



Charlie Goldsmith: Crusader for Energy Medicine

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Charlie Goldsmith is a one-man tour-de-energetic-force whose mission is the acceptance of energy healing into mainstream medicine—and he wants you to join him.

In the January/February 2016 issue of Energy Magazine, we reprinted an article entitled “Feasibility of Energy Medicine in a Community Teaching Hospital: An Exploratory Case Series.” The study discussed in the article recorded the results of one specific Energy Medicine practitioner applying his unique technique to patients in a community hospital setting. That practitioner was Charlie. Our interest was piqued. How did an Australian sole practitioner, who does not practice a specific, structured energy medicine modality, land himself in the middle of an American research study? Energy Magazine Assistant Editor Karin Ogren interviewed him to learn how.

When asked how he became the subject of a study on energy healing, Charlie responded that it took 15 years until someone gave him the opportunity. During the intervening years, he focused on finding a doctor or scientist who would help him gather evidence of his abilities. But what he claimed he could do was too unbelievable to comprehend, so he was turned down time and again. Meanwhile, he healed people through word of mouth and his anonymous Facebook page. He finally realized his best course of action was to publicly connect with patients in need,

believing that once he demonstrated his remarkable talent, connections to research would materialize. “So I went from handing out my CV directly to companies to singing on the street corner.” He offered to work in a support group for people suffering from herpes in Los Angeles and an acupuncture clinic in New York City.

Connections from both organizations did indeed materialize. Even the toughest cases of herpes are cured within minutes by Charlie, sometimes within thirty seconds. Such a strong result is difficult to dismiss. His contact at the acupuncture clinic told the hospital, where she once worked, about him and the hospital invited him to collaborate. The head of research at Lutheran Medical Center in Brooklyn, New York agreed there was something to be learned from Charlie’s method of healing. Approval for the study was easily granted, but Charlie acknowledges the courage it took for the head of research to risk his reputation with his Institutional Review Board and fellow doctors by championing such an unconventional healing method. “Arguably, that was the most important thing that happened to me.”

The patients Charlie was given were either not responding to normal interventions such as morphine or antibiotics, or the doctors could not determine the cause of the problem. The previous unsuccessful treat-



ments acted as the control group. Of 50 complaints of pain, 38 (76%) showed marked improvement with Charlie's energy healing. Of 29 non-pain-related problems, 23 (79%) showed marked improvement. His results far exceeded those of the traditional medical interventions the patients had already received. A second study followed that will soon be published. Elle Magazine heard of Charlie's research work and featured an article about him in the September 2015 issue of the magazine. For more of the human-interest side of Charlie's story, you can find the article at www.elle.com/beauty/makeup-skin-care/news/a30626/energy-healer-charlie-goldsmith.

which he "accidentally" healed a woman's finger—accidental in that he had no control over the energy and did not understand what was happening. It simply poured from him and surprised them both—Charlie had been unaware that there was a problem with her finger. In the ensuing days and weeks, he experimented with this healing ability and realized it was not a one-time anomaly, but a newfound gift that he learned to control over time. Some of his friends and family reacted harshly to the news of his healing gift. He was surrounded by people whose beliefs reflected mainstream thinking and who were suspicious of energy healing. Charlie says, "I had a lot of practice opening

Charlie's passion for research stems from his desire to see energy medicine given the credibility he believes it deserves.

Charlie's self-made style of healing—he gets results within about thirty seconds, several minutes at the most—was well-suited for the research study in which he participated at Lutheran Medical Center where multiple doctors were observing him. Other factors can contribute to the outcome during an hour-long session, but receiving positive results within seconds is nearly impossible to ignore. Charlie comes from a family of entertainers and he believes putting on an impressive show, such as alleviating pain in seconds, is required for mainstream medicine to make the enormous shift toward accepting energy healing as legitimate. He believes this sort of in-your-face healing is required for mainstream medicine to make the enormous shift toward accepting energy healing as legitimate. "It's going to take humbling medicine by showing results that medicine cannot achieve," says Charlie. For this reason, he focuses on the most difficult requests he receives. "Medicine cannot take away someone's pain in twenty seconds. It cannot cure an infection in the same amount of time. It cannot fix food allergies in a minute." But Charlie claims he can—and he is building a body of evidence to prove it.

At eighteen years old, Charlie was gifted with healing abilities in a sudden, dramatic and frightening event in

minds. I needed my own circle to know who I am."

Without touching his clients, he concentrates intensely on the issue for thirty seconds, either adding energy or removing energy as he intuitively feels. Then he checks in with his client and if the problem has not resolved, he tries again for another thirty seconds. He may go through a few more rounds, but if marked improvement is not forthcoming within a few minutes, he determines he is not able to address the problem. However, eight out of ten of his clients see improvement in their symptoms.

According to Charlie, consistently demonstrating profound ability such as this is the key to capturing the attention of people in the position to create studies. Not only do strong results make for good evidence, they also encourage other healers to push their own limitations of what they think is possible. If one person can reduce pain to zero on a pain scale in thirty seconds, others might be able to as well. "It is like the four-minute mile—at first, no one could break it. One person broke it and then everyone did."

Charlie's passion for research stems from his desire to see energy medicine given the credibility he believes



it deserves, and its rightful place in hospitals as an alternative to medications and even surgery. His commitment to this mission is apparent—he paid his own expenses during the three-week hospital study and paid for the resulting article to be available in the public domain. He was “in heaven” working in the hospital for the study, doing what he feels he is meant to do. Because no career exists for energy healers in hospitals who do not serve in another role such as a nurse, he has created a life for himself that is separate from his healing work. He runs his own successful businesses, managing fifty employees, and heals people on the side. But if there were an opportunity to do energy work in a hospital as a career, he would drop everything to do it. This longing fuels his mission to shift the dominant perspective so that not only he, but also the up-and-coming generation of healers, can envision a viable hospital career.

He offers several practical pieces of advice to fellow healers who also want to move the field of Energy Medicine forward into the mainstream. Charlie believes that first healers need to place a high priority on personal development. Heroically saving other people while not addressing your own needs limits your capability. For Charlie, the more physically and mentally healthy he is, the more adept he becomes. This includes eating healthfully and exercising. In addition, working through emotional issues is paramount. Healers need to look at their behavior patterns, change the unhelpful ones, learn to react

positively and strengthen their coping skills. This allows them to be clear channels for energy. “As I evolve as a human, the gift becomes stronger because I can handle more.”

Secondly, Charlie feels that healers need to communicate simply and tangibly about energy healing. Otherwise people new to the idea may detach from the conversation. Who has not encountered at some point the glazed eyes and the numbly nodding head when talking to people unfamiliar with Energy Medicine? For example, theories and methodologies do not matter to people in pain. They want the problem resolved and they want to know if Energy Medicine will work.

Finally, Charlie believes practitioners with powerful healing abilities need to step forward to be studied. Seeing is believing! Therefore, exceptionally gifted healers need to help prove the efficacy of energy healing. Consistently demonstrating that Energy Medicine can produce similar or even better results than pharmaceuticals and other mainstream interventions will shatter the current belief system. Charlie envies energy healers already working in hospitals as nurses or other healthcare professionals. From his perspective, they have everything they need to create a study—all that is necessary is the courage to approach the hospital's head of research.

Many of us in the field of Energy Medicine can resonate with Charlie's passion for collecting empirical data to demonstrate the power of energy healing. We know the relief this work can offer people who are suffering. We know traditional medicine requires proof of efficacy before adopting new interventions. Charlie's call to action challenges us to participate in research studies in order to bring energy healing into mainstream medicine.

To learn more about Charlie's work or to contact him, please go to www.charliegoldsmith.com. €



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