

Energy Medicine



A Phoenix Rising

My Purpose

*Three things cannot be long hidden:
the sun, the moon, and the truth.*

—Buddha

Homeopathy and whole body vibration are forms of energy medicine, which are based in profound truths about the nature of the universe. Like the life-giving sun that is always there, shining brightly whether or not there are clouds, these energy medicine methods are a path to true healing, and they will prevail.

After searching for forty years, I have found true healing from intractable illness, using the combination of homeopathy and whole body vibration. After trying dozens of therapies, both mainstream and alternative, I found homeopathy twenty-five years ago, and I was impressed from the beginning by its power. Twelve years ago, I began adding whole body vibration to my regimen and once again saw immediate and dramatic results. As I began to understand whole body

vibration, to use it properly and in conjunction with homeopathy, my healing accelerated.

While there are many books on homeopathy and several on whole body vibration, this is the first book that discusses combining the two. **While individually homeopathy and whole body vibration are valuable healing systems, together they are synergistic, igniting a healing fire of epic proportions.**

Chapter 1 introduces homeopathy, the science and history behind it, and how it is used. Chapter 2 describes whole body vibration, especially as it relates to energy medicine. Four stories of my clients using these methods follow, illustrating how the healing process works. The last chapter is my story.

Homeopathy

Often maligned and misunderstood, homeopathy actually has a long history of success. It was once so popular in the United States that along with the existence of twenty-plus homeopathic medical schools, eleven American presidents have used it, and a statue of its founder, Dr. Samuel Hahnemann, was erected in our nation's capital.

Homeopathy has been overshadowed by the rise of allopathic drug medicine since the early part of the twentieth century. During that time, the world was giddy with advancements in science and medicine. People believed that a person was cured if their symptoms could be suppressed, even though the source of the disease was still present. Allopathic, drug-oriented medicine, still dominating our medical care, did not acknowledge the interconnectivity of the body and mind as a whole organism, instead treating its parts as if they were separate.

In recent years, however, many have seen the limits of Western medicine, often tragically. There is an epidemic of chronic illness in this country that Western medicine cannot cure. Homeopathy and whole body vibration, an intensive body, mind, and spirit therapy, are growing in popularity because they cure the source of the disease and restore balance to the body and mind.

Energy medicine is the tuning of a person's vibration to a higher, more pure frequency. A lifetime of health and personal challenges has shown me that this little-known, often unaddressed phenomenon holds the key to a healthy life. This book explores the use of homeopathy, particularly when used at the same time as whole body vibration. Together they result in an accelerated and effective body, mind, and spirit therapy.

With the increasing interest in alternatives to allopathic medicine, and new discoveries in science that have begun to uncover the mystery of how homeopathy works, the time has come for a resurgence of this method of energy healing.

Whole Body Vibration

Chapter 2 introduces whole body vibration (WBV), a therapeutic system that is booming worldwide because of its remarkable capacity to enhance health and well-being (also see my website, www.BCVibrantHealth.com, and my book *Whole Body Vibration: The Future of Good Health*). WBV is intense exercise that stimulates both our muscles and our neurons to fire twenty to fifty times per second. This powerful stimulation of the nervous system causes a surge in electromagnetic energy to shoot through our body and into our brain. As energy medicine is based on electromagnetic phenomena, it is not surprising that there would be an interaction between whole body vibration and the use of homeopathy.

I will also explore cutting-edge research that links brain synchronization (the simultaneous in-phase firing of brain cells across regions of the brain) with optimal brain health, including creativity and problem solving, learning, and long-term memory formation. Whole body vibration, like a number of other therapeutic systems that stimulate the neurological system in a particular manner, may help to induce this transformative brain-wave state.

Five Stories of True Healing

The experiences of four of my clients, and my own experience, demonstrate the power of these two systems of healing. Their stories are typical of many of my clients' experiences.

Stella was being held back in life by a lack of confidence and a poor sense of self-worth. When I met her several years ago, she had recently broken up with an abusive boyfriend and was working hard but living paycheck to paycheck. By the end of her treatment, all areas of her life had shifted 180 degrees.

Betty Lou's story is a touching tale of emotional growth coupled with health improvements in several areas.

Marc suffered a brain injury in a car accident when he was only four years old. When I met him, many years later, he was hoping to reduce the medications that controlled the resulting seizures but also had debilitating side effects.

Christy is a sensitive woman holding on to pain from experiences earlier in her life. When she met Derek, sparks flew in the eternal search for true love.

The fifth case study is my own story, tracing an intensive course of homeopathy that eventually healed a looming major physical disaster before I even realized it was there. I have never heard of anybody else using homeopathy the way I have used it. Perhaps I am meant to serve as an illustration of what homeopathy and vibration can accomplish. There is also a saying that applies, "You can only go as high as you have been low."

Homeopathy and vibration help to heal the body as well as the mind. Homeopathic remedies help us let go of negative energy, which affects all aspects of life, and whole body vibration seems to accelerate the process. As a result, long-standing difficult problems suddenly improve, with noticeable change often occurring in just hours.