

Heal Yourself

Practical methods on how to heal yourself
from any disease using the power of the
subconscious mind and natural medicine

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subconscious mind and natural medicine

Max Corradi

(MBRCP, MISOHH, Hons)



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Washington, USA

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Contact: kristinajr.cristina@gmail.com

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This book is dedicated to all my kind teachers, and to all those who are suffering from illnesses and poverty.

This book has been inspired by the teachings of the Buddha and Christ, and the writings of William Walker Atkinson, Thomas Troward, Giordano Bruno, Baron Eugene Fersen, Thomas Hamblin, Florence Shinn, Genevieve Behrend, Neville Goddard, Paracelsus, Samuel Hahnemann, James Tyler Kent, Hans-Heinrich Reckeweg, Professor Ivo Bianchi, Dr. Jerome Malzac and Dr. Jo Sorrentino.

Introduction

Health is contagious as well as Disease.

William Walker Atkinson

The subject of this book is healing and self-help.

The book includes two different healing approaches using the subconscious mind and natural medicine. The first part gives you a complete list and explanation of useful healing methods using the most powerful of all human beings resources which is the subconscious mind. You will learn how powerful the mind is in every process of healing, and you will learn how to work with those natural and fundamental laws of mind and nature like the Law of Cause and Effect and the Law of Vibration. Through these simple but effective methods you will be able to reprogram your subconscious mind.

In Part 2 the book covers a great deal of useful information about natural medicine like phytotherapy, homeopathy, advanced complex homeopathy, homotoxicology, micotherapy, nutrition and low dose embryo therapy for cancer. It includes a comprehensive list of natural medicine protocols for a wide variety of health conditions and a compendium of low dose homeopathic hormones, cytokines and growth factors with their main indications.

Important Disclaimer:

The knowledge presented in this book is intended to complement medical treatment not to replace conventional medicine or the advice of your doctor. Always seek professional help.

NOTHING CONTAINED IN THIS BOOK IS INTENDED TO BE NOR CAN IT BE TAKEN FOR MEDICAL DIAGNOSIS OR TREATMENT.

Part 1

The mind is the king of healers

Mind is the chief and it is swift. Mind is the forerunner of all things.
Udanavarga Sutra – The Buddha

Chapter I

The conscious and the subconscious mind

The first aspect of our consciousness or mind is the conscious mind or objective mind. It is the mind which knows the objects of the senses and perceives its own thoughts and emotions. It is also that aspect of the mind that is able to reason and discriminate.

If we use it with the presence of awareness it becomes the guardian at the door of the subconscious mind, ensuring that only wanted and empowering messages are allowed through as it is only through the conscious mind that we can access the subconscious.

The subconscious mind or unconscious mind on the other hand is an incredibly powerful program that runs every aspect of our life automatically and without any need for our conscious input.

In the subconscious mind are stored all our beliefs about reality and all the habitual tendencies which manifest as intuitions, tendencies to feel in a certain way, to behave in a certain way, to react in a certain way, basically all aspects of our waking and dream life.

Let's take a closer look at some of the attributes of the subconscious mind and understand how it works.

First the subconscious mind cannot distinguish between what is real and what is imagined; it follows orders by acting on whatever is fed to it. It responds with instincts and habits which are manifested into our waking lives and dreams.

The subconscious mind does not process negatives. For this reason, all affirmations, statements and visualizations must affirm the positive.

The subconscious represses memories with unresolved negative emotions. The memories get buried, yet the beliefs,

feelings and emotions associated with them will still control our reactions.

The subconscious works with symbols and associations, and it records everything in first person. For example whenever we criticize, judge and project negative thoughts and feelings onto others, we experience the negativity as our own.

It also works on the principle of least effort by following the path of least resistance. **Without a proper and purposeful direction from our conscious mind, it follows the easiest, but sometimes more negative path of our habitual tendencies.**

There is no future or past in the subconscious mind; since it can only process the present time, all stored experiences are processed in the ever present NOW of our life. As we have seen the whole of mind can be compared to an iceberg floating in the ocean. Consciousness is the tip of the iceberg, consisting of information and stimuli of which we are aware. The subconscious is the deep underside of the mind, recording and processing information.

On the more physical side, a developing brain can be compared to an onion. Each layer, larger than the other, growing and forming new neuro pathways able to direct the body's reflexive and voluntary movement, memory, thought and emotional behavior until there is a vast data bank of unconscious skills, abilities and emotions and habitual tendencies.

Simply put, any thought, message, emotion or order that is given to the subconscious often enough and convincingly enough will, in time, be accepted as truth and consistently be carried out with exact precision irrespective of whether it is for our benefit or not. Another important thing is that the subconscious mind is neutral in nature, and this means that it cannot reason or distinguish between positive and negative. In other words, anything we think or intend and do will leave a trace, or become a cause so to speak for its subsequent manifestation as anything in our life, whether it is for our benefit or harm.

Among the several ways to consciously reprogram the subconscious mind, the quickest and most effective ones are the statements or self-suggestions and the creative visualizations which we will discuss later.

When reprogramming your subconscious mind and changing your underlying habits, you will know to what degree your underlying negative beliefs have been replaced by the new beliefs by checking how much willpower you have to use to do something that serves your positive intention. If you have to use a great deal of willpower then there is probably still a major conflict between your positive intention and the underlying negative habit. Anything you do, say or think that is aligned with your beliefs, whether positive or negative, requires not much willpower and is effortless. Willpower is the domain of the conscious mind whereas our aim is to transform our positive thought-intentions and actions into habits of the subconscious mind.

Chapter 2

Cause and effect and positive thinking

Suggestions for Practical Application

When you treat a disease, first treat the mind.

Chen Jen

Our physical health and obviously our mental health are for the most part dominated by our mind as in our dominant thoughts and emotions. If we maintain a mental peaceful attitude of joyful health, strength and fearlessness, this will manifest accordingly on the physical plane.

But if we go about with a mind filled with ideas and thoughts of a depressing and angry nature our body-mind will likewise respond sooner or later.

Thoughts and emotions always precede actions of voice and body; therefore we should place more emphasis on our thoughts and emotions if we want to have visible effects in our lives.

Every action and feeling is preceded by a thought, and right thinking begins with the words we say to ourselves.

As you sow, you shall reap.

Galatians 6:7

In the Bible the so-called Eastern Law of Karma or Cause and Effect is mentioned in just a few words with exactly the same meaning. We also find it in the Jewish Kabbalah as *Tikune*, the ancient Egyptians called it *Maat* and the ancient Greeks called it *Heimarmene*.

Although there are many laws in the universe, this is the most important Law because it rules all planes of reality.

Karma is mainly the urge or the will to act in a certain way and this is usually started at the level of an intention with a specific motivation or intended result. Thoughts and intentions are like seeds and they produce effects not only on the mind level, by producing more like-minded thoughts, but also on an emotional and physical level. When we talk about physical and verbal actions, these are usually started with mental urges, they have a mental cause.

Every one of our thoughts, words or actions set a specific chain of causation in motion which will come to materialize over time into certain effects, and this is always started at the level of mind with our intentions and aims, as we are told by the Hermetic axiom of the Principle of Correspondence:

As above so below, as below so above.

Although the Law of Cause and Effect applies to all levels of existence, and, as we shall see later, time and space are relative concepts, since our lives are tightly bound by our concept of time and space there is usually a time gap between the cause and the eventual effect which always depends on other secondary conditions to manifest.

To illustrate the Law of Cause and Effect in relation to time the Buddha said:

Truly, an evil deed committed does not immediately bear fruit, like milk that does not turn sour all at once. But smoldering, it follows the fool like fire covered by ashes.

As the Law of Cause and Effect is very difficult to comprehend in full (it will be the subject of my next book on the Seven Hermetic Principles), we shall limit by saying that one cause can produce many effects, many causes can produce one effect, that the effect is never lost with the passing of time unless it is counteracted by

an opposite cause and that effects become causes reinforcing the original causes, which will then produce more effects and so on in a chain of causation extending *ad infinitum*.

Health and ease is our birthright, and since effects can produce new causes, and everything starts at the level of mind, the “*as above*” level of the axiom so to speak, we can work with the Law of Cause and Effect, by stating and visualizing our goal or outcome of full health and recovery already a reality in the ever present NOW, as this statement will set in motion a new chain of causation which will eventually result in health and vigor on all planes of existence, i.e. mind, energy and physical.

It is particularly important that we should not think of ourselves in recovery in a distant future when we use these methods, **otherwise our focus of perception would be on the present lack of health**, therefore reinforcing our disease state and postponing our recovery.

If a thing is true at all, there is a way in which it is true throughout the universe. Remember that the power of thought and intentions works by absolutely scientific principles. These principles are expressed in the language of the statement:

As a man thinketh in his heart, so is he.

Note: Law of attraction and Law of Cause and Effect clarification

Many people might say that what I’m presenting here is similar to what nowadays is sold as the law of attraction due to the success of the movie *The Secret*.

Let me clarify this before we move forward. The term “law of attraction” was coined by the great writer and occultist William Walker Atkinson in 1906 in his published book *Thought Vibration or the Law of Attraction in the Thought World*.

But in this and other books, Atkinson clearly states the following about the law of attraction and materialization:

They are a part of the working of the law of Cause and Effect in its phase of thought attraction.

So there is no separate law of attraction, as in reality the law of attraction is but one phase, or we could also say, the visible manifestation of the working and interaction of the Law of Cause and Effect and the Law of Vibration, another Hermetic Law. Further proof of this is that there is no separate law of attraction in the seven Hermetic Laws or Principles of ancient Hermetic Philosophy from which Atkinson and all the other New Thought writers of the last century drew their ideas and realizations.

The seven Hermetic Laws or Principles of the Universe are: The Principle of Mind (All is Mind), the Principle of Correspondence, the Principle of Vibration, the Principle of Polarity, the Principle of Rhythm, the Principle of Cause and Effect, the Principle of Gender.

The axiom of the proponents of the law of attraction '*like attracts like*' still remains valid on all planes of mind, energy and physical reality through the working and interaction of the Law of Cause and Effect and the Law of Vibration creating the conditions for various events to manifest first in the mind and then in the energetic and physical planes in a '*like attracts like*' fashion.

We must bear in mind that these unchangeable Laws are not exclusive of each other but are all working in synergy throughout the universe in the same way as the law of gravity is not exclusive of the law of lift on the physical plane.

Although in this book we cannot explain in depth the working of these seven Laws (see my next book on the Seven Hermetic Laws), suffice to say we can use the laws of nature, but we cannot alter them. By opposing any natural law we place ourselves in an inverted position with regard to it and, therefore, it appears as though the law itself is working against us with a definite purpose. But this inversion is entirely caused by ourselves, and not from any change in the action of the law.

Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with an impure mind a person speaks or acts, suffering follows him like the wheel that follows the foot of the ox.
Dhammapada – The Buddha

Chapter 3

Self healing statements

The mind is the key to the man.

James Tyler Kent

Reestablishing a link to health and recovery starts by saying in your mind the following statements, repeating them and feeling their actuality. This must be done in a relaxed and silent environment first, best in the morning and evening before and after the daily activities, but there is no limitation, you can do it as much as you want; the important thing is to FEEL and believe what you are mentally saying. Later we will combine them with the creative visualizations to have a more powerful effect. You might want to concentrate more on the easy ones at first, the ones which resonate more with you, and later move on to the more difficult ones, the ones for which you feel more resistance.

I can be what I will myself to be.

This affirmation gives us a sense of power over our present circumstances and is a good one to start with, as usually during an illness we often feel powerless and discouraged.

I am fearless – absolutely fearless and relaxed.

This statement relieves us from the strong fears we have to deal with, like the fear of pain and of not recovering.

**I am getting strong and well – I am manifesting health.
I radiate hope, cheerfulness and joy.**

This statement goes to the heart of the matter as it can be used also to alter our mood if we are often feeling depressed or sad, and is also very powerful in physical illnesses as it is more difficult to heal ourselves when we feel hopeless and depressed.

Loving light floods my mind and body with health and strength, and every cell is filled with healing light.

This statement is important as it changes our fixation on the illness by putting a cause and therefore giving reality to its opposite, which is health and positive energy.

I'm grateful for all the good things that have already manifested in my life and the ones which are about to manifest, especially the health and the energy of health.

Appreciation and gratefulness as well as love are the most powerful emotions for living a healthy and joyful life. We should be grateful first for all the good things which we have experienced in our life, but also for all the ones that are going to manifest because we are planting the seeds for them to manifest; this is also the base for developing faith.

I forgive everyone and everyone forgives me.

Usually we have a very deep ingrained guilt towards ourselves and hatred towards others for whatever reasons. If we want to be well, healthy and joyful we must let go of all hatred and guilt; there is no room for them in a healthy life.

How to change negative feeling moods into positive.

As we have seen, one of the seven Hermetic Laws or Principles of the universe is the Law of Vibration which states that everything manifests as a rate of vibration.

Another Principle is the Law of Polarity which states that everything has two poles, everything has its pair of opposites and that opposites are identical in nature but different in degree, depending on the rate of vibration. The higher the vibration, the higher the position in the scale. The positive pole always dominates the negative because of the tendency of nature to go in the direction of the dominant activity of the positive pole.

If you find yourself in an undesirable mood or you want to overcome a negative quality, concentrate upon the positive pole of that same quality or mood, and the vibrations will gradually change from negative to positive, until finally you will become polarized on the positive pole instead of the negative.

Through the use of the statements and visualizations, which will be explained later, you will be able to change your mental vibrations and master your moods.

Note: Always make positive suggestions or affirmations. For instance, do not say: "I'm not ill." But on the contrary say, "I'm Strong" or "I'm healthy." The reason lies in the fact that by repeating the word of the thing you would deny, you really affirm its existence, and direct the mind to it as the mind is always inclusive.

Remember that it is your freedom to choose just what you want to think.

Chapter 4

Visualization and creative Imagination

Imagination is more important than knowledge for knowledge is limited to all we now know and understand, while imagination embraces the entire world and all there ever will be to know and understand. 'Logic' will get you from A to B. Imagination will take you everywhere...

Albert Einstein

Creative visualization is the creative process employed by forming and holding a mental image of the conditions as you wish them to be in actuality. The mental image tends to create an objective form and existence; it is the mental pattern around which the material conditions tend to group themselves. It is the seed-form of the thing itself.

Mastering creative visualization grants you direct control over your thoughts at the subconscious level. While there are several ways to reprogram the subconscious mind, visualization is the most effective and its results the most rapid.

The creative power of any mental image is determined by how often you imagine it and by the strength of the feelings or emotions associated with it.

By planting seeds of recovery in the subconscious mind, we are planting the possibility of recovery which in due time will become an actuality for our conscious mind through a reprogramming process of our subconscious.

How is this possible? As we have already seen, health and ease is our birthright; and since everything starts at the level of mind, we can work with the laws of nature by stating and visualizing our goal or outcome of full health and recovery as already a reality in the ever present NOW, as this will set in motion a new

chain of causation which will eventually result in our feeling and manifestation of health.

We shall not worry about how our recovery is going to manifest, that's not our job, the recovery will manifest in its own manner and following its own routes; we will maybe be offered the right and most effective therapy among many, or we will meet the right doctor which best understands what we need, we will have an intuition regarding the right therapy to follow, and so on. Most importantly, our mind will be in a better mood, we will have the strength to carry on with whatever therapies we are doing and we will take the right decisions for ourselves without doubt or hesitation. We will not be passive and hopeless, but cheerful and active in whatever situation.

We shouldn't feel attachment to the outcome, as attachment is based on doubt; on the other hand detachment is based on faith, confidence and certainty of the outcome.

Note: Although the statements and the visualizations I'm presenting are mainly for the restoration of health, as this is the subject of this book, you can adapt them and use them for any positive aim in your life, like creating more abundance for yourself and others or improving your relationships etc.

Creative visualization is not daydreaming

Some people might object that creative visualizations are like daydreaming and therefore a waste of time.

To this I reply that daydreaming is a waste of time and energy, in fact in daydreaming we dissipate our mind-energy with no effect at all. In creative visualization, on the contrary, we focus our mind-energy like a magnifying glass for a specific aim, our recovery and full restoration of health and therefore achieve our goal. Moreover, in creative visualization we focus on the outcome as already an actuality in the ever present now and not as something happening in a distant future.

Another difference between creative visualization and

daydreaming is that in creative visualization there is no doubt, as in daydreaming where we project a desire into a future which will never come. Instead in creative visualization we know without doubt that what we intend will manifest because we are putting the causes for its manifestation.

The visualizations

You can do the visualizations anytime but at least in the morning and in the evening before going to sleep for about 15 minutes, but you must try to be present and watch your mind during the rest of the day; don't let the doubt and the habitual negative patterns jeopardize your positive work. You can't expect to be positive for 30 minutes a day and angry and depressed the rest of the day and at the same time expect positive results; that would be like planting seeds of one kind and expecting fruits of another; remember all is cause and effect.

If you are using these visualizations and you are facing a long-term illness or you feel a lot of pain, remember not to force your mind, be gentle on yourself, acknowledge how you feel but at the same time take the attention away from the pain to your visualizations and statements, knowing that you are planting the seeds in your mind which will then have an effect sooner or later. The important thing is not to dwell and put attention on the lack of health; just acknowledge it and focus on your visualizations at least for the time you have set for it.

Here we combine the visualizations and repeat the statements to ourselves mentally to reinforce our visualized objective.

Visualization one: Imagine yourself performing an activity which you would normally feel fear for, but in this case see yourself as completely relaxed and acting fearlessly, having moral and physical courage, and driving away any worry. We are using a symbol to acquire and develop certain qualities associated with that symbol.

Repeat to yourself: I am fearless – absolutely fearless and relaxed.

Visualization two: Visualize yourself as healthy, joyful and in full strength, doing any activities that please you like sports, or any social activities, something which brings good feelings by thinking of it. It would have to be something which you think of as possible and pleasant but not strenuous.

Repeat to yourself: I am getting strong and well – I am manifesting health. I radiate hope, cheerfulness and joy.

Visualization three: Imagine soothing white or blue light surrounding you and flowing into your body; your body now is flooded with light, in fact it is now a vibrant and healthy light body; all your cells are nourished with healing and soothing light.

Repeat to yourself: Loving light floods my mind and body with health and strength, every cell is filled with healing light, health is restored.

Visualization four: Imagine loving and forgiving white light expanding from you and going to all the people you have a connection with, relatives, friends and enemies, then imagine this white loving and forgiving light coming back to you and making you feel at peace and joyful.

Repeat to yourself: I forgive everyone and everyone forgives me.

In conclusion see yourself in your 'mind's eye' as you wish yourself to be: healthy, in full strength with a joyful poise. From time to time you can talk to yourself and tell your mind what you expect it to do for you, taking hold of the physical body and building up new cells and tissue and discarding the old worn-out and diseased cells. We will cover this type of healing method more in depth in Chapter 8.

Chapter 5

Prayer and the power of mind

If you are not a spiritual or religious person you can skip this section; but if you are a spiritual person you might want to use prayer, and in this case there is also a method to follow.

You can combine the prayers with the visualizations, thinking that the blessing lights are coming from your holy object of refuge, of whatever faith it might be.

In prayer for a change in conditions, physical or mental for yourself or another, bear in mind that the fundamental necessity for the answer to prayer is the understanding of the Bible statement:

Whatsoever things you ask for when you pray, believe that you receive them, and you shall have them.

Mark 11:24

These are the words of Christ and are mainly related with what we call faith.

What is faith?

Faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11:1

In the words of Francis Shinn:

Hope looks forward; Faith knows it has already received.

In our modern society we call this confidence, we feel absolutely confident in the answer to our prayer.

This is not as difficult as it appears on the surface, once you realize that everything has its origin in the mind, and that which you seek outwardly, you already possess. Your thoughts, visualizations and prayers of recovery and health constitute the origin or cause in the ever present now of the subconscious mind, and causes produce effects.

You can close your meditation, visualizations and prayer with the happy assurance that your mind is a center of divine operation.

Chapter 6

Dieting and addictions

The only reason most diets fail is because of the negative underlying belief stored in the subconscious. If you are following a diet with a belief such as “I am fat” or “I will always be fat” or “I tried everything and nothing works”, then no diet or exercise regime will be accomplished with permanent success if that belief remains unchanged. Sooner or later, you will take actions to fulfill that negative belief again. The decision to go on a diet as a fulfillment of the negative “I am fat” belief will sabotage your efforts.

Once you change the negative belief associated with that negative habit, then changing the actual habits will come far more easily and the outcome will also follow.

In this case you can use the statement “**I am healthy and slim**” and adopt the following creative visualizations:

You could either start by focusing and visualizing yourself as slim, or pick a physical activity that you would like to complete if you were slim or that would cause you to become slim instead. At some point you will find yourself adopting new healthy eating and exercise habits without any conscious effort.

You will soon find that your thoughts and actions in your waking life will begin to reflect your new beliefs until such time that they too become habitual in nature.

Addictions

Addictions can take almost any form and shape, but no matter how they manifest, all addictions have one thing in common: they are based on an underlying craving for fulfillment and the negative beliefs and habitual tendencies stored in the subconscious mind related to the object of craving.

The first thing to do is to look at the messages that have been implanted into the subconscious mind, because these are the messages that we have to erase. For example if you are a smoker, a negative habitual tendency based on that craving is stored in the subconscious mind that actually tells the body that it needs to have nicotine and this is the sort of dangerous association that we have to be aware of and try to change.

Start by repeating the following statements:

I deny the power of... such and such addiction... over my free will.

I'm free, completely free from... such and such addiction.

I'm free to choose my desires to my best interest.

In addition to the statements you could visualize and see yourself in a typical situation but free of the object of addiction.

For example if you are a smoker and wish to quit, you could see yourself at a bar with friends perfectly fulfilled without the need to smoke. Or you could visualize refusing a cigarette offer without any effort.

The important thing is to associate to such addiction-free visualization and statements a feeling of complete fulfillment and freedom.

As we have seen the subconscious is a servant of the conscious mind. It follows orders by acting on whatever is fed to it. It cannot distinguish between what is real and what is imagined. Moreover the subconscious mind works with symbols, associations and metaphors, therefore it can be easily reprogrammed.

On the more physical level you can follow the Biotherapies laid out in Part 2 of this book, starting with a deep detoxification and drainage treatment and a full support of the PNEI system.

Chapter 7

Prana healing or healing through breathing

Different self healing methods using the mind and breathing

There are also different methods of healing using visualization along with the breathing. This form of healing uses what in general is called Prana.

Prana is a Sanskrit word which means 'Vital Force' or 'Vital Energy'.

The Chinese call it Chi or Qi and the Japanese Ki. Prana is very much connected to our breathing as breathing is also life, therefore in Prana healing we use visualizations along with the breathing in order to achieve the desired outcome.

I will only outline three basic forms of Pranic self healing:

General self healing, inhibiting pain and recharging yourself.

Note: Never force your breathing, but let it flow in and out effortlessly.

General self healing

Lying in a relaxed condition, as you breathe in imagine the Prana flowing into you; with the exhalation send the Prana to the affected part for the purpose of stimulating or healing it. Vary this occasionally by exhaling, with the intent that the diseased condition be forced out and disappear. You can also use the hands in this method by passing them down the body from the head to the affected part. In using the hands in healing yourself always hold the mental image that the Prana is flowing down the arm and through the fingertips into the body, thus reaching the affected part and healing it.

During the exhalation feel that the Prana or vital energy is being distributed all over the body, to every organ and part, to

every muscle, to cells, nerves, arteries and veins; from the top of your head to the soles of your feet, invigorating, strengthening and stimulating every part.

You can also try to form a mental picture of the inflowing Prana, coming in through the lungs and being taken up by the solar plexus, then with the exhaling effort, being sent to all parts of the system, down to the fingertips and down to the toes.

The most essential self healing method is to practice deep breathing and think and feel that you are drawing in health and strength and breathing out the old diseased conditions.

Healing Painful conditions

Lying down or sitting, as before, breathe in and imagine the Prana flowing into you, thinking that you are inhaling Prana. Then when you exhale, send the Prana to the painful part to reestablish the circulation and healing it. Then inhale more Prana for the purpose of driving out the painful condition; then exhale, holding the thought that you are driving out the pain. Alternate the two mental visualizations, and with one exhalation stimulate or heal the part and with the next drive out the pain. You can do this seven times, then rest. Then start again until relief comes. If the hand is placed over the painful part, you may get quicker results by sending the current of Prana down the arm and into the painful part.

Recharging Yourself

If you feel that your vital energy is low or you feel always tired, there is a method which is quite useful in recharging yourself using a specific position called 'the Star' position.

It's a very simple exercise which enables you to make contact with the universal life force or energy.

The Star Exercise

Take a position of a 5-pointed star, by standing straight, legs

apart but not too far from each other, arms stretched on either side on a level with the shoulders, head straight looking in front and the palm of the left hand should be turned up slightly curved facing the sky as in receiving and the right hand turned down facing the earth.

The image resembles a 5-pointed star and also somewhat the famous drawing by Leonardo da Vinci, *Vitruvian Man*, where there are two identical men inside a circle.

There is no need to visualize anything in this case but just to feel the force of energy flowing through you, coming from above in the left palm, circulating the body, penetrating every cell, storing in the solar plexus and flowing out to the earth from the right palm.

We take the blessing from above, and we give blessing to what is below; in this way the circle is complete.

There are two different sensations, one of heaviness on the left hand due to the energy flowing in, and tingling on the fingers of the right hand.

You should do this exercise for about 3 to 5 minutes in the morning after getting up and in the evening before going to sleep, preferably in the open air; never force the position but slowly build your capacity to hold the position in a relaxed manner. You should never do it after any meal as you might develop nausea due to a strong magnetic current flowing through the digestive tract.

Chapter 8

Suggestive Healing

The central theory around suggestive healing is that the disease is a mental condition, but not only a condition in the central mind, but also in the mind of the different cells and the organs. The theory of the cure is that thought suggestion overcomes the rebellious mind in the cells and organs, and forces it to resume its normal action.

This form of healing is based on the supposition that all cells have a kind of basic intelligence as part of the whole mind, and therefore can be told and trained. You are not using mind against matter, but mind to train mind, the central conscious mind to train the particular cell mind. There is no dead matter in a living body, mind is in every part and cells; do not forget this, because it underlies the whole system of this type of treatment.

Tell the mind of the cells or organs what it must do, talk to it just as you would to a child that was not doing what it should; reason with it, and lead or drive it along.

Remember that the cell's mind does not understand the words you say as it doesn't have such knowledge, but it understands the thoughts and feelings that lie behind the words, and will respond to them. The words only serve to help you to form your thoughts clearly. Words are symbols of thoughts.

Point out to the mind of the organs or cells just what you expect it to do, and you will be surprised at how readily it will follow your directions.

Examples of Suggestive Healing

Start by directing your thoughts to the mind in the part or organ that needs to be healed, by addressing it positively, either by uttering the actual words or by speaking them mentally. It could

be something like this:

Dear... (organ or part), you are not behaving well, you know better, and I expect you to do better, you must and will do better. You must bring about normal and healthy conditions. I expect you to do the right work to restore health.

This is just an example, and you can customize the words as you please, the important thing is that you approach your mind in a kind but firm way, not begging but more like a kind of soft order.

I'm going to give just a few examples of different conditions that can be treated with this approach. The treatment should last about five to ten minutes depending on the condition.

Heart

Start by lying down on your back if you can or sitting down.

The heart is the most intelligent of the organs, and it has a higher grade of mind in it than any other organs apart from the brain. This heart mind will respond readily to loving, gentle and kind instructions. In the case the heart is palpitating or beating irregularly, place the hand gently over the chest, and say kindly, "Heart mind, quiet down, quiet, quiet, act regularly, and quietly, steady, steady," etc. You will find that the palpitation will gradually quiet down and the heart's action will become steady and regular.

Stomach

Start by giving the stomach several quick but gentle taps or pats of the hand or placing the hand over it and say:

Dear stomach mind, I want you to begin to function properly, and make my stomach strong, healthy, and active. You must digest the food properly, and nourish the whole body. You must relieve the indigestion.

You need not repeat these exact words, as you may add or vary them. The main thing is to tell the stomach mind what you expect it to do, and what you want it to bring about. You will be surprised at the intelligence displayed by the mind addressed, and how quickly it begins to act upon your instructions.

Liver

Treat the liver in a similar manner to the stomach. The liver, however, being a more dull or stubborn organ, must be spoken to sharply and positively. The liver cannot be persuaded, it must be driven like a mule. Give the liver instructions to function properly, to detoxify properly your blood, to secrete the proper amount of bile, to let the bile flow freely and perform its work, and if you overindulge in toxic substances you can also excuse yourself for having done so.

Kidneys

The kidneys are treated in a similar manner to the liver. Tap them smartly with the fingers, several times, and then tell them to do their work properly, and naturally. In cases where you urinate too frequently, instruct the kidneys and bladder to, *“Slow down,”* and endeavor to reduce the urination gradually.

Circulation

Say to the mind of the arteries and veins: *“Flow freely, and equally, steadily and constantly; flow, circulate, flow.”*

Female related conditions

In case of profuse flow, add the words: *“Slow down, slow down the flow,”* etc. In the case of scant flow, *“Flow, circulate, flow.”*

Headaches

Headaches are treated by first treating the stomach and liver, and then by equalizing the circulation, and then giving local treat-

ments to the head, placing the hand to the affected part of the head saying: *“Quiet down, now, easy, easy, rest, rest...”* etc.

These are just a few examples; in a nutshell you must tell the mind of the parts, cells or organs what they must do to heal the health condition, remembering always that you are talking to the mind of the organs and not to dead matter.

Chapter 9

Concluding advice

I want to close Part 1 with a last advice which comes from the Tibetan culture. In Tibet it is a custom, in order to prolong and have a healthier life, to save other forms of life which are destined to be killed, or are suffering imminent death. Usually this would be animals which are destined to be slaughtered but can also be small insects or any animal we might find in cities or rural areas which might be suffering in some way.

I consider this a sound attitude based on love and compassion, based on the Law of Cause and Effect and the interdependence of all life on earth.

If you don't have chances to save animals but you like the idea of doing so, you can sponsor with an offering the "Animal Liberation Fund" at this website address: <http://www.fpmt.org/projects/fpmt/alf.html>

Where there is a mind, there are feelings such as pain, pleasure, and joy. No sentient being wants pain; instead all want happiness. Since we all share these feelings at some basic level, we as rational human beings have an obligation to contribute in whatever way we can to the happiness of other species and try our best to relieve their fears and sufferings.

His Holiness the 14th Dalai Lama

Part 2

How to heal yourself using natural medicine

Introduction

In this second part of the book I will present different possible treatments for a wide variety of conditions using herbal remedies and homeopathic remedies combined and integrated in a new form of treatment called Biotherapy. The Biotherapy treatments that I'm going to present can be combined with the self healing methods presented in Part 1 to achieve a quicker recovery.

Note: I want to clarify that I'm not against conventional medicine, when it is needed in life-saving situations and in life-threatening illnesses. In fact in many cases we can combine the conventional Western drugs especially with the homeopathic complex remedies, in order to lower the dose and the frequency of the drugs until they can, in many cases, be stopped altogether.

Unfortunately we see a lot indiscriminate prescription of drugs with so many side effects, even for minor conditions that could be cured easily with natural remedies, and this is a sign of the degenerate times we live in, where profit has become more important than even health.

As in the axiom written on the Temple of Apollo in ancient Greece which said: "*nothing in excess*", I believe we should never fall into extremes, but use our reasoning mind and sound judgment before we decide the best therapy treatment.

The good physician treats the disease; the great physician treats the patient.

Sir William Osler

Chapter 10

The importance of detoxification and drainage

Any agent, whether physical, chemical or microbial, that adversely modifies or damages a balanced biological system is considered a 'toxin'. Toxins may enter the body from the external environment (exogenous toxins – microbes, viruses, fungi, environmental, chemicals etc) through the gastrointestinal system by ingestion, the respiratory system by inhalation, and the skin by passive absorption or by injection. Toxins may also originate within the body itself (endogenous toxins) as by-products of physiological metabolism (bilirubin, creatinine, lactic acid, etc.) or as metabolites under abnormal metabolic conditions (excess production/degradations of neurotransmitters and hormones, excess free radical formation etc.).

Chemical compounds are currently spread all over the world, even if the chemical was not used in the specific area, due to distribution via the ground water, surface rain and winds. Bioaccumulation of these compounds cause disease in all living beings by disrupting the immune system, the endocrine system and neurological system.

The effects of toxins are documented in a number of diseases, ranging from asthma, allergies, autoimmunity, cancers, cognitive deficit, and obesity.

We can easily say that the ability to detoxify and eliminate toxins is equivalent to the maintenance of health in an organism.

The main organs of detoxification are: the liver and gallbladder, the kidneys, the extracellular matrix (an 'organ' that comprises the layers of tissue between the cells and the regulatory organs), the lymphatic system, the bowels, and the skin.

It should be clear from the above that toxins stored in the body and not eliminated will be detrimental for various reasons and can have a wide range of effects such as fatigue, cognitive deficit, obesity, asthma, allergies, autoimmunity, cancers etc.

Even more important to remember is that without a proper detoxified matrix, due to the toxic overload, any treatment you undertake will be much less effective if at all.

That's why it is so important to detoxify and drain the organism, and this is done by stopping the external supply of toxins, supporting the organs of detoxification and drainage, and stimulating the elimination of toxins from the matrix.

It is often said that a good detoxification and drainage is already half of any treatments.

Note: As we will see later, the only time when is not advisable to do a full detoxification and especially drainage is during cancer treatments where we should instead support the organs of detoxification and work mainly on the PNEI system.

Chapter 11

The PNEI: Psycho-Neuro-Endocrine-Immune System

Psycho-neuro-endocrine-immunology is the study of how psychological factors influence the nervous, hormonal and immune systems and gives clues to how stress affects both our mental and physical being. The comprehension of the constant contact, communication and interdependence of these four systems is the reading key for the identification of physiopathological mechanisms which lie at the heart of many conditions and illnesses.

The ancient concept of *'mens sana in corpore sano'* (a healthy mind in a healthy body) is still very relevant and has been proved by recent discoveries in the field of PNEI. Factors like psychological-behavioral patterns, and, above all, sustained stress can change and alter the immunological answer. However, chronic stress is also involved in pathologies like heart conditions, hypertension, viral and bacteria infections, autoimmune diseases, depression, infertility; basically all the pathologies that afflict our modern society.

Henri Laborit, one of the pioneers of the PNEI theory, has correlated the mind-body relations and has defined the maintenance of the health state not only as internal physiological balance but also in relation to the outside environment. According to Laborit the variation of stressful external circumstances if prolonged can cause an energy imbalance and can determine a lowering of the immune defenses. Psychological factors are the most common trigger of PNEI imbalance. Cortisol and adrenalin are regularly increased in acute states of stress, conditions which when prolonged enough may eventually precipitate resistance of insulin receptors and induce diabetes

mellitus. Adrenal exhaustion, hypofunction and consequent hypoglycemia tend to follow the phase of an increased steroid production. Stressful states may also disturb the hypothalamic-pituitary axis, resulting in thyroid problems. In the PNEI vision, the neuroendocrine and immune systems act, respectively, as sense organs in the management of cognitive and non-cognitive stressors. Exposure to repeated cognitive, non-cognitive, physical or environmental psycho-emotional stress of sufficient intensity can cause or exacerbate an imbalance in the formation and metabolism of cerebral chemicals called amines (amines are neurotransmitters like dopamine, serotonin, histamine, noradrenaline involved in mood regulation, attention, appetite control, reward, addiction, inflammation etc). In the treatments chapter I present different low dose biotherapy protocols which work by stimulating or inhibiting psycho-neuro-endocrine-immune processes in order to de-stress and regulate the organism.

Chapter 12

The therapy treatments

Before we start with the therapy protocols, I want to give you a description of the different types of natural therapies included and integrated in the biotherapy treatment protocols presented in the next chapter, which could be complementary or alternative in some cases to the conventional cures.

I'm also going to present a compendium of low dose (homeopathic) cytokines, hormones and growth factors which can be used and integrated in the treatments.

Phytotherapy or Herbalism

Phytotherapy or Herbalism is the therapeutic use of extracts from plants of natural origin as remedies. The herbal preparations are then standardized, which means that they are grown, harvested, and processed in a way which is designed to create a very reliable and stable dose of active ingredients.

Homeopathy

The theory of homeopathy was developed by the physician Samuel Hahnemann (1755–1843). Samuel Hahnemann developed the principle that a substance which will create the symptoms of a disease in a healthy person will actually cure the symptoms of the disease in a sick person. Hahnemann called this principle "*similia similibus curentur*" or "let like be cured by like". Homeopathy interprets diseases as caused by disturbances of the life force and sees these disturbances as manifesting as unique symptoms.

The homeopathic approach does not combat disease symptoms in the same way as one would in conventional medicine. Instead, homeopathic philosophy states that if the

organism is brought back into balance, the symptoms of disease (imbalance) will resolve accordingly.

We immediately think about antiviral or anti-allergy vaccines. However, the use of vaccines is based on the 'principle of identity', in other words the cure is prepared using substances or materials which are the same as those which can cause the illness (*aequalia aequalibus*), thus establishing a direct relationship between the pathogenic agent and the therapeutic agent (see **Prophylaxis against vaccinations side effects**). In homeopathy, this principle of identity gives way to the principle of similarity where the selected single remedy is based on the similarity to the *totality* of symptoms. **Hahnemann believed that by using remedies which would cause similar symptoms as the totality of symptoms of the original disease, the artificial symptoms would stimulate the vital force, causing it to neutralize and expel the original disease.**

This is accomplished by using various substances from the vegetal, mineral, and animal realm and using a process called 'dilution and dynamization' or 'potentization', whereby a substance is diluted with alcohol or distilled water and then vigorously shaken by 10 or 100 hard strikes against a hard base in a process called 'succussion'.

Although popular knowledge claims that Hahnemann discovered this method by striking the remedies on the Bible in order to empower them with the Holy Ghost, this process is now largely done in modern laboratories.

After Samuel Hahnemann, homeopathy was developed by many other physicians, among whom I'd like to mention James Tyler Kent (1849–1916), who integrated Hahnemann's ideas with Emanuel Swedenborg's (1688–1772) philosophy.

Kent believed that the overall picture of a disease was above all composed by emotional symptoms. He suggested that the true nature of a disease was not to be found by means of pathological anatomy, and that physical symptoms were just results of

a disease which started on a deeper level of emotions.

We can think of homeopathy as a unique therapy method based on the original writings of Samuel Hahnemann and his followers, but we can also use the aforementioned homeopathic processing principle called 'dilution and dynamization' or 'potentization', and apply it with a modern and completely different therapeutic view as we shall see with homotoxicology, physiological regulating medicine and especially biotherapy.

Homotoxicology (complex homeopathy)

Homotoxicology uses complex homeopathic remedies with a wide range of indications and is mainly prescribed according to symptoms like in conventional medicine but with a completely different aim: **detoxification, immune modulation and organ support**. The German physician Hans-Heinrich Reckeweg (1905–1985) developed homotoxicology as an integrative view of allopathic medicine and homeopathy but the methodology of homotoxicology differs from that of conventional medicine in that the illness is seen as much more than the mere presence of clinical symptoms. **Homotoxicology is really the study of the influence of homotoxins on the human organism**. This approach to illness sees disease as the result of the body's attempt to heal itself by ridding itself of toxins which are either created within the body as a result of cellular functions (endogenous) or are taken in through the chemicals we are exposed to in our environment (exogenous). In minor, self-limiting disorders, the body detoxifies itself unaided, but in more serious situations, treatment is needed. If the treatment used is able to eliminate the toxins, then real healing can result. If the treatment suppresses the toxins, as in conventional medicine, then they penetrate deeper into the tissues and manifest after a latent period as a more destructive disease. Homotoxicology applies Hering's Law of Cure. According to the 19th century homeopath Constantine Hering, healing progresses from the external to the internal or

deeper parts of the organism, and symptoms appear and disappear in the reverse of their original chronological order of appearance.

Homotoxicology definitely approaches the patient as a whole. It attempts to detoxify the body, to correct derailed immunological processes through immunomodulation, and to support cells and vital organs.

Physiological regulating medicine (PRM)

Physiological Regulating Medicine (PRM) represents an up-to-date integration of homeopathy, homotoxicology, Psycho-Neuro-Endocrine-Immunology (PNEI) and molecular biology. Physiological Regulating Medicine adds to classical homotoxicology a new therapeutic concept of restoring physiology through communicating molecules such as hormones, cytokines, interleukins, and growth factors prepared in homeopathic or low dose dilutions. These have the same physiological concentration (picograms to nanograms) as the molecules present in our organism which control and regulate organic functions under healthy conditions. We know that cytokines, hormones, growth factors and neuropeptides correctly diluted and potentized or dynamized (the homeopathic process) become active, through a mechanism of sensitization and activation of cellular receptors. We also know that the best way to correct a deficiency is to provide low doses of the same substance to stimulate its metabolism and physiologic production. **The result of the action of these homeopathic or low dose molecules is a physiological modulation of the cell's activity, when this is inhibited or disturbed by endogenous or exogenous stressors, and restoration of the capacities for cellular self-regulation which are indispensable for maintaining homeostasis.**

Micotherapy

Mushrooms are increasingly being evaluated in the West for their nutritional value and acceptability as well as their pharmacological properties. Increasingly, many are being viewed nutritionally as functional foods as well as a source of physiologically beneficial and non-invasive medicines, while others are distinctly non-edible but considered purely as a source of medicinally beneficial compounds. Some of the most recently isolated and identified compounds originating from the medicinal mushrooms have shown promising immunomodulatory, antitumor, cardiovascular, antiviral, antibacterial, antiparasitic, hepatoprotective and antidiabetic properties.

Certain medical mushrooms like reishi (*Ganoderma lucidum*), maitake (*Grifola frondosa*) and turkey tail (*Coriolus versicolor*) can be considered as multi-cytokine (interleukins, interferons and colony stimulating factors) inducers and have been shown to potentiate the organism's innate (non-specific) and acquired (specific) immune responses and activate many kinds of immune cells that are important for the maintenance of homeostasis, such as macrophages, monocytes, neutrophils, natural killer cells and dendritic cells.

Medicinal mushrooms have been studied extensively as supportive therapy for cancer, HIV, diabetes, candida, allergies and for antiviral activity.

We can find standard and low dose (homeopathic) mushrooms in various Biotherapy remedies and treatments.

Nutrition and dieting

Nothing in excess

Carving on the Temple of Apollo of ancient Greece

Nutrition and dieting is a vast and important subject related to maintaining good health, which I will not cover in this book as it

is a subject of a book on its own. One important advice is to always try to find a balance or a compromise between the food that you like and the food that is good for you. In fact, although a diet rich in fresh fruit and vegetables is considerably healthier than a meat diet, it is important for example to consider particular foods which stimulate the 'feel good' brain neurotransmitters of dopamine and serotonin through those aliments containing the amino acids tyrosine, phenylalanine and tryptophan.

The 'feel good' brain molecules

Dopamine is the neurotransmitter needed for healthy assertiveness, sexual arousal and proper immune and autonomic nervous system function. Dopamine is also important for motivation and feeling pleasure and a sense of readiness to meet life's challenges.

Dopamine levels are depleted by stress, poor sleep, alcohol, caffeine and sugar.

Foods that increase dopamine levels include bananas, nuts and seeds, chicken, eggs, fish especially mackerel, salmon, striped bass, rainbow trout, tuna, and sardines, wheat germ, watermelon, beans, legumes and beets (betaine contained in beets acts as a stimulant for the production of **SAMe which is directly related to the production of dopamine and serotonin**). Dopamine is easily oxidized so it is advisable to eat plenty of fruit and vegetables whose antioxidants help protect dopamine-using neurons from free radical damage.

SAMe (S-adenosylmethionine) is a molecule which plays a role in the immune system, maintains cell membranes, and helps to produce and break down brain chemicals, such as serotonin, melatonin, and dopamine. It works with vitamin B12 and vitamin B6. Some research suggests that SAMe is more effective than placebos in treating mild-to-moderate depression. In addition, antidepressants tend to take 6–8 weeks to begin

working, while SAME seems to begin more quickly. Researchers aren't sure exactly how SAME works to relieve depression, but they speculate it might increase the amount of serotonin and dopamine in the brain.

Serotonin is a neurotransmitter which plays an important role in regulating memory, learning, and blood pressure, as well as appetite and body temperature. Serotonin is the calming neurotransmitter important to the maintenance of a good mood. It promotes contentment and is responsible for normal sleep. Low serotonin levels produce insomnia and depression, aggressive behavior, increased sensitivity to pain, and are associated with obsessive-compulsive eating disorders.

Serotonin is synthesized from **tryptophan** in the presence of adequate vitamins B1, B3, B6, and folic acid, and is primarily found in the gastrointestinal tract (90%), where it regulates bowel movement, and in the central nervous system (CNS).

Foods rich in tryptophan include carbohydrates like pasta, turkey, ham, milk, brown rice, cottage cheese, meat, peanuts, and sesame seeds.

A natural source of tryptophan as a dietary supplement is the *Griffonia simplicifolia* plant (sold over the counter as 5-HTP). A seed extract of this plant taken daily naturally increases serotonin levels.

Another important neurotransmitter is **acetylcholine** which is the primary chemical carrier of thought and memory. It also plays a significant role in muscular coordination. A deficit in acetylcholine is directly related to memory decline and reduced cognitive capacity.

Acetylcholine's primary building block is choline which belongs to the B family of vitamins and is a fat-like substance that's necessary to metabolize fats. It is found in lecithin as phosphatidylcholine. Foods high in lecithin include egg yolks, wheat germ, soybeans, organ meats, and whole wheat products. Fish and algae are also important in the production of acetyl-

choline.

Vitamin C and B5 are needed for the brain to synthesize acetylcholine.

Deficiencies of acetylcholine result in mental and physical fatigue, inattention, ADD, ADHD, and loose skin.

Biotherapy

Biotherapy or Homeo Biotherapy is an innovative therapeutic approach which integrates homeopathy, homotoxicology, Physiological Regulating Medicine (PRM), micotherapy and nutrition and is the subject of the next chapter.