



Four Key Tips to Help You Bridge the Chasm between Traditional Western Medicine and Energy Medicine

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Medical students are not known for being adventurous. I remember, for example, how many people would stop and stare every time I brought my breakfast, a fruit smoothie which included a carrot, to class during my first year of medical school. Occasionally a brave soul would exclaim, “*What is **that**?*”?! It took a few years for my “strange” eating habits to become a lovingly tolerated eccentricity and probably at least a decade for long lost doctor friends to reach out and actually ask me for advice on how to eat in a healthier way.

I say this because, now, an orange colored smoothie probably would not shock many doctors -- but energy medicine still does. As much as we want to pride ourselves on being scientists with an open-mind -- ready to explore new horizons in healing -- the fact is that adventure in medicine is not well rewarded. The exception is in very specific, regulated contexts - such as research studies. For the average healthcare provider, most are expected, paid, taught, and asked by those who oversee them to play within the rules. Too much creativity is not usually considered safe.

As a result, it makes sense that healthcare providers practicing in the traditional Western model are often cautious and skeptical when it comes to energy medicine. As a physician who is board certified in both

internal medicine and integrative medicine, and who has been teaching energy medicine for many years, I can say that I have considerable experience bridging the gap between Western and holistic medicine.

I would like to share four key tips that have worked for me along the way:

1. Start with compassion.

This is probably the most important tip. You can bridge any gap -- whether it is between you and a client, you and a healthcare provider, or the client and their higher healing potential -- by starting with compassion. This also applies to someone who elicits fear or antagonism. This includes subconscious fears, because that energy will be projected and felt by others, even if you do not say anything. So for me, the first step to create harmony between myself and any other provider or institution, is to start by visualizing peace between us, and by changing any subconscious beliefs in myself that sabotage that truth. I do this until I can hold that visualization firmly in my mind and body with ease.

2. Consider volunteering, even in a capacity unrelated to Energy Medicine, in Western Medicine settings.



Working in a Western Medicine setting, and even volunteering, can give you a considerable advantage in two ways. First, it gives you a better understanding of how Western medical institutions operate, and what avenues may be open for you to share your Energy Medicine skills within the institution. Secondly, it increases your ability to meet people in the medical field, and to develop the personal connections that can be helpful in building a practice.

3. Personal relationships are key.

To bridge the gap between Western Medicine and Energy Medicine, start by developing relationships with those who work in healthcare. Ultimately, although you may have different roles, I have found it is important to focus on what we have in common as people. We all appreciate it when someone genuinely cares about us. Do not just focus on meeting others to build business, but rather, practice genuine caring and interest in others and this will naturally lead to trust.

4. Consider offering a free energy session for open-minded staff.

In my experience, it really helps to focus on developing trust and personal connections using the steps above if you want people to accept your offer of a free session. Although there are always exceptions, most people need to know you to some extent before they will take the next step, particularly if it involves driving somewhere or calling to make an appointment. Free sessions can help interested Western medical staff to develop more personal experience with your work which can help increase your credibility. If you do offer free sessions, I would recommend doing what you can to make it easier for the potential client to follow through - such as offering to come to their workplace to offer the session, and making sure the time works well with their schedule.

In general, all of these tips have one point in common -- they require respect. Respect for yourself and respect for others. As you know, in order for someone to have faith in what you are doing, you have to have faith in what you offer. If you do not have a real, and deep knowing that what you offer has value, then you are not practicing in integrity. Why? Because you are effectively asking people to invest their time, energy and possibly money to receive something about which you are only partially self-assured. Lack of integrity can also translate as a lack of credibility with others - making it harder for you to attract clients or build a practice.

As we all know, the four tips above are helpful tools, but what distinguishes a master from a beginner is not the tool, but the person using them. Functioning from this place of deep knowing and integrity gives Energy Medicine practitioners an advantage. As someone who understands energy, you know when you are in alignment - not just on a superficial level but from a place deep within. This gives you the ability to consciously work from that place, in order to serve others from the greatest place of goodness, truth and compassion. 