

**ABOUT SOUL MEDICINE: a commentary**

It turns out that the most efficient healing system of our time is actually an “anti-medicine.”

**Suppose the basic premise regarding illness is incorrect, or at least highly limited?**

**Suppose what we have been calling an illness is actually a communication from life (the deepest part of ourselves) to which we are not giving attention?**

**Imagine the value of a system whereby we could understand, and more importantly take action, on what our inner knowledge is indicating.**

**The Alma Paradigm can be considered the medicine of soul. Yet the only illness that Soul Medicine recognizes is a kind of “spiritual deafness.”**

We are 99 per cent non material or spiritual and only 1 percent material. Of that 1 per cent 80 per cent is water, both in our bodies and on the planet. We are like the iceberg that has much more invisible than visible, yet the unseen determines much if not the majority of our life situations.

**Soul Medicine simply recognizes this fact.**

This is a major leap forward in its own right. Yet it doesn't stop there.

**It provides a secret body code relating each organ both inner and outer with specific areas of your life--when your kidneys are bothering you, its root cause is in your relationships with brothers and sisters or very close friends or partners. It also relates some 50 common ailments for the additional information they provide. But that's not all..**

**What is probably the most valuable part of the Soul Medicine paradigm is what is called the inner creative language.** This is a schematic exploration of how intuition actually works, how life speaks to each one of us individually and how to understand and act on this information. It also explores our 10 inner senses--these are in addition to our 5 outer senses of sight, touch, hearing, smell and taste.

Of the dozens, perhaps hundreds, of different types of medicines (allopathic, homeopathic, acupuncture, naturopathic, Chinese, Indian, etc) or medical models as they are called, it can be said that all relate to a particular paradigm or world view. Allopathic medicine, what is practiced in most hospitals and medical schools, the medicine of the AMA, is related to the Isaac Newton--Renee Descartes paradigm of objectivity, of cause-effect, the billiard ball metaphor--**something out there different from you which does things to you--like germs, for example--or you do things to it, like kill them with chemicals.** Homeopathic medicine is more related to the Einstein model of energy fields as are the different types of hands on healing approaches.

Soul Medicine also has a paradigm, its own paradigm. It has been called at times the path of flavor, the path of creativity and communications, the Alma Paradigm or simply the Soul Medicine paradigm. **This paradigm is composed of more than 200 concepts and teachings which are summarized in one of the early chapters of Soul Medicine the basic book by Eric Rolf, the one responsible for its creation, development and distribution during the past 35 years by ways of seminars and private consultations throughout Europe.** Thousands of professionals from all areas of the healing arts and sciences have participated and apply Soul Medicine concepts in their practice. In addition, many thousands of individuals, not related to the healing field, have participated in seminars or have had ailments healed using the Soul Medicine approach to self healing.

**It's possible that all of us realize down deep that life is very well organized, that it seems to know what it is doing.**

By the same token we are not equally convinced that the universe is friendly or that each of us, both individually and collectively creates his own life situations (creates his own reality, is the popular term).

Soul Medicine is more than a course in healing or even an outstanding self realization book... Soul Medicine has been compared to a spaceship that takes you to another planet. It is a planet where the people look and dress very much like they do here and where they talk pretty much about the same things.

**The main difference is that there are other physics involved and other perceptual frameworks or lenses through which to see your life situations. It is a combination of creative consciousness and new perceptual frameworks that seem to produce these magical experiences.** In fact, soon, you too will realize and understand how life is much more creative and magical than we have believed it to be. In fact, we have believed it to be quite the opposite.

The word magic in our society is generally related to stage illusionists, superstition, spaced out freaks or simply to some type of fraud.

**By the same token we all love those synchronicities that seem to have a special meaning for us at the moment and which we know cannot be totally random or coincidental--only we don't know how to include it in the space within which we live our lives. Soul Medicine enlarges that space to include a living connection with life, what Eric Rolf jokingly calls" having God's unlisted phone number"--A way to connect with that friendly, creative universe in each moment. In fact, we are never disconnected. We simply are not listening or are attached to what we see, the externals.**

**Soul Medicine is your passport to living a new, healthy, exciting and creative life.**

**In the beginning, God laughed!**

**"My precious friend Eric Rolf has written the ultimate guide to the medicine of the soul. *Soul Medicine* is an excellent book which is invaluable for healers, therapists, doctors and for anyone, who sincerely wants to learn how the soul speaks to us."**

Giten, teacher in awareness and meditation, author of *Song of Meditation - About Meditation, Relationships and Spiritual Creativity* and *The Silent Whisperings of the Heart - A Collection of quotes from Giten*

**“Soul Medicine is more than just an outstanding healing and self realization system. It is like being transported to another planet where everything is familiar only the physics is different, more magical, more meaningful, more artistic, and more beautiful”  
Dr. Antonio Gil, MD**

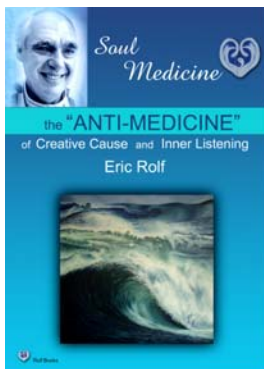
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for seminars, workshops,  
lectures and consultations  
worldwide.**

**This book is dedicated to my grandson Cian Riis Villanueva; may your perspectives remain as unlimited and detached as your imagination. Always remember that intelligence is mostly directed imagination.**

**Eric Rolf**



**Cover design and art: Crystal Augusto  
Painting "Waves of Laughter" Crystal Augusto**



**The heart, the “third ear” listens to the soul’s joyful, creative silence and echoes it in sound so the mind can understand and lend structure. The material dimension exists to give confidence and to permit generosity and detachment—Eric Rolf**

## **SOUL MEDICINE**

**--the new “anti-medicine” of Creative Cause and Inner Listening**

**--The Alma Paradigm  
--The Body’s Secret Code  
--The Inner Creative Language**

**By Eric Rolf**

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# Biography Eric Rolf

Eric Rolf, a western spiritually based teacher/counselor, is a modern renaissance man.

Born November 27, 1936 in New York City, he has dedicated his life to the exploration of the creative and communications processes from their inner sources. He is also well known for his natural self healing and personal self realization activities with both individuals and groups of all types.

Eric Rolf is the creator and developer of

- Soul Medicine-- a revolutionary self healing model.
- The Body's Secret Code--a unique organ by organ communications relationship with our lives.
- The Inner Creative Language--the secrets of intuition and the 10 inner senses.
- The Nutrients of the Soul--an activities guide to inner empowerment.
- The Alma Paradigm (the soul medicine paradigm for living and self healing).
- The Eric Rolf Sacred Water remedies--11 highly energized, expanded awareness water concentrates.
- The Numerology of the Soul--an advanced numerological perspective for personal insight.
- Mineral Medicine--Using stones, minerals and crystals for self healing.
- Soul Nutrients Newsletter--focusing on awareness, creativity, health, intuition and wellbeing.

He has also written a number of books including.

- Counting on Your Soul--the numerology of the soul.
- Soul Medicine--the anti-medicine of creative cause and inner listening.
- Fruits from My Tree.
- Teachings: the path of flavor.
- Time/Life Quality.
- Eric Rolf Speaks about the Sacred Water remedies (with J. Leon).

Eric Rolf teaches groups in seminars and workshops and attends to individual consultations in person and by telephone. A number of well known individuals and companies have benefited from contacts with him including: Exxon, Swedish Telephone, a wide range of advertising and media agencies, and artists Gilbert Williams, John Lenon, Yoko Ono, Paul Simon, and Carlos Santana. He also worked for NASA during the Apollo program and was nominated for a Genie Award for his accomplishments related with intuition. In addition to the US and Hawaii Eric Rolf has lived and worked in various countries in the Caribbean, South America, Scandinavia, England, Germany and France. Since 1981 Eric Rolf has lived and worked in Europe, primarily in Spain and Sweden. He currently lives in a small fishing village near Malaga on Spain's southern Sun Coast. He continues to conduct courses in Europe and recently has begun re-initiating work contacts in the US via the internet and through occasional visits.

## **I-PROLOGUE: Shifting Your Personal Paradigm**

First I wish to share some comments from the prologue of “Counting on Your Soul--The Numerology of the Soul” a book I wrote in Spanish which is now in translation.

“When Pythagoras says **“God geometrizes,”** he is communicating something extraordinary. Not only is he sharing a numerological teaching with his disciples, he is also communicating a part of a new paradigm or path for the spiritual adventure we call life.

“The word “paradigm” which has scientific roots, has become popular in recent years especially in reference to the new physics or quantum physics and also with New Age or Aquarian Age world views. **Basically, a paradigm is a window through which one chooses to view and relate with what we call reality, although of itself it is not reality. Reality is a mystery. It has always been a mystery and most probably will continue being one. A paradigm helps us to relate with that mystery in a manner which is more or less predictable. Throughout the centuries there have been different paradigms or ways to perceive the world and the existence, both scientific and spiritual.**

Any piece of knowledge or information, regardless of its nature, is valid and comprehensible or not depending on the paradigm within which it is perceived. In communications theory they might say **“context determines the nature and understanding of content.”** When Pythagoras told his disciples that by way of numbers they could unlock the mysteries of the universe, it is clear that it will become necessary to explore the validity of that perception within an appropriate paradigm. Pythagoras also said that the substance of being was a number and that all relationships and associations, including abstract concepts like justice, could be interpreted numerologically. Obviously he is transmitting a new paradigm, and, to understand and finally integrate the information, one must also assimilate and integrate the new paradigm. And if there is any further doubt that Pythagoras was sharing a new more advanced paradigm, one final comment: Already in the IV century B:C: he and his disciples had confirmed for their own worldview and personal satisfaction that Earth is a round planet spinning on a fixed axis.”

Soul Medicine was considerably ahead of its time in 1970 when the first concepts began filtering into my awareness. These coincided with major changes in my personal and professional life. It was a time of turmoil in many respects. I had walked away from a management position with a major oil company operating in Venezuela. I was head of public relations planning and development. My family and I decided to move back to Tampa, Florida where we were living 7 years before when I was offered a communications position with another affiliate of the same company in Aruba where we lived from 1963 until mid 1968, when I was promoted and transferred to Venezuela ; 1968-1970.

To my boss in Venezuela I was crazy. I wasn't leaving because of more money (I was offered more money to stay), I didn't have another job offer and I didn't really have much of an idea of what I planned to do. The only thing I knew was that I had experienced a major inner shift, accompanied at first by convulsions, and simply “knew” that my time in Venezuela was over and that I should move on. The company even made overtures about a possible transfer to their New York headquarters, and when I began wavering and considered the possibility, my body again reacted violently. It was perhaps at this time that I started realizing that **the body speaks to you about non-material based events, about one's life, and the importance of listening, understanding and taking the appropriate committed action.** In my case the

body was screaming and my inner world was in a chaos I didn't even admit, much less understand.

I may not have known where I was going, but at least I knew where I wasn't staying and took action and changed direction. Without realizing it fully, I had made contact with a major purpose of personal crisis: to stimulate major change through a new committed action.

Although I didn't realize it, my life was undergoing a personal paradigm shift. I was living a series of events and phenomena that although even spectacular at times were not especially comfortable and often caused me difficulties both at home and with clients. From my home I had started a small public relations and advertising agency. I do not wish to digress here into anecdotes, although from 1970-1974 those were considerable. **The point is (and which is what may be helpful to others) that while my life was shifting paradigms, I still thought I was the same person, yet my response from others indicated something else.**

Still an entire world of information became available to me both through voracious reading and personal inner experiences in both meditative and non-meditative states. In this period I became aware that it was possible to sense and know with precision what was happening in another's body and then that the physical symptom was related to a generally non physical cause or event which in some cases occurred even decades earlier. Soon a pattern evolved which later developed into "The Body's Secret Code" one of the principle pillars of Soul Medicine along with The Inner Creative Language, the Soul Medicine Paradigm and The Numerology of the Soul. The body's secret code is an organ by organ relationship with different parts or aspects of the person's life over and beyond its mechanical function--the kidneys, for example, are about relationships, especially with brothers and sisters or very close friends or partners.

Slowly, and always with some resistance, I began discerning when to talk and when it seemed best to be quiet. Today I would describe this as the beginning of understanding that **unless writer and reader or speaker and listener are more or less living similar paradigms that what makes sense and works for one is absurd nonsense to the other.** One's paradigm is like one's planet. To understand each other we need to at least inhabit the same planet.

This book is the first time in 35 years that I have published a significant description, other than some early course notes, of the Soul Medicine material in English. From 1970-1975 I lived in Florida and California and from 1975-1981 I lived in Hawaii (Maui 4 years and then Oahu). In those years this material was shared in lectures, seminars and, mostly in weekend workshops. It wasn't that I didn't want to or try to write it, I simply was unable to deal with it in a linear context in a way that made sense or would at least be acceptable to a group of readers. First, the concepts and material were far ahead of their time (and still are generally) and, perhaps most important, I didn't have a significant grasp of the material at the deepest levels to be able to describe it simply in written form; nor did I have 35 years of direct experience sharing this in both the U.S. and Europe. In 1981 I moved to Spain and have lived there and, for brief periods in Sweden, since then. I now live in a small fishing village not too far from Malaga along la Costa del Sol in southern Spain.

What I found in Spain and, especially in southern Spain, from the time I arrived was their willingness to say "yes" to accept, to try, to experience, to see "what happens?" rather than insist on considerable explanations and scientific confirmations. It's possible that I was

viewed a bit like the prophet “not without honor, save in his own country.” If so, then after 24 years living here I feel much more Spanish or at least European than American. I admit also that my family has Latin roots and as a child I spoke Spanish before English. If this book helps the material gain wider acceptance among English speaking readers, then I’m happy for those who wish to take advantage of what I consider an opportunity. It is also true that since 1970 there has been considerable material published both in the US and Europe that is definitely on the same planet as this, and in a few cases, on similar pages, so a wide spread reading public may not be overly taken aback or turned off.

There is one thing I’d like to say and I say it with the intent that it will be helpful or at least a “wake up call” to some. In the US since I can remember, there has always been a strong emphasis on science and, especially, technology. The question “is it scientific?” often sounds like “is this worth listening to?” It has always been easy for me to say “no, this is not scientific. This is art.” As perhaps many of us know, **art has always gone ahead of and beyond science.** I have often asked myself “why do we insist that something be scientific?” Saying simply “fear of being fooled or hurt” doesn’t really cover it. My answer is that a great many people, perhaps most, don’t distinguish effectively between science and technology, have little knowledge of what science is and is not and this limited view of science and, especially, of themselves results in their concept of science becoming **a refuge for the insecure, almost an attempt to eliminate the mystery in one’s life.** In recent years, or at least since the emergence of the EEC (European Economic Community), Europe is also heading in that direction of measuring everything in either economic or scientific terms or both, almost to the exclusion of other factors. Should it continue as it seems to be doing, **it will reflect a distancing from life’s magic and creativity,** and a further entrenchment in old, obsolete paradigms.

While we are on this topic, let me reemphasize that **Soul Medicine is not “scientific.”** It has not gone through that controlled, measured process. Now, is it possible that someday it can be considered scientific? Of course it can, although that possible future seems quite distant. I certainly don’t expect to be around to see it—at least not in this body. However, what is important is the present. **Can this be of value to you now?** It most certainly can.

For those of you, a growing number, who allow their creativity to mix with leading edge science, particularly in the field of quantum physics, you can find a comfortable relationship between a large portion of the Soul Medicine paradigm and the quantum paradigm, especially as viewed by **David Bohm** and what he describes as **the implicate and explicate universe.** A great deal that has been discovered in particle physics is also relevant once one changes the language a bit. Remember “science” means “knowledge” and “experiment” means “experience” or controlled and measured experience. **There are endless ways to obtain significant new knowledge through a variety of personal experiences.** We all do that constantly. It is also the case that for most people this new knowledge is mostly personal or quite specific and limited to a given situation. On some occasions it is not so limited although no less specific as in the cases of **Pythagoras, DaVinci, Darwin, Hanuman, Bach, Einstein** and others including a long line of visionary authors whose concepts became physically realized long after their death, for example **Jules Verne.**

What it seems to me is important is the present moment. **When faced with a new possibility, the question to ask is “does it work?”, and “what’s the price in my life to have a direct experience?”** If you feel it necessary, you can add the worst case scenario question: What’s the worst that can happen in this case?

**With Soul Medicine there is a long history of demonstrations of its effectiveness. As far as price in your life, the only danger is to your present network of limited beliefs about your self, your possibilities, your life and life itself.** This is actually a positive since we can then move on with fewer limitations in our life. The worst case possible is that nothing happens and you remain more or less the same. And yes, that can happen and it has on more than one occasion.

I realize it's difficult to accept, but I say it clearly in the list of paradigm principles "most patients, certainly the vast majority do not want to heal." Certainly, they want symptom relief; they want things to change but without they themselves having to make any important changes in their life. This is understandable with the victim mentality that most people hold relative to illness--the germs (or another external cause) did it to me so why do I have to live differently? Or even if I do what difference will that make to the germs? "Illness" and "my life and viewpoints" are simply not related. **Socrates said it centuries ago: "He, who would change the world, must first change himself." In Soul Medicine we say "when the face in the mirror is dirty, don't try to clean the mirror. Clean your own face and the mirror image will clean up like magic."**

The fact is that contrary to the beliefs of a large majority, when using the Soul Medicine paradigm and methods events can occur from one instant to the next that would seem almost impossible except if one uses words like magic or, especially, miracles. Personally, as one who has devoted his entire life to the exploration of the creative process and to advanced forms of communications, I am quite comfortable with the word magic. **Life is certainly more magical than mechanical. We do create our own reality, including illness and healing.** However, I admit I have difficulty with the word "miracle" and the kind of personalized divine intervention it seems to imply. **First, I don't believe in miracles simply because they are unnecessary. It seems a term used by persons with limited imaginations and enormous egos.** Anyone who has directly experienced or tasted of life's mystery knows that life and its conscious guiding creative principle (God to many of us) is unimaginably well organized and creatively integrated and useful, although we may not always know how. The miracle attitude seems to suggest that God occasionally has to do some "firefighting" as a result of some lack of foresight or insight--kind of "Having first put his foot in it, now God has to put his hand in directly." **It seems to want to give the wonderful and unknowable mystery of life our own human limitations, even when those limitations aren't necessarily the case.**

**Each of us creates his own reality, individually and collectively. That is a fact. It is also a fact that the vast majority do not believe it.** In their own world or paradigm they do not, except for relatively minor things. However, they do believe in being victims of others or random events. **Basically they live in an unfriendly or even hostile universe.**

**I admit it is my intent that this prologue and this book serve those who are ready to risk changing paradigms as part of their life adventure whose time has come.** To readers with a good background in energy healing concepts, some of the material will seem familiar and that can help make the bridge to other apparently more difficult concepts to accept and to stimulate you to want to experiment and try them in your life. The most effective manner to taste this paradigm in an integrated fashion is to read the book and then attend a weeklong or weekend course or workshop. Although it's true that many physicians and healers and therapists attend, the main material is given to all in the same manner. Obviously, the more one brings and gives to the material and its concepts, the more it seems that one receives.

**You can also read the book and simply take appropriate action based on your own knowledge. A great many persons, both professional and non professional, have done so with marvelous results.**

For those healing arts professionals who wish to delve deeper into the soul medicine system and methodology, I occasionally conduct courses open only to professionals. This year one of my longtime students and colleagues is conducting the course at a Spanish university as part of the advanced nurses training program. The school of nursing extended the invitation to give the course there. Even here, a curious thing has occurred, black humor at its best. In Spanish this is called “La Medicina del Alma” or “soul medicine.” Well, there has been a complaint from the theology, ethics and anthropology departments because, they claim, “the soul” is the exclusive competence of these departments. They hadn’t read the material, have no idea what it is or is not about, but if it includes the word “soul” and they claim the franchise rights, it shouldn’t happen without them. Although this a school of nursing project, one could understand say the medical department raising the issue, but then life would be humanly logical, perhaps not so magical and certainly not so filled with dark humor. I love it.

When I first published “La Medicina del Alma” in Spanish, it quickly became a kind of underground best seller among physicians and therapists. They realized they could apply many of the concepts without having to change hats. The patient who went to see the homeopath or even allopath just knew they got better faster. This is a conversation based dynamic when viewed externally. Consequently, on the surface there can be little to distinguish it from any professional conversation between physician or healer and patient. This is especially the case with homeopaths and body therapists.

As a medical model or **“anti-medicine”** model, Soul Medicine is more context-based than content-based. **Its context or paradigm includes all the other models, as well as distinguishing the limits of those models or the point that limits their effectiveness.** In other words, if you fall and break your arm, go to an orthopedic to have it set, but don’t stop there. Don’t simply blame the hole in the street. By using the Soul Medicine model you can explore life’s communication relative to your individual life in this moment, locate the original cause, speed up the physical healing process and, **most likely, avoid having to re-injure yourself for similar and related reasons.**

Finally, if you are in the midst of changing paradigms, or would like to experience a new paradigm--this one in particular--then understand that **feelings of both “risk” and “resistance” will surely surface.** My suggestion is to simply accept their presence, pay attention both physically and metaphorically to what’s immediately in front of you and be clear in your intent to live your life as consciously as possible and, above all, facing forward. **Much of life that seems to hurt us is actually us bumping into things because we are walking backwards, and it hurts.** However, it possibly wasn’t there to hurt you, even quite to the contrary. A table hurts when one bumps into it, but it isn’t there to hurt you, on the contrary, to serve and to add beauty to your life.

# **SOUL MEDICINE PARADIGM**

The following are some, although not all of the Soul Medicine paradigm's basic principles. What are listed are those that relate to personal health and well being. The entire paradigm includes almost 200 basic teachings.

It goes beyond the scope of the present book to explore in detail the concepts and teachings of the entire paradigm, or even those related to personal health and well being. So I have limited myself to making brief simple statements, being quite conscious of the broad range of interpretation this leaves open. It is also possible, even likely, that some of these statements at first will seem strange or even absurd. I can only assure you that it is not as strange as it may seem, viewed with your present context. You may even wish to view these paradigm statements briefly and, after completing the book come back to them with a broader understanding.

What I have elected to do instead is that in the following chapter I explore what I call the four basic questions. It is in understanding and experiencing our answers to these questions that we begin to open our perceptive lenses to other greater possibilities.

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## **Soul Medicine Paradigm: BASIC PRINCIPLES**

- 1-Our natural state is being healthy.**
- 2-Neither "illness" nor "sick people" truly exist in an absolute sense. What exists is communication...**
- 3-The only exception is a kind of "spiritual deafness".**
- 4-Calling a communication "an illness" creates obstacles to its understanding (insight and appropriate action) and transformation (healing).**
- 5-One way that life speaks to us is through the body.**
- 6-Life uses a personal language of metaphor which I call The Inner Creative Language.**
- 7-All of us can understand that inner creative language when we allow ourselves to expand our paradigm and world view. A clear explanation of the inner creative language is given in chapter\_\_\_\_\_.**
- 8-There is a secret body code and it is clearly described in detail within the Soul Medicine paradigm.**
- 9-The illness or pattern of symptoms indicates the tone of voice.**
- 10-The symptoms are actually the healing lived as a "walking backwards."**
- 11-The illness's consequences in your life, once seen as metaphor, indicate the process or active path towards rapid recovery and healing. For example, among other things, a broken leg indicates that its owner needs to stop and reflect.**
- 12-What is most important is body location, which area and which organs are involved in the condition.**
- 13-The patient comes to cure the doctor or healer or therapist.**
- 14-In the great majority of cases, the patient does not want to be cured or healed--what I mean by this is to "take the appropriate new action" required or pay the price in his life. He will tell you quite the contrary.**
- 15- Generally speaking, the patient wants his condition to change without him having to change how he handles his life.**

**16-Once one locates the seed-moment of illness creation, it is consciously observed and the related emotions lived and felt, the illness will be healed quickly.**

**17-summarized even further: If you find the original cause and the patient truly wants to be cured (pay the price in his life) he will be cured.**

**18-every illness has a benefit for its owner. If the patient is not willing to renounce that benefit or view things differently, a complete healing is probably out of the question.**

**19-All true healing begins with the patient sincerely desiring healing and being willing to accept changes in his life.**

**20-Medicine, like life itself, is more an art than a science.**

**21-Neither in life nor in soul medicine do physical causes truly exist, although it certainly can appear that they do. The sun also appears to move across the sky yet it is we who are moving.**

**22-Soul Medicine is a medicine of context rather than content. It deals with causes more than with symptoms.**

**23-Your body is born adequately prepared for your soul's adventure.**

**24-Life is very well organized, even unimaginably so.**

**25-The 12 original illnesses are neither physical nor mental illnesses. They are perceptive frameworks that can result in life screams or illnesses.**

**26-The soul doesn't get sick, but it does need to be nourished.**

**27-The nutrients of the soul include the following:**

**Conscious breathing**

**Meditation**

**Prayer**

**Conscious creativity**

**Humor and laughter**

**Conscious body movement**

**Clean and clear spaces**

**Awareness of metaphors in life**

**Using and risking your intuition**

**Acts of power, of full intent**

**Use and drink pure vapor distilled water**

**Music, chants and harmonious sounds**

**Traveling globally**

**Taking care of what life places directly in front of you**

**Accepting challenges, taking risks, above all risking your ego**

**Giving consciously, being generous**

**Choose, commit, and take action**

**Enroll, dare, risk**

**28-The more we relate with our soul nature, the more we experience well being at all levels of our life.**

**29-We are not something called humans trying to become spiritual. We are spiritual beings with an unlimited human potential. If we are trying to become anything, it is to become "more humane".**

**30-Both we as well as the known universe are one per cent matter and 99 percent non-matter or energy or spiritual energy.**

**31-consciously connecting with your spirituality is connecting with 99 per cent of yourself.**

**32-spirituality, its exploration and understanding, is not necessarily related with religion even though a great many people link them together. Still, the awareness of**

oneself as a spiritual being does not mean one must or should belong to any club or organization.

33-Life is not a problem to solve. It is a mystery to explore. The same hold true for you.

34-That conscious mystery, that totality of what is we can, if we wish, call God.

35-The big bang? In the beginning, God laughed. We are like waves of that original laughter.

36-Humor is our most elevated and spiritual sense. It is one of our 10 inner senses.

37-Laughter is always new.

38-Laughter stops and quiets the mind.

39-In the instant we start laughing, we enter the state of alpha.

40-The ego can resist any attack or challenge except laughter.

41-Humor and laughter are spiritual and healing; they can be considered the original anti-medicine.

42-Life includes a great deal of black humor.

43-Everything we might consider a life-problem includes a kind of joke. Get the joke and you are well on your way to the solution. The joke is always on you.

44-Fear is creative energy in its crude state, like oil when it comes from the ground.

45-Fear is not bad, but it must be refined or transformed.

46-“fight or flight” are not the only alternatives for relating with fear.

47-First, one must accept fear, not resist it.

48-Second is to locate it in the body to begin the transmuting or transforming process.

49-Our conscious creative attention along with conscious breathing are the alchemical catalysts for that transmutation of fear into energy and power (crude oil into gasoline and effective creative action).

50-Fear comes from the future. There is no fear in present moment.

51-The mind’s natural state is being empty and silent.

52-Awareness and thinking are not synonyms. Thinking results from noise and un-transmuted fear. Thinking is one of the 12 original illnesses.

53-Thoughts are subtle matter and require transmutation.

54-Each of us creates his own experience of physical reality both individually and collectively according to our beliefs.

55-Each person, based on his beliefs, establishes the limits of what he realizes or manifests physically, mentally, emotionally and spiritually.

56-among other things, one of matter’s purposes is to give us confidence and a sense of security.

57-We create and have a completely new body instant by instant.

58-What you consider your past did not happen to you. You are truly new. Your “past” is simply information which you possess, almost as if you’d lived it in a movie theatre, you are aware of knowing and feeling it but you don’t go around saying “look what happened to me!”.

59-water is the universal metaphor for the emotions, the feelings.

60-Both the planet as well as ourselves are at least 70 per cent water.

61-One of our common reasons for being here is to experience “feeling” in a multitude of ways and degrees.

62-drinking pure vapor distilled water is an act of power and a commitment to experience the purity of your emotions and personal well being.

63-Having a water distiller in your home is perhaps the best investment which any person or family can make. It can be compared to having your doctor, your spiritual guru and your grandmother at home with you.

64-In the future everything that can be considered a medication will basically be composed of water that has been manipulated and creatively transformed.

65-The Sacred Water Remedies are one of the physical fruits of Soul Medicine.

66-The Sacred Water Remedies can only be fully appreciated within the Soul Medicine paradigm, however anyone can benefit from using them. They are like liquid light or liquid consciousness. One does not need to understand light to appreciate it, use it and benefit from it.

67-All the foods we eat are emotional metaphors.

68-we eat basically for emotional reasons.

69-If you nourish your soul, your physical body requires far less nourishment than we would expect.

70-The children come to raise the parents spiritually.

71-The true parents are the grandparents.

72-all children's ailments are a metaphorical reflection of aspects in the parents.

73-Love is for giving.

74-giving and receiving does not exist in an absolute sense. What exist is an active giving and a passive giving. Passive giving appears like receiving. An old Spanish refrain says "even a beggar has to extend his hand".

75-Reality creates reality in 3 dimensional metaphors. Our external life, the physical world, makes more sense as metaphor than as something "real".

76-physical reality is not any more or less "real" only denser than other realities.

77-The Inner creative Language is composed of all the words, images, smells, sounds, colors, events or other symbols that have meaning for you.

78-Life responds to your questions by way of your inner creative language.

79-that metaphoric information is always correct. The thing is "how" is it correct--physically, mentally, and emotionally?

80-we have 5 outer senses and 10 inner senses. Of the inner senses, five correspond with the five outer senses of sight, sound, touch, taste and smell. The other five are true identity, time, knowing, multi-dimensional consciousness and Humor.

81-what I call "original illness" are actually perceptive frameworks or fields in which illnesses can grow. All illness grows in one or more of these fields.

82-there are 12 original illnesses and these correspond with the metaphor of the four elements - fire, air, earth and water.

**FIRE – Seriousness**

**Guilt**

**Control**

**AIR -- Attachment**

**Judgment**

**Thinking**

**WATER – Depression**

**Self pity/Self importance**

**Unconsciousness**

**EARTH – Resistance to change**

**Aloneness**

**Materialism**

# INTRODUCTION

The conceptual essence of “Soul Medicine” can be stated as follows:

**Life is a single, conscious totality in which the whole is in constant, creative communication with each of its parts or aspects.**

Life speaks to us in whispers. If we are unable to hear, then it speaks louder. If we still do not hear, or cannot understand or, as is most often the case, simply don't want to hear, then it speaks louder and louder until it finally screams to get our attention.--**That scream is the pain, illness or accident.**

Something specific to this model and contrary to what we have been taught, the illness per se, is not the most important consideration although it is what gets our attention. The illness, its pattern of symptoms, the pain and discomfort are more related to the tone of voice or loudness of the communication. In this respect, it's obvious that a cancer is a louder scream than a head cold. What does have major importance within this healing model is location. **The location on the body, the inner or outer organs affected, can tell us in highly specific terms the nature and meaning of the communication or life message.**

Once we understand the message and integrate it or accept its guidance, which means making some change in our actions (if we want things to change, we must first change ourselves, our viewpoints and actions) then the organ begins to heal rapidly, sometimes so quickly as if to appear magical or even miraculous. As I said I do not believe in miracles simply because they are unnecessary. I believe that anything we are able to imagine is in some way possible. I also believe in mystery and, obviously, in ignorance. There is a great deal more that we don't know than that we know. The lens through which most people look at life is comparable to believing that all we are is a single fingernail when in fact we are considerably more, even considerably more than the limits of our physical body.

The Body's Secret Code (BSC) describes organ by organ the specific part of our lives metaphorically and psychosomatically related to that organ. It further describes the messages in some 50 major or common illnesses. The nature of the illness and its pattern of symptoms help to further clarify the specifics of the message. In fact, in a rather curious fashion which we will discuss further on, the pattern of symptoms and their consequences and implications are actually very much a part of the healing process or of the creative understanding.

The Inner Creative Language (ICL) is a model, perhaps the only one that exists in the world as far as I know, that enables us to understand, interpret and apply the fruits of our intuition. The ICL provides an understanding of “the inner voice” or “6<sup>th</sup> sense” as a language with its specific vocabulary, a vocabulary which, as we shall see further on, each of us knows exceptionally well.

Together, The Body's Secret Code and The Inner Creative Language (Along with the Numerology of the Soul which is covered in another book) form a powerful, creative healing and wellness system. The BSC tells us about the nature of the message and the ICL allows us to locate intuitively the specific meaning, beliefs or non-integrated past events or resistances which have been blocking or distorting the message.

Apart from its operating function, each organ is also a kind of metaphorical file of various aspects of our personal life. A pain in an organ is an indication that that part of our life (what the organ represents) is out of balance and is thus claiming our attention.

To gain further insight into the above paragraph we need realize that our attention, and consequently our sense of personality is fragmented and directs itself to distinct moments in our past. This fragments or limits our ability to have all of our attention in the present, the here/now. As an example let's imagine three persons who come upon a dog, a puppy. The first at age seven was attacked and seriously injured by a dog. The second at the same age had puppies and dogs at home and passed many hours playing with them. The third, for whatever reason, has never seen a dog or anything similar. Although the example is highly unrealistic, it serves to help make the point that only the third person has all of their attention on this dog in this moment. Both the first and second person are splitting their attention among the present, past and various possible future possibilities, be they positive or negative. For many of us, the future is not something completely new. It is the past repaired or expanded upon yet continues to be more of the same. Living the present is living both the novelty as well as the mystery of the moment. This requires that we be new persons in each moment, perhaps as the yogis say, with each breath.

Soul Medicine is a medicine of context rather than content. Except for a creative conversation between patient and therapist or healer, it has no visible form. It is the psychosomatic basis or cause of illness, before its physical symptoms appear. (Soul medicine is the creative companion for practically all healing models and systems. It allows whatever healing methods you use to work better, faster and with greater personal satisfaction.

Soul medicine reflects and supports the wellness aspects in all healing approaches. It deepens the effects of the healing method and expands the individual's wellness potential...

For a clearer understanding of soul medicine's relationship to other models or healing systems we can view the body through six different lenses. For example, we can view the body in terms of function, structure, bio-chemical, electromagnetic, magneto-electric and total personal consciousness or the soul which is further connected with the whole or spirit.

A change in an organ's function, say a hand, may have little or no effect on its structure. We do many things with our hands and their structure remains basically the same. However, a change in structure tends to dramatically alter function; for example the loss of a finger. Now a change in the bio-chemical make-up can impact strongly on both structure and function, and so on down through the other lenses to the soul or total personal consciousness level where a change will be reflected in all the layers above it. These changes at the soul level can impact so quickly that the results can appear to be magical or miraculous in terms of what we have been taught to expect.

Most healing systems function above the level of soul or total personal consciousness. The following diagram relates a few of the more popular healing methods with the energy dimensions on which they focus primarily.

	FUNCTION	STRUCTURE	BIO-CHEMICAL	ELECTROMAGNETIC	MAGNETOELECTRIC	CONSCIOUSNESS
ALLOPATHIC	●	●	●			
NATUREPATH	●	●	●	●		
CHIROPRACTIC		●		●		
BODY THERAPIES		●		●		
PLANTS			●	●		
HERBS			●	●		
NUTRITION			●			
ACUPUNCTURE				●		
ACCUPRESSURE				●		
LAYIG ON OF HANDS				●		
REFLEXOLOGY				●		
SOUND THERAPY				●		
COLOR THERAPY					●	
SACRED WATER REMEDIES					●	
HOMEOPATHY					●	
MINERALS & CRYSTALS					●	
FLORAL REMEDIES					●	
SOUL MEDICINE						●
HEALING AT DISTANCE						●
METAPHOR AND RITUALS						●

Soul medicine allows us to understand the communication from our inner essence thus accelerating the healing through whatever healing method is applied in which the healer has competence and in which the patient has confidence.

Every healing system is basically a model or lens through which we choose to view the human body and, further, the human experience. It can be said that every healing model is also a way to view reality or is directly associated with a particular worldview or paradigm.

Allopathic medicine, for example, with its basically, mechanistic view or limits is essentially part of the Newtonian/Cartesian worldview. Herbal medicine bridges the bio-chemical with the electromagnetic and moves somewhat into the worldview described by Einstein and other physicists. Here we enter dimensions of vibrational medicine including electromagnetic and magneto-electric healing approaches (homeopathy, floral remedies, crystal healing, Rolf Sacred Water Remedies). This is a view of the physical body, the energy bodies and the entire universe as pure energy manifesting or vibrating at different frequencies. This view does not necessarily imply consciousness or the creative effects of consciousness, although in some specific cases it may.

Soul medicine, operating at total personal consciousness (TPC) is focused exclusively in that dimension. However the closer to TPC a healing model operates the more these models relate to patterns or events within the individual's consciousness or inner life. Soul medicine (and a few other models as well) recognizes that the universe responds to our individual creative consciousness and choice. The power of creative choice, sometimes called intent, impacts on the energy fields and alters physical experience. Our relationship to our personal intent is related to our ability to listen to life, to align our lives in greater harmony with the whole and with our place in it each moment. When we are able to listen at the deepest levels, then our other dimensions or bodies can listen and accept healing or create change.

However, soul medicine goes considerably further in how it perceives the entire matter of illness and what has come to be known as the healing methodology and process. Soul medicine has its own paradigm or worldview or creative living context which I call The Path of Flavor. This paradigm is described briefly in an early chapter. I have chosen to describe it briefly since that paradigm is considerably broad based and applies to how we view and live our lives. Soul medicine, with which this book deals, is simply one of its components.

At this point I would also like to clarify something, which can be extremely important to the reader in terms of how he is willing and able to perceive, accept and ultimately apply the information in this book.

I have been working with, using and teaching the soul medicine healing model for almost 35 years. While it may well be the most creative and efficient model of which I am aware, I am also the first to state that IT IS NOT SCIENTIFIC. Not only do I not make any scientific claims for it, I especially do not seek any type of scientific approval whatsoever for its merits. This is art and not science. Art has always gone ahead of science and to consider something scientifically valid requires a process and methodology through which this has not passed. It also requires a relationship with an already accepted paradigm and this has its own paradigm. What an artistic leap forward requires of whosoever enters into a relationship with it is the willingness to try it and to judge by his own experiences without the social stamp of approval or quasi-guarantee.

Now I realize that when we are talking about one's health we could also well be talking about one's safety. And yes there are people making claims, usually about personal healing abilities or about so-called miracle products that are aimed at taking advantage of certain persons who find themselves in desperate situations mostly because the science of our day is not able to offer a solution and has declared them or their condition incurable. Saying something or someone is incurable is quite different from saying that a particular approach is unable as yet to deal with a specific condition. Fortunately today more and more practitioners of the official allopathic model are realizing that indeed there are other different models that can also be effective. In addition, during the past 30 years, there definitely has been an increase in medical practitioners willing to accept that the mind and one's emotional state and beliefs can have significant impact on both the illness creation and healing process.

Fortunately for those interested in exploring Soul Medicine, this does not involve any particular or unusual healing ability on my part nor does it involve the sale or ingestion of any product. It also does not imply any significant risk other than to one's viewpoints and personal beliefs, not only about illness and the body but also about our entire worldview.

Perhaps one reason that so many health practitioners have embraced and use the concepts of soul medicine is because it does not require that they change hats or deny a viewpoint that also has merit and social acceptance. You would be amazed at the number of allopathic physicians who incorporate the soul medicine model within their practice and the patient only knows that they got better faster. Among alternative medical practitioners and therapists, the numbers incorporating soul medicine is even more significant. One practitioner friend once said that soul medicine was like an underground medical best seller. Soul medicine is compatible with most medical models. I can say that through the years we have had virtually every healing discipline represented in our courses.

For the past 24 years, I have been conducting the soul medicine courses exclusively in Europe and primarily in Spain (where I live) and Scandinavia. The only book that outlines the soul medicine model, I wrote and published in Spanish (La Medicina del Alma, GAIA Publishing, Madrid, Spain). This is the first time I have attempted to create an English equivalent. Prior to this the English course participants were given some brief notes outlining the body's secret code and the material was shared verbally in the courses and they were free to tape record. Actually, this functioned quite well since the courses are both theoretical as well as experiential and practical and certain events made complete sense in the context of the moment. However, I also feel that the theoretical basis or framework is sufficiently novel and interesting that it could have been published some time ago and perhaps even been useful to various practitioners and therapists. For that, I apologize.

While age is certainly not an illness, it is nevertheless a fact. And as the years add up I am feeling the need to organize and distribute (and perhaps finally disconnect from) the results of an on-going artistic event in which I have had the privilege of participating and sharing over the past 35 years.

**The soul medicine model along with its creative context the Soul Medicine paradigm are perceptive lenses that view that mystery called reality in terms of creativity and communications. Naturally, both of these terms imply consciousness.**

Every paradigm is basically spiritual or non-material. What we call intellectual is non-material concepts organized rationally and logically. However, paradigms are also the manner in which we relate to the universe or the mystery of life. And all paradigms make sense to some degree experientially. It's just that they can be limited lenses. Once we believed the world was flat and that's how we operated. And even today we still function mostly in terms of a flat earth except we know that there is more, there is roundness, but we experience the earth in everyday terms as being basically flat. The ground under our feet is mostly flat.

Most of us function in our daily life according to the Newtonian-Cartesian paradigm. This is the paradigm of separateness, of objectivity, of cause and effect. And even though scientifically this paradigm reached its limits a long time ago and has been replaced by other paradigms such as Einstein's energy fields or David Bohm's implicate and explicate order, everyday life seems to follow Newton (although not completely) and his ideas continue to enrich and function in everyday science, and we also know there's more.

Soul medicine also has a paradigm, which I also have called "the path of flavor" and "the Alma paradigm" (Alma means soul). Like any paradigm, it has certain concepts, tenets or

beliefs which together combine to form a perceptive framework. The paradigm is explored and some of its concepts or tenets are outlined briefly in the following chapter.

Finally, in this introduction, I'd like to comment on something, which is very much at the heart of this entire event and at the same time can cloud things a bit. In what seems to be an on-going conflict between official medicine and alternative medical approaches, the alternative people enjoy pointing out that while official medicine deals with illness (a reference to its high tech, mechanistic and invasive approaches) alternative medicine deals with sick people (a certainly valid reference to their more humane viewpoints). In both cases, there is a belief in illness and in sick people.

**Soul medicine says there is neither illness nor sick people. To call a communication an illness is not appropriate and immediately puts us in a victim's posture. Moreover, to call the creator of a communication a sick person is equally unfortunate. The only illness which soul medicine recognizes is a kind of spiritual deafness and the entire conceptual and operational structure is designed to heal that spiritual deafness.** Yes we speak in terms of illness so we can be understood at least in the beginning, but there's more. It's similar to speaking about the sun rising and setting and yet we know it is and isn't the case depending on how you look at it. And both concepts are useful.

## **ENTERING A NEW PARADIGM: Life's Four Basic Questions**

If you are personally already undergoing a paradigm change in your life or if you believe you are ready to accept and experience one, then some guidance can be useful. Guidance is an interesting word. It seems to be composed of the words guide and dance. A guide is generally someone who has been there before and seems to know the way. The dictionary says: One who shows the way by leading, directing, or advising. Dance is a movement to music, an expression of feeling through steps and gestures. The dictionary says: To move rhythmically usually to music, using prescribed or improvised steps and gestures.

When considering guidance in terms of a personal paradigm shift, guidance can take on another meaning entirely as well. It becomes more of a training program. It is similar to giving someone a course in navigation and sailing. You can provide the information and the tools, but you cannot get in the boat with them nor can you predict the condition of the seas they will face. That rhythmical movement of the emotional waters will be totally personal and fully appropriate to their individual dance through life. In almost all cases, there will be periods of storm and disorientation as well as moments of calm and clarity when the other shore is clearly visible.

What I consider a kind of training course is what I call life's four basic questions. These are experiential in nature and thus require one's personal exploration. I have found that it is to the extent that we explore our responses to these questions that we begin to truly prepare ourselves to encounter a new perception or paradigm. It is like facing a number of one's belief networks in concentrated form. I will offer some guidance and insight regarding these four questions, but these can only be considered useful hints. It is you who must build the inner muscles to handle the new and many challenges that accompany a new worldview and our personal experience of it. At least I can assure you that these questions, explored fully and remembered during trying moments can produce the necessary muscles and flexibility of vision to enable your acceptance and enjoyment of the new paradigm.

The first question is the Einstein question since it was from him that I first heard it. One day during an interview the reporter asked him: "what to you would be the basic question we can ask about the universe?" Considering that it had to do with Einstein, it's possible that the reporter expected something complex. However, Einstein said that for him life's basic question was: **"is the universe friendly?"** Then he continued saying that most likely the universe is infinite, that certainly we'll never know all there is to know about it; that it is an unfolding mystery. However, whatever it is, he added, what we most want to know is if it is friendly. Is it basically on our side or against us? And if it is friendly, is it always friendly even when it appears to the contrary?

Obviously the friendliness of life becomes a question when the events of the moment appear frustrating, challenging and all to the contrary. This is something we all face, not just those involved with a paradigm shift. Our habitual tendency is to consider the event negative and attempt to deal with it as best we can. Nevertheless it is like "score this one for the bad guys." It is also likely that the negative judgment of the event will remain with you as an emotional memory long after the direct effects have passed. The alternative to judgment is to stop, relax a bit and ask inwardly: How can this be supporting me either now or in the future? Then listen and become aware of the answer. It will often surprise you. At least by asking the question you limit the impact of negative judgment. You become open to the possibility that it can even be a blessing in disguise. This openness facilitates being able to perceive the other

possibilities associated with the event. All of us have had experiences that at first impact seem negative but then over time other events help us see it in a different light. I have a friend who lost his job through what is euphemistically called “corporate downsizing.” About two weeks later, during a time when he would have been at his desk in the office, he decided to take a walk and handle some errands. While he was walking he ran into a college friend he hadn’t seen in years, although they had been quite close at the university where both had studied in similar engineering programs. It turned out that the friend had started his own company that was operating successfully and expanding. Before the afternoon was over, the college friend offered him the best job opportunity of his life. This was possible because he was free and walking around at a time when he would have been normally at his desk. Seen in retrospect, it is as if life gave him a two week vacation and then gave him a wonderful career gift. Obviously, no one likes losing their job, nor do we always know that in two weeks we will get the best job offer ever. The first impact is negative, certainly. The thing is not to get stuck there. It is not even a matter of positive thinking. It is about accepting “not knowing” rather than only the negative judgment, and then asking inwardly how this might be supportive now or in the future.

I had an experience several years in Stockholm during a change in living spaces. A friend had made it possible for us to rent her large and luxurious apartment at a price we could afford. She was to be gone a year working for Swedish television in Washington, D.C. My contract began October 1, but I had the keys from the 15<sup>th</sup> of September and I would take things over to the new apartment. One Monday I arrived and there was a note on the door in Swedish that began “Dear friend” The rest I couldn’t make out. I opened the door and went in. It was a disaster area. What I learned later the note said was dear friend, during the weekend the radiator in the apartment above exploded and your flat was inundated with about 400 gallons of water. In fact, since no one was in either the apartment upstairs or in mine, it wasn’t until the water penetrated to the apartment below that the problem was discovered. Naturally, the first impact is negative. However, I stopped and asked myself how this could be supportive either now or in the future. The answer came immediately and was at least comforting: It went something like Relax, this is Sweden. Here everything is well insured. Everything will be fine. And indeed it was. Two days later the insurance people came, evaluated the damage and soon the repair work began. Some side comments: first, the only room that was completely destroyed was the main bedroom but there were two other bedrooms we could use. The rest of the flat was little affected. The insurance company paid for an entire new bedroom, walls, ceilings and hardwood floors and even painted other parts of the apartment that were only slightly affected. In addition they paid for a large new bed. The entire project took a couple of months since things had to dry before some of the work could be done. But through it we were calm and relaxed and enjoyed our interactions with the workers. In retrospect it was as if life said we would like for you to live here and we are going to give you a brand new bedroom, ceilings, walls, hardwood floors and a large new bed which you can choose. The only thing is that the work will take a couple of months. Would I have agreed? Of course.

When we hear people describe their lives and their worldview, the impression most often is that the universe is not friendly. Certainly if we accept that what we see on the TV news is a reflection of our lives, then it seems everything except friendly. However, we do not live statistically, we live individual lives. We may see a murder on TV but we’re alive hearing about it. What is important in the first instance is what is going on in our life at the moment and how are we handling it. If it seems negative, are we willing to “not know” and ask about other possibilities. And then listen for the answer and perhaps take an indicated action.

Sometimes at any point in our lives we have a series of negative situations we are living more or less simultaneously. If that is the case then sit down and explore these from the standing point of a friendly universe. In most cases you will get useful and even surprising answers, often about yourself.

### **The second question is Do I create my own reality?**

This would be compared to its opposite which is that all life is a matter of random chance and we are all victims of one form or another, including victims occasionally of good luck.

It isn't exactly accurate to say that most people do not believe they create their own reality. It is more a matter of degree and extent. This is a very important distinction. Most of us believe that our teeth are clean after we brush them. It was our intention they be clean and we have created it so. It is our intention to make up our bed and we do it without much extra thought and go on to other things. So, to a slight degree we do believe we create our own reality. The thing is that as the scope becomes larger that it seems our lives go beyond our direct control. We can get fired from our job, we can have an accident (?) or we can even win the lottery but to an ever greater degree we had less to do with the result. The job? Well, maybe I've been dogging it since I didn't really like it. But I'm not the only one. Still I didn't want to get fired. The accident certainly wasn't my fault. I was sitting at the light and someone hit me from behind. Wow I won the lottery. Well, someone's number had to be picked. And as far as health, well who does anything to create a bad kidney? Or cancer and you've never smoked? It's just the way things are. Life does things to us. Sometimes it feels good (like the lottery) and sometimes it doesn't feel good (like the accident or bad kidneys or cancer).

This is pretty much the thought process of the majority. It is also possible that you do not include yourself in that group; that you do believe that you create your own reality. And most likely you also believe that you do not always know how you are doing it. While you do not consider yourself a total victim, you still do not feel in complete control of the events in your life. You still frequently hear yourself say "guess what happened to me the other day?"

Can it be true that while we do not really know what will happen from moment to moment (life is a mystery) that we nevertheless create our own reality? Can we still say "guess what occurred to me" without referring purely to random chance? My answer is yes and it is my direct experience that it is so. What is important is that it also becomes your direct experience, rather than merely an intellectual reference you read here and in a few other places so it must be so, although it is not reflected in your life. "they also say the world goes round but I don't feel a thing"

Let's begin by reminding ourselves that we are now looking from another paradigm, it is another reality, another planet with other physics, otherwise the following comments would seem to be absurd.

Each of us is part of an ocean of consciousness and continuous creativity. That is our essence. What we create is reality of different types and kinds. We are reality creators which is another word for artists; multi dimensional artists if you prefer. The universe includes all the possibilities; the void is not empty it is simply an unmanifested potential. So, we can further say that the artist does not create from nothing, but rather makes the invisible visible. Michelangelo points this out saying that all the possibilities are already in the piece of marble and that he simply chips away that which is not a part of his vision. This is fine and it is very

similar to making our bed in the morning; it is not that difficult to understand or accept that we create and control the outcome.

What is common to both cases as well as common to the events which we do not feel we control is the matter of belief. Michelangelo believes he can create a sculpture by chipping away that which doesn't belong. You believe you can make your bed in the morning and you do. You also believe you can have an accident and even win a lottery prize otherwise you would not bother about auto insurance nor would you waste your time and money buying a lottery ticket.

Belief sounds much like "be life". Our life is what we believe it is on a multitude of levels, some more immediately available to our ego consciousness than others. I say ego consciousness because as the ego becomes less noisy, we become more conscious of our beliefs.

We not only create reality according to our beliefs, but what we say is "out there in the real world" is only what we believe is there or that can possibly be there. We have layers and layers and networks of beliefs, and life's energy flows through us and through these "creative reality design molds" and the result is the reality we experience. And with the greater the intensity and belief, the quicker that belief is made visible. In a very real sense, the objects and events in our life are our beliefs made visible. We are like reality creating machines. A belief is that which we know to be the case to varying degrees. When we "know it" completely, it is so. When "it is so" for us, it becomes visible. Or at least the opportunity for it to become visible is there. We may then choose to make it visible, to manifest it or not. Actions based on a particular belief increase its acceptance or intensity in our life. Repetition (actually re-newed commitment would be more accurate) then tends toward visibility. This can be summed up by saying that whatever you do based on "as if it were so" will become more and more so until it manifests physically. This matter of beliefs applies both in positive as well as in negative terms. In fact, most people have a greater belief in the cruder energies than in the lighter more subtle ones. This is like saying that we believe more in aggression or even in hate than we do in love. Ultimately these are simply different points on the same spectrum. It is the crude oil or the perfume. You don't have one without first having the other, and then transforming it. The problem isn't the crude energy it is our commitment to transformation. Commitment and belief go together. We can say that commitment is a choosing of a belief or our willingness to give ourselves to a particular vision. As we re new that commitment each day through our actions, it moves more and more toward visibility and manifestation. The commitment to transformation is what is known as the spiritual path, making the qualities of life visible, becoming more human and humane.

Each of us has multitudes of beliefs, many even conflicting one with the other. We even have beliefs about beliefs. If I were to put a number on our beliefs I would say it was something equivalent to the number of cells in the body or at least in the brain--which is about a billion. However, just as they say that we have about a half billion brain cells concerned with awareness and perception and only activate or use about 2000 (yes, that's two thousand). Something similar occurs with beliefs and in fact many beliefs are connected with our alternate realities and alternate selves, but that's a whole other story. For us they are as if inactive and we'll leave it at that. What we have that is manageable is our fundamental belief structures, specifically those connected with our lives and with the lives of others on this planet and in the physical dimension. We have a common belief that heavier than air objects fall to the ground due to the law of gravity. We also have beliefs about possibilities that

create heavier than air objects that fly; the laws of aerodynamics. Who knows, perhaps there is also a law of grace as some say and physical levitation is possible. However, if I were you I wouldn't jump out of a 10 story building to prove it, not just yet. It is curious however, that the first jump lessons for paratroopers is jumping off a chair and then the heights are increased until, without a parachute, they can feel comfortable jumping from heights of 10-15 feet. The dancer Nijinsky would make enormous leaps from a standing position while former basketball superstar Michael Jordan admitted to "flying" longer than his defenders. For some reason they called him Air Jordan.

The initial package of beliefs we generate at birth, through a variety of means. We bring many with us from former lives, we take on beliefs from our chosen parents and family and we also create beliefs as part of our birth process. We are most familiar perhaps with the last in terms of birth trauma, although I find that all births have trauma or events that direct us toward our purpose in life in qualitative terms.

Still, a scenario may unfold something like this. After 9 months of being comfortable, of floating in a nice warm lake, of having all your nutritional needs met, suddenly there is a change. There is turmoil, contractions, the desire to become free, strong feelings and emotions, discomfort. As the process unfolds it is possible we have a long cord wrapped around our necks, making breathing difficult or that we are not facing forward and they use a vacuum pump; years ago they used metal forceps. Then, they hang us upside down by our feet and spank our bottoms. Now the child is a complete human being, just a small one. He is fully conscious in ways other than our worldly ones but none the less conscious. It is very easy to see how he might be confused by all this and say and believe something like I'm not really sure where I am, or who these other people are but wherever it is and whoever they are they are out to get me. This is an unfriendly place. Then, if we imagine a little boy, for reasons of hygiene they separate him from his mother to wash him. However, to him he has been disconnected from his habitual source of life and protection. He has been, he feels, abandoned. You can't trust women. They abandon you. Then, he proceeds to create to varying degrees an unfriendly universe or life experience in which women abandon him. This will continue until he drops or transforms those beliefs. The transformation of the unfriendly universe comes with understanding and realization about how it was actually supporting you even when it appeared differently. The abandonment can get transformed into the understanding that it is the feminine aspect that can set him free. That he is both an outer form and an inner being aligned with both the masculine and feminine principles. A girl child can also feel abandoned in this situation although she tends to project this on the male aspect. What we are rejecting is our inner experience and inner reality to begin with. In a matter of speaking men are women on the inside and women men, we include both polarities.

Our spiritual path is related to the types of beliefs we have come to transform into their enlightened qualities. Generally our relationship with that life purpose is one of attraction in principle and in words but resistance in terms of action. In fact if you wish to get in touch with many of your beliefs, the best method I know is to make a list of all the experiences you resist. I will also say that underneath every resistance is a kind of personal buried treasure. Act on your resistances and you are transforming beliefs. You can also act directly on your beliefs; but acting in the opposite manner taking action as if the opposite was the case. I personally had a lovely experience with this about age 22 when in a moment of inspiration I wrote a poem called yogi headache. In those days to me a yogi was someone who stood on his head. The opening line was I spend the days standing on my head and then it went on to describe that everything in the world was backwards. In fact, most things are the opposite

from how they appear when seen from the inside out. The movie seems to be happening on the screen but it is really a projection of light, colors, shadows and metaphors from inside a projector. In our lives we are that projector of light, colors, shadow and meaningful metaphors.

### **The third question is: Am I crazy?**

You would be amazed at the amount of time and effort we spend trying to convince our self and others that we are not crazy. Crazy is associated with fantasies of chaos and irrationality that moves us outside of the world we know and leaves us lonely, unloved, abandoned, unworthy, and vulnerable to who knows what. It is associated with our mind and with what is called “losing your mind” a more than interesting choice of words.

First let's understand that crazy is not a medical term. No self respecting physician would write “this patient is crazy” although “insane” is acceptable. “In sane” also very interesting. While we are considering “crazy-related” words, “mentally disturbed” is another curious description as is “mad” or “madness”. In the Alma paradigm we talk about always looking in a mirror; that everything and everyone is a reflection of ourselves to some degree. This can be interpreted at one level as the above physician looking at himself and saying “this identification with mental or inner chaos is ok or sane relative to the inner but not coherent relative to the external.” To say that someone is mentally disturbed is not necessarily only a kind way to describe insanity. It is a statement of degree relative to how much the person's perception seems to be outside the box of community consensus. We can almost see it as “how much of my mind is mentally disturbed by this person?” Then, “can others handle that difference easily?”

Mad is a truly beautiful word. It does not carry the clinical flavor of insane yet has a clarity all its own. It is a word of the heart, of passion more than of mind. I remember in grade school when we used the word mad to mean angry the teacher would say; “Dogs get mad, people get angry.” Dog which is the word god spelled backwards is also a metaphor of devotion and commitment; a dog is called man's best friend. There is completeness and a totality implied. Mad is like pregnant; either you are or you are not. One is never either slightly mad or slightly pregnant. Yet it is also not applicable medically. Madness is like a moment or experience lived totally which if transformed and translated into a symbol or language that can be shared with others would be called genius. Genius is another non medical term that is also total in nature. One is not a slight genius. Einstein, considered by many to be a genius, experienced such a moment when he imagined himself riding a light beam around the universe and then was able to translate it into the language of mathematics and physics to produce the theory of relativity--a theory which in the beginning was considered a madness. It was mentally disturbing, to say the least. Einstein was called everything except Albert. I agree with Simone de Beauvoir when he said that “one is not born a genius, one becomes a genius.” At one time I taught a course I called “awakening your sleeping genius.” It focused on concepts and methods for aligning with our unique creative abilities or powers and then applying them. The word genie or jinni in Muslim mythology describes the guardian spirit with magical powers to transform and serve.

Crazy is a social term and is relative to culture and to a time in history. Many of the new, more radical social expressions are often considered crazy. This was certainly true about the Punk movement in the 70s, yet today Punk influenced hair and clothing styles abound among persons who do not consider themselves “on the fringe.” Crazy is also related to how we

believe we fit into that social mix at any given moment. We might have heard ourselves say “You might think I’m crazy but the thought just occurred to me that we could\_\_\_\_\_.”

Crazy says something about how we judge, accept, identify with or give expression to the thoughts that cross our mind. It is related to believing that you are or might be your thoughts; or that your thoughts can somehow overpower you into doing something regretful. This fear is associated with a deep knowing about the power of the imagination. It is a fear of one’s own mind. It is a case of not having a mind, rather the mind has you. It is like being afraid of your hand or your foot starting to beat or kick you. It is a groundless fear, but a fear nonetheless. It is a resistance and as the saying goes “whatever we resist, persists;” and, we would add, grows.

While crazy is a relative term, each of us is unique; our bodies, our education, our life experiences and, most certainly, our thoughts. In any given moment we can say that no one perceives and responds exactly as we do. If the rest is relative to us, then we can be said to be crazy. That is not a problem. It is the natural order of things. The difficulty comes when we resist it and try to live the impossible, to be what we are not or to be what we believe the other to be. Accepting your uniqueness is accepting your being crazy. Many relate uniqueness with isolation from others, with being outcast, alone, lonely, sad, despondent, depressed, the unburied dead. It is an ego dilemma. I am unique but the others are the others. We don’t also accept the other’s uniqueness. We want him to be like us, both to feel accompanied as well as to believe we can control. Who can control a crazy person, right? Most of us notice, at least to varying degrees, our inner or mood changes. We also do not give expression to all of our feelings and, especially the cruder emotions. A part of us want to be something stable and definable and another is changeable, dynamic, and contradictory. Both of these energy streams are filtered through our social identity or mask to be expressed in the world with some consistency. It is this consistency we see in the other while feeling insecure about our own apparent lack of consistency, at least internally. It seems to make us insecure; it feels like consistency is asking us to outwait a mountain. We wonder Am I crazy? We might answer: Sure. So what’s next? Your mind and all its possibilities are just that, your mind and your possibilities and you choose which you elect to express in any given moment. Consider the activity of the mind a kind of wardrobe. You decide what to wear in the world depending on the role you are playing. In fact, there is no objective you, only that role that is being played out in the world in that moment. The soul nutrients, especially conscious breathing, meditation and a creative art can heal your disturbed relationship with the idea of being crazy.

The fourth question is probably my favorite. It is certainly one we have all asked ourselves, often with some justification. **Am I stupid?** My answer is: “Yes, sometimes.” Stupid is a social evaluation more than a comment on one’s intelligence, although the dictionary says: “slow to learn or understand, obtuse; lacking in mental acuity.” I would say it does not have to do with intelligence, education or mental acuity. I have met some very educated “stupid” people; some were college professors. Stupid is similar in this sense to the word rich. Ultimately, it does not have to do with money. I have known many poor people with money and rich ones with relatively little money. The key is the word ultimately--which means “at the end of a succession or process.” Stupid is when our experience becomes habit, robotic, rather than a background of possibilities. Stupid is when we believe that things, events or people behave or occur only in a certain way; and further, that we know what that way is; when in a given moment life has no mystery because we’ve “been there, done that.” We become self-styled experts; which I heard once defined as one who knows more and more

about less and less. It is in those moments when I say yes, that is stupid. It is blocking out surprise and mystery in the name of being right and even feeling a bit superior. Socrates said that the only thing he knew was that he knew nothing. It is this knowing nothing, this nothing, which becomes the space for meaningful information and experience on many levels. Stupidity is more an ego issue rather than a mental condition. Consequently the best remedy is humor and laughter; best if you can laugh at yourself first or surely others will mirror that for you and you may misunderstand their laughter as well. I would advise anyone to be aware when they become argumentative, especially about subjects or with people whom they think they know. Debate can be healthy and even a fun exercise. Just remember it includes listening and not just talking. It includes asking questions, not prejudging answers. This prejudgment is a fear oriented defense before the fact and creates the very difficulty it seeks to avoid. Love and caring for the other helps tune our listening apparatus so we can identify with the person rather than only with what is said. It is listening with the heart. Cupid's not stupid.

These four basic questions are all interrelated. Like other things it makes more sense backwards. Life is a mystery; we are unique, as is each moment. We have in a mysterious way created it according to our beliefs; regardless of how you first see it, it is supportive either now or in the future. This is a beginning to living the new paradigm. Try it on the events in your life, especially the events that do not seem at first view positive.