

**Radical Healing Integrating the World's Great Therapeutic Traditions to Create a New Transformative Medicine** Jaime's Notes on Text: Intro, Ch 1, Resource Section  
Blue font = Jaime's words

**Introduction:** Integration is key.

Dr. B was disillusioned with medication-oriented psychiatry. Met Swami Rama  
Swami Rama said: Look beyond the mind. When he did he found:

*"The most profound healing had its roots in a process of spiritual unfoldment."*

1973: practiced homeopathy and Ayurveda, nature's medicinals:

- \*plants and other natural substances
- \*exercise, diet, cleansing
- \*principles of spiritual and psychological transformation

pp. 4-5: Unifying Concepts: (1) Self-awareness, (2) Transformation, (3) Wholeness.

1. **Self-awareness:** what is picked up by tuning into inner cues. Body as laboratory for experimentation to learn what suits us and what doesn't. What improves sense of well-being, energy, clarity of mind.

New healthcare worker: consultant and guide, fellow explorer.

This aspect allows us to pick up signals and adjust life while healthy enough.

2. **Transformation:** Awareness sets us up for growthful insight. Where you founder is where you gain clues as to what needs to change in life. Approach as a process of discovery, see health crisis with curiosity over fear/optimism over disappointment. As a major way to learn from life.

Illness as opportunity for growth; recovery a return to obsolete status quo/old habits & attitudes. Authentic healing offers radical change in how you live!! New habits and ways of being!

3. **Wholeness:** Discover what parts say about the whole.  
The word HEALTH comes from Anglo Saxon *hal* (two dots over a) also comes heal and whole; healing is to make whole.  
Also, reintegration into whole of nature.  
Includes spirit- free from narrow confines of ego constriction. ID more with larger sense of more encompassing consciousness, universal matrix, healing force, Higher power.

Illness not interruption of life, but a valuable effort to reach for more wholeness of spirit.

The Emerging Vision: integrating things intensifies effectiveness.

Radical from radix, root. Tackle the root causes of illness! The hidden impediments to optimal health! =

**ATTITUDES AND EMOTIONAL POSTURES EMBEDDED IN THE MIND AND UNCONSCIOUS.**  
They shape the way subtle energy is organized.  
This influences what happens in the physical body.

*Radical* botanical term for hair-like terminals of a plant's roots. = some of our beliefs and assumptions about our reality that sustain and promote our suffering are the deepest and most resistant to change. These assumptions make diseases untreatable and incurable.

The modus operandi of RH is to penetrate the strongholds of human limitation and rend them asunder. Probing thoroughness/radical intensity.

### **Using the Power**

Cultivate awareness & Do the technical stuff.

The tools (exer, diet, herbs):

- \*foster awareness rather than blur it
- \*reorganize rather than disrupt mental & physical processes
- \*bring out emotions rather than covering them over and hiding them.

**Nature's Medicinals:** trigger physiological and psychological reorganization

Self-assessment: each crisis involves a specific pattern of resistance to change. Grasp the essence of the resistance so you can use the remedy that fits it. Medical tests show changes in body's tissues with detail but are late in the game. Asian diagnosis deals with how physical symptoms relate to hidden emotional and spiritual crises.

Foundation Stones: eastern wisdom is elliptical. Yoga teaches processes you learn with body to apply to mind. Most failures of holistic healing occur because foundation stones were not addressed.

Energy & Consciousness: Holistic techniques for these based on principles of meditative traditions. Shifts in awareness. "Ultimately you will see that **your body** represents a weaving together of all the themes of holistic work, reminding you of what needs to be addressed next, revealing your spiritual challenges, and providing the ultimate map to guide your healing and growth."

Resources: Self-Help Index – what works best for 100 common problems. And Home Medicine Kit.

**Bias & Inspiration:** using this book you'll know how to keep your work with health connected to your unfoldment as a human being! [This is Yoga Therapy!](#)

[What healing requires that will shake up the western medical establishment:](#)

- Letting go what is familiar and stepping into the unknown
- May mean challenging believe systems and daring to break taboos
- Is about getting past the ego, though that is what our culture is built on
- Involves reconnecting with lost aspects of oneself – some of which exist in other than our familiar "reality"
- Is an indispensable piece of the healing of the whole planet – our darkness is a part of the net that holds us all captive
- Is the purpose of our lives.

## **Nature's Medicinals**

What he believes about medicinals: tend to convey complex, natural, informational patterns that can be used by the human system to reprogram the body and mind. Come from larger biosphere, encourage personal reorganization and spiritual evolution that is congruous with overall shift toward healthier planet.

Each have different “angle”: herbs for organs; homeopathics for vital force rebalance; flower essences for dilemma of mind.

## **Ch 1: HERBAL TRADITIONS**

4 best-known traditions of plant medicine: Chinese, Ayurveda, European, Native American.

### **The American Eclectics**

1800s Americans mostly rural farmers. Suspicious of professionals. Samuel Thomson, herbalism of Europe and North American. Cured daughter of scarlet fever and many others. By 1813 he patented a system of herbal medicine – by 1839 100,000 people registered Thomsonians. Botanic physicians – med. Docs who adopted medicinals to some degree.

1845 Thomsonians and Botanics joined to form the Eclectic Medical Institute.

By 1880s, trained 10,000 physicians! Flourished until @ 1909.

Pharmaceutical Industry took root creating patent medicines. Easy and economical to prescribe drugs.

1930s saw invention of sulfa drugs and antibiotics. Ended in 1939.

Current interest speaks of our need to recover our relationship with the healing power of nature.

### **Natural Remedies and How They Work**

The term medicinals / remedy / drug

Drugs are biomedical manhandling. Drugs set out to wrench around a metabolic reaction, when *something* in the overall system is trying to make it go a different way.

That something is an outmoded way of functioning! And drugs effect outer biochemical processes in your body other than the target. The disease process remains only its full expression is thwarted. Conventional medicine doesn't often talk of CURE but of disease MANAGEMENT!

Remedies are natural substances that are chosen to correct the underlying problem. They prompt and support a reorganization of the basic operating plan!! Often brings it out more so it can be resolved. There are also “groups of similar” p 25.

There are basic organizational patterns that cut across common categories. Plants and people can share patterns of function. Plato's natural patterns. Archetypes.

**Doctrine of Signatures:** the structure and appearance of a plant is a clue to its therapeutic action. At energy level. Resonance at physical, mental, spiritual levels.

P. 30 Information from a remedy (like new software) reconfigures the “program” that manages the functioning of the organism. Helps to reorganize the id – to effect body. Each natural

remedy is an information package- the other form of the plant provides a rough reflection of the underlying pattern of information it holds.

### **Buying Time with Drugs**

Finding the right information package for your condition and introducing it at the right time are the keys to reprogramming the disordered pattern you are trying to correct.

As aspirin blocks pain-causing endorphins due to acetylsalicylic acid. Not because of repatterning of mental/emotional or energetic function that caused the headache.

P. 31 Psych Ward Story: after medicating an anxious patient. He said “you seem better!” She said, “not really, before I was nervous on the outside, Now I’m nervous on the inside.”

P. 32 Its not possible to deal with the underlying problem immediately or ever in some cases. Drugs buy time to search for and implement a course of therapy that is properly reorganizing and genuinely healing.

**The patient needs to find out what created the crisis, and to identify and address those issues in whatever ways offer the potential to accomplish a healing reorganization.**

p. 33 Conventional medications clutter the delicate ecology of the internal milieu. Resorting to drugs to correct a human problem is analogous to dealing with a computer glitch by grabbing a screw driver.

### **The Eastern Traditions**

#### **Ayurveda, Unani (Persian/Muslim), Chinese Medicine**

The Clymer Clinic: Echinacea, goldenseal and myrrh = immune stim.

#### **ORGAN REMEDIES**

Chinese: organs associated with meridian and represent not a single anatomical part but a whole sphere of human functioning: mind, body, Chi (energy).

Ex. Shen = kidney.

P 39. “So when a Chinese traditional doctor says, “This is a kidney problem” he doesn’t think only of the pair of bean-shaped organs in the small of your back, but of the fluid balance in the body, the water-based nervous system, your ability to be flexible and yielding in life and relationships, and your capacity to reproduce and perpetuate the “flow of life” into the next generation.

Info packet to reorganize ***the whole orb of functioning.***

#### **Native Americans and Plant-Spirit Healing**

Ex. Usnea – antibiotic of trees

Angelica – with borderline personality disorder

P. 45 whatever healing effect, this process of entering into communication with the spirit of a plant - or of a stone or an animal, for that matter – is an ancient and universal one.

Medicine Bear Story

P 48. Even though the thinking this story represents takes a giant step beyond that is usually considered rational and scientific, much of our intimate and sensitive probings into the nature and meaning of healing have likely been rooted in such an age-old sensibility.

Ayurveda – rejuvenatives & tonics

Chinese – adaptogens & tonics

European – antidotes to affluence

Native American – antimicrobial

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## Section Five: **RESOURCES:** Tools to Implement Radical Healing

- Self-Help Index
- Home Medicine Kit
- Guide to further Study
- Sources for Products and Services

### Abbreviations Used in Self-Help Index

*AA's*: Amino Acids taken therapeutically

*acmpd by*: Accompanied by

*AV*: Ayurveda

*ck*: Check – test for

*combin*: Combination (of herbs etc)

*CPM*: Chinese Patent Medicine – usually herbs

*cstl*: Constitutional homeopathic remedy

*dpl*: does per label – follow what's on the label

*elim*: eliminate

*EPO*: Evening Primrose

*ERx*: Exercise techniques

*FE*: **Flower** Essence

*Hmp*: Homeopathic

*Hrbl*: Herbal

*hx*: History – has had in past

*mdcl sprv*: Requires medical supervision

*MT*: Mother tincture (1:10 strength) Herbals are usually 1:5 ratio strength

*NV*: Not vegan (contains animal products)

*Rprt/esp*: Repertorize

*Rx*: Prescription or treatment

*RxFs*: Therapeutic foods

*tbt*: “to Bowel tolerance” (ex Vit C)

*TS*: Tissue salt (cell salt)

*YRx*: Yoga postures and techniques

*<* = Worse from

*>* = Better from

*+* = Increase intake

**Example: Anemia:** Full range of trace minerals as well as iron; combine iron with Vit C; use cast iron cookware. TS: FP (Ferrum Phosphoricum) when iron is low and supplement not effective. AV: Loha Bhasma; often B12, esp. in vegans. Fear of, or not feeling worthy of. Engaging fully in life.