



Energy and Medicine



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I am one of those rare birds – a physician who uses energy medicine daily - in her medical practice. For those of you who are curious about my specialty, I am board certified in both Internal Medicine and Integrative Medicine.

I have been invited to share with you how I combine two, apparently different paradigms -- the Western medical model and the subtle energy viewpoint. Before I do that, however, I think it makes sense to talk about why someone would attempt to do that in the first place.

One of the oldest professions in human history is that of the healer. As long as people have lived on Earth, they have had times when they got sick and as a result, they have needed and turned to others for help with their healing. Looking back through recorded history, we also notice that healers traditionally came from both a spiritual, as well as, a physical perspective when treating a patient. It is only very recently, since the advent of “*Western Medicine*” in the past few centuries, that we find healthcare to be an industry, devoid of - and even afraid of mentioning – the spiritual component of healing.

When I say the word “*spirituality*,” what do I mean? Obviously, that is a big topic. For purposes of this article, I am referring to the great intelligence found in

life. As an example, let us take a tree. When you think about how a tree functions, it is absolutely amazing in its sophistication. There are roots which drink in water and nutrients in exactly the right balance. The sap is sent in the right proportions of liquid to solid in very precise channels of the trunk to the leaves, which manufacture food from the sun using exactly the right chemicals including chlorophyll. Then that food is distributed in exactly the proper balance so that all the cells get what they need. All of this is done in harmony with the seasons, the insects and life around it. Not only that, but this tree is able to make more of itself, grow and respond to change. This tree, of course, is only one of millions of trees, plants, and animals – all of whose bodies operate with this level of awe-inspiring, intrinsic intelligence on both a microscopic and a macroscopic level.

Now think about all the cycles of nature you learned in biology class – one example being the streams which flow to the ocean, make clouds, rain, and begin the whole process again – and notice that all of these ecological cycles operate in balance with each other on Earth. No human created any of this. We are simply born into it. No one teaches a tree how to work – it just does. Even our most well-designed computers, of which we are so proud, do not compare when it comes to the sophisticated workings, growth and self-actualization of a simple tree.



This is what I call the great intelligence of life. Although most people do not spend a lot of time thinking about it or take it for granted, the proof of life's great intelligence is right in your own body, in your dog, and in the flower you planted last spring. Just like nature, even though we do not create that intelligence, we can acknowledge it, respect it, and harness it wisely for our use.

Healing comes from that great intelligence. Every life form has within it the capacity to heal. You could say that *"healing intelligence"* is a built-in part of life itself.

positive mindset may be our single biggest asset when it comes to having our bodies perform well.

So what is the anatomy of a *"positive mindset?"* Although we have all heard the term *"think positively,"* what does that really mean and how do we achieve that in a practical, everyday way? This is where I think energy medicine has the most to share. For me, energy medicine has clear principles which clearly answer this question.

First, if we acknowledge that everything around us

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Similar to the point we discussed with nature, we do not create healing intelligence, but we can foster situations which allow that power to work.

Which brings us to the question, *"What are the elements we need to foster healing intelligence in ourselves and in others?"* For me, this is where both Western and energy medicine have a lot to share. Western medicine helps to point out that it is important to take care of our physical bodies and that when we do certain things – like exercise – we make it easier for our bodies to heal. Western medicine also knows that without the intrinsic healing intelligence of the body, even the best medicines fail. For example, even the most potent antibiotics will not heal a person without the help of the body's own intrinsic power to fight infection which we call the *"immune system."* A bone will not heal, no matter how well placed, if the body's cells do not participate.

Energy medicine, on the other hand, points out the importance of our inner world - our beliefs, emotions and subconscious motivations – which can either enhance or block our natural healing intelligence. All of us have experienced the power of our minds to hurt or help us – and we need not look further than the last professional athlete we saw on TV to know that a

and within us can be described in terms of energy, then we also begin to recognize that we are connected to all that is. This means that what we think and feel is tangible – that is, it has a palpable effect on us physically and on the world around us, and can be perceived by those who are sensitive to energy. Each thought or feeling originates either in love or fear – or said in another way, expansion or contraction. Most people have thoughts which conflict – that is, some thoughts are love centered and others are fear based. Repeated thoughts or feelings based on fear create contraction in the energy field of the body which then can lead to physical illness.

One of the greatest benefits of perceiving energy, in my opinion, is that you get a *"shortcut"* – you can directly perceive a negative thought or feeling pattern, even subconscious - in the energy field and its ramifications on health. This allows the client to take action directly and immediately which engenders faster healing.

Secondly, if thoughts and feelings are energy, then you and the client can work on these patterns by working directly on the energy field. This will enhance the results you get from other healing modalities, including Western medicine. The clearer the energy



field, the more a person will experience a “*positive mindset*” because this is our natural state.

In addition, healing happens when we are honest. You cannot heal something unless you first acknowledge that a problem is there. Energy medicine helps us to achieve this honesty because the more human beings learn to perceive energy, the more we will have to take responsibility for the type of energy we put out. We can no longer ignore the impact of our thoughts and feelings on ourselves or on the world, because they will become more and more tangible to us and to people around us. We all know that one of the simplest ways to prevent crime in a building is to place a bright light there. In the same way, the more everyone on Earth learns to read energy, the more we will have to live in complete integrity – because we will be seen on all levels, literally and metaphorically.

In my practice, then, energy medicine is helpful for several reasons. First, it helps me and my clients to understand more directly what some of the negative thought and feeling patterns are that are blocking healing, and what needs to shift inside to change that. Secondly, it points out the clear and simple fact that we are all connected, because if everything is energy, we are all one, we all belong and are loved. This allows us to live in greater honesty and transparency which accelerates our ability to heal. In combination with the Western medical emphasis on a healthy body, I find it to be a powerful combination. €