Newtonian Medicine VS. Quantum Physics approach to disease

By

Robert Knapick

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Thesis Advisor

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# **Introduction**

God is the creator of the Universe and created man in his image so that he could commune with him. He is omnipotent and all-being. Throughout history, man has recorded events where God chose to heal the sick and dying. Today, God uses faithful individuals as tools and vessels to heal those who are sick and unhealthy. Thanks to the research in quantum physics, the higher power is linked to this healing and can be addressed through a pattern of beliefs and thoughts.

Negativity is related to Metaphysics and is the root cause of poor health. As it increases, so does physical disease and illness. If a person has a positive outlook on life, their body secretes less harmful hormones and neurotransmitters. A reverse effect is seen in a person with a positive attitude. Over an extended period of time, these hormones and brain chemicals result in mental health crisis, poor cardiac conditions, high blood sugars and cancers, all resulting in a shortened life span.

I wish to provide a history and understanding of Metaphysical intervention, which can be used to unite traditional medicine with metaphysics. The facts and examples of Metaphysical techniques will be discussed later on.

If left unchecked, stress and an unhealthy attitude can eventually result in physical disease or illness, and reversing these negative mental patterns into positive patterns can in turn lead to restoration. This is not the opinion of today’s modern western medicine procedures, which are based on the modern medical thought that illness comes from diseases, infection and/or physical trauma. This concept is known as scientific materialism, which leaves no room for theorizing about non-physical sources of human disease. It is based on antiquated Newtonian physics, which has been replaced with a new paradigm known as quantum physics. Quantum objects are based on atomic and subatomic principles of possibility residing in a domain of potentiality; however, when subjected to measurement, they behave as particles in physical space and time. This is contrary to scientific materialism: not one domain of reality, but two.

Quantum physics also allows non-locality, signal-less communication and concludes a nonphysical source of causality. In addition, in quantum physics, there is an uncertainty in the movement of objects. Concrete cause and effect theories do not stand true, and quantum science refutes these theories. Quantum physics states that only the probabilities of events can be calculated.

There is a long body of evidence that supports the concepts of Metaphysical restorative intervention. This is based on the concept that most illnesses are stress related. According to the Mayo Clinic, 75–90% of doctor visits are related to stress, which is not a linear concept of cause and effect. Many techniques and concepts of Metaphysics are proven to be beneficial to the reduction and treatment of stress ailments and complaints. Quantum physics can be used to explain and utilize Metaphysical practices in healing arts. Both deal with vibrational energy and the ability of one energy source influencing another. This thesis will attempt to explain how and why Metaphysics can be used in the restoration of the human body.

# **Review of Literature**

This chapter cites works that help create a case for the existence of Metaphysical restoration and a need to integrate Metaphysics into western medical practices. The topic of Metaphysical restoration is becoming an adjunct to many general practitioners, chiropractors, and veterinarians. According to the LSU.edu website on LSU Veterinary Teaching Hospital, Integrative Medicine Service includes acupuncture and rehabilitation for small animals as well as farm animals. Expert services are provided by trained and certified individuals who encourage healing and improved well-being in patients by augmenting traditional medical or surgical treatments with acupuncture therapy and rehabilitative services. The article stated that veterinary acupuncture has been practiced in China for over 2,000 years, which led to interest and activity in other Asian countries, such as Japan and Korea, about 1,500 years ago. For the past 30 years, there has been a tremendous growth in and development of acupuncture in animals in Europe and the United States. Patients can greatly benefit from these therapies when included with conventional veterinary care.

Resources and literature on Metaphysics are becoming more and more available to those interested. Emotional Freedom Technique (EFT) and Eye Movement Desensitization and Reprocessing (EMDR) are currently a part of the protocol for Post-Traumatic Stress Disorder (PTSD) by the United States Veteran Administration. Information on Metaphysics can be found on Internet, books, films, and magazines. Thanks to the advent of an increased popularity, a great deal of knowledge has now been obtained through the different media. The following brief review of the bibliographic resources will provide insight into the research, support, and confirmation of Metaphysical restoration.

Two web articles from the Mayo Clinic on *stress management* confirmed that most illnesses have psychological causality. The Mayo staff uncovered that stress is the major culprit to over 90% of the reasons behind a visit to the doctor. Mind-body connection begins with visual, auditory, tactile, and olfactory cues. The primitive fight/flight syndrome takes these cues and processes them in the amygdala (an almond-shaped structure in the middle of the brain) to determine if these cues are friendly or dangerous. If the amygdala surpasses stimulation (chronic stress), the fight response will take place, and the body will continually signal the body to pump adrenaline into the body, producing negative effects, such as high blood pressure, lowered immune system, elevated blood sugar, and many other side effects that cause life threatening results. Treatments used to reverse the effects of stress date back to over 3,000 years and have been integrated into Metaphysical intervention practices. These treatments include meditation, yoga, prayer, and other practices that help lower cortisol and adrenaline levels. This proves as a mind-body connection in a scientific point of view.

In Amit Goswami’s web article on *Health, Healing and Quantum Physics*, the link between the mind-body connection propagates through the introduction of Quantum physics. He points out that that consciousness chooses one facet out of many facets of a possibility wave, which turns out as actuality. The choice made by consciousness is responsible for the collapse of the wave into a particle. This way of resolving the quantum measurement problem that quantum physics forces upon us in the form of the von Neumann theorem opens the door for an equitable treatment of all our experiences and does not put material experiences in a privileged position. As codified by psychologist Carl Jung, we have four kinds of equally valid experiences: we sense objects: sensing; we feel vital energies: feeling; we think mentally: thinking; we intuit archetypal values like truth and love: intuiting. By introducing quantum physics into physical healing, a new dimension of consciousness is introduced, and mental thought and consciousness can change a person’s health. This article was quite helpful in looking beyond conventional medicine, which is based on Newtonian physics. Quantum physics introduces the consecutiveness of mind and body and the universe.

Jason Randhawa connected Metaphysics and science in his article, *“Where Physics and Metaphysics Merge”*. This article was able to acknowledge science and spirituality as extremely similar. Science had a goal of understanding the nature of not separating it with spirituality. Randhawa looked at expanding the circle within which both science and spirituality lied and finally observed that physics and Metaphysics close to merging.

Gregg Braden was acknowledged in *“Know your own power long been untold-the power of human emotion”* for explaining the interconnection between all things in universe and communication between energy and other forms of energy. He was able to look at several scientific experiments that supported self-healing and document a healing at a medicine-less hospital in China, where three practitioners were able to remove a tumor in three minutes. This healing was viewed through an ultrasound. Gregg was able to interview several spiritual teachers around the world to conclude that shamans, priests, monks, and other religion leaders surmised the spiritual connection with healing is based on quantum physics and is based on energy communication.

In his book, *“Is spiritual healing a valid and effective therapy,* R.D. Hodges reviewed the practice of healing that spanned over 1,000 years and discussed accounts of its use, which have been recorded from all major cultures of the past.*?”*, Hodges was able to document numerous research studies and accounts of spiritual healing. He concluded that western medicine is opening up to spiritual healing as a complementary therapy.

He was able to review D.J. Benor’s research on Metaphysical healing. Benor was able to look at over 155 controlled studies using a wide range of experimental subjects—enzymes, microorganisms, cells, plants, animals and humans—of which more than half produced statistically significant results, supporting the reality of a healing effect. These studies had a positive outcome, demonstrating the reality of healing. (qtd. In Hodges 204)

This scientific validation of our subtle experiences of feeling, thinking, and intuition opens the door for the validation of alternative practices of medicine that postulate an important disease-causing role to imbalance the subtle movements of our experience.

Dr. Paul Leon Masters explored the connection between a Metaphysical practitioner and healing. Through his research and experience, he was able to review the importance of meditation in connecting the practitioner with their higher God-self. Through this connection with the higher God-self, they should focus on the patient in need of healing. The patient who is asked to visualize should affirm that they have been healed and feel complete. The practitioner tries to establish and maintain a close contact with the Universal Mind of God through meditation or any other spiritual practice that, if possible, achieves this. (2:4-8 in Masters)

# **Discussion**

Traditional science and medicine do not consider the brain to have the ability to restore the body. To drive the mind-body connection home, one only needs to look at the Clownfish, which is found throughout South Pacific. This unique aquatic creature has a symbiotic relationship with the sea anemone—has poisonous tentacles. The Clownfish is not immune to attacks of microscopic poison dart nematocyst on its tentacles; but due to the harmonious relationship of enticing small fish into the grasp of its tentacles, the sea anemone does not activate its nematocysts, which would harm the Clownfish. But that is not all; all Clownfish are born male. Only one female dominates their small school. When the female dies, the largest dominate male changes its sex and becomes the female. This illustrates the power of its brain and power to have a physiological impact on the body. If the brain can change the sex of an animal, it can surely produce a restorative effect on the body when exposed to a disease.

Combined with quantum physics and the power of faith in a higher power, one can conclude the reality of Metaphysical healing. Science and spirituality have a close relationship. Metaphysics/spirituality and science are two complimentary ways of looking at reality. Therefore, as we get closer to the truth, physics and Metaphysics must merge or, in other words, science must meet spirituality. Spirituality looks within while science looks to external sources. With the advent of Quantum physics, science is able to look at reality from within.

Bruce H. Lipton’s book, *The Biology of Belief*, gives us a compelling proof of many of the truths that have been glimpsed intuitively by the great sages and prophets. Echoing Buddha or Sri Krishna, the book tells us that our thoughts are the greatest determinants of our destiny. A stem cell biologist, through their experiments with cloning stem cells, discovered that it was the chemistry in the culture medium that determined the fate of the cells, not the genes. And this, they go on to prove most excitingly, is equally true for human beings.

We inherit our genes from our biological family, but our thoughts, feelings, and beliefs created by them do not determine our lives. He stated that we are not victims of a predetermined destiny. We have the power to change our lives and realize our highest potential. Bruce has brought together science and spirituality and made it easier for the rest of the scientific community to establish a connection.

What controls the fate of cells? We earlier thought that genes controlled them, but all cells have the same genes. The difference is the environment. The fate of cells is not controlled by genes but by the environment—in this case, the culture medium.

A human is seen as one organism, but that is not actually true. A human’s body is made up of 50 trillion cells that are living entities. It is a skin-covered petri dish, and the culture medium is blood, which is responsible for the provision of nourishment to the cells. From our experiments in the lab, we have seen that culture medium can control the fate of cells. Simply said, the chemistry of the blood controls the genetics and behavior of cells.

The brain controls our bodies’ reaction to external stimuli. Messages from the brain are sent through hormones that control the chemistry of the blood. Our thoughts in our head control the chemistry of the blood. If you are thinking about love, the brain secretes important chemicals like dopamine, which is a pleasure chemical, and oxytocin, a bonding and growth hormone. The function of the growth hormone is to enhance the health of the body. When people fall in love, they feel healthier and energetic. People say that you glow in love. This glow comes from very healthy cells. Thoughts of love form a chemistry in the blood, which provides cells with vitality.

If a person is living in stress or fear, the brain releases a different chemical. Fear comprises stress and inflammatory hormones. These chemicals produced by negative emotions cause the cells to sicken and die. This is the basic concept of the mind-body link—how your thoughts and beliefs are translated into chemistry and change the health and vitality of your body. If you want to change your health, you have to change your mindset.

The mind controls the chemistry, and the chemistry controls the genes and the behavior. There are two parts to a mind: conscious and subconscious. The conscious mind is the latest evolution in the brain. It is located right behind the forehead, in the prefrontal cortex. The brain behind that is mainly the subconscious mind. Both these minds have different functions. They do not interpret signals in the same way. I can teach the conscious mind, but that does not mean the subconscious mind learns anything. The conscious mind is creative and imaginative. It is the seed of the spirit. That is why we are a unique species. Your conscious mind is you. It is your identity. It is defined by your wishes, desires, and aspirations. The subconscious mind, which is less creative comparatively, forms our habits and patterns. It’s like a computer, much more powerful than the conscious mind. It learns to control the body and respond to our experiences. When we learn something complex, the subconscious remembers it as a program.

The subconscious mind is not good or bad; the programs in it formulate good or bad actions. A baby is born with no experience. It doesn’t know anything about life and has no consciousness because it has no frame of reference.

How does a child get its programs? An EEG shows us that a developed conscious mind has higher vibrations than that of a child below seven years of age. The consciousness does not really kicking before the age of seven, when EEG moves to alpha waves. At 12, it jumps up to an even higher vibration known as beta waves, which is the level of the brain activity when thinking or working.

Children aged below seven have a lower brain vibration known as theta. At the theta level, you are in a state of hypnosis. So, a child younger than seven years of age is in a state of hypnosis. This means that they do not have to learn anything like in a school. All they have to do is to observe and record. They observe their parents, siblings and other members of their community. Hypnosis is the only way an infant can learn thousands of rules in order to become a functioning member of a social group.

The fundamental behavior of a child’s comes from their family and community. Irrespective of the behavior around them, the child records all of them, storing programs and information into their subconscious brain so that they can use past information to deal with life, family, or partners.

Most people who are muscle tested will not test positive when they say, “I love myself.” This because most parents are often critical of their children’s actions and behavior. The child is not thinking, only recording. If we say, “You don’t deserve that,” the child’s program says, “I do not deserve”. About 70% of the programs interpreted by a child are negative, disempowering, limiting, and self-sabotaging.

We are not living our lives with our conscious mind. The conscious mind can move in time, from the past to the future. When you think during performing an action, your actions are taken over by subconscious programs, which control 84% of our thought process. If you suddenly start to think during a conversation and continue talking, your words are not coming from your conscious mind but your unconscious program. Science currently discovered that we tend to think for 95% of the day. Because your behavior is controlled by the subconscious mind, a majority of your day is dictated by it.

Our subconscious mind is full of negative programs. Much of our unconscious mind is unhealthy and makes us feel negative in the day. This results in conflicts in relationships, poor motivation, and a body that is in poor health. Your health and behavior are controlled by the basic programs in your subconscious. You create every moment consciously with your dreams and desires.

 Children with cancer in foster homes have the same likelihood of contracting cancer as other kids in the family, even though the genes are different. Genes don’t cause cancer, behavior does.

Up to 90% of doctor visits are related to stress. Only 1% contributes to diseases governed by genetics. But why are 99% human beings unhealthy? The answer to this query is that the chemicals released from the blood do not support health. Stress hormones are not good for health. The amygdales adrenal gland and the hypothalamus cause stress hormones to be released during the flight or fight response. When stress hormones are released, all the body’s organs and systems are impacted. That is why people fall ill when stressed out.

For the past 30 years, I have been treating individuals affected by stress. Prolonged or chronic stress has caused these individuals to suffer from ailments like:

 Heart Disease Asthma Diarrhea Arthritis

 High Blood Pressure Constipation Colitis Fever

 Diabetes Depression Obesity Ulcers

 Insomnia Anxiety Backaches Cancer

 Headaches Ulcers Rashes Addictions

Treatments for such conditions include:

 Acupuncture Meditation Aroma Therapy Eco-therapy

 Relaxation Goal Setting Vision Boards Gratitude

 Positive Thinking Thankfulness Yoga Acupressure

 Message Reiki Touch Therapy EFT

Throughout my practice, I have unknowingly been involved in Metaphysical restoration. I have a very intuitive mind and use it to help my clients. I am also very spiritual and utilize my higher power for direction and strength. For the last four years, I have been researching quantum physics, law of attraction, positivism, Eye Movement Desensitization and Reprocessing (EMDR), and Emotional Freedom Technique (EFT). Through my research, I have created effective programs for my clients and developed a connection between science, spirituality, and psychology. In this essay, I will try and create a union between these three disciplines and share my knowledge, along with the vast knowledge provided by published authors.

Metaphysical restoration is a practice that goes back to several thousand years. It is documented in Jewish literature, Christian literature, and Middle Eastern/Eastern literature. Prior to the 17th century, medicine/science and spirituality worked in harmony. It was not until the introduction of the Newtonian physics that the two concepts separated. The concept of Metaphysical healing was slowly replaced with that of conventional medicine. According to this philosophy, all phenomena are due to the movement of matter in space and time, and all that seems nonphysical must in truth be an epiphenomena of matter alone. This philosophy holds that all causes are materialistic and localized, mediated by signals. All events are objective and determined. In particular, medicine is based on a biology that strongly holds on to the belief known as genetic determinism: genes determine everything related to the physical body. It was not until the concept of quantum physics that the contemporary medical field begun accepting a Metaphysical connection between mind and body. Today, we can see research slowly supporting positive thinking, affirmations, relaxation, meditation, massage, and eco-therapy as aid in the healing process.

The Old Testament discussed many healings, such as Naaman cured of Leprosy, the Syrian army cured of blindness at Samaria, the Shunamite’s son buried and raised from the dead at Shunem, and a widow’s son raised from the dead.

On the other hand, several healings have been documented in the New Testament. The book of Matthews recorded thirteen healing miracles, including exorcisms: five general references to healings without specific descriptions, one resuscitation, and the commissioning of twelve “to preach and heal”. The book of Mark recorded twelve healing miracles, including exorcisms: three general references to healings without specific descriptions, one resuscitation, and the commissioning of twelve “to preach and heal”. The book of Luke recorded fourteen healing miracles, including exorcisms: two general references to healings without specific descriptions, two resuscitations, the commissioning of the twelve “to preach and heal”, and the commissioning of the seventy “to preach and heal”. The book of John recorded four healing miracles, but no specific reference to exorcisms: one general reference to healings without specific descriptions and one resuscitation (the raising of Lazarus). And lastly, the book of Acts recorded four specific healing miracles : six general references to healings or to “signs and wonders” (which almost certainly included healings) and one resuscitation.

The Eastern tradition has documented healings. The Chinese Metaphysics is a constituent part of Taoism, a philosophy based on Qi, the energy—the principle of the Yin & Yang balance and the theory of 5 elements. Therefore, ancient Chinese sciences, such as Feng Shui, Chinese astrology, face reading, Qi Gong, Tai Chi, Traditional Chinese Medicine (TCM), as well as I Ching divination, represent parts of the very same knowledge the Chinese have gained over thousands of years by observing nature and researching how it affects man and his life. The Chinese believe that our destiny consists of three parts:

* The Heaven Luck, the Earth Luck, and the Human Luck.
* Heaven Luck is what the Universe gives us at the time of our birth. It is the inscription of our life’s paths, potentials, as well as lessons.
* Earth Luck is represented by our environment, the energy generated by the landscape relief of the Earth, such as mountains and rivers, the four directions, even the building we live in.

Human Luck is the vital energy, the life force within every human being. A human being can affect their own vital energy through self-cultivation, healthy lifestyle, positive thinking, meditation, and inclination in self-awareness. A knowledge of Feng Shui and understanding of nature’s energy can influence the Earth Luck. The only luck that cannot be affected by men is Heaven Luck, which represents one-third of our destiny. Ancient Chinese astrologers have developed their knowledge as a tool to foresee the events in one’s life, identify repetitions, determine and locate favorable periods for action, as well as discover and unveil one’s talents and potential. Chinese astrology is not about fortune telling, but counseling. It aims to lead us to a better understanding of (one’s) life, situations, and lessons.

 In an article titled, “The Medicineless Hospitals of China- 955 success rate in healing the with the power of Chi”. There are several so-called medicineless hospitals in China where healing takes place using Chi, exercises, positive affirmation, and most importantly they do not "just" heal patients with all sorts of diseases including incurable tumors of cancer but they actually teach them how to heal themselves. Here is an outline of the whole "movement" with some basic info:

Gregg Braden was in one of these medicineless hospitals where he was able to obtain video footage where he witnessed the professionals use ultrasound imaging to show the tumor of a cancer patient disappearing in a matter of 3 minutes. We are not talking about

a time lapse video! I think you can view the whole workshop here:

 I find the material Gregg Braden presents to be, besides empowering and thought-provoking, also well-researched and thorough, I like his provocative and, I believe, original ideas. Also I find him to be genuine and honest. Of course, I could be wrong, but all I can give here is my opinion, the way I see him and his work. He has many great works like, The Isaiah Effect and The Lost Mode of Prayer and others, but there is quite a lot of overlapping between them. Medicinless hospitals in China and now more and more in American and around the world. I found an interview with a healing practicioner who works in the US: It’s about healing by the laying on of hands (LOOH). I'm not talking about psychic healing (PH) at all. Although they could be related, for all I know PH, LOOH and Chi healing could be different forms/manifestations of the same thing, working on the same underlying principle, Its like “you created your own reality”, or the law of attraction as explained in “The Secrete”, by Rhonda Byrne.

Traditional Chinese medicine is a broad range of medical practices, sharing common concepts developed in China, and are based on a tradition of more than 2,000 years, including various forms of herbal medicine, acupuncture, massage, exercise, and dietary therapy. It “holds that the body’s [vital energy](http://en.wikipedia.org/wiki/Vital_energy) (Chi or Qi) circulates through channels known as [meridians](http://en.wikipedia.org/wiki/Meridian_%28Chinese_medicine%29), which have branches connected to bodily organs and functions.” The concepts of body and disease used in the Traditional Chinese medicine have notions of a pre-scientific culture, similar to that of the European humoral theory.

China has medicine-less hospitals, where healing takes place using Chi, exercises, nutrition, and positive affirmation. These hospitals not only heal patients from diseases but also teach them to heal themselves.

Gregg Braden has been to these medicine-less hospitals and documented the disappearance of tumor in a cancer patient in a matter of 3 minutes. This incident occurred at the Huaxia Zhineng Qigong Clinic & Training Center, a “medicine-less hospital” in the city of Qinhuangdao, China. Gregg was told he was the first and the only person to have been allowed to take a footage of this procedure. Healings as such include LOOH (laying on of hands), psychic healing, and Chi healing, which are different forms/manifestations of the same thing, working on the same underlying principle, such as “you create your own reality” or the law of attraction.

 In an article titled “The Body Meridians, The Energy Network of the Body” it defined that meridians are energy channels 'transporting' life energy (Chi/Qi) throughout the body. If there are blockages, leading to lack of energy supply to certain areas of the body, or a surplus of energy in other areas...

 The Body Meridians can be used for Treatment of a condition or/and Diagnosis.

Energy blockages can be the result of stress, an injury or trauma, or bad living habits (diet, habits/addictions, lack of exercise) and can be traced to the root of all health (physical/mental/spiritual) problems.

 Our energy flow affects how we feel, how we think, and the over all condition of our health situation. When the body's life-force energy becomes blocked, various imbalances will result.

 For centuries, in China, Japan, Tibet, India and other countries, life has been considered as a bio-electrical/vibrational energy phenomenon. It is only because of the existence of this energy in our body that we can move, breathe, digest food… think and even feel.

 In an article titled, “In an article, “Metaphysics& Quantum Physics: Bridging the Gap”, Metaphysics is described as being the philosophy or science about 'existence', and things that *transcend*the 'physical' or natural. Much of metaphysics is based on the question of the fundamental nature of being, the universe, reality vs illusion and other 'mysteries' of life.

​ Aristotle actually called the wisdom of metaphysics the 'first philosophy' as it deals with the primary cause and principles about things. Metaphysics asks questions such as how does the world exist and is it real, or a creation of our mind?

Quantum Physics

 Classical (Newtonian) Physics looks at how physical reality works, from a perspective greater than the sub-atomic level, ie: atoms, molecules and the finer processes of how they work.
 It is the sub-atomic level where things change, and this is the realm and fascination of the science of Quantum Physics,coined by Max Born in 1924. ​The study of Quantum Mechanics or Quantum Field Theory has revealed that not only is matter made up of spinning vortexes of energy (beyond its physicality and appearance as matter) , but also that the very act of observing particles changes  and creates things. This kind of discovery has revolutionized our way of thinking about the mechanics of the world as well as our perception of 'reality'. It is much more involved than this, so I will be writing a number of articles over time elucidating upon the extraordinary finds that certainly challenge how we view reality and the material world.

 The nature of reality and our existence has been questioned and explored over eons of time, and now, more so than ever, we are at a time on earth when we are starting to bridge the gap between ancient esoteric wisdom and science. Quantum theory has particularly played a large role in our understanding of our 'reality', the world, universe & greater cosmos - what it consists of and how it operates.

The initial goal of science was, of course, not to separate science and spirituality but instead understand nature. In early/ancient civilizations, science and spirituality were meant to complement each other and nature. Scientists wanted to understand nature so that they could live in harmony with it and not dominate it. Only until the middle of the 16th century did this really change.

An article in www.allaboutphilosophy.org entitled “Materialism” stated, “Materialism can refer either to the simple preoccupation with the material world, as opposed to intellectual or spiritual concepts, or to the theory that physical matter is all there is. This theory is far more than a simple focus on material possessions. It states that everything in the universe is matter, without any true spiritual or intellectual existence. Materialism can also refer to a doctrine that material success and progress are the highest values in life. This doctrine appears to be prevalent in western society today.

Materialism and its theories can be traced as far back as the poem *The Nature of Things*, written in the first century B.C. by Lucretius. Other defining works include *The System of Nature* by Paul d'Holbach, Force and Matter by Ludwig Buchner, and the more recent research done by Richard Vitzthum, *An Affirmative History and Definition* (1996).

Materialism as a philosophy is held by those who maintain that existence is explainable solely in material terms, with no accounting of spirit or consciousness. Individuals who hold to this belief see the universe as a huge device held together by pieces of matter functioning in subjection to naturalistic laws. Since materialism denies all concepts of Special Creation, it relies on the Theory of Evolution to explain itself, making beliefs in materialism and evolution interdependent.
 The first question this worldview should cause most of us to ask is, "If all that exists is matter only, where did the natural laws that govern it come from?" New scientific discoveries in the areas of biological complexity, cosmological design, quantum physics, and information theory bring these materialistic assumptions into doubt. A massive quantity of evidence demonstrates that the universe and its material aspects are connected by a network of energy, design and information. We now see much more than matter - we see the result of conscious creation.

As you may know, these are ancient Metaphysical teachings, and Metaphysicians have no problems with these ideas even though much of the scientific community does. And, once materialism is gone, the convergence of science and spirituality can restart.

Although, it is not certain exactly how the convergence of science and spirit will take place, there are many ideas as to how and when this might happen. Some people believe that there will be a complete blending of one into the other. Others believe that they will continue to overlap and expand each other. Personally, I believe that through quantum physics, science will act as a proof to many of the ancient Metaphysical/spiritual teachings and, in the process, we will come to see the convergence to science and spirituality. Thus, through expanding the circle within which both science and spirituality lie, we will be able to see with different points of view what both science and spirituality bring to the table. It’s important to realize that the subject, the ‘inner space,’ is worthy of great exploration. It’s important to realize that the ways of exploring the “inner space” may not be similar to those for the “outer space” But the ways that we understand inner space may be greatly assisted by the ways we understand the quantum nature of the physical world. With each passing day we are coming closer to seeing physics and Metaphysics merge.

Jesus’ words on healing and the power of God were not religious; they were spiritually based on dealing with what we call the soul and the God’s will. All healings come from within. Each of us has the divine power to heal themselves. All healings are self-healings. The way to heal others is really by showing them how to heal themselves or by providing an environment suitable for self-healing.

 In a web article by Randhawa, *“Where Physics and Metaphysics Merge”*, Gregg Braden concluded the following three things from his scientific experiments:

1. “...we are forced to accept the possibility that some NEW field of energy, a web of energy, is there, and the DNA is communicating with the photons through this energy.”

2. “…living cells communicate through a previously unrecognized form of energy. This energy is not affected by time and distance. This is a non-local form of energy, an energy that already exists everywhere all the time.”

3. “…new recognized form of energy that connects all of creation. This energy appears to be a tightly woven web that connects all matter. Essentially, we’re able to influence this web of creation through our vibration.”

No doctor, or drug, or object has ever truly healed anyone. They can only assist if they act in harmony with the laws of nature. Our mind-body system is designed to heal itself. All we need to do is to remove obstacles from our body and mind. This can be accomplished with or without the help of others.

If you break your arm, the arm heals itself, and if the damage is not extensive, the repairing job will be so perfect that after a few weeks, you cannot even remember which arm was hurt. Even your fingerprints reconstruct if your finger is cut. Self-healing is not limited to scratches and bruises. Similar self-healing processes occur in all possible organs of the body all the time.

Even if we abuse our body, it tries to heal itself, unless the damage is extensive or we continue hurting ourselves physically for years. Severe illnesses are largely a result of our complete ignorance on both the physical level (diet, poisoning, and lifestyle) as well as the mental level (bad mental hygiene and discipline and wrong understanding of the purpose of life). Pain and suffering are just signalling to our conscious mind, telling us that we need to mend our ways. When we do incline in the right direction, we “miraculously” recover. When we follow the flock and resist nature, we suffer. This is the law of nature. The mind-body system has almost unlimited self-repair capabilities, but most people abstain themselves from accessing them.

The biggest mistake you can make is to accept someone’s “advice” when they say that your condition is incurable. If you accept such an advice, your fear effectively sabotages the self-healing process, which is under complete control of your consciousness on all levels, including the subconscious functioning of your body and mind. Fear blocks any logic, dramatically reducing your own self-healing ability.

There is nothing to be afraid of in the Universe , except our own ignorance and its consequences. Unfortunately, most people doubt everyone and everything, except their own ignorance. The idea of an “incurable” or “chronic” condition simply stems from our limited understanding of healing processes and/or the arrogant attitude of people who claim to be “health” authorities but have never witnessed a true recovery. It should be noted that people and industries who give “health advice” usually benefit from the fact that we are sick because if we were healthy, they would go broke.

Metaphysics is basically the philosophical study of being and knowing. It is very closely related to spirituality, but it is not religious. Science and spirituality have a very close relationship. Metaphysics/spirituality and science are two complimentary ways of looking at reality. Therefore, as we get closer to the truth, physics and Metaphysics must merge or, in other words, science will meet spirituality.

The main difference between science and spirituality is that true spirituality entails looking within while traditional scientists look to external sources.

Quantum physics creates a paradox if we hold on to Newtonian physics. How does a wave of possibility become a particle of actuality upon measurement in view of a mathematical theorem that states that no materialistic interaction can ever convert a wave of possibility into an event of actuality? To resolve this paradox, we must invoke the philosophy of monistic idealism and posit that consciousness is the ground of all being while material objects are possibilities of consciousness itself. Of the many facets of a possibility wave, consciousness chooses the one facet that becomes actuality. This choice by consciousness is responsible for the collapse of the wave into a particle.

This way of resolving the quantum measurement problem, which quantum physics forces upon us in the form of the von Neumann theorem, opens the door for an equitable treatment of all our experiences and does not place materialistic experiences in a privileged position. Noted psychologist Carl Jung postulated that we have four kinds of equally valid experiences. These have been listed as follows:

1. We sense material objects: sensing;
2. We feel vital energies: feeling;
3. We think of meanings mentally: thinking;
4. We intuit archetypal values such as truth and love: intuiting.

These four ways of experiencing the world give us four personality types.

Jung’s concept forces us to think beyond scientific materialism. He felt that man’s consciousness is the foundation of quantum possibilities: material, vital, mental, and archetypal.

Choosing from material possibilities gives us material objects of sensing. When consciousness chooses from the possibility-movements of the vital world, we experience vital energy movements of feeling. Choosing from the mental world, the mind, gives us meaningful objects of thought, and choosing from Jung’s supramental (above the chin) gives us the archetypal objects of intuition.

The individual manifest worlds of our experience do not interact directly but only though the intermediary of consciousness with nonlocal communication without signal. This scientific validation of our subtle experiences of feeling, thinking, and intuition opens the door for the validation of alternative practices of medicine that postulate an important disease-causing role to imbalances of the subtle movements of our experience. For example, vital body medicine practices (traditional Chinese medicine, the Indian Ayurveda, homeopathy) hold that many diseases are caused by imbalances or blocks of vital energy movements that are associated with our organs and their interactions. Mind-body medicine practices hold that imbalances and blocks in our processing of mental meaning cause some of our diseases and so forth.

We have four bodies of experiences within the four worlds of consciousness that form the whole. Altogether, there are five bodies, five different sources of imbalances and blocks of disease and, thus, five different healing systems are called for, as has been the tradition. However, now that quantum physics has enabled to incorporate all our experiences within one integral Metaphysics; we can also integrate all medicine practices within one unified practice of quantum integral medicine.

 Daily life contains stressful situations for most individuals. When the body is constantly stressed, imbalance in the biofield, chakras, meridians, and the physical body can occur and cause dis-ease. Many individuals do not understand the importance of ensuring that the biofield, chakras, and meridians are flowing smoothly in order for the physical body to maintain homeodynamics. Energy medicine can assist in maintaining homeodynamics in these subtle energy fields. Regarding the scientific study and influence on the energetic systems, Oschman (2000) wrote,

 On the basis of what is now known about the roles of electrical magnetic, elastic, acoustic, thermal, gravitational, and photonic energies in living systems, it appears that there is no single “life force” or “healing energy” in living systems. Instead, there are many energetic systems in the living body, and many ways of influencing those systems, both known and unknown, functioning collectively, cooperatively, synergistically. The debate about whether there is such a thing as a healing energy or life force is being replaced with study of the interactions between biological energy fields, structures, and functions. (p. 219)
 The purpose of this thesis is to research existing devices that can be used to balance the biofield, chakras, and meridians with light, sound, and vibration for the purpose of promoting healing and stress reduction. The research includes exploring the vibration of thought along with the importance of water in creating wellness. It is scientifically proven that light and sound carry a vibration, and Hermetic philosophy teaches that everything has a vibration. Regarding the Hermetic philosophy of vibration, the Three Initiates (2012) wrote,

This Principle embodies the truth that “everything is in motion”; “everything vibrates”; “nothing is at rest”; facts which Modern Science endorses, and which each new scientific discovery tends to verify. And yet this Hermetic Principle was enunciated thousands of years ago, by the Masters of Ancient Egypt. (p. 17)

From the times of shaman and the witch doctors, man has attempted to explain his circumstances, life, and health in terms of a governing entity—gods and/or the forces of nature—which either smiled upon them or punished man for his actions, intentional or not. Illness was treated by offerings or supplications to a variety of deities or other power brokers. Imhotep, the Egyptian architect-priest-magician-physician of the third century B.C. who was seen as a demigod a scant hundred years after his death, believed that “unseen forces live in the elements.” According to this chief magician/physician of the pharaoh’s court, “evil spirits” (unseen forces) were responsible for many physical illnesses (Bach 25). Evidence from as early as 2000 B.C. shows that the Chinese recognized the life force of Chi and its energy concepts of Yin and Yang. These principles continue to be recognized, and ministrations based on these principles are still used by Eastern practitioners and are apparently quite successful.

However, western medicine can be dated back to the time of Hippocrates, around 500 B.C. Hippocrates is perhaps best known by the general public for his Hippocratic Oath that outlines a code of conduct for physicians. Hippocrates introduced a philosophical approach to medicine, cited diet as a major factor for disease, and viewed disease within the framework of the patient’s lifestyle. The history of healing is, in reality, an ongoing saga of man’s attempts to relieve physical distress.

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Though such threats are rare today, it doesn’t mean that life is free of stress. On the contrary, you undoubtedly face multiple demands on a daily basis, such as shouldering a huge workload, making ends meet, and taking care of your family. Your body treats these so-called minor hassles as threats. As a result of this, you may feel as if you’re constantly under assault, but you can fight back. You don’t have to let stress control your life.

When you encounter a perceived threat—for instance, a large dog barks at you during your morning walk—your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure, and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain’s use of glucose, and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system, and the growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation, and fear.

When the natural stress response goes haywire, the body’s stress-response system is usually self-limiting. Once a perceived threat has passed, the hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities. But when stressors are always present, and you constantly feel under attack, that fight-or-flight reaction remains active.

The long-term activation of the stress-response system—and the subsequent overexposure to cortisol and other stress hormones—can disrupt almost all your body’s processes. This puts you at increased risk of numerous health problems, including anxiety, depression, digestive problems, heart disease, sleeping problems, weight gain memory, and concentration impairment cancer.

Stress Management programs incorporate meditation, relaxation, positive affirmations, goal setting (dream boards), positive thinking, aromatherapy, Emotional Freedom Technique (EFT), Qi Gong, Tai Chi, and yoga.

Many of the complaints made by patients visiting a doctor are stress related. Due to a low immune system, our body is susceptible to a variety of illnesses. In a stressed-out state, the body lowers the immune system, and if a person is under chronic stress, the immune system is severely retarded. The result is an increased number of illnesses throughout the year. With the use of ancient techniques, such as meditation, prayer, yoga, Tai chi, and guided imagery, individuals are able to lower stress hormones in the body. The Metaphysical practitioner is able to use their ability and training to balance the body’s healing system and restore it to good health. With the right combination of techniques, nutrition, and practices, the mind, body, and spirit can return to a harmonious balance. Modern day medicine needs to begin integrating the use of a higher power or spirit in the healing process.

**Conclusion**

When the body is not working properly due to a trauma or a disease, the body starts repairing itself. It is designed to heal itself by regulating antibodies, white blood cells, and much more. Newtonian science has a command over western thought; anytime we visit a doctor, we are given a pill to fix the problem. Newtonian science tells us that our body is a mechanical structure that requires physical changes and influences to repair itself. Thus, if a person is depressed, a pill is given to cause a reaction that will secrete more serotonin to help them feel better. Modern science has created a pill to cure almost any illness or disease in the body.

Quantum science states that the Universe is connected to itself and that fields of energy affect other fields of energy. The vibration of such energy has the ability to make changes in the body and either heal it or make its condition worse.

Western contemporary medicine doctors and practitioners are not in agreement with nonmaterialistic causes of disease because of their belief in scientific materialism. According to scientific materialism, all phenomena are due to the movement of matter in space and time, and all that seems nonphysical must in truth be an epiphenomena of matter alone. This philosophy holds that all cause is materialistic and localized, mediated by signals. All events are objective and determined. In particular, medicine is based on a biology that strongly holds on to the belief known as genetic determinism: genes determine everything relating to the physical body.

In this way, quantum physics has brought doubt in the universality of genetic determinism. If the root cause of many diseases is not genetic, local or physical, if we can trace nonlocal and nonphysical causes of disease, theorize about these nonphysical causes effectively, and base such theories firmly on experimental data, what then?

This way of resolving the quantum measurement problem that quantum physics forces upon us in the form of the von Neumann theorem opens the door for an equitable treatment of all our experiences and does not put materialistic experiences in a privileged position. Psychologist Carl Jung codified four kinds of equally valid experiences: we sense materialistic objects: sensing; we feel vital energies: feeling; we think mentally: thinking; and we intuit archetypal values such as truth and love: intuiting. These four ways of experiencing the world give us four personality types, according to Jung.

Carl Jung forces us to think beyond scientific materialism. In his research on consciousness, he found that there were four world of quantum possibilities; 1) Material, 2) Vital, 3) Mental, and 4) Archetypal or supra-mental.

Jung’s work forces us to think beyond scientific materialism and consciousness as the grounds of being, in which there are four worlds of quantum possibilities: materialistic, vital, mental, and archetypal. When consciousness chooses from the possible movements of the vital world, we experience vital energy movements of feeling. A choice from the mental world, mind, gives us meaningful objects of thought, and choice from the supramental gives us the archetypal objects of intuition. The individual manifest worlds of our experience do not interact directly but only though the intermediary of consciousness with nonlocal, signal-less communication.

This scientific validation of our subtle experiences of feeling, thinking, and intuition opens the door for the validation of alternative practices of medicine that postulate an important disease-causing role to imbalance our subtle movements of experience. For example, Traditional Chinese medicine holds that many diseases are caused by imbalances or blocks of vital energy movements associated with our organs and their interactions while mind-body medicine practices hold that imbalances and blocks in our processing of mental meaning are the cause of some of our diseases.

Now that quantum physics has enabled us a unified way of incorporating all our experiences within one integral Metaphysics, we can also integrate all the medicine practices within one unified practice of quantum integral medicine.

Metaphysical healing is a result of the source or spirit, quantum physics, and the psychology of the body’s ability to heal itself, which effects the speed at which the body heals, i.e., affirmations, the power of the brain, chakras, meditation, vibration, positive thinking, and faith.

A review of the scientific evidence supporting the reality of spiritual healing, submitted by R. D. Hodges, reported that the practice of Metaphysical healing has a long history, going back over a millennium, and accounts of its use have been recorded from all the major cultures of the past. Although in the west, its practice has often been suppressed or reduced to the status of a folk-art, this century has seen a revival of what is now most commonly known as spiritual healing, one of the most widely-used complementary therapies.

Metaphysical or spiritual healing is probably the most simple and straightforward available approach to the treatment of ill-health and injury, consisting of a simple, direct relationship between the healer and the patient. It mainly relies on close contact, such as the laying-on-of-hands, the use of prayer, hand passes, etc., to help bring about improvements in the patient’s condition. Despite this simplicity of technique and the lack of any fully substantiated Newtonian-based science, describing how healing works, there has developed over recent decades a large body of anecdotal evidence— published in books, articles, and similar sources—that demonstrates the efficacy of spiritual healing in the treatment of a wide range of conditions. A considerable body of scientific research has been built up, which indicates that spiritual healing is clearly a demonstrable phenomenon. The research evidence supporting the scientific validity of spiritual healing has been described and analyzed in detail by Benor.

Benor’s review lists 155 controlled studies using a wide range of experimental subjects— enzymes, microorganisms, cells, plants, animals, and humans—of which, more than half produced statistically significant results, supporting the reality of a healing effect. Further studies have been published since 1993. The aim of the present review is to present summaries of a number of these studies from across a range of experimental subjects that exhibited a positive outcome— thus demonstrating the reality of healing.

In all these studies, the level of significance of the results and hence the positive outcome and acceptability of the study are given in the form of probability (p) values, and an explanation of what this means may be of help to those not conversant with this terminology. The results of a scientific experiment are considered to be significant when, on statistical analysis, the odds against the differences between experimental and control groups occurring by chance are greater than 1 in 20.

Metaphysical medicine is known to make many doctors extremely uneasy. They feel it is more of a concept than a true field. Given a choice between Metaphysical healing and a pharmaceutical drug, a doctor will take their chances with the drug from a local pharmacy. Both the patient and the doctor do not need to take any risk or guess in regard to its effectiveness. The problem comes in when the chemical isn’t effective or the side effects are severe. Deepak Chopra reported that recent surveys taken in England and America have shown that as many as 80% of the patients feel that their underlying complaint, their reason for going to the doctor, was not satisfactorily resolved when they left the doctor’s office. Classic studies dating back to the end of World War II showed that patients of the Yale Medical School hospital left it in a worse state of health than that on the day of their arrival (These are paralleled by similar studies that showed that patients with psychiatric complaints improved significantly while they were on the waiting list to see a psychiatrist than after they actually saw him—so, the situation isn’t simply one of exchanging a body doctor for a head doctor (Chopra 9–20).

The underlying concept behind this is that the body knows how to maintain balance unless thrown off by disease; therefore, if one wishes to restore their body’s own healing ability, everything should be done to bring it back into balance (Chopra 12/22).

 Deepak Chopra, in his book *Quantum Healing*, reported that research on spontaneous cures of cancer, conducted in both the United States and Japan, has shown that just before the cure appears, almost every patient experiences a dramatic shift in awareness. He knows that he will be healed and feels that the force responsible is inside him, but not limited to himself. It extends beyond his personal boundaries, spreading through nature. He states, “I am not limited to my body. All that exists around me is part of myself.” At that moment, such patients apparently jump to a new level of consciousness, which prohibits the existence of cancer. Then, the cancer cells either disappear literally overnight in some cases or at the very least stabilize without damaging the body any further (Chopra 15/25).

#  Based on the current research and continual investigation into quantum physics, it can be concluded that the mind-body connection has a foundation that supports the spiritual and Metaphysical connection to physical health and healing. In an article, by Claudette Strohmayer she stated that, “PTSD is a disorder that has been caused by a traumatic event or series of events that later resulted in severe anxiety, fear, guilt, grief, insomnia, addictions, and depression. PTSD has typically been treated with antidepressant drugs and/or psychotherapy, but success has been limited, often short-term, and often with undesirable side effects from the medications.  EFT offers an alternative to traditional medicine and therapists have found it to be a much less invasive method with no adverse side effects.” Which conclude that current medical interventions require chemicals and surgical procedures that have severe side effects on the patient. Natural, spiritual, or holistic interventions have limited side effects and should be taken seriously by the western medical community. I have discovered that the use of Emotional Freedom Technique (EFT or Tapping) has amazing results. I have found it helpful with my clients and myself. Issues, such as chronic pain, P.T.S.D., confidence, focus, depression, and anxiety, have had positive results.

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