

MAKING THE QUANTUM CONNECTION: WHERE MEDICINE AND MYSTICISM MEET

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Not long ago I stayed at a country inn in Connecticut, complete with a complimentary bar of Crabtree & Evelyn soap laced with jojoba oil—one of my favorites. The scent of it propelled me back to a different time, a different inn which had featured the same soap, activating the emotionally-charged memories of someone I had met at that earlier inn.

It is strange how hidden and yet how persistent memory can be, stored throughout our bodies; triggered by a smell, a sound, a place. . . . In hypnotherapy, we call this process “anchoring”—the innate tendency of the mind to link sensory triggers to strong emotional events. Yet sometimes it feels as if the memories are not within ourselves, but lingering in a place, waiting for us to step into them again. It feels as if memory resides nowhere and everywhere; outside space, beyond time; and yet, of course, very much connected to time and place. The mysteries of memory have profound implications for healing.

Dr. Deepak Chopra, who coined the phrase "Quantum Healing," wrote in his book by the same title of a drug addict who successfully overcame his habit—until one day, his subway broke down in the neighborhood in which he had lived his life as an addict. By the time the subway had been repaired, even though he had never stepped off the train, the man had resumed his old habit! It was as if a cellular memory or an energy pattern latent within him had been re-activated simply by being in the same place in which he had experienced that pattern, and at that moment he was powerless to resist. One must go deep enough within to change one's "energy blueprint" or memory encoding in order to effect a complete and lasting healing.

The quantum level is the point where spirit and matter meet, where pure energy (as non-physical waves) has the capability to crystallize into matter (solid particles). Quantum physicists have demonstrated that the units of existence called quanta have the properties of both waves and particles, or of something

immaterial and something solid. We can't call quanta units of just energy or just matter, because they are *both*, although they can only behave *like* waves of energy or *like* matter at any one time. This modern science echoes the ancient mystical idea that a limitless field of conscious energy is the original stuff of the cosmos, and all the matter in the universe arises from this primal, living substance.

Individual quanta, as energy waves, can coalesce into patterns--thoughts, feelings, memories, behavior codes--which can then manifest in physical form as these quanta assume their particulate state. In other words, the energy blueprint exists on a non-physical level *first*, and then the energy pattern solidifies into a material expression. The ancient *rishis* or seers of Ayurvedic medicine taught that there are six stages of disease, and the first three are entirely non-physical. By the time the most minute and almost imperceptible physical symptom appears, one has already reached the *fourth* stage of disease! This way of looking at things also suggests that it's possible to eradicate the physical expression of a disease or problem, but until the energy pattern is changed, the blueprint can still create difficulties. For example, simply cutting out a tumor does not stop a disease process, nor does changing a behavior automatically erase the pattern that fueled that behavior. Complete healing has to include the non-physical levels of change as well.

"Quantum" has also come to refer to that movement from one discrete level of manifestation and experience to another known as the "quantum leap." Think about this: a quantum is the tiniest thing imaginable, a miniscule sub-atomic unit. This means that the quantum leap is actually just a tiny shift in awareness which holds tremendous power, allowing for a radical change of state from pure energy to solid particle or from dense matter to wave of light, heat, thought, or any other quality of energy!

So "quantum healing" refers to two related processes: to healing beyond the physical level, at the level of one's energy blueprint or "quantum mechanical body," and also to healing by making a quantum leap in consciousness--that small but extremely powerful shift in perception, awareness, and attitude which allows us to operate at a whole new level of being.

The methods for achieving quantum healing are many and varied. They include consciousness-altering techniques such as meditation and visualization, psychotherapy, and so on, plus physical interventions such as special diets, vitamins, herbs, and other approaches which, by altering biochemistry, can also create a different internal climate for perception and behavior. Energy work and bodywork such as Reiki, Shiatsu, Clinical Kinesiology can also work on changing multiple levels of experience. Many different modalities can assist.

Perhaps one of the most fascinating therapies in this regard is homeopathy, which works with the very principle of memory to heal memory, both at the psycho-spiritual level and at the level of cellular and biological memory. In the view of leading author and teacher Dr. Luc DeSchepper, no one understands exactly why homeopathy works--and yet it has been a proven science for over two thousand years. Compare it to a placebo, an inert substance which works because it triggers the patient's *belief* that it will work. A homeopathic remedy, on the other hand, is an inert substance which works because it *contains the memory* of the earlier presence of an active substance of which not even a single molecule remains! So the homeopathic remedy is in itself a quantum blueprint of sorts, which in turn heals the patient's entire energy field, physical and non-physical.

What all approaches to quantum healing have in common is their effectiveness in treating the whole person--not just the body, but the mind, emotions, and spirit as well--changing the underlying energy patterns as well as altering the physical effects of those patterns. So wherever you choose to begin, take a quantum leap and discover your own quantum blueprint for better health!