

ACTION RESEARCH PAPER
DTLLS
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Overcoming Barriers on the

PERCEPTION

of

COMPLEMENTARY or ENERGY MEDICINE

as a part of a Holistic Life Style.

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1. Overview

The points below outline my approach to tackling this research.

The area that I have identified to research is peoples' perception of some of the holistic medicine practices in our society today. Although some of these are still frequently described as "New Age" crackpot ideas, others have already been accepted by Western medicine and integrated into our conventional medical system. It seems to have been forgotten that these practises are of a holistic (spiritual) nature that has been lost in some parts of western society.

The reasons I have for choosing this area of study is the fact that many people are using spiritual or holistic techniques without even considering that they are part of our ancient world and natural heritage. It will be beneficial to me in my work, in that after studying the facts and figures of my survey, I shall be able to explain to others this ancient knowledge in a more comprehensible way to include it in my lectures and teaching practice.

I believe that action research will help in this study by bringing to peoples' attention the fact that they have embraced some but not all of the natural medicine on offer to them in order to empower them in their lives, make them think outside of the box and see a far bigger picture of the world and how it functions on a spiritual basis.

I researched the existing literature on complementary and traditional medicine and provided an informed overview of major concepts. I put together fact sheets and included maps and charts that would throw light on major ideas and issues. These fact sheets were then used in the action research process.

My hypothesis is based upon the fact that many call this alternative medicine, when it is complementary to all patients. The problem seems to be people's perception stemming from past views of doctors and the church/monarchy. We, as healers, have an overall view of medicine and recommend some clients to see a doctor, whereas there are many doctors who do not have a clue how we work on a holistic level and some of the energy medicine has been turned into a clinical version. Can I therefore change people's perception of this fact so that they realise it works on a holistic level?

I am going to use the internet, a survey, fact sheets and books for research purposes, to explain to people how they are already using holistic medicines and how they have become complementary and not alternative, but less spiritual.

I shall collect data from books and the internet which is good to better my skills in IT practise; send out my survey and then some facts and illustrations that can be used by all to try to change people's perception of the holistic side of medicine/treatments. I will then send out a second survey to gauge if the information has altered people's perception. My objective is to survey 50 people.

2. Introduction

Everything in our Universe is based on energy, which even the scientific community agrees with. Yet, despite society's claims to technological advancement, our world is in a devolved state of violence, financial enslavement, and widespread greed and fear.

In contrast, many of our ancestors appear to have lived balanced, creative, healthy lives with great respect for the natural forces of the Earth, in connection to the cosmic forces of the Universe.

The ancient tribes like the Egyptians, Mayans and Celts were known as masters of the subtle energies. Our ancestors saw the lands, waters, the visible as well as the submerged, as sacred and they worshipped within temples or groves on vortex energy points on the Ley Lines of our planet, such as stone circles and holy wells, connecting with their ancestors, spirit guides and culture. We all have the ability to create positive change in ourselves and in the world around us. It is innate to us all. "The shifts predicted for 2012 are a consciousness in new portals of understanding, opening us up to new possibilities for living together in a fairer and more people friendly environment." (**Diana Cooper – Cygnus Press 2112.**)

The wildfire spread of protests inspired by the growing Occupy Wall Street suggests that we're at a crucial turning point with more and more people now yearning for a way to make money and seeing human economy as being as sacred as everything else in the Universe. This is forming a new wave of energy towards change and respect for our planet and its welfare.

Although it can be said that 'sacred' economics, so to speak, has a social dimension, a political dimension, an activist dimension, a personal dimension and a spiritual dimension, all are interrelated and all are deeply necessary as the pace of planetary change accelerates. <http://evolverintensives.com/upcoming/ce-sacred-economics.html>

Everything on our planet contains energy and we are only a small part of it or atom of a whole. It is time again to come to respect the animal, plant and mineral kingdoms which provide us with so much food, medicine and water. All Celtic tribes, like with our own Boudicca, had shamans to advise on any problems encountered. These old traditions were paramount in all cultures at one time. **Ancient British Goddess – Kathy Jones.**

Although there are many people, across the world, who support their ancient medicine and traditional methods:

Why can't it all be spiritually **integrated**?

When did people's **perception** change?

We did a survey to find out. To try to gauge people's perceptions and then see if I could develop a way of improving perceptions, I decided to use an action research approach. This approach appeared very well suited to researching attitudes in my field.

I put together a questionnaire (see Appendix 1) and carried out a survey to measure views and then, after providing survey respondents with fact sheets, maps and charts, carried out a second survey (see Appendix 2) to see if their perceptions had changed.

3. Action Research

Action research is all about “learning by doing”, which is close to my own heart in my field of work and concepts. www.ehow.com. It can also be called action learning.

In Action Research one has to first identify a problem in the area of one ‘s own field and then try to find a way of changing the situation for the benefit of all. The researcher then has to determine how to collect relevant information and interpret/analyse the results to decide upon further action, which may need to be taken.

Action research has a community and social dimension in that it takes place in real world situations and aims to resolve the real problems being faced by the researcher. It further makes no attempt to remain objective, but openly acknowledges any bias opinions.

Gerald Susman (1983) distinguishes five phases to be conducted within each research cycle, being the ancient magical or alchemical number of the elements plus spirit in my world. A problem is firstly identified and data is collected, followed by a survey from which a plan of action emerges and is implemented. Data is then collected and analysed, with findings interpreted in the light of how successful the action may be. The problem can then be re-assessed and the process can continue, until the problem is resolved or more information put forth to quantify the findings.

I think that its aim is to make people more aware and to reflect on their own views, which may have become very limited and unspiritual or not so judgmental (which is the hardest spiritual practise to keep going on). We tend to sometimes judge things that we have been taught by the media and our families and never break any of the belief systems already in place, even though they are fairly modern in their outlook compared to our ancient heritage.

So Action Research is more of a holistic approach to problem-solving, rather than the act of collecting and analyzing data, which means that several different research tools may be used in the project.

Methods may include keeping a research journal, document collection and analysis, questionnaire surveys, structured and unstructured interviews or in some instances case studies. It is about discovering new ideas, developing them and then providing more knowledge/information for the general public.

This may at times include some historical research to help with evidence to show how it all came about and what their belief system is about. It helps you to understanding people’s perceptions of some ideas and a way of communicating them in a better way.

With the aim of gathering evidence about changing beliefs and with the goal of using the fact sheets to inform people about complementary medicine, I put together the fact sheets that follow. I also included a map and charts to show the widespread use of complementary medicine.

You could encounter issues when surveying opinions: ethical, religious, cultural, confidentiality and bigotry such as bias against race, gender, minorities and the disabled. In practice one should be spiritual enough to not even think about race, colour, etc. If you join all into the group circle all will listen to each other and gain respect for their participants

Qualitative methods of collecting data such as interviews usually allow the researcher more flexibility to ask open and probing questions. The respondent answers an initial question, the researcher listens carefully and then asks follow up questions according to the response. They can engage the interviewee in more of a conversation. A disadvantage of this method is that it is very time consuming.

Quantitative methods of collecting data such as questionnaires tend to ask more closed questions so that the responses can be quantified. An advantage of this type of method is that it is much less time consuming, can be done by email or post, and respondents may feel more anonymous

You can analyse data by looking at the results and then working out the percentage, equations of the respondents who expressed certain opinions. You can then produce pie charts and graphs based on the analysis.

4. A History of Complementary/Energy Medicine

In Anglo Saxon England Brian Bates tells us that our planet was seen as being comprised of frost and fire or ying yang, light or dark. Since this polarity occurs in everything on our planet it also makes sense that as well as there being a God there should also be a Goddess. Without this polarity we have no balance. The Anglo-Saxons also used the word wic to denote someone who was wise and usually an elder of the tribe; thus wiseman or wisewoman. In this way traditions such as herbal/tree lore, astrology, spiritual healing etc., were kept alive in the tribes and in some areas still is their only medicine. **(Brian Bates – Way of the Wyrd Hay House)**. This would suggest that the old ways can be integrated with any new conventional ones and work together for the benefit of mankind.

In all communities anybody who was sick was sent to the tribal elders (which is still the only form of medicine in some parts of the world today) in order to try to find a cure. We call this dis-ease and not disease and believe, as they did, that illness stems from something being out of balance. These, often natural spiritual healers, were called shamans or white witches. When conventional medicine was introduced in Europe many of these wise people were persecuted. According to **Vivian Crowley in her book “A History of Wicca”** many of those men and women burnt as witches were landowners by their own rights, herbalists, midwives, spiritual healers or counsellors to their communities. Some, too, were just people with large personalities or very beautiful, which the church at that time called enchantment.

Was this the beginning of doubting spiritual practices?

It is a fact that modern conventional medicine has helped man to treat much disease, but what did we lose along the way? Is it our breaking of traditional remedies and beliefs that moved us away from being fully present on Mother Earth living in the here and now?

Perhaps losing touch with the elements of our planet and not looking at the bigger picture (universe) has caused mankind to be out of balance and become very self centred. Is it not a true fact to all that we live on a sphere of energy in a very vast universal system and we should look after the planet which provides us with so much.

The concept that the mind is important in the treatment of illness is integral to the healing approaches of traditional **Chinese medicine** and **Ayurvedic** medicine, dating back more than 2,000 years. **Hippocrates** also noted the moral and spiritual aspects of healing and believed that treatment could occur only with consideration of attitude, environmental influences and natural remedies.

Energy Medicine

Sometimes referred to as vibration healing, energy medicine is a way of moving stagnant energy around or out of our bodies in order to gain balance and equilibrium. If, for instance, we are not fully grounded on the earth and in contact with it (no roots so to speak) we can get unbalanced and sick. We can also get sick if our auric field is full of outdated emotions, mental problems or the residue of traumas or our chakras (main energy centres in our bodies) are not balanced. So energy medicine is all about getting rid of any blockages in our systems to be balanced and able to carry out our every day lives and work.

There are many avenues to energy medicine and all at one time, in the past, were more spiritual/holistic too. I think that many people regard religion as being the same as spiritual and I do not think that this is the case. Some may be surprised to find out that some of the treatments they receive are energy/ancient medicine. They include the following:

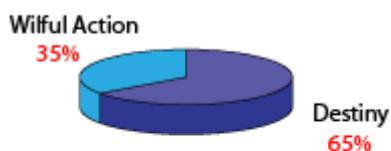
- **Spiritual Healing.**

Spiritual healing is the art of healing with ones hands also known as the laying on of hands and has been around for thousands of years. Jesus was certainly a hands on healer and also performed miracles (**Holy Bible**). Healers work as a channel by which the higher energies of the Universe and the "Divine Source" are moved down from the higher plain of existence through a healer's crown chakra and into the hands which can be channeled to a patient for wellbeing. (www.wingmakers.co.uk)

Many humans have lost touch with their spirituality and **the Spiritual Research Foundation. Org.** lists some of its benefits:

They say that there are 6 levels of power human beings can have access to, with political power amongst the lower ones.

They produced a pie chart demonstrating this fact:



Did you know that 65% of our life is destined, i.e. not within our control? If we use our 35% wilful action to do spiritual practice we can reduce negative destiny.

They also offer a lot of food for thought in this day and age when many feel uncomfortable with the thought of spiritual practise. On the website they state some facts that many people would not feel comfortable with.

Spiritualists believe that there exists a subtle intangible world that is infinitely vast compared to the entire tangible world that we know of. This subtle world vastly influences our lives. Hence it becomes imperative that we know learn about it. Since this world is in the subtle dimension, it cannot be perceived with our gross sense organs, mind and intellect and can be perceived only via the medium of the sixth sense. They advocate that it is only after one goes beyond organised religion and sectarian practice that one can attain a higher spiritual understanding. So it would seem that we humans have a long way to go.

Our sixth sense or ESP is our ability to perceive the subtle dimension or subtle world. A subtle experiment is a means of testing and training ourselves to use our sixth sense (ESP). We can define the subtle dimension or subtle world as the world which is beyond the understanding of the five senses, mind and intellect. The subtle world refers to the unseen world of spirits like gods/goddesses, angels and ghosts etc., which can only be perceived through our sixth sense (ESP).

We are all well accustomed to using our five senses, mind and intellect to analyse and perceive stimuli. This is because our entire education system is geared to teach us only to

use our five senses, mind and intellect in analysing situations and problem-solving. Modern sciences generally ignore the subtle dimension as it cannot prove its existence using traditional measurement and analysis tools. So as a result when we grew up we were unaware of the existence of the subtle dimension or subtle world and unequipped to use our sixth sense to experience the world beyond the seen world. Spiritualists advocate that by relearning to use our sixth sense, we may be able to, again, experience the subtle dimensions or subtle world. There are many people who do believe in their sixth sense, have always done so and use it throughout their lives, especially as in mediumship, psychic readings and clairvoyance. It attracts many skeptics due to many people being untrained and also charlatans.

- **Crystal Healing**

Crystal Therapy is an ancient art, originating, some believe, in Egypt thousands of years ago. Others believe it is even older, beginning in the ancient civilisation of Atlantis or possibly even Lemuria. Certainly, gems were important in Jesus' day as they are referred to many times in the Bible.

The **Egyptian Ebers papyrus** states the medicinal uses of many different gems. Healing with crystals is also recorded in India's Ayurvedic records and in traditional Chinese medicine from around five thousand years ago. **www.Worldwide Health.com**.

The crystals, which are used, contain different minerals (see **Michael Gienger's book Crystal Power, Crystal Healing**) depending on where and in what type of rock/soil they originate in on our planet and form part of our DNA pattern, just like everything else in our Universe, including the stars. The Australian Parkes radio telescope has just identified a 40,000 mile diamond in the sky and was reported in national newspapers by **Hannah Devlin the science correspondent**.

Crystal healing therapy is all about vibration and balance. The balance of each element within us, the balance of our aura, the balance of our chakras and meridians. Crystals, when you have learnt how to use them, contain an energy which can amplify, balance, release and cleanse us. Some are spat out of volcanoes and others are found in rivers, underground caves or come from the desert. Obviously we could therefore put them into categories relating to the elements of earth, air, fire and water as did Richard Montgomery in his teaching methods (**Book of Ezekiel (Chapter 1, verse 10)**).

Crystals can be used to ground, balance the chakras, clean the aura and remove debris caused by accidents and redundant memories. Healing is unique to each client and aims to help them re-empower and heal themselves. Crystals can also be used to massage the body and a trained healer can do this kind of work, sometimes without any physical contact, with a client who may not want to be touched on a personal level.

When our chakra system is balanced, the physical body is able to innately self-correct and heal itself. Crystals also bring light and colour waves into the aura and thus into the physical body, via the subtle layers of the body through the principle of vibration and resonance. Used in conjunction with sound the colour/light experience of crystals can be deepened and expanded at the same time.

I am a great believer in positive thinking – there are people who are drawn to crystal healing and believe the healing power is within the crystal. The crystal is a tool, spiritual, mental and physical. The doctor treats the physical, we treat the mental, emotional and spiritual. We would never ever say to a client that they should not have physical (conventional medical) treatment and, indeed, if we feel something is not right we send them to their GP. The approach is complementary and not alternative.

- **Massage**

People use massage for a variety of health-related purposes, including to relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression and to aid general well-being. All incorporate complementary aspects not alternative ones.

This is also an ancient practise and we were taught when children to always rub our own bodies if we fell over or banged our limbs. This was passed down to us by our parents and grandparents. It has been around since the time of the ancient Greeks and was incorporated into chiropractic and osteopathic medicine in the late 19th century. Massage therapy dates back thousands of years. References to massage appear in writings from ancient China, Japan, India, Arabic nations, Egypt, Rome and Greece (**Hippocrates** defined medicine as "the art of rubbing"). It also moves energy and gets rid of blockages in the body's system.

Reflexology is another form of massage which relates to the feet. By using their hands or a crystal (becoming more popular) a therapist knows which part of the foot relates to the organs and systems of the physical body and can work on specific regions.

The British Reflexology Association says that "by having the whole body represented in the feet, the method offers a means of treating the whole body and of treating the body as a whole. This latter point is an important factor of a natural therapy and allows not only symptoms to be treated, but also the causes of symptoms."

Reflexology has been around for several thousands of years and is known to have been practised by the Chinese and the Egyptians. More recently, Reflexology was described in the form in which it is now known by the late Eunice Ingham, an American lady, who based her method of treatment on work called 'Zone Therapy' which had been described some years earlier in the 1920's by an American, Dr. William Fitzgerald. The main pioneer of reflexology in Great Britain was the late Doreen Bayly who introduced the method here in the early 1960's with great determination to stimulate awareness and interest.

The British Reflexology Association was founded in 1985 to act as a representative body for persons practising the method of reflexology as a profession and as a base for students training in the method. The association also aims to help promote the practice of reflexology in Great Britain and abroad.

- **Chiropractics.**

Chiropractics specialise in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves, especially related to the spine. In ancient times the wisemen and women of the tribes were also knowledgeable on how to put back limbs after battle and accidents. It is a form of manipulation.

Its association describes the practise as "a treatment involving safe, often gentle, specific spinal manipulation to free joints in the spine or other areas of the body that are not moving properly."

Osteopathy

Osteopathy is a form of drug-free non-invasive manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework, including the joints, muscles and spine in order to positively affect the body's nervous, circulatory and lymphatic systems. Again, complementary and not alternative.

In modern conventional medicine those who suffer from arthritis find that osteopaths can complement the advice/drugs given by GPs and can help to ease the pain caused by joint and muscle stiffness, by improving joint mobility and the flow of blood to the joints, showing sufferers how to prevent causing injury to themselves.

All osteopaths must now be registered with the General Osteopathic Council, which was set up in May 2000. The GOC registers qualified professionals, sets standards for osteopathic practice and conduct, ensures that osteopaths continue their professional development and helps with any complaints. The British Medical Association's guidance for general practitioners states that doctors can safely refer patients to osteopaths.

- **Herb and Flower Remedies**

On the website of **A History of Herbal Medicine**, it is reported that herbs have been used throughout history for medicinal purposes, to produce cosmetics and to preserve and enhance the quality of food. In ancient times, healing formulas existed for almost every known disease. Specific conditions were treated with a variety of methods such as tinctures, teas, compresses or by inhaling the rejuvenating fragrances of essential oils, much as many of us still use today.

Perhaps the most universal use of herbs, past and present, is as additions to virtually every type of food. In accordance with **Hippocrates'** admonition to "let food be your medicine,"

culinary herbs are used in every culture to prevent spoilage and to aid healing and increase digestibility of foods. The crystalline energy called salt was the other preservative used by our ancestors to preserve food.

Despite attempts to slow down its popularity, the plant world of herbs it is still flourishing. The amount of documented research is increasing every day, and pioneering physicians have introduced a variety of herbs including garlic, Echinacea and St. John's Wort to millions. Some of the world's foremost experts in herbology are **James A. Duke, Ph.D., Charles Schultz, M.D., and Gary Young, N.D.** Their lectures and books have popularised today's best-selling herbal products and have explored in depth the science, power and magic of these herbs. ([wiki-link](#)).

The EU laws concerning Herbal medicine came into force in April 2011 and, contrary to popular belief, only apply to patent medicines and preparations made up in factories for third parties. Those practitioners and retail outlets who are trading in patent medicines can now apply for a license to continue to supply these patent or factory prepared formulations. This recent development leaves the position of those herbal practitioners prescribing their own custom made formulations to their patients unchanged and effectively voluntarily regulated by organisations like the Acupuncture Society. Therefore raw herbs and single herb concentrates are not affected and there is no UK statutory regulation of Chinese herbal medicine.

The MHRA publishes herbal safety news on its website, providing advice on the safety of different herbal medicines. It should be noted that some herbal remedies can interact adversely with conventional medicines or nutritional supplements.

- **Homeopathy**

Homeopathy originated in the ideas of **Hippocrates** (460-377BC), who also thought that symptoms specific to an individual should be taken into account before making a diagnosis. This is also an important principle of homeopathy, where an individual's unique symptoms are important in distinguishing the correct medicine.

The idea of like curing like was not to re-emerge in any great way until a German physician, **Samuel Hahnemann (1755-1843)** came to devise the system of medicine that we know as homeopathy today. Hahnemann trained in medicine and chemistry. Working as a doctor in the late 18th century, he was dissatisfied with the conventional medical practices of his day. Blood-letting, purging and giving patients large doses of toxic materials like arsenic and lead were commonplace. Hahnemann disagreed with these harsh methods.

Homeopathy is based on the principle that 'like cures like' - in other words, a substance taken in small amounts will cure the symptoms. In homeopathy the active ingredient is highly diluted. The greater the dilution, the more potent is the medicine. This is the most controversial aspect of homeopathy. Scientists ask how can a medicine be effective when it has been diluted so much? Many of these remedies are made from flowers, herbs and crystals such as sulphur, fluorite and calcite. [www. British Homeopathy.org](http://www.BritishHomeopathy.org).

Laboratory research focuses on the ability of water to retain an imprint of substances which have been dissolved in it. Science still has a lot to explain, but whatever the mechanism, there is a growing body of clinical evidence to show that homeopathy has a positive effect.

In fact Peter Hain MP, one of the most recognisable and best known figures in the Labour Party, took some time out to speak to **Health & Homeopathy** magazine about homeopathy

and how he believes homeopathy and other complementary medicines should be more widely available on the NHS, but did not mention funding.

Margery Blackie is often described as the most outstanding homeopathic doctor of her generation and became physician to Queen Elizabeth II. Margery Blackie's influence continues today in the form of the **Blackie Foundation Trust**, a charitable organisation set up by her in 1971 to promote homeopathy to a wider audience and provide financial assistance to medical professionals wanting to undertake training or research in homeopathy.

Edward Bach, a London physician in the 19th century, believed that disease was and is a manifestation of negative mental states. He classifies all negative states into seven major groups. Each of these groups had certain homeopathic flower remedies that would help to dispel the negative state and thus bring about physical, emotional and mental healing. A few drops of the diluted remedies, similar to homeopathic remedies, are taken daily until the condition is alleviated. There are Bach flower remedy practitioners carrying his work forward all over the world today. There are also many other people making these remedies as in **Findhorn Foundation**, who make remedies from flowers/herbs grown in the British Isles.

- **Acupuncture**

Acupuncture is a procedure involving the stimulation of specific points on the body called energy points or acupuncture points with needles or sometimes crystals. "Essentials of Chinese Acupuncture" published by Prof. Yang Jiason and translated by Dr. Meng Xiankon and Dr. Li Enewn helps us to learn more. It is one of the key components of traditional Chinese medicine and is among the oldest healing practices in the world. (**Book of the Yellow Emperor**). There is also a therapy which uses these same points with fingers called acupressure, which works on the same energy points in relation to each organ.

The British Acupuncture Council is the main association representing professional acupuncturists in Great Britain. All members practise traditional forms of diagnosis and acupuncture treatment and the BAC provides guidance for its members on training standards, safe practice and ethical behaviour. Although there is currently no statutory body regulating the practise of acupuncture in the UK, it is anticipated that, within a few years, the acupuncture profession will be regulated by such a body. The British Medical Acupuncture Society (BMAS) was formed in 1980 and membership of the Society is open to UK registered doctors and dentists who use acupuncture in hospital or general practice.

- **Meditation, Yoga and Breathing Exercises**

People use meditation, yoga and deep breathing exercises to increase calmness and relaxation, improve psychological balance, cope with illness, or enhance overall health and well-being. Guided meditation is beneficial if practiced within a group who can all support each other. This involves chanting, breathing, stillness (being silent) and healing. When we meditate with our crystals we are able to attune them to help with specific energies that we need in order to receive healing.

What have we therefore learnt here with our research?

So we know that;

(1) crystals, herbs, meditation, breathing exercises, massage etc., all based on moving energy around the body, have been in existence for a very long time.

(2) that all energy healing/medicine believes in treating the whole or physical, mental, emotional and spiritual bodies

but that

(3) some kind of believe and trust is needed in a greater divine power.

We have also learnt that some of these practises can be carried out by us all by trying to look after ourselves more on a spiritual basis and not overwhelming the NHS, which has a lot of responsibility, a large workload and not enough funding.

Also that to be healthy one has to:

a) be grounded and present in the here and now

b) have a balanced chakra energy

c) with a clean aura

d) and balanced meridians

So what stands against peoples' perception and is the problem?

The problem in my eyes is peoples' **perception of complementary therapies** and many have a tendency of calling them alternative. Many still link them to witchcraft and this may also be due to their perception.

Negative perceptions include some of the following:

- **Religion:**

A document was presented at a February 2003 Vatican conference on A Christian Reflection on the New Age. Monsignor Michael Fitzgerald stated at the conference that the "Church avoids any concept that is close to those of the New Age". Cardinal Paul Poupard, head of the Pontifical Council for Culture, said that the "New Age is a misleading answer to the oldest hopes of man. Poupard, the Vatican's minister of culture, also warned that the New Age was based on "weak thinking". The document presents a highly critical view of the New Age movement and considers it as incompatible with and hostile to the core beliefs of Christianity. The document states that that upon close examination it becomes clear that there is little in the New Age that is new. New Age phenomena such as yoga, meditation, Feng Shui and healing by crystals was published in 2003 as a 90 page booklet entitled **A Christian Reflection on the New Age**.

In their overview they criticise the approach of being in tune with nature or the cosmos, claiming that it blurs the distinction between good and evil and creates the mindset that "we cannot condemn anyone, and nobody needs forgiveness". The document claims that New Age practices can be associated with other practices, listing acupuncture, biofeedback, kinesiology, homeopathy, iridology and various kinds of bodywork, polarity massage, meditation and visualisation, psychic healing, healing by crystals, metals, music or colors, and twelve-step programs. Another document claims that the New Age is not a religion, but

is interested in what is called "the Divine". Some common points in the New Age movement not agreed with were the following:

- The cosmos being seen as an organic whole, animated by an energy, soul or spirit.
- Credence being given to the mediation of various spiritual entities.
- Humans being capable of ascending to invisible higher spheres.
- The fact that a "perennial knowledge" pre-dated and was superior to all religions and cultures.
- People being encouraged to follow enlightened masters.

Please see [www. Wikipedia.org](http://www.Wikipedia.org).

This seems absurd to me and maybe the church elders need to open up to the bigger picture. Do they not worship deities such as God, Mary, Jesus and various other Saints?

Where does their God live if not out in the Universe?

What planet are some of them living on?

Psychic visionaries are written about in the **Christian Holy Bible**; such as when Moses obtained the ten commandments and also the parting of the waters of the Sinai to allow the people to pass away from the troubles being experienced. We also have proof in the **Christian Holy Bible** that the breast plates of their High Priests contained crystals and it mentions this fact over 100 times.

However having read this I do believe that many church members believe in a bigger picture and follow their own investigations based on this.

Sadly there is still a witch hunt going on today mainly by the Evangelical Church and I quote www.msn.com : It relates to a blame culture which is high amongst societies around the world. It says:

"The idea of witchcraft is hardly new, but it has taken on new life recently partly because of a rapid growth in evangelical Christianity. Campaigners against the practice say around 15,000 children have been accused in two of Nigeria's 36 states over the past decade and around 1,000 have been murdered. In the past month alone, three Nigerian children accused of witchcraft were killed and another three were set on fire. Nigeria is one of the heartlands of abuse, but hardly the only one: the **United Nations Children's Fund** says tens of thousands of children have been targeted throughout Africa. I consider that this church is practising a form of black magic of which God and Jesus (to whom they pray) would not be pleased.

They might, however, be more pleased about the integration of all and being part of a bigger picture.

Spiritual Healing, which is open to all religious beliefs, can be studied at many colleges in London including the College of Psychic Studies in South Kensington and the new London School of Spirituality in the City, where students undertake a two year course before going on to practise. A lot of this work is carried on in the Spiritualist Church. A **Spiritualist church** is a church affiliated with the informal spiritualist movement which began in the

1840s in America. Spiritualist churches are now found around the world, but are most common in English-speaking countries, most of which are non-profit organisations rather than ecclesiastical bodies. (www.Wikipedia.org).

- **Scientists/Professors**

Many scientists dismiss complementary medicine due to the fact that it cannot be observed, measured or has any proof that it works. This is strange since they measure such things as sound, ultra violet (light) and other universal energies that cannot be seen but have been proven to be there by them.

David Colquhoun, professor of pharmacology at University College London called homeopathy crack-pot medicine – **The Guardian (London) may 23rd 2007**. Gustav Born, emeritus professor of pharmacology at Kings College said: There are still trusts that continue to use these unproven remedies.

Courses in complementary (alternative) therapies were scrapped following criticism from a University that it was “anti-science”. **Birmingham Evening Mail 2009**.

- **The NHS**

The National Health Service in this country was formed in 1948 and is not actually free but funded by tax and national insurance contributions into the system. It was designed by the then Labour government to bring healthcare and a local GP to the whole country following World War 2. It provides emergency based care and took over from private doctors and charities who were in control of medical care. Prior to the war healthcare was a patchwork quilt of private, municipal and charity schemes funded by private money.

There were some doctors initially opposed to the government’s plans on the stated grounds that it reduced their level of independence. Bevan, being a shrewd political operator, introduced lucrative payment structures for consultants. On this subject he stated, "I stuffed their mouths with gold". The budget takes a contribution of approximately £1,980 for every man, woman and child in the UK. Some 60% of the NHS budget is used to pay staff. Nearly all hospital doctors and nurses in England are employed by the NHS and work in NHS run hospitals, with teams of more junior staff. A further 20% pays for drugs and other supplies, with the remaining 20% split between buildings, equipment and training costs on the one hand and medical equipment, catering and cleaning on the other. It has been facing many challenges lately mainly due to the population growing so rapidly and the wide spectrum of its services.

The NHS was born out of a long-held ideal that good healthcare should be available to all, regardless of wealth. At its launch by the then minister of health, Aneurin Bevan, on July 5, 1948, it had at its heart three core principles:

- That it meet the needs of everyone
- That it be free at the point of delivery
- That it be based on clinical need, not ability to pay

The deep cuts currently being made in its budget add up to active risks to patients' health and well-being, especially in cases of life-or-death accidents and due to less staff means a lower rate of tender loving care being given (tlc).

Also due to cuts communicable diseases in hospitals have been facilitated by overcrowding with high bed occupancy rates. Using private cleaning contractors have been associated to "cutting corners on cleaning".

In 1948 homeopathic medicine became one of the services available to patients in the newly formed National Health Service. Provision of homeopathic treatment was centred round the five homeopathic hospitals in London, Glasgow, Liverpool, Bristol and Tunbridge Wells. There was fierce opposition from some in the medical profession to the inclusion of homeopathy in the new health service with opponents viewing homeopathic doctors as "credulous and deluded cranks". But homeopathy had many influential supporters including the Foreign Secretary Ernest Bevin and the Minister of Health, who gave a personal assurance on the future of homeopathy in the NHS.

It is noted that the NHS already use crystals in their lasers and computer equipment but do not see that they do have an energy. On <http://nccam.nih.gov/health/whatisacam> they states that CAM surveyed health care professionals' attitudes toward complementary and what they call alternative medicine. Their results follow a total of 21 surveys of physicians, nurses, public health professionals, dietitians, social workers, medical/nursing school faculty and pharmacists. The survey focused on beliefs about CAM, personal use, clinical practice use and referrals, communication with patients about CAM and their levels of knowledge.

Many asked for more information regarding various therapies. Physicians were more negative compared to other health care professionals. Positive attitudes toward CAM did not correlate with CAM referral or prescription patterns. Health care professionals of all disciplines wanted more information about CAM. Conclusion. Providing CAM education to health care professionals may help to integrate CAM into mainstream medical care.

Private health care has continued parallel to the NHS, paid for largely by private insurance: it is used by about 8% of the population, generally as an add-on to NHS services. In the first decade of the 21st century the private sector started to be increasingly used by the NHS to increase capacity. According to the British Medical Association a large proportion of the public opposed this move, especially since we were already paying tax for the service.

On the **Ministry of Justice's** website, guidance has been produced in response to evidence of continuing interest amongst patients in the use of treatment modalities which are currently outside NHS healthcare provision, but which are delivered by professionals who have statutory regulation in place. The evidence base for these services is growing.

A GP may not wish or feel able to advise a patient to consult a complementary therapist and therefore not wish to delegate or refer. In such cases, a GP is free to express their professional opinion; however they should make it clear that they have no objection to the patient independently consulting whoever they wish.

- **Drug Corporations**

Many of these companies have a tendency to take the DNA pattern of a plant, flower or crystalline substance, add it to chemicals and sell it at a far higher rate than the original herbs would have done. These added chemicals can also have an adverse effect on our

energy. The market has been flooded with all kinds of herbal remedies making claims that might not be true and are being regulated more often.

In response, the FDA has introduced a number of laws that prohibit herb manufacturers from claiming medical benefits resulting from the use of these products. It reports “increasing numbers of medical doctors are recognising the value of herbal medicine and now whilst some have been banned some of the world's largest pharmaceutical companies have introduced lines of herbal products.” Apparently the corporations spend just 14% on research and a large 31% on marketing. There is also talk on side effects of these drugs and that they do not have ongoing trials to follow on how they affect lives.

According to surveys carried out by CAM (Council of Alternative Medicine), which is an organisation that tries to research our therapies, research is poorly funded mainly because these therapies are rarely suited to traditional research techniques. There isn't much evidence to show how effective or safe medicines are, so it is presumed that they do not work in some fields. Many studies only include a few people, or aren't conclusive. If a therapy is found definitively to work, it might no longer be known as complementary or alternative allowing it to join mainstream medicine as a proven treatment. On the [NCCAM's Time to Talk campaign](#) there is a note about effectiveness and safety of alternative therapy. They also discuss whether they are safe; and whether they work for the conditions for which people use them and, if so, how they work.

However, at least they advocate some general precautions as follows:

1. Select a practitioner with care.
2. Find out about the practitioner's training and experience.
3. Look for helpful recommendations from those who have used it.
4. Tell your health care providers about any complementary or alternative healing practices you use. This is important since some herbs can have adverse effects if taken with conventional ones.

I do not think that this happens very often. I do know from experience that some people do not even tell their families or friends they are receiving complementary healing therapies, just in case they accuse them of being a little barmy due to media coverage.

If you would not go to a doctor who was not qualified in their work would you go to a therapist who was not trained in a competent manner? I hope not. However there are those in this field who prey on people who are sad and lonely as per some leaflets dropped through our letterbox. These people give us healers and psychics a bad name.

Our governments and world organisations need to regulate and improve teaching in our field, so that only those who are professional can openly practise them and this is what they are trying to do with those teaching these skills by making new laws. However not all new laws actually get implemented due to lack of funds and dishonest people will always find a way to prey on the vulnerable in our society.

The Wellcome Trust, an independent, medical research-funding charity, promotes research on improving the health of both humans and animals and is the country's leading supporter of research into the history of medicine.

The Wellcome Trust is also aware of the limited research capacity within the field of complementary and alternative medicine (CAM), which a **House of Lords** inquiry addressed. It also concluded that **more information** was needed especially as to how and why these treatments worked. They subsequently also stated that a greater collaboration was needed between clinical researchers and CAM practitioners, in order to transfer research skills and scientific methods.

The House of Commons published with CAM a percentage of those people who used complementary therapies and their reasons for doing so. They debated the following:

“Whatever the reasons behind the popularity of CAM it is clear that there is an increasing number of patients and practitioners who are involved in this area of healthcare. It is this high level of public interest that has prompted our Inquiry”.

They considered the following:

(i) In an age where conventional medical research is advancing rapidly with major benefits for patient care and increasing life expectancy, why are people using CAM and for what are they using it?

(ii) Since most statutory controls pertain to conventional medical and other healthcare practitioners and their relevant organisations, are current regulations adequate to provide a safe service for patients using CAM?

(iii) Does current medical training prepare doctors, nurses and others to answer patients' questions about CAM? Do they have enough information? Should their training include familiarisation with CAM?

(iv) How well developed is the training of CAM practitioners? Are appropriate structures in place to support high-quality training? Are proper codes of practice being developed? Are appropriate accreditation processes in place to protect the patient? Are issues of Continued Professional Development being considered?

(v) Is the state of CAM research adequate? Is appropriate research being carried out to investigate efficacy and to ensure that patients are receiving safe, effective treatments? Are current research methods appropriate for CAM research? Is research funding available and is the research infrastructure there to support work in this area?

(vi) Should CAM's popularity among the public result in an increase in NHS CAM provision? If so, how should CAM be delivered? Should it invariably be complementary, perhaps by reference to CAM practitioners by doctors in primary care, or is there any case for the provision of alternative medicine on the NHS? Will NHS reforms change how CAM is provided on the NHS?

They did a survey on why people chose to have complementary therapies and received the percentages listed below:

	Percentage
Helps or relieves injury / condition	25
Just like it	21

Find it relaxing	19
Good health / well-being generally	14
Preventative measure	12
Do not believe conventional medicine works	11
Doctor's recommendations / referral	11
To find out about other ways of life / new things	11
Part of lifestyle	8
Cannot get treatment on NHS / under conventional medicine	7

All of this research, together with the following is very interesting and shows just how much society is changing its attitude to complementary therapies, specially those which have become more mainstream.

In another survey CAM found 12.7 percent of adults had used deep-breathing exercises, 9.4 percent had practiced meditation, and 6.1 percent had practiced yoga and that use of these three CAM practices had increased significantly since the previous (2002) NHIS. Progressive relaxation and guided imagery were also among the top 10 CAM therapies for adults; deep breathing and yoga ranked high among children. Acupuncture had been used by 1.4 percent of adults and 0.2 percent of children.

Cam has carried out many surveys to examine changes in attitude over the last 6 years. The attitudes of medical doctors belonging to the Kyoto Medical Association toward CAM were surveyed by a structured, self-administered questionnaire in 1999 and 2005. The results showed that the doctors familiar with the term 'CAM', practicing CAM therapies and attending meetings or training courses related with CAM, increased significantly from 1999 to 2005. The doctors who possessed knowledge of CAM also increased significantly from 1999 to 2005. Almost all doctors believed in the effectiveness of Kampo (Japanese traditional herbal medicine) and acupuncture. The number of doctors who believed in the effectiveness of aromatherapy and Ayurveda increased significantly in 2005, compared with 1999. In the near future, 58% of doctors desired to practice CAM therapies. In conclusion, the numbers of doctors who practice CAM therapies, possess CAM knowledge and desire to practice such therapies have increased over the last 6 years.

Spinal manipulation is used by people with low-back pain—a very common condition that can be difficult to treat. A survey carried out by Cam found , according to the 2007 NHIS, chiropractic/[osteopathic manipulation](#) and massage ranked in the top 10 alternative treatments. The survey found that 8.6 percent of adults and 2.8 percent of children had used chiropractic or osteopathic manipulation and that 8.3 percent of adults and 1 percent of children had used massage.

A survey carried out in Holland assessed attitudes, beliefs, experience, referral patterns and desire for education regarding complementary and alternative medicine (CAM). The

questionnaire included questions about demographics and practice characteristics, use of CAM by the pediatrician and/or his family, attitudes towards and knowledge of CAM, and inquiries about CAM use in their practice. A total of 343 (24%) pediatricians responded to the survey: 39% had used some kind of CAM therapy themselves during the past 2 years, of which supplements (64%) and herbal and/or homeopathic remedies (30%) were most frequently mentioned. The majority of the pediatricians (62%) seldom asked parents of patients about CAM use. Referrals to CAM doctors were made by approximately 30% of the pediatricians. In general, more than 50% of the surveyed pediatricians had little knowledge of CAM therapies. Conclusion, a significant group of Dutch pediatricians had a positive attitude towards CAM and refer patients to CAM therapies. The majority of pediatricians, however, do not ask patients about CAM use and seem to lack sufficient knowledge on CAM. a.vlieger@antoniuziekenhuis.nl

5. Conventional Medicine

Conventional Medicine and Healing are two very different things and they should never be confused. It usually takes several years of training and practice to be an effective healer and probably the double of that in order to be a medical practitioner. Conventional medicine focuses on diagnosis and treatment of physical symptoms, whereas healing focuses on the bio magnetic field (aura) and the systems within it. Both require different knowledge and different abilities.

One could in fact state that it is probably more difficult for a medical practitioner to train as a healer than it is for many others and, equally, that it would not make much sense for a healer to study medicine since the approach is virtually opposite.

Healers, rightly so, are not allowed to diagnose or prescribe medicines and should a client come with a physical disorder, a healer is required to advise him/her to see a doctor and explain that healing is complementary to conventional medicine. This is because healers have no medical training.

Doctors cannot possibly on the one hand prescribe medicine to those who are not seriously ill and on the other hand explain how healing focuses on the causes of symptoms and not on the actual symptoms. Equally since most doctors work long hours they would not have the time to also practice healing.

One could state on a positive note that both doctors and healers are about healing. They just focus on different parts of the individual, coming from 'opposite' points of view. Both are right and complement each other. May be it is also good to state that one cannot be an expert in two completely different fields.

How are things changing?

Spiritual healing was once dismissed as quackery but new evidence is opening up doctors to beginning to accept the power of this type of healing. www.dailymail.co.uk 2011

On spiritual healing Professor Harald Walach, a psychologist from the University of Northampton, says: 'We should take this phenomenon seriously even if we don't understand it. To ignore it would be unscientific. Our work shows that there is a significant effect.' For despite it being the most widely practised alternative remedy, science has only recently

begun to investigate whether spiritual healing actually works. Scientists and doctors simply assumed that it didn't. www.dailymail.co.uk – could-spiritual-healing-actually-work.

The **British Multiple Sclerosis Society** advocates:

“Because there probably won’t be clear cut evidence available about the treatment, there may be other things to consider. It might be that, for you, a treatment makes you feel more in control of your MS, makes the effects of MS seem less or make you feel better overall – add to your sense of wellbeing, reduce stress and help you relax. These things are important if other treatments aren’t available or ...

Modern science is beginning to rediscover and confirm the healing power of herbs. The story of herbs involves a journey to all of the continents of the world and includes the methods of herbal practitioners such as the ancient apothecaries of Celtic Britain, the medicine men of the American Indians and the highly skilled herbalists of Ancient China.

Natural medicine and herbs are experiencing a global renaissance. For example, nearly 50% of the United States population currently uses complementary therapies of some type. Herbal medicine is foremost among these. However, the re-introduction of herbs into western culture has not occurred without friction and new laws have meant that many suppliers have gone out of business, especially those trading on the internet.

The **World Health Organisation** states:

Traditional medicine refers to the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness. Traditional medicine covers a wide variety of therapies and practices which vary from country to country and region to region. In some countries, it is referred to as "alternative" or "complementary" medicine (**CAM**).

Traditional medicine has been used for thousands of years with great contributions made by practitioners to human health, particularly as primary health care providers at the community level. TM/CAM has maintained its popularity worldwide. Since the 1990s its use has surged in many developed and developing countries.

In 2009 the **United Nations Economic and Social Council** published a paper on the potential of traditional medicine which said:

“We cannot ignore the potential of traditional medicine”. It was reported that “ traditional medicine was a field in which the knowledge and know-how of developing countries was “enormous” -- and that it was a source of hope for improving the world’s health-care situation. Interestingly, industrialized countries could gain from experience of developing nations, not the other way around. In some Asian and African countries, for example, 80 per cent of the population depended on traditional medicine as the main source of care. In Europe and North America, traditional medicine was most often used by middle and upper classes and had fast become a growth industry”.

6. Action Research Results

Out of those 50 people surveyed:

I am very pleased to say that In the survey I carried out all believed in a

Higher Source or Divine Source.

Many believed, due to pressure of work and appointment system in operation, they did not receive tender loving care from their doctors anymore. In fact only 2 out of 50 said that they did get tender loving care from their doctor. They did, however, live outside of London. Out of the 48% who did not receive tlc from their doctors, 10% said that they found it hard to get an appointment and sometimes had to wait two weeks. 2% of those did not trust the NHS system at all.

Some, almost, 25%, said that the NHS was overstretched and was not carrying out those services needed due to lack of funds and the most experienced staff leaving, due to their wages not rising. They did not know that the population would grow so much at the time it was created.

All commentated that they would not see either a doctor or complementary therapist who was not fully qualified, but 15% said that they might be prepared to be treated by a student going through practitioner training with supervision, maybe as a case study.

Only 2% of the survey confirmed that they were recommended to seek complementary medicine by their doctor and 48% said that it was part of their life style and that they believed in a more holistic approach to all problems being faced in today's society when we rely on others and blame them if things go wrong.

7. Second Survey

The second survey was taken after the 50 respondents had read the fact sheets, map and charts. The response indicated that the information had achieved the goal of altering a significant number of the respondents' perceptions of complementary medicine.

Approximately 24% said that the facts had broadened their understanding of the different types of energy/complementary medicine and set them in a historical context. Also that it clarified the difference between alternative and complementary medicine and they would now call it complementary.

Although, of those who relied mainly on NHS care or private doctors, 40% had also visited a reflexologist, chiropractor, massage therapist etc ., without even considering that it was energy medicine or complementary. This was good to see how much has already been integrated into our medical health system.

Many did not realise that some of the treatments they had received were in fact holistic or spiritual practices at one time or another, but had become more clinical due to being incorporated into the NHS system, although the majority used private practitioners, who had more time to give tender loving care and to listen.

This was confirmed by The **House of Commons** on their website:

Prior to the introduction of the National Health Service (NHS) in 1948, the provision of primary medical care in the United Kingdom was very uneven. Nevertheless, many doctors were able to find ample time to spend with their patients. They made many house visits and came to know much about the families for whom they cared, both medically and socially. Their principal method of caring for their patients, apart from using the range of herbal remedies available, was the provision of what has been referred to commonly as "tender loving care" (TLC) to aid natural recovery, namely to supplement the "vis medicatrix naturae".

8. Conclusions

I would like to see a more positive outlook of complementary healers and, although word of mouth is the best recommendation, a better perception and giving out more information is the way ahead. The other most holistic aspect of all is not to be judgemental of others just because they do not live in the same way or manner or have the same beliefs as you do.

"Complementary medicine" refers to use of CAM **together with** conventional medicine, such as using acupuncture in addition to usual care to help lessen pain. "Alternative medicine" refers to use of CAM **in place of** conventional medicine. "Integrative medicine" combines treatments from conventional medicine and CAM for which there is some high-quality evidence of safety and effectiveness. It is also called integrated medicine.

While the Data Protection Act gives patients the right to access their personal medical records, the Freedom of Information Act (FOI) 2000, which came into force in 2005, allows members of the public to ask for information about how all local public services are run, including government departments such as the Department of Health (DH), and NHS Trusts. Maybe we should get more involved in this aspect of our healthcare.

Traditional medicine is the sum total of knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve or treat physical and mental illnesses.

Traditional medicine that has been adopted by other populations (outside its indigenous culture) is often termed alternative not complementary medicine, but this is changing rapidly.

Who uses traditional medicine?

In some Asian and African countries, 80% of the population depend on traditional medicine for primary health care. In many developed countries, 70% to 80% of the population has used some form of alternative or complementary medicine (e.g. acupuncture).

(b) What have you learnt from this? Are there areas you can improve?

We can improve matters by giving out more information and passing self healing methods on to others in order for the NHS to be able to get on with its job and not have to attend so many minor problems, which is grinding it down somewhat. I felt sorry for the NHS but could see that there was no way they could have forecast what was going to happen with a bigger population and expansion of treatments.

I think that the NHS is guided by the government for the people and that it is high time they sorted it out to run in an efficient manner, with less time wasting and more tlc.

Healers usually only need to have a very basic knowledge of anatomy & physiology since they do not diagnose or focus on any [physical] symptoms. It would be helpful if doctors could have a very basic knowledge of the human energy field even if they do not focus on that part of a client. It is just a matter of having a general knowledge so if a client tells a healer about a certain organ or body part, the healer does not need to ask what is meant and if a client tells a doctor about issues within their auric field, s/he can relate to what is said and not dismiss it. We believe that it is vital that doctors and healers start to work together, keeping the correct boundaries, since this would be to the benefit of many and help the NHS to reform. There has been thoughts recently in allowing people to choose how to spend their share of the NHS fund in whatever manner they choose but how this would be achieved is beyond me as it would be on such a large scale.

Sounds familiar? The only way to effectively deal with anything is to take responsibility for your world, which means taking action and becoming more in charge of what suits you personally.

What can I do personally?

In my own way I can help to change peoples' perception of the crystal and spiritual worlds by giving more lectures about my subject and also by training good professional teachers/healers, who will go out and teach more people about our work and how they can help re-empower themselves. In this way the ripple will take effect.

What has not been answered?

A question not answered for me is the view of those entrenched deep within their religious belief system who are not open to seeing things in a different way and that times have changed a awful lot since some of the books were written. To be spiritual is to transcend being a religious recluse or fanatic and becoming part of the bigger picture.

I believe 2012 to be a time when many organisations will become more spiritual and look at the bigger picture instead of always thinking about profit before humans.

Scientists have now demonstrated that films and especially one as terrifying – and mass marketed - as 2012 can have huge negative psychological impacts. Fear is much more than a mental state. As neurologists have shown, whilst short-term fear releases adrenaline to stimulate the evolutionary fight or flight response, acute fear and prolonged anxiety not only release other stress-related hormones, but condition our brains to continue with this chemical production, even when the cause of the fear stops. Under such conditions, our immune systems are disrupted and chemicals that are toxic to our tissues, especially those of the heart, are released. Scientists are now recognising that emotions such as hope, joy and gratitude have a corresponding positive effect on our psychological and physical well-being.

9. My recommendations for further research:

We should promote to others who are re-empowering themselves to look at all options before making a decision as each one of us is an individual and unique. Therefore what works for one may not work for another, but we should remain open minded non-judgmental and part of a bigger picture.

Some say that 2012 can be a new beginning for humanity – the choice is ours to make....join us. The Momentum is happening. Be a Seed for Change and work towards a new perception of everything around you.

Our planet is threatened by multiple crises - a climate crisis, food crisis, financial crisis, proliferation crisis, which could split us apart like never before, or bring us together like never before. It's the challenge of our time, and the outcome will determine whether our children face a darker world or one thriving in greater human harmony.

In short, these important times on Earth are calling us to question authority, to research and think for ourselves, to find our true resonance with the global energy system. If you wish to find the truth you will have to look inside yourself and take back the possession of your soul.

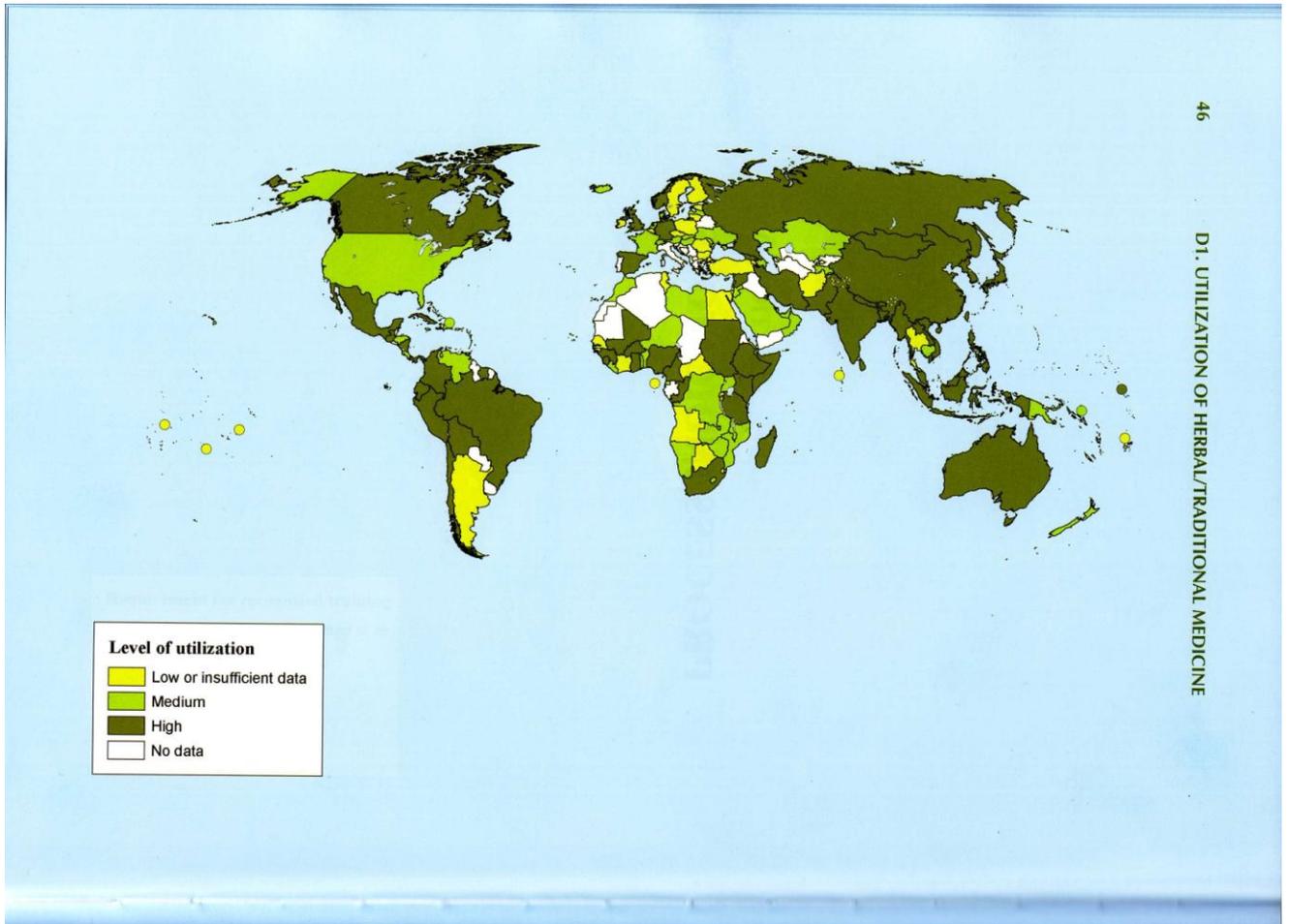
We are all on our personal journey towards enlightenment and this is a process that is continuous. Although there is help and guidance on our journey, we must experience it for ourselves, which is why there is no 'Royal Road' towards a better state of being and obviously no one else can learn our lessons for us.

It would seem that the times they are a changing (Bob Dylan 1964).

Evaluation

I think I managed very well with my action research and got really interested. However, I then had too much information which had to be read and condensed into compact information. I found it a challenge to keep the project focused as I am so interested in the area of complementary medicine. I need to develop some areas – yes I need to keep my glasses on so that I am not squinting and always type in the correct numbers. I need to be more structured in my approach so I don't get side tracked and spend too much time on the background literature search side.

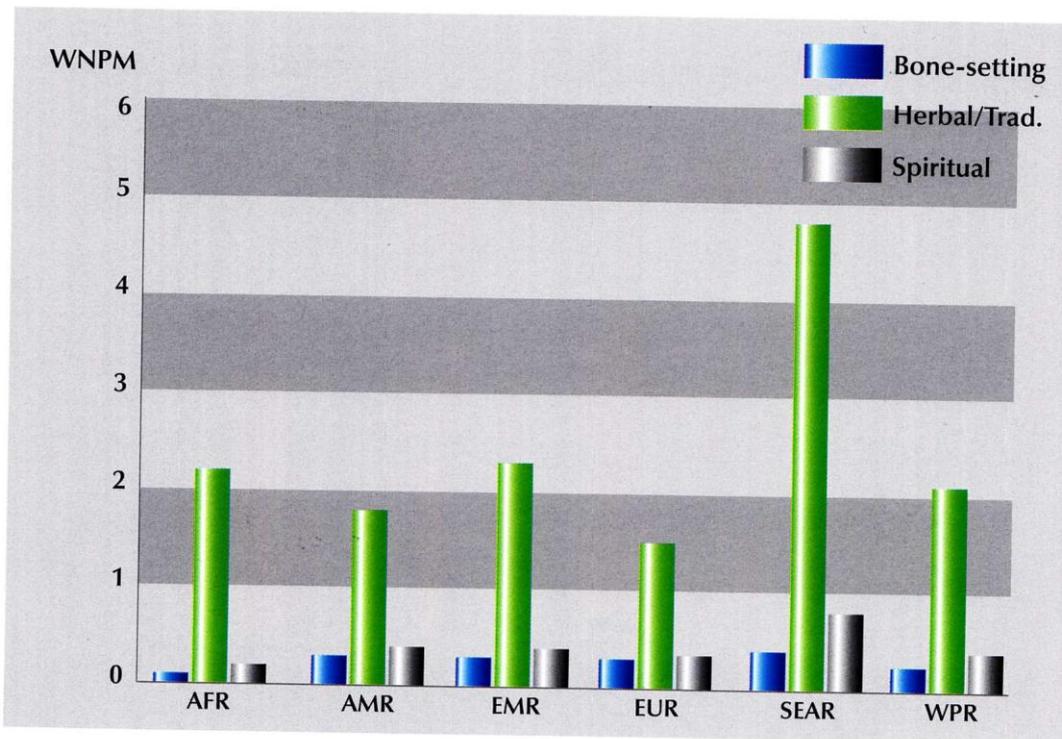
If I wish to research something in the future I am very much better equipped to do so after studying with you and doing this course. At least I now know where to start, where to go and how to present it. I would use action research to help me develop courses and I feel the more practice I have at action research, the better I will get.



The World Health Organisation has published the above map showing the utilisation of herbal/traditional medicine around our planet, which is very interesting.

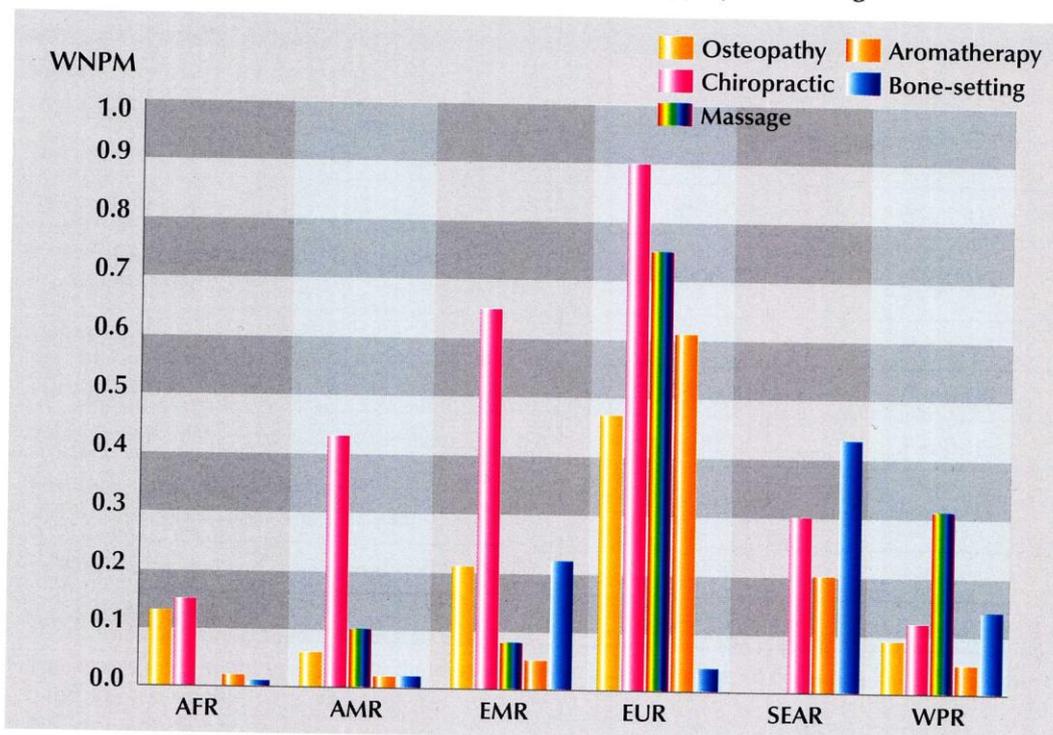
E2. POPULARITY OF THERAPIES BY REGION USING WEIGHTED NATIONAL POPULARITY MEASURE SCORES

Figure E.2.1. Popularity, as measured by Weighted National Popularity Measure (WNPM) scores, of bone-setting, herbal/traditional medicine and spiritual therapies by WHO region



AFR, African Region; AMR, Region of the Americas; EMR, Eastern Mediterranean Region; EUR, European Region; SEAR, South-East Asia Region; WPR, Western Pacific Region.

Figure E.2.2. Popularity, as measured by Weighted National Popularity Measure (WNPM) scores, of manual therapies and aromatherapy by WHO Region



AFR, African Region; AMR, Region of the Americas; EMR, Eastern Mediterranean Region; EUR, European Region; SEAR, South-East Asia Region; WPR, Western Pacific Region.

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The National Federation of Spiritual Healers in the United Kingdom was founded in 1954. It is a registered charity and “is not associated with any religion”. It does see the source of all universal energy as Divine, but respects the right of every individual to their own interpretation of that source. The word “spiritual” in the title refers to the quality of spirituality implicit in the healing process.” All NFSH members are bound by a strict Code of Conduct.” www.nationalfederationofspiritualhealers.

The **British Acupuncture Council (BAC)** is the leading self-regulatory body for the practice of traditional acupuncture in the UK and is a member-led organisation. It states that Traditional acupuncture is a healthcare system based on ancient principles which go back nearly two thousand years. It has a very positive model of good health and function and looks at pain and illness as signs that the body is out of balance. The overall aim of acupuncture treatment, then, is to restore the body's equilibrium. What makes this system so uniquely suited to modern life is that physical, emotional and mental are seen as interdependent, and reflect what many people perceive as the connection between the different aspects their lives.

All trained crystal healers belong to a governing body and also adhere to a code of conduct. All members are fully insured by a policy which provides public and professional indemnity. **A.C.H.O.** the Affiliation of Crystal Organisation was formed in 1988 by a group of crystal healing organisations to promote training and competence in crystal healing therapy and to act as part of a nationally recognised representative body for crystal healing - the Crystal Therapy Council (CTC), which is a member of the General Regulatory Council for

Complementary Therapies (GRCCT). I belong to BAHA, which is an umbrella group of healing associations comprising of accredited healers and those under training. BAHA was formed in 1976 and gained charity status 1982. www.BritishAllianceofHealingAssociation.

The British Chiropractic Association (BCA) is the largest and longest-standing association for chiropractors in the UK. It was founded in 1925. The BCA only accepts members who have graduated from a nationally or internationally-recognised college of chiropractic education, after a minimum of four years full-time training and ensures its chiropractors maintain high standards of conduct, practice, education and training.

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House of Commons

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11. Appendices

Survey

Date:

Please give your answers to our questionnaire in order that we may gauge a level of perception about complementary therapy.

Do you believe that complementary therapies can work together with conventional modern medicine?

Yes No Sometimes Never

Have you experienced any of the following complementary therapies?

Spiritual Healing	Herbal/Flower Remedies	Chiropractics
Homeopathy	Acupuncture	Massage
Reflexology	Crystal Healing	Hot Stone or Magnetic Healing
Osteopathy	Reflexology	Sound or Colour Healing

If you have received healing from any complementary therapist

(i) were you referred by your GP?

(ii) or did you go of your own accord?

(iii) did you follow a recommendation?

(iv) how did it make you feel?

(v) did it change your views at all?

if so, how?

(vi) do you think you receive TLC (tender loving care) from your GP any more?

(vii) do you believe in a Divine source or higher Universal consciousness?

Would you see a doctor who was not qualified? Yes No

Would you see a healer of complementary medicine if they were not fully qualified?

Yes No

Thank you for filling in this survey.

FACT SHEETS

Everything in our Universe is based on energy, which even the scientific community agrees with. Yet, despite society's claims to technological advancement, our world is in a devolved state of violence, financial enslavement, and widespread greed and fear. In contrast, many of our ancestors appear to have lived balanced, creative, healthy lives with great respect for the natural forces of the Earth, in connection to the cosmic forces of the Universe.

Energy medicine moves stagnant energy around our bodies and aura to keep us balanced and healthy. We need to be fully grounded, with balanced chakras, a clean auric field (which may hold residue from outdated emotions, mental problems or man made drugs) and a more broader outlook on life to be balanced and able to carry out our lives every day.

Spiritual healing is the art of healing with ones hands also known as the laying on of hands and has been around for thousands of years. Jesus was certainly a hands on healer and also performed miracles (**Holy Bible**).

Were you aware that the **Egyptian Ebers papyrus** states the medicinal uses of many different gems and that crystal healing is also recorded in India's **Ayurvedic/Chinese** records from around five thousand years ago. The concept that the mind is important in the treatment of illness is integral to the healing approaches of traditional **Chinese medicine** and **Ayurvedic** medicine, dating back more than 2,000 years.

Our sixth sense or ESP is our ability to perceive the subtle dimension or subtle world. A subtle experiment is a means of testing and training ourselves to use our sixth sense (ESP). We can define the subtle dimension or subtle world as the world which is beyond the understanding of the five senses, mind and intellect. The subtle world refers to the unseen world of spirits like gods/goddesses, angels and ghosts etc., which can only be perceived through our sixth sense (ESP). Taking notice of your sixth sense (gut feelings) may help you make important decisions.

References to massage appear in writings from ancient China, Japan, India, Arabic nations, Egypt, Rome and Greece (**Hippocrates** defined medicine as "the art of rubbing").

Reflexology has been around for several thousands of years and is known to have been practised by the Chinese and the Egyptians. There are points in the feet that relate to our major organs and systems.

In accordance with **Hippocrates'** admonition to "Let food be your medicine," culinary herbs are used in every culture to prevent spoilage and to aid healing and increase digestibility of foods. The crystalline energy called salt was the other preservative used by our ancestors to preserve food. **Hippocrates** noted the moral and spiritual aspects of healing and believed that treatment could occur only with consideration of attitude, environmental influences and natural remedies.

Modern conventional medicine works on the physical body using drugs (some of which have not been tested enough) and sometimes ignore the spiritual aspects involved in dis-ease.

We need to incorporate all angles in modern medicine i.e. complementary not alternative.

In your perception, when do you think society's ideas about complementary therapies, being alternative to conventional medicine, began and what caused the loss of what we call spirituality or change of holistic lifestyle?

To maintain a good life: -

Know your limitations and how to say no to others.

Take responsibility for your own self healing whenever possible.

Try listening to your 6th sense (gut reactions).

Walk in nature as much as possible.

Learn to meditate which is very good for stress.

Keep active and/or attend regular exercise classes.

There is much more traditional/spiritual/energy medicine going on across our planet than conventional practice.

After reading this and looking at the graphs/maps, have you changed your perception on what energy/complementary medicine actually is and just how widespread it is?

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