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Shifting the energy of healthcare from fear to love

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Today, the US healthcare system is layered with fear-based reality. For example, at the bedside, healthcare providers are fearful that if they make a mistake, they will lose their job; or they may be sued; or may lose their licenses if they make a mistake, and if they speak up, and are the whistle blower on something that is not ethical, they will have repercussions and lose their jobs. That's one layer. Expanding to the next layer, the administration is operating in fear-based reality: Will the insurances pay them for their services? Where will the money come from to keep the doors of the institution open? Lawsuits, credentialing concerns, accreditation visits from JACHO, the state, etc., (these organizations can close the doors of the institution). So here we have a few layers of fear-based reality. Remember that fear-based reality has an energy and frequency, so when you continue to focus upon this you continue to create more and more of this: fear-based reality. The trouble is that those who operate in this frequency are unconscious or unaware to the fact that this is fear-based. They are so enmeshed in it that they do not realize that it is fear-based until they experience the opposite of this, love-based. What is even more of an issue is that clients go to these institutions to get well, how is that possible in such a fear-based situation? Imagine something completely different: Heart-centered connections and shifting the paradigm to a love-based reality. A basic human need is nurturance and to feel loved and appreciated. Without it, just like a plant without care, love, watering, and support, it withers and slowly dies. Without the nurturing that each of us desires both unconsciously and well as consciously, we close ourselves off from others, and create a slow death. Establishing heart-centered connections with others and being fully present in the moment with a client, enhances trust and grows love, a higher Heart-centered connection is a lost art in healthcare. This most likely is because of the advancement of electronics in the delivery of modern day healthcare. There is a tendency of focus on the machines instead of really looking at the client, to get the diagnosis. I believe the lost art of examining clients has been trumped by advanced technology and electronics. The human connection is limited and even absent. Learning to connect with others is an ancient art, yet an important one. Learning to connect with yourself is a foundational piece and also a lost art. It starts with us individually. We all are aware of the the whys, where and whats of connection. How about a experiential process to allow you to have an experience of what that connection is about?.

On the meridian system and mechanism of acupuncture therapies

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In Traditional Chinese Medicine (TCM), acupuncture has been used to heal various diseases for more than 2500 years. Due to its efficacy, acupuncture has been recommended by the World Health Organization as an effective alternative therapy. To explain how acupuncture might work, it is imperative, first of all, to understand and characterize the essence of meridian system. Then, the possible mechanisms of acupuncture analgesia and therapies can be elucidated. In this talk, based on ancient textual evidence and modern histology, the meridian system will be deciphered as the complex network of neurovascular bundles and their smaller branches, which connect the brain, viscera, limbs and sensory organs altogether. It can be modeled as a reticular network and the key properties of this network can be characterized by its distributed electromagnetic impedances. As to the mechanism of acupuncture analgesia, it can be described as follows. Initially, the injury current around the acupoint is produced, then the magneto-electric inductive effects along the meridian system will be triggered, and via the impedance matching/mismatching with pain source/brain, finally the analgesia/pain relief can be obtained. As to acupuncture therapies, it is believed that the aforementioned mechanism can be used to explain how acupuncture works in various other therapies. It is sincerely hoped that this talk can promote a genuine understanding of the meridian system and acupuncture mechanisms so as to help our patients in a more logical and compassionate way.

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