

E FOR ENERGY

Convergence of Conventional & Complementary Medicine

Conventional

Surgery	excision of the tissues
Radiation and electrical treatments	local effects on cells
Drug therapies	selected chemical effects

Complementary

Physical Body	Diet	supplements/items to avoid
	Rest	sleep, relaxation, massage
	Exercise	dance, Iyengar Yoga, sport
	Breath control	Hatha Yoga
Etheric Body + Chakras	Recharging	sunshine, mountain & sea air T'ai chi
	Balancing	acupuncture, homoeopathy acupressure, reflexology polarity therapy Therapeutic touch/touch-for health, crystal healing magnetic therapy
Personality - Emotions	Colour therapy	environment, clothes, filter therapy
	Sound	music, poetry, drama
	Vision	art
	Laughter	humour
	Smell	perfumes, aromatherapy
	Essences	gem therapy. Herb and Bach flower remedies
Instinctive mind	Development of sixth sense	intuition visualisation dreams hypnotherapy
Intellect	Information	
Higher Self	Meditation	Raja Yoga Fishing Self-healing
Divine	Divine intervention	Prayer, contemplation, meditation

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HOLISTIC MEDICINE - QUESTIONNAIRE

What do you understand by the term "Holistic"?

2. What is your concept of dis-ease ?

3. In which malignancies do you think the emotions play a role?

4. Do you know of any complementary therapies?
Please list them and indicate how you think they might work.

Complementary therapy

Mode of action

5. Can you please outline advice you might give to women with a very strong history of breast cancer in order to try to reduce a risk?

6. What is your idea of meditation.

7. Can you identify prognostic factors of importance in breast cancer?

8. Do you know of any "sutble bodies" of man?

YORKSHIRE REGIONAL PAIN RELIEF SERVICE.

**THE FIFTH BIENNIAL CONFERENCE ON ASPECTS OF CONTINUING CARE
ON CANCER - THE MIND AND BODY.**

**"HOLISTIC APPROACHES TO CANCER MEDICINE - THE SPIRITUAL
DIMENSION".**

Many of you may find this talk to be unusual as it will take you to realms you haven't necessarily previously considered.

As I look at you I cannot tell which of you are hungry for some spiritual food ... spiritual nourishment.... and will be receptive to these views. Some of you are probably not hungry and will say "Very nice...no thank you...." and pass on.

The talk is entitled Holistic Approaches to Cancer Medicine - The Spiritual Dimension. The word Holistic being derived from the Greek Holos meaning Holy, whole, complete and healthy. We have a National Wholeness Service. The word tells us something about our Unity, our One-ness. "No man is an island" (John Dunne). We are all part of a greater Whole. The holographic image in its photographic form is indestructible. If the image is divided into smaller parts, each part has the ability, with the aid of two laser beams, to project the Whole. We are all tiny fragments of this greater Whole, and, like the photographic fragments, are indestructible. This, the dimension of One-ness, the Realm of Consciousness, Awareness, Understanding and Wisdom, is the subject of this talk.

This dimension is beyond words and thoughts - it is! It is our very Being. As it is beyond words, over the ages, symbols, signs and mythological figures have been used in the literature to give insights to these Realms. As we approach this subject I invite you to think afresh, to leave old concepts behind and to move to new ideas. A useful comparative analogy is the big change at the beginning of this century, when instead of considering the breeding of better horses, attention focussed on the car.

In the workshops I have covered certain areas of the holistic approach. We are not the body nor yet the mind. Our very nature is Soul. Our true identity is Soul. As birds live in the air, fish in the sea, we exist in a sea of Life. Soul is our true being, our identity. We see Life expressed everywhere in different forms. Just as water exists in the forms of ice, snow, vapour and steam, it is still H₂O. All forms are the expression of Life and we exist in this atmosphere, this milieu.

I would like to assure you that your recognition of this dimension will prove to be useful and practical on a day to day basis. We are not talking of a passive state, but the full active expression of Life. It seems to me that certain individuals, memorable patients and friends, often in moments of great need, have touched these deep realms of Being and

have found a release. In many cases this release, this understanding, has resulted in healing and greater awareness. These individuals sought and found. We are all seeking. We are all seeking.

The great religions of the world are generally the routes to a deeper understanding of Consciousness - The Soul Realm: The Realm of Peace, Love and Joy. The word religion is derived from re-legare meaning to bind back. Barbara Brennan describes the "Get back to God project", so whatever our background - Christian, Buddhist, Jewish, Sufi, or Zen - there is a mystery dimension which is recognised, and which has different names Christ, Darshan or Tao.

The spiritual dimension may be beyond our understanding.... beyond words and thoughts..... but can be experienced and recognised.

In my travels, I have found that the individuals who have explored and experienced this realm have arrived from many entry points. Many of them have had "turning points" in their life where they have realised that they were taking a wrong direction or had come across a stumbling block.

In the clinical hospital setting, many of my observations have been of patients with malignant disease. Some of them, in a state of despair following diagnosis or in a pre-terminal or terminal condition, have sought to raise themselves from every day matters to the higher realms. Other entry points which lead to the recognition of a spiritual journey are routes from a background of drug abuse or Alcoholics Anonymous...what might be called "A good dose of humanhood". In Hawaii and in England I have been fortunate to meet people working their way up the ten steps of recovery programmes which teach the practical aspects of spiritual principles in a supportive setting.

Others seek the Path because of problems in the workplace, in Police Headquarters, in Schools and in Nursing. Others have suffered a loss of money, of liberty, of a limb, of a child, parent or loved one which has produced a profound change and a search for something meaningful in life. A friend of mine, an opera singer, completely lost her voice. This apparent disaster prompted her spiritual progress and full recovery of her voice, and, after a prolonged struggle, her operatic career with a renewed voice and a profoundly wider range.

However, we all prefer prophylactic measures wherever possible. Those of us in this audience don't need to wait to experience a major setback in life to embark on "Soul Strengthening Exercises". We can take action now.

The initial steps include the recognition of our true identity as Soul and of a spiritual dimension. These realisations automatically lead to an inner alignment, a steadfastness and a Peace which is truly "beyond understanding". In everyday

life disturbances are less likely to impinge, we are less ready to react sharply.

In addition to experiencing the Soul realms as a deep inner peace... a deep inner knowing... this dimension can be experienced in specific individual ways. For example, a School Teacher friend of mine experienced a feeling of "Presence" with her on a bus on Marylebone Road on her way to school. She was aware that fellow travellers recognised something unusual and a great peace descended on the bus. This special feeling was with her until mid-morning, deeply affecting her teenage pupils. Some years ago a Doctor friend experienced a flow of energy from her hands prompting her initially to seek neurological advice before realising this was "healing energy" which has extended many aspects of her clinical work. John, a polio victim aged 30 (twenty years ago when his family were dependent on him) requested that his bed should be moved to the window so that he could avail himself of the Healing Light which produced remarkable effects enabling him to walk and earn a living to support his family.

In music and the arts we often hear people mention that "something took over" at the time of a special event, an opera production or the conception of an inspired poem. Tennyson, Browning, Shakespeare were all aware of these indescribable realms.

These experiences proved beneficial to the individuals and to those about them.

I invite you to rest to rest in Soul... to seek inner guidance from within. A friend of mine who has a very responsible job as Scientific Safety Officer on nuclear power plants has learned during his twenty year work in this field to trust the invisible intangible intuition which has proved by experience to be more reliable than the external data. These are the intangible assets now referred to in business discussions.

This stillness, this inner knowing, is the realm which we are all seeking, whether or not we acknowledge it.

Those of us working in the fields of Cancer Medicine with the distressed, the bereaved and the dying may have the good fortune to recognise that there is a dimension which extends beyond our every-day understanding. Whereas people working in our sister profession as lawyers may lose their appeals, we do not lose our patients. We do not lose our patients.

The Route, Tao or Way to this deeper understanding to the mysteries of life is our own individual experience. Our own Life's journey.

As with all journeys we firstly need to consider "Where Are We Now"? Let us look at our present situation, our relationships at home, at work and in the community. Let us identify the life lessons which we are facing, the challenges and

difficulties requiring our attention. On this road, this journey, we can see long straight stretches ahead of us testing our endurance, our patience. Round the bend there are some awkward corners calling for tolerance and forgiveness. Time and time again we may have to take round-about routes to avoid the hills of resentment.

Let us provide ourselves with **guidebooks** for the journey. A little philosophy such as Schumacher (Small is Beautiful, A Guide for the Perplexed), Jungian psychology and some spiritual texts such as The Bible, The Koran, and The Bhagavad Gita.

We might choose to read around the subjects incorporating the Gospel of Thomas, the Philosophy of Thomas Equinas and other medieval and modern mystics. After all, we are on a mystery tour!

Let us take the time to do a little **route planning**. Where are the likely hold-ups? When travelling in these spiritual realms we will develop the discernment allowing us to identify the byways off our route and the "no way ahead" signs. These are the routes to astrology, numerology and clairvoyance: the psychic and mental realms which provide subliminal influences affecting our progress unless we are watchful.

With this information we can slow down and enjoy the ride. I remember the occasion when my fairly new 440 Volvo would not start outside Clayton Hospital, Wakefield and I had to be towed by the RAC to the nearest Volvo garage. This was a truly enjoyable journey. In front of me was a big sign "RAC Rescue". I found I had time to wave to an ENT colleague, a Sister from Out Patients who was shopping in Wakefield, and to see the architectural beauty of central Wakefield with new eyes. We are all on a Soul recovery mission. Circumstances may allow us to "Be a Beholder". "Now I see". In this every-day sharpened awareness we can perceive the beauty and the loveliness and feel the gentle breeze.

There is no need to rush, no competition, no race. The first class, club class and standard class passengers on the 747 arrive at Newark, New York at the same time. We are all individuals on our own journey. We experience a movement - a time of expansion - followed by a rest. Let us linger and enjoy the travellers rests along the route which allow us to "Be still and know".

Remember, we are NOW in the driving seat, Captain of our Soul.

We have the gift of freewill.... God is not a hands-on manager! We are free to make our choices, our own mistakes whether we are in Afghanistan, Ethiopia, or England.

Many of us are aware that we are living in a time of exponential change and of quantum leaps of growth. There is a great awakening taking place NOW with the increased

realisation of the presence of the spiritual dimension of life. Young people are born and raised in this greater awareness; their participation in community and global projects is evidence of this sensitivity. We too can recognise and play our part in these worldwide changes.

Giving ourselves time to be quiet within ourselves will be a preparation for the unknown challenges which are dimly appearing on the horizon. By active development of our Soul faculties, we will develop the presence of mind which will be of help when the road becomes bumpy. Steadfast in Soul we can use the words of Paul Hogan in Crocodile Dundee, "No worries, mate". We progress from Mothercare to Godcare. When circumstances conspire to bring about an appearance of discord, and we find ourselves seemingly walled in, enclosed, restricted (the definitions of "hell"), we will be able to tune into our inner guidance: Channel ONE. Our One-ness. We will know the way ahead.

As we progress, we will recognise that our life is making a web, a pattern, a design, but the thread, which is our Self, our Soul, is unchanging.

It may seem that our route is taken alone. Alone but All One. We are complete and whole. We find companionship with fellow-travellers who have also appreciated the nature of Life's journey. We travel at our own pace and in our own time remembering there is no time or space in Eternity. In this One-ness, attached to the Tree of Life, we are united. We are the branches of the one tree; there is no separation. Those who inwardly deny this, their spiritual nature, are temporarily disconnected and wither as the sap runs out. Those patients who have achieved a measure of inner healing have found their way to tap this deeper source.

From incurable to in curable, curable from within. We now recognise the inner meaning of the word re-"mission"...the purpose of life becomes clearer.

As we continue on our own mystery tour, we can take note of encouraging signposts along the way. A car ahead of me last week had a Leeds United slogan displayed on the rear windscreen.

"THE ONLY WAY IS UP".

As each of you go forward in your own life's journey, may you "Follow your Bliss".

SCC Talk given on Saturday 15th June, 1991 to Yorkshire Pain Relief Service Symposium, Ripon and York St. John's College.

HOLISTIC APPROACHES TO CANCER MEDICINE - SPIRITUAL NUTRITION

Talk presented to the Oncology Interest Group, British Dietetic Association, Cookridge Hospital, 14th October, 1991.

I am really pleased to have this opportunity to talk to you today as I feel that there is considerable overlap between your work in the Dietetic field and mine as a Cancer Specialist. We are all concerned with giving patients food for thought.

When I was first asked to give this lecture, I wondered which areas of holistic medicine to cover ... which areas might be of the most interest to you. It would be lovely to concentrate mainly on what might be called the higher realms, the Spiritual Dimension ... but feel that I should preface this with a resume of the subtle energy fields around man and the holistic approach in general. I think I have reached the stage of my life now, where I can present my own philosophy without worrying how this might be received by others. I often use the saying of Krishnamurti in this context. It feels very appropriate today. Those of you who are ready for this understanding will be hungry, whereas those of you who are following different paths may well say "very nice but no thank you" and pass on. I am really not concerned if you choose to snooze through the rest of this talk, it would no doubt give you a little well earned rest! However, for those of you who might like to keep awake, let's press on.

You will be familiar with the fact that the word holistic is derived from the Greek "holos" also meaning holy, complete, whole; we have a National Holiness Service, a Yorkshire Wholeness Authority. At last, after a century of separation of the science and art in medicine, the two main facets, these two main energies are being re-united. It is this integrated approach of conventional and complementary therapies, of the orthodox and the unorthodox, that interests me. I anticipate that "Energy Medicine" will blossom forth into the next century. You, who are professional staff, with your own particular expertise and experience, are at a pivotal point in promoting this unified approach. Cancer patients, particularly in times of distress, need all the help they can get. We can all play our part in the integration of body, mind and spirit theirs and our own. We are all One, anyway.

I was interested recently to attend the installation of the new Hospital Chaplain at Leeds General Infirmary. The Service was led by the Bishop of Ripon. In his address he stressed the importance of achieving harmony in the sphere of healing within the individual, the community and with God, (the Divine Impulse). I felt as if he were reading from my own lecture notes!

In order to consider how the physical and complementary treatments might interact, I find it is useful to consider man

as both physical form and energy. It is quite likely that you have all done some atomic physics, and will remember the Einsteinian theory $E = MC$ squared. Energy and matter are interchangeable. Everything and everyone can be considered to have both form and vibration. It is helpful to remember this when considering the vibratory energies of man.

My own research work, both theoretical and practical and which has incorporated an enormous amount of reading, has led me to certain conclusions regarding the subtle nature of man. I have had the pleasure of working with radiation scientists, nuclear power engineers, and others, who have developed similar concepts. "What a piece of work is man"!!

(Shakespeare) [Hamlet]. I would particularly like to mention Barbara Brennan, who clearly explains the subtle vibratory bodies in her book "Hands of Light" (Bantam Press). I had reached similar conclusions myself and was in the process of drawing very similar diagrams on the kitchen table at home when an American friend sent me a copy of her book, thus relieving me of an enormous task! This is an area of study where you need to pursue both a little theory and direct experimentation to be able to have any inner conviction of its validity. As I have said before, I don't feel I am here today to convince you.

With Barbara's permission I have circulated some of the diagrams from her book and in addition have included a summary

of my approach to holistic cancer medicine which incorporates working at all energy levels.

Let's consider these briefly in turn. I am going to concentrate on just five bodies of man: the physical, etheric, emotional, mental and spiritual.

Physical/Etheric

You are well aware of the vital role of ensuring adequate nutrition for the physical body and the importance of balance in the diet, and balance with regard to exercise versus rest. The increasing awareness of the importance of a whole food diet is in keeping with the change of thought in society as a whole. When I first started as a Radiotherapist in the 1970's cancer patients often asked whether or not surgical removal of the tumour was possible as it seemed they preferred this approach to radiotherapy. Nowadays the reverse is true.... limb and breast conservation are commonplace. This is a change in the population which was gradual at first but later grew in momentum. The dietary changes are likely to follow a similar pattern.

The reason that many people choose a natural diet, in my opinion, is because they recognise consciously or subconsciously that the natural foods have what might be called "life giving energy." It may be a surprise to you to hear that water also is a source of vital energy. This

"energy" the chi or ki, also known as prana, is the magnetic energy that sustains our personal battery. When we overdo things and say we are "drained of all energy" we have allowed our magnetic battery to run down. The electro-magnetic field which surrounds us can be readily detected by the sense of touch and can sometimes be seen with the physical eyes. Its intensity and extent gives us direct information about our well-being and vitality.

Some measures to keep ourselves highly charged are given on the sheet and include laughter, physical exercise, sunshine, and days spent in the mountains, or by the sea.

Those "healers" who use a hands-on technique, together with reflexologists, polarity therapists and so on, are working with these subtle energies. The "healer" tunes in to Infinite Cosmic Energy to give vibrancy to the patient - akin to "jump-lead starting"!

Breath control such as Hatha Yoga is an interesting technique - the emphasis being to reach the central essence of man. (Yoga means reunion with one's central core). The word for breath is pneuma, meaning spirit, literally the Breath of Life. We are familiar with the terms pneumonia and pneumothorax. We are used to talking about psychosomatic medicine body/mind medicine, but this was not the case a few decades ago when the role of the emotions/psyche was not recognised. We are beginning to think now about pneuma-

somatic medicine (soul/body medicine) - the importance of aligning with life's purpose on an everyday basis. When we are out of true in this direction, we have exposed our Achilles' heel, the very place that allows discord and disease to occur. I might say at this point that in my view individuals have not done anything to "deserve" dis-ease. Cancer is really only due to our being human and subject to disharmony of all kinds. It's what we learn from the experience that really matters.

The companion (closest) energy field is the etheric body. This acts as the scaffold for the physical body which it interpenetrates. It is a very pale blue (electric blue) in colour and has a pulsation rate of 20 - 60 cps.

It is of key importance in the structural repair of the body providing the framework as a template for tissue alignment, for example repair after fracture of a bone, the repair of the fingerprint-whorl of a cut finger. Isn't it marvellous!

This etheric system is like a fine web, a network with a specific pattern and particular inflow/outflow centres known as chakras. These crossing points, the nadi, are the everyday anatomical points used by those trained in Eastern Medicine including acupuncturists. It is important for well-being that this life-energy circulates well. As you will probably now realise, there is condensation and blockage of etheric energy in keeping with the area of physical disease which has become

manifest. The aim of treatment in this sphere is to release and balance the energies.

The Emotional body

The next energy field relates to our emotional well-being. Whether we realise it or not, we automatically sense the emotional status of others on an everyday basis whether they are feeling content, angry, resentful. Some of you may actually perceive colour, in this, your aura. For example, "seeing red", "yellow streak of cowardice", "green with envy", "feeling blue". I hope we are currently "in the pink"! As Emerson said, "You don't have to speak; what you are shouts so loudly I cannot hear what you say".

This is subtle body language!

Certain complementary therapies work in this area seeking to balance and harmonise energies using flower therapies, homoeopathy, colour.

When patients take an interest in these therapies it is generally a sign that, not only are they taking an active interest in their recovery programme, but also, and perhaps more importantly, developing a wider awareness.

Mind/Intellect

We proceed now to consider the mental aspect (mind) - psychological aspects of our work. This is the area where we are all having an enormous effect on patients, families, and staff members. We readily appreciate the tremendous efforts many patients and their loved ones make to strive to keep going when the going gets tough, particularly after relapse. The encouragement and support that we give on a routine day to day visit sustains their progress. The emphasis here is generally considered to be on "positive thinking" - with the concept of setting targets and objectives. People say they are trying to adopt a positive attitude. This is a tall order! We are all subject to moments of doubt and uncertainty even when we are "well".

However, many patients display degrees of will-power that truly astound us. How much further can a failing body be pushed? Postcards from New Zealand, Florida and Greece give some indication of physical distance travelled and as for time some go on far beyond the time expected. Inevitably, however, the "will-power response" ceases and will-power alone ceases to be effective as a sort of immunity develops. This is generally between one and two years, though a few can go further especially when family members are also pushing in this direction.

Spiritual Realms

We sometimes talk about "rising above" situations ... to find the solutions at a higher level. This is relevant in the field of cancer medicine.

In my view, it is not necessary for individuals to "fight cancer".... there is another way. This involves facing the diagnosis and the implications of the medical details. (This is not a route to be mistaken for that of "denial").

Thereafter it is necessary to let go of all concepts about cancer and focus on the inner knowledge that all is well. This also is a tough route which I liken to climbing a vertical cliff face with ones hands in the air. It is truly trusting that all is well at all times.

My friend Jane, an Opera Singer from Hastings, describes how in her experience developing a growth was actually an opportunity for growth growth in awareness.

There is an absolute wealth of literature available in this sphere. It really doesn't matter where we begin.

I find frequently used starting points include books on "The Power of Positive Thinking", various "Guides to Self-Healing" and Relaxation tapes. These can lead to books on philosophy and inspirational literature.

In parallel with the exploration of new ideas and new treatments there may be a review of old values - this is the inward arc, the return journey, the reconsideration of "What Really Matters"? The conclusion is inevitably "Living Life to the full". My own philosophy incorporates two closely fitting threads - responsibility for our own progress (life is, of course, a "do-it-yourself" affair ... we all have free-will), and also responsibility within the wider community.

The exploration of "Self" takes a lifetime's experience as a child of the Universe. The Universe has both the physical (3D) and the spiritual dimensions and these are interwoven. Every moment of every day is a spiritual experience how could it be otherwise? We are Human-Beings ... in this world, but not of it. When we make our transition (die) we merely change our vibratory rate. You can be assured that death is perfectly safe ... as Ram Dass would say it is like taking off a tight worn shoe! Aaah!

Now, how does this knowledge affect us, both patients and staff? Do we really want to make soul progress? The route ahead is slowly becoming a little more clear. "Now I see". The way is service: service firstly at home - the mutual sharing with those we love. We know this service is perfect freedom. We can begin to realise the opportunities our everyday work gives us to help fellow man in a wider setting. How fortunate we are to do this work!

We are all (both patients and staff) in this endeavour together, and take delight in each other's progress. A friend of mine in Hawaii wrote the following -

"These are mere words
Life is the poetry."

I realise this talk has been mere words, it is the practice which reveals the poetry, the music, the harmony of Living.

"As a man thinketh in his heart [subconscious mind] so he is."

It is up to us to keep choosing ... to listen for the harmony. As we proceed on our own life's journey, may we find our own individual way to Live in the Eternal Now and so to live Life to the full.

Thank you.

Thank you.