



## WIRH DR. DEEPAK CHOPRA, NEW AGE GURU – PIONEER IN INTEGRATIVE MEDICINE

# DRK's News Letter



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### Quantum Healing! Power of Thought!

“What we know can be held in the palm of one’s hand while what we do not know comes to the size of the universe. Western reductionist science admits that only 5 per cent of this world’s energy and matter are known to humans. The remaining 95 per cent is occult.” - *Dr. BM Hegde, MD, PhD, FRCP (Lond, Edin, Glasg, & Dublin), FACC, FAMS; Padma Bhushan Awardee, Cardiologist and Former Vice Chancellor, Manipal University.*

I am fully conscious of my limitation while venturing into a subject, which has been a matter of intensive and extensive debate among scientists, philosophers, spiritualists, psychologists and medical experts.

Yet, I venture into share some thoughts as that may trigger more debate on this fascinating futuristic theme – Quantum Energy and Quantum Healing. Can it be termed also as Biology of Belief?

I confess that the material is from the thoughts and words of great masters – scientists and philosophers from all times and all over the world.

“Energy Medicine is the future of all the medicine” – thus claims Dr. Mehmet Oz (a cardiothoracic surgeon, TV personality, professor of Columbia University In the Oprah Winfrey Show)

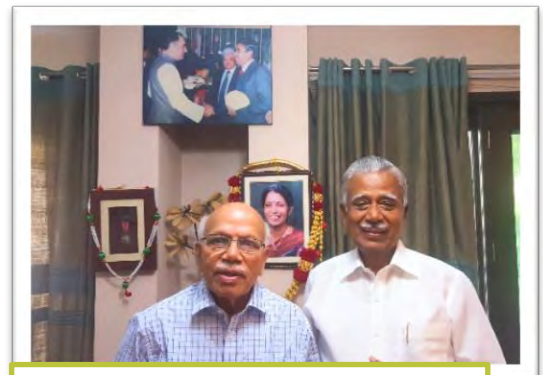
Nikola Tesla, Inventor, physicist and futurist says -

‘If you wish to understand the Universe, think in terms of

energy, frequency and vibration’.

“You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we’re not. We always have the power of our minds....Claim and consciously use your power” says Louise L. Hay – American popular motivational author.

No wonder Quantum Energy Medicine is also called cyber



With Dr. BM Hegde – Wellness Champion



Global Quantum Energy Conclave, Pyramid Valley, Bangalore

medicine as physical presence is no longer a barrier to receiving healing.

Quantum theory is the theoretical basis of modern physics that explains the nature and behaviour of matter and energy on the atomic and subatomic level. The nature and behaviour of matter energy at that level is sometimes referred to as Quantum Physics and Quantum Mechanics.

The principles of Quantum Physics are being applied in an increasing number of areas.

Quantum Science gives us the most appropriate tools for the study of all aspects of human being as well as the human body, mind and emotions as they network with each other.

Quantum Medicine, therefore is a medicine that views Life, Health, Disease as a network phenomenon.

Every feeling, every emotion and every thought creates a change in our body chemistry at the subatomic level. And it is these quantum changes that create our state of health.

Quantum healing explains why everybody has the ability to change the condition of their physical body regardless of age, health status or body type.

Where thought goes, attention goes. Where

attention goes, energy flows.

Thousands of cells are constantly being renewed within the body in the exact image of your emerging state of being. As we learn and develop throughout life, our cells reflect how we feel.

The cellular healing process is about creating harmony in body, mind and soul. If we feel good in our body, mind and soul, our cells have a healthy vibration and generate more cells of the same.

Let us look at a single cell in the body. It will replicate into millions of cells during its lifespan. If the cell is charged with positive energy, it will replicate identical cells. This process is called cellular healing. But if the cell is under-charged with negative energy, it replicates the same, 'negatively charged' cells.

And so begins the dis-ease process.

Our bodies are created of physical matter and non-physical energy. Both chemical and life force energy pulsate throughout the body to keep us alive. When energy is flowing freely throughout the body, its organs and its cells, we are healthy and full of vitality. This is the natural state of the human body.

As we venture through life, we meet with objects that cause resistance in our bodies. These 'objects' can be pollutants, people we don't get along with, painful life events...anything that makes us feel uncomfortable on any level.

Discomfort of any kind causes a disruption of the natural flow of energy throughout the body. Discomfort becomes resistance. Resistance is opposite to how we naturally wish to be: happy and healthy versus unhappy and unhealthy.

Our cells are constantly expanding and contracting.



At Vipassana Meditation Centre, Hyderabad



Dr. BK Chandrashekhar, on Psycho Neurobics at Delhi

Their job is to turn matter into energy and energy into matter. When in balance, matter and energy are transformed in equilibrium. That is, matter is transformed into energy at roughly the same rate as it is produced and vice versa. When resistance occurs, it creates an imbalance in the transformation between matter and energy.

Our cells are affected adversely by all inputs that are not in resonance with its natural state. What most people don't realise is that how we feel has the most profound influence on our physical state.

The human body was designed to 'register' each person's life experience in its flesh, in each and every cell. These experiences that are retained in the body become 'cellular memory' and influence our future actions and reactions. Cellular memory allows us to recall events that we would otherwise have forgotten in our long-term memory – our emotional history is recorded in our cells and it remains there until we release the associated emotional experience.

healing works.

On the flip side, negative thoughts are resisted by the body's natural state and cause changes in cells, tissues and organs. Persistent negative thoughts create overwhelming resistance in the body and this resistance is reflected in the body in the form of fatigue, viruses and in extreme cases, cancer and other debilitating diseases.

As a result, positive thoughts increase blood flow throughout the body whilst negative thoughts decrease blood flow. Just like a river will flow freely until it is blocked, the body naturally pumps blood to all areas of the body unless there is resistance. This resistance causes decreased blood flow to the affected areas until the resistance is removed.

Quantum healing teaches us that where thought goes, energy flows. And this direction of energy through thought is

Thoughts that feel good are registered by the body and regenerate the cells with vitality and allow life force to flow freely. This regenerative process is the essence of how quantum

exactly how the holistic healing process works in the body.

Over the last century, scientists from Quantum Biology, Quantum Physics, Molecular Biology and Medical Physiology have been diligently researching in order to prove that the human body is regulated by a Quantum Energy Field.

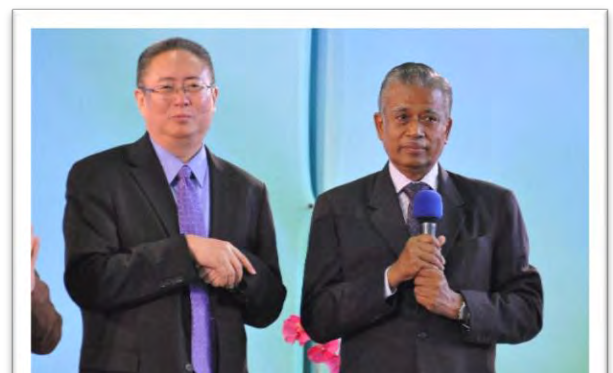
All cells even sub-atomic particles contain tiny electrical energy. We now know that electrical activity is essential for all life.

All matter which exists in space is composed of atoms and in each atom, electrons spin around the nucleus throwing off electrons.

In order to move an electron from a lower to a higher orbit, a quantum of energy with very special frequency characteristics is required.

An electron will only accept energy of the appropriate frequency to move from one energy level to another.

Each cell in our body operates/resonates at a very specific frequency. Every cell in



With Dr. Zhi Gang Sha, alternative medicine advocate, China



At the International Conference on Belief and Beyond, Bharatiya Vidhya Bhawan, Bangalore

Therefore, Quantum Science gives the appropriate tools for the study of all aspects of human group behaviour as well as the interactions of parts of the human body, mind and emotions as they network with each other.

Quantum Medicine, therefore is a medicine that views life, health and disease as a network phenomenon.

In summary, Quantum Medicine realises the connectedness of everything and therefore, devices and methods that claim to apply Quantum principles must first and foremost being connected themselves with that which they claim to treat.

Real connection however is always a two-way process, which means the treatment process is adopted according to the signals that are received back from the recipient.

### Quantum Touch

Quantum – Touch is a method of natural healing that works with the Life Force Energy of the body to promote optimal wellness.

The body has an extraordinary ability to heal itself. Quantum touch helps to maximise the bodies own capacity to heal.

Quantum touch addresses the root causes of disease and create the space for true healing to occur. Rather than just working on symptoms, Quantum Touch will address the underlying cause

of disease. The concept of “Body Intelligence” – the body knows how to bring itself back to 100 percent wholeness given the proper conditions.

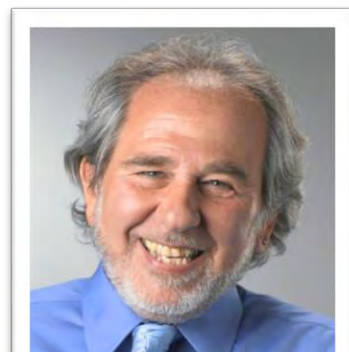
All healing is in fact self-healing. The body has an extraordinary intelligence and ability to heal itself. Given the right energetic, emotional and spiritual environments, the natural state of the body is perfect health. A great healer is someone who was very sick and got well quickly.

Although all healing is self-healing, one can assist other people heal with their own healing process.

Life Force Energy of the body, also known as ‘chi’ in Chinese and ‘prana’ in Sanskrit, is the flow of energy that sustains all living beings.

Quantum-Touch teaches us how to focus, amplify, and direct this energy for a wide range of benefits with surprising and often extraordinary results. Our love has tremendous impact to benefit those around us.

Human Consciousness actually controls reality. The intention is rooted in love and you learn to



Dr. Bruce Lipton, USA,  
Author, The Biology of Belief

our body has an electrical charge. Our cells work together to keep our body in harmony.

All living things emit a radio signal. Similar to our unique DNA, our cell frequency is also very unique to us.

The best way to work on stress, disease and ageing is to correct the subtle disturbances in the body’s quantum energy field. It is the body’s QEF that determines whether we are healthy or ill.

Thus the body is an electromagnetic static being with frequency patterns that have resonance, reactance and self-correcting capabilities. These frequencies can be used to facilitate the body’s natural being of homeostasis.

Closely connected particles behave more like waves and that each affects every other as if they are one being. Quantum Theory is therefore the science of complex systems. Most of all this is the case in all living beings because each is a highly complex network of cells, organs and systems.

direct that energy, you can project it wherever you want. When others come into contact with it, they feel it and interesting things begin to happen.

There really is healing power in loving intention and you can learn to project that intention into others so that their own healing mechanisms are activated. If so, you will be able to access that love of life and fill your body with healing energy. You will feel your heart expand and your extremities heat up. Then, you can cast your intention in the direction of your dreams.

The only thing in your way is self-sabotage, or an attachment to the negative experiences you have had in your past.

Sometimes we get so caught up in patterns of negativity that they stick to us like glue. We cosy up to these negative experiences and they get in the way of our higher intentions.

Your mind can control energy, to promote self-healing. This is just new-age faith healing – your thoughts can result in healing. However, ‘thoughts’ are described as ‘information and energy’ that can ‘change the momentum of quantum physics’.

## Energy Therapy

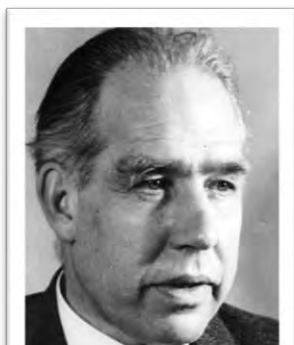
Energy Medicine, Energy Therapy, Energy Healing are branches of alternative medicine. The most controversial claim in this

general area of pseudo-science is the belief healers can channel healing energy into a patient and effect positive results.

Everything that happens here has a reason but our reasoning might not be able to unravel many such happenings.

## AUTO HEALING

Auto-healing, akin to quantum healing, brings one back to normalcy. This alone can be called cure.



Niels Bohr, Physicist and Philosopher-Nobel Prize 1922

“We might have to elevate our consciousness (mind) to that level where we get an insight to heal ourselves. Recently, in her book *Molecules of Emotion*, Candace Pert, who showed for the first time that opiate receptors are outside the brain also, predicted that the time is not far when we get a headache we will have to sit in a quiet corner to meditate to elevate our consciousness to get total relief from headache instead of consuming the so-called pain-killer pills”.

## THE MIND AND BRAIN

The mind cannot be confined to the brain.

The mind is the canvas on which our thoughts are projected and is a part of our consciousness. Our body is a holographic projection of our consciousness. Therefore, we should have complete control over our bodies if we try and have the genuine intention to heal.

## Dr. BM Hegde says -

Just as an atom has the blueprint of a molecule to rebuild it, the human mind has a blueprint of the human body. When the body needs to be rebuilt differently, the mind could do that each time. We should have total control over what we want with our attention to manifest out of the energy field the next moment. It depends on our belief and feelings to an extent. Even an atheist could do that when he is in trouble as he will hang on to the last straw while drowning. The iconic Hollywood actor Rock Hudson was caught by the paparazzi sneaking into Lourdes in his final stage of AIDS. They asked him how he, once the president of the American Rationalist Society, could believe Lourdes water could save him. He replied: “When it comes to you, you swallow your scepticism.”

Quantum healing is what happens when your own volition can make it happen during the oscillation between matter and energy to rebuild the damaged part. This needs that level of consciousness when one is very tranquil. This is where meditation and such activities have therapeutic value. Studies

have shown mindful meditation can even lengthen the telomeres which otherwise shorten with age.

## Forms of Energy Healing

The body is composed entirely of energy. The field of quantum physics has recently discovered that all matter is composed of energy. If you continue down beyond the atomic level, you will eventually find what are known as "super strings" which are pure vibrations of energy. The frequency with which these strings are vibrating determine what kind of matter they form.

These sub-subatomic particles then interact with each other in ways that eventually form atoms. These atoms form molecules, which form cells. And our cells ultimately form us. The resonance of the energy of which we are made determines a lot about our bodies. The good news is, much like a stringed instrument, you can tune these strings to provide resonance and frequencies that are more beneficial to our being. But, like a poorly tuned instrument, if you don't pay attention to your energy, you will find that things get out of harmony and lead to an unpleasant experience.

Failure to take the tune of your body seriously is what leads many people to suffer depression, anxiety, stress, and illness. If you learn to use energy healing to manipulate the energies in your body, you will learn to sense disruptions

and negative energies in and around your body. This will give you an opportunity to improve your condition greatly if utilized properly.

Some of the forms of energy healing you can look into include: guided meditations, Reiki, Qigong, Domancic Bioenergy Theory, Therapeutic



Dr. Veerendra Heggade, Dharmadhikari of Dharmasthala at Bangalore Conference

Touch, and Meridian Tapping. All of these methods take advantage of the bodies energies in some way or another, and provide ways to manipulate them for positive benefit.

It's important that you stay in touch with your energies. They determine a lot about you. By ignoring these energies, you are leaving yourself without the ability to know what is really going on for you and your life.

Many cultures have their own forms of energy healing, but the majority of our knowledge of this field originates from the wise Asian cultures of past millennia. Recently, a surge of information about these techniques has been coming to western cultures.

Many are sceptical, though, because it can not be proven by science. But plenty of people are able to recognize the basic truths that form the principles of energy healing, chi and chakras. The advancements taking place in quantum physics will enable to justify the thoughts behind the practice and bring it to the entire world as a validated medicine. Until then – choose to believe.

## Raising Level of Consciousness

We may have to elevate our consciousness (mind) to that level where we get an insight to heal ourselves.

Everything changes and nothing abides. Ceaseless change till death is called life.

As Karl Popper said, knowledge advances not by repeating known facts but by refuting false dogmas of which there are plenty in the western scientific religion, more so in the statistical medical science.

## Ancient Wisdom of India

Although Indian wisdom of yore is the basis of most of our newer scientific discoveries, most scientists prefer to live in their own make believe world.

The latest in Quantum Physics is that matter is not made up of matter, but of energy. The leader in this field is Hans Peter Duerr, Emeritus President of the Max Planck Institute in Munich. According to him his work on A-



Professor Rustom Roy, USA

Duality was an inspiration for him from Indian Advaita (A-Duality).

Professor Rustom Roy of Penn. State University who discovered the structure of water and its capacity to give up enormous energy which was based on the Rig Vedic verse. He has emphasized the need for fusion of religion and science.

As far as consciousness is concerned, in recent times, there has been a radical change in the approach of science. Developments in relativity, quantum physics and neuroscience have changed the way people looked at the universe.

The sages and saints of Vedanta through direct experience and logical enquiry discovered that the individual self is one with the cosmic self.

The Seers of Vedanta establish that the changeful universe has an unchanging reality as its cause. In a sense we are all part of the same universal consciousness and hence it is

meaningless to hate or harm anyone, who is part of us.

We might have to elevate our consciousness (mind) to that level where we get an insight to heal ourselves.

### Power of Meditation

Quantum Physics, which turned conventional solid state physics upside down has an important principle which is that OUR THOUGHTS DETERMINE REALITY. The observer's awareness determines the behaviour of energy at the quantum level.

The human energy field is interacting and influencing the quantum field all around us at all time and the energy of our beliefs and intentions are infused into our energy field because they are defined by our thoughts and emotions. Thus the fusion of our thoughts, emotions, beliefs, and intentions – which we may call the “human energy field” for the sake of simplicity is perpetually informing the quantum reality within us and around us at each moment of our existence.

Quantum healing is what happens when your own volition can make it happen during the oscillation between matter and energy to rebuild the damaged part and correct it. This means that level of consciousness when one is very tranquil. This is where meditation and such activities have therapeutic value.

Studies have now shown that mindful meditation can even lengthen the telomeres which otherwise shorten with age. They are shown to even change the gene penetrance by altering the environment which is needed for gene penetrance. Epigenetics brings even evolution closer to human consciousness.

**“The more man meditates upon good thoughts, the better will be his world and the world at large.”  
— Confucius**

**Dr. Dean Ornish, Founder President of Preventive Medicine Research Institute, California**

I had the privilege of having long discussions with eminent personalities Dr. Dean Ornish and Dr. Bruce H. Lipton, both in India and while in USA.



With Dr. Dean Ornish, USA and Dr. Manchanda of Delhi at Whitefield Bangalore on Integrated Medicine

Dr. Dean Ornish, the famous cardiologist who wrote the bestseller "Program for Reversing Heart Disease", told me years ago that even the DNA can be changed in one's own lifetime by change of lifestyle and thought process. Years later he presented me with his book "The Spectrum".

"Our genes, and our telomeres, are not necessarily our fate,". Telomeres may lengthen to the degree that people change how they live. Research indicates that longer telomeres are associated with fewer illnesses and longer life."

He has established the fact that our genes don't decide our fate and that there is a lot we can do to make a powerful difference to our health and wellbeing, irrespective of the conditions we may have. He refers to the broad spectrum of choices we have when it comes to what we eat, our basic lifestyle, regular exercise, how we handle stress and many other factors.

### Dr. Bruce Lipton, American developmental biologist

Bruce Lipton who is Internationally recognized as an authority in bridging science and spirit, demonstrates that the mind is more powerful than drugs to regain our health and our health is more our responsibility than just being a victim of our genes.

We touch on the role of telomeres, those mysterious molecules at the end of our chromosome strands whose disappearance brings about aging and death. Fortunately, there are ways we can produce more telomeres.

Telomeres are the end-caps of chromosomes, whose shortening has been shown



With Mr. Salaton Ole Ntutu, Masai Tribe Chieftain, Kenya and Sri. Ananda Krishna Swamy, Indonesia

linked to conditions of aging, cancer, inflammation, and sequestration of telomerase in humans. A long telomere is the circadian clock of the human lifespan potential; the longer the telomere, the longer the life.

Cells possess an enzyme identified as telomerase that extends the length of telomeres. When activated, this enzyme would presumably maintain telomere length and allow cells to divide forever.

He says in his book The Biology of Belief - "Positive Thoughts have a profound effect on behaviour and genes but only when they are in harmony with subconscious programming. And negative thoughts have an equally powerful effect. When we recognise how these positive

and negative beliefs control our biology, we can use this knowledge to create lives filled with health and happiness."

"The Placebo effect should be a major topic of study in medical school. I believe that medical education should train doctors to recognise the power of our internal resources."

"Doctors should not dismiss the power of mind as something inferior to the power of chemicals and the scalpel. They should let go of their conviction that the body and its parts are essentially stupid and that we need outside intervention to maintain our health."

"The Secret of life is not a secret at all. Teachers like Buddha and Jesus have been telling us the same story for millennia. Now science is pointing in the same direction. It is not our genes but our beliefs that control our lives.....Oh ye of little belief!"

### International Conference on Beliefs and Beyond, Bangalore

Many Karmic actions and interactions are based on our belief systems. Every action we take is based on our beliefs. So when you change, your beliefs will shift a lot of karmic energy.

At the recent International Conference on Beliefs and Beyond, the eminent jurist Justice M. N. Venkatachaliah, former Chief Justice of India said in his Keynote Address - 'Faith is seen as areas beyond science





With Justice Shri. M.N. Venkatachalliah,  
Former Chief Justice of India

and rationality; areas that are the concern of Metaphysics and matters that supra-sensual. Even in science, the concept of truth itself is relative and not absolute”.

Madhu Pandita Dasa of ISKCON, narrated the role played by intuition, belief, premonition and mysticism behind two of the most important modern discoveries of the 20<sup>th</sup> century physics which has changed the world. “We are all aware of the Theory of Relativity by Albert Einstein and Quantum mechanics by Niels Bohr, Ervin Schrodinger and Werner Heisenberg which were two incredible breakthrough in scientific history. These two theories have changed science itself by shaking the deterministic mechanistic worldview of Newton held to be true for centuries”.

At the Quantum Energy Conclave held at Pyramid Valley, Bangalore in January this year eminent scholars from around the world spoke of recent successes achieved by effective Quantum Energy techniques in promoting healing. In fact they went to the extent of declaring “Quantum Healing” is going to be the medicine of the future.

- 📖 Go deep means to contact the hidden blueprint of intelligence and change it—only then can visualization of fighting cancer, for example, be strong enough to defeat the disease. But most people cannot do that; their thought power is too weak to trigger the appropriate mechanisms.
- 📖 People who feel loved live longer; have fewer colds, lower blood pressure and lower cancer rates; and have fewer heart attacks.
- 📖 The only responsible choice I can make is to be love and happiness.
- 📖 My body is a projection of my consciousness.

— *Deepak Chopra, Exploring the Frontiers of Mind/Body Medicine*

Lot of disease starts in consciousness and mind and ultimately manifests in the body.

The question of how much can be reversed by Energy healing alone remains to be answered. My understanding is that it depends on the “depth” of progression of the initial energetic imbalance. This is clearly written in Charaka Samhita Ayurvedic treatise which classifies illness into curability. Some illnesses have progressed so far that they are incurable despite all modalities including medicines and surgery. Others are curable with ease or curable with difficulty.

Energy healing definitely has a role and we should encourage patients to engage mind, body and spirit in their recovery, however, there will always be a need for medicines and surgery due to the disease progression.

I agree that there is more that we don't know than we do know. Till we know more, we should make sensible utility of all proven modalities including the mind, energy and spirit.

— *Dr. Ranjit Rao, Surgeon, Author & Wellness Enthusiast, Melbourne*

On behalf of my **FOUNDATION FOR PEACE, HARMONY AND GOOD GOVERNANCE**, a seminar on **Quantum Healing** was organised recently.

Dr. D. Srinivasamurthy, Director, ReMED, Bangalore spoke on Regenerative Medicine Through Quantum Energy. He asserted – Quantum Medicine begins.....when no options are left with modern medicine.

Dr. BK Chandrashekhar, Founder and practioner of Psycho Neurobics and Dr. Sandeep Bhasin, Care Well Medical Centre, Delhi, participated.

They all emphasized on the inevitability of the growth of Quantum Healing in future.



*“May I be a lamp that unfolds the light of love, of sympathy and service in the darkness of these days”...*

**Rev. Dada J.P. Vaswani Ji**  
(1918-2018)

There is no death! Death is very much like sunset. It is only an appearance. For, when the sun sets here, it rises elsewhere. In reality, the sun never sets. Likewise, death is only an illusion, an appearance. For, what is death here is birth elsewhere. For life is endless.

Whenever you have taken up work in hand, you must see it to the finish. That is the ultimate secret of success. Never, never, never give up!

*Dada J.P Vaswani*



At the World Parliament of Religions, Melbourne

**HOMAGE TO  
DADA JI,  
EMBODIMENT  
OF LOVE,  
PEACE GRACE,  
COMPASSION,  
SERVICE AND  
FORGIVENESS!**

