

# Your Power to Heal

Resolving Psychological Barriers  
to Your Physical Health

Henry Grayson, PhD



**sounds true**  
BOULDER, COLORADO

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# The Infinite Possibilities of Self-Healing

How we think of ourselves is critical to self-healing. If we see ourselves at the mercy of the many perceived causes of sickness, self-healing will be difficult. Unfortunately, our culture and our widespread worldview have tended to support this perspective. We see ourselves at the effect of germs, viruses, our genes, and even pollen or the weather. We also tend to think that all the healing comes from outside sources, such as the doctor who orders a prescription or medical procedure. These may be helpful sometimes in getting rid of a symptom, but medical interventions may now be a leading cause of death.

The purpose of this book is to help you get to the underlying cause of the symptom and then deal with it constructively to heal—and not create more problems in the process, as many medications, tests, and procedures often do. Most of us don't think we possess the power of self-healing, even though it's our intrinsic nature. As you shall see, this perspective is confirmed by both the science of quantum physics and ancient spiritual wisdom.

Thinking of ourselves as powerless is so commonplace that it's not easy to recognize. To illustrate how often and automatically we feel that we're at the mercy of forces beyond our control, consider the words often used by doctors:

- “Is your shoulder still bothering you?” (This implies that your shoulder has the power and intent to cause you pain.)
- “I'll put you on this medication.” (This implies that you're helpless as a baby, and someone who knows what they're doing must manage the situation.)

- “You’ve been under a lot of stress lately, so take this pill.” (You’re incapable of de-stressing from this stress hanging over you, so you need a drug to fix your symptoms.)
- “Let’s watch that symptom for a while and see what *it* does.” (We give power to the symptom rather than giving ourselves the authority to communicate clear messages about what to do.)

And think about the language we use with ourselves:

- “I caught the flu from that person at work.” (You feel powerless and have no choice but to reach out and “catch” whatever germ is in the environment.)
- “My back is killing me.” (This implies that your back has a powerful intention to harm you.)
- “It’s that food I ate.” (The cheeseburger controls your digestive system.)
- “I heard on the news that it’s a bad allergy day. I know I will feel miserable today.” (The pollen count—or the allergy report itself—determines how you will feel.)
- “I will get the same sickness my mother or father had.” (You are a victim of your genes; you will repeat ancestral patterns.)

Of-repeated phrases like these support the belief that we are powerless, which only promotes sickness by sending these messages to our body’s cells instead of supporting our use of our own innate healing powers.

Belief in our own powerlessness is just as much a factor in mental disorders as physical illnesses. What is the underlying dynamic in depression, anxiety, obsessive-compulsive disorder, traumas, addictions,

and phobias? It is the feeling of powerlessness and our ineffective ways of recognizing our intrinsic power to deal with it. In fact, we humans get so attached to these feelings of powerlessness that we think any other perspective is false, outrageous, impossible, or even crazy. Yet we will often fight for the right to continue to see ourselves as “at the effect of . . .” It seems that one of our greatest fears is to embrace our inner power.

### **The Old Scientific Worldview of Healing**

As noted above, most Westerners today follow a scientific worldview originated almost 350 years ago by Isaac Newton, in which the only things that are real are those that can be observed or measured through the five senses. Although Newton’s discoveries revolutionized science, there’s no room in the Newtonian worldview for the role of human consciousness and how it can create change within the body. And there’s certainly no allowance for miracles that are possible in the invisible—yet quite real—quantum or spiritual realms. Ironically, Newton became most famous for outlining the laws of gravity—which cannot directly be verified through the human senses. Even Newton had to change his original belief that one object cannot affect another without touching it, which he originally thought was insane—but he eventually came to outline the laws of gravity. We also need to change our old beliefs.

In addition to Newton’s worldview, mainstream medicine and its theories of infectious disease are based on germ theory, as expressed in the 1860s by Louis Pasteur. He viewed the body as a sterile machine that operates more or less efficiently until a foreign substance is introduced. Current theory based on Pasteur’s ideas says that when specific microbes (germs, bacteria, viruses, cancer cells) enter the body, they produce a specific disease. This theory does not consider the role of consciousness in this process nor how it affects the way the immune system responds to the microbes. Conventional allopathic medicine uses chemotherapy, radiation, antibiotics, antivirals, and other drugs to attack and destroy these organisms, because in this system of thought if there are no microbes left, there will be no disease. This commonly held belief

is that our health can only be restored if germs or microbes that cause illness or disease are eradicated, meaning that we are at the mercy of microbes and can be restored to health only by another substance apart from us and our power. (It's interesting to note that Pasteur himself later changed his own germ theory, giving more power to the environment. The environment includes consciousness above all else, according to the "new physics," which I will explain shortly.)

The reality is that we are constantly exposed to germs, bacteria, viruses, and even have a certain number of cancer cells in our bodies. The outdated, mechanistic germ theory does not explain why these cells multiply at one time and not another. Further, treatment only with medications does not tap into our internal power; it temporarily corrects the surface problem in the short term and reinforces the concept that the healing power is external. I don't condemn the advances in modern medicine, nor am I saying you should never take prescription medications or have surgery, because these methods can save lives. However, it's too easy to pop a pill, feel better (temporarily), and search no further for the internal blocks to healing the cause. Let us never stop with short-term solutions of symptom removal but continually be curious to *dis*-cover—literally "remove the covering"—not *re*-cover the real causes of health problems. Dealing with the underlying source of disease—from the common cold to cancer—will lead us to increased healing and health at the core level. With these cumulative experiences, we can begin to embrace more of our intrinsic power to have positive effects on our bodies.

Medications and surgery can work in partnership with self-healing techniques you'll learn and practice. When you summon the healing energies of your mindbody, you may be able to decrease your reliance on prescription drugs—or ultimately prove to your physician that you're healthy enough to stop taking them altogether. Sometimes conventional allopathic medicine is necessary when we're not ready to embrace our deep, healing power—which, by the way, has no "side effects," the nice term that drug companies invented for additional illnesses or unpleasant symptoms caused by taking their medications.

## The Unified Field and How It Can Help You Heal

According to the Newtonian and Pasteurian perspectives, our health depends solely on the absence of germs and upon medical interventions such as drugs or surgery—and we're reduced to being victims of microbes. Fortunately, a new scientific worldview is emerging, thanks to the development of quantum physics and particle theory during the twentieth century. This groundbreaking scientific theory and research leads us to a new understanding in which the individual is quite powerful, because, even though we and each thing around us seems separate, we are not and can never be separated from the immense intelligence and power of the multiple universes. Just consider the word *individual*. Break it into its component parts: “in-divid-duality.” Does not this mean “divided into duality?” We think this division is a reality, when in actuality it is part of the world of illusion.

As we saw, David Bohm, PhD (1917–1992), and other physicists declare that there is just one unified field of consciousness in the universe. As he stated in his book *Wholeness and the Implicate Order*: “It will be ultimately misleading, and indeed wrong, to suppose . . . that each human being is an independent actuality who interacts with other human beings and with nature. Rather, all these are projections of a single totality.”<sup>1</sup> Bohm also wrote, “Mind enfolds matter in general and therefore the body in particular.”<sup>2</sup> In fact, being in a seminar with Dr. Bohm in the 1980s totally changed my perspective and life because he helped me see the interconnectedness of everything and how we cannot be separate from the power and intelligence of the universe, even though so much of humanity sees us that way.

Similarly, the Nobel Prize–winning physicist Erwin Schrödinger (1887–1961) speaks of there not being millions of separate minds and separate intelligences throughout life in the universe, but just one mind in the universe: “Consciousness is never experienced in the plural, only in the singular.”<sup>3</sup> In *Quantum Questions*, Ken Wilbur writes, “Not only has none of us ever experienced more than one consciousness, but there is no trace of circumstantial evidence of this ever happening anywhere in the world.” He goes on to quote the English neurophysiologist Sir Charles Scott Sherrington (1857–1952):

“Mind is, by its very nature, a *singulare tantum*. . . . The overall number of minds is just one.”<sup>4</sup>

Sherrington means that we are all part of “the One Mind.” Could this be what religions have called God or Universal Consciousness? Perhaps this is what is meant in the creation myth in the book of Genesis in the Bible. After describing how God created the heavens and the Earth, it adds, “and God created man in his own image and likeness.” This means not bodily form, obviously, but possessing all the powerful qualities of love, intelligence, and creative power that we humans ended up projecting onto a separate “sky god” with a big ego that separates us from this power. This has been done in many religious doctrines that are usually quite different from the original spiritual teachings. The word *yoga*, for the ancient yogic tradition, means “to yoke”—that is, to reconnect in our awareness our interconnectedness with this divine power and Source. Many yogis, chi gong masters, and shamans have demonstrated to others how amazing we humans can be when we recognize we are connected to this larger power. We are part of the All That Is. We are creators.

As Albert Einstein put it, “The field is the sole governing agency of the particle.”<sup>5</sup> This means that the unified field influences that which we call “matter.” And theoretical Princeton physicist John Archibald Wheeler, PhD (1911–2008), expressed it even more powerfully when he concluded that we bring the whole universe into existence through our consciousness. His statement is probably based on the teachings of physicist and quantum theorist Niels Bohr (1885–1962), who made the observation that particles come into existence only when they are observed.<sup>6</sup> This all means that we are the creators, not the victims, of the universe! This includes our bodies. It is consciousness that rules, not our bodies.

What are the implications of these quantum physicists’ discoveries for self-healing? Everything! If we believe ourselves to be powerless, we set ourselves up for misery and suffering, emotionally and physically—and these two can never be separated, contrary to widespread beliefs. We forfeit our power for self-healing, instead giving it solely to the doctor or attributing it to medicine. But if we

deeply believe something will work, we temporarily give the power to the person or substance, and then we feel the result.

Researcher Ted Kaptchuk and his Harvard Medical School team asked patients who suffered from severe irritable bowel syndrome (IBS) to take a placebo. The researchers told the patients that the dummy pill had zero active ingredients, but they explained that a placebo could improve IBS through mindbody healing processes. The scientists also told participants that they did not have to believe in the power of the placebo and that they only needed to take two pills a day. The results: 59 percent of the placebo pill takers had significant relief while only 35 percent of the control group, who received no treatment, did.<sup>7</sup>

Thus, what science calls a *placebo* is something that is powerless, which is true. Yet medical research has only begun to acknowledge the power of the mind and its beliefs, which are the most powerful healing source. To do even more effective self-healing, let the words of eminent British physicist Sir James Hopwood Jeans (1877–1946) sink in deeply: “Mind no longer appears to be an accidental intruder into the realm of matter. . . . We ought rather to hail it as the creator and governor of the realm of matter.”<sup>8</sup> Such a worldview is quite different from what physicians and psychologists are taught in graduate university programs and from what most people think. We are not to blame ourselves. Just think how long it took before people believed that the world was not flat or that the sun did not revolve around the earth. The Wright brothers showed us we can fly, and Henry Ford revealed that a carriage could be horseless. It is also taking humans a long time to accept that we are all connected to and part of the enormous power of the universe. As physicists in the twentieth century came up with the concept of the unified field and quantum physics, they were often demoted or fired from their jobs at universities; decades later, many won the Nobel Prize for their research and discoveries.

## SELF-HEALING WISDOM FROM THE ANCIENTS

The more science progresses, the more we return to spiritual practices that have been with us for millennia. In fact, the science of quantum physics resembles much ancient spiritual wisdom:

- “For as he thinks in his heart, so he is.”—Jewish proverb
- “Ask, and it shall be given to.”—Jesus of Nazareth
- “We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”—The Buddha
- The apostle Paul referred to God as “in whom we live and move and have our being.”
- The Sanskrit word *yoga*, from the Hindu tradition, means “to yoke,” or reconnect to our oneness. The *asanas*, or exercises, in the physical practice we call yoga, are only the first step of this process.

## The Implications of Quantum Physics for Healing

If we cannot see and measure something by using the almost 350-year-old Newtonian science, it's hard for us to believe it's real. And that's precisely the old worldview that we must transcend in order to free ourselves from powerlessness. This attitude binds us to our barriers to healing. When we break down these barriers, we open ourselves to the energy field and to our infinite power to heal.

We used to think of the world as having much solid matter—perhaps most of us still do. Yet that is an illusion. We used to think there was at least a little bit of matter in an atom. Remember the picture of an atom your science teacher drew on the chalkboard? It looked like a sun with planets revolving around it: the neutron was in the center with the electron and proton moving around it. We thought these parts of the atom were matter. Now, when scientists in a lab in upstate New York crush an atom to break it down to its smallest parts, all they find is a spark of energy. If our bodies are made up of atoms, what does this mean? As hard as it is for us to believe,

we have to face that the atoms that make up our bodies are 99.999 percent empty space—energy and information. As Fritjof Capra, author of *The Tao of Physics*, wrote, “Most unstable particles live . . . less than a millionth of a second.”<sup>9</sup> So how can there be something there if particles are just energy?

It’s hard for us to see that “All that we see or seem / Is but a dream within a dream,” as Edgar Allen Poe wrote. We are, as physicists express it, “tendencies to exist.” What does this mean about the body’s symptoms? It means that our bodies are not concrete and immovable; they’re made instead of molecules that are constantly popping in and out of existence. What would happen if we knew and believed that we could give the molecules different instructions? What if we knew we could connect to our own consciousness (our human awareness) and direct them to heal?

All living matter—that which is seen and unseen—is in a constant state of change. In quantum physics, a quanta is known to be ten million to thirty million times smaller than the smallest atom. Can you imagine such a degree of smallness? This means that at the quanta level, energy and what we call matter are virtually indistinguishable. At this level, according to physicists, it is consciousness that determines whether it remains as energy or whether the energy vibrations slow down to appear as what we call matter.

The implications of this for self-healing demonstrate that our thinking, beliefs, and emotions can and do have a profound impact on what happens in the body. We can no longer see ourselves as powerless in relation to the body’s symptoms—as a body separated from a mind—or against the influences of the world about us.

According to the new physics, instead of viewing illness as the result of invading pathogens, we must add the power of human intention into the mix. Bruce Lipton, PhD, is a cell biologist who promotes the idea that genes and even DNA can be changed by a person’s beliefs. A new field, called epigenetics, clarifies this idea by noting that no genes are unchangeable. Instead, they are activated or deactivated by the environment, and the environment includes consciousness as a major component. Lipton argues that a cell’s environment isn’t just material chemical connections but is also consciousness, which connects each cell—and our entire body—with the unified field of consciousness. Therefore, our thoughts can and do affect our cells constantly. Sometimes the effects are very quick, but other times

they are slowly cumulative. This is why cumulative stress or uncleared traumas can eventually show up as cancer or an autoimmune disease.

Research by Rollin McCraty, PhD, of the HeartMath Institute in California focuses on how both positive and negative emotions affect DNA. In one study, a test tube of human DNA was given to subjects trained to generate and feel different emotions. When the subjects felt gratitude, love, and appreciation, the DNA responded by relaxing and unwinding, increasing the DNA's length. When the subjects felt anger, fear, or frustration, the DNA became constricted and shorter, and switched off many of its DNA codes. These codes could be switched on again when the subjects returned to feeling love, gratitude, joy, and appreciation.<sup>10</sup> If consciousness had such an immediate, noticeable effect on a single strain of DNA, what could it do to one's whole body?

To date, hundreds of studies show the effects of stress on the body's cells and how it brings on diverse illnesses. Most stress comes from some form of negative thought, emotion, trauma, interpretive perception, or belief about an experience we're having. But, as with the DNA, our whole bodies respond to all our thoughts—both negative and positive. For instance, when my youngest son was ten, he helped me build a Japanese-style arched bridge across a stream in the yard. The handrails were made with two-by-fours soaked in water so they would bend without breaking, and I fastened them in place with long screws, using an electric screwdriver. Suddenly I noticed a screw stopped going in. I looked more closely and saw that I had stripped the head. I reached down to pluck out the screw with my fingers, not realizing how hot it was. When I touched it, the screw seared my forefinger and thumb like a piece of chicken in a frying pan. I saw the smoke and felt strong pain from the burn.

Normally, I would have stopped my work and rushed into the house for first aid. Instead, a little voice in my head said, "Oh, it will be alright." And strangely, I let myself totally believe it and continued working on the bridge. Twenty minutes later, I looked at my fingers: there was no burn remaining, and I no longer felt pain! My son witnessed both the burn and the healed fingers, so I knew I wasn't hallucinating. At that point, I knew the universe was teaching