORT	189
CONCLUSION	190
REFERENCES	191
CHAPTER 9 MULTI CULTURAL SELF HEALING FOR A SPINAL INJURY	192
INTRODUCTION, REPORTS, TECHNIQUES, HISTORY, AND STRATEGY	194
Heart Agitation, Arrhythmia, and Relief Procedures	197
Self Help Treatment	200
Involuntary Meditation:	201
Voluntary Meditation	202
Background of Voluntary Meditation: Yoga, Kung Fu and Native Americans Animal Forms	204
Animal Healing Arts	205
The Law of Action/Reaction in Emotional and Physical Pain	209
<i>Physical and Emotional Reactivity:</i>	209
Therapist Progress Notes	210
Summary	212
Mung Bean and Rice to Aid Digestion by Yogi Bhajan, Ph.D.	214
Photonic Image	214
<i>Computerized Axiomatic Thermography</i>	214
REFERENCES	217
CHAPTER 10 WHOLE PERSON CONSIDERATIONS FOR SELF HEALING IN ATHLETICS	218
CREATING A NEW SPORTS CULTURE	218
A MORE NATURAL APPROACH TO ATHLETICS AND COMPETITION	220
COACHES, MASTERS AND ATHLETIC SELF-HELP	223
OLYMPIC PREPARATION, COMPETITION, MEDITATION AND INJURIES	224
TRAINING FOR STRENGTH, ENDURANCE, SPEED, FLEXIBILITY AND COMPETITION	231
PRACTICING FOR FUTURE DISEASES	232
GENERAL CONCLUSION	232
SHINNICK AND FREED BACKGROUND	232
GLOSSARY	234
REFERENCES	240
SUBJECT INDEX	241

FOREWORD

So called evidence based medicine is not scientific. It cannot be accepted as evidence in a criminal court because studies are done on heterogeneous groups of people, but the results of the studies are then applied to patients who are not representative of those groups. Case studies produce more valid evidence. The history of medicine is replete with instances of doctors who have a greater consideration for the size of their practice and income than they have for their own medical progress or for the welfare of their patients. The currently rigid and narrow views being expressed by mainstream science are not ideal. Long-term audits reveal that many of our highly touted technologies can be ineffective -- or even downright dangerous. Let us encourage people to think more freely. Let us not condemn new ideas that do not agree with our limited tunnel vision.

During the last ten years, Dr. Phillip Shinnick and I belonged to a nexus of scientists, physicians, inventors, healers and researchers from all around the world. We met periodically in various locations because we felt we must do something about the many things that had gone wrong in the worlds of science and medicine. It was urgent that we find ways to get back on track and advance healing. These enlightening gatherings have been most beneficial. Our time spent together gave birth to new ideas, different approaches to improving the human condition, the quality of our medicine and our science. We have found new ways to alleviate pain, suffering and disease.

Rustum Roy, Ph.D., an Emeritus Professor and founder of the Material Science Department at Penn State University in College Park, was the impetus. The late Professor Roy was one of the greatest thinkers I ever met. He, Dr. Shinnick and I were very close. During the last few months of his life, Dr. Roy urged us to meet with him to discuss the future of medicine and science.

We both grew up in India. Dr. Roy was born to a Brahmin family that converted to Christianity, although they maintained great social status in the Hindu population. Deep insight into both religions gave Dr. Roy a profound understanding of the differences between Western and Eastern approaches to life. Dr. Roy was brought to the US at an early age. By his 20s, he was a full professor at PSU. The first person to replicate rare earth minerals, he and other scientists made fire come out of water. Dr. Roy founded Alcoholics Anonymous. Celebrated all over the world, he received many Academy of Science awards. In 2002, he was given the Order of the Rising Sun, 3rd Class, Gold Rays, with Neck Ribbon in Japan.

Dr. Shinnick cared for Dr. Roy during the last six months of his life. I observed that only Dr. Shinnick was able to help alleviate Dr. Roy's suffering. Although Dr. Roy was being treated with pain medications, Dr. Shinnick did acupuncture on him and gave him a meditation tape. He listened to it twice a day, and that helped usher Dr. Roy to the other side in peace. The tape had been created during the time of Dr. Shinnick's friendships with He Bin Hui, the Abbot of the Ninth Heaven Taoist Temple in China and with Kevin Chen, Ph.D., M.P.H.

Dr. Roy had urged Dr. Shinnick to bring to light the work of Dr. Yoshiaki Omura, M.D, Sc.D., electrical engineer, editor of an international journal and President of the International College of Acupuncture & Electro Therapeutics. Dr. Shinnick worked as his research assistant for eight years. He became Dr. Omura's secretary and an editor of his research journal. Dr. Omura had developed the Omura O-ring Test, a non-invasive diagnostic technique, and he needed an interpreter to bring out his work. Since Dr. Shinnick was already so familiar with Dr. Omura's work, he was the ideal person for the job.

When testing the traditional Chinese medicine main meridian system with the Omura O-ring for the first time, it was revealed that -- under toxic conditions -- pathways of Qi energy differentiate into new pathways based upon an organ's pathology. Some pathways, like those of the diaphragm and the heart, undergo phases changes after stimulation. When tested with the Omura O-ring, hormesis, a biological phenomenon discovered by Ed Teller, shows that a small amount of bio-positive radiation is effective when higher doses would be lethal. Dr. Shinnick and Dr. Omura have been able to determine the compatibility of a drug to any individual and its proper dosage by using the O-ring. Throughout this book, Dr. Shinnick will offer constructive criticism, but he will also show us significant ways to surmount the shortcomings of both Occidental and Oriental medicine.

Dr. Roy also set up meetings between Dr. Shinnick and Guy Obolensky, a child genius, inventor, engineer and physicist. Obolensky developed a healing instrument, which showered negative ions onto a subject who is placed in a Faraday cage. Dr. Shinnick, from working for ten years with Obolensky, has published insightful, relevant articles on electromagnetism, coulombic, gaussian and photonic energy and various, related, significant case studies.

A couple of months before he died, Dr. Roy arranged for me to meet Dr. Shinnick. He and I have similar interests. My background is in cardiology, and he spent eight years at the Heart Disease Research Foundation. He has published material on the memory of the heart influencing body and mind physiology. We agreed on how important it is to publish case studies, and we discussed ways to approach new understandings of medicine, heart disease and science. Dr. Roy and I founded The Journal of the Science of Healing Outcome, which I now edit. I later appointed Dr. Shinnick as associate editor.

In this book, Dr. Shinnick presents experimental physiological research showing that viscera - - from outside stimulation -- conditions digestion. Yet this noxious stimulation will fade eventually. Long afterward, the heart realizes approximation of these original noxious stimuli after being neglected by the digestive tract. He suggests that the purkinje fiber and vascular fluids may be involved in retaining harmful memories that might cause regression into past injuries, injustices or emotional trauma. He not only describes unconscious conditions that cause our pain and suffering, he also presents us with ways we can help ourselves overcome them through deconditioning and by synchronizing the mind/body/spirit Whole Person.

To gain a deeper understanding, this view of medicine needed more research. In Dr. Shinnick's juxtapositions of inorganic and organic, the most stable Bose-Einstein states show aspects of Oneness that transcend the normal laws of physics and gravity. His research points toward a new medicine, one that is not driven by profit. This new medicine would help

everyone to gain a deeper, more connected, new understanding of self-healing. Dr. Roy, Dr. Shinnick and I agreed that it is necessary to translate traditional, ancient techniques of healing and the use of natural medicines into a modern, cultural consciousness.

This book is a product of our years of scientific meetings. It shares some of the data, meticulously gathered for more than 30 years, from the clinical work of the best minds the world has known in physics, chemistry, biochemistry, physiology, philosophy and history.

Human beings are capable of self-healing with no outside help when thoughts and emotions are positive, filled with universal compassion. If the mind or the consciousness is negative or hateful, we suffer. Disease can occur. Thoughts and emotions change energy probabilities into physical matter. Man must change the concept of “I” into “We” in order to change his state of illness into one of wellness because we are all interconnected. Dr. Shinnick complained to Dr. Roy about the presentation given by Hans Peter Durr at one of our gatherings. He said that Durr, co-editor of our journal, was all over the place. Dr. Roy replied to Dr. Shinnick, “That is where we are at this point in history. We are doing our best to bring it all together, to make the connections.” And that is just the point. It is what you will find in this book -- making the connections on the path to self healing.

Monappa Hegde

Padma Bhushan awardee

The Journal of the Science of Healing Outcome

Cardiology, London University

Manipal University,

India

PREFACE

The industrial revolution marked an important change in the evolution of humankind. It uses machines and dead sources of energy to mass produce food and material goods, this process tends to increase disorder. It creates greater fragmentation because it uses human beings to exploit nature and other human beings. We can now see that the U.S. health care systems, by following the mass production model under Capitalism, treat patients like commodities or cattle. Health care private capitalism is a system designed to fill the pockets of shareholders through dividends, and stock values; executives of insurance companies are rewarded for denying health benefits (particularly for more traditional or alternative medicine). The medical profession no longer offers benefits that treat the Whole Person due to time limits demanded by the insurers. Instead, it primarily recommends taking high risk drugs and surgery. Drug companies subsidize physicians each year 6.5 billion, with physicians holding a billion in stocks. Scientific research funds just an interior reductionist approach on the molecular level not the Whole Person (response to the diagnosis, behavior, and circumstances causing disease). Companies that create new technological instruments promote expensive, high tech diagnostic tests that have questionable benefits. While the healthcare system profits from pain and suffering, these practices continue to move us away from nature sources of disease and toward instrumental, mechanistic thinking ignoring the totality of the situation..

We are neither machines nor commodities from which to make a profit. We are living organisms. According to negative entropy, all living things preserve their internal order by exchanging energy with their surroundings. How could we return to a more natural state without going backward in time? We can practice cultural healing techniques that were used successfully in the past to raise human consciousness in the present day. How can we naturally restore our health and our environment? How might we integrate the deep knowledge of past masters with the modern age of science? Dr. Shinnick, Dr. Roy, Dr. Freed, Dr. Omura, Guy Obolensky, Dr. Sancier and Dr. Chen have dedicated their lives to answering these questions. Though their work is scientific, their research has always centered on helping people learn to heal themselves. The work they have done helps us to understand life enhancing energies, how to connect to them and how to benefit from the natural forces that maintain life.

Mankind created Medicine, Science, Meditation and Art to satisfy its great desire to understand life and give it meaning. The healing medicine this book proposes is derived from the integration of science, art and meditation. Like us, these systems are open, flowing, and they impact deeply upon each other. Scientists might learn about the benefits of meditation by studying brain waves. Artists can use science to explore new directions in their work. Science, Medicine, Art and Meditation function as an interactive whole, but each system activates a different center in us. Art touches our heart, our emotional center. Science challenges our rationality and intellect, while meditation grounds us in the center located below our navel. The flow between these systems heals us.

Our body is at the center of Life. It is Life. We are responsible for our lives, but we often dissociate ourselves from the source of our aliveness. Then our lives are run by myriad thoughts and a limited ego. This creates suffering and violence toward ourselves, other human beings and the whole of life. By being present to the health of our bodies, our minds and our behavior, we can learn to balance our systems and synchronize them. By taking responsibility, we heal ourselves. Then all human beings and the whole of life will benefit from the good energy our healing generates.

Phillip Shinnick
Whole Person Self Healing Institute, Inc.
New York,
USA

ACKNOWLEDGEMENTS

Thank you to the following people for the valuable contribution of their ideas and helpful feedback that informed and inspired us as we created this book: Quincey Shinnick, R.P.N., Stephen Spahn, Jamie Taicher, Naomi Taicher, Baptiste Nicolas, Novak Djokovic, Chloe Porter, Kevin Chen, Ph.D., M.P.H., Patrick La Riccia, M.D., M.A., B. J. Cling, Ph.D., J.D., Guy Obolensky, Monappa Hegde, M.D., Ph.D. John Pinto, Donna de Varona, Dave Meggyesy, Marlon Raichel, Elias Dakwar, M.D., Effie Chow, Ph.D., R.N., Franklin Porter, Ph.D., Roger Guettinger, Ph.D., S.J., Lakshumi Bai Ramachandran, John Eschmeyer, Ph.D., Roger Jahnke, OMD, Adriano Borgna, M.D. L.Ac., Richard Malter, Kim A. Jobst, MA, DM, MRCP, MFHom, DipAc. Bill Tiller, Ph.D., Yoshiaki Omura, M.D., D.Sc., Bill Dittman, M.D., Nelson Shinnick, M.A., Christopher Mandigo, M.D., Joe Maize, Ph.D., Roberta Flack, Carol Carlson, Larry Tan, Doug Naidus, the late Celia Blumenthal, M.D., Morton Stavis, J.D., Ken Sancier, Ph.D., Hans Peter Durr Ph.D., Simon Freed, Ph.D., Sri Chinmoy, Rustum Roy, Ph.D., Richard Bachrach, D.O., Brother Michael Losco, M.S., and Abbott He Bin Hui of the Ninth Heaven Taoist Temple.

The original studies for this book were supported by the Research Institute of Global Physiology, Behavior and Treatment, Inc., a nonprofit established in 1993. In 2014, the name was changed to Whole Person Self-Healing Institute, Inc. The initial funding came from the estate of Simon Freed, Ph.D. and from contributions by various individuals. We received institutional support from The Heart Disease Research Foundation, The International College of Acupuncture & Electro Therapeutics, New York Medical College, the Center for Dance and Sports Medicine and the Rusk Institute.

A "very "special "thank "you "to Herman "Costa "cpf "Uj cppqp""Uo qeni"for "helping "us "edit "the manuscript.

CONFLICT OF INTEREST

The authors confirm that they have no conflict of interest to declare for this publication.

About the Artwork



Fig. (1). Crane in the River. PKS. 2008. (This figure is reproduced by special permission of the artist, Phillip Shinnick).

Meditating alone by a river without moving, after some time, creates bird curiosity, in this case a crane, looking back.

All that man does is a kind of art, and this implies skill in doing things, as well as perception of how things fit or do not fit. This is indeed self-evident for the visual or musical artist as well as for the artisan. It is true also for the scientist and the mathematician, but less evident....It is clear, then, that reasoning is to be regarded as an art. And thus, in a deep sense, the artist, the scientist, and the mathematician, are concerned with art in its most general significance, that is, with fitting". -- David Bohm

Cezanne: The landscape becomes reflective, human and thinks itself through me. I make it an object, let it project itself and endure within my painting. I become the subjective consciousness of the landscape and my painting its objective consciousness (Fig. 1).

In this book art and science cannot be separated. They are integral to “fitting” into a greater whole. Art and science link the visible and the invisible, form and no form, the whole and the parts, meditative and waking states, creation and decreation. The paintings in this book are manifestations of what has been seen when looking at inner space. The photographs are also moments of vision, but of outer space. They reflect the singularity of a moment that is never twice the same. Human beings are singular. As a species, we all have similarities, yet each individual has unique qualities, which is important in medicine because this singularity can make all the difference when treating an individual. Doctors, scientists and artists explore subtle energies that exist in our current reality. We all experience the processes of nature. The challenge is to neither separate nature from its flow nor to fall into a fragmented or mechanical view of nature. Art and science are both at the core of the human adventure. When used for the benefit of humanity, science and art contribute to our healing of ourselves. They can help us to find our place and to fit better into the world.

CHAPTER 1

Introduction and Overview

Abstract: This book is a multi-disciplinary attempt to unite the branches of science in physics and biology of organic and inorganic energies focusing on the evolution of pulsed Coulombic, Gaussian and Photonic fields (PEMF). PEMF is explored in relationship to cultivating negative entropy and methods of diagnosis and treatment for pain and suffering. To be sure, clinical case studies are presented in heart disease, spinal injuries, family healing techniques, Qigong for addiction therapy, athletic injuries and meditation techniques in involuntary and voluntary methods.

Keywords: Bose-Einstein stable state, Diagnostic tests, Electrotherapy, Fragmented global physiology, Gung Fu, Healthcare system, Heart disease, Helium, History, Inorganic, Low temperature, Meditation, Nonequilibrium, Organic, Palpation, PET Scan, Physicians, Pulsed electromagnetic fields (PEMF), Qigong, Sociology, Spinal injury, Synchronization, Tai Chi, Thermodynamics, Traditional Chinese Medicine.

PRIMARY AUTHOR'S BACKGROUND, BOOK OVERVIEW AND CO-AUTHOR'S INTRODUCTION

This book reflects upon my lifelong attempt to comprehend the unification of the science of man by uncovering impediments which hide that understanding from us. The purpose of this book is to help human beings who are suffering to acquire the knowledge to better understand the root of their suffering and to give them the tools they need to free themselves from that suffering.

In 1979, I taught in the History and Sociology Departments at Rutgers University. Earlier, I had created a Sports Studies program, which focused on the physiological and cultural context of modern sports. It featured a critical analysis of performance enhancing drugs and of restorative drugs that were prescribed for injuries. Dale Johnson, the Chair, asked me to teach the Sociology of the Health Care System in the US. The job was suitable for me with my background in Systems Analysis as an officer in Air Force Systems Command. During a long career in athletics, I was twice on Olympic teams in track and field. After

competing around the world on many national teams, I naturally gravitated away from the quick fix of restorative drugs or surgery. Intuitively, I always preferred the slower, healthier process of rehabilitation and rest based upon a consideration of my own healthy future.

It became clear from the data that the high costs of health care were due more to the use of technological diagnostic tests than they were to physician's salaries. At the same time the actual treatment of patients by physicians was decreasing due to time constraints inflicted by insurance providers. Now physicians do not treat, nor do they carefully examine patients, by means of traditional palpation or by taking an extensive patient history. Expensive diagnostic tests originated from an advanced understanding of coulombic, gaussian and photonic energy fields. Consequently, we need to go back in history and see the evolution of these developments in physics, biology and clinical understandings.

A main topic of this book is the physics of pulsed electromagnetic fields (PEMF) and its application to biology. Life itself is non-equilibrium. There are flaws in medicine from the lack of uniting scientific understandings in inorganic and organic energy. We are looking at the juxtaposition of positive entropy -- always moving toward loss of energy through time -- with negative entropy, which is central to the reversal of disease and the survival of life. External negative entropy for human organisms consists of an exchange of energy between the organism and the food, water, air, and sun it consumes. To maintain a stable emotional balance, internal negative entropy is enhanced by techniques like meditation, heart-cranium synchronization, yoga, Qigong, dance and martial arts. An integrated person recognizes the terrain of mind, body and spirit. The goal of this book is to reach as many people as possible with that basic information.

Safely using modern electro therapeutics for self-healing according to frequency and intensity of coulombic fields on cell structure and healing will be discussed.

Dr. Simon Freed, Ph.D., studied in Paris at the beginning of the last century. He attended lectures and seminars with Madame Curie and studied mathematics at the Sorbonne. During the Cold War, he was the first scientist to study physiology with Gant and Bykov at the Interacademy Exchange in Moscow. Dr. Freed was in residence in Leiden at the Kamerlingh-Onnes low temperature lab, and he traveled to Japan and China where he studied meditation. Dr. Freed and I co-authored many works during a 10-year period. This book reveals some of the global scientific vision we shared.

Dr. Freed and I measured the global physiological characteristics of wholeness and synchronization that occur during meditation. From our measurements, we deduced the general properties found in the deepest state of meditation. We looked at the parallel analogous inorganic matter when it was subjected to low temperature. For 70 years, science has been examining changes at low temperatures in the state of molecules and the macro-molecule occupying a macro-cell of the lowest energy in Bose-Einstein statistics. Experiments have confirmed and authenticated the theoretical “condensate” quantum liquid possessing super fluidity.

This experiment showed the similarities between inorganic and organic matter when these states are most stable -- the Bose-Einstein states. In inorganic stable states, lowering the temperature creates more stability. Nature seems to be more together without the agitation of heat. In organic nature, the whole organism is in its ideal state to synchronize when the global, physiological parameters of the heart and the brain are at one, and when, biochemically, the blood lactate, consumption of oxygen and the harmonization of brain waves are not distracted by mental or physical agitation.

Many thought the traditional Chinese medicine idea of “Qi” was just an Eastern concept that could not be scientifically proven. In China, scientists have been studying Qigong since the late ‘70s. Some U.S. scientists have attempted to prove to other scientists that Qi energy exists. The proliferation of studies have shown that Qi can be measured. Newer scientific instruments, able to sense this subtle energy, have been able to measure Qi. Since Qi energy can be measured, it is now accepted as a fact. The results are discussed in this book. “Qi”, when externally emitted onto chemical processes by known Masters, shows that changes occur more rapidly than they ordinarily would. In this book, Qi is expressed as a form of negative entropy, which can reverse positive entropy in disease and the aging process. Ken Sancier, Ph.D., was a student of Dr. Freed at Brookhaven National Lab. Later, Dr. Sancier became a research scientist at Stanford University. He founded the Qigong Institute <http://www.qigonginstitute.org>. He helped us incorporate a research institute, now called the Whole Person Self-Healing Institute, Inc. He also helped us raise funds for the Qigong Institute in its inception.

Dr. Sancier recommended that the Institute work with Dr. Kevin Chen, which resulted in a pilot study by me, by Dr. Chen, *et al.* The result of Qigong research, done from 1977 to the present, is available through the Qigong Institute database, which was compiled by Dr. Sancier. It has thousands of references and is

Historical Development of Pulsed Electromagnetic Fields, PEMF (Coulomb, Gaussian and Photonic) With Implications for Diagnosis, Treatment, and Healing in Medicine

Abstract: This article explores Coulombic, Gaussian, and Photonic fields starting at their historical roots up to their use in modern medicine for diagnosis and treatment. These pulsed electromagnetic field (PEMF) understandings slowly evolved through time. It took almost 400 years to have a clear scientific delineation of the different forms that these phenomena can have, from static generators, batteries (direct current), rotating coils of copper spun around a magnet to create alternating current, and photonic waveforms such as the laser. At first, in the nineteenth century, treatments proliferated but many people were injured from a lack of understanding of the effects that these inventions had on human tissue. Melzack and Wall in the 1960s put forth the control gate theory and the role of serotonin and the neuro transmitters in pain relief. Concomitant to this was research into forms of meditation, both involuntary and voluntary with the use of electrocardiography ECG and electroencephalogram EEG. For neurological disease came the test of the velocity of nerve conduction from the normal standard traveling through a given distance with the electromyography EMG. The use of these diagnostic methods resulted in a less direct patient/doctor relationship. Palpation, as well as the historical patient report, key to situate the patient's condition into an appropriate context receded. Research by Bykov and Gant showed that the heart is susceptible to noxious adverse conditioning to organ stress and adverse stimulation. Acupuncture and electro-therapeutics have been shown to overcome psychosomatic responses such as the phantom limb effect, emotional turmoil, neurological problems, such as reflex sympathetic dystrophy and to calm the heart and viscera. The concept of entropy is refuted for organic life due to the lack of application of inorganic equilibrium scientific experiments to organic non equilibrium conditions espoused by Prigogine. The electrophysiology of the heart with the sinoatrial (SA) node and the atrioventricular (AV) node are the primary pacemaker cell groups in the heart and may be implicated in diseased conditioning of the heart through de-synchronization and body trauma.

Keywords: Alternating current, Atrioventricular (AV) nodes, Auricular therapy, Coulombic, Cranium, Direct current, Electrocardiogram, Electroencephalogram, Electromagnetic spectrum, Electromagnetic therapy, Electromyography, Entropy,

Heart conditioning, Nerve measurement, Omura O-ring test, Pacemaker cells, Photonic fields, Pulsed electromagnetic fields (PEMF), Purkinje fibers, Red blood cells, Sinoatrial (SA) nodes, Static electricity, Symmetry.

This article might be hard for lay persons to read but they should try to go through it to understand negative entropy. Scientists will see that the presentation was scaled down for lay persons and is not a pure scientific presentation yet is important to understand and read for current medical practises. This is a fusion of human natural energy and natures energy (Figs. 1, 2). Medical therapy has radically changed in diagnosis and treatment over the last 400 years. Today's symptomatic reductionist approach is simply based on experimental (statistical) evaluation of *only* useful *short-term* chemical effects. It is thus divorced from the concept of do no harm in whole person healing given modern scientific experiments that investigate oriental medicine and the three primary classes of Electric, magnetic, and electro-magnetic medicine. Historically, unidirectional electric current (Coulombic field energy) was simply identified as resinous (negative charged) and vitreous (positive charged) without understanding the down side of the positive charged nuclear-particle field energy. Today, we understand that the atom's (planet like) *small negative electron* is known to orbit a *gigantic equally positive* thermonuclear sun. "As above so below". See Glossary page 264.



Fig. (1). Spark of life and electromagnetic energy. (With special permission of Hagda).

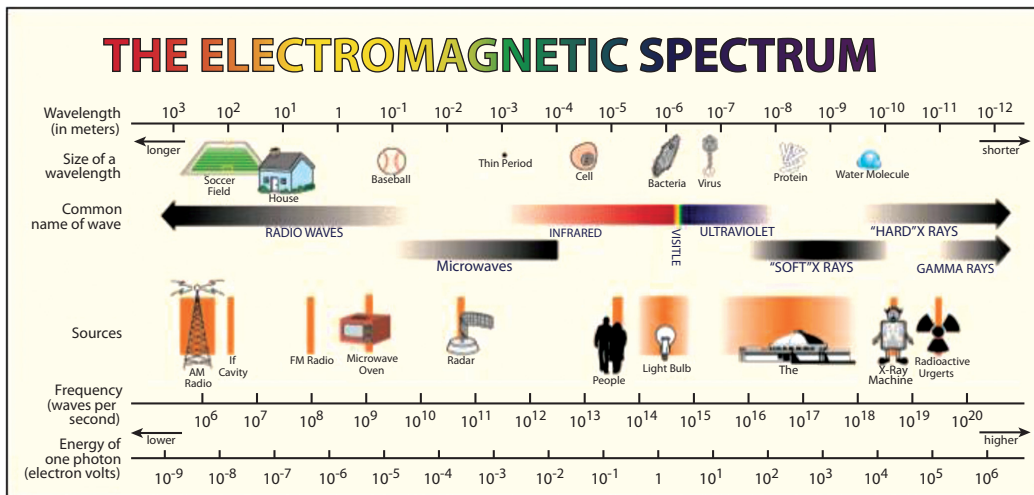


Fig. (2). Nature's Electromagnetic spectrum reflecting wavelength, frequency and energy of one photon. (With special permission of Hegda).

The Chinese system of medicine (Traditional Chinese Medicine, TCM) taught throughout the world is largely unchanged because traditionally established Chinese Medicine does not consider the PEMF electromagnetic/acupuncture connection. What has been learned about electromagnetism since ancient times, which greatly influences Oriental and Occidental medicine today? Moreover, how can modern understanding of the atom and its electromagnetism help us in healing pain and suffering? What are the advantages and safeguards for PEMF? This chapter will explore the roots of Gaussian, Coulombic and Photonic fields in inorganic sciences (the domain of physics) and organic sciences (the domain of biology). Ancient Greek and Chinese doctors used their intuitive understanding to invent advanced natural procedures that healed without harming patients.

Ancient Greek Doctors put a patient's feet in a bucket of water with an electric eel (torpedo fish), the eel's PEMF shocks exceeded 100 volts. This was enough to successfully treat gout and arthritis. The torpedo eel was also wrapped around a patient's head to treat migraine headaches. In 1660, a glass globe when rotated rapidly to increase friction with cloth pressed against it produced electric sparks. It was subsequently discovered that vitreous (glass) and resinous (Sulphur) spheres produced a different kind of electrical spark called (positive) and (negative) respectively. In 1746, the Leyden Jar, a glass jar separating metal foils inside and outside, became the first capacitor to accumulate this vitreous and resinous electricity on the inside foil when the outside foil was connected to the

CHAPTER 3

Parallel Properties of Oneness in the Most Stable Inorganic and Organic States

Abstract: Enlightenment, physiological state of supreme Quiet, results abruptly from the Meditational state through unitization of fragmented physiology of ordinary man. Meditation has given long absorbing attention to actualities of the present moment. Subsequently Enlightened, all perceptions are of the total present, made possible by complete unresponsiveness to conditioned stimuli that had habitually reactivated residues of suffering. Tranquillity follows spontaneously, so does appropriate behavior, yet appearing “strange” to ordinary fragmented man. Despite extreme scientific disparities, a system parallel abstractly to Enlightenment appears abruptly at 2.17° Absolute, as superfluid in helium, ⁴He II, a quantum liquid. Its background noise is virtually zero, its viscosity is zero; it flows without differences in pressure. Its strangeness transcends commonly-held dualities of opposites as does Enlightenment. Macroscopic motion is inherent in its most stable stationary quantum state paralleling most stable physiologic state of living man, when Enlightened. Is this existential energy of motion Qi, the 'life energy' of Chinese tradition?

Keywords : Conditioned stimuli, Enlightenment, Macromolecule, Non-reactivity, Now awareness, Parallelism, Physiologic state, Reactivity, Spontaneous synchronization, Stable stationary states, Superfluid helium, Transcends duality, Tranquility, Unresponsiveness.

INTRODUCTION

In the last chapter, we talked about organic and inorganic aspect of PEMF, pulsed electromagnetic fields which included photonic energy from light. This was not all inclusive since the purpose was not to study all aspects in detail, but only those aspects relating to self healing. In the same way we included Chinese medicine, acupuncture and electroacupuncture in our discussion, we now turn to Japanese methods of meditation namely Zazen. This is an involuntary method of meditation where you do not move, keeping the spine straight and becoming unfocused. This is similar to sitting on top of a walled in city watching below as people come and

go but not following them into or out of the city with curiosity. The advanced state is Fig. (1).



Fig. (1). The Vacuity. LP. 2009. (Special Permission of Laurence Porter).

We have shown the evolution of organic and inorganic science in PEMF. Now we want to manipulate temperature in the inorganic state of a gas since Nature seems to like low temperature away from the agitation of heat. In this chapter we will show how manipulation of temperature to near absolute changes the physics of this gas to a macromolecule which defies physical laws. In an organic being, the deepest states of meditation, the most stable (Bose-Einstein state) also create conditions which are not normal for ordinary humans. We present a parallelism between these two states which give us an understanding of Oneness in these inorganic and organic states. In this chapter we venture to discuss organic physiologic state of Ch'an (or Zen) Buddhism at its culmination, the awakening of Enlightenment. Also we present the shared properties of Enlightenment and quantum superfluid helium ${}^4\text{He II}$ and juxtaposition parallel properties of Enlightenment and helium ${}^4\text{He II}$ [1].

Enlightenment, physiological state of supreme Quiet, results *abruptly* from the Meditational state through unitization of fragmented physiology of ordinary man

(Fig. 1). Meditation has given long absorbing attention to actualities of the present moment. Subsequently Enlightened, all perceptions are of the total present, made possible by complete unresponsiveness to conditioned stimuli that had habitually reactivated residues of suffering. Tranquillity follows spontaneously, so does appropriate behavior, yet appearing “strange” to ordinary fragmented man. Despite extreme scientific disparities, a system parallel to Enlightenment appears abruptly at 2.17° Absolute, as superfluid in helium, $^4\text{He II}$, a quantum liquid. Its background noise is virtually zero, its viscosity is zero; it flows without differences in pressure. Its strangeness transcends commonly-held dualities of opposites as does Enlightenment. Macroscopic motion is inherent in its most stable stationary quantum state paralleling most stable physiologic state of living man, when enlightened. Is this existential energy of motion Qi, the 'life energy' of Chinese tradition?

PHYSIOLOGIC STATE OF ENLIGHTENMENT

According to Hui-neng (China, 637-713 A.D.) associated eminently with Ch'an Buddhism. Enlightenment is authentic only when initiated (awakened) spontaneously in a sudden unforeseeable experience. It is preceded by long practice in Meditation entered abruptly from ordinary life. We also think the opposite can occur; an abrupt awakening without long periods of meditation for example, in Hindu Shakti Pa from the Siddha Master [2].

A Master meditator's consumption of oxygen and blood lactate is characterized by an abrupt drop [3] (Fig. 2). The low level of consumption remains flat, felt by the Meditator as a sustained Quiet. The unchanging consumption of oxygen suggests a prevailing single physiologic state. The low noise-level of the physiologic activities during this Quiet is viewed as of primary significance in the discussion that follows. It is taken to express exceptional coherence in structure and activity throughout the body-mind. We shall return to this in the discussion of the electroencephalograms of Meditators.

The goal of Meditation is Enlightenment. Its nature is intimated by Herrigel in the following quotation: “For the Zen Buddhist, everything that exists apart from man animals and plants, stones, earth, air, fire, and water exists demanding from the center of being without having left it. For a Zen, he must not become as a little child but like forest and rock, like flower and fruit, like wind and storm. In the East this reversal (to the center) and homecoming is not left to chance, the approach can be prepared and methodically followed, above all, in Japan” [4]. The center becomes accessible spontaneously upon removal of the classically recognized obstacles: ignorance, delusions, and fears. They have fragmented

A Meditation on Meditation for Beginners: A Creative Odyssey from Years of Practice

Abstract: This chapter is written for beginners in meditation. Using an experiential approach, it explores a variety of meditation concepts, which include the time of day one meditates, colors or vibrations one might experience and breathing techniques, such as alternate nostril breathing and fetal breathing. The author explores a meditation technique that helps one be able to perform under stress and tailors it for various mind/body/spirit disorders and conditions. He also shares the meditation techniques he developed during his 10 years of experience as a world class athlete.

Keywords : Beginning meditation, Behavior, Body/mind/spirit, Brain blood-flow, Breath, Color, Depression, Disease, Earth vibration, Entropy, Expanded awareness, Hysteria, Organic/inorganic, Immune response, Interceptors, Jaw relaxation, Lungs, Micro reductionist, Non recognition, Number awareness, Olympic team, Oneness, One-pointedness, Siddha yoga, Subject object, Vibration, Weight lifting.

A PERSONAL INTRODUCTION TO MEDITATION

When I asked a lay person to read this chapter on meditation, his question for me was, “How did you get there?” Let’s find out.

Starting as a teenager -- and through my 20's -- my world revolved around athletics. From being a star football, basketball and track & field athlete in high school to competing in several Olympic games, I spent more than a decade achieving many successes as an international athlete. While most spectators might believe that world class athletes are in glowing health, the fact is I was constantly experiencing debilitating injuries that impacted negatively on the quality of my day to day life and on my ability to perform on the playing field.

In meditation, when we close our eyes and focus on the center of this space, we are brought to our third eye. Focusing on that point can manifest an eye looking at

us. The eye might become a bird, which emerges from space, transforms itself from no form into form, then returns to no form (Fig. 1).



Fig. (1). No form to form. PKS 2011. (This figure is reproduced from his original painting with special permission of the artist, Phillip Shinnick).

When nursing my injuries, I would ask every friend, mentor, teacher and fellow athlete for help finding remedies for those afflicting ailments. Even the most prominent doctors and physical therapists could not offer me proper assistance in the alleviation of pain. Since I couldn't stomach drugs, and surgery seemed like a shortcut to disability, those were never viable alternatives for me.

Being in pain, I feared for my career. If I could not figure out how to heal myself properly, my quality of life would be threatened. That was when I radically changed my focus. In 1968, I totally revamped my training methods; I started going to Yoga and dance classes. What began as a desperate attempt to fix myself, became my lifelong practice of learning from research.

My unique perspective comes from years of experience as a world class athlete. I discovered that the body is not a machine, and that healthy living requires more than merely fixing mechanical problems. Our bodies are sophisticated organisms with chemical, electrical, energetic systems that require integrated forms of

treatment. This radical idea is in direct opposition to the current trend of highly specialized medical practices, which rely too heavily on drugs and rush too quickly to surgery for expedient solutions.

My work and my life are one. That is a natural way of living that began with my pioneer ancestors, a family with a deep reverence for nature.

One of my grandfathers was a surgeon. When he graduated from Rush Medical School in Chicago, he got on a train to Lewiston, Idaho near Lolo Pass, the pass the Lewis and Clark expedition went through to reach the West coast. With pack mules and a horse, he rode up to Elk City in the Selkirk Mountain Range. My grandfather found miners from China, who had sailed to Portland, Oregon from Canton, mining gold, quartz and other minerals in those mountains. He settled in Grangeville, Idaho, where he founded the local hospital and had a Chinese cook.

My other grandfather was a horse rancher on the Snake River. Fleeing the snakes, he went up on the Camas prairie to raise sheep but switched to wheat when the railroad arrived. He founded the Grange Growers Association to store wheat until prices would improve. He served as head of the Fisheries and Game Department, regulating hunting and fishing in the Rocky Mountains and became a governor of Idaho. With his pack mules and horses, he would stay up in a high mountain camp and hunt elk for weeks. He took me fly fishing on the Little Salmon River there, and he once arranged for my brother and me to drive his pickup truck. We spent four days alone up in the high meadows when I was only 12 and he was 14.

By nature and by heritage I am a pioneer. Even before I made the Olympic team and traveled the world in competitions, I hitchhiked through Europe with only a knapsack at the age of 19, sleeping out in the open air under the stars every night. At 20, I went to Alaska to help build a church and hitchhiked alone, with no money, down the Alcan through the wilderness for five days. I fought forest fires in the mountains, rode round-up on ranches and worked as a farm hand doing heavy manual labor.

In the pioneer spirit, I was inspired to organize and lead a trip to China in 1976, a time when Westerners were not even allowed to be there. I travelled through Africa and Russia, crossed the Caspian and Black Seas, spent time in Eastern Europe during the Cold War and played baseball in the Nicaraguan war zone.

I have a natural impulse to protect myself from myself and from outside tragedies. My pathway into medicine came through meditation, and I dealt with my sports injuries the same way. I just rested. Once I understood how I had gotten there, I

CHAPTER 5

The Scientific Measurement of “Qi”: Techniques for Qigong Beginners and for Qigong Addiction Therapy

Abstract: Where does Qigong fit into the science system? Qigong is both physical and mental exercise; it does not have a religious component. It differs from psychology because it is both mind and body. Theoretical knowledge has an understanding but has no practice. Religious worship may develop the mind but has no body practice. At its core Qigong is the manipulation of the regulation of the body, breath, and mind into an integrative whole, with the breath as the key regulator practice to make this happen. Measurement of Qigong is provided with a variety of measurements to chemical process, electromagnetism, and cellular pathogens. Research on Qigong, a term used for a variety of traditional Chinese energy exercises, cultivation and therapies (Chen 2003), has occurred primarily in China. A summary of scientific approaches and measurements to Qigong is provided and a reference to the Qigong Institutes’ database of scientific studies. Definition of Qigong and Methodological Restrictions.

Keywords : Addiction therapy, AGA thermogram, Chemical reaction, Diseased states, DNA synthesis, GE micro-pressure detector, Infrasonic sound detectors, Liver cancer, Microwave radiation meter, Qigong definition, Physical/signal.

INTRODUCTION

Our created geometric world of planets, various forms of stars in the aging process, and diffuse plasma gases and matter, make up our universe. So the painting above reflects geometry and matter interacting for creation which is the foundation of Qi which will be discussed and measured in detail (Fig. 1).

According to ancient literature study, the term Qigong first appeared in Jin Ming Zong Jiao Lu by the Taoist priest Wun Xu (239-374) in the Dong Jin dynasty but was not widely adopted in thousand years of dynasty changes until the Qin dynasty (1616-1911). Recently, it has been found that this term is used in health and medicine books in the Republic of China (1911-1949) [1 - 3]. It formally came into use in the 1950s after the foundation of the People’s Republic of China,

especially after the establishment of the Tangshan Qigong Sanatorium in Hebei Province. Since then it has been used in Chinese medical clinics and practiced generally. Its development was diverse and expressed as Chan Ding in Buddhist deep mind meditation concentration, Zuo Wang in the Confucian tradition, Dao Yin in medical breathing exercise, and Nei Gong in the martial arts internal techniques. All mean inner cultivation. Even in Taoist tradition Qigong became internal elixir, heavenly cycle, or fetal respiration. In modern times. Wu Shi, Qigong, Taoist Qigong, and Zangmi Qigong all taught particular methods, especially through these schools these techniques have spread throughout the world¹.



Fig. (1). Creation. LP 2010. (This figure is reproduced with special permission of Laurence Porter). Photo Herman Costa.

In the future, even modern techniques should not be seen as different from Qigong if they fall under its definition. How can it be possible that modern techniques come under the title of Qigong if they are not familiar with it? This can happen because Qigong techniques are available to anyone at any age who watches the breath and the reaction of the mind and body to disease because this is how they were originally developed. Also, submitting to a master's direction is not comfortable for Americans. Yet many will submit to brutal coaching techniques but it is true that Chinese and American women are more receptive to Qigong training [4]. Many masters do not understand medicine and science, and so are unable to comprehend the language of modern medicine and do not integrate modern advancements. Learning Qigong cannot be done without practice otherwise the theory of Qigong does not convey anything. The regulation of San Jiao (the three regulators: mind, breath, and body) is an individual

experience, and each individual does this through individual practice. Learning the thousand techniques is not possible or recommended; therefore, practicing one or two methods is the best. Also, doing movement or voluntary Qigong is not the same as involuntary (sitting and forgetting).

Focusing on a formal form and getting the right form from modern techniques, especially after more ancient texts are translated, will find similarities with ancient techniques. To develop as part of modern medicine theory and science, all the mind-body sciences-psychology, physiology, biology, physics, biochemistry, and so forth-need to be used to see Qigong effect on the mind, breath, and body. The Chinese and Americans respond differently to internal Qigong, presumably because of cultural differences. The Chinese have a more accepting response to Qigong's philosophical basis that a person can heal herself or himself, or that it is possible to understand disease by watching the natural process of cause and effect. A practice for all is not necessarily the best practice; it should be based on the individual personality and state of health or disease and not prescribed apart from the person. Qigong incorporates moving meditation, standing meditation, sitting meditation, and varieties of mind involvement and noninvolvement (Zen).

External Qigong is limited by the number of its practitioners. Excessive external Qigong can weaken the practitioner; therefore, an understanding of the variety and effects of external Qigong on the practitioner and patients is important and is being researched [5].

Traditional Chinese Medicine and Qigong share the same classic philosophy, worldview, methodology, and aims. Scientists in the U.S. are attempting to prove to other scientists that Qi exists and devising ways to convince other scientists to study this phenomenon. Other cultures, like China, have studied Qigong since the late 70's resulting in a proliferation of studies after early pilot studies showed qi can be measured. The summary of Qigong research from 1977 to the present was made available through the Qigong Institutes' Database compiled by Dr. Sancier and available for researcher at the Qigong Institute website <http://www.Qigonginstitute.org> [6 - 10]. Dr. Chen used this database and presented many studies translated from Chinese.

DEFINITION OF QIGONG AND METHODOLOGICAL RESTRICTIONS

First, we must come to an understanding of a definition of Qigong. Qigong is a term used for a variety of traditional Chinese energy exercises, cultivation and therapies, as suggested by Dr. Chen [11].

Organ Pulsed Electromagnetic Fields (PEMF): Critical Evaluation of Traditional Chinese Meridian Theory and O-Ring Contribution to Medicine

Abstract: The Omura O-ring non-invasive low cost test is a scientific way to gather data over time. The O-ring is able to image PEMF (Pulsed Electromagnetic Fields) organ pathways on the surface of the skin and compare these imaged pathways with the traditional Oriental Meridians. These pathways have only been theories and with the O-ring a deeper understanding can be realized. The biochemistry of these pathways is presented. A triple blind study shielding the O-ring process from two researchers and patient shown under toxic condition (holding tobacco and lung tissue in the hand as control reference) caused an aberration of the lung pathway. A two year - 400 patient-clinical study was initiated from this aberrant experiment to see pathways under various pain conditions. These pathways deviate in spinal herniations, infections, scars, breast implants, emotional stress and muscular spasms. This case study indicated that most myofascial pain comes from the dermatome of the spine (areas of innervations of each vertebra) and stimulation to that particular vertebrae resulted in pain reduction in 80% of the cases. About 30 cases were associated with organ dysfunction and manifest aberrant pathways or pathways not a part of Oriental medicine. Through O-ring imaging, infections can be located, usually inside localized muscle spasms and when given compatible antibiotics, the O-ring showed that the antibiotic did not penetrate these spasm areas. With stimulation *i.e.*, acupuncture, laser, manual stimulation or Qigong, the antibiotic penetrated the area and resolved the infection. The Hui theory, supported by this clinical study outlines the general phases and direction inside and outside the body, linear and nonlinear direction from the location of a Oriental meridian points or circles.

Keywords : Antidote, Asthma, Asymmetry, Diaphragm, Heart hypertension, Implants, Molecular identification, Mu points, Organ meridians, Organ PEMF, Organ representation, Pathological phases, Shu points.

INTRODUCTION TO THE O-RING TEST

My research into health care, while teaching at Rutgers University as an assistant

professor in the 1970's, found that the high cost of health care came from the new technological diagnosis instruments. A spontaneous gathering of surgeons at Robert Wood Johnson Medical Center, prompted by hearing of my interest in medicine thought I might help with difficult patients, even though my background was not in medicine. I treated patients at Robert Wood hospital who had been paralyzed from surgery gone wrong at Dr. Bernie Sandler's request. I just used my intuition, based upon my experiences as a frequently injured athlete due to my long career in sport, in treating these patients who did well. Clearly medicine needed new thinking and I was the New Jersey recruit. Dr. Bernie Sandler and Dr. Lee, at the Robert Wood Johnson Hospital in New Jersey, recommended I seek out. Yoshiaki Omura and electrical engineer, who practiced advanced Occidental medicine and understood Ancient Oriental medicine. Dr. Omura had developed a low cost form of diagnosis. Also Saul Heller, M.D., Chairman of the New York Medical Board, supported my inclusion into medicine as an equivalent since New York was looking for new ideas and approaches to medicine.

In the late 1970s Dr. Omura — physician, engineer, researcher and author, editor, healer — was testing arm strength using applied kinesiology when he felt that there must be a better and easier method than arm strength. Dr. Omura discovered the ORT (O-Ring Imaging Test) while he was testing brain laterality by the grasping strength of a hand of a subject who was being subjected to battery-generated positive and negative electromagnetic fields in close proximity. Both positive and negative fields were shown to have an effect on the grasping strength of the hand and finger, along with various sounds and whether the subject's eyes were open or closed [1]. He noticed that when applying pressure to create pain, the grip force decreased. He observed that (a) induced pain would decrease the grip force, and (b) even a light pressure on skin areas, very often related to "previous pain", also reproduced this phenomenon. However, pressure applied on "normal" areas did not cause the grip force to decrease. This also hinted at memory of an injury in previously injured areas of the body. This technique method has been published elsewhere as the references will show.

In the process he discovered testing fingers in an O-Ring was much more reliable than arm strength or hand grasping strength which could be valid but not reliable. The Bi-Digital-O-ring test, a sensitive, non-invasive diagnostic screening method can provide basic information about a variety of pathologies. The BDORT or ORT, is now taught at two schools in Japan but viewed with suspicion in the Western world because of its low cost and simplicity. It can be used in acupuncture, dentistry, and veterinary medicine. It is quick, safe and low-cost, and there is no expensive equipment to maintain — an important point in this era of

ever-rising medical costs. Easily administered, it can discriminate between normal and abnormal tissue and, as a primary screening method, it can provide important information to health practitioners without exposing patients to more expensive and invasive procedures such as MRIs, CT scans, X-rays or exploratory surgery and the ancillary concerns about strong magnetic fields and radiation as well as surgical recovery [2, 3].

I worked with Dr. Omura as his associate editor of his journal, secretary of his college, co-author and as a trustee for 8 years. I scientifically exposed this test to real scrutiny, collecting data, drawing diagrams, and designed research methods. I was asked as a member to present to the New York Society for Physicians and Dentist for Acupuncture on my other clinical work. Members wanted to know about the O-Ring. I spontaneously demonstrated this method and the one of the board members afterwards thought this was improper, he was suspicion of this technique, which could reflect unfavorably on the society. I am now very careful with this information and do not speak about it very often because of this medical backlash for fear of compromising my own standing in the medical community. The information one gets from using the O-ring technique is informative and gives a very good new clinical understanding. In this way after years of use it is not necessary anymore to use it because of the sophistication it provides. I do not practice it except in extremely difficult situations for the reasons mentioned above. *All patients on whom I used this technique on for research signed informed consent form.*

An acupuncture point is really an area which has a diffuse pattern and is not two dimensional or linear but geometric with movement in and out and is an approximation of what a meditator roughly sees when being one pointed in space (Fig. 1).

The ORT has many advantages. In 1984, Omura demonstrated, witnessed by me, that by touching a subject's organ representation point, like the stomach, Ren 12, the front-Mu or Alarm Point Zhongwan (中脘) with a non-conducting probe while the subject was simultaneously holding a substance, an aspirin — known to be toxic to that organ — the O-ring test produces a weakening response. This confirmed the relationship between the Mu points and their respective organs as described in Traditional Chinese Medicine. In Traditional Chinese Medicine (TCM) qi has many forms. One differentiation of qi, there are pathways on the surface of the body called meridians, originating with PEMF of organs which have internal and external pathways, according to TCM.

Self Healing in Chronic Heart Disease: A Clinical Study Using Heart Medication

Abstract: In Chronic Heart Disease, exertion, overstrain or cold wind and temperature can create symptoms of tiredness, fluid in the lung, coldness symptoms, sputum production, cough, rapid breathing, nausea and abdominal spasm, no appetite, mental disturbances, insomnia and restless sleep, and fear. These were our questions: What techniques of meditation, Qigong and acupuncture can alleviate the symptoms of Chronic Heart Disease? Which complementary treatments and techniques can help alleviate heart medication side effects such as a drop in blood pressure? How effective is Traditional Chinese Medicine acupuncture techniques for symptoms of Chronic Heart Disease? What new techniques can be learned from this study in acupuncture, meditation and Qigong for particular symptoms? From these question came the desire to test and measure these states of Chronic Heart Disease in an acute state (with traditional heart medication) using meditation, acupuncture and Qigong. These transcendent states could help theoretically in the terminal phases of life *i.e.*, escaping from conditioned thinking associated with fear. We wanted to test this general understanding with a particular case.

Keywords: Acupuncture, Albumin, Blood lactate, Breath count, Chronic heart disease, Diaphragm, Digitalis, Disturbed sleep, Dyspnea, Fluid retention, Kidney deficiency, Lasix, Meditation, Moxibustion, Oxygen consumption, Phlegm, Qigong, Synchronization, Vasotec, Zazen.

INTRODUCTION

This article was a joint project between Dr. Shinnick and Dr. Freed as they explored scientific approaches to body, mind and spirit healing during a life threatening illness of Simon Freed, (SF). Their discussions about appropriate therapy, including acupuncture, meditation, Qigong, massage, and Western medicine were an outgrowth of their interest in developing a scientific understanding of the mind/body connection in health and healing. This present study incorporates several complementary therapies used in treatment over a 6-week period during an acute period of Chronic Heart Disease. This began midway in the course of a terminal illness due to cancer of the esophagus (Appendix A & B).

Death resulted ultimately from a weakened nutritional condition due to restriction of the esophagus from the cancer. SF chose not to have a shunt in his stomach.

Besides thermal changes brought about through acupuncture and meditation, Qigong studies led us also to believe that this therapy might be important in a terminal illness when cold and lack of heat aggravates the condition. For a year in the late 1980's, every six weeks, at the International College of Acupuncture and Electro-Therapeutics, Qigong was studied by inviting various Masters in Qigong to treat patients and discuss their technique. The Qigong state and effect on the patient and the person doing the external Qigong was measured. "External" refers to a person giving Qigong to another either to demonstrate or to help the healing process in pathology. "Internal" refers to a person doing Qigong for his or her own health and directs the Qigong energy inward. Slowly through observation and practice we developed some skills in internal and external Qigong developed. It is the internal Qigong technique, which SF developed and used during the terminal illness to raise his body temperature.

My friend Simon Freed did a Ph.D. in magneto chemistry at UC Berkeley under GN Lewis who said Freed was the brightest of the nine Nobel Prize winners he taught during his time. He and I experimented around ideas of mind/body connections for eight years. It appears from our experiments, that brain incoherence, differentiations of heart rhythms and not being at ease, results in higher amount of lactic acid (stress), oxygen consumption (low when at rest) and consequently disease.

Dr. Freed's meditation for 30 years was to focus on the upper lip, watching the breath go in and out. This is like sitting in a tower, watching people come in and out of the gate below, seeing them without following them with curiosity. This way, the mind can stay empty, not following thoughts or outside stimulus.

Dr. Freed (SF) did his meditation every day for thirty years. At ninety-six, he suffered from chronic heart disease, with periodic water in his lungs, a panting breath, nightmares and weakness. He did Qigong meditation to balance heat in his body and continued his Zazen meditation, watching the breath on his upper lip. He descended into the abyss, the great vacuity where subtle vast vibrations are underneath a vast expanse of emptiness and space. One hears celestial sounds in meditation especially when chanting mantra. In this meditative state one can see many unusual images (Fig. 1).



Fig. (1). *Blue and Black Dancing* 2009. (This painting is reproduced with special permission of Shinnick).

SF, with a recent pacemaker, overextended himself the winter of 1994 by delivering a technical paper in Israel and consulting in Czechoslovakia. SF had a pacemaker inserted the previous Fall but no clinical records of EEG recordings could be found in the hospital records to determine if it was operational or an on demand pacemaker. Therefore, the effect it had on this study cannot be determined. X-rays showed the pacemaker was not connected to the heart and presumably disconnected in the fall. In Israel, when his foot got caught in a bus as the driver pulled away and was dragged extending his thoracic rib cage and was hospitalized for water in lung from the trauma. Upon returning to New York during a severe winter storm, he experienced a quick (twenty minute) drop in external temperature (25°F to 5°F) with a 12-mile an hour wind during a long walk. This exposure left him weak and full of phlegm, which required hospitalization in March. At first, he was treated with an intravenous antibiotic for ten days but later X-rays showed water in his lungs rather than pneumonia. In

CHAPTER 8

Whole Person Family Healing: How a Daughter Heals Her Mother

Abstract: This is the case study of an elderly woman who underwent dangerous surgery that was not even needed because she felt too intimidated to question her doctor. This study shows that when we are tuned into our Self and our Nature, we can heal anyone who might be in a compromised state of health, including ourselves. We will also explore Wholeness, or the lack of it, and how it relates to disease.

Keywords: Afraid to upset the doctor, Anemic, Blood flow, Collateral damage, Creativity, Directions to the body, Education, Fragmentation, Greed, Healing, Healing work, Herbalist, Heroic medicine, Infection, Internal bleeding, Laparoscopic surgery, Life, Machine mechanization, Mental map, Negative entropy, Oath of Hippocrates, Organism, Palpation, Polyp, Power to heal, Quantum Physics, Reason, Relationship to the body, Responsibility, Societal injustice, Specialization in medicine, Teacher, Technology, Thought, Violence, Wholeness.

THE OATH OF HIPPOCRATES

In its original version, the Oath of Hippocrates is sworn to Apollo. It states: “With regard to healing the sick, I will advise and order for them the best diet, according to my best judgment and means; and I will take care that they suffer no hurt or damage. Furthermore, I will comport myself and use my knowledge in a godly manner”.

Repeating, in mantra, the Medicine Buddha Sadhana one can get interesting images (Fig. 1). The Medicine Buddha is the deep space of healing. A blue light shines its healing vibration. As we direct our attention toward Nature, subtle manifestations appear to guide us along our path.



Fig. (1). Medicine Buddha. LP. 2010 (With permission of Porter).

INTRODUCTION

Every day thousands of people are subjected to costly, often unnecessary, medical tests. Patients are not being examined by their doctors. Instead, they are treated like machines that are all identical. Pharmaceutical companies have designed a pill for every possible symptom, and then some. Routine surgeries are performed on all kinds of problems that could be resolved more appropriately by other means.

The case presented here is quite a common one. This is the story of how my mother allowed herself to be subjected to a major surgical procedure she did not need. Because she was intimidated by “the aura of the white coat” and afraid to question a medical professional, she almost lost her life.

Maybe the Oath of Hippocrates has been compromised, but we can still restore it when we honor our natural connections.

Applying my skills as a healer, I did a few simple things that helped my mother get herself out of a dangerous state. Learning about our experience can help everyone see that we are not powerless in the face of illness. I will tell you about my background as a healer, and I will describe the impact Quantum Physics had on my quest for Wholeness.

TWO SIDES OF THE SAME COIN

In 1992, I was living in Washington, D.C. with my husband and son. A few years earlier, I had moved to the United States from France, where I was a dancer. Since childhood, dancing was my passion. It was cathartic for me to move to a different country. I began to question everything I had previously learned without understanding what was happening to me or why, but trusting in the process. Opening to a new language -- speaking and thinking in English for the first time -- offered me the freedom to explore myself anew.

“How can I be substantial if I do not cast a shadow? I must have a dark side also if I am to be whole”.~C.G. Jung (Fig. 2).



Fig. (2). Shadows. (With special permission of porter).

I was diagnosed with pneumonia during the winter of 1992, and I decided not to take antibiotics. Without understanding why, I knew it was the right choice for me at that time. I suffered intensely for a month. I retreated into myself, allowing my body to do what was necessary to heal itself. I ate very little, sometimes nothing. I did not speak. It allowed my body and mind to cleanse and regenerate. I just kept following my intuition. I plunged into the darkness and brought what I found back to the light. The process continued to unfold for many years, allowing me to face difficult events from my past. The light and the dark were inseparable, two sides of the same coin.

Multi Cultural Self Healing For A Spinal Injury

Abstract: This is a two and one half year report of a compressed and fractured vertebrae from a traumatic spinal injury subsequent to a one and one half year report previously published. The purpose of this study is to provide a non-manufactured drug, non-surgical, Oriental, Occidental, Indian/Tibetan and Native American approach to rehabilitation for a serious spinal injury. Besides stainless steel acupuncture needles used as emergency pain relief, the only material used was the mind, breath, body movement and posture positions. The method was based upon a variety of traditional cultural techniques as well as modern physical exercises for rehabilitation and a scientific case based pattern of reactivity from a Post Traumatic Shock Disorder (PTSD). Daily progress notes over a year and one half, and an understanding of Oriental, Occidental, Euro-American, Native American and Indian/Tibetan treatment provided the framework for recovery. This chapter explores using the Native American Indian practice of calling upon the animal spirit for healing, this is also a tradition in ShaoLin Gung Fu five animal forms as a Qigong practice. These technique are discussed here. The multiplicity of symptoms, changed constantly, arrhythmia, visceral dysfunction, concussion, herniated disks, dislocated ribs, whiplash, cervical and lumbar spine pain symptoms and emotional agitation. A quick recovery was followed by constant regression based upon reactions to posture, weather, noise in environment, travel and stress. It appeared that the effects of Post Traumatic Shock of anxiety, apprehension, fear and agitation became the most difficult to treat and continued after two years and one half year but at a more moderated occurrence

Keywords: Acupuncture needle, Animal spirit, Anxiety, Arrhythmia, Brain circulation, Clinical notes, Cold weather, Compression fracture, Computerized axiomatic scan, Fear, Herniated disk, Hot weather, Involuntary mediation, Magnetic resonance instrument, Non-drug treatment, Non-surgical treatment, Opiates, PTSD (post traumatic stress disorder), Spondylolisthesis, Visceral dysfunction, Voluntary meditation, Whiplash, ZeZen.



Fig. (1). Within PKS 2009. (With special permission of Shinnick).

The original Hippocratic oath. “ I swear by Apollo the Physician and by Asclepius.”. In honor of Asclepius, a particular type of non-venomous snake was often used in healing rituals, and these snakes — the Aesculapian Snakes — slithered around freely on the floor in dormitories where the sick and injured slept. These snakes were introduced at the founding of each new temple of Asclepius throughout the classical world. From about 300 BC onwards, the cult of Asclepius grew very popular and pilgrims flocked to his healing temples (Asclepieia) to be cured of their ills. It is said that in return for some kindness rendered by Asclepius, a snake, licked Asclepius’ ears clean and taught him secret knowledge (to the Greeks snakes were sacred beings of wisdom, healing, and resurrection) (Fig. 2).

Many strange visions appear in deep healing meditation, strange, which never appeared again and seemed very unusual (Fig. 1).



Fig. (2). The Rod of Asclepius. The God of Healing and Medicine.

INTRODUCTION, REPORTS, TECHNIQUES, HISTORY, AND STRATEGY

Radiologist Report. Jerald Zimmer, MD notes from a Computerized Axial Tomography (CAT SCAN) notes “a moderate central stenosis L4-L5, first-degree degenerative spondylolisthesis L4-5, moderate degenerative changes, burst fracture with moderate compression T-10 vertebral body, slight paracentral retropulsion, and osteopenia. From a *Magnetic Resonance (MRI)* of the thoracic spine, notes mild dextrorot scoliosis, soft tissue fullness T9 and T10, left paracentral disc herniation T4-T5”.

This injury resulted from a boating accident. In rough seas after being ejected from a flat launch boat (25,000 pounds) on its steep downward motion of a wave, the patient was hit in the back on the first up surging wave and the second wave up surging in the right anterior ribs and on the third up surging wave on his lower back as he was bounced around [1]. Non-surgical treatment of these conditions was recommended by Christopher Mandigo, the neurosurgeon at that time [2]. The patient had an extensive background in physical medicine, electro stimulation, rehabilitation and acupuncture, so Dr. Mandigo recommended that the patient undergoes extensive rehabilitation including myofascial pain relief procedure, physical therapy which this report is based upon as well as therapist

Whole Person Considerations for Self Healing in Athletics

Abstract: Athletes can learn how to self-heal from injuries they have sustained. Therefore, we need to create an athletic culture that does not automatically use drugs and surgery as a panacea for injuries. With time, the body heals itself, and the mind can heal the body.

Keywords : Athletics, Injury, Performance enhancing drugs, Restorative drugs.

CREATING A NEW SPORTS CULTURE

Science was supposedly the big hope in athletics, but by exploiting their understanding of the biochemistry of the body, reductionists believe that pushing drugs and quickly repairing injuries is the way to great athletic performances. The rest of the world seemed to be performing on anabolic steroids, which was science's main contribution to athletes. At the time there was tremendous pressure to win against the USSR. Being the best in the world meant excelling at speed, strength and endurance, a trio that would be most difficult to beat. To achieve all three took daily practice, mental relaxation and intense focus -- remaining in the moment and not getting distracted. I kept daily journals of all my variables, which included strength, speed, endurance, flexibility, heart rate, emotional state, workout details, outside stress and performance marks. When we are consistent at making entries in a journal over long periods of time, we create a good database that will show us our variables. The greatest challenges were overcoming my fears, overcoming my injuries, and not allowing my ego to succumb to the accolades, the fame, the recognition that can come from winning (Fig. 1).

From my organized daily journals, it was easy to explain the difficulties of injuries, recovery, mind practices and social interactions. My training has been an intensely private matter. At the urging of Dr. Rustum Roy, I agreed to discuss the impact of drugs on sports when I was on a joint International Olympic Committee and on a UNESCO committee for building a culture of peace. We wanted to

create a culture of sport that would be more humane and peace oriented. We looked at more natural ways for athletes to perform at the highest level in a way that is not destructive to the body, while still respecting the essence of athletics and competition [1 - 3]. Because of the need to develop an alternative to the present madness in sport, I gave a weekly lecture on drug use among athletes at Cal State College at Hayward in the early '70s under a National Institute of Mental Health grant, and I testified before and helped to organize Congressional and Presidential hearings.



Fig. (1). 1964 Tokyo Olympic Games, US athlete Phillip Shinnick, then was called Icarus. sportspressnw.com/2154213/2013/wayback.../icarus-tokyo1964-copy

In 1999, sportspersons from all over the world gathered at the Hague to create a Culture of Peace for the years 2000-2010. The World Doping Committee increased their effort to get rid of the abuse of prescription drugs that enhance performance and those used as a restorative in sports. Drug usage has changed sports. Today, my 1963 best mark of 27 feet, 4 inches would receive a medal in World and Olympic competition (Fig. 1). The next difficult step will be to get young, academic students to stop using performance enhancing drugs. This will

come to a head when young athletes, who took such drugs to excel in their school work, are tested in higher competition. Amphetamines, which are illegal in sports, are not illegal in academics. This is where our consciousness needs to go.

A MORE NATURAL APPROACH TO ATHLETICS AND COMPETITION

My basic strategy was simple. Become the fastest, the strongest, the most flexible and the most in-shape jumper or athlete in the world. In 1971, after competing for almost 10 years at a world class level, I devised a system of training that might help me achieve such goals as hitting my mark on the runway, avoiding nagging injuries, achieving better mental alertness when competing, reaching a consistent speed where it was needed, getting adequate rest for proper recovery, overcoming my decline in strength and winning top marks in world competitions.

All great athletes know they have to be here and now in the present moment while they are performing. They cannot be distracted or emotionally upset by their thoughts of past or future problems. From my training and from my diaries, I realized it doesn't matter what state one is in before a competition. One's state only matters during the event. Prior to the 1968 Olympics, the US Olympic team competed against the German Olympic team in a pre-Olympic meet in Flagstaff, Arizona. Because the airline lost my shoes and uniform, I still didn't have them 15 minutes before the competition started. I had a headache from the altitude. The runway was lousy. The pit was lumpy. And the wind kept shifting. My jump was measured at 26 feet, 9 ½ inches. It was the third longest jump in the world that year and the fourth longest in US history. On the runway, it felt as if I was being pulled by a string attached to my solar plexus. I just needed to maintain form. The two German jumpers set new national German records, behind me, and ahead of me, Ralph Boston surpassed my world record by a fraction of an inch.

How does it happen, that we are able to be in the moment during a competition? At any given moment, if I became nervous about competition, I would stop right where I was, even on the street. I'd snuggle up against a building and I'd say, "You have 10 seconds to get ready to jump". Mentally putting myself at the end of the runway, I would start to count. Slowly I moved out onto the sidewalk and acted as if I was just about to start my jump. Then, I'd walk on. If you want the moment to be right, it might not come at the right moment. Sometimes, we wake up only when the competition is over, which meant that I needed to continually practice to prepare myself for being in the actual competitive moment.

Athletes voluntarily put themselves into training. These competitive situations can produce anxiety, stress, fear, intimidation and, inevitably, injuries. For any of

SUBJECT INDEX

A

Absolute measurement 16, 17
 Absorbing attention, given long 39, 41
 Acetylcholine 25, 139
 Acupuncture 15, 24, 26, 30, 162, 165, 166, 170
 area 166, 170
 circular 162, 165
 effectiveness of 26, 30
 electro 15, 24
 traditional heart 166
 Acupuncture needle 21, 192
 Acupuncture point recedes 146
 Acupuncture points 7, 26, 28, 122, 141, 146, 147, 148, 160
 traditional 28
 Acupuncture point ST 148
 Acupuncture stimulation 22, 146
 Addiction therapy 3, 95, 117, 234, 235
 AGA thermogram 95, 99, 234
 Amino acids 140
 Animal spirit 8, 192, 207, 208
 Antibiotics 75, 120, 138, 140, 177, 186, 195
 right 138
 Antidote 83, 84, 120, 212
 Appetite 156
 Arm strength 121
 Arrhythmia 136, 192, 195, 197, 198, 199, 200, 210, 234
 Arteries, posterior cerebral 135
 Arthritis 14, 133, 195, 210, 223, 228
 Artists 9, 10, 53
 Asclepius 193, 194
 Asthma 103, 120, 128, 129, 235
 Athletes, world class 52, 53
 Atomic time, reversible 24
 Atomic time spin-vector 33
 Auricular therapy 12, 28, 234

B

Balance, torsion 16
 Balasana 202

Biological materials 6, 101, 103
 Bladder prostate 133
 Blood circulation 15, 75, 116, 135, 138, 198, 216
 Blood lactate 5, 31, 41, 69, 156, 159, 160, 163, 233, 235, 239
 Body erect 110
 Body movements 87, 105, 112, 192
 Body postures 104, 105
 Body temperature 101, 157, 162, 167
 Bose-Einstein stable state 3
 Brain blood-flow 52
 Brain circulation 22, 134, 135, 192
 Brain fields 44, 159, 160
 homogeneous 44
 Breast implants 27, 120, 124
 Breath, uncoordinated 163, 169
 Breath control 162, 164, 202
 Breath count 156
 Breathing 11, 25, 52, 57, 58, 114, 115, 170, 189
 abdominal 114, 115, 156, 162, 163
 conscious 11, 57, 58
 deep 170, 189
 fetal 25, 52, 59, 60
 nostril 52, 60
 rapid 156, 162, 163
 Breathing experience, first 62
 Breathing techniques 7, 52, 59, 162
 Breath-listening 114

C

Cancer cells 30, 98, 103
 Cancer growth, effect of EQ on 102
 Capillary electrometer 18
 Cardiovascular points 80, 186, 198, 199
 Cell phones 23, 24, 31, 32, 143
 Cervical vertebrae 113, 161
 Chemical reaction 95, 146
 Chinese energy exercises, traditional 95, 97
 Chronic heart disease and treatment strategies 167
 Circulation disturbance 138, 139
 Cold weather 192

Collateral damage 175
 Compression fracture 192, 235
 Concentration, deep mind meditation 96
 Conditioned stimuli 39, 41, 46, 47
 Connections, natural 85, 176
 Cortical thickness 77
 Cultures, lung cancer cell 101
 Curiosity, emotional 45, 46

D

Degrees Fahrenheit 222, 223
 Denmark B-K corp's infrasonic sound detector 100
 Desynchronization 20, 31, 44, 236
 Detectors, physical signal 98
 Devices, electrical 18, 19
 Dextrorotocoliosis 194, 195
 Diffuse boundaries 142, 143
 Digestive system 82, 185, 189
 Directions to the body 175
 Discoveries, scientific 149
 Disk, herniated 81, 192, 237
 DNA Synthesis 95, 98, 101
 Downwards, facing 106, 107
 Drugs 3, 4, 6, 76, 77, 218, 219, 239
 enhancing 3, 218, 219, 229
 prescription 76, 77, 219
 restorative 3, 4, 6, 218, 239
 Duality, time-bound 49
 Dynamic time 33

E

Earth's electromagnetic cavity 33, 34
 Earth vibration 52, 235
 Edema 167, 169, 234, 237
 Elbows outwards 107
 Electrical stimulation, painful 20
 Electric force 15, 16
 Electrocardiogram 12, 18, 236
 Electroencephalogram 12, 19, 41, 43, 236
 Electrolysis 21, 23, 24, 235
 Electromagnetic energies 13, 26
 Electromagnetic therapy 12
 Electromagnetism 14, 95
 Electromyography 12, 18, 19

Electrotherapy 3, 21, 169
 Emotional state 77, 86, 159, 163, 218
 Emotions, strong 86, 87, 230
 Energy 5, 13, 47, 57, 78, 79, 184, 188, 196, 204, 235
 absolute 196, 204
 healthy 57
 lowest 5, 47
 natures 13
 photon 235
 transmit 78, 79, 184, 188
 zero-point 47
 Energy force, life-giving 189
 Energy pulse signatures 26
 Energy techniques 234
 Enlightenment, awakening of 40, 45, 47
 Entropy, positive 4, 5, 33, 236
 EQ, effect of 101, 102
 Existential energy 39, 41
 Expanded awareness 52, 63

F

Five elements palm 111, 112
 Fluid in lungs 161, 168, 171
 Fluid retention 156
 Fragmented global physiology 3
 French enlightenment 236, 239
 Fungus 74, 138

G

GE micro-pressure detector 95, 99, 236
 Global physiology 11, 32, 159, 232, 233
 Governor vessels 113, 114, 115
 Grip force 121, 140
 Groups 100, 103
 aldehyde 100
 treated 103

H

Healing energy 70, 190, 199, 210
 Healing pain 14
 Healing process 81, 157, 196, 197, 210, 211
 Heal ourselves 82, 83, 93, 190, 228
 Health care 4, 120, 121

Healthcare system 3
 Health Preserving Qigong 111
 Heart attack 25, 136, 197, 235
 Heart disease, symptoms of chronic 156, 160
 Heart disease research foundation 7, 233
 Heart hypertension 120, 136, 198
 Heart representation areas 135
 Heart rhythms 157, 236
 Heart treatment 197
 Hegda, special permission of 14, 17, 19, 27, 104, 202, 203, 205, 207, 208, 210, 211, 212, 217
helicobacter pylori 137
 Hip pain, experienced 223
 Hippocrates 175, 176, 190
 Hot weather 192, 199
 Hui hypothesis 142, 143
 Hydrogen peroxide 100
 Hypertension 129, 130, 135, 235
 Hypnosis 78, 79
 Hypotension 60
 Hysteria 52, 78, 79

I

Imitated Qigong healer's movement 102
 Immune response 52, 74
 Immune system 74, 75, 139, 183
 Impulse 25, 34, 54, 56
 electrical 25, 34
 natural 54, 56
 Infrasonic sound detectors 95
 Injuries, fear of 228, 229
 Inner space suspends time 212
 Inorganic energies 3
 Inorganic sciences 14, 40
 Internal bleeding 175, 228
 Internal Qigong 6, 97, 143, 162, 164
 Ionosphere 34
 Ions 24, 69, 78
 negative 24, 69, 78
 positive 78
 Iron clad mind 229

J

Jaw relaxation 52

K

Keeping the mind on 114
 Kneeling, straight 110
 Kundalini Yoga, spine in 8, 203

L

Laparoscopic surgery 175
 Lattice, hexagonal 148
 Left calf, medial 132
 Left nostril 60
 Left sinus 60
 Levels of reality 178, 180, 182
 Life 12, 90, 185
 healthy 185
 healthy spiritual 90
 organic 12
 Life direction condition 237
 Life energy 39, 41, 50, 58
 Life-simulating Qigong type 111
 Light 73, 100, 101
 strong 100, 101
 white 73
 Limbs 20, 116
 artificial 20
 lower 116
 Liquid, quantum 39, 41, 47
 Liquid helium 48
 Listening, withdrawing the sight and reversing 113
 Liver cancer 95, 101
 Liver cancer cells 101
 Long term meditators 77, 78, 81
 Lung pathway 26, 120, 124, 125
 Lying posture 105, 109

M

Machine mechanization 175
 Macromolecule 39, 40, 237
 Magnetic field 15, 16, 23
 Magnetic force 16
 Magnetic Resonance (MRIs) 122, 137, 194
 Magnetic resonance instrument 192
 Maneuver 105, 112, 113
 external 105, 112

internal 105, 112, 113
 Mass, gravitating 33
 Matter 5, 32, 33, 56, 61, 71, 78
 grey 61
 inorganic 5, 32, 33, 56
 white 71, 78
 Measurements, global 159, 160
 Medial prefrontal cortex 77
 Medicine, physical 194, 195, 216, 233
 Medicine buddha 72, 175, 176, 204
 Meditation 6, 57, 67, 163, 164, 196, 201, 209,
 221, 237, 240
 first experienced breathing 57
 involuntary 6, 67, 163, 164, 196, 201, 209,
 221, 237, 240
 voluntary 192, 202, 204, 233, 240
 Meditational state 39, 40, 47
 Meditation experience 65, 80
 Meditation group 117
 Meditation practice 56, 61, 69, 81, 230
 Meditation techniques 3, 52, 156, 212
 Meditative breathing exercises 230
 Meditative state 62, 73, 77, 86, 93, 157, 163
 Mental anguish 200, 201
 Metals, heavy 139, 140
 Metastasis 102
 Meters, microwave radiation 95, 99
 Methods, acupuncture treatment 162
 Metronome 30
 Microcirculation 138
 Micro reductionist 52, 56
 Microscopic slides 123, 134, 149
 Microwave ovens 23, 31, 140
 Mind 64, 85, 230
 active 164
 confused 230
 quiet 85
 Mind-body sciences-psychology 97
 Mind-boggling forces 71
 Mind exercises 90
 Mindfulness 42, 47, 49, 117, 236
 attained all-important 49
 total 42
 Mindfulness-of-breathing 42
 Mind involvement 97
 Mind practices 218
 Mind quiets 62
 Mind's activity 65

Mind work 62
 Modern medicine 12, 75, 76, 96, 236
 Modern science 6
 Modern scientists 19
 Molecular identification 120
 Movement 57, 59, 61, 70, 71, 73, 80, 83, 85,
 87, 89, 93, 97, 104, 107, 110, 111, 112,
 113, 116, 122, 142, 143, 145, 146, 164,
 166, 180, 182, 183, 197, 209, 210, 212,
 216, 230, 232, 233, 240
 external 112, 113
 flexible 111, 116
 linear 142, 146
 spontaneous 110, 112, 197
 Moxibustion 156, 162, 168, 170, 237
 Muscles, voluntary 162, 164, 202, 204, 212,
 240
 Myofascial pain relief procedure 194, 216

N

Natural energy 68
 Natural foods 91, 229
 Natural powers 72, 188, 190
 Natural process 64, 87, 97
 Nature 5, 9, 15, 40, 41, 48, 50, 54, 63, 64, 66,
 67, 68, 69, 70, 71, 82, 85, 91, 175, 178,
 180, 182, 186, 188, 190, 223, 232, 233,
 236, 239
 inorganic 233, 239
 organic 5, 236
 Nature of reality 9, 10, 239
 Negative entropy 3, 4, 5, 13, 24, 32, 33, 175,
 236
 Negative phases time 22
 Nerve fibers 19, 21
 Nerves, sensory 20
 Non-drug treatment 192
 Non-Qigong subject 98
 Non-surgical treatment 192, 194, 216

O

Occidental medicine 14, 233, 234, 236
 Olympians, fellow 66
 Olympic team 52, 54, 57, 225, 228, 229
 Olympic training 227, 228

Olympic Trials 68, 224, 225, 226, 228
Omura, special permission of 135, 136, 141, 142, 198, 200, 207
Oneness, state of 47, 70, 72, 86, 89
Oneness of being 77
Opposites, dualities of 39, 41
Organ energies bifurcate 70
Organic energy 4
Organic sciences 14
Organism 4, 5, 10, 23, 32, 53, 75, 101, 102, 103, 143, 159, 175, 186, 190, 198, 209, 237, 239
 human 4, 237, 239
 living 10, 75, 101, 102, 103, 186, 190
Organ meridians 120
Organ PEMF 120, 122
Organ representation points 122, 125, 126, 127, 199, 237, 239
 subject's 122
Organs 24, 25, 26, 28, 29, 30, 32, 67, 69, 72, 75, 78, 82, 122, 123, 124, 127, 131, 133, 134, 136, 140, 141, 143, 145, 148, 149, 165, 195, 199, 201, 235, 237, 238, 239
 internal 123, 131, 133
Organ stress 12, 59
Organ tissues 7, 123, 127
Oriental medicine 13, 120, 123, 125, 131, 134, 234, 235, 237
O-Ring test 120, 122, 142, 235
Oscilloscope 22
Outward splayfoot 116
Overactive mind 74
Oxygen consumption 31, 42, 59, 69, 156, 157, 159, 160, 163, 225, 233, 239

P

Pacemaker cells 13, 24, 238, 239
Pain 22, 77, 89, 129, 138, 198, 201, 209, 212, 214
 chest 129
 emotional 89, 198
 escapes 212, 214
 person's 77
 physical 198, 209, 212
 relieve 22, 138, 201
 traumatic 214

Pain areas 148, 149, 198
Pain conditions 120, 131
Pain state 159
Pain symptoms 192, 195
 lumbar spine 192
Palpation 3, 4, 8, 12, 175, 184, 195, 200
Parallelism 32, 39, 40
Paravertebral muscles 166, 170
Past injuries 197, 210
Pathological phases 120
Pathways 54, 69, 70, 120, 122, 123, 124, 126, 128, 129, 130, 131, 134, 140, 141, 148
 energetic 70
 multiple 126
 normal 131, 134
 toxins.The heart 130
Perfusates 25
Permission, special 13, 20, 30, 31, 32, 40, 42, 43, 44, 45, 53, 92, 96, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 142, 144, 145, 146, 147, 149, 150, 151, 158, 177, 179, 181, 182, 184, 187, 189, 193, 199, 213
Person, non-Qigong 101
Personal experiences 56
Photonic energy 27, 238
Photonic fields 3, 12, 13, 14, 23, 238
Physiological state 39, 40
Physiologic state 39, 40, 41
 stable 39, 41
Physiologic state of enlightenment 41
Physiology curvature 115
Position 109, 110
 lateral recumbent 109, 110
 supine 109
Post traumatic shock disorder (PTSD) 192, 197, 238
Posture maneuver 105
Practicing holding-ball type 106, 107
Practicing yoga 62, 222, 223
Practitioners, non-Qigong 99, 100
Pressure, infrasonic sound 100
Prigogine, Ilya 33
Probes, conducting 137, 149, 150, 151
Problems, mechanical 53, 129, 131
Psoas insufficiency 133
Psychosomatic responses 12, 165, 166

Pulsed electromagnetic fields 3, 4, 12, 13, 39, 120, 238
 Pulse generators 23, 24, 26, 143, 238, 240
 Purkinje fibers 13, 25, 235, 238

Q

Qi emission 99, 101, 234
 Qigong 79, 97, 111, 112, 113, 146, 157, 164, 195, 196, 198, 216
 dynamic 111, 112, 113
 external 79, 97, 146, 157, 164, 195, 196, 198, 216
 static 105, 107, 113
 Qigong and breathing techniques 7
 Qigong definition 95, 97
 Qigong effect 97, 102
 Qigong energy 157
 Qigong healer 99, 100, 101, 102, 103
 well-trained 103
 Qigong master 90, 201, 224
 Qigong meditation 6, 117, 157, 203, 234
 Qigong movement 111
 Qigong practice 103, 104, 105, 107, 111, 112, 113, 114, 115, 116, 162, 192, 222
 dynamic 112
 static 107, 113
 Qigong practitioners 98, 99, 101
 Qigong research 5, 97
 Qigong science 98
 Qigong state 98, 104, 106, 157
 Qigong studies 102, 157
 Qigong techniques 96, 103
 Qigong theory 96, 100
 Quantum physics 56, 175, 176, 178
 Quantum superfluid of helium 50
 Quaternion equations 16
 Quiet in total body-mind 49

R

Reactivity 25, 39, 192, 201, 209, 212, 213, 233
 Regulation of breath and relaxation of muscles 70
 Reversing listening 113, 114

Rhythm 19, 24, 43, 44, 45, 80, 112, 136, 159, 167, 235, 238, 239
 alpha 43, 44, 45, 159

S

Science and human transformation 31
 Science of healing outcomes 233
 Science prigogine 143
 Scientific community 138
 Scientific delineation, clear 12
 Scientific disparities, extreme 39, 41
 Scientific experiments, given modern 13
 Scientific Interests 233
 Scientific studies 95
 Scientific work 56
 Scientists, creative 11
 Shinnick, right 125
 Shinnick borgna book 126
 Shinnick glides 10
 Shinnick painting 209
 Shinnick's assistant 233
 Shinnick's prognosis 216
 Shinnick's treatment 181, 182
 Shinnick's understanding 233
 Shock, electrical 30
 Sinoatrial Nodes 239
 Societal injustice 175
 Solar plexus 79, 166, 220, 227
 Space, vibration of 67, 180
 Space time 146, 147
 normal 146, 147
 reciprocal 146, 147
 Spark of life and electromagnetic energy 13
 Spasms, abdominal 156, 161, 162, 163
 Spectrum, electromagnetic 12, 26, 235
 Spinal column 115, 116
 Spinal cord 21, 127
 Spin vector 33
 Splayfoot, inward 116
 Spondylolisthesis 8, 192, 194, 210, 214, 239
 Spontaneous dynamic Qigong 112
 Spontaneous Qigong movements 112
 Spontaneous synchronization 39
 Sports injuries 54, 200, 214, 223
 Sports science program 233
 Sputum production 156, 161

Stable stationary states 39
Standing posture 105, 106, 116
Standing style 114
State 7, 9, 33, 58, 65, 70, 75, 89, 93, 95, 98,
143, 159, 176, 178, 186, 230
 dangerous 176, 186
 differentiated 75, 159
 diseased 7, 95, 98
 natural 9, 33, 89, 93, 143, 178, 230
 pointed 58, 70
 timeless 65
Stationary quantum state, stable 39, 41
Steroids, anabolic 6, 218, 238, 239
Stillness and movement 89, 183, 209
Stress, emotional 84, 120, 129, 131, 136
Superfluid component 47
Superfluid helium 39, 40, 239
Superfluid of Helium 47, 48
Swim lifetime bests 222
Symptomatology photonic image, painful 216
Synchronize space-time 72

T

Techniques 96, 97, 157, 221
 breath control 221
 internal Qigong 157
 modern 96, 97
Techniques of qigong practice 103
Tendon changing classics 111
Terminal illness 156, 157
Tested acupoints 100
Thermodynamics 3, 24, 33
Thermography 27
Thighs, opposite 108
Thought/reaction time 209
Thromboxane B2 139, 140

Thromboxane-B2 138
Time constraints 4
Time oxygen consumption 159
Time players 223
Traditional Chinese medicine (TCM) 3, 14,
122, 134, 141, 143, 156, 159, 162
Traditional Chinese medicine and Qigong 97
Transcends duality 39
Transitions, abrupt 47, 49, 50
Transplantation 102
Trauma 25, 60, 86, 87, 136, 143, 158, 195,
197, 201, 209, 212, 237, 238, 240
Treatment, electro-acupuncture 23
Treatment outcomes 117
Treatment strategies 167, 168, 196
Tree leaf sensors 101

V

Vanquishing devil 108
Ventricle, right 18, 238
Vertebrae, fractured 192, 197
Visceral dysfunction 192
Visions, global scientific 4

W

Waves, organic nature emit vibration 240
Weight lifting 52
Western science 134
Whiplash 192, 210

Z

Zen masters 45, 46, 49
Zen meditation 163, 164, 172, 222