Show Introduction and Weekly Wellness Message

Hello and welcome My name is Dawson Church, and each week I bring you another episode in this series. It's such a pleasure to investigate these topics and chat with scientists, with researchers, with people who are professional clinicians, working with others in the field, people who are developing the theories and the insights that I'm going to guide.

Wellness and well-being for the next generation. And we are at the most exciting moment imaginable in terms of where we are in the development of these fields, because we have both ancient techniques that we draw from, like there are now over 13,000 studies of acupuncture, 30,000 studies of acupuncture showing that it is effective for an enormous range of conditions.

And there is evidence showing that acupuncture points were known by human beings 6000 years ago, not just in the East, but also in the West. So we have these ancient techniques, and we now have ways of analyzing them using modern equipment and methodologies.

And so as we put the lens of science on these ancient techniques, we're discovering that they're often remarkably effective, and we can validate them using modern research tools.

So you now get the best in your own health and well-being for your own, both your psychological and your physiological well-being. You get the best of all possible worlds, and you will hear about it all on our high energy health program.

So if you're tuning in for the first time, you'll see we have over 100 episodes live. Make high energy health a part of your week. We release one new episode a week, and there is this treasure trove of back programs listened to.

And they will inspire you. They will give you insights into your own well-being. And what I want you to do with each one is also see how you can apply it privately to your life.

I recommend you listen with a pen and paper or a recording device. Maybe you're recording this on your your cell phone or your iPad or your laptop, and then take notes and apply these things to your life.

I know what I listen to an inspiring speaker when I when I listening to an aspiring program, I'm taking notes, then thinking, how can I translate these ideas into an action plan?

So reach at each episode of High Energy Health.

Amit Goswami and Quantum Integrative Medicine

Ask yourself that question how do I translate that into meaningful action, applied in my life as leverage over my own health and well-being? It can make a huge difference to you, and you'll find that you are able to dramatically improve your levels, both physical and psychological help as you apply these ideas.

So make High Energy Health part of your week. Apply those ideas and see what possibilities might emerge for you that might be much, much greater than those you currently experience.

Make High Energy Health part of your life and instead like to share these ideas with you. It's especially a delight for me today to share the work of Amit Goswami, and he has been a guest on our program several times before.

He is a professor emeritus of physics at the University of Oregon, and he taught there from the late 1960s to the late 1990s. And he's a renowned pioneer in the new paradigm of quantum science, based on consciousness, based on this whole emerging field of consciousness, and has coauthored a book called Quantum Integrative

Medicine with Valentina Onisor, MD.

She is a practicing physician at a pioneer in this new field of Quantum Integrative Medicine. Amit, it is a delight to connect with you again in this way.

Welcome. Thank you. It's always good to be with you Dawson. So you have been exploring this field now for quite a number of years, actually decades. And and looking at how to apply the insights of quantum science to to medicine.

What first gave you the idea of moving in that direction and illuminating medicine from the perspective of both consciousness and quantum physics? Well, I was at a conference with Dalai Lama in Durham, Salah, India and Dalai Lama challenged us, who are presenters of new ideas that, okay, ideas are good, but you have to apply it to society.

What good are ideas if human beings don't benefit from it? So the coincidentally, at the same time I was asked by, Doggett, a fellow consciousness researcher like me, to write a, something applying, the emerging theory that I was building of Quantum Science based on primacy of consciousness.

And, she herself was a biophysicist and inclined to, write on health and healing. So I took it as a challenge to write something on health and healing, that sort of stuff.

and so, initially you didn't know how those fields would converge, but then you began to explore them and come up with your first ideas. Yeah. often that happens.

I mean, the thing is that Quantum Physics makes it possible to introduce consciousness in science. And, once consciousness is introduced, since Quantum Physics is the basis of biology, consciousness naturally enters biology, human physiology and then and natural extension is to human health.

And so that idea should have come to me almost immediately.

Consciousness, the Five Bodies, and Healing

but as I said, it took a few years, but nevertheless, as soon as I applied myself to developing that idea, things happened like, you know, within months of that, I, was invited by the party, so to meet him.

And, so there I was introduced by his to his work on, whether and that's the prime alternative medicine you mentioned traditional Chinese, but traditional Indian medicine is called out whether it's also very well known and very much applied to human ailments today.

so, and then I met, qigong masters who taught me about Chinese medicine. So one thing led to another. I never met any homeopathy experts at that time, but I was myself very much interested because, you know, naturally, childhood I had all over my body very ugly works, and they sort of just not quit.

I tried all kinds of things. And then, somebody took me to a homeopath, and he prescribed this medicine. Pooja. And miraculously, within two days, the works just fell off one by one from my body.

So ever since I have been myself using homeopathy a lot in, healing. So, this is something that I was very happy to do. Find explanation of how it works, how acupuncture works, how all the traditional Chinese medicine and Indian medicine and even modern homeopathy and Mind-Body medicine, all that could be put together in a giant integrative umbrella.

So I wrote a book called Quantum Doctor in about 2004. I think. And, Valentina, joined me about, seven years ago. And since she is a doctor, she added additional knowledge.

And together I did additional research and many new things have happened. That is what led to the new book,

Quantum Integrative Medicine, where we are very happy to say that.

Now, if Quantum Doctor was to start, this is, sort of puts a lot of finishing touch on the project of integrating the various forces of medicine, alternative and conventional.

So before we look at that structure and how all of these, different methods are tied together by consciousness and healing, just give us a few examples of how consciousness does show up in healing in layperson's terms.

So here I am. I'm just the the average person. I'm interested in this material and I'm wondering how consider shows up in health. Just give us a few examples of how I might notice that in my health journey, in my daily life.

Oh well. The basic idea of that new idea that we introduce is that already around the people call it holistic medicine. we not don't have just a material body, but we also have a vital body, a mental body, even a body that we sometimes referred to as soul and of course, spirit that is also part of us.

So we say in quantum science that we have five bodies physical, vital, mental, soul and spirit. And we have to take care of all five bodies because disease can occur at all five bodies.

A physical ailment could be originated in the mind. Mind can find wrong meaning to emotional stress, and that emotional stress after repetition, repetition, repetition, block vitality us and that blockage of vitality again after repetition, repetition and repetition can become a physical element in otherwise physical organs.

Physiology. Our physical organs are connected to a vital body. It's affected by a vital body. And so this vital body, mental body is again connected to the vital body.

So this affects on each other. Chinese notice long ago Indians noticed long ago. But in modern medicine, because of the idea of everything is matter, discarded all those earlier medicines and they concentrated only on material construction or material way of doing things like surgery.

And the idea is and that's okay. But mainly it's a drug. Related field drugs are the supreme healer, and that just molecules that has of course some successes.

But the success is more publicized than it actually is. If you look at the actual success, if access comes from really hygiene, that's a definite contribution.

Part of the success is the beautiful idea, very much like homeopathy, vaccine, and then of course, antibiotics that just contributed greatly. But other than that, successes are very few, although recently some attempts are being made and stuff like gene therapy, which is notable.

But the chronic disease, which is the main disease that human beings face, they're not 75 to 80% of their health expense every year in the United States goes to our elderly and elderly, suffer mainly from chronic diseases, and this chronic disease cannot be cured by any allopathic procedure.

It can it can be cured. The physical symptoms can be cured temporarily, but they come back because the disease is not at the physical level. They are at the level of what is beyond the physical physiology.

Physiology is caused by the vital. You can think of it as vital software.

Love, Immunity, and the Heart

Acting on physical hardware is how physiology comes about. So then, if the physiology wrong physiology can be caused by I energy plant and vital energy, blood can be caused by wrong mental meaning.

This is where lifestyle comes in. So for example, I would be giving its biggest example of mind body medicine love. If you don't love, if you don't have love in your life, then immune system which is connected with love, immune

system function goes all right.

And this immune system function going right causes us all those immune system malfunction disease like heart disease, like cancer, autoimmune disease.

So many of them. So in this way, having an explanation of how immune system goes. All right. Because a vital energy block in the domain of the heart, this region, the heart region has organs like thymus client immune system and also the heart.

And how therefore functions are affected by love. Love is a crucial element. making the heart healthy. Heart becomes quantum in the presence of love. In other words.

I love that the heart becomes quantum in the presence of love. Yes. yes. It is just just absolutely true. And because of this coherence in the heart 110 the heart, we have the capacity to love.

So when you close off, love, then we are not using quantum heart anymore. And when we don't use quantum heart, the immune system gets the brunt of it.

Immune system becomes nonfunctional. Yeah, I've done a number of studies where we measure immunoglobulins and these are easy to measure. These are these are Y-shaped molecules.

They bind with coronaviruses. And they're in all of your immunoglobulin your eyes and your mucous membranes and all throughout your gut. And we found that just doing energy work, shifting psychology can have a dramatic effect on the level of these immune markers.

I mean, in one of my studies, published in the Journal of, Integrative Medicine, they the the findings were that levels of immunoglobulins doubled more than doubled in a single week.

meditation and trauma release. People were shifting their psychology, producing massive shifts. And first of all, that cortisol was dropping a lot. Their heart rate was was reducing, their blood pressure was going down significantly, and then their immune function just skyrocketed when they did that.

And we were just so surprised to see that finding. It was like, I mean, we would have been interested in a 5% rise in immunoglobulins or 10% rise, but the rise was 113% in a week as people were applying these energy medicine techniques.

So that study just really, really rocked my world and I think really rocked the world of a lot of people to show the influence on our physical bodies are these seemingly intangible things.

We're talking molecular change. measurable molecular change as a result of energy intervention. So for anybody who thinks that energy is immaterial, energy is ephemeral, energy is, you know, that's that vital force is a vague concept you're talking about.

You can measure its effect on those physical molecules of the body. Exactly the effect, they measured by the effects like you described. The effect would also be measured directly because we have a bioelectric field and this, vital energies that affect the bioelectric field.

So you can even measure this by taking a photograph of the bioelectric field. These photographs are probably on photographs. Now, Carly, is the name of the scientist.

it's a Korean couple who discovered Guardian photography. So this and photographers are helping people to diagnose problems with the emotional life of the person, and then we can correct it so we can correct it.

And that's carried out real healing, not just taking care of the symptoms because you are removing the defects and the software behind the wrong physiology.

I love that analogy of software and hardware, because I was about to ask you that question of what is the vital force? But, when you categorize it as software and hardware, that's a really good analogy to use in terms of those, those five bodies.

So there's five levels of healing and so you shift the software and then the hardware runs very differently. each one of the I think reasons that the biomedical model has tended so toward physiology and material interventions is those successes are things like antibiotics.

So a century ago, these diseases like influenza and typhoid, dysentery, these were killing millions of people. there was a famous paper published in, in the New York Times in the early part of the century, showing that this is during the the height of World War One that showed that the mortality rate of children died from mainly typhoid in New York City was greater than the mortality rate of troops fighting on the Western Front in World War One.

And so there was this enormous public health, problem we'd faced, of course, for thousands of years with, you know, half the population of Europe dying during the bubonic plague, the Black Death.

And we had infectious diseases with us all the way through the 18th, 19th, early 19th and early 20th century. And then suddenly we had sanitation, we had public health, we had antibiotics, and polio went away and typhoid went away.

And this Adrie and nobody even knows what color is anymore. So, I think that was that was a powerful public good. But it also set Western medicine so firmly on the path of material interventions that we forgot about energy and that that vital force that you mentioned earlier.

Energy Medicine, Homeopathy, and Vital Energy

And now we're left struggling to try and apply these biomedical models to things like chronic disease that they don't really fit well for and aren't very effective for.

Yeah. So it's very sad because, you know, the belief became all of a sudden that hardware virus, everything physiology is about functions. Physiology means that the organs are different.

They have different functions, different physiology. And how do they do that? Because all organs are built from the same cell, same zygote. That's how we originate embryo, single cell, the embryo, that embryo divides and becomes different organs.

But these different organs, stem cells are different looking. Of course the form is different, but the real difference of the organs is function. But how do we the function so differently because they have the same genes, same capacity to make all the proteins.

Genes are the all the necessary knowledge, the program part making proteins, every cell of every organ has the same genes. So why are organs functioning in a different way?

This problem cannot be solved without the idea of software. Hardware. It's not enough. The genes are not enough. Something is turning on some genes and some organs and not other genes in that organ thinking genes are not part of liver.

Liver genes give bile to the stomach so that we can digest food. Those genes are making proteins that enables us to work but not think. This differentiation requires a different kind of field.

And indeed, to their credit, now I just have discovered that the instruction for which genes will be activated, in which organ that don't come from the nuclear genes, their epigenetic and this idea, this epigenetic, plus the fact that the body works in a very non-local way, not with local signals to communicate because that takes too long.

What is different? Organs work in a pretty synchronized way. I think they can all hear each other at the same time.

That requires a concept of quantum concept of nonlocality signal less communication.

So these two ideas together that we need epigenetic software, plus nonlocality gives us the solid idea that we must introduce the concept of nonphysical entities.

In biology. It cannot be only physical entities. The only molecular entities. It must be also entities which are entities of consciousness, subtle entities, nonphysical like consciousness.

So how does that how does that work? What does that look like in terms of biological function. So these then are correlates of biological molecules quantum aspects.

So biology indeed has the molecules. The genes are important. But the genes simultaneously are correlated with the field that the partial morphogenetic field that we have adapted.

These morphogenetic fields constitute the vital software. So our software transformed the physiology of the genes. Which genes will be activated in a particular.

So when, for example, the immune system job is to defend ourselves. And when the immune system goes bad, what is wrong is the vital software behind the immune system, not just the genetic aspects.

So what is the what is the how do we experience this part of software that start feeling. So just look at the example heart because that has so many consequences.

Let's look at that in some detail. So the heart has two parts. But this region is called Choctaw and Indian technology. So this chapter has two important targets.

One is the heart on the left and the other is the immune system, somewhat at the center in the form of the thymus gland. And the job of the time has gone is to decide, me or not be.

It finds the intruder and molecules of the body and destroy them back to the job of the immune system. Most important job. That human system depends our body against an intruder.

Okay, so now let's look at life from that point of view. That is not love at this stage of the immune system. Is that anybody? The stranger the object would be to defend against it.

So naturally the mental feeling right out plus the mental thinking that we get faced. I must defend against this stranger. That's the immune system. That is what is producing the mental thought.

And that is also producing the feeling of defensiveness against a stranger. But of course, people don't fall in love with each other. What's happening then?

What happens is that the immune system, harmless glands suspend themselves. So people decide that they will be vulnerable to this particular people. In this particular relationship.

They won't be defensive. Only when we give up the defensive defensiveness, when we become how lovable. Then something very interesting happens, which is actually a butterfly like effect.

Develop butterflies. The caterpillars, caterpillars and butterflies have the same genes, but a different set of gene makes the caterpillar an entirely different set of gene makes the butterfly.

How does this change happen? It's a quantum leap of one set up software to another set of software. Same thing happens to the heart. Human heart literally goes into a new physiology, a more healthy physiology, of which the characteristic is that the software is experienced by us, not with a feeling of defensiveness, but with a feeling of love.

This is why, when we love, then this new software, this new physiology takes over and our health is so much better. The immune system helped us so much better.

What I'm thinking of is the studies of, Tibetan monks, especially at Franciscan nuns and other people who have intense contemplative lives and live the life of consciousness, and then having spiritual practices that support that.

And one of the things we find about them, and also laypeople who use those practices, is that their sense of self expands. So really, it's me. Then maybe it's me and my family, and these people tend to have a sense of self that's all inclusive, and the boundaries between self and other then start to dissolve, and people literally see themselves as the world and these elevated states of consciousness, they, they attain, they literally see themselves as, as one and they're as the one with one consciousness.

They are one with all of consciousness, all of being. And they no longer have any kind of sense of, of their own are their own individual boundaries. Not only that, the the mid prefrontal cortex, which is the seat of self, just shuts down.

It's just amazing to look at MRI scans of people in those states and that seat of self right here in the middle of our forehead, that mid prefrontal cortex just goes dark.

And so they're they're literally having these, these these floods of of connected hormones like oxytocin. But they're not linked to any sense of it being an individual self.

They are part of this all it is. And you then again see those, those rises in these and these and these and these molecules like, like immunoglobulins.

So it's just remarkable how this shows up in physiology when we're having these spiritual experiences. They're showing up in the way our bodies work. Yeah.

This is, this is this is really so beautiful. The physiology which is very physical effect. But the change behind it is being introduced by the new software, biological software, which we feel as love, as an expansion of consciousness.

And so we also feel happiness at the same time. So, look at how much, the effect is distributed on one side, on the macro side and the relationship side.

It's a feeling of expansion, of consciousness that holds together, families holds together, people in conjugal relationships, and love holds together.

Entire societies at the same time, at the personal physiological level, that same physiologist, same software is connected to the physiology which is that contributing to a healthier physiology, healthier immune system, healthier heart.

And if anything goes awry at any level, starts that your happiness is disturbed, that will disturb the software level, that will disturb the hardware, will eventually erupt completely in ruin.

The physiological equilibrium that we had. And we start contracting various immune system and heart disease. Yeah.

Quantum Healing, Relationships, and Longevity

And you know what I look at too, sometimes is, of course, those things are happening as our consciousness shifts day by day. But what's really interesting is look at the effects of of consciousness shifts cumulatively in aging studies.

And they show, for example, that people have an optimistic frame of reference that that see the world, there's a

wonderful phrase that I've heard called paranoia rather than paranoia.

Be afraid of what the bad stuff you expect view. You expect everything to work out well, paranoia. And so people who live with that optimistic frame of mind and that state of paranoia, they on average, I mean, the epidemiological studies are pretty stunning.

They live in an average of ten years longer. I mean, cumulatively, it's making a difference, a decade. And, their lifespan and health span. So what that means for us is that we can live much longer, much healthier, much happier lives as we apply these ideas.

Do not abstract ideas that I meet and I share with you today. These are things that as you do them cumulatively, you may not notice it in the first day or two, but certainly over the course of a few months you're likely to.

And then over the course of years, it has dramatic effect on the your your ultimate health outcome. I mean, you mentioned at the very beginning that homeopathy is one way in which we see the effects of consciousness on physical healing.

I'd love to have you share a little bit about the theory of why that is, and also a couple of case histories of people who apply this to their lives, and so their diseases shift.

Yes, but both of these are fascinating. So, you know, for homeopathy, of course, I gave my own example. You know, how I fell off with this medicine project.

But what is so surprising about that? Most of the listeners of this program, I'm sure, have taken homeopathy in some time or other. You get very much like for sugar pills, the medicinal substance, the in the farm, water alcohol mixture, which is so the sugar pills are soaked in that.

So you are actually taking the medicinal substance in the form of a water alcohol mixture. Alcohol. It stimulates the water, which holds the memory of the vital software that was collected from a poisonous substance.

Is really for homeopathy. Just an amazing thing. Oh, how was the poison part eliminated? That is the story. That is very. It creates a tremendous mystery.

What's done is eliminated by dilute therapy, where one part of the medicinal substance, the poison into ten parts of nine parts of water, alcohol mixture.

You shake it so that some of the vital energy, but not the question of the medicinal substance, is taken up by water. By shaking it, the water correlates to the vital energy, and this procedure is now continuing.

One part of that is put in nine parts of water called mixture again and again. When that is done 30 times, then you get what is called two, 30, 30 times diluted.

But that dilution has. If there are 100 molecules, it will be ten to the -30 of 100 molecules. So actually what we have in a thimble full of substance, something like ten to the power, 24 molecules.

So your diluted 30 times ten to the -30 times ten to the 24 is ten to the minus six molecules. No molecules at all. So you have partially gotten rid of all the substances.

Then what is healing a new person. And they hold your paycheck? Doctor said that it's the vital energy that is healing the person. Okay. And quantum physics is showing us how that is by this top software pie chart software concept.

So this amazing thing, this amazing theory, is such a direct proof of the potency of vital energy. So, you know, I told a student of mine, we have your university now.

We teach these things quantum integrative medicine. So the student now, you in Portugal, she did an experiment. Can we extract good vital energy from a, orange and fruit?

It will extract the vital energy that one does not have to eat the orange vital energy itself, or provide the knowledge that the orange gives. So she proved this idea.

And indeed, one can also do that. Imagine this. How much effect that will have on a diet. Really? when one wants to eat all this stuff, but of course cannot do it because of the amount of weight increase that will take place.

But can we eat the essential substance of all this that we want to it? Yes we can. We don't have to eat that anymore. We can put the essence and put the essence and relatively little amount of food.

And then we are getting all the nourishment for all the foods that we should eat, but we cannot eat because it will increase the weight. So. We can get it just enormous.

I seven we can really put our self in a nutritive regime without eating so much. Yeah, you know, I've used that myself a few times as well when I just wanted to, be in a certain space, be healing space, just for example, I used to have arthritis about ten years ago, and, I thought, well, I know I'm, I'm 950.

I have arthritis in my one knee. I can't walk very well. Then I thought, you know, I used to not have arthritis in the city. So let's go ahead and recruit the energy of that, that knee without arthritis.

And so I would tune into that, that energy over and over and over again. My knee would be hurting. I couldn't walk and I'd say, knee, you just not have arthritis.

You know how to do your job without arthritis. And within about three months the arthritis was gone and never returned. So, so interesting to just be able to to tune into the energy of that thing.

Again, no physical intervention and and feel it shift. Now I want to also cover the the big picture theories you have in in quantum integrative medicine because your course a time together all of these ancient healing systems that are focused on that vitality element, the software and showing how they're all, expressions of using consciousness for healing.

And, this underlying theory that consciousness ties together these disparate systems are Aveda and Acupuncture, the chakras, energy medicine and so on.

And what is what is that that big picture theory that you present in this book? The big picture is that the basic healing involves keeping a body healthy, involves one thing that we miss.

It involves really creativity because this software is not just maintenance of the same thing software. It has to also have the ability of making changes.

Changes happen because of all kinds of changes happen. Even because change of system from winter to summer, it's really a different environment. Put stress under different kind of stress.

And of course, present day, the main source of all this chronic disease that we mentioned is the emotional stress and the emotional stress requires the physiology to adjust to those emotional stress.

And that requires creativity of this software that requires consciousness to apply the creativity. So this idea of being creativity that requires consciousness into the arena of health and healing is the main contribution of quantum integrative medicine.

And it shows no better than in the case of repeated cases of quantum healing that people have found evidence for. I directly was told by a physician, Richard Voss, who had a case, Richard Ross gets transformational workshops.

He is a doctor. He is a doctor that he went into, transformational psychology and became a guru. So people come to him. I actually met him in such a transformational workshop I was teaching for my son.

This is a long time ago. And he described the case of this young woman who had terminal cancer. People gave up on part.

Integrating Ancient Medicine with Consciousness

And she comes to Richard because in research workshops, there are lot of cases where people get healed. So she wanted to what have I got to lose kind of ways.

She ended up in that workshop ten day, seven days. So she is very lethargic. And Richard is constantly. Prodding her to get into the work because otherwise, how will she heal?

But she she's what is not cooperating. I mean, you know, terminal cancer. Finally, Richard kind of talks us into getting agitated. Okay, I'll show you. I can do this.

So she gets up and it was a dancing exercise. She starts dancing and she dances and she dances and starts feeling good. And so she dances, continued dancing.

So when the exercise ended, says feeling very good. So they're all very tired. They go to sleep. But the following morning she feels so good that she comes to, Richard once again and says that I'm feeling so good.

Maybe I'm good. So Richard takes seriously and Centerstone oncologist at Samaritan. She's huge. Career cut case. how the healing in tension plus a quantum leap can cause you to spontaneously kill.

What is happening is it's very clear. Some sort of sadness was suppressing love in her heart. And what happened was, after all, with all these challenges, she got into dancing.

And that really is the sadness. You know, sometimes that happens with dance is such a spontaneous experience with a quantum leap, and God dances together and then that joy in that explosion of joy, the heart opened and the immune system got healed in such a quickness that the entire tumor was killed overnight.

And so and also, you see this in terms of, studies of people who are in long term relationships, people who are married and in long term relationships.

And the early research in the 60s and 70s show that especially men who are in long term marriages live longer than men who are, single. But the more recent research that has has really filtered out these results.

And it shows that men who are in really happy marriages live a lot longer. And actually men are not having marriages live less time average. They live longer.

But the men who understood the detail of the quality of relationship, those who are really living in love, live a great deal longer, and those that are living in toxic marriages actually live less, less long than, than their counterparts.

So, and in ways like that, you see that the effect of emotion, the effect of love, the effect of connection is having a dramatic effect on things like, well, this, longevity.

So let's look now, in our last part of our time together, I made about these these great systems, medicine, India, China, traditional medicines that relied on that software to heal the body.

And what they have in common, how consciousness ties them all together. Okay. So, you know, the initial thinking of everyone is that TCM traditional Chinese medicine is very different from our weather.

Not true at all. If you separate out the acupuncture, which is a different story. Acupuncture is a creative intervention

in, disease. How? Because when we find a point in the body where the medicines are under poke there, what happens is that we are not controlling anything.

We are just putting a monkey wrench in whatever it is the causing the block, hoping that the block will be cleared up because they consciousness that collapses Quantum possibilities.

The directionality is creative consciousness. So consciousness is an opportunity and it will help. So it is the body wisdom. You can't or you know physicians sometimes call it body wisdom because that is the placebo effect to our body.

Wisdom shows up in a similar way. So that's how acupuncture works. But Ayurveda mainly is the herbal medicine. So is traditional Chinese medicine. What we have done in the book Quantum Integrative Medicine, we have shown that the language of the two systems can be completely integrated.

There's no reason anymore to think of them separately. So we now call okay, so we have acupuncture, we have herbal medicine, we have homeopathy. We have Mind-Body medicine.

These are the principal systems of medicine in to consider. And of course, the reality is the Western, a Western. And and and the other thing that I want to mention that we didn't mention before is that there is that factor here, even after Allopathy, takes care of the physical system, physical symptoms that we forget.

The software still may not be healed. So the software healing one should actually supplement every treatment with subsequent treatment to fix the software, otherwise the disease will come back.

This has been very much in evidence. In the case of Covid. You know, people got rid of the physical symptoms of Covid and many people suffered, suffer, suffer this long Covid.

I am convinced that much of long Covid is to problem. It should not. One should not look for just to have physical drugs to heal them. One should work on the software.

I think coming up, a few people are already doing that. This cocktail that I mentioned, she applies homeopathy to, in the aftermath of Covid with much success.

So in fact, the alternative medicine should always routinely be applied after a allopathic cure has taken place. These two systems should work together.

And finally, the one thing I want to mention, which is also a major focus, Valentina, who coauthored the book, is that now we have a theory of medicine, so we should use medicine.

We can now use medicine as a preventive rather than as a disease oriented system. People go to doctors only when they have. That should give that up. Instead, people should go to doctor.

They should put themselves under medical supervision so that they can keep on being well all the time, and we can increase their wellness. But using that by using this Quantum idea of healing all the five bodies, part of providing nutrition, not just about the physical body, but also the softwares, about the bodies.

Yeah. And, Amit, one of the things I so enjoy about you is your obvious joy and the fun you're having with all of these ideas in your own life, and that's infectious.

And that's just evident in the way you approach these topics, the way you share them with other people and the way you live. So thank you so much for being you.

Thank you for these magnificent ideas. Thank you for this powerful book, and thank you for your remarkable work. I'm so grateful to you for being on high energy health, being the person you are, and sharing the ideas that you share.

Thank you, Dawson, for having me. and thank you everyone for tuning. And thank you for caring it up about your own health and well-being. To spend an hour sharing with me and, Amit and then affirming all of these positive possibilities of your own consciousness.

You've been making notes. You can then see about applying these in your life and seeing how they can shift your well-being by tweaking that software that Amit refer to.

Till next time, be healthy, be happy. Thank you so much. I'll see you in a week. All the best till then.