

## **Article on Cells**

LETTER FROM A PHYSICIAN

### **The Role of Spiritual Energy in Medicine And the Price We Pay for Being Unwilling to Forgive**

All of us wish to be well, make our dreams come true and enjoy life. Mass media tries to convince us that it is easy. There are now pills for youth, joy and even eternal sex appeal. And yet people around us are often sad, seriously ill, constantly in pain, unhappy and often suicidal. Something is not right and seeing the doctor doesn't always help.

Physicians and modern medicine are certainly necessary. We should keep our doctor's appointments and never give up our regular checkups. However, we should not overestimate the role of the physician in maintaining our health. I believe that he should be the guide in our journey to health and support us, using all available medically proven cures, while we heal.

Yet, and here I am speaking as both a patient and a physician, it is good to always remember that we are dealing with OUR HEALTH and that OUR OWN role in maintaining it is most important, whether we are in the process of healing a disease or trying to prevent one.

I am a medical doctor. And as an internal diseases specialist for many years have quite often met with patients I was not able to help despite my best intentions. My experience has taught me that sometimes even the most correct diagnosis and treatment did not mean that the patient's life could be saved or that the disease did not end his life after years of terrible suffering.

Sometimes however, a patient "sentenced" to death by medicine did make a complete recovery. Why and how did it happen? It is these questions that have ignited my interest in the holistic approach to medicine and in particular in the role that lack of forgiveness and the pressure it created had on the general state of health and ability to heal of my patients.

I would like to attempt here to give some of the reasons which have made me reach that conclusion.

The physical structure of the human body consists of cells, which, during our life constantly undergo renewal and differentiation. Medical research states that all our cells are exchanged every seven years. But how does it happen?



Illustration 1

Illustration 1 above shows just one simple cell and we can't fail but notice just how complex it really is. It is a world in itself: chemical, production, and power plants, management headquarters, transport...it is all there functioning smoothly and regenerating itself constantly. But there is something else... and this time it is not medicine but quantum physics which provide the answer confirming the existence of something else. Something that could only be called "intelligent" energy or "spiritual" energy, or perhaps in even simpler term "life" energy.

We know now that it is that very energy which penetrates all of our cells as well as the cellular structures of everything around us. So what is that energy? Modern physics has been able to scientifically prove the existence of certain basic electro-magnetic frequencies emitted by, and characteristic to, all life forms. For instance, for human DNA the characteristic wave frequency is between 52 and 78 gigahertz.

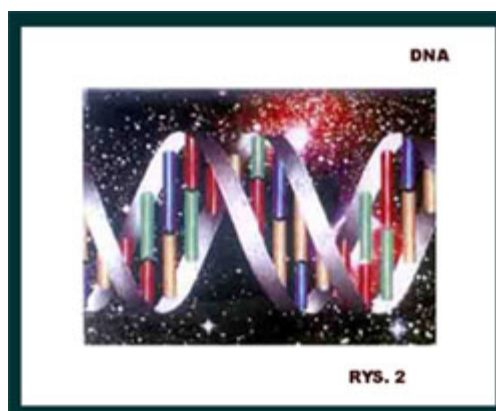


Illustration 2

And today we also know the following facts about that energy:

1. It has a tendency to spread.
2. We can affect its formation and direction.

Life changes ceaselessly and every second new cells are created, and many of them are potentially lesions of neoplastic proliferation or tumors. What then in simpler term is a tumor?

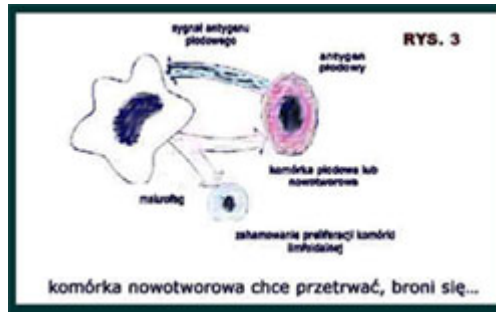


Illustration 3

It is a cluster of defective cells which have lost their ability to stop their division and to differentiate. They lead a life of their own and they defend themselves.

Why then aren't we all attacked by tumors? Because we are defended, or at least should be, by our immune system



Illustration 4

Fortunately for us, this can be affected by us since, with its thick web of nerve cells it is closely linked to our central nervous system.

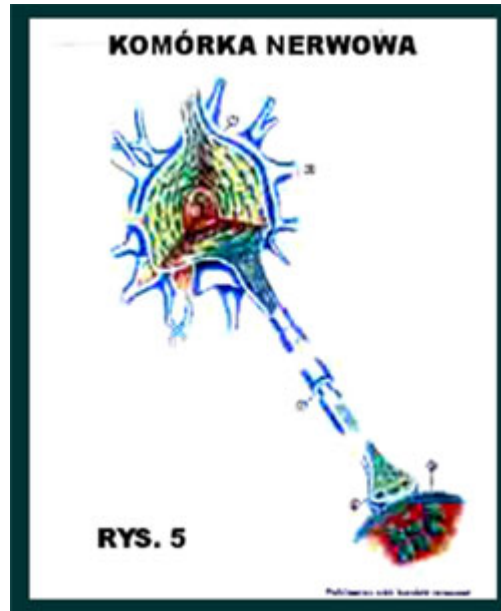


Illustration 5

What then do we know now about that energy ?

1. It is not static;
2. It works “intelligently”
3. We can affect it.

And here again it is time to turn to scientific medicine which among its latest published research discoveries describes patients suffering from asthma who had attacks just from looking at somebody they hated and suggests that sad and depressed patients who considered themselves victims were much more susceptible to infections.

I believe that at the physical level our immune system is our guard and is closely connected via our nerve cells to our brains or perhaps minds which are our physical links to the source of the spiritual or life's energy I described before.

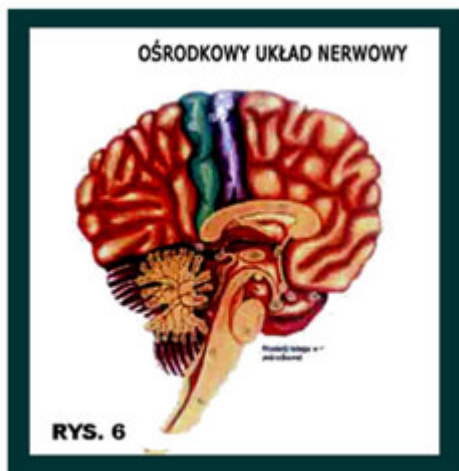


Illustration 6

It is that energy which has the ability and the power to repair our entire body beginning with its tiniest cell.

There is however one condition. For the entire mechanism to work we must consciously help. Time always leads to destruction and that is when entropy sets in. Everything in nature must be preserved, checked and repaired. It is essential that we help in the process of renewing and protecting our atrophied and destroyed cells while they preserve and repair themselves. I think of it as cleaning and “general redoing” of our interior and I believe that it is only possible in the atmosphere of internal spiritual order which we can give our bodies to further their chances at overcoming tumors and other diseases while we make best and fullest use of the medications prescribed by our physicians.

Quite recently I have read Colin Tipping’s book called **Radical Forgiveness** and it became obvious to me that the methods described in it represent the essence of entire alternative medicine in the clearest possible way. I have read several books where many methods aimed at alleviating similar problems were discussed but I have never seen a technology of forgiveness, which I believe is essential for “internal cleaning”, described so clearly and simply. I am recommending the book wholeheartedly to my patients knowing that it will help in their recovery and perhaps with its help they can prevent a serious illness from occurring.

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