

Conscious spirituality  in search of truth...

Healing Modalities Selection 2020

We humans have lost the wisdom of genuinely resting and relaxing. We worry too much. We don't allow our bodies to heal, and we don't allow our minds and hearts to heal.
—Nhat Hanh



EDGAR CAYCE: INTRODUCTION TO THE READINGS ON HEALTH AND HEALING

HARRY EDWARDS: A GUIDE TO THE UNDERSTANDING AND PRACTICE OF SPIRITUAL HEALING

ASHA-WA: AUSTRALIAN SPIRITUAL HEALERS ASSOCIATION

SPIRITUAL LIGHT: 11.1 1102 FOUR PHASES OF UNORTHODOX HEALING

MARK BUNN: ANCIENT WISDOM FOR MODERN HEALTH

TAI CHI: NATIONAL CENTER FOR COMPLIMENTARY AND INTEGRATIVE HEALTH

FMBR: THE FOUNDATION FOR MIND BODY RESEARCH

BEYOND UFOS: MEDICAL HEALINGS REPORTED BY UAP CONTACT EXPERIENCERS

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EDGAR CAYCE:INTRODUCTION TO THE READINGS ON HEALTH AND HEALING

Edgar Cayce was a prominent inspiring Medium, Dreams Interpreter, Psychic, Spiritual Healer and a highly developed spiritual person living in the twentieth century. His legacy can be identified through the foundation for Association for Research Enlightenment, ARE which hosts an enormous data based on above topic areas.

Referred to as the 'sleeping prophet,' Cayce would enter a trance-like state in communication with his spirit guides when offering clients suggested healing remedies, psychic predictions,[Californian bush fires 21st century] dream interpretation and more. In practice, Cayce had an extremely high degree of accuracy with his psychic-mediumship predictions. The ARE offers global membership, access to resourceful databases, an e-newsletter, study programs, books and similar services as identified on their website. An ARE group is active in Victoria, Australia and they offer the following Cayce resources a quarterly e-newsletter, discussion meetings on Cayce's work, and more. From a spiritual healing perspective Mark Thurston MD, an ARE member database article on mind-body-spirit principles follow.

— Philip Crouch, Tasmania, 2020

INTRODUCTION: CAYCE READINGS ON HEALTH AND HEALING

'No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled "Principles of Healing." Here, in essence, are the ideas found in that file. They may prove to be very useful to your more in-depth study of the specific ailment that requires healing for you.'

—Mark Thurston, MD, for A.R.E

FUNDAMENTAL IDEA OF HEALING

'The first fundamental idea about healing requires that we maintain a creative balance between two principles: **All healing comes from the infinite -- that is, from attunement and harmony with our spiritual source.** The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle -- the need for self-responsibility -- can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement in the past.

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Often, if we'll look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness. To illustrate self-responsibility further, the human body has a marvellous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective.

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces -- right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument.

A violin or piano that is out of tune makes sour, discordant music -- symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations -- right down to the atomic level -- are adjusted in a correct manner. In essence, all healing is the changing of vibrations from within.

EDGAR CAYCE: ENERGY BALANCE MIND-BODY-SPIRIT

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy -- and even rejuvenate itself -- if a kind of internal balance can be maintained. **"Dis-ease" starts when one part of the body draws energy from another part.** One portion of an organism may become overcharged with the creative life force, while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced.

If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential -- the habits of action and, even more potent, the habits of mind.



What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this -- just as in other cases, surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force.

Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. **But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.**

A DANGER OF TOTAL DEPENDENCY

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief.

It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust.

But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear.

A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being affected.



“MIND IS THE BUILDER”

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body.

Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

EDGAR CAYCE: CREATIVE PURPOSEFULNESS

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- Self-acceptance.** As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope.** We're encouraged to expect healing.
- Patience.** It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, **we're invited to use the creative potential of visualization to stimulate our own healing.** The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing -- that is, in the physical body only -- yet still be spiritually sick.

What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people. **On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?**



INNER CORRECTION TO LIFE

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern?

One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

In summary, the Cayce readings remind us that **our natural state is wholeness and health.** An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.



Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in the Cayce Health Database.



Suggested resources:

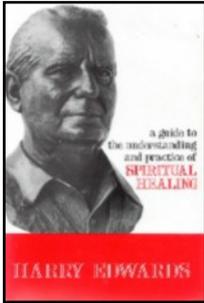
Edgar Cayce: ARE, Introduction to the Cayce Readings on Health and Healing readings on health and healing. *Mark Thurston, MD, for A.R.E*

<https://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/health-and-healing-introduction/>

<https://www.edgarcayce.org/>

[LINK TO HEALING MODALITIES INDEX](#)





HARRY EDWARDS: A GUIDE TO THE UNDERSTANDING AND PRACTICE OF SPIRITUAL HEALING

Harry Edwards was a renowned highly gifted inspirational spiritualist healer providing healing services in the UK during the 1950s and beyond. Today, The Harry Edwards Healing Sanctuary located in Burrows Lea, England remains a testament to his healing legacy. The Sanctuary offers spiritual healing, literature resources, programs, and development group retreats for aspiring 'spiritual healers.'

During the late 1970s, early 1980s whilst deeply involved with St Mary's Spiritualist Church, NSW, Australia "A Guide To Understanding The Practice of Spiritual Healing" provided inspiration to my meditation discussion groups. Fast forward to Hobart 2009 where I underwent chemotherapy for colon cancer I again read Edwards book. In particular the references on healing, mind and cancer segments. Hobart hospital was exemplary in their medical support. Spiritual healing was part of a Universal Spiritual Brother&Sisterhood USB group I lead in 2018, Edwards work created considerable discussion. An inspiring extract from "A Guide to The Understanding and Practice of Spiritual Healing by Harry Edwards" follows.

—Philip Crouch, Tasmania, 2020

KEYS: "A GUIDE TO THE UNDERSTANDING AND PRACTICE OF SPIRITUAL HEALING"



THE HEALING POTENTIAL

The Healing Gift, The Spirit Mind of Man, The Spirit Bodies of Man, First Phase of Development, Absent Healing, Second Phase of Healing, The Healing Guides -

GENERAL RULES FOR GUIDANCE

Third Phase of Development, The Value of Healing Passes, Fourth Phase of Development, Magnetic Healing, Disease and the Mind, Psychological Aspect of Healing, Vibrations ,Why do Some Healings "Fail"?

MEDICAL CO-OPERATION

Introduction Notes to Treatments, The Spine, Mental Conditions, Cancers and Growths, Arthritis and Rheumatism,

PARALYSIS - TUBERCULOSIS AND CHEST CONDITIONS

Nerve Diseases, The Senses, Children's Diseases, Colour, Healing, Radiesthesia, Electronics - Final Conclusions.'



HARRY EDWARDS: SECTION 2, CHAPTER 1- THE THEORY OF HEALING

[PP:72 -74] “THE FUNDAMENTAL POSTULATES - THAT GOVERN SPIRIT HEALING”

‘The source of spiritual healing is God, Who created the perfect laws that govern life. Sickness follows the transgression of these laws. The purpose of spiritual healing is to stimulate man’s latent divinity, so that he lives in harmony with God’s laws and, automatically reaping the result, fulfils the reason for earthly life. Spiritual healing, therefore, helps to accomplish the Divine intention for man’s spiritual progress.

The postulates which follow are concerned with the fulfilment of the Divine purpose. Every change in the universe is the result of law-governed forces. Nothing takes place by chance or without a reason. Thus our bodies are subject to definite laws which control our health from birth to the grave.

SPIRITUAL HEALING INDUCES CHANGE

Spiritual healing is the result of law-governed healing forces that induce change. For any state of change to be purposefully affected, intelligent direction is needed to administer the law-governed forces to the subject.

Example:—

Man must direct the force of electricity to produce a **given** result within the laws which govern that force. **The effective administering of a healing force requires intelligent direction.** Through spiritual healing, “incurable” patients are cured. The term “incurable” signifies that medicine can do no more, that earthly wisdom is exhausted, and the patient is condemned to suffer without hope of recovery.

Thus when spiritual healing succeeds with an “incurable” it denotes that a wiser intelligence than that of man is responsible for the law-governed, ordered change. If this intelligence is not earthly, then it must be of Spirit. **The intelligent direction of a healing force originates from the spirit realm.**



A diversity of human ills, from mental sickness to cancer, from nervous breakdowns to cataract, from blue babies to arthritis, are successfully treated spiritual healing. This denotes that the directing intelligence is able to diagnose the cause of the affliction and to determine the correct character and strength of the healing force needed to remedy each given condition.

SUCCESSFUL HEALING

In a successful healing, the directing intelligence is able to ascertain the cause of disease and knows how to administer the remedial force to induce a state of beneficial change within the patient.

HARRY EDWARDS: THE LAWS THAT GOVERN

There are some physical laws which control the material world. As there must be order in spirit life that are spirit laws. The administering of a spirit healing force must conform to its laws, just as physical laws govern physical forces.

PHYSICAL AND SPIRIT LAWS

The physical and spirit laws combined come within the definition of the total law. No healing law is possible outside the confines of the total law.

Harmony between Spirit, healer and patient. It is a law that harmony must exist between the transmission of a force and its conscious, or unconscious reception. Furthermore, the receiver must be in attunement with the transmitter.

The intelligently directed healing forces emanate from a non-physical realm, but through healership such non-physical forces are transformed into physical effects. In Contact Healing, the healer is the attuned receiver through whom the spirit healing forces are received for transmission to the patient.

One function of the healer is to be the means, where necessary, for non-physical energy to be made physical. The patient's spirit-self can act as a receiver and transformer of healing force, in Contact Healing as well as in Absent Healing.

Absent Healing: When Absent Healing is effective, attunement is established between the healing intelligence and the patient. The healer's function is to be the communicative link between the absent patient and the healing source. Every person has a spirit-self which can be in attunement with spirit intelligence. He is therefore able to receive spirit direction and healing forces.



Suggested resources:

A Guide to the Understanding and Practice of Spiritual Healing, Harry Edwards

www.harryedwardshealingsanctuary.org.uk/shop/index.php?product/page/22/Guide+To+The+Understanding+%26+Practice+Of+Spiritual+Healing

www.harryedwardshealingsanctuary.org.uk

www.harryedwardshealingsanctuary.org.uk

Spiritualist National Union, UK.

<https://www.snu.org.uk/snu-healing>

Australian Spiritual Healers Association, ASHA, WA, Aus:

<http://www.ashawa.asn.au/>

Unley Spiritualist Association, SA, Aus:

<http://www.nasm.org.au/>

The Universal Spiritual Brother&Sisterood, USB,

Spiritual Light Teachings [*Healing*]

www.theusb.org

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ASHA, WA: AUSTRALIAN SPIRITUAL HEALERS ASSOCIATION

Spiritual healing has been a regular practice by dedicated volunteer 'healers' since the early 20th century especially in England, where this practice is far more integrated into a community. Briefly, a definition of spiritual healing can mean 'the practice of attuning to a Divine Life Force energy through being of service to the community and becoming an instrument to provide a range of healing services.'

Spiritual healing practitioners in England register with "The National Spiritualist Association." On acceptance, this allows spiritual healing volunteers to attend patients, at their request, in public hospitals. Other organisations involved in spiritual healing include "The Harry Edwards Sanctuary," Meadows Lea, England.

In Australia, "The Australian Spiritual Healers Association" ASHA, founded in 1964 by the late Arthur Kendrick was formally opened by Harry Edwards the renowned English spiritual healer. ASHA has a dedicated group of volunteer healers who regularly offer public spiritual healing sessions in Western Australia. The forms of healing offered include absent or distant healing for people, and pets if required. Committed dedicated volunteer spiritual healers attend regular development meetings, circles, meditation groups and similar. Spiritual healing is one of the greatest gifts of service we can contribute to others on this planet. ASHA and others globally are committed to these free practices and should be highly commended for their continued work.

—Philip Crouch, Tasmania, 2020

ASHA: WHAT IS SPIRITUAL HEALING?

‘Spiritual Healing is the practice of attuning to Divine Life Force energy by meditative means or prayer, to be the instrument or means through which this energy can be channelled to a person, place or object - present or not - via the Hands or Loving thoughts to have a beneficial effect upon the person as a whole on any or all levels of Body, Mind and Spirit.

SPIRITUAL HEALING ENERGIES

Spiritual Healing has been practised throughout the world for many centuries by members of various religions and cultures. Throughout the ages, this aspect of beneficial intervention has not been confined to any one faith, creed, or nation, and continues to be widespread through many faiths and cultures today. While the healing ability may lie dormant within many, **most people who have a love and compassion for others are able to develop their healing skills.**



The Spiritual Healing energies work simultaneously on all levels of the client's being. Spiritual Healers may or may not consciously see or feel the Healing energies flowing. However, this matters little, for it is the intention to bring about Healing, and the belief that this can be achieved by being an instrument, or channel, through which the Healing is directed to the client, that allows healing to occur.'

'With Spiritual Healing distinctions of race, class, sex, or religion are irrelevant; **no affirmation of religious faith is required of the client. The ASHA member's practice Spiritual Healing by the laying-on of hands, and by attunement through meditation** and prayer, a healer seeks to induce a beneficial effect upon a client's life force at all levels of existence. Spiritual Healing may be given for any illness, stress, or injury as a therapy, which has no side effects, and is complementary to any other therapy.

ASHA WA operates a distant healing network, Christian names of those requiring healing are sent out to members involved in the distant healing network. Distant Healing works, as does prayer on the principle that energy follows thought. The Distant Healer focuses on the Healing Energy, Light and Unconditional Love, holding the intention to send Healing.

The Healers in our Distant Healing Network set aside some time for meditation and send distant healing to those in need. If you or someone you know needs some distant healing please send an email to request distant healing with Christian name of person in need. Animals can also receive healing and we will be pleased to send healing to your animal friends, please send an email requesting healing with type of animal and the animals name.'



Suggested resources:

Australian Spiritual Healers Association of WA Inc, ASHA:

<http://www.ashawa.asn.au/>

ASHA Facebook page:

<https://www.facebook.com/Australian-Spiritual-Healers-Association-810005095695538/>

HARRY EDWARDS - *A guide to the understanding and practice of spiritual healing*

[www.harryedwardshealingsanctuary.org.uk/shop/in](http://www.harryedwardshealingsanctuary.org.uk/shop/index.php?product/page/22/Guide+To+The+Understanding+%26+Practice+Of+Spiritual+Healing)

[dex.php?product/page/22/Guide+To+The+Understanding+%26+Practice+Of+Spiritual+Healing](http://www.harryedwardshealingsanctuary.org.uk)

www.harryedwardshealingsanctuary.org.uk

Spiritualist National Union, UK.

<https://www.snu.org.uk/snu-healing>

Unley Spiritualist Association, SA, Aus:

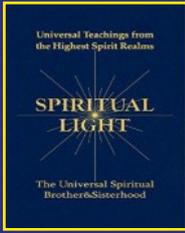
<http://www.nasm.org.au/>

The Universal Spiritual Brother&Sisterhood,USB:

www.theusb.org

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“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*, www.theusb.org

CHAPTER 11 - PHENOMENA

SPIRITUAL LIGHT 11.1 TYPES OF UNORTHODOX HEALING

1102 Four Phases of Unorthodox Healing

There is much confusion about different kinds of unorthodox healing, certainly at least in the terms used. “Spirit healing” and “spiritual healing” are often used interchangeably, for example, although they are not the same thing,

A USB inspirer has clarified and described the four main forms: *magnetic healing*, *mental healing*, *spirit healing*, and *spiritual healing*.

Magnetic Healing

Some people have a superabundance of magnetic curative essence, manufactured within their physical [earthly] bodies. When they enter the auric emanation of someone who needs relief from a physical condition, there exudes from their being—usually from their fingertips or from any of the orifices of their body—a magnetic curative essence that gravitates to the part of the patient’s body that needs rehabilitation, when mentally directed there. Such healing is *magnetic healing*—which may or may not be permanent, depending on whether enough of the the healing essence is absorbed, and on whether the patient is mentally receptive.

Mental Healing

Mental healing is the conscious directing of the flow of vital healing force[essence, energy] either to one’s body or those at a distance. In the latter case, it is often called *absent healing*. We much prefer the term *distant healing*.

Spirit Healing

Spirit healing takes place when a spirit guide enters the auric emanations of a medium and uses the physical vehicle of the medium to heal another person. Many of our spirit friends continue to work along the lines they practiced on earth. Thus a spirit who was an osteopathic physician on earth, might manipulate the medium’s hands. If the spirit friend was a diagnostician, he or she might diagnose, using what we would call X-ray clairvoyance to see what was wrong. If trained to heal, the spirit friend might then also be able to correct the condition.

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A healing channel [medium] sometimes is the instrument for many spirit healing workers, each skilled in a different field, and each contributing to the over-all work work of the team [or band].

Spiritual Healing

Spiritual healing takes place when one or more spirit people heal the patient Directly. In other words , in spiritual healing there is no earthly channel or intermediary used.

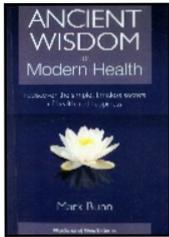
LINK TO HEALING MODALITIES INDEX



If any teaching and/or philosophy in this USB document is in conflict with or is not supported by *Spiritual Light*(ISBN 978-0-9912422-1-4 deluxe flex-cover, 978-0-9912422-2-1 paperback), which contains the only complete and *official* teachings and philosophy of the USB, then *Spiritual Light* governs. The inclusion of this statement, in a box in a prominent position, and worded as in *Spiritual Light*, is required on every authentic USB publication containing its teaching and/or philosophy.

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Conscious spirituality in search of truth...



MARK BUNN: ANCIENT WISDOM FOR MODERN HEALTH

Ayurvedic medicine is one of the world's oldest holistic (“whole-body”) healing systems developed more than 3,000 years ago in India. Primarily, Ayurvedic practice is based on the belief that health and wellness depend on a delicate balance between the mind-body-spirit. Mark Bunn, is an Ayurveda clinical practitioner and his seminal book “Ancient Wisdom For Modern Health” provides a readable expose on Ayurveda practice, in particular the focus deep breathing techniques.

Among Bunn’s clients are football players and athletes who have benefited from adapting controlled breathing techniques to their sport. The above book was given to me by a former neighbour, Bill Saunders in 2016. Of particular interest to me was the literature associated with effective breathing techniques. Whilst already practising mindful breathing because of singing-acting performance, the additional information regarding breath control associated with walking was especially relevant. I have osteoarthritis in both feet and Bunn’s suggested breathing techniques has enabled me to experience less pain when walking. Encouragingly, Bunn’s book is recommended reading in for maintaining a healthy mind-body-spirit. An extract follows

—Philip Crouch, Tasmania, 2020

MARK BUNN: “ANCIENT WISDOM” FOR MODERN HEALTH

THE LITERATURE IN THIS BOOK DEMONSTRATES HOW TO...

- regularly experience** your natural state of happiness, vitality and flow
- nourish the most important factor** in your lifelong health - your emotional health
- understand ‘food intelligence’** to make healthy eating as simple as A, B, C
- transform your exercise from ‘no pain no gain’** into a mind, body and spirit high
- lose weight naturally** (as proven by cultures who have remained healthy and slim for thousands of years) in ways that have absolutely nothing to do with counting calories, analysing fats or doing difficult exercise

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- eliminate mental lethargy** and reduce depression
- reduce your risk of cancer, heart disease, diabetes, osteoporosis, autoimmune disease, and bounce out of bed each morning feeling light, clear and energised**
- maintain a healthy weight**, enjoy sound sleep and delay the ageing process by understanding Nature's cycles
- enliven your inner spiritual source** to improve every area of your life
- make staying healthy and happy SIMPLE** (not complicated like modern-day health advice)
- If you want to remain youthful in mind, body and soul**, experience more contentment and joy in life, and make good health simpler, this book will show you how.

MARK BUNN: EXERCISE IN WAYS THAT UNITE *MIND- BODY- SPIRIT*

[PP:184-186] LOW BREATHING

‘As we breathe more deeply and slowly through the nose our diaphragm has time to contract fully. In what Yogis call ‘*low breathing*,’ the nasal breath is as if drawn deep into the belly. This creates a vacuum like sucking of the air deep into our lungs where it meets with a most abundant blood supply. With upper chest mouth breathing the air floods in so quickly it goes mainly to the upper portions of our lungs where there is far less blood supply.

In the West we think of oxygen as the critical component of the air we breathe. This is true on the gross physical level of the body. **However, just as with the food we eat, on a deeper level, the ancients understood that that is the subtle life force or prana that is the key ingredient.**

While oxygen nourishes our blood and muscles it is prana that fundamentally nourishes our mind and nervous system. As opposed to mouth breathing, when we nasal breathe, the life-force energy is brought directly into our brain stem via our receptors for smell.



This instantaneously enlivens our entire brain and nervous system.

Most importantly, when we nasal breathe we heighten the communication between left and right hemispheres of our brain and holistically integrate mind and body. This results in improved focus and clarity of mind, enhanced decision making and greater psychological resilience.

MARK BUNN: A DO IT NOW BREATHING EXERCISE ...

NASAL BREATHING

Deep nasal breathing also eliminates the possibility of over-breathing or over-ventilation, which some science now links to increased ageing. One possibility as to why people who regularly meditate or do yoga-related practices commonly live healthier, longer lives is that they have significant lower oxygen intakes and thus subject themselves to less free radical damage.

(Most free radicals are oxygen based.) The fact that nasal breathing is associated with our body's relaxation response rather than our stress response would also help. This is why many natural health sciences promote proper breathing to effectively treat stress based conditions such as anxiety, insomnia and asthma.

Aerobic exercise is commonly associated with keeping our heart and lungs healthy, and resistance training for strengthening our muscles and bones. Unfortunately, what we often overlook in our Western view of exercise is exercising our vital internal organs.

MARK BUNN: PROPER BREATHING –EXERCISE FOR THE ‘INTERNAL ORGANS

HEALTH AND INTERNAL ORGANS

In many health magazines today, a ripped sixpack, toned arms and sexy legs are often flaunted as the epitome of being fit and healthy. However the Eastern masters tell us that these aren't particularly important if our kidneys are functioning at half capacity, our liver is clogged or our bowels are blocked.

The ancients understood that the **health of the internal organs –our heart, liver, spleen, kidneys, intestines—is far more important than having a washboard stomach, bulging biceps, or a taut butt.**



They also new that the way to keep these organs healthy was through exercise –internal exercise. Specific yoga postures know as ‘*asanas*’ and deep, diaphragmatic breathing were routinely recommended as they were both understood to softly massage, tone and increase blood flow to our vital internal organs.

Both practices also promote the efficient elimination of waste products from the body while simultaneously exercising the rib cage and upper spine to prevent them from becoming stiff and inflexible. Combined they represent a key component of the ancient formula for maintaining peak health and inner balance.

COMPLETE BREATHING EXERCISES

Correct breathing that can improve your quality of life, help combat the effects of ageing and provide the foundation for your most effective exercise is based on what the yogis call ‘Yogi complete breathing.’

- Right now, sit upright, close your eyes, put your hands on your abdomen** and take you your awareness to your breathing. Breathe slowly and comfortably through your nose.

- With each inhalation, rather than raising your shoulders to fill your upper chest**, allow your abdomen to relax and feel as if you are breathing deep into your lower abdomen.

- Feel your diaphragm (the muscle under your rib cage)** massaging your abdominal organs and notice your abdomen comfortably finish begin to rise slightly. As your abdomen comfortably finishes its expansion, extend your inhaling breath to first fill your middle chest and then your upper chest.

- Allow these areas, including your whole rib cage, to expand.** Don’t try to extend the duration of your inhalation unnaturally or hold your breath. Just keep it natural and comfortable.

- For the first few breaths, notice the momentary pause between the end of the ‘in’ breath and the start of the ‘out’ breath.** Like the in and the out flow of tides and seasons, this junction point between the inflowing and out flowing breath is representative of the natural cycles of life.



- Just being aware of the gap between your breaths**—the ebb and flow of your breathing is a powerful way to reconnect your body with the universal rhythms of Mother Nature.

- Taking your attention to your abdominal area for a few more breaths**, notice how you can eliminate more air by contracting your abdominal muscles slightly as you exhale ... also through your nose. After these breaths, just exhale naturally and, using your attention, **allow the exhalation to extend as long as is comfortable**. Feel the old, impure air being released from your body as you pave the way for a new, fresh batch of life-giving oxygen and prana to enter.

- Spend a minute or two breathing this way now and practice it** at least a couple of times a day. Good times may include while driving, watching TV or sitting in a seminar. It can also be used as a stand-alone remedy when feeling stressed or anxious, experiencing tension headaches, or if unable to sleep at night due to an over excited or restless mind.'



Suggested resources:

Ancient Wisdom - Mark Bunn, for Modern Health, 2010, Enlightened Health Publishing, NSW, Australia. ISBN: 978-0-09807597-0-9.

<https://markbunn.com.au/about>

<https://www.bookdepository.com/Ancient-Wisdom-for-Modern-Health/9780980759709>

Meaning of Ayurved:

<https://www.collinsdictionary.com/dictionary/english/ayurved>

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Conscious spirituality in search of truth...



TAI CHI: NATIONAL CENTER FOR COMPLIMENTARY AND INTEGRATIVE HEALTH

Tai Chi is a mind-body-spirit health practice first originating in China and now practised daily by millions of people across the world either singularly, or in small groups at neighbourhood parks. Like yoga tai chi health benefits are well recognised as an essential practice for achieving mind-body-spirit balance. Since the 1980s after attending my first class held by The Academy of Tai Chi at Blacktown, NSW I have experienced different forms of tai chi. Currently, I practice tai chi in the back yard of our home.

A 2017 academic research study of tai chi amongst older persons titled “Building the Understanding of the Effects of Tai Chi Training on Walking in Older People,” was conducted by National Centre for Complementary and Integrative Health, NCCIH. The research was initiated to determine potential benefits relating to gait speed for older persons over a six month period. The report included a health well-being component. An extract from the NCCIH report follows.

—Philip Crouch, Tasmania, 2020

NCCIH: BUILDING THE UNDERSTANDING OF THE EFFECTS ...

‘Could tai chi help address some of the walking problems, including the risk of falling, that often plague older people? This preliminary clinical trial adds to the growing evidence that the answer may be yes. The trial, funded by NCCIH and conducted by a team led by researchers at Harvard Medical School and Beth Israel Deaconess Medical Center, found that as little as 6 months of tai chi training might improve an important indicator of how well a person can walk: gait dynamics. Tai chi is a multi-component mind and body approach that originated in China.

Declines in walking ability with age have been linked to a wide range of health issues as well as increased risks of falls and death from all causes. Gait, or the way in which one walks, has thus become a research target. Gait enlists many systems throughout the body and has them work together in complex ways. One aspect that has not been much studied is “long-range gait dynamics” – how much people’s gaits fluctuate and change over time when they walk.

This study compared gait speed and gait dynamics in 27 tai chi experts (with at least 5 years of tai chi experience) and 60 people of similar ages who had never practiced tai chi.



These 60 people were then randomly assigned to two groups: one group received 6 months of tai chi training, while the other group (the control group) was placed on a wait list. Gait was assessed at 0, 3, and 6 months. During gait testing, participants walked for 10 minutes at their preferred pace, and wireless switches on their heels and toes captured data on multiple aspects of gait.

All 87 participants were very healthy adults aged 50 to 79. The team found that the tai chi experts had gait dynamics indicative of better gait health.

Six months of tai chi training led to a slight trend in the same direction, but it didn't reach statistical significance. Tai chi was not associated with gait speed. More tai chi class attendance and home practice appeared to be of some benefit (though this did not reach statistical significance). The ¹ authors noted that tai chi may exert its effects by maintaining or improving our flexibility to respond and adapt to unpredictable changes in terrain, stimuli, and stresses when we walk.

NCCIH: WHAT THE TEAM FOUND!

All 87 participants were very healthy adults aged 50 to 79. The team found that the tai chi experts had gait dynamics indicative of better gait health. Six months of tai chi training led to a slight trend in the same direction, but it didn't reach statistical significance. Tai chi was not associated with gait speed. More tai chi class attendance and home practice appeared to be of some benefit (though this did not reach statistical significance).

The authors noted **that tai chi may exert its effects by maintaining or improving our flexibility to respond and adapt** to unpredictable changes in terrain, stimuli, and stresses when we walk.

The authors cited a need for larger and longer randomized trials to more definitely ascertain whether tai chi can beneficially affect age-related gait dynamics, especially in people with impaired gait, e.g., from Parkinson's disease. The study's limitations included its small sample size and the possibility that factors other than tai chi training caused differences between the experts and the other participants.”

¹ Gow BJ, Hausdorff JM, Manor B, et al. Can tai chi training impact fractal stride time dynamics, an index of gait health, in older adults? Cross-sectional and randomized trial studies. PLoS One. 2017;12(10):e0186212.



Suggested resources:

National Centre for Complimentary and Integrative Health - *Tai Chi Building the Understanding of the Effects of Tai Chi Training on Walking, in Older People U.S. Department of Health and Human Services, NCCIH. Online Article.*
<https://nccih.nih.gov/research/results/spotlight/TaiChi-Walking-Older-People>
Tai Chi For Beginners - Dr Paul Lam, *Free Introductory Lesson, You Tube Clip:*
<https://www.youtube.com/watch?v=hIOHGrYCEJ4>

Tai Chi practice groups locally may be found through newspapers, websites, or notice boards. Definitely worth the search effort.

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Conscious spirituality  in search of truth...



**FMBR: THE FOUNDATION FOR MIND
BODY RESEARCH**

**‘Where science meets
consciousness’**

Foundation for Mind-Body Research, FMBR is a progressive and informative community member-based organisation in America providing a meeting a place for guest speakers, workshop facilitators and various project activities. FMBR host an extensive online resource database, and occasional webinars. Subjects covered by FMBR include consciousness, spirituality, healing modalities, mediumship, mind-body-spirit, dowsing, science-based consciousness projects, and shamanism. From Australia I’ve subscribed to their excellent e-newsletter. Inspirationally, it would be real community asset if such a group was established in my home state of Tasmania.

Jerry Gin, president of FMBR has produced a power point presentation on healing modalities titled “Segments from a Course on The Nature of Mind-Being” which outlines several healing modalities associated with mind-body-spirit, a short extract on several presented healing forms follows.

–Philip Crouch, Tasmania, 2020

JERRY GIN FMBR: A COURSE ON THE NATURE OF MIND-BEING; SEGMENTS

The relationships and evidence: Consciousness, science, spirituality and the nature of the universe: Assembled by Jerry Gin, PhD

“I have created a set of PowerPoint notes from books and lectures which I have had the pleasure of experiencing. The notes chronicle a journey I have taken from being a scientist (biochemist) and entrepreneur to viewing life, nature, energy, matter, consciousness, death and spirituality in a totally different manner than that held by mainstream scientists. The different PowerPoint notes form the Segments of a Course in the Nature of Mind-Being and tell the story of The Relationships and Evidence: Science, Consciousness, Spirituality, and the Nature of the Universe.”

THE HUMAN ENERGY: CONSCIOUSNESS SYSTEM OR HUMAN AURA

–The Human Energy Field is the manifestation of the universal energy that is intimately involved with human life. It can be described as a luminous body that surrounds and interpenetrates the physical body, emits its own characteristic radiation and is usually called the aura.

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–The auric field is a quantum leap deeper into our personality than is our physical body. It is at this level of our being that our psychological processes take place. The Human Energy Field is the vehicle for all psychosomatic reactions. The physical body arises out of the energy field thus an imbalance or distortion in this field will eventually cause a disease in the physical body that it governs.

Therefore, healing distortions in the field will bring about healing in the physical body. **The Human Energy Field is composed of an infinite number of levels.** We focus primarily on the seven lower levels through the four year course of study in Brennan Healing Science. Each level penetrates through the body and extends outward from the skin. Each successive level is of a “higher frequency” or a “higher octave.”

–**Each extends outward from the skin several inches farther** than the one within it of a lower frequency. The odd numbered levels are structured fields of standing, scintillating light beams. The first, third, fifth and seventh levels of this field are structured in a specific form. The even numbered levels—second, fourth, sixth—are filled with formless substance energy.

BODYTALK: HEALTHCARE DESIGNED BY YOUR BODY

–¹ The BodyTalk System seeks to address the "whole person". This means that no aspect of the human psyche can be overlooked, be it emotional, physical or environmental. In BodyTalk, we have developed a whole-healthcare system that supports and promotes the wellbeing of any person, animal, or plant.

–As WholeHealthcare™, **BodyTalk understands the profound influence the psychology of the body has on our health.** Instead of focusing on the symptom, BodyTalk finds the underlying causes of illness by addressing the whole-person and their whole-story. The BodyTalk techniques provide insights to the areas of your body that need attention. What might seem like an obvious problem to you is not necessarily the one your body wants to address first.

–This is the beauty of BodyTalk. It respects the body's own needs and determines your body's priorities for healing. Then with the use of a variety of non-invasive techniques, BodyTalkers refocus your body's natural healing response to establish better communication within the body.



BODY TALK LOOKS AT THE BIG PICTURE

- Health challenges arise for a variety of reasons. When a practitioner is trained to look at the whole-person, emotional, physical and environmental influences - the true underlying causes of dis-ease can be revealed.
- **Every choice, and every experience in your life, has contributed to your current state of health.** Each scar, laugh line and injury has a unique story and a history. BodyTalk takes into consideration your whole-story. Your life-style, genetics and history are all drawn upon to establish a personalized approach to Healthcare that brings about lasting changes.
- **Every choice, and every experience in your life, has contributed to your current state of health.** Each scar, laugh line and injury has a unique story and a history. BodyTalk takes into consideration your whole-story. Your life-style, genetics and history are all drawn upon to establish a personalized approach to Healthcare that brings about lasting changes.
- BodyTalk recognises that each system of healthcare and each practitioner have a unique knowledge and skill set. BodyTalk is designed to integrate all fields of healthcare to create a complete approach to health and wellbeing. This includes referring a client onto another Healthcare practitioner or field of healthcare when necessary.

¹ BodyTalk is WholeHealthcare™ BODY TALK
<https://www.bodytalksystem.com/learn/bodytalk/>

DEREK GERLACH: ABLE ASSOCIATION FOR BALANCING LIFE ENERGIES

ABLE PRAYER WHEEL, TECHNOLOGY MEETS SPIRITUALITY

- We have modernized and upgraded the ancient prayer wheels with a newly discovered form of subtle energy. We believe this energy carries restorative qualities that are sent to you to support your total wellness. Since ABLE was inspired by Divine revelation, the high frequency energies that it transmits are intended to be in alignment with your highest good.



- **Able continuously transmits revitalizing energies and prayers to you 24/7.** Like Yoga or other energy modalities, ABLE is devised to work at the root level of your being to address underlying imbalances, and to bring harmony to your entire energy system. While its not possible to provide any guarantees, the effects are often gradual, profound, and deep.
- Your faith, openness and willingness to change can increase the benefits of the energy transmitted. Since we all have different energy systems, how ABLE works with you is unique.

ABLE IS DESIGNED TO:

- Connect with your energetic body through an imprint
- Continuously transmits prayer energy
- Balance your consciousness on all levels
- Yield benefits dependent on your receptivity
- Encourage a 6 month engagement



Suggested resources:

Foundation Mind Body Research – *Nature of Mind Being Extract from segments*

<https://fibr.org/>

<https://fibr.org/science-consciousness-broader-concept/>

<https://fibr.org/science-and-consciousness-jerry-gin/>

BodyTalk is WholeHealthcare™ BODY TALK

<https://www.bodytalksystem.com/learn/bodytalk/>

<https://www.bodytalksystem.com/videos/>

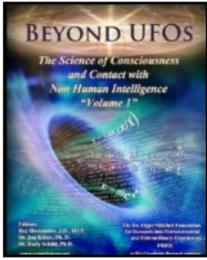
Derek Gerlach - Able Prayer Wheel: Technology Meets Spirituality

<https://www.ablepath.com/>

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Conscious spirituality in search of truth...



BEYOND UFOs: MEDICAL HEALINGS REPORTED BY UAP CONTACT EXPERIENCERS

The Foundation for Research into Extraterrestrial Extraordinary Experiences, FREE, published in 2018 an intensive five-year academic research project based on Non-Human Intelligence, NHI, and Unidentified Aerial Phenomena, UAP. A quantitative-qualitative response questionnaire from 4,200 respondents based in 100 countries comprised this brilliant comprehensive 820-page book.

The formal title “Beyond UFO’s The Science of Consciousness and Contact with Non-Human Intelligence Vol 1” details personal experiences of ‘contactee experiencers’ with NHIs and UAPs. Whilst reading this book in 2019 its contents had a profound impact on me and further supported existing beliefs that consciousness extends way beyond even a physical body, to that of other other universal dimensions.

Concerning healing modalities, an extract from the book relating to the direct experience of a medical doctor healed by a NHI is just one inspiring example. Joseph Burke MD and Preston Denett recorded this survey participant’s [contactee]story. An interesting thought-provoking extract from chapter six based on that healing follows.

—Philip Crouch, Tasmania, 2020

SCIENCE OF CONSCIOUSNESS: CONTACT WITH NON HUMAN INTELLIGENCE

‘FREE argues that "Consciousness" and the paranormal and psychic aspects of this phenomenon is the key to understanding this complex phenomenon instead of the traditional materialist perspective of "nuts & bolt's" Ufology.

The Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Experiences, or FREE, is a 501c3 Academic Research Not for Profit Foundation. FREE was co-founded by the late Apollo 14 astronaut Dr. Edgar Mitchell, Dr. Rudy Schild, an Emeritus Research Astronomer at the Harvard /Smithsonian Center for Astrophysics at Harvard University, Australian researcher Mary Rodwell and Rey Hernandez, an Attorney and Experiencer who was a Ph.D. Candidate at the University of California at Berkeley.

FREE is comprised of retired academic professors and lay researchers who have been researching the field of Unidentified Aerial Phenomenon (UAP) and contact with Non-Human Intelligence (NHI) for more than 30 years. The Executive Director of FREE is Harvard Astrophysicist Dr. Rudy Schild.’ [Cited Book Depository]



For the purposes of identifying key word abbreviations in this document, please refer to the following legend:

- LEGEND:**UAP, Unidentified Ariel Phenomena, NHI, Non-Human Intelligences,
UFO, Unidentified Flying Object [...in context; superseded by UAP]
FREE, Foundation-Research-Extraterrestrial-Extraordinary Experiences,
CE, Contact Experience, NDE, Near Death Experience

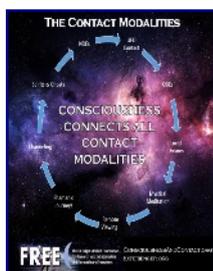
CH: 6 MEDICAL HEALINGS: REPORTED BY UAP ‘CONTACT EXPERIENCER’

[PP: 392-396]

‘One of the most interesting findings that emerged from this work was the many medical healings and attempts to heal on part of the visitors... In about one half of the cases I’ve been involved, there have been healings due to operations and/or treatments. Sometimes the cures are permanent. At other times conditions recur. Edith Fiore from her book Encounters: A Psychologist Reveals Case Studies of Abductions by Extraterrestrials.

‘Many abductees have experienced or witnessed healing conditions ranging from minor wounds to pneumonia, childhood leukaemia, and even in one case reported to my first-hand, the overcoming of muscular atrophy in a leg related to poliomyelitis. Dr. John Mack, Professor of Psychiatry, Harvard School of Medicine.

INTRODUCTION TO UAP MEDICAL HEALING



‘A medical UAP [Unidentified Aerial Phenomena] healing can be defined as a physiological improvement as the result of an encounter with non-human intelligence (NHI). These types of cases have appeared regularly since the modern age of UAPs and continue to be reported today. While most major researchers have uncovered cases of healings, due to the fantastic nature, such events have not received much attention.

Leading contact experience researcher Budd Hopkins says, “The very question is whether we hear about healing cases. We do sometimes, very rarely, but they do turn up.” David Jacobs, author of *Secret Life* and other books about contact with NHI, writes, “In extremely rare cases, the aliens will undertake a cure of some ailment troubling the abductee.” While Hopkins and Jacobs both asserted that such accounts are “rare,” not all researchers agree.

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John Mack, MD, whose book, *Abduction: Human Encounters with Aliens*, was a watershed event for the UFO [Unidentified Flying Object] community, writes, “...many abductees have experienced or witnessed healing conditions ...” Edith Fiore, PhD., Concurs with Mack and writes,

.....
“One of the most interesting findings that emerged from this work was the many healings and attempts to heal on the part of the visitors...In about one-half of the cases I’ve been involved there have been healings due to operations and/or treatments.”

In 1996, researcher Preston Dennett released his book, *UFO Healings*, which presented more than 100 cases, showing beyond any reasonable doubt the veracity of healing cases. While researchers now agree that these cases exist, little is known about how common they actually are. The data from the FREE Experiencer Research Study surveys, however, reveals some surprising answers and settles the controversy once and for all. **Fully 50% of respondents of the FREE surveys report UAP-related medical healings.**

THE HEALING CASES—CASE STUDY # 1:

The purpose of this article is to use the data from the FREE survey to shine a spotlight on CE(contact experience) healing cases, to show how these healings take place, and to answer the many questions these cases raise. **Who is being healed and why? What conditions are being healed? Is there any proof?** the authors of this chapter reviewed hundreds of the reported healing cases from the FREE surveys and chose ten promising cases to study in more depth. These cases are presented below and represent only the tip of the iceberg of the actual number of healings uncovered by the FREE survey. “Anonymous Physician.” Hemorrhagic Shock Following Dental Surgery. (Interview by Joseph Burkes, MD).

I have thoroughly vetted this witness who, in fact, is a practicing physician in his mid thirties.

His work involves direct patient care and he requests that no additional personal details that might identify him be included in this report. This contact experience state that he was raised in a Catholic home and attended religious schools. His impression was that his parents wanted him in Catholic school not for the religious training, but more because they wanted his to have a quality education. Since his childhood, he has been fascinated by science fiction and described himself as a *Star Trek* fan.

As a child, he enjoyed watching TV shows like NBC's *Unsolved Mysteries*, and Fox's *Sightings*, but never thought seriously about flying saucers. He stated that his he is not a churchgoer and Buddhism is the faith that resonates most with his beliefs. In the past, he meditated on a daily bases, and more recently, once per week.

Although never having a sighting of a flying saucer, approximately ten years ago he did have an episode of missing time that he acknowledges was highly bizarre. As a medical student, he decided one day that he wanted to have a pet cat. He drove to the local animal pound that was over twenty miles from home, arriving at noontime.

There, he encountered an unusual looking heavy-set female attendant that had a strange pear-shaped body. In addition to her body build, there was something about her that seemed "off," but he couldn't specify what it was other than having a strange feeling about her presence. The young doctor picked out a three-year-old orange cat and was checking out the facility when the attendant told him that they were having a "two for one sale." She recommended that he take a look at a very special cat that was available for adoption. He informed her that he really didn't want two cats, but she insisted on showing him the other, which was all white in color.

He recalls finally consenting to see the "sale" cat and then something strange occurred. **He had a break in the continuity of consciousness consistent with a missing time event.**

The witness suddenly found himself stuck in traffic several miles away from the pound with only the white cast that the attendant had recommended. He can't recall leaving the clinic and doesn't understand why he didn't have his original choice of the calico cat with him. From the volume of traffic on the highway, it seemed as if he was stuck in rush hour and several hours might have passed since his arrival at the animal pound. It seemed so bizarre that he had no recollection of what transpired between when he was about to be shown the second animal and finding himself stuck in traffic.

In 2013, this contact experiencer underwent a right lower wisdom tooth extraction that was complicated by excessive bleeding. He reported that the right inferior alveolar artery was cut, producing profuse bleeding. He was advised that he should simply apply local pressure by clenching down with his teeth on a piece of gauze and that the bleeding would soon stop, but it did not.



As home, the bleeding continued. The witness described it as being “pulsatile,” indicating that a jet of blood squirted into his mouth with each beat of his heart. Soon, he was surrounded in his apartment mounds of blood soaked gauze, and no matter how hard he pressed down on the extraction site, the profuse bleeding continued.

He realized that he was in danger. He was alone, and he needed serious medical attention, but the only hospital able to handle this kind of emergency was the one where he worked.

The doctor stated that he felt embarrassed to go there for treatment. In retrospect, he realized that his judgement was impaired by the loss of blood. Nevertheless, as a trained clinician, he recognized the seriousness of his situation. He was becoming light-headed, cold and clammy, and his reflection in the mirror was ghostly white. He knew he was going into shock.

The next thing he remembered was that he was enveloped by a beam of life intense white light and was floating in a space that was not his apartment. The room was circular about twenty feet across. There were many wires attached to the walls that were made of some kind of metal. He looked down and, to his surprise, the floor was transparent. He stated that he could see the Earth from the vantage point of space. The globe did not fill his entire field of vision and stars were visible, shining faintly in the surrounding darkness.

This physician stated that his memories of what transpired are extremely vivid. What he recalled didn't feel like it was a dream. In this strange environment, he caught a glimpse of a non-human being that he identified as looking like the grey alien stereotype. It was short, perhaps four feet tall, with large wrap-around dark eyes. It appeared to be wearing some kind of large garment that altered its appearance. Instead of the typically thin body build associated with this alleged alien phenotype, the grey non-human being looked somewhat stout.

Several seconds after seeing this strange creature, he reported that the scene had vanished, and he found himself back on his blood-soaked bed. **The apartment was a mess, but to his surprise, he felt perfectly fine. The bleeding had completely stopped, and he was able to rise without the lightheadedness that he had experienced before passing out.** In the mirror, he could see that the pallor in his face was gone. The color of his complexion was totally normal. This young physician denied experiencing a powerful thirst that is associated with blood loss.



He soon realized that he had been completely healed from this potentially dangerous condition. Following this remarkable event, his interest in the subject of flying saucers understandably increased dramatically. Given his highly responsible public position as a practicing clinician, he was and still is concerned about how being linked to this account might affect his career. Nevertheless, despite the risks of being exposed as a contact experiencer, he wants this story to be told, albeit under conditions of anonymity.

COMMENTARY JOSEPH BURKES

Joseph Burkes, MD: Although physicians may not make the best patients, we are skilled observers that can recognize the causes and necessary treatments for our medical problems. What this physician experiencer described is a history perfectly consistent with a diagnosis of hemorrhagic shock leading to syncope (loss of consciousness). He denied a previous history of fainting or any one of a host of medical conditions that might have caused him to pass out. Conventional treatment of patients with shock from bleeding requires large amounts of intravenous fluids and, if deemed necessary, blood transfusions as well.

A head and neck, or an oral surgeon would very likely be called into the hospital in an effort to stop the bleeding in such a case as this. Typically, for a young adult with no other medical problems, only an overnight stay in the hospital might be required. In the elderly, for those with major medical problems or complications from the bleeding, a day of observation would be necessary. **It is of interest to note that the healing did not apparently take place in his home.** This serious potentially life-threatening illness would very probably require the typing and cross matching of blood for transfusion, and his healing was associated with with **memories of an on-board UAP experience.**

The question arises of how might a non-human intelligence (NHI) obtain blood for transfusion? It is reasonable that the medical treatment would require transfer to a better equipped setting, not in a terrestrial hospital, but perhaps on board a zero gravity facility located high above our planet's surface.

PRESTON DENNET

Preston Dennet: The dental healing reported by the anonymous physician provides compelling evidence of intervention by non-human intelligence.



And the fact that the person healed was a doctor himself adds an additional level of credibility to this case. Dental healings are somewhat rare, and I know of only two other reported cases, one involving the healing of an impacted wisdom tooth, and the other involving new growth of teeth. A fascinating feature of this case is how closely it resembles a near-death experience. The witness felt that he was near death when he passed out. Then he finds himself rising up out of his room on a beam of light and seeing stars and the Earth in the distance. These are all features consistent with near-death experiences (NDEs).

However, the witness reports finding himself inside a round metal room with wires along the walls and a grey-type NHI standing next to him, all features consistent with a typical onboard experience. **Could it be that the physician experienced both an NDE and a UAP-related contact experience with a NHI simultaneously?** Incidentally, I have heard many cases involving both an NDE and UAP-related contact with NHI. One wonders what would have been seen by a camera filming this event. My guess is that it would have recorded the physician lying in bed and being sucked up through the ceiling in a beam of light, then later returned.

Because of the descriptions provided, I would classify the physician's experience as an onboard experience. While he has no memory of how the healing actually took place, the fact that he woke up not only alive, but feeling good with no sign of injury, shows the extraordinary power behind the phenomenon. If it had been just a dream, one would presume that upon awakening, the tooth would still be hurting. But that's not what happened. **It is also interesting that the healing came when it did, just in time to save his life; no earlier, no later. This shows that the witness was being closely monitored by non-human intelligence, which intervened apparently only when needed.**



Suggested resources:

Beyond UFOs—Medical Healings Reported by UAP Contact Experiencers- Joseph Burkes, MD, and Preston Dennett.

<https://prestondennett.weebly.com/the-healing-power-of-ufos.htm>

BEYOND UFOs - The Science of Consciousness and Contact with Non Human Intelligence, <https://www.facebook.com/groups/FREE.Experiencers/>

The Edgar Mitchell Foundation for Research into Extraterrestrial Extraordinary Exp FREE. <https://medium.com/the-foundation-for-research-into-extraterrestrial/the-dr-edgar-mitchell-free-foundation-has-published-their-groundbreaking-study-on-consciousness-de99535f46e5>

<https://www.bookdepository.com/Beyond-UFOs-Rudy-Schild-Ph-D-Jon-Klimo-Ph-D-Reinerio-Hernandez-J-D/9781721088652>

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