



the language of health

BodyTalkWorks

let the healing begin!

James L. Oschman, Ph.D.

His books are giving the most skeptical academic scientists a theoretical basis for exploring the physiology and biophysics of energy medicines.

Energy Medicine in Therapeutics and Human Performance.

This book breaks new ground by documenting the existence of a high-speed communication system that extends throughout the human body and that responds to the energetic environment. This system provides the regulatory circuitry that maintains a high level of functioning for healing or obtaining optimal performance. Diseases and injuries compromise the regulatory circuitry. This communication system is the substrate for systemic cooperation.

Jim has both the academic credentials and the background in alternative therapies to carry out his explorations. He has degrees in Biophysics and Biology from the University of Pittsburgh. He has worked in major research labs around the world. These include Cambridge University in England, Case-Western Reserve University in Cleveland, Ohio, the University of Copenhagen, Northwestern University in Evanston, Illinois, where he was on the faculty, and the Marine Biological Laboratory in Woods Hole, where he was a staff scientist. His many scientific papers have been published in the world's leading journals. ...Jim has both taught and attended classes at various schools around the world, and experienced a wide range of bodywork techniques. This has brought Jim some distinctions, including acting as President of the New England School of Acupuncture, and a Distinguished Service Award from the Rolf Institute. ... He has also become involved in the development of cutting-edge medical devices and other applications of the emerging concepts of energy medicine.

<http://www.energyresearch.bizland.com>

quote from a friend:

I highly doubt we have headaches because of a lack of aspirin.

Dr. John Veltheim quoting Dr. James Oschman

The failure of the war on cancer is the dramatic illustration of the fact that something is missing from our medicine and our medical research.

The energetic aspects of life and healing are major missing pieces. Energetic approaches can have a major impact in this time of crisis in the healthcare system by providing a sound basis for cost effective integrative practices...

Energy is the currency of all interactions in nature. To leave energetic considerations out of the equations of life and medicine is to ignore some 99% of what is happening. We are just beginning to map the energetic pathways in the body. We just need a way to communicate with these electronic circuits to turn on the right switches and harness the bodies ability to heal spontaneously. Energetic approaches work quickly and with few side effects. This is the medicine of the future.

KG Stiles, CBP in Ashland, OR

Bowenwork® and BodyTalk™ Practitioner with advanced certification I am a visionary and pioneer in the field of aromatic energy medicine.

on ENERGY MEDICINE ~

Energy medicine works with the feeling realm of our experience, a realm which is as real as the physical. Our emotional anatomy is as real and organized as our physical anatomy. Through the revelations of quantum physics we now know that our thoughts and emotions have creative authority within our cell tissues; this realization is fast becoming a central, governing principle in our lives. The science of quantum physics teaches us that we can access and change our experience of reality (past, present, or future) simply through a shift in our perception.

on QUANTUM PHYSICS ~

In the world of quantum physics we are viewed as incredible, holographic systems of energy, a multidimensional framework of vibrating waves that intersect in points of light to be seen as a quantum particle when in focus - an idea, or image in matter - and when unfocused, a moving wave of infinite possibility. The truth that quantum physics reveals is that we can each choose our own perception of reality at any given moment. Problems arise when we get stuck in our perceptions, and develop habitual patterns. We become addicted to seeing life in a particular way, again and again we create the same experiences for ourselves. Simply put our bodies, our minds and emotions do not heal from past experiences because we forget we can let go and allow the particle to become the wave once again. BodyTalk restores the balance and synchronicity within and between ourselves and our world. It is comprehensive and holistic in scope and its application addresses the entire bodymind complex. The body's own innate healing intelligence can then best function to heal itself at a deep and lasting level.

quotes from *The Biology of Belief* by Dr. Bruce Lipton

Bruce Lipton Ph.D.

Dr. Bruce Lipton is an internationally recognized authority in bridging science and spirit.

Dr. Lipton began his scientific career as a cell biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973.

In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. He produced breakthrough studies on the cell membrane, which revealed that this outer layer of the cell was an organic homologue of a computer chip, the cell's equivalent of a brain. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas.

Dr. Lipton's novel scientific approach transformed his personal life as well. His deepened understanding of cell biology highlighted the mechanisms by which the mind controls bodily functions, and implied the existence of an immortal spirit. He applied this science to his personal biology, and discovered that his physical well-being improved, and the quality and character of his daily life was greatly enhance.

<http://www.brucelipton.com/>

...According to conservative estimates published in the *Journal of the American Medical Association*, iatrogenic (definition: due to the action of a physician or a therapy the doctor prescribed) illness is the third-leading cause of death in this country. More than 120,000 people die from adverse effects of prescribed medications each year. [Starfield 2000] However, last year a new study, based on the results of a ten-year survey of government statistics, came up with even more dismal figures. [Null, et al, 2003] That study concludes that iatrogenic illness is actually the leading cause of death in the United States and that adverse reactions to prescription drugs are responsible for more than 300,000 deaths a year.

I believe the major reason why energy research has been all but ignored comes down to dollars and cents.

... "Do you worry? Worry is a primary symptom of "medical condition" called Anxiety Disorder. Stop your worry. Tell your doctor you want Addictazac, the new passion-pink drug."

Meanwhile, the media essentially avoids the issue of deaths by medicine by directing our attention to the dangers of illicit drugs. They admonish us that using drugs to escape life's problems is not the way to resolve one's issue. Funny... I was just going to use that exact sentence to describe my concerns about the overuse of legal drugs. ...Using prescription drugs to silence a body's symptoms enables us to ignore personal involvement we may have with the onset of those symptoms. The overuse of prescription drugs provides a vacation from personal responsibility.

An important study forty years ago by Oxford University biophysicist C.W.F. McClare calculated and compared the efficiency of information transfer between energy signals and chemical signals in biological systems. His research, "Resonance in Bioenergetics" published in the *Annals of the New York Academy of Science*, revealed that energetic signaling mechanisms such as electromagnetic frequencies are a hundred times more efficient in relaying environmental information than physical signals such as hormones, neurotransmitters, growth factors, etc. [McClare]

... We know that living organisms must receive and interpret environmental signals in order to stay alive. In fact, survival is directly related to the speed and efficiency of signal transfer. The speed of electromagnetic energy signals is 186,000 miles per second, while the speed of a diffusible chemical is considerably less than 1 centimeter per second. Energy signals are 100 times more efficient and infinitely faster than physical chemical signaling. What kind of signaling would your (body) trillion-celled community prefer?

Conventional methods for suppressing destructive behaviors include drugs and talk therapy. Newer approaches promise to change our programming, recognizing that there is no use "reasoning" with the subconscious tape player. These methods capitalize on the findings of quantum physics that connect energy and thought.