

Paradigm Shift into a New Kind of Medicine

Dr. med. Klaus-Dieter Platsch



Klaus-Dieter Platsch is working as an internist; he is doctor for Chinese Medicine and psychotherapist. As a lecturer of the German Medical Society for Acupuncture, he teaches through seminars and lectures in Germany, Austria, Switzerland, and the United States. He is Director of the Institute for Integral Medicine and author of several books on Chinese Medicine and Holistic Healing. After 20 years of mental training, he is today standing for free and independent spirituality which goes much further than any spiritual tradition.

An Account of Healing

Kurt Peipe suffered from cancer of the intestine. For two years, he tried alternative methods in order to do without invasive measures of traditional medicine. But when the time came and he had to go into hospital despite everything, the doctors operated him and immediately closed his belly again which was full with metastases. They said, "There is nothing we can do for you anymore. Come back when the pain becomes too much for you."

Kurt Peipe had his own life's dream. He had always wanted to set out on a pilgrimage to Rome on foot. Therefore he travelled to the German-Danish border and set out for the journey - 3,500 kilometres to Rome, seriously ill, more than sixty years old, with severe pains in his abdomen and bones, already short of breath at the slightest exertion as he was anaemic due to the cancer. He shouldered thirty-five kilos of baggage and forced himself to follow his path day after day. In the beginning, it was sheer hell. Each night he asked where he could put up his tent, and he found a lot of

willingness to help. When he finally reached Rome after many weeks, he felt as fit as never before in his life. The cancer had completely withdrawn and has since then never returned. His pilgrimage came to be known. I read about this first in the paper. The book about his journey appeared later (Peipe et Seul, 2008).

What forces are at work when a final stage of a metastasizing cancer fully heals again? What a will to live, what a force of a dream, of a vision is at work here? What is it that heals?

The Body and the Material Concept

Conventional medicine as well as the entire Newton-Cartesian science follows the concept of solid, coarse level of matter. Essentially, matter - as also our body - consists of "empty space" - in any case, space without matter. If we imagine that the matter of our complete body becomes densified in such a way that no space exists between the atomic particles, what size would we have then? We would even be unable to see us with the naked eye - it is such small mass that we have. We would have to make use of an electron microscope in order to discern the entire mass of our body. From the view of our body mass, we are less than a speck of dust. The particles - neutrons, protons and electrons - have in proportion as much space between them as space between the stars. Between these particles, extraordinarily strong forces of attraction and repulsion exist. And the space between them is not really empty but full of immaterial information. Essentially, the universe consists

of this borderless space, filled with infinite information. (Haisch, Rueda ft Puthoff, 1994)

Our brain decodes this information and the forces between the particles and creates a seemingly solid and consistent image from this, for example that of a body (Chopra, 1999). In fact, we should - from the point of view of matter - discern next to nothing because practically nothing exists.

But despite all this, our body feels firm and impenetrable. After all, we cannot reach through it as if we were ethereal spirits. The reason why we cannot do this lies in the strong forces of rejection of the electrons circulating on the outside.

At the level of physics, the beauty we recognize in the human being and in our creation is nothing else but borderless space in which information and forces are at work. It is a miracle of creation, hardly comprehensible, that this information creates all this beauty in our consciousness.

Quantum Physics

Quantum physics offers helpful models for the explanation of space bare of matter and the information contained therein. It talks about quantum fields beyond matter. The universe is mainly regarded as matter-free space, filled with infinite information. Information is wave functions that can be described mathematically. In order to get a picture of this: let us imagine waves on the water. If we throw a stone into the water, the waves will cross each other. Two waves that cross each other are called interferences. They are what has an effect.

By interference, something gets into space and time, into its dual existence. (Warnke, 1999; Diirr, 2005).

Information acts via change of forces in the quantum fields, which have an effect on matter. To make it quite clear: the body exists and functions due to information which creates and controls it. Information in this sense means "to bring into shape and form". An example: How is it actually possible that we can do something simple like raising an arm? What happens there? In order to raise an arm, certain muscles have to contract. For this, muscle and nerve membranes have to become permeable for certain electrolytes in order to release an electric impulse. For this, membrane gates have to open, which takes place by the change of form and shape of membrane proteins. This is how far the matter-oriented medicine that can reach up to the atomic level is able to describe it.

But what causes the change of the molecular structures? Here, the model of quantum physics is able to give further answers. For the change of molecular structures, certain phenomena of force and time at the proteins are necessary. For these force and time operations, spins (operating torques in the sub-atomic range have to change their properties. To bring about a change of the spins, information has to flow: information that causes interference, thus, at least two that cross each other. A channel for this source of information is will/spirit/psyche/awareness which is not locatable. (Warnke, 2009) These new interference patterns created by the raising of an arm appear in our con-

Paradigm Shift into a New Kind of Medicine

sciousness. Our brain is an ingenious instrument that is able to decode this pattern and which can let it appear as visible move of the arm. Only now, we are able to see that the arm is moving. This appearance is reflected where the spiritual traditions describe the objects of this world as phenomena or ways of appearance for which in fact we also have scientific models like quantum physics today.

We are unable to discern the change on the level of mass as it is less than a speck of dust. Everything we can perceive is the decoding of information by our brain. After all this, it becomes obvious that healing effects in organic medicine can only come about on a secondary level by the effect of matter on matter, via messenger substances and receptors, ion channels and synapses of the nerves, etc. What primarily acts in the background is interference of information in a mainly matter-free space in which the dimensions of space and time are dismissed. From this level, for example phenomena like telepathy, long-distance healing and the effects of healing prayer - meanwhile widely proven - can be explained. (Levin, 2001).

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II

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The Healing Field

The Healing Field from which healing processes emerge is an analogy to the quantum field. It is a field of healing information (Platsch, 2009). In order to avoid confusion: the Healing field is not the origin, the nameless source of life itself. It is the world of the formless, of the pure creative potential of the universe, which permeates everything, limitless. In other words, it is the healing background which exists in every human - no matter whether he is healthy or ill. Here, our healing powers generate and take effect in a healing way on body, spirit, and soul.

The Healing Field is borderless and transcends far beyond the human being. It is no space inside us but we are permeated by the Healing Field. If this were not the case we would all be ill by now and finally dead. The Healing Field brings about at any moment that healing processes are created in us, all on their own and without our own involvement. And even though we cannot see the Healing Field, it is nevertheless existent and effective.

The Healing Field which permeates the entire person is part of Universal Consciousness - it practically describes an aspect of function. There is neither subject nor object in it - there is no separation. Patient and doctor are one on this level. The Healing Field as an ocean of possibilities is undetermined - everything is possible. A continuously creative process takes place in the Healing Field, again and again. It is imperative for us to open ourselves to this creative ocean of possibilities and to gain access to all healing powers and options within ourselves so that they become able to materialize.

This field is active in the encounter between therapist/physician and the sick person. The indeterminateness as a requirement for the unfolding of the creative potential corresponds with a space beyond our imagination and our acquired knowledge. The human being surrenders to the great Unknown from which all inner wisdom can unfurl. In a space of inner silence and in the alignment to the source of all healing, the ego steps aside in order to invite healing wisdom. There is nothing we can do. There is no personal intention, no will, no aim and no result. From this unintentional attitude that entirely relies on internal knowledge and the wisdom of the persons concerned, usually exactly THAT which is necessary for the healing process manifests itself with the greatest clarity and dynamism. It is the attitude described in Taoism, the wu Wei: do the not-doing and nothing remains undone (Laotse). Physician and patient are inseparable on this level. There is also no mediator, no medium between them.

I myself experience neither clairvoyance there nor that I act as a channel for anything. In this undivided, complete field that which is required as the next step for the healing process reveals itself, - a hidden and subtle theme which is ready for dealing with, a profound insight which immediately transforms an old thinking or behaviour pattern, or a further step in therapy.

The unshaped potential of the Healing Field is the starting point of the deepest healing processes. The potential becomes reality, the unshaped turns into shape. How does this work? In which manner does healing information become realized in the Healing Field? Let us remember: realization means that information crosses information like waves on the water, i.e., interferes with each other. This interference of healing information is what brings about healing on the level of appearances.

Waves crossing each other in the sense of interference and taking effect could for example be ideas, convictions and conditionings which are deeply rooted and engraved inside us, docking at the ocean of possibilities in the healing field and ensuring the realization of their contents. Healing information is as it were healing convictions and attitudes which bring about healing processes; healing beliefs and doctrines of the person with regard to his/her illness and suffering, deposited information that can trigger healing processes. This can refer to the administration of a medication or a certain treatment method like for example psychotherapy of which the patient is convinced to be help-

ful for him/for her. This deep conviction and positive attitude with regard to therapy are in many cases decisive preparers of ground for the success of treatment and healing.

The Healing Field is an Ocean of All Possibilities

From this ocean of possibilities, doctrines, convictions and attitudes on a wide range of levels single out exactly the contents transported by them. Just as healing convictions and attitudes can be health promoting, illness promoting attitudes can - on the other hand - hamper a healing process. Usually such inner attitudes are unconscious. Making them aware releases a new healing potential. The person can now - freed from his previously unconscious and hindering attitudes and convictions - open himself anew to his healing process and can invite healing. Healing cannot be actively performed.

This has nothing to do with positive or negative thinking. It is not enough that we only wish to be healthy again. It needs a clear intention and a matching will. Willing without wanting - will as perseverance in consciousness - that healing cannot be forced or made. It is intention and will that create, and not the sheer wish or a little bit of believing. Therapist and patient align themselves to the highest healing potential.

In the end, every healing process is a secret. Even if we have done everything in our power for our healing process - medicinally, therapeutically, awareness-raising with regard to inner attitudes and convictions, etc., - nevertheless, it is still possible that

Paradigm Shift into a New Kind of Medicine

we remain ill or that we even have to die of a disease. What remains in this situation is the acceptance of one's illness, is being able to yes to the situation, is not to allow being thrown out of one's inner balance by strife or feelings of false guilt or failure. Healing is not only the absence of illness but means most of all also a sensation of being whole. This way, one can try to meet the challenge of accepting the disease totally, of integrating it into life and to experience oneself also with the symptoms as complete and whole. Then, disease can become an accepted part of life without limiting the joy and abundance of the complete remaining life too much. And maybe it was just the confrontation with the unhealed disease which has helped us to achieve the ability of experiencing a deeper feeling of being whole in ourselves.

Healing Effect Due to a Healing Context

The highest degree of patient satisfaction is usually recorded with holistically working psychotherapists and medicinal therapists like homeopaths, acupuncturists, osteopaths and representatives of complementary medicine. The patients feel that they are being taken serious by them and that they are accepted. Sympathetic and healing empathy determines atmosphere and encounter. There is enough time for the essential concerns and backgrounds of the patient. The exchange between therapist and patient takes place in an atmosphere of mutual respect, on an equal footing and in confidence. The therapists are able to just listen - if possible without judging

or evaluation. During such an encounter, it will be the main concern to find out what the respective patient needs. This meaningful and connection creating context alone is healing. The confident, healing attitude of a person who is carrying out treatment is sine qua non to enable patients to have trust in their own healing process. An authentic and natural attitude is necessary, which mirrors the deepest healing messages and sincere compassion with other people. The certainty which has become second nature that every person has all his healing possibilities in himself - no matter how serious the disease - unfolds itself as the highest healing potential.

Each healing context acts as information in the Healing Field. The primary issue is not the much-invoked matter but an information process in a field which is invisible for the eye. Already Paracelsus said, "This is no physician who does not know the invisible that has no name, no matter and which still has an effect. It is not the matter which is the remedy; the true Arkanum is invisible."

With these clear words, Paracelsus opens a space which lets us better understand the effect of healing. A medication, a conversation or a medicinal action is the outwardly visible, the apparent, and it acts as form on form. The healing information accompanying the medication, the intervention or healing basic beliefs and inner attitudes, act on the level of the still formless potential from which a healing process can take on shape and form. The "invisible that bears no name" refers to the source of life itself, this non-dual source of all being.

There is No Genuine Objectivity

For conventional medicine, however, only the outwardly visible, the substance, is reality and thus the only effective. It is for this reason that it can hardly get involved with non-material levels of being. These levels evade from the scientifically required objective provability - at least from such that is based on the old materially-mechanical paradigm.

In this perspective, the world is an accumulation of objects which are separated from each other. This leads to the supposition that objects can be examined scientifically objectively, thus: separated from the subject and distinguished from it. Traditional science, however, overlooks here that the allegedly objective observer is unable to be objective because he himself is a subject whose expectations, images, convictions and interpretations influence that which he tries to observe objectively. Quantum physics have long since made clear that every experiment - even if it tries by today's best objective standards to turn off the subjective influence on behalf of the examiner and in clinical examinations also on behalf of the test persons - is influenced by all these subjects. There is no such thing as an objective and thus no absolute experiment and consequently no result. The objective examination and the objective effectiveness proof of a medication are from this perspective not even theoretically possible, not even with the scientific gold standard of the randomized double-blind study.

to be continued



The Helix Nebula: a Gaseous Envelope Expelled By a Dying Star

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Paradigm Shift into a New Kind of Medicine

III

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The Awareness is Powerful

It is exactly here, where conventional science and medicine turn a blind eye to the power of consciousness - consciousness not in a mental sense but as a space-less and time-less awareness in which the human being is rooted, and from where the world of the formless potential, the ocean of possibilities, and finally from where all form and shape unfolds. Our inner convictions and attitudes are able - as information from the ocean of possibilities - to create concrete manifestations and can thus co-determine what takes place in us, in our organism. They can, for example, without further ado, reinforce or weaken the effects of medication or other therapies; they can even reverse them.

The latter was already published in a New York asthma study in 1970 (Luparello, Leist, Lourie, Sweet, 1970). The patients either received the active substance Isoproterenol, a bronchodilator that relieves asthma, or Carbachol, a bronchi-narrowing substance which makes asthma worse. First, the patients were told what

kind of medication they received, another time, they were told exactly the opposite of the medication they received. The study revealed that the effect of the medication increased when the patients knew what kind of medication they received. It was almost shocking, however, to observe that patients who received the narrowing medicament - Carbachol - but believed it was Isoproterenol, actually experienced dilation of the bronchial tubes and vice versa. The conviction alone was able to reverse the effect of the medication.

This study correlates with the old spiritual wisdom: our consciousness creates the world. Deep-rooted conviction is information which conveys something into space and time at the crossing point of a still not realized potential. The realized information affects the change of the spin; this has an effect on molecular bonding forces and molecular angles, on membrane gates, on ion flows, on messenger substances, etc. And at the end of the chain, the bronchial tubes dilate or narrow.

Such effects can also occur and can be maintained by conditioned learning processes of the organism. Already in the nineties, Manfred Schedlowski published a sensational study (Schedlowski, 1996). During the first step of his experiment, he administered the immuno-suppressive Cyclosporine-A, together with a saccharine solution, to heart-transplant rats. The control group received the medicament with water only. After three days, the Cyclosporine-A was discontinued; the administration of saccharine was continued in the saccharine group. In

the group conditioned by the sweetener, the immuno-suppressive effect persisted, although the group had not been administered the medicament. These rats survived up to a hundred days. The measured immune response of the organism corresponds with a trained, conditioned reflex.

In medicine, these effects are normally declared to be placebo effects, by which it is stated that a medicinal measure or method has no effect, and that the effect is practically in the mind. In doing so, medicine disregards the fact of the real strength of such effects which only come about by awareness, and it thereby overlooks the unique ability of the human being and other living beings to heal from awareness. Placebo effects are the more pronounced the more invasive the medicinal measures are. If they range at 30-50% with oral dosing of a medicament, the effects increase to 60-70% with injections or operations.

A recently published study on arthroscopy has considerably shaken up the conception of the world of orthopedists (Moseley, O Malley, Petersen, Menke, Brody, Kuykendall, Hollingsworth, Ashton, Wray, 2002). 180 patients suffering from knee arthritis were operated; at the same time, 90 patients only got superficial cuts into the skin. In the case of the other patients, the knee joint was in fact arthroscopically opened. Two years after the intervention, 90% of all operated persons were satisfied with the operation. There was only one difference: the pseudo-operated persons seemed to have less pain than the de facto operated persons.

High therapeutic efficacy is already reached by the fact that patients suppose they were administered a real medicament or that they underwent a real medical intervention. Thus, placebos have a significantly higher healing effect as opposed to untreated persons. 20-80% of all real medication effects can be solely traced back to the placebo effect (Binsack, Liebsch, Raabe, Sachs, 2009). In clinical studies, placebo groups are used as control groups versus verum groups. In order to prove the effect of a medicament, it has to stand out significantly against the effect of the placebo group. This way, however, the patient's own component, his own healing power, could be declassified as a disturbing and undesired side effect instead of comprehending and emphasizing exactly the activation of his own healing power as the real essential point of a healing process.

The powerful effect of love and devotion

Silke Wrobel, a nurse, became seriously ill with cancer in 1980 and went to Crete in 1989 for spending her supposedly last year of her life there because the doctors had already given her up. She settled in the town of Chania, where she still lives today. A wounded seagull flew into her kitchen window and changed her life. She nursed the bird, where her professional knowledge proved to be useful. By and by, she started to take care of many sick and neglected animals in her environment, and she founded an animal asylum, Noah's Ark, against the resistance of her surroundings to whom her close affinity to the ani-

"Our consciousness creates the world."

Birds in Chania, Crete.



Paradigm Shift into a New Kind of Medicine

mals occurred to be strange and suspicious. In 2001, the project seemed to come to an end with the threat of the termination of the rental contract that was not to be extended. A TV documentation on German television, "I want to save them all", a sensitive portrait of Noah's Ark and its founder, brought unexpected help. Three years later, Silke Wrobel was awarded the Order of Merit of the Federal Republic of Germany. The former cancer disease did not leave a single trace. It seems that a deeper healing power had taken over here that was able to give her soul - and thus her organism - a new direction and healing orientation through the love and devotion for her animals. Her remedy was: "The animals need me". This gave her a meaning and became a deeply-healing and life-saving experience for her (Wrobel, 2009).



Morbid and illness-maintaining attitudes

Just as healing attitudes and expectations of salvation can unfold positive healing effects, negative expectations and illness-inducing convictions and attitudes can actually have the oppo-

site effect. Fear is one of the greatest and most effective obstacles to healing. It maintains specific illness inducing harmful convictions and doctrines. This holds true for patients as well as for physicians.

Patients are frightened to become or to stay ill, to suffer, to experience pain, to waste away and die, to become invalids and to depend on others, to be force-fed while in coma and to be kept artificially alive by medical equipment, to become unable to die in dignity, and many others. All our fears act as illness factors - more than we can normally imagine.

And beside the fears of the patient there also those of physicians and therapists, and they can act just as devastatingly on the development of a disease. Their own fear of illness, suffering and pain prevents them to respond to their patients in an adequate way, i.e., healing way. Due to fear, physicians and therapists take cover behind the formal processes of medical practice and lose hold of the healing closeness to the patient. Their own feeling of insecurity transmits itself to the patients like an infectious disease and draws them further down into their sinister misgivings. Doctors who give more absolute credit to their textbooks, to the inevitably negative processes of the pathological concepts and to the statistically evaluated negative prognoses of diseases than to their own intuition and the healing power of real treatment, considerably limit the healing potential of their patients by such definitions and specifications.

The fear of making mistakes if one does not adhere to the usual standard

therapies and treatment guidelines, seriously infringes the response to the individuality of the patients and thus to the individually very different approaches. Moreover, in addition to their own doubts in questions of independent therapy, there is also the fear of prosecution. If a doctor wishes to avoid that, an essentially meaningful and appreciated therapy is overshadowed by the prescribed information about risks and side effects because it fuels fears that he might have to face a possible court case counteract the healing process. Certainly, information is the right thing and is necessary in many cases, however, not always and at all costs. Whether enlightenment appears to be meaningful and right can after all only be judged by therapists who are familiar with the patients - and this in the first place is essential for the benefit of people entrusted to their care.

How can in fact a medicine take effect in a healing way when we read about all its risks and side effects on the package information leaflet? Here, any effective and positive medicine could possibly turn out into a nocebo effect (the opposite of placebo). This raises questions like e.g., in how far we create the dreaded side effects ourselves by permanent focus on the risks. In clinical experience, the occurrence and intensity of side effects - beside the compound-related effect - is also very much influenced by the attitude towards the respective medication or to therapy measures.

It seems as if we had to rethink about the handling of the declaration of risks and side-effects in order to find a reasonable and individual measure

which is fitting for mature patients. If therapists think that "nothing more can be done", this could also act as a devastating nocebo. The attitude of the patient, "I am anyway beyond help" goes in the same direction. Such deeply rooted convictions could materialize faster than we sometimes expect.

New Medicine

The healing powers in the Healing Field go far beyond our current medicinal knowledge. In the Healing Field, healing takes place out of the realm of the formless, the ocean of all possibilities in connection with the Supreme Consciousness and in deepest relation to the source of life.

What kind of a new and healing medicine would we be able to create if we only minded to be healthful in our thoughts, beliefs and convictions! If we could manage to create healing atmospheres, healing inner and outer spaces! If our attitudes - those of doctors as well as of patients - were more beneficial and healing-oriented! Our medical landscape could act in a healing way from deep within again if those concerned with medicine would learn what kind of devastating messages sick persons become equipped with by modelled bad forecasts, by statistical definitions of courses of a diseases ("you've got half a year to live", or "you will never get healthy again"). The same holds for safeguardings (stirred up for forensic reasons and out of fear) like information and approval documents, instruction leaflets with job's news and the like and how much this cultivates disease-favouring information instead

Paradigm Shift into a New Kind of Medicine

of healing information. Based on fear, coldness, distance and arrogance, nothing beneficial will be able to unfold, which it would if based on confidence, warmth, closeness and respect. We create a new kind of medicine by referring to the greatest source of life, by our love and devotion for all living things, by our natural compassion and by our living experience that life creates life anew, time and again - just as vegetation awakens to a new life every year, and even on concrete floors, plants create a new living space with their sheer endless vital force. Connected with the boundless source of life, we are able to create new images - healing images - in ourselves and thus a new and beneficial dealing with illness and healing. It is entirely up to us whether we feed ourselves with harmful and morbid pictures and put all our energy into that which is sick, or whether we turn to what is healthy, in perfect confidence that everything we need is already existing inside ourselves. Healing is already inherent in human beings; otherwise we would not be viable and capable of surviving.

Healing embraces all levels. A new kind of medicine will essentially widen its material view of the human being on a much more complete level. It can only act in a healing way from deep within if it recognizes and treats the human being in his entirety. This goes beyond the body, beyond the psyche and beyond the intellect. The new medicine implements a dimension change - a fundamental paradigm shift. The human being is inseparable from the whole and has access to everything in the universe. He is

expression of the Highest and is one with him. New medicine heals out of this dimension.

It is high time to promote and enhance medical competency, empathy and the capacity to love as healing attitudes. It is about time that universities investigate the knowledge of healing awareness, of the inherent healing forces in all human beings and of the healing potential of the Healing Field and to teach and train future physicians and therapists ... because that which takes effect is work with the deepest healing powers of the human being - a "highroad" into a new medicine.

End

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