

VitalWorld

"Health Education for All"

**Based on the 3 echelons of
Self-Care * Holistic Medicine *
Technological Medicine**



***Aiming at
A Universal Health Care***

**See also:
www.vitalworld.org**

To start with
1. “Flow System Therapy”
Medical System Theory & Practice
(“www.vitalworld.org)

2. “Guasha East-West”
Manual

3. “Cosmic Medicine”
(Including Appendix “Cosmic Healing”)

Part 4.
Dutch version
(Nederlandse versie)

WorldWide Campaign

2018©Copyright
Han Marie Stiekema
(“Dr. Han”)
& MeiMei Yu
All Rights Reserved

2. “Guasha East-West

Content

Chapter 1 The Situation

The Crisis in Western Health Care

Chapter 2 MESS

Multi-Etiological Sumtotal Syndrome

Chapter 3 Regeneration East-West

Basic philosophy

Chapter 4 New Physics

Scientific Support

Chapter 5 Flow System Therapy

Medical system theory and practice

Chapter 6 The Matrix

Ground Regulation

Chapter 7 FST Guasha

Universal Regeneration Therapy

Chapter 8 Dynamic System Pathology

Additional Scientific Support for the Guasha Therapy

Chapter 9 Chronic Disease

A Case History

Chapter 10 The New Health Care

Self Care* Holistic Medicine*Technological Medicine

References

20 years of Western experience with Chinese Guasha has led to a comprehensive overview of an integrated East-West model. It gives the (Chinese) readers (w.w.) an impression of the contributions Western holistic science offers to Traditional Chinese Medicine. The result is a unique enrichment which benefits both traditions.

Chapter 1: The Situation

The core of the crisis in Western Health Care worldwide is that it doesn't comply with its mission: promoting health, preventing disease and curing people. Despite enormous investments in effort, money, innovation, science and organization (chronic) disease is steadily on the rise. To an extent that the balance between input ("care") and output ("cure") is nowhere to see. If Health Care doesn't deliver on such a major scale, then something must be fundamentally wrong.

In order to have a full understanding a short excursion to the past. Few people realize that our "health care" rests on the uttering of just one scientist: R. Virchow (1821-1902). He said: "Illness is (only) in the cell". He said that as a reaction to more than 2000 years of Hippocratic Medicine, where illness was considered to start in the "extracellular matrix" ("humoral pathology"). The birth of Virchow's cellular pathology was greatly promoted by upcoming medical technology, which made it possible to study cellular structures.

Ever since this axiom has never been disputed or challenged. It is similar to a religious belief! Despite the fact that representatives of the "Old School" - Thomas Sydenham (1624-1689), Herman Boerhaave (1668-1738 University Leiden, Boerhaave Kliniek), Christoph Wilhelm Hufeland (1762-1836) and Carl von Rokitansky (1804-1878) were physicians of European fame, based on clinical experience with pre-cellular medicine. People from all corners came to them with severe chronic disorders enjoying very high cure rates, contrary to "modern medicine" with its extremely poor record.

"That which is your strength becomes your weakness". This saying can be applied to modern "regular" medicine. Its problem is its one-sidedness. As long as technology could provide regular innovation, medicine could maintain its dominant position. Even today regular medicine impresses by its technological "achievements". It has made people blind for the fact that the emperor has no clothes, e.g. that under the surface of its impressive image, the concrete results are far below those of its Hippocratic predecessors. In order to come to the core of the matter we have to scrutinize its original hypothesis. The answer can be quickly given: "Disease does NOT originate in the cell". This insight has severe consequences. If the foundations of a house are rotten you can build very nice upper floors. Sooner or later the building will collapse though.

To those in the West who see, it is clear that "regular medicine" "has fulfilled its historic mission", an euphemism for the fact that it has failed to achieve its aims. This, obviously, has to be clarified. As has been said above, instead of clinical experience, (technological) science very quickly became the dominant factor behind regular medicine. It has culminated today where "science", not clinical practice dominates. Everything that is not "scientifically proven" is considered not serious (or worse). The question arises what kind of research is this that managed to get the upper hand? This science (technological, pharmacological) soon faced a fundamental problem: it couldn't cope with the complexity of biological organisms. Its physical procedures are simply too simple for it. Instead of acknowledging its incompetence it found its solution in reducing the interrelated phenomena of human bodies to simple one-dimensional relationships. Not health and disease became the scope of research, but symptoms. Thus e.g. hypertension (instead of a symptom of a complicated, individually determined complex) is declared the "disease", while its "cure" simply consists in taking a pill that "normalizes" it.

This reductionist approach has managed to become acknowledged as the "official" science, to which everything has to be submitted ("evidence-based medicine"). However, pharmacological research is not about finding a real cure, but to develop a drug that can remove a particular symptom. Oppressing symptoms while calling it "cure" is very misleading. It is the greatest conspiracy ever. It found its parallel in the WHO definition of health. In the past it said: "Health

is to be free of symptoms”. Later this text was changed into “Health as the wellbeing spiritually, psychologically and physically”. It sounds good but in practice this proved to have little impact. Since nobody can achieve this “high goal” people (and doctors) simply understood it the old way: wellbeing as the absence of symptoms. Ideology confirmed daily practice. In reality they are totally opposite to each other, though. And that is the misleading thing about it. While trumpeting the idealistic phrase, by oppressing symptoms daily medical practice is promoting further deterioration of chronic disease instead of curing them.

In the West regular medicine loses its credibility because of its inability to cure chronic disease. Major syndromes - diabetes, cardio-vascular, rheumatism, arthrosis, pain-syndromes, asthma, migraine, hypertension, cancer, cognitive impairment, Alzheimer etc. - are treated only symptomatically. While prevention (lifestyle) is neglected. Non-Western countries are increasingly criticizing Western regular medicine, advocating traditional ways of medicine. Even the WHO is supporting this. F.i. it welcomed President Xi Jinping’s initiative to give TCM a special place in his Healthy China project. This looks very hopeful. The Chinese millennia-long experience with TCM (Traditional Chinese Medicine) may have contributed to this candid position. It also indicates that outside of our self-indulgent Western cartel of EU, government, insurance companies, pharma-lobby’s, medical science, regular medicine and other medical occupational organizations and associations, new developments towards more holistic-medical concepts are on the rise. It is something to pay serious attention to.

Chapter 2: MESS

Multi-Etiological SumTotal Syndrome

The causes of disease can roughly be divided into three categories: genetics, lifestyle and environment. For our understanding only the latter two are relevant. Lifestyle has to be taken very broadly, from a conscious balanced mind, satisfaction on the workplace to a healthy diet. The environment plays a major role with regard to harmful influences like pollution, pesticides and electro-magnetic radiation. The point is that nowadays all these influences are coming together. They are parts of one big pool. I call this pool “Multi-Etiological Sumtotal Syndrome” or MESS. In the body everything of the MESS interacts with everything. There don’t exist mono-causal processes. Nobody knows how intake of excessive protein, drinking coffee, the inability to sweat, smoking, taking the anti-conception pill, dehydration, toxic substances from the environment, stress in the relationship, negative thinking etc. TOGETHER work out on the body-mind’s health. To pick one part (symptom) out of it as the focus of “therapy” is certainly a medical error. Without insight into the Whole our efforts will be in vain. MESS therefore postulates the concepts of Primary and Secondary Complexes. The multi-causal pool – provided it has its effect over a certain period of time – is causing harm to primary (metabolic) functions, like the digestion, the blood-circulation, the immune system and the nervous system. These harmful effects – chronic indigestion, auto-pollution from the bowel, acidification of the tissues, accumulation of toxins and waste products – COMBINED subsequently manifest themselves in the Extra-Cellular Space or Matrix (Secondary Complex). It is proof of the fact that disease first reveals itself outside the cells. It affects the capillaries, the nutrients on their way to the cells, the nerve-endings together with neuro-transmitters, the circulation of hormones, the detox ability of the lymph-system, the repair function of the connective tissue and the overall impact this has in the body as a Whole, including the energy circulation of the meridians! Therefore, the function of the Matrix is crucial for health. This is supported by Western scientific research (A.Pischinger). Until recently it was unknown (apart from e.g. fasting) how the vitality of the Matrix could be restored. The answer is: Guasha. Before going into details I will first elaborate on a new understanding of health. I call it “Regeneration”.

Chapter 3: Regeneration East-West*

Basic philosophy

In this chapter I will show that “Regeneration” is the key concept of vitality, from the Cosmos to human beings to every living creature. It appears that “death and rebirth” rules all levels of the universe. This is called the Basic Law of the Cosmos. Everything sick and old is broken down, while the healthy, fresh and young is constantly born. This takes place uninterruptedly and simultaneously. It has its beginning in the Origin. The Origin is a Cosmic Womb, an Absolute Void, what science calls the Vacuum. Two Cosmic Forces are originating from the Void: “Creation and Destruction”. These forces are equal, complementary and opposite. Together they create, sustain and dissolve the universe. Because they cancel each other out, their end-effect is zero. It is the cause of the fact that the universe is limited by narrow “constants”, reason that humanity is able to live in (relative) stability (“Web of Life”). To the West the idea that we – humanity – are PART of this Universal Law is new. Therefore it is a big surprise that “death and rebirth” is manifested in our bodies. We know that every tissue has a cycle. The intestinal mucosa for instance renews itself in 2-4 days. Within a period of 7 years our organism has totally renewed itself. But there is more: Prof. W.Zabel found out that 25% of all our cells are in a phase of constant dying, 25% in a stage of growing and 50% is relatively stable. Even more remarkable is that the dying cells secrete a substance that stimulates the birth and growth of young cells. Death as a pre-condition for life! Is the death process impaired, e.g. through administration of antibiotics, less renewing will take place. Other parallels can be drawn. The menstruation is a cyclic process of “death (of old tissue and blood) and “rebirth” (of fresh blood). Our breathing is another example. Every breathing-out (output of CO₂) is “dying in its lowest point” (the pelvis), while the breathing-in (input of O₂) represents “rebirth”. The deeper the breathing-out (death), the stronger the breathing-in (rebirth). These findings have tremendous impact for our Guasha practice. It proves that Guasha – as Regeneration Therapy – works in harmony with Cosmic Law. To emphasize this important point I will put it into the framework of (a renewed) Chinese classical philosophy.

*“Regeneration” in Chinese is usually translated as “Reborn”. To us Westerners this sounds rather “religious”. In my essay the emphasis lies on its medical meaning. In the sense of “repair”, restoration, renewal, revitalization.

I call Guasha the Universal Regeneration Therapy. Why? Because it works in line with the “Law of Birth and Death”. It promotes the breakdown of the old and sick and the birth of the new, young and healthy. It is the ultimate revitalization. Its secret is cooperation with the Cosmos. This can be exemplified by the Chinese concept of the universe. Every educated Chinese knows the Laozi and the concept of Taijitu of Zhou Dunyi. Looking closely to their principles it becomes clear that the Chinese, like their Western counterparts, do accept “death and rebirth” as the Regenerative Principle of the Cosmos of which we all are a part. **I start with the “Supreme Yin” (Hundun, Absolute Nothingness, Abyss) as the Origin of All. In the Taoist scriptures this is also called “Primordial Chaos”, the non-dimension beyond the Tao. In reality “she” is the Bottomless Womb, out of which both the Tao and the universe emerge. E.Chen* has proven that the Origin in the Laozi is feminine. It is characterized by terms like Womb, Mother, Valley. However, the Primordial Womb is beyond Tao. From it (“Her”) two Cosmic Forces are born: creation and destruction. I call them Great Yin and the Great Yang as two sides of the same coin. (“birth and death”). In it Great Yang and Great Yin are cancelling each other out. The result is (supernatural) Transparency. This Transparency is the Tao. That’s why Laozi says that the Tao has no name (no substance). Summarizing: It means that Hundun (Womb!) – through its two complementary Forces - is the birthgiver of the Tao (The Great Dark). Up to this point everything is still beyond the visible world. The “next step” is the Tao manifesting its inherent Nature (the unity of what is commonly understood as Yin and Yang) into the visible world. They are separate yet complementary entities. It is the realm of the world as we know it. Birth and death are part of the**

manifold opposites of daily life. Hence, “worldly” Yin and Yang (not to be mixed up with Great YinYang, see above) also manifesting the Law of the Cosmos. This is confirmed by the concept of the Chinese Five Elements. This principle consists of a creation and a destruction circle, both opposing, yet complementing each other. Like in the West the principle of Ongoing Regeneration (death and rebirth) from the highest to the lowest level – from Hundun to GreatYinYang to the Tao, to the common Yin and Yang, to the Five Elements - is thus confirmed by Chinese philosophy.

Chen, E.M. 1974 “Tao as the Great Mother”. History of Religions 14 (1), 51-73

New definition of health
Health is the Power of Regeneration
within the limits of a dynamic Universal Balance

Chapter 4: New Physics

Scientific support

The universe born out of the Vacuum is an accepted principle in modern physics. The surprise: it obeys the Law of “Birth and Death!” I emphasize three fundamental processes here. **First of all: The Vacuum is giving “birth” to virtual particles e.g. waves, the latter continuously returning into the Vacuum (“death”). This Law of Birth and Death is all-pervading, it is everywhere, all life on earth, including humans is subjected to it. In the second stage the particles/waves materialize – again according the same principle - into matter and anti-matter (“Yin and Yang”). Thirdly: The universe as a whole consists of two opposite, yet complementary processes of expansion (creation) and contraction (destruction)*. After the expansion (of the universe) has reached its limits (has exhausted itself) there is a turning-point in which energy (Chi) is turning into Dark Matter. Under the influence of Super-Gravity the Dark Matter is returning (death) to its Origin, the Vacuum. Here the Mystery of Mysteries takes place. Because in the Bottomless Abyss of the “Womb” matter will be once again turned (transformed) into energy (rebirth). It is the “engine” behind Cosmic Regeneration. The Black Holes in the galaxies are the “visible” manifestation of Cosmic Birth and Death. The underlying Vacuum draws matter into them. Because the power of the Vacuum is infinite, matter cannot resist but to dissolve into its Depth. At the same time – through the “Law of Birth and Death” – energy is spewed out of the Hole. It only seems logical that there is a dynamic balance between the two. It means that Black Holes are nothing but power engines for the Ongoing Regeneration of the universe. How Guasha is related to this will be explained in chapter 7. First I turn to practical medicine, to Flow System Therapy, my medical system theory and practice.**

***This is a dynamic equilibrium. It means this balance is subjected to fluctuations. These are so minimal though that life could develop (“Web of Life”). In this Web (“Quantum World”) everything is interconnected.**

Chapter 5: Flow System Therapy

Medical system theory and practice

This is the result of 45 years of my holistic medical expertise in the treatment of chronic disease. Already in my early years I understood that chronic disorder was (often) relating to basic metabolic functions: nutrition, digestion, blood-circulation, extracellular space, cell-metabolism, detoxification and elimination. Only later on I understood that they were part of a logical system: input, processing and output of nutrition, water, air, waste-products and toxins constituting a dynamic equilibrium. I had found the foundation of medical system theory and practice. So,

increasingly, I abandoned treating chronic illness according to their symptomatology, focusing exclusively on the underlying metabolic balance, dividing “Input, Processing and Output” into 6 Stages. I started to examine, diagnose and treat nutrition (stage 1), digestion (stage 2), blood-circulation (stage 3), extra-cellular space (stage 4) including cell-metabolism, detoxification (stage 5) and elimination (stage 6). It appeared that these basic metabolic functions were frequently (almost always) out of balance: too much intake of food, the wrong food, an overburdened digestive system, an exhausted pancreas, chronic indigestion, capillaries with a thickened basic membrane, **obstruction** of nutrients from the capillaries to the cells, cell-deficiencies, accumulation of waste-products in the extra-cellular space (and subsequently in the cells), insufficient elimination (constipation, dehydration, insufficient menstruation, dry skin with no sweating, retrograde self-poisoning, superficial breathing), totally “neglecting” the specific “syndromes” like hypertension, diabetes, asthma or rheuma. After putting these findings in their logical framework (of Input, Processing and Output) I started to optimize these basic metabolic functions. I improved nutrition, digestion, blood-circulation, the extracellular space, cell-metabolism, detoxification and elimination. The result: just by optimizing basic metabolic functions all kinds of specific chronic disorders improved or disappeared entirely. I realized to have found the “holy Grail” of medicine. I called it Flow System Therapy®*.

*The “Flow System Book” is still available. It can be ordered through us. info@vitalworld.org

If the body is a system aimed at self-preservation, many symptoms have to be considered as functional, rather than just aberrations from the „healthy norm“, which in regular medicine is synonymous with the absence of symptoms! We therefore have to re-think medicine from its very foundations. Against the background of the environmental crisis with its countless new health problems, disorders and tragedies, it seems only logic, that we have to face the challenge. In fact, that’s exactly what we are doing here right-now. The Flow System has already proven its logic, effectiveness and successes. You just may benefit from the work which has already been done before you. You will not be disappointed. The Flow System, by the way, is regulated „from above“ by the autonomic nervous system, the hormonal system, the brain, our psyche and Consciousness in relationship with our environment.

Chapter 6: The Matrix Ground Regulation: Structure & Function

Report at the TCM Guasha Academic Congress, 23-24 December 2017, Beijing, PR of China*

Just a few weeks ago I was honored as a visiting lecturer at the Guasha Academic Congress, focusing on the Structure and Function of the Extra-Cellular Space or Matrix in its relationship to Chinese Guasha Therapy. It was a first attempt on our part to support Guasha on a Chinese Congress with a well-substantiated Western scientific theory. First of all I have to express my deep gratitude to prof. X.Zhang who gave my wife MeiMei and myself this unique opportunity. Furthermore, it was a revelation to us that in China Guasha has reached full academic level, supported by the State. The commitment of the participants of the Congress – some 400 of them from all corners of the country – was accordingly. I rarely have attended a Conference where people were so passionately involved in the subject.

The first part of my teaching concerned the importance of the Matrix and its structure. Traditionally it is known as a support tissue which “keeps the body together”. This is the connective tissue part of the Matrix, maintained and regenerated by fibroblasts. Second, it is known as a transit section, making the flow of nutrients from the capillaries to the cells possible. In return the cell discharges its waste-products into the extracellular space, in order to be removed by both the capillaries and the lymph-system. Third: the autonomic nerve-system has his nerve

endings in the Matrix, together with its **neuro-transmitters**. This emphasizes its coordinating function. Recently, it is a proven fact that coordination, integration and regulating are part of the Matrix as well. This is based on its energetic potentiality, closely related to the atomic (quantum) level. It is therefore linked to the Chinese system of TCM. Fourth: The Matrix as a “terrain” for our immune-system, immune cells and anti-bodies. It detoxifies harmful agents from without (bacteria, viruses) and within (toxins, allergens). One of its main functions is that of inflammation, as an attempt of the body to cleanse itself. To optimize its immune-response, hormones (adrenaline, cortico-steroids) are flowing freely in the extra-cellular fluid, reason why optimal transparency of the Matrix is a *conditio sine qua non*.

The function of the Matrix can be converted from its structure. Even a layperson can see its central importance in the body as a whole. That means that by improving the Matrix the entire body(mind) system is revitalized. This is exactly where we were searching for. Remember the multi-causal pool in chapter 2 (MESS)? It was stated that in a biological complicated system emphasis on mono-causal relationships with regard to diagnostics and therapy is a medical error. The surprise: the Matrix is THE multi-causal pool of the body. This can be best illustrated by “what can go wrong” in the Matrix (Matrix pathology). In order to illustrate this we relate it to the 6 steps of the Flow System (of which the Matrix is a part. See chapter 5). Step 1 Nutrition. Overeating in general causes accumulation of waste-products in the Matrix (called “slagging”. German: “Verschlackung”). These (acid) waste-products may in time obstruct all kinds of functions. Over-consumption of proteins is a special problem. It usually occurs when prosperity of the people is increasing. They can afford to eat more meat, fish and eggs. We in the West face this problem since WWII, when people had an economic boom (See Step 3). Step 2 Digestion. Through overeating digestion problems arise. Through indigestion inner bowel toxins are formed. Together with nutrients these toxins are absorbed by the blood-circulation: self-poisoning. These poisons circulate through the entire body, eventually causing (many) problems (e.g. migraine). In particular the Matrix (logically!) is affected. Toxins from within and without start damaging Matrix functions. Together with the other etiological factors (“slagging”, “clogging”, see above and below) the energetic level of the connective tissue goes down, the synapses discharge of neuro-transmitters goes down, the power of the immune-system goes down, the detox-function of the lymph-system goes down, the repair-function of the fibrocytes goes down. Eventually the regulatory function of the whole body goes down, while first stages of cell-damage occur. Step 3 Blood-Circulation. In particular prof.dr.L.Wendt from Germany dedicated his whole life to this problem. He postulated the “protein-overconsumption diseases”. Their main harmful effect is on the Matrix! In case of overconsumption proteins cannot or partly be broken down. Their main compound is collagen. The (intelligent!) body precipitates the accumulated breakdown products in those tissues which are “low” on the rank of importance. Not in the brain, not in the hormonal glands, but in the mesenchym (subcutis, connective tissues, joints...and in the capillaries). **Nutrients have to overcome three barriers on their way from the capillaries to the cells. Collagen and other waste-products are stored in the basement membrane of the capillaries, clogging the pores, in the connective tissue of the Matrix (“slagging”) and against the cell-membranes, obstructing nutrients to enter the cell. The pores of the capillaries are vital for the transportation of nutrients to the cell. If they get clogged – usually after many years/decades of an unhealthy lifestyle – the cells will suffer from deficiencies. Moreover, it cannot discharge its waste-products anymore. Waste-products accumulate in the cells and the connective tissue. The result: deficiency of nutrients on the one hand and accumulation of waste-products in the cell on the other, everything a direct consequences of a diseased Matrix!** What an irony: the cells suffer from deficiencies through “overeating” (of protein). While the cells perish, the blood-circulation becomes overloaded with substances **that couldn’t pass the pores**: too high cholesterol, amino-acids, triglycerides, sugar etc. Eventually, all kinds of diseases may evolve: hypertension, diabetes. In chapter 10 I will go into further detail. Step 5 and 6. Detoxification and Elimination. Through an unhealthy lifestyle both detox and elimination – bowel, fatty liver, kidney, skin, lungs, menstruation – are often overburdened. Countless people suffer from constipation,

dehydration, dry skin, superficial breathing and suppressed menstruation. It leads to poor discharge with as a consequence accumulation of waste-products. In its turn the body is dumping this waste in the Matrix. Modern medicine with its ignorance about self-cleansing of the body adds to the problem by suppressing excretion (common cold, sweat, [the emergency valves](#), menstruation) and fever! (antibiotics). The result is a weakened immune-system and a poor detox. Fever is (mostly) an attempt of the body to burn and excrete accumulated waste! It should not be suppressed except in critical situations.

*Organized by the Traditional Chinese Medical Committee of Guasha Therapy. Supported by Beijing TCM University and the State Administration for TCM.

Chapter 7: FST Guasha Universal Regeneration Therapy

Assuming that not everybody who reads this chapter knows what Guasha is, first a short general summary. Guasha is as old as humanity. In fact, the animal world knew it before us. Any itching or pain provokes a spontaneous reaction to rub it. Bears do it against a tree, sheep against the fence. This is how pre-historic (wo)man found out about the beneficial effect of “scraping” a soaring body part. Some civilizations (Roman) had developed their own scraping instruments. However, it were the Chinese, who, before all others, developed “scraping” as an “official” medical treatment. Although historical evidence is scarce, we can assume, that Guasha existed even before the Records of the Yellow Emperor were written. Its applications were obvious: anything stiff, blistering, bruised, traumatic, inflamed, swollen, soaring, painful or itching.

After having been in oblivion Guasha experienced a revival in recent times, mainly because of the sharp rise in medical costs of official health care. It made people develop various forms of self help. Soon open-minded professionals saw medical benefits, reason for starting to re-introduce Guasha as a serious part of TCM (Traditional Chinese Medicine). Further development moved in two directions: one as a cosmetic treatment, the other as clinical therapy. Because I talk from the Dutch perspective, in my country you will find Guasha as a serious high-scientific level of clinical application, focusing on the treatment of mainly pain syndromes and chronic disorders on the one hand and a less serious approach aiming at relaxation, wellbeing and “beauty” on the other. From the beginning (1997) my wife MeiMei and myself committed ourselves (obviously) to the scientific development of Guasha, receiving ongoing inspiration, support, teaching and training from prof. X.Zhang for which we are grateful up to this very day.

From the very start I was very impressed by Guasha. Although having been a very successful (holistic) medical doctor since 1972, and the author of a Handbook of Natural Health (FST “Flow System Therapy”) with around 200 different natural therapies, the introduction of Guasha stroke “like a bomb”. It immediately changed the character of our practice. Instead of many different therapies only three “survived”, which we called the “Golden Triangle”: Guasha, Nutrition and Bodily Cleansing, all three against the background of the 6 Stages of our Flow System Therapy (FST Guasha, see chapter 5). This integrated approach achieved “miracles”. Very severe cases (e.g. one man of old age (80) with diabetes, hypertension and an open leg was cured over night. And this is just one example out of many). In the course of time MeiMei could take over the practice by herself – consisting of therapy, teaching, courses and training – while I stayed in the background as her supervisor.

So what makes Guasha so unique? I raised high expectations through chapters 3 and 4, so now I have to deliver. The core of the success is that Guasha works in harmony with the universal Law of Birth and Death. It cooperates with the way Nature Works. As I have been elaborating upon, Healing is achieved through breaking down everything old and sick, while “giving birth” to the

new, fresh and healthy. It is the core of Healing on all levels of existence. Its secret: “If you cooperate with the universe, the universe will cooperate with you”. It is a matter of inner resonance. If two people are “on the same wavelength” their love will exceed their personal efforts. If you practice Healing according to universal Law, you work in line with how Nature Works, hence your effort has a surplus value. You as a therapist become an instrument of the Whole. This is the philosophical framework of Guasha. The crucial question: “Will this principle be reflected by everyday practice?”

The core of universal Healing is Regeneration (Re-vitalization). The Cosmos regenerates itself through an ongoing process of “death and rebirth”. This Law is reflected in our bodies (chapter 3). The “terrain” on which Guasha works is the Matrix. In the Matrix there is a balance between nutrition and waste-products. Through it cells are fed while waste is removed. It is the core of ongoing Regeneration. Most people have a Matrix that is out of balance, though. The supply of nutrients is impaired, while waste-products and toxins accumulate, damaging the various functions of extra-cellular structures: acidification and “slagging” of the connective tissue, clogging of capillaries (**capillary basement thickening with obstruction of the pores!**) and lymph vessels, blocking the synapses, weakening the immune-system, hindering the free flow of hormones, while impairing regulatory, integrational, energetic and coordinating functions, affecting the body as a whole. What FST Guasha is doing is scraping the Matrix, (situated under the subcutis, covering the whole body), breaking down e.g. removing all harmful substances – **slags, protein breakdown products (e.g. collagen), all kinds of other waste products, acids, toxins** - from the capillaries and the connective tissue, thus restoring balance (between the flow of nutrients on the one hand and waste-products on the other). **Through simultaneously supporting Guasha with Flow System Therapy – optimizing nutrition (organic), digestion (eating habits), blood circulation (protein intake reduction), detoxification (bowel cleansing, fasting) and elimination (promoting body excretions) – the effect of Guasha is greatly enhanced.** Through this **combined treatment the vital functions of the Matrix - the connective tissue, the capillary wall, the pores, the nutrients towards the cell, the nerve-endings, the neuro-transmitters, the power of the immune system etc.** - and through it the overall vitality of the entire body are restored. It is a unique multi-effective therapy for multi-causal disorders. FST Guasha restores the Power of Regeneration on all levels. No other therapy can match with it. Guasha therefore deserves to be on top of the list of any clinical approach, of every curriculum, of every university. Therefore I call it the Universal Regeneration Therapy. Further discussion in chapter 9, the New Health Care.

Chapter 8 Dynamic System Pathology

Additional Scientific Support for the Guasha Therapy

The scientific explanation of Guasha can be illustrated further through the teaching of Dynamic System Pathology (the so-called Homotoxicology Theory acc. to Dr. H.H.Reckeweg). When our body is given too much to metabolize, which is the case with most of us, it will initially try to eliminate the surplus waste via the regular ways of elimination, e.g. the normal functions of bowel movement, urine production, gas exchange through the lungs, sweating and menstruation. This is called the Elimination Phase. If the accumulation is still too high to cope with, then spontaneous diarrhoea, unusually cloudy and/or foamy urine, excessive perspiring or severe menstruation is produced. If even this does not suffice, the body opens its so-called emergency valves: a cold, flow of tears, dirt in the eyes, film on the tongue, sputum, pimples, crural ulcer or vaginal discharge. These symptoms have a clear function. They help the body in getting rid of its waste. It is the same problem we are facing with our environment nowadays. Internal and external ecology appear to be surprisingly similar, based on the same principles. Once we have understood the mechanisms of our bodies' self-management, grasping the logic of it, we will then start co-operating with its „symptoms" and support our bodies' attempts to detoxify instead of

suppressing them. In actual practice this means the major importance of detoxification and elimination such as described in this article.

If the body does not succeed in getting rid of the necessary amount of toxins via the emergency valves, inflammation and fever are called in. It is called the Reaction Phase. Nearly every inflammation is an attempt of the body to get rid of a surplus of waste and/or toxins and is therefore necessary. The bacteria or viruses are „secondary". They got the chance to grow, only because of a pre-existing breeding ground, a deteriorated „milieu interne". Hence Pasteur already said: „the bacteria is nothing, the bodies' internal environment is everything". Fever requires more energy than elimination and is therefore only resorted to, when really necessary. It will only appear, when elimination proves not to be sufficient. Fever is burning waste like an oven does, stimulating the immune-system, through which micro-organisms are killed and health is restored. This explains why, apart from exceptional cases, as in very low resistance, severe diabetes and asthma for instance, fever should never (except when too high, too long) be suppressed. Since elimination is the key to every spontaneous cure - „the way of the body" - the best way to assist the body is to promote detoxification and elimination in such a way, that fever is no longer necessary, has become superfluous. In actual practice, this proves to be exactly the case.

A Case History

I remember a severely ill child with a soaring throat-infection and a fever which ran as high as 40.5 degrees C. By giving it a water-enema alone - which generated the elimination of an enormous amount of feces - the temperature was lowered to 38.2 degrees C. within half an hour.

Unfortunately, fever and inflammation frequently prove not to be sufficient and altogether be able to eliminate toxins. There are plenty of reasons for this. The first is permanent over-eating - of animal protein in particular - and the drinking of coffee and tea - acidification - which have an immediate adverse effect on the clean-up. The input is much too high and the detox and elimination-systems are permanently overburdened. Additionally, the standard medical approach plays a decisive role here. Fever-lowering medication and antibiotics suppress and disrupt the combustion-process and thereby impede the detoxification of the body. Waste-products and a mass of bacterial toxins - „killing fields" - are left behind and accumulate further. The immune-system, supposedly to be supported, turns out to having become weakened. It couldn't finish its job, because of the lacking of proper „exercise". Like muscles, the immune-system has to be regularly trained. If the immune-system is prevented to finish its job time after time, then it will become weakened. Of course, in life-threatening situations, antibiotics have to be administered without hesitation. In most cases, however, the common overdose/abuse causes more damage than good. The infection often lingers and becomes chronic, with immune-deficiencies, **allergies, auto-immune diseases** and increasing life-threatening conditions. Infectious diseases, even those who are not particular vicious in themselves- as is the case with flu, bronchitis, measles, pneumonia - will get their chance. At a later stage, the immune-deficiency may become the „breeding ground" for chronic disease, such as asthma, coronaries, psoriasis, rheumatism and cancer among others. Still not to speak of the increasing danger of antibiotics resistant superinfections!

Disease is dynamic and progressing. It follows a logic course of events. The Flow System, as the dynamic equilibrium between Input (nutrients, water, oxygen), Processing (metabolism) and Output of waste products and toxins, is the base of it. In case these basic functions are not working properly, disease will start. Its six stages are:

Stages of (chronic) disease

1. Elimination Phase 2. Reaction (inflammation) Phase 3. Dumping (storage) Phase. In these three phases disorder takes place in the extra-cellular tissues (Matrix). No harm is done (yet) to cells. Therefore, these stages can completely return to full health. 4. Impregnation Phase (initial damage to cells) 5. Degeneration Phase (irreparable damage to cells) and 6. Neoplasm Phase (cells deteriorating into cancer cells). Through therapy only partial health can be achieved.

The body has but one possibility left to prevent the toxins from entering the cells and thereby creating irreparable damage, namely by storing them in the least important tissues, in connective and fat tissue, in tendons and joints, along the blood vessels and in the skin. These tissues are the dumping-places of an overburdened Flow System (Dumping Phase). Unlike the elimination and reaction phases, this phase shows few symptoms. Telltale signs are deposits in the skin - dry skin and hair, pale, swollen or „damp" face, absence of sweating, liver freckles or old-age spots - stiff and painful joints and muscles, circulatory disturbances like cold hands and feet, fibroids and prostate-enlargement. In the dumping phase, you thus have hardly any symptoms, however, you are one step closer to chronic disease. It is *the* example of the fact, that the seriousness of disease *does not* necessarily correspond with the occurrence of symptoms. In the previous stage - Reaction Phase - with its much more „dramatic" symptoms like fever and inflammation, you are much more close to health, since these processes have a spontaneous tendency towards elimination. In moving from the Dumping Phase back to the Elimination Phase, the symptomless condition temporarily can turn into an acute Reaction Phase, which is then a sign of improvement and cure.

Its notorious example being the female breast, the “waste bin of our consumers society”. Accumulated waste is responsible for the dramatic increase in breast disorders, not to speak of toxic residues - dioxin - in the mother milk. Once boundaries are crossed, however, the toxins enter the cells. They have exceeded the so-called „biological limit". Prior to this, the toxins were still circulating in the Matrix, the body fluids, connective and fat tissue, without effecting cells and organs. These include the Elimination, Reaction and Dumping Phases. In these stages, through proper measures, total recovery is the norm. However, once the „biological limit" being crossed, cells will be penetrated, causing relative to permanent damage. It is the beginning of cellular chronic disease. It is sub-divided into the Impregnation Phase in which toxins are damaging the cell, the Degeneration Phase in which the vital functions of the cell are collapsing and finally the Neoplasm Phase, in which the cell turns into a cancer cell or tumor. The ongoing rising statistics of breast cancer do not need further comments.

One of the major medical errors of our days: to see the „healthy norm" as the absence of symptoms

Health spontaneously tends towards elimination, while chronic disease tends towards condensation of toxins and waste-products. For this insight we are much obliged to Dr. H. H. Reckeweg, who has spent his entire life to develop his system. Without him much of this chapter couldn't have been written. So when too many waste-products have accumulated, the body will always first make an effort at getting rid of them through elimination. If this fails - and it has done its utmost via the emergency valves, fever, inflammation and the dumping of waste-products - then the toxins can no longer be prevented from entering the cell. All the body can do, is limit the damage. It will therefore concentrate the toxins on as small an area as possible: the condensation-principle. It means, that toxins are kept in small areas - in the kidneys, in the liver, in the uterus, in the brain or in the hormonal glands - protecting the organ as a whole from the same fate. The result is, that in an organ weak spots are emerging, packages of vulnerable, degenerating cells. While in the first stages this emergency measure is often working - preventing an entire organ from dis-functioning or even collapse - with further progression these spots themselves become dangerous to the whole. This is the case in the last stage, in which a cell, in order to survive, turns from oxygenation to anaerobe “fermentation”, thus becoming a cancer cell.

Even in these chronic stages, however, will the body do everything it can, to still relieving itself via dumping, fever and the emergency-valves. Especially when Flow System/Guasha Therapy (FST Guasha)- or any other biological therapy - has been applied. In that case both the immune-system and detoxification are stimulated. With as a result, that the chronic - „sleepy" - stages manage to become active again. Thus in the Impregnation, Degeneration and Neoplasm Phases „escape" mechanisms can be observed: the shift to either Reaction or/and Elimination Phase. Not only sweating in the case of hypertension, boils in the case of diabetes, eczema in the case of asthma, but all kinds of acute stages (“flare-ups”) can occur. There are two possible shifts: one from chronicity towards elimination and one from elimination towards chronicity. In the first case the body takes its natural course, all we need to do is follow up on it and support its efforts. Golden rule: always support the Reaction Phase, promoting the eliminations, except in some rare cases. In the case of an already existing chronic disease suppressing is even more disastrous, since it takes „the last chance away" to heal itself in a natural way. Note! Without insight in Dynamic System Pathology, these relationships will never be discovered. Regular medicine being totally unaware of the risks of suppressing **any kind of condition**, from „a simple flu" to worse. So, if sweating is suppressed, a diabetic is treated for his boils with antibiotics - only rarely necessary - all other kinds of inflammations like e.g. **a simple** bronchitis are treated with antibiotics, eczema is treated with cortisone, flu-vaccinations or the Pill are taken, then again a major reverse shift from Elimination or Reaction Phase toward an Impregnation, a Degeneration or even a Neoplasm Phase might occur. In the sixties studies already revealed that allopathic medicines were a causal factor in 80% of all chronic disease, while nowadays prescription drugs, even when they are correctly given, are the fourth leading cause of death in the U.S.A. On the other hand, if supported in the right direction, the body often shows astonishing regenerative power.

Excursion

The immune/detox system has five major components. 1. The reticulo-endothelial system, storing toxins, forming anti-bodies 2. The adeno-hypophysial-suprarenal cortex mechanism, regulating connective tissue e.g. inflammation 3. Neural reflex system (Reilly) , the excitation and irritation syndrome 4. The detoxification of the liver, coupling toxins, acids 5. The detoxification in the Matrix, with storage of toxins, antigen-antibody reactions, inflammation and formation of leucocytes.

The ultimate cynicism: that our immune-system will become so weak - a.o. because of regular medicine - that the only one who can save us... will be the regular medicine

Chapter 9 Chronic Disease

A Case History

One simple but indispensable way of detecting these connections, is through careful examination of the patient's Case History. Anything „medical" is written down from the family, pregnancy, birth, the first months, childhood, puberty until the actual age. Crucial is the precise sequence of events. It may go like this. No illnesses in the family, except father, he had rheumatism (over-acidification as a congenital factor) and died of a heart attack. Normal pregnancy and birth. Bottle-fed with frequent regurgitations of milk (emergency-valve). As a baby already overweight (Dumping Phase). Received „normal" vaccinations, with no adverse reactions afterwards. A slight eczema, followed by a bronchitis (Reaction Phase) occurred with anti-biotic treatments (suppression). At the age of five frequent tonsillitis (Reaction Phase) started. Always treated with anti-pyretics and anti-biotics (suppression), then tonsillectomy, also suppression, since the tonsils are useful detox and elimination organs. Had once a severe abdominal flu with diarrhea (emergency-valve), without major treatment. His teeth were bad, very soon he had quite some

amalgam (poisoning) fillings in his mouth. At school problems with concentration, the beginning of his headaches, which soon were diagnosed as migraine (Impregnation Phase). Sometimes the occurrence of a slight fever (Reaction Phase), diagnosed as „nervousness" for which aspirin (suppression) was taken. At the age of 24 the migraine was over. Strangely enough, he then suffered from profuse nightly sweating (emergency valve), which went on for several months and mysteriously disappeared. He married and loved big meals - especially large portions of meat (rotting, Dumping Phase) - nicely prepared by his wife. At the age of 36 he was diagnosed with essential hypertension (Impregnation Phase), values between 120 and 190. He was given anti-hypertensiva (suppression), and suffered in the mean time from frequent dizziness. His work as a construction worker became more and more dangerous to him, the reason why he was released from his work. At home he became so stressed, that his pain in the joints (Impregnation Phase) were first attributed to it. Because it persisted, he had an examination in the hospital, with non-specific arthritis (Impregnation Phase) as a diagnosis. He received medication, both anti-inflammatory drugs (suppression) and later also cortisone (suppression). His condition did not improve. He became more and more depressed (Degeneration Phase), with no energy whatsoever. During heavy arguing with his frustrated wife, he suddenly died of a heart attack (Degeneration Phase) at the age of 46.

Terminal health care is creating terminal patients...

The story also could have gone the other way round. If above mentioned patient in time would have received proper Flow System/Guasha Therapy (FST Guasha), then the following might have happened. After three weeks of total nutritional change together with Guasha and an initial bowel cleansing, his arthritis first would have become worse (from Impregnation to Reaction Phase). This time this wasn't suppressed, but supported by more intense bowel cleansing, a drinking cure and sweating treatment. To his surprise, not only the pain disappeared, but so did his hypertension (from impregnation to elimination). Both medications were very soon stopped. Thanks to this, his mood improved by the day. He wanted to go on with his healthy lifestyle program, despite the fact, that his most acute problems were already solved. For two months he felt terrific, then suddenly he started suffering from headaches. Two times he even had full-blown migraine (former Impregnation Phase) attacks. By only again adding to his lifestyle some frequent colonic irrigations, the migraine almost entirely disappeared. In the mean time, he had read quite some things about the harm of amalgam fillings (toxic poisoning) **in his teeth**, hence he decided to replace them by composite. After that his headache disappeared altogether and never came back (Elimination Phase). The benefits he has had from his change in lifestyle were so impressive, that he joined a intensive two-weeks fast. Halfway he got fever with coughing and a soar throat (former Reaction Phases). To support the body in its attempts to still solve the problems he got a long time ago, immune-supporting phyto-therapeutics - echinacea and chamomile - were given, after which his complaints soon were over. After the fast - the best experience in his life - he fully regained health. Note: Like disease jumps from one phase to the other, so the healing process does. The symptoms then go the reverse sequence, like the reverse „life-film" in dying or in meditation. Through the time-sequence, the doctor is able to determine “to what moment in the past cure has reached”. For instance, “cure has included the tonsillitis the patient had when he was five years old”. This way of curing is really exciting, both for the patient as well as the doctor!

Chapter 10 The New Health Care

The three echelons of Self Care, Holistic Medicine and Technological Medicine

Criteria of a healthy Health Care

The „five" criteria: a Health Care close to the people, for the people and of the people, focusing on optimal promotion of health, rather than exclusively treating disease, largely natural without any harmful side-effects, a joy for everybody who works in it and at such low costs, that everybody, including the poorest, can optimally benefit from it.

Our Western Problem

A health care alienated from the people and in the hands of monopoly: scientific, medical, technological, financial and political.

Nowadays alternative, “complementary” and holistic ways of medicine are booming. The number of consultations in the Netherlands alone, runs into millions a year. At the time of writing 60% of all Americans prefer to take herbal remedies rather than allopathic prescription drugs. The courses - e.g. offered in natural medicine, homeopathy and acupuncture - are manifold, for doctors, therapists and lay people alike. Many magazines are publishing articles about a healthy lifestyle, phyto-therapeutics, wholesome cooking and self-treatment of simple disorders, in almost all their editions continuously. Even universities are doing research in the effectiveness of alternative techniques and methods. Most insurance companies offer a limited number of alternative methods in their package. Health food stores and drugstores, selling wholesome food and natural remedies are doing good business.

However, despite this development, public health care is still dominated by regular medicine. It may not reflect the real situation anymore. Maybe very soon a major structural adjustment has to be made. Isn't it e.g. an increasingly disturbing factor, that people, who are truly seeking health, are still forced to pay their monthly premiums for a system, they don't want anymore? Those people have to add their monthly costs for a healthy lifestyle and of their consultations to alternative practitioners to it. Which is a punishment, rather than an encouragement. Regular medicine doesn't promote health, but usually waits until the disease has become chronic, in such a way, that the patient fits in their pre-fixed diagnostic schemes. These schemes being nothing more, than the entrances to pharmacological, technological and surgical treating of symptoms. The definition of health by the WHO, as „the well-being physically, spiritually and socially", therefore, does not relate to reality. In practice, there seems to be only one principle: health as the absence of symptoms.

This article focuses exclusively on Europe and other Western countries. We introduced Western medicine, so it is us who are responsible for its errors. The problem is „simple" and can be brought back to one single cause. It is because of the fact, that about 120 years ago - the beginning of technological, cellular medicine, a very young branch indeed - the decision was made to treat symptoms, rather than promoting health. And this is how it still is. The so-called „health care", is not a care for health, but a system of treating, read suppressing of symptoms. It is one of the main medical errors of today. A system based on treating symptoms, is focused on disease, rather than health. Disease is its main interest. The income of the doctor after all reflects his daily number of patients. The hospital wants all its beds permanently occupied. The laboratory aims at a maximum number of tests everyday. Medical technology industry is interested in expanding its market and its sales. The pharmaceutical industry and pharmacists

spend all their efforts in selling their - allopathic symptom-suppressing - medicines. The insurance companies want to invest optimally through the premiums of the common people. The politicians and bureaucrats wield power. The scientific researchers are protecting their - often irrelevant - research and all other health care workers are (rightly) primarily worried about their jobs. Everyone, each in his own way, supporting the system, all are benefiting from disease. What has become clear though is, that the system is not in the interest of those, for which it was meant.

It is said, that the former director of the WHO, Robert Muller, considered the various ways of traditional medicine in the world to be able to prevent, improve and cure around 70% of all „civilization" related diseases. This is confirmed by the experience of countless doctors and researchers in many countries. The often quoted Dr. Bernard Levin, specialist of M.D. Anderson Cancer Center in Houston, U.S.A. - saying that 65-85% of all cancers may be prevented by lifestyle changes - is just one of them. Like in my 45 years of practice, most of these doctors are taking health as the starting point. With health as the starting point, everything changes at the spot. The bodymind appears to be a self-managing system, aimed at survival. We appear to be an integrated whole, in which everything is interconnected. Crucial for its survival is both optimizing of functions and the integration in **the cosmic, cultural, social and natural context**. Symptoms are not an expression of „abnormality", but rather the visible part of the strategic natural healing power of the body. Instead of isolating them, the solution to almost all problems is found, through putting them in their meaningful context.

The New Health Care

The first echelon: Self Care

Based on the principles and practice of the Flow System, a totally new and powerful vision of the New Health Care has been developed. It consists of three concentric layers or echelons: **Self Care, Holistic (Traditional) and Technological Medicine**. The inner largest circle belongs to Self Care. It is the foundation. Since health can only be achieved by a healthy lifestyle - which no doctor can do for you - and moreover 60% of all disorders can be improved by it, Self Care should be the basis of the New Health Care. It includes everything an individual can do to optimize his/her own health. It corresponds with the universal principle of subsidiarity (**“organic structure”**). It says that what a lower level (of society) can do should be done by that level. It is obvious that this applies to a healthy lifestyle. Every human being should do what is good and beneficial for his or her health. That is one side of the coin. The other side is accepting the responsibility for the relatives and friends, yes, for the whole of the community. At the same time Self Care should be the focus of all Public Health efforts. Through information campaigns people should become aware of the necessity of a good health and should receive the means to achieve it. Education is the keyword here. All aspects of Self Care should become part of school education, community efforts and training opportunities. In my youth I was fascinated by Chairman Mao's initiative of “Barefoot doctors”. I think this idea is worth to be revived.

The core of Self Care is Guasha. Guasha should become the main Self Help therapy. To support Self Care should be Guasha's main mission. People can easily understand its theory and practice. Training of local people in the basics of Guasha will have great benefits to the health of the community. Guasha as a multi-causal therapy is unsurpassed, no other therapy can reach its level. It is the foundation (“mother”) of all therapies. As no other, Guasha, together with Flow System, can cure the initial stages of disease: an unbalanced Matrix. Self Care should be part of everybody's experience. It can be taught to children at a very early age. In the community, it can become the model for self-reliance and mutual help. It includes all necessary health strategies, which can be executed on the most basic level, like health promotion, education, prevention and therapy. Our model has both been tested in developed, as well as in developing countries, among the rich, as well as the very poor. In both cases it was received with enthusiasm. We have therefore decided to start the education of basic health practitioners, members of the community,

who after a short training in Flow System/Guasha, will be able to initiate, develop and optimize Self Care as the foundation of the New Health Care world-wide.

The self-reliance of the individual has to be taken as the starting point. What the individual can do - chooses to do - he should do. What is beyond his possibilities, is done by the family. What the family cannot carry out, will be done by the street, everything on a voluntary basis. The street delegates certain duties to the neighborhood, which in turn is falling back on the district, the commune and the region. Subsequently, a close co-operation with the Holistic Medicine and Technological Medicine will be established. Educational programs will be initiated, both on primary school, high school and university levels. Extensive propaganda with all available means, e.g. smart-phones, video's, webinars, computer programs, papers, magazines and TV will be developed. International organizations will be asked to support the initiatives. Needless to say, that implementation of the New Health Care will bring about astronomical reductions in costs, to such an extent, that no health minister will ever again suffer from sleepless nights anymore.

Many examples of how Chinese people help themselves with Guasha are available. Europe can learn a great deal from them. One example are the gatherings in the parks, with people exercising, their pictures being well-known around the world. State and private efforts should support these initiatives, both by teaching, training opportunities and financial means. In Europe where holistic medicine has become increasingly restricted – despite millions of consultations every year - people can only dream of it. The recent plans of Xi Jinping's government in giving TCM the status it deserves has raised great hope among people in Europe.

The second echelon: Holistic Medicine

The principle of subsidiarity (“organic structure”) says that “what cannot be improved e.g. cured by Self Care should be referred to the second echelon”: that of professional holistic health care workers. It is only logical that if the self-healing power of the patient is still intact, rescue has to be sought with Holistic Medicine. No Western medicine should interfere here. Both clinical practice and scientific research should be exercised, managed and controlled by Traditional Medicine itself. Again, in this second echelon Guasha should become the core practice. It is the first method of choice in all cases of chronic disorders. The Guasha practitioners e.g. doctors are all professionals trained in advanced levels of Guasha theory and practice. Therefore Guasha should be taught at health schools and universities. In daily practice these practitioners work as a team with others: doctors and therapists. In Europe these are the professionals in Natural Medicine, TCM, Homeopathy, Neural Therapy and others. It will become clear that with Self Care and Holistic Medicine as the core of Health Care individual and public health will greatly benefit. An estimated 60% to 80% of all “cases” could be helped in this way. Because these natural/biological! therapies work through raising the inner self-healing power of the patient, public health will make enormous progress. It leads to great satisfaction, both with patients and health care workers. The public will develop great trust in the New Health Care. Medical errors, harmful side-effects of drugs will be reduced to a minimum. People will enjoy a healthy relationship with the social and natural environment. A practical consequence is an enormous cost-reduction. Expensive Western drugs and technologies will only be applied in cases where nothing else helps anymore. Again President Xi Jinping's initiatives in this regard are very much welcomed. Through international exchange and with the help of the WHO – which supports the Chinese efforts to reform its Health Care – in Europe new developments have to be initiated.

Third echelon: Technological Medicine

If, however, Holistic Medicine appears not to be able to solve the problem, the Technological (Regular) Medicine serves as a last resort. As a complementary (...) and emergency - „terminal" -

approach, it has all possibilities at its disposal, to repair or compensate (excessive) damage, make life bearable for those in great pain, to treat rare chronic diseases, rehabilitate, to give pharmacological, technological and surgical solutions where others fail, and save a patient's life. Something in which Technological Medicine is specialized and which cannot be done by others. Its volume occupying the last 10%-20% of the total health care package. Re-arranging Health Care in this way, the benefits will become visible very soon. All the things necessary for putting it into action are available right now. So let's face the challenge!

Excursion

Western health care is a good example of a deteriorated Flow System. Instead of our input - the insurance premium - to be an investment in our own health (output), it is rather a subsidy for the existing medical system (accumulation). The irony is, that the more we pay, the sicker we become. The premiums go up all the time, while no real cure is achieved. Hence, without re-considering the money flow, we won't be able to bring about the necessary change. Let's first have a closer look at the health benefits of the existing system. You go to your doctor with some minor complaints, headache for instance. After a short examination he gives you a painkiller. **Health** benefit? Zero. Or you visit him with a **common disease**, bronchitis for instance. He gives you antibiotics. **Health** benefit? Zero. Or you visit him with the symptoms of a chronic disease, hypertension for instance. He will give you medication, usually an anti-hypertensive drug. **Health** benefit? Zero. In none of these cases your health has been improved, in no way whatsoever. Since the treatment of common disorders, simple and chronic diseases constitute the largest bulk of medical services, the overall **health** benefit of the existing health care system is.....zero. This - shocking - evidence has thus led to the following conclusion. Since 60% of the health care lies in our own hands, so the corresponding amount of money. Of every euro we spend, **around** 60 cents should go to Self Care. **Around** thirty cents go to the Holistic Medicine, while the remaining **10 – 20** cents will be spent for emergencies. The 60% - provided by the state, the community, private spending and ourselves - will go to the local Self Care district council. On the other hand, the premiums we pay for the holistic medicine - the 30% - will be put on our own bank-account. It will be our own investment in health. As long as we stay healthy we cannot withdraw this money - it has to support us in times, in which we could possibly need it. The interest will be ours, though. Hence, the healthier we live, the more financial benefits we have, a rare example of healthy accumulation (...). In order to pay the bills for Holistic Care - in case of high personal health-related costs – we will be entitled to withdraw this money. Through these two measures, it will be possible to finance Self Care and the Holistic Medicine ourselves. Having Self Care and the Holistic Medicine as the foundation - covering **80-90%** of all cases - the money spent for regular treatment will diminish in a dramatic way. While nowadays our entire money is spent for „terminal" care, in our New Health Care the costs for regular medicine is reduced to merely **10-20%**. However, the financial consequences of an accident, a terminal disease or rehabilitation can be quite high. The premium, necessary for covering these last-mentioned risks are thought to become part of the existing accident insurances. If desirable, a part of the old age insurance could be used as well, since most of the emergencies are related to it. Everything depends on our commitment to Self Care and Holistic Medicine, only then the costs can be kept low. Large scale education has to fill in the gap here.

Literature

H.Stiekema „Flow System Therapy”, 1999 PIP Press

Some more titles!

www.vitalworld.org info@vitalworld.org

VitalWorld **“Health Education for All”**

Drs. MeiMei Yu (MA) is Chinese Guasha teacher and therapist, who integrated East and West since 1997. She is pioneer in the Netherlands, aiming at spreading Guasha to the whole of Europe. She cooperates with her husband in developing an East-West scientific foundation for Guasha. In the future she will be taking the lead in our project “VitalWorld, Health Education for All”, everything to the benefit of all (wo)mankind.

Han Marie Stiekema (“Dr. Han”) has graduated from university as a M.Drs (physician) in 1972. He is a pioneer in Integral Medicine. Currently he is living a simple life in harmony with the Whole. People from all corners, professions and positions come to him for holistic advice, support and guidance. Time and again dr. Han is surprising them with his deep (scientific) insight. His aim is to develop a Western scientific model for Chinese Guasha.

Our “VitalWorld Health Education for All” has a great tradition already. **It was founded two decades ago.** A great deal was (is) published in the internet (www.vitalworld.org). Through the introduction of Guasha our Educational Project received a new boost. We are convinced that it is fundamental to Health Care and medicine worldwide. Cooperation with China and prof. X. Zhang is vital to us. We aim at a joint effort in order to make “Health Education for All” a reality.

2018 © Copyright Han Marie Stiekema. All rights reserved. Nothing shall be copied of this text, neither by print, nor electronically or otherwise without written permission from the author.

3. Cosmic Medicine

(Founder: Han Marie Stiekema)

Healing yourself, Healing each other, Healing the world

Holistic Science

THE breakthrough towards a new world view has recently arisen through the combination of Cosmic Experience and Holistic Science. This has immediate consequences for medicine (see later). As we have seen, the Cosmos is a coherent Whole. A Whole that not only more but also fundamentally DIFFERENT is than the sum of its parts. Just like a human is MORE and DIFFERENT than the sum of his/her organs. The "foundation" is the Cosmic Vacuum, since ancient times called "Cosmic Womb". She is the Empty Vessel from which everything is born. Her emanations are the Eternal Light ("God") and the universe, both uninterruptedly returning to their Source. Since this takes place in Eternity, there is no time between being reborn and returning ("dying"). Everything takes place in an undivided eternal moment. The way is open for the recognition of Absolute Emptiness (“Cosmic Mother”) as True Origin of God and the universe.

What does this have to do with Holistic Science? (except with regard to the absolute claims of current materialistic science). Synonymous to the Divine are Cosmic Intelligence and the Great Consciousness. You can consider it as an infinite, timeless Space. This Space is perceived as empty. Because if you go into it ("Enlightenment") then your ego has (temporarily) disappeared. In Reality the Space is full. It is full of Mother's second emanation: the universe. The entire universe - the visible and invisible world - is the content of the Divine Space. (In Dutch: “Vol-Ledigheid”). Not only the galaxies and the earth but also we humans are embedded in it. First conclusion: the human "I" as an isolated entity is an delusion. We humans consist of 1. Spirit ("Spirit", Being, Essence, True Self), 2. body/mind /psyche (including the (collective) subconscious) and 3. the ego. However, these dimensions are not isolated. The Spirit is part of the "Great Spirit" (Consciousness) while our body/mind /psyche is part of the universe. Only the ego has split off from the Whole. It identifies with parts of the Whole, degrading them to fragmented objects. The irony is that Western culture identifies itself with this inner alien. This isolated entity subsequently proclaimed itself as the “center of the universe”. It appropriated the omnipotence of the Whole. This is expressed a.o. in materialistic science. While in reality dealing exclusively with separate objects - resulting in a very limited understanding of the Whole - it claims to possess the "only truth". Whoever does not believe in this "god" is excluded.

Many scientists (Newton, Einstein) confirm that the actual breakthrough in scientific

research happens through "direct intuition". "Suddenly I knew - as if out of the blue (Nothingness - the solution to my long-term problem".

At this point it will be clear that in order to understand (wo)man and Kosmos, current knowledge is hopelessly inadequate. (Wo)Man is not the sumtotal of chemical/physical data. To make this even clearer, we take another dive into the deep. The Spirit of (Wo)Man is identical with Cosmic Intelligence while his/her his body/mind/psyche is content of this same Space. "I walk in the Space that I am" says someone who has experienced this. A well-known saying is also: "Thoughts are in my Spirit like the universe is in God". It expresses the aforementioned Truth: both - my thoughts as well as the processes in the universe - are contents of ONE coherent Whole. It means that "my" thoughts are not mine, but intimately interfere with all other energies in the universe. An expression; "The thoughts that went through me". Question: "Where did they come from and where are they going?". Most thoughts are not "produced" by ourselves, but "come to us". What is surprising is that recently a new field of study - "cosmological neurophysics" - picked this up. It postulates the thesis that "the universe and our brains are ONE". The implications are clear: you can not do brain research without research into the Cosmos (and vice versa). Erwin Schrödinger: "There is only one Mind" (the Great Consciousness). Second implication: only through Consciousness (Spirit) can one gain insight into itself. Third implication: only a Holistic science that includes the connections between all the dimensions of the Cosmos has true insight into existence. Fourth implication: only a new generation of scientists - those who have experienced unity with the Cosmos - are the bearers of a new Holistic Science. Medicine, as the study of the Whole (Wo)Man (instead of a machine) needs to be oriented towards this new science. Healing arises primarily from the insight into the interrelationships of which every person is a part. Only then can detailed information be a useful addition. The regular science is "complementary" (to the holistic), not the other way around.

To know the part,
you have to know the Whole
To know the Whole,
you have to be IT
To be IT, you have to be non-being
Being Nothing, you are everything
This is how you know the part

The core problem of "judeo-Christian civilization" is the ego. Were we associated with the Reality of "Heaven, Earth and the Community", especially after the many centuries of persecution ("Inquisition") (wo)man had no choice but to fall back on his little self. This is defined as the (unconscious) identification with its self-image. You are not what you are, but what you think (imagine) you are. The Western (wo)man lives with an "ersatz" of himself. Your world is that of thoughts, ideas, emotions, desires, ideas, concepts, judgements, interpretations, comments. These take you constantly in tow. "I am IN thoughts". Constantly seized by your world of thoughts, you have permanently alienated yourself from Reality (see above). "Thrown back on yourself" you have separated yourself from the Whole. You are an isolated entity cut off from the Great Life. This isolated existence is THE cause of existential fear. At the same time, your roots in the Cosmos are cut through, hence you are no longer nurtured, regenerated by the Whole. You are ignorant about the Great Consciousness of which you are a part. This directly affects your self, world and God image: what are we deep within ourselves: Cosmic Intelligence or slaves of our ego impulses?

"(Wo)Man: "a bundle of functions" or "the image of God"

Only by being the Whole, you have an overview of all the interrelationships. Only when you know the connections you know about the functions of the individual parts. A science with the ego as the starting point knows only separate objects. Because they are separate from each other, no insight is gained into their actual functions. It leads to an artificial, yes, false world view. A world view that is one-dimensional can never bring about Wholeness. That is why reductionistic-materialistic science leads us further towards the abyss. In the future, the emphasis will be on META Cosmology as the all-encompassing sacred science. This Cosmology studies the Whole of which you yourself are a part. Only the Whole "within you" can know the Whole "outside of you". Only when you are part of Cosmic Intelligence can you gain insight into the Cosmos. The Whole is multi-dimensional, whereas regular medical science is one-dimensional. The first includes the second, never the other way around. This Whole comes about through the integration of the "horizontal" into the "vertical". All existence comes from the Cosmic Vacuum and continually returns: "first" The Eternal Light (Great Consciousness, Cosmic Intelligence, "God") "then the universe (energy, morphogenetic fields, archetypes, psyche, body). The former includes and penetrates the latter. That means that the horizontal is determined by the vertical. It is a process of uninterrupted regeneration. However, once you have identified yourself with your ego, you have closed the door for Cosmic Renewal. No death of the old and birth of the new. The old, sick, harmful accumulates (instead of being broken down), while the birth of the new (the healthy, the young, the fresh) does not take place (inadequately). Regular (materialistic) medicine (the alternative too) only works on the horizontal, materialized plane. That which regenerates life (Cosmically, the vertical dimension) is not acknowledged. True Healing, on the other hand, is the restoration of Cosmic Hierarchy, starting with the Origin. The most essential link to True Healing – Cosmic Medicine - is painfully absent in modern medicine *.

* Han Marie Stiekema, founder of Cosmic Medicine.

The core problem of the West lies in the inner sphere. Through (unconscious) identification with our self-image we are alienated from Reality. Everything only takes place in our thoughts (emotions etc.) world. As an isolated entity (ego), life is increasingly meaningless. Existential anxiety gnaws on our "soul". Even though we do not admit it, deep down

desperation prevails. Stuffing ourselves with material goods no longer helps. Our basic problem is Cosmic, the fact that we are not nourished, regenerated, renewed and healed by the Whole. This inner despair is the engine behind our personal and collective turnaround. The revolt does not focus on politics (even if we think so). On the contrary, it is a desperate attempt to save our "soul". Our desire is for a "spiritual culture", for a spiritual support that gives us wisdom, meaning, joy, justice, peace, love, security.

There is no cure for the ego-disease. Ordinary medicine (including the "integrative") has no answer to inner degeneration. Tinkering with the ego does not change its inherent isolation, its artificiality, its inherent vulnerability, insecurity, fear and powerlessness. Wholeness is not a consequence of improving ego functions. Even if you "eat healthy", these under-mining influences will continue to work. Within the ego as an isolated entity, Wholeness can not be found. The conclusion: solving the ego problem has absolute priority. What we urgently need is a New Medicine that tackles the real cause. The therapy is the return of the sickened ego back to the Whole – our True Home - the "lost son" who must find the way back to the Mother. The big surprise: Deep within ourselves - in our Being - the Wholeness is eternally present. We are already Whole! This Being-Whole is part of the great Cosmic Whole. Instead of (frenetically) looking for Wholeness outside of ourselves, the ego - in order to be healed - must (re) insert itself into the Whole of the Cosmos: society, earth, universe, the Eternal Light and the Cosmic Mother. It is the way of the Cosmic (Wo)Man, the guidance that is offered to him/her comes from Cosmic Medicine.

Many think that the above is very extra-ordinary, not accessible to "ordinary people". Nothing is less true. Loss of the ego and being part of the Whole are frequent moments in daily life. The point is to take these moments seriously. Think of: falling asleep and losing yourself in the dark night (surrender without trace of fear!); nature experience e.g. sitting on a dune top ("suddenly everything fell off"); merging through love and sex ("for a moment I was not there anymore"); breakthrough of a greater Reality ("one with the world"); forgetting yourself in dedication; being struck by beauty ("everything was in my Space"); being lifted above yourself ("without thinking for a moment, he jumped into the water and saved the child"); religious passion ("not me but Christ in me"); walking, dancing, cycling (see examples in my books "Origin"); in sports ("I walked the 2000 meters and suddenly IT took over, the rest went completely effortless"); in great anger ("I was out of myself and at the same time totally present"); in a fight ("I did not think about anything anymore"); in silence and meditation ("peace in and around me"); in the dying process (in which everybody is absorbed by the Eternal Light).

Continuous (existential!) Fear, insecurity, powerlessness, vulnerability, loneliness, senselessness, worrying and problems lead to a permanent (unconscious) stress situations. It is something that is constantly "eating us away". This has a direct connection with the physical. Fixed stress and deep fatigue eventually result in a rigid autonomous nervous system. This means that in the body the sympatic is continuously dominating. Because the body has lost its inner balance - because the parasympathetic is also blocked - it can not lose its waste, toxins and slag. These accumulate in the tissues. At the same time, the hormone system is exhausted. After an initial "excitement phase" it shoots into a chronic deficiency phase, creating a permanent immune weakness. The combination of all of these factors together (inner exhaustion, immune weakness, poisoning, lifestyle factors ... and the ubiquitous electro-magical radiation) is the basis for the development of chronic (degenerative) disease. It is clear: the ego has become hopelessly entangled in itself.

From 60+ on no more evening meal, keeps you healthy, prevents illness and prolongs life

Integral Medicine

In our Being (Essence) we are Whole. It arises when we give up our ego. This Being (True Self) is part of the Great Consciousness. As above, so below. Reality appears to be a meaningful, hierarchical "system" in which everything has in meaningful relation to each other. The psyche is part (content!) of Consciousness Space, the physical is regulated by the psyche. All this is embedded in the Cosmos. The Cosmos is ruled by "Death and Rebirth". Our "bodymind" is part of this. All the old, sick is constantly being broken down, while the new, healthy arises. This dynamic process is subject to influences from "inside and outside". Influences that can disrupt this dynamic process. While the Essence is invariably Whole, our "periphery" (bodymind) is subject to undermining factors. It is the area of health and disease. That's why Cosmic Medicine needs a supplement: Integral Medicine. While in Cosmic Medicine the unity of (wo)man and Cosmos is central, integral medicine has the parts as starting point. It focusses on the integration of spirit, psyche and body. Not the Cosmos is determining the Whole, but human effort to join parts is central. While Cosmic medicine stresses a hierarchal system as the core of the therapy, in integral medicine the doctor (therapist) determines how "body, mind and spirit" is fitting together. Therefore integral medicine can never replace Cosmic Medicine. As an additional therapy, however, it is indispensable. Our effort is to create the "medicine of the future" where both are integrated.

The confusion to the extreme: integral medicine, integrative medicine, lifestyle medicine, mind-body medicine, "mesology", all different names for about the same. Intentional chaos?

In recent times, however, "Integral" turns out to be a repository of anything and everything. After all, everything is part of the big picture, so one reasons, hence every new idea is thrown on the big pile of "integral". However, the latter is not an arbitrary collection of alternative therapies. "Integral", on the other hand, means reality as an "Integral System" where everything is meaningfully connected. So the question is: integral, yes, but in what? In order to integrate into a meaningful system, this system must first be known. This - as far as I can see now - is completely absent from the current "integral scientists". In fact, they are as reductionist as the regulars. First everything is broken down ("Orthomolecular Medicine", "Nutritional Medicine", "Lifestyle Medicine" - I would not be surprised if we also get

"Probiotics-Medicine" and "Smoothie-Medicine" * (joke) - not inconceivably thus that in some time ahead we can only eat carrots, when first "scientifically examined", a denial of (wo)man's own inherent intelligence - everything staffed with experts, who then have to recombine those parts. Experts are by definition those who have a limited ego-view of things (and themselves!) Their pretensions are far out of their domains when it comes to the Whole. What you see now is that "integral" is increasingly an accumulation of details. Health is becoming increasingly obscure, rather than more transparent. The "professional" approach creates a landfill of information, causing the overview to be lost e.g. the "ordinary person" becoming more uncertain instead of more mature. While publications that provide insight into the Whole are rare.

("Just kidding"). They want to deprive all "alternative" doctors of their competence. Given the dramatic technologization of medicine, would it not be more logical to adapt the regular doctor's title to current professional practice? "Medical Technikus" (M.T.) for instance?

The key question is whether a Cosmic Order exist. It has to do with our world view. Is the Cosmos a meaningful Whole or not? To the current materialistic science this is NOT the case. That is why in therapy the choice is not made by understanding the Whole, but by random preferences. The idea of wholeness as being part of the Great Whole is totally foreign to it. One tries to impress with "authorities" ("Harvard") who themselves haven't the slightest idea about what Wholeness is. Regular science is a VERY limited tool for knowing the Whole. To them, only what can be measured is real. Physics speaks different language. Quantum research, information science, (regulation) system theory and biophoton research point inexorably in the direction of a universal energy (Chi in Chinese) that penetrates the entire universe. We are embedded in this energy. If we accept this (and who does not) then the concept of "spiritual healing" is no longer strange to us. Eg. F.A. Popp was able to demonstrate that a dying cell transmits its light ("lightning") (and with it its structural information) to its immediate environment. Cells communicate via light! (Dr. W.Bittscheidt). Put this in the context of the Cosmos - Absolute Nothingness ("Vacuum"), Great Consciousness, the forces of the universe, the earth and nature, we have discovered a coherent integral system for "Cosmic-Integral Healing".

The multi-dimensional reality (integral/holistic/cosmic) can never be part of a one-dimensional system (regular/ "evidence-based"/"integrative")

Alternative medicine

It can be considered as part of Integral Medicine. The emphasis is on stimulation of the Self-Healing Power and the removal of obstacles. It is the core of European Traditional Medicine. Since I have already published about this (45 years of expertise) (see, among other things, "Flow System Therapy"), I refer to www.vitalworld.org. A marginal note must be made. Even in Alternative Medicine, the fragmentation virus has struck. Simple example. The "nutrition doctor" prescribes a diet. He/she has discovered that there is a deficiency in the body. What is not part of his/her considerations / competence is insight into the path that nutrition takes: the functioning of the digestion, the path of nutrients through the basement membrane of the capillary, the slugging of the connective tissue, the combustion level of the metabolism and the detoxification and excretion capacity of the body. The chances that the therapy misses its goal, the result of its divisional specialization (the same thing we see with the regulators) are considerable. There are two additional approaches. If a person comes with a medical question, then nutrition and lifestyle are part of the individual therapy. When it comes to the health of the population, nutrition and lifestyle are part of education. They are not part of "medical care", but part of the empowerment, personal responsibility and self-experience of (wo)man (SELF-CARE). In practice it appears that "ordinary" people understand the relationships very quickly. It confirms the inherent intelligence of each individual. Thus the doctor has two separate competences: that of therapist and teacher or "coach". The latter activities are an unselfish contribution to the further emancipation of humanity. Incidentally - without expressing a judgment - among other things, the 10-thousand "alternative workers" - stress coaches, nutrition consultants, foot reflex therapists, alternative masseurs, alternative doctors and therapists, health food shops, wellness institutes, mindfulness guides, yoga teachers, lifestyle consultants, etc. - ensure that this society can continue to run and not collapse due to a collective burnout (up to now).

Resume

Cosmic Realization (Experience) provides insight into the Great Whole. In contrast to current science, everything is (indeed) meaningfully connected. This is the core of Holistic Science. I call the corresponding scientific model "Integral System Theory". What is obtained by direct insight is then "translated" to the ordinary mind, so that it can put it into practice. I used to call this "META synthesis". It will be clear that this comprehensive vision can NEVER be pressed into the one-dimensional, quantitative, reductionistic, superficial model of current science. That there is a Cosmic Order can be understood through the logical mind. Twenty years ago I formulated it like this: "Nothing can integrate at the same level. A body cell integrates its cell components, but is itself integrated into a tissue or organ. In turn, organs are integrated into control systems such as blood circulation, lymph system, matrix, hormones and nervous system. These functions come together in the brain as the central control body. The brain functions are in turn controlled by the psyche. To integrate this, a "higher authority" is needed once again: It is that dimension in which the psyche naturally takes its place. This is our awareness, our inner space. Cosmic Medicine starts with Cosmic Space subsequently integrating the "lower levels", while integral medicine follows the opposite route: from the "lowest level" upwards.

Cosmic Therapy works according to three major stages. 1. To give up the ego. Preferably before going to sleep in your sleeping room as "Dark Room" (representing the "Dark Night", the Cosmic Womb, Absolute Nothingness) 2. The birth of the True Self through being connected to your "sacred spine", the projection of Great Consciousness in the

body and 3. To become part of "Heaven, Earth and the (new) Community". To this aim the "Heaven & Earth Exercises" (Tiendi Qigong) were designed, a unique "wu-wei" approach to becoming Whole. Everything "decorated with a breathing technique, a mandala and a mantra. The aim is Wholeness. Cosmic insight, the interrelationship of phenomena and medical experience determines where, how, what, when and in which combination. It is miles away from the so-called "integrative medicine" which is based on "evidence based science". In fact, the latter is simply based on existing (regular) diagnostics, supplemented by a couple of ("nice") "alternative methods". Cosmic Medicine works completely different. It always has the Cosmic Whole in mind. It acknowledges the priority of the ego as a disease-causing factor no. 1. It regards integral medicine as a supplement to Cosmic Medicine. In the diagram in the "We are Cosmos" file (see index) Cosmic Interrelationships (A), complete with the corresponding integral therapies (B) and the corresponding (necessary) social innovations (C), are presented.

A New Health Care

"People want an integrated health care system". Yes, but not one where
Holistic Medicine becomes the lapdog of the regular sector"

It goes without saying that we reject bringing into line a (uniform) (including "integrative") medicine. It cannot be that one particular world view dominates others. Just as in religion, there have always been different medical schools, each with its own accent. The essence is the freedom of life and world view. Nor can we allow science to make people stupid. This is done by taking people's own accountability, empowerment and self-determination, or making people dependent. Even the personal lifestyle is now taken over by medical professionals: the beginning of the (Big Brother) zombie society? The more individualistic your lifestyle (hailed as the aim of our civilization), the more vulnerable you are when the system crumbles (which is only a matter of time). Together establishing SELF-CARE therefore has a social added value, a survival function for the community. It is a binding (saving) factor in difficult times. That is why we are committed to a New Health Care, based on the principle of subsidiarity (adopted by the EU (the Maastricht Treaty). What (wo)man can do himself, he/she should do. It is the first echelon. Everything based on understanding of (body-mind) functioning, simple self-help methods and promoting a healthy lifestyle. This fits perfectly in the new policy of greater independence of neighborhoods. Here education - help with self-help - is central (schools, community centers, internet). No medical profession should dominate here. What people can not do themselves is referred to the second echelon: HOLISTIC MEDICINE, all those forms of professional medicine (doctors and therapists), in which the promotion of one's own self-healing power is central. No regular authority that intervenes here. Finally, what Holistic Medicine can not do is referred to the third echelon: TECHNOLOGICAL (regular) MEDICINE, everything in good and orderly cooperation. It is the most logical, organically built, effective, optimally integrated and cost-effective model "ever designed". (See also Book "Origin" 3.

In our time we are painfully confronted with the impotence of regular medicine. The key word is "healing" (cure). Everyone knows that ordinary medicine only suppresses symptoms. Name 100 different chronic conditions - high blood pressure, psoriasis, migraine, tinnitus, pre-dementia, rheumatism, diabetes, osteo-arthritis, asthma, etc., etc. - and it becomes clear that in none of the cases HEALING is accomplished. What is prescribed are chemical symptom-suppressing drugs. The annoying thing: while the patient thinks he/she is "better", the causal factors just continue. Until they cause chronic illness again later on. Medical science promotes disease! Scientific research is not focused on CURE, but on "functioning". It is only interested if a certain drug "works". Whether it has anything to do with HEALING is not questioned. Or worse: only those research is carried out that promises profit. It excludes many approaches that really help. Profits determining what the doctor prescribes! By the way: that everything (of alternative medicine) must first be "scientifically proven" before a certain therapy is "acknowledged" is unrealistic, because even in regular practice this is an impossibility. "Science is doctor's helper, the doctor is the helper of nature" and not the other way around. Typical example: antihypertensive drugs. Evidence based research only looks at whether blood pressure is going down. It does not interfere with the underlying causal factors. The point is that high blood pressure is not the disease, but the symptom of an underlying complex. This applies to most chronic disorders. In the practice of Integral Medicine, it appears that there are various causative factors in hypertension (e.g.), showing individual variations. Examples: overeating (especially of animal proteins), coffee drinking, insufficient drinking, over-acidification, self-poisoning from the bowel, constipation, chronic inflammations ("foci"), especially those in teeth, tonsils, inadequate physical activity, electromagnetic radiation (computer, etc.). cell phones, WiFi) not to speak of the psychological factors. By remediating these factors (without having done anything "to the blood pressure itself"), in many cases high blood pressure is "automatically" normalized. All this is completely ignored by the regular (drug-addicted) medicine (with some exceptions).

Suppressing symptoms while selling it as "healing" is the biggest conspiracy ever

An open discussion is the only way to jointly deal with the enormous problems that come to us worldwide. Health is at the top of the list. Critical thinking and solidarity can never be in conflict with each other. The regular thought is that disappearance of a symptom is equivalent to healing. How far the medical science cedes from the latter is illustrated by the following. The "evidence based model" (the regular scientific model) only measures quantities. For instance, let's take 40 people with "psoriasis". In doing so, one only looks at the symptom, not at the underlying individual variables. To regular medicine all patients with psoriasis are the same. In contrast to the biological, natural or holistic systems of medicine. It appears that all psoriasis patients - in addition to a common denominator - have their own mix of causative factors. That is why Integrated (holistic) Medicine (HOL) emphasizes the uniqueness of every person, the stimulation of one's own self-healing capacity and the removal of obstacles, all in the context of the Whole. This insight has led to a new definition: "Health involves the whole person - spiritual, psychological and physical - in unity with the Cosmos, nature and the community" (Integral medicine). Not to be confused with "integrative" medicine, (REG) a system, imported from the US that aims at the annexation of alternative medicine by the regular sector.

"Integrative Medicine" as the Trojan Horse. Finally Cosmic Medicine. It starts from the ego as a disease-causing factor no. 1 and its healing through becoming part of the Whole (Cosmos) again.

The roots of holistic/integral medicine lie in Europe

Regular medicine is gradually "in jeopardy" because of its "decreasing popularity". While the "alternative sector" is only growing. In the US, therefore, a genius strategy has been devised: the integration of regular and alternative medicine. This is called "integrative medicine". It promises recognition, equality, scientific research, all those things that the alternative sector has been fighting for decades. Can we therefore stick out the flag? Unfortunately there is a catch. What is recognized (from the alternative therapies) is determined by the regular! "Evidence-based science", the same "science" that has proven itself not to deal with HEALING, nor with HEALTH. The analytical quantifying science is unsuited for involving individual variables in the research. And that is what HEALING is about. The conclusion is: if you really want "integration", then "equality" must be taken seriously. This means that the Integrated Holistic Medicine can develop its own scientific model. What one wants now is simply the Holistic Medicine for the cart of the regular sector. It is not an "equivalent cooperation", but a form of annexation. Best proof are the current ramsch courses, in which you will be in a few days! or weekends to "professional" in "alternative" medicine is "trained". (The patients have no knowledge of this). The regular sector, however, continues to hand out the sheets, adorning themselves with a few "nice" alternative decorations. It is therefore of fundamental importance to develop own quality and to distinguish between integral (holistic, alternative) and "integrative" (regular, reductionistic).

Regular science can not measure "self-healing power". So it does not exist ...

It can all be traced back to a different view on (wo)man and the world. For the regular sector, (wo)man is an accumulation of separate functions that can all be manipulated separately. In the holistic view, (wo)man is a meaningful part in the context of a larger Whole. (Wo)Man is not a machine that can be repaired on parts. Cynical is that the regular sector - by its suppressing of symptoms - promote chronic disorders, in such a way, that the disease ultimately can only be "cured" by pharma, surgery and radiation. A terminal health care that creates terminal "solutions". Though which the idea that (wo)man is just a machine is once again confirmed. In such a way that (wo)man becomes totally brain-washed by this "model". Isn't modern man completely dominated by his ego already? The idea that he/she is caught in a false self-definition is totally foreign to him/her. Drawing constantly wrong conclusions e.g. going from one problem to another without ever finding HEALTH is the drama of our times.

"Alternative Medicine is about to be colonized by the Regular Sector" Prof. dr. H. Walach

To be very clear: In my 45-year doctor's career I have always worked together with regular medicine. I do not like fanatics, from whatever angle they may come from. At the slightest doubt about a serious condition I referred people to the GP or specialist. The fact that regular medicine is indispensable is beyond doubt (this is for those who want to doubt it). It covers a broad field: acute (infectious) diseases or epidemics, trauma's, irreversible chronic and degenerative diseases, cancer, technological solutions for life-threatening situations, obstetrics etc. The Regular Sector thus has its irreplaceable place in my design for a New Health Care. In our current practice for Chinese Medicine my wife and I always are aware of our limits. Never are unreal promises made to the patient. This does not alter the fact that our 20-year experience (with Chinese Guasha-therapy) convincingly proves that our perspective has its right to exist. Simple example. If someone with a "frozen shoulder" who has been x times treated by the specialist without result is cured in 2 treatments, and that in many cases, is enough for us to continue our way of treating people. Moreover, the experiences in China (5000 years old) and the support of universities, scientific research and countless doctors over there can not just be brushed away (See part 1: Chinese Guasha East-West). If the old system should soon fail (that it is in decline, few will deny: the statistics for chronic disorders - despite regular medicine - are increasing all the time), it is crucial that in the meantime - NOW - a real ALTERNATIVE is developed. This is confirmed by the WHO (Dr. Margareth Chan). Due to the dramatic increase in resistant microbes, a post-antibiotic era is irrevocably on its way. This gives us the obligation to look for alternatives. See my Book "Origin" 3.

Excursion 6: Alzheimer's: Cosmic Degeneration cq symptom of a sick civilization

Many have read my MESS story (www.vitalworld.org). In it I argue that chronic illness is the result of the coming together of many factors that mainly relate to our lifestyle. That was in 1999. Since then, chronic illness has only increased. The "last" consequence of the accumulation of disease-causing factors is called "Alzheimer's". Again, as always, (by regular medicine) this is considered a separate "entity" with individual diagnostics and therapy. Again "the people" are being told that the "solution" lies in finding a "new ("miracle") drug". The prediction is that in a few decades every second citizen (of the Western world) has Alzheimer's. The other half should take care of the first. Given the individualization of society, this is completely utopian. Nor can any health care in the world handle these problems. Ergo: Alzheimer's irrevocably leads to a total collapse of society. Food for scientists, doctors, psychologists and (also) alternatives (the politicians keep "wisely" their mouths). Everyone tries to contribute his/her "bit", good for the career, the public interest, the income, the profit and the status. My irony is justified by the fact that everyone has heard something, but hasn't got the picture. Or rather, almost all of these researchers are exclusively concerned with a certain aspect. No one who has a deep insight or an overview of the whole. Is not it strange that the great causes of illness that everyone suffers from - the ego, the toxic environment, the electro-magnetic radiation, the protein overconsumption - have no place in the diagnostic diagrams of medical science? We understand why. A one-dimensional, reductionistic science can never find a solution to a multi-dimensional problem.

It is still a little bit worse. The other 50% of (Western) humanity (that does not have Alzheimer's disease) does have plaques (accumulated protein breakdown products) in the brain. Everyone has plaques in his/her brain. This is an extremely pathological condition. If half (whole) of humanity is involved, then it can not be otherwise that there are universal causes behind it. For instance, Alzheimer's also occurs in Japan and China. Countries with a completely different diet. What do they have in common? Let me start at the beginning. The core pathology of the West is Cosmic: the human being separated from the Whole. Ego means that we are "thrown back on ourselves", an isolated entity. Because of its inherent fixation (on the self-image), the constant return to the Whole (by the Cosmic Law of death and rebirth) is blocked. The ego inflates itself. Through the inability to Be, (wo)man is addicted to "having". More, more and more. The body-mind system is conditioned by accumulation of greed, hoarding, to stuff yourself out of frustration, eating, add fear, stress to it, and multifarious addictions accumulate in the body. Man is completely out of balance, because a healthy balance consists of the dynamic balance between "creation" and "destruction". Our (psycho-physiological) system is not familiar with "destruction". A "normal" person doesn't think of an inner cleansing treatment a few days a month. This is reflected in the brain. Due to the lack of degrading enzymes the plaques (amyloid) in the brain become larger and thicker.

The second consequence of "being alienated/uprooted" is existential fear. It penetrates the whole of existence. This "Dauerstress" - through our autonomic nervous system - affects our metabolism. The result is (among other things): accumulation of waste ("slags"). Of course, our lifestyle plays an important additional role too: over-consumption of (animal) proteins, over-acidification (coffee, tea, chocolate), self-poisoning from your own bowel, too little drinking, too little physical exercise and insufficient sweating. Additional factors "from the" environment "(you will reap what you have sown) such as general toxic load - human beings at the top of the food chain suffering from top concentration of toxins, something that "logarithmically" increases - amalgam and not to forget electromagnetic radiation (computer, smart phones, dect phones, wifi). A German psychiatrist calls this "digital dementia". while South Korean doctors have proved brain damage in children through the use of cell phones. Nowadays there is an abundance of such investigations available that all point in the same direction.

Because of the seriousness of the situation (cynics considering "Alzheimer" THE "solution" for the overpopulation) it is time for powerful language. It is clear that science is putting us on a completely wrong track. How can you cure a multi-causal complex with a drug? "Research on nuns gives more clues. They too have plaques in the brain, but they do not get Alzheimer's. The explanation is a "better cognitive activity" (sic). Again "science" purposely beats about the bush. For nuns have a life in silence. What this research totally "forgets" is that nuns lead a life in surrender to God, so (you may expect) being less disturbed by compulsive thinking. Besides, there are many researches that confirm that people who are 1. Religious 2. Love nature and / or 3. Live in community, thus being part of a "greater whole", being the happiest, being less ill and live longer! Only an when the ego is able to return to the Source - through frequent "death" and "rebirth"- there can be balance. This is the Cosmic Cause of Alzheimer's. The rest comes from there. The balance between death and rebirth is reflected in the body: 25% of all cells are in a stage of growth, 50% is more or less stable and 25% is dying. This balance is disrupted in most people. Western "civilization" is one of accumulation at all levels. Creative (therapeutic) destruction is wanted (think of fasting, body cleansing, Chinese Guasha, but also letting go, meditation and living a life in surrender). Although science confirms that "Alzheimer" is the result of accumulation of proteins, nobody comes up with the idea - because no profits can be made - to first reduce our over-consumption of proteins.

Alzheimer's: The price we pay for a materialism that got out of hand

The cardinal question is: why has Alzheimer's been explosive in the past 15 years? First of all, it is the food chain, in which overeating (proteins) of many decades (since WWII) is one cause, along with accumulated toxins of all kinds (pesticides, for instance). In the food chain toxins have massively amassed at the top and the top that is us. What has not yet been mentioned is the iatrogenic (caused by regular medicine) damage, those drugs that massively suppress physiological functions. Examples include antibiotics, antipyretics, anti-inflammatory drugs and antihypertensive drugs. They directly or indirectly promote the accumulation of (toxic) waste. As a preliminary hypothesis we have put together the pieces of the puzzle. The Blood-Brain-Barrier is damaged by the combination of electro-magnetic radiation and toxic loading from above mentioned sources. As a result, through "leaks" large molecular weight protein molecules can enter the brain, which is normally not possible. Has anyone ever wondered how these proteins enter the brain? Apparently not. To admit this would create a far too great shock, with dire consequences for the regular system. (Exception: the University of Bournemouth, southern England, which has come to a similar understanding)*. Because of our daily protein overconsumption, (much) more than we need, the amyloid accumulates further (known as "amyloidosis", for example in the kidneys). Due to the toxic overload, the enzymes that have to break down the protein become damaged. The brain lymph system (a recent scientific discovery, again without the correct conclusions) that has to remove protein-breakdown molecules, is clogged. A permanent stagnation arises. The above lifestyle factors do the rest. Not drinking enough, "thickening of the blood", over-acidification cause permanent constriction of the capillaries. This causes deficiencies, because nutrients cannot reach the brain (and all other organs) (the plaques make that impossible anyway). Consequence is shrinkage of the brain. By seeing all these (and other) connections, it becomes clear what needs to be done: an integrated approach at all levels and at the same time. Because we are - as far as we know - one of the few who have AND the overview AND the therapeutic possibilities, we will not shy away from "Alzheimer". We will concentrate on the prevention of "Alzheimer". This fits perfectly into our new practice concept in which our activities are increasingly shifted to "Health Education for All".

*Recently, scientist were able to remove amyloid from the brain. Still Alzheimer's persisted. It leads to a very worrisome conclusion, namely Alzheimer as a direct consequence of toxic overload and electro-magnetic radiation.

In these most critical of times
in which the survival of humanity is at stake
A NEW WISDOM Teacher
"SermeS"
M.Drs. Integral Medicine since 1972/Founder of
Cosmic Medicine
Has announced his Universal Teaching
Healing yourself * Healing each other
Healing the world
Rejoice! Spread the message.
www.healingtheplanet.info

We distinguish 4 integrated levels:

Regular Medicine

Suppressing symptoms

Alternative/Natural/Biological Medicine

Stimulating of Self-Healing Power

Holistic/Integral Medicine

The whole person: spiritual, psychological, physical

Cosmic Medicine

To give up your ego

(Wo)Man part of „Heaven, Earth and the
(new) Community“

"With immediate effect:"

Brain Boost

"With drs. MeiMei Yu, Master Chinese Guasha Regeneration

Optimizing cognitive brain functions, clear thinking,
memory, concentration etc.

(such as stress, brain fog, coordination problems,
eye and ear complaints, sleep disorders, burn-out)

Consultation for Prevention Mild Cognitive Impairment Syndrome
through Alzheimer's

"Cosmic Healing"

With Han Marie Stiekema, Med.drs./Founder of Cosmic Medicine

"(Wo)Man rooted in Heaven, Earth & the Community"

Advice, Teaching, Healing and Counseling

Individual & small groups (max 6 persons)

How does this look like in practice

HEALING YOURSELF

Advice Healthy Lifestyle

Your Personal Health Plan (Internet)

www.vitalworld.org

Individual Cosmic Advice (HH)

Self-study "Origin" Sacred Book Part 1 to 7

HEALING EACH OTHER

Chinese Guasha Regeneration Treatments (MM)

(Priority "Brain" Boost)

Cosmic Healing (HH)

Day, Basic and Advanced Courses Chinese Guasha (MM)

HEALING THE WORLD

We are Cosmos "Movement (HH)

(Rooted in Heaven, Earth and the Community)

Heaven & Earth Exercises/Tiendi Qigong (HH)

Training Spiritual Service, Health Service, Community

Service, Earth Service (MM & HH)

Consultation hours by appointment 0031(0)30-6590178 MM = MeiMei HH = Han

What does "We Are Cosmos" mean in practice?

Make a personal appointment with SermeS
Theory and practical instructions
Applying the recommendations in daily life
From ego to Wholeness
Daily support through daily contact with SermeS
via the Healing Space
Continuous contact through "Cosmic Resonance"
with additional "Healing on a Distance" of
fears, worries, loneliness, stress, suffering, diseases, problems
Expansion of the Healing towards a Worldwide "Healing Field"
With once a year a Great International Congregation
With the possibility of additional training
As a Cosmic Healer
Aim: "Cosmic Mother Healing the Planet"
WorldWide Healing Community
To the benefit of all "living and non-living beings"
The Beginning of a New Era

Appendix

"Cosmic Healing"

*Jezelf genezen * Elkaar genezen * De wereld genezen*

In Holland a "hermit" called "SermeS" (new wisdom teacher, medical doctor integral/cosmic medicine sinds 1972) has come forward, claiming that he has been **Beyond the Beyond** of space and time. He says: "In these most critical of times the Healing of the Planet depends on whether (wo)mankind is willing to give up the ego ("Ego-Catastrophe").

Ask for manual:
SermeS' Great Cosmic Experiences

His teaching is called "**We Are Cosmos**". It consists of returning to the Origin to be reborn as a True Self, subsequently becoming part of "Heaven, Earth and the (New) Community" (once again), thus Restoring the Wholeness of Life ("Healing yourself, Healing each other, Healing the world"). Everything in the Name of the Cosmic Mother, the Origin of both God and the universe.

In the last couple of years he wrote down his Great Cosmic Experiences, calling it the "**Sacred Book Origin**" consisting of 7 volumes. In order to give you some impression of this epoch-making work (also called "Cosmic Bible") volumes 1- 6 are now available: 1. The Origin (G. 808 p.) 2. Commentary (G. 344 p.) 3. The Original Tradition (E. 773 p.) 4. Heaven on Earth (Photo-Autobiography E, G, D, 113 p.) 5. Handbook Integral Medicine (D. 472 p.) 6. The Turning Point (D. 654 p.) A free summary (Manifesto "We Are Cosmos" in English, German and Dutch) is available in the internet. Book orders through our e-mail.

The SermeS is living a simple life in unity with the Cosmos. People from all "corners, professions and positions" come to his "Hermitage" for personal **Cosmic Advice and Guidance**, time and again amazing people with "his" deep Wisdom. Visits to the Hermitage by appointment, only.

Hermitage "Cosmic Mother Healing the Planet", near Utrecht, The Netherlands.
www.healingtheplanet.info www.vitalworld.org [info\(at\)healingtheplanet.info](mailto:info(at)healingtheplanet.info)

+31.30.6590178

Naast het Sakraalboek "Origin" in 7 delen, zijn er bovendien 2 brochures verschenen en 3 in voorbereiding:

"We are Cosmos", "Cosmic Healing", "Cosmic Science", "Cosmic META-Religion" en "Cosmocracy"

Iedereen spreekt erover:

Thuis, op het werk, op straat, in de kerk, op school, in de tram, in de sportvereniging, in de yoga-les, in de cursus, bij de psycholoog, in de supermarkt, op de universiteit, in het internet, in de sociale media...

„De Kosmische Mens“, „Kosmische harmonie“, „Kosmos onze laatste Redding?“ „Kosmische intelligentie“, „Ego of Kosmos“, „Kosmische Ervaring“, „Kosmische Moeder-Genezers van de wereld“, „Kosmische wetenschap“, „Kosmische META-Religie“, „Kosmische Healing cq Geneeskunde“, „de Kosmo-Politieke samenleving“ („Kosmokratie“), „onze toekomst is Kosmisch“, „Kosmische Evolutie

Zegt het voort!

CONTENTS

BASIC HEALING

1. Introduction

Cause of all suffering

2. The Empty Space

Giving up the ego

3. Conscious Back Contact

Realising it – The True Self

4. The Breath

Quantum-Energy-Regeneration

5. Integration 1 & 2

Cosmic Mother Mandala

Heaven & Earth Exercises -Tiendi Qigong

SPECIFIC HEALING

6. Laying on Hands

The Inner Child, Problems, Disorders & Disease

7. "Remote" Healing

Resonance

8. Group Sessions-Retreats-Place of Pilgrimage

Healing Community

WE ARE COSMOS!

9. Incarnating

Man rooted in "Heaven, Earth and the

(new) Society”

10. The Worldwide “Healing Field”

Healing yourself – Healing each other

Healing the world

11. Practicalities

Cosmos heals-Some examples

12. The International Gatherings

Celebrate!

13. Regeneratorium

Supporting treatments

14. Transformatorium

“Cosmic Healer” training

15. Epilogue

BASIC HEALING

1. Introduction

CAUSE OF ALL SUFFERING

Self-definition is a social necessity.

It is necessary in order to be able to function.

The mistake:

to think that your ego is *therefore* the core of your personality
That which you Really are – the True Self – is NOT definable.

The more you become your Self
the harder it is to describe yourself.

Love is a dimension that goes deeper than your “self”.

It is a greater Reality.

Can you define Love?

Ego is the unconscious identification with your self-image

It is created by yourself

As a child, you allow that which is pleasant (“self”)
while denying all painful things (“non-self”).

We are all “split personalities”

The ego is an isolated “entity”

cut off from Reality

It has no roots, and is therefore vulnerable and insecure.

Living with existential fear and powerlessness
is something that no one can stand for long

The (temporary) solution is called compensation.

The ego identifies with everything that allows it to forget
its inner confusion, restlessness, stress and futility

Those who suffer most from this go a step further,
blowing themselves up
("overcompensation")

Overcompensation becomes your "new" identity
Your weakness is converted into "strength"
From that moment on, you are part of the "elite" of "winners"
It is the engine driving your addiction to
money, ego ambition, career, influence and power
You become so caught up in this that you do not realise
that you are living in a (self-created) Bubble
Your basic healing consists of becoming part of the Whole again
The condition is recognition of your inherent
ego vulnerability
Accept this, and the overcompensation
mechanism automatically releases you
Freedom consists of embracing your weakness!
Now your new situation still needs to be stabilised
Which you achieve through continuous inner Regeneration,
giving up your ego and the
birth of your True Self
All integrated in your Undivided Awareness
Everything is part of One Uninterrupted
Space

2. The Empty Space GIVING UP THE EGO

Everything comes out of the Emptiness and returns to it
It is the Essence of Cosmic Renewal
Man has a choice...
Are you part of this Divine Play
or do you cling to the illusory "self"?
The paradox: if you want to "live", you will die
if you die, you will live

Your ego is fascinated by objects
But objects are contents of the Space
Without the Space there can be no objects
Try, "for a change", to attune to the Space
Look at a white wall with a "gentle gaze"
As Gloria, a healer in Curacao, once advised me
In the forest, see the Space between the trees
It is the core of eco-spirituality
At night, in bed, look at the Darkness around you
in a very relaxed (but aware) way
while "giving back your ego" to the Emptiness
and you will be "astonished"

For “my” minor and Major Experiences, look at
Sacral Book “Origin” 6

The ego is smart
It keeps identifying with different things
It is a “born” trickster
a completely untrustworthy subject
“If necessary” it will even use “God”
for its own purposes
“Is that me?” you will ask yourself.
Unfortunately, you are a child of this society
which has raised you this way
In Essence, you are in fact someone else
and no one ever told you that

3. Conscious Back Contact REALISING IT – THE TRUE SELF

Saints have a halo “behind”,
not “in front of” their heads.
This is no coincidence:
Consciousness manifests in our backs.
So constantly be aware of the contact of your back
With your clothing, your chair, your bed
Once you realise it, you can see everything (in front of you)
It is as if you’re sat in the back row of a theatre
(the crowded hall: your “inner voices” and the stage)
What used to be your “centre” – your ego – now
turns out to be a “bundle of twigs”
(thoughts, images, comments, emotions, desires)
It will take some getting used to:
You reach Reality by taking
“a step back”
(constantly feel your “rear”)
Thus, you see yourself and the world from the
perspective of Your True Self.
Your thoughts are free (flow unimpeded) from you,
while you are free of your thoughts.
While before you were imprisoned by your thoughts
(“I am IN thoughts”)
you now let everything slip by, while
only identifying with those thoughts
that are valuable to you

4. The Breath QUANTUM-ENERGY-REGENERATION

The Cosmos is “ruled”
By two Cosmic Forces: “Construction” and “Destruction”
This also manifests in our body (bodymind)
25% of all cells is permanently dying,
50% is relatively stable
And 25% is in a growing phase.
A dying cell sends out light to its surroundings.
Death leads to life!
But if you cling to your ego
Your renewal is low

The breath is the vehicle of Regeneration.
In the exhalation, all the old and sickly dies.
While in the inhalation, the new, healthy is born.
The deeper the exhalation disappears into the pelvis,
the more powerful the inhalation
(with the support of a mantra or not).
Energy springs from the Void
and constantly returns to it.
A conscious person is constantly reborn
He/she reincarnates with each breath
Look and feel!

5.1 Integration 1

COSMIC MOTHER MANDALA

Desire, trust, devotion and “faith”
are decisive factors in healing.
It does not matter whether you call upon Jesus, Allah
Or the Buddha
But that is just half the story
Because the closer your “object” of worship
is to Reality, the stronger the power
it emits

The Cosmos is All-Encompassing.
It is not part of a story or a faith
but the Reality-Itself that you yourself are part of.
That is why the Unity of the Cosmic Mother
with Her Body of Light (Great Consciousness) and
Her Physical Body (the universe, energy)
is the all-surpassing Powerhouse.
Everyone, without exception, is Eternally WHOLE
So become Part of the Cosmos (once again),
your Original Home

The “Cosmic Mother Mandala” is closest
to the Cosmic Reality

(see cover image)

It is the sacral symbol of the Cosmic Womb.

The Ultimate Bottomless Abyss (black)
gives birth to the Divine Light (white, yellow), the
Great Consciousness, the Cosmic Intelligence
and “then” to the universe (green).

See and feel the Mandala interwoven with the “Back Contact”
as if a beamer behind you is projecting the image
onto your back.

Live with it “24 hours per day”, and
you won’t have to do anything else: Wholeness
turns out to be your True Nature.

5.2 Integration 2

HEAVEN & EARTH EXERCISES -TIENDI QIGONG

The Empty space, the Great Consciousness and
Continuous Regeneration, then
are “building blocks” of the undivided Cosmos.

In the beginning, you experience them as three separate areas

Your attention goes from one to the other

The more you practice, the closer together they get
You experience the Empty Space, your Conscious Back
and your Breath as One.

It is the experience of the Unity of the Cosmos
of which you are also part
(“Cosmic Healing”)

The “Heaven & Earth Exercises” assist you in this
The objective – the Cosmic Unity – is already there
starting from the very first Moment you practice.

“You already are, what you want to achieve”.

All movements originate spontaneously from within.

Everything exists in your Empty Space.

Everything is equally dear to you.

You love everything as you love yourself: the grass,
the trees and the clouds.

A Chinese comment:

“this is the ur-Qigong!”

SPECIFIC HEALING

6. Laying on Hands

THE INNER CHILD PROBLEMS, DISORDERS & DISEASE

The inner child is that part of your ego

that was blocked at an early stage in its “development”.
Its inherent vulnerability, together with traumas
too great to process
are responsible for this
Everyone has a hurt inner child!
In order not to feel that pain, it is hidden away
It is localised in the upper belly (plexus)
Every child is different

What they have in common is their vulnerability
Ego and your inner child are two hands in one glove
Together, they are (co)responsible for secondary problems,
emotions, “negativity”, complaints, disorders, suffering and diseases
This makes “Cosmic Healing” (relatively) easy
The inner child needs attention, love
care and protection.
Become passable so that the healing energy
can flow through you.
To do so, lay your hand on your upper belly

The inherent vulnerability is strengthened
by what is called “a lack of mother”.
It is the structural lack of attention, love and care
Single mothers, mothers with a demanding job
as well as mothers who, due to their own vulnerable child,
cannot give their child what it needs
This deficit, once established, can never
be undone
The only option is to overcompensate for it
Passiveness, dependence, self-pity
turn into (e.g.) hyperactivity, an inflated ego
addiction and depression
add the total absence of self-knowledge,
inner balance, perspective and ideals
in the current childrearing system
and we have a complete picture of a “drifting” childhood,
and an easy prey for materialism.

The only one who can heal these wounds
is the Cosmic Mother
She is Eternal and is
constantly “at our disposal”
Through Her Emptiness She takes all pain, traumas
and problems unto Herself, while
the new, inspiring, constructive
is born out of Her.
For the Mother, it is never too late

Naturally, “horizontal factors”, such as heredity, constitution,

biography, lifestyle and environment are additional factors
in the emergence of disorders and disease.

In the Great All-Inclusive Whole of the Cosmos, however,
there are no “external factors”

The whole universe is CONTAINED by the
Divine Space, dominated by the two
Cosmic Forces of “Destruction and Construction”.

So if you are One with the Cosmos,
they spontaneously work within you

The result is Cosmic Balance

Note: the Cosmos heals, not us

Healing is a “gift”, you cannot force it

As an additional! method, laying hands
on the place of disruption is the first choice
the secret: “short-circuiting” your conscious back
with your laid-on hand

What results can you expect, then
from “Cosmic Healing”?

Among others, stimulation of your self-healing capacity,
wholeness of body, soul and spirit,
improvement or healing of disorders and disease,
subduing of your ego and the birth of your True Self,
recovery of Unity with the Whole,
elimination of existential fear, return of joy in life,
a meaningful life in connectedness
and many more changes you had never
dreamed were possible

To be very clear:

I wish to point out here (as a doctor), though it may be unnecessary
that even “Cosmic Healing” does not replace assessment
by a regular doctor in all cases of (severe) disease.

My 45 years of practice prove this.

7. “Remote” Healing RESONANCE

Through the Empty Space, the Great Consciousness
And the Quantum Energy Field, everything
is connected with everything.

All people in contact with this Three-fold Field
are in contact with the whole Cosmos

They share ONE timeless and limitless Space.

The Full Emptiness of the Three-fold Field
is universal, it has the same form everywhere
it is on the other side of the visible world.

Emptiness, energy and matter interfere

What one has in excess, the other receives

and vice versa

The Great Emptiness constantly “strives” towards
a dynamic-inner equilibrium
It is the Essence of Cosmic Healing
Via the Empty space, everything happens at the same time
When one of us is attuned to the Cosmos
It benefits everyone
The Condition is the realisation of Cosmic Awareness
“My” Three-fold Cosmic Realisation (1977)
is the “shining example”
May many follow me in this.
Thus, the Healing Force can grow by leaps and bounds
“Cosmic Healing” transcends space and time.
It reaches everything and everyone at the same time
Both in personal contact and “remotely”
anywhere in the world. Isn't that miraculous?

8. Group Sessions-Retreats-Place of Pilgrimage HEALING COMMUNITY

When all participants enter the Empty Space, consciously
feel their backs and behold the breath,
resonance occurs.
Being attuned to each other works like an amplifier.
This influences each other in such a way that “tuning in” to
the Whole is much more spontaneous
There is no difference between “giver” and “receiver”
The shared Space is
the decisive factor in your healing.
It is once again clear, that the core of “Cosmic Healing”
is to become part again of the Whole
It goes much further than “energetic healing”
“Energy” is not isolated
It is springs forth from the Eternal Space
The directed channelling of energy to a
certain problem area (Chapter 6 “Laying on Hands”)
is (only) an (important) addition

(Attentive listeners will understand that “our” Cosmic Healing
has nothing to do with force of thought,
any form of imagination, new age, esoterica,
the masters of the Himalayas, angels, the goddess, the
kaballah, aliens, Jesus healing,
parapsychology, magic and all other ego projections
(including “cosmic healing”)
Hence, we also write “our” Cosmic Healing
As follows:CH©)

Here is the continuation of the first section:
Example of a healing circle
You stand in a circle with 20 other people
You hold each other's hands
Everyone attunes to the Three-fold Cosmic Field
in the same way:
Relaxing and feeling the soles of your feet with the ground.
feeling your back with your clothing,
having inner contact with the Cosmic Mandala
consciously feeling your exhalations
as it disappears into your pelvis (the "Void") and
feeling contact with each other through the hands
And thus you stand (motionless) for 10, 20, 30 minutes.
Important: aside from the contact with the "Field"
Nothing needs to be "done".

Our Retreats consist of the 5 exercises
of the Fundamental Healing
These are practiced without interruption
in all daily activities.
In addition, there are personal sessions with the laying on of hands.
Depending on group preference
the special Ma-Zen meditation may be included
Every day, there is a (short) session
with the Teacher
Additional supportive treatments
are offered in the form of the
unique Chinese Gua sha.
While a form of vegan food and body cleansing
takes care of physical support.
Time in nature then does the rest

All this – we hope – will one day come together
in the establishment of an International
Place of Pilgrimage.

9. INCARNATING-WE ARE COSMOS! Man rooted in "Heaven, Earth and the (new) Society"

In this phase, a definitive shift in personality
has taken place.
Relapses to the ego are much rarer now.
To be part of the Great Whole gives
a feeling of "triumph".
Together with a deep realisation of gratitude:
The Cosmos that was open to you all that time

even as you didn't realise it;
your ignorance regarding the Love
that "surrounded" you all that time
which you, to your regret, did not honour for a long time.
Now, however, you have been assimilated into the Cosmos.
It is your Original Nature,
one that will in the future carry you across the "Transition"
Nothing can hurt you anymore.
For you, Heaven has come down to Earth
"Heaven, Earth and the (new) Society"
is your True Identity
Jai Mata Di!
(The Mother prevails)

An inexorable truth reveals Itself to us
When we are part of the Cosmos
and the latter permeates all existence
then it cannot be otherwise than that
we live in a Sacral World
in which everything, without exception, is "hallowed".
And indeed, is man not part of society,
Society part of the earth,
The earth part of the universe,
The universe part of the Eternal Light,
And the Eternal Light part of the Absolute Void?
(The Cosmic Womb)
When you realise that the Cosmos intended us this way
"as Above, so Below"
the true life of humanity
has yet to begin.

The fact that the current crisis is no coincidence
is clear from the following.
Never before has the arrogance of (Western) man
been as great as now
with his scientific/technical progress
he thinks he is the "crown of creation".
His "inner progress", on the other hand
has reached an unprecedented low.
At the lowest tier stands "modern" ego man
Who comprises 95% of the Western world!
These are all the people who have (subconsciously)
Identified with their self-image.
One level higher stands the aware man.
These are the people who live towards/in and
according to their Essence.
Say that this is 4% of the (Western) population
Part of this group "incarnates" in "Heaven,
Earth and Society".

This, I call “whole man”, and estimate at 0.5% of the population
It is the third tier of spiritual realisation
The (wo)man who transcends this all
stands on the fourth tier of human perfection
he/she has realised unity with the Eternal Light
a “group” so small that it cannot be
expressed as a percentage
While man is ultimately destined to
be one with the whole Cosmos (fifth tier)
Ergo, humanity is still at the beginning
of its “evolution”.

10. The Worldwide “Healing Field”

HEALING YOURSELF-HEALING EACH OTHER HEALING THE WORLD

When you find yourself in ONE Space with the whole of
“creation”, you love everything as you love yourself.
The grass, beetles, birds, sheep,
rivers, trees and clouds are also
Part of the same Divine Space.
In Essence, everything that exists is identical.
This is the Essence of compassion.
When a bird injures its wing, that is your “wing”
Love and Healing are the same
You live your life in “permanent” availability
In your Depth, a deep longing arises
to become a “Cosmic Healer”.

The basic principle: it is not you, but the Healing Field that heals.
Your duty is to be ONE with the Cosmos
and thus be a shining example for all.
Everything without an effort of your own (ego) (“wu-wei”)
In accordance with your intimate connectedness
with all-that-lives,
you are a Vat that spontaneously runs over (with
unbroken “compassion”)
While creating larger and larger concentric circles
Heal yourself first, then heal each other
and “finally” heal the world.
You have Become an instrument
of the Cosmos

That is easily said.
In a world increasingly threatened by
chaos, immigration, violence, nuclear war, climate crisis
“no amount of laying on hands is enough to help”.

On the other hand: if we do not include the world in our “salvation plan”
all our healing work is futile
In the first place: the core of the world crisis is spiritual
The cause is a vulnerable, fearful, isolated,
artificial, impotent ego
an “I” “thrown back upon its own devices”
Its way out is called “overcompensation”.
It inflates itself to become a MEGA ego
addicted to money and power
On one side, a power-hungry elite, and on the other
the distraught masses:
Not exactly a pleasant outlook

Without Cosmic Insight, things do indeed look bleak
The solution only reveals itself when
you touch the core of the crisis
Which is an inflated, megalomaniac ego
Through lack of Being, it is addicted to *having*
“More, more and still more”
The Mega Bubble blows itself up more and more until
its “inner supportive tissue” fails.
All this, furthermore, takes place against the background
Of the Great Emptiness: the Cosmic Womb.
She (through her manifestation as the Goddess Nemesis)
does not “tolerate” boundless accumulation, progress,
greed, exploitation.
It disrupts Her Cosmic Balance
Ergo: the system will kill itself,
we need not do anything to bring that about.
Instead, our duty is to build up
the Alternative
And this is achieved by “Healing yourself,
healing each other,” and yes, “healing the world”.
All in the name of the Cosmic Mother

11. Practicalities

THE COSMOS HEALS- SOME EXAMPLES

When your ego is in the way, the healing effect
of the Cosmos is blocked.
A simple example: you walk through the park, lost in thought
the thoughts then stand between you and the trees.
Although you THINK “What a pretty tree”, you
have no true contact with it.
You are only in contact with your own thoughts.
Thus it is with “Cosmic Healing”.
The first trap: your motivation is impure

Healing, for example, comes from your ego ambition
Second obstruction: as a result you cannot (truly)
surrender to the Empty Space.
No inner diamond is formed, it does not allow light to pass through
And the Cosmic Force of Destruction,
Which is essential for getting rid of old rubbish, cannot do its work.
The Absolute Nothing disassembles everything
down to its smallest components
to rebuild it again afterwards.
Every disorder/disease can “in principle” be healed in this way
The decisive factor is YOUR complete
Permeability to the Force of the Cosmos
If you are Nothing, you are Everything
The Cosmos heals, not you
Insight into the True Nature of the Cosmos is crucial
Something which I have called “vertical evolution”
So make sure you’re sitting down.
Especially those who worship Darwin as a guru
will find it a difficult experience
“Dying and Being Reborn” is the
Law of the universe
 (“J.W. von Goethe “Stirb und Werde“)
You came out of the Great Void and return to it
You are ONE with the Ur-Ground
In this Nothing, everything is deconstructed down to the smallest particles
These are the building blocks for new life
The Cosmos is one great Vat of Regeneration
Vertical Regeneration is the Eternal Source
Of Renewal *and* Healing

Humans are children of the Cosmos.
This reveals itself to us as the Great Consciousness,
with the psyche, the ratio and the body as content.
The latter are therefore not separate from the Source.
The reductionist approach, on the other hand, is based on
a reduced understanding
instead of exclusively working on the body
(regular medicine)
the lowest link in the chain of vertical evolution,
“Cosmic Healing” addresses the Source.
It is in the Source that the Force lies!
If you “Mobilise the Source”, you mobilise all other levels.
It is therefore really no surprise that miracles
regularly occur at all these levels.

What the Cosmos “does” is more than miraculous
It is based on the insight that existence
is organised vertically.
The Absolute Nothing gives birth to the Great Consciousness

("God") and then to the universe,
the latter return to their Origin
in the same Eternal Moment
The Quantum Energy Field "dies" and is "reborn"
Man is therefore part of
a continuous renewal and regeneration
the more primitive his bodily tissues, the
greater the potential bound up within (e.g. stem cells)
The greatest example is the extracellular connective tissue
also known as matrix or ground substance
By taking the matrix as the foundation of healing
our system is revitalised "from the inside out":
regeneration, optimal vitality, healing and a long life
We call this the triad of Matrix, Chinese Guasha and
Flow System Therapy

12. The International Gatherings CELEBRATE!

Our intention is to organise an
International Gathering of all who value "Cosmic Healing"
somewhere in the world at least once per year.

13. REGENERATORIUM Supporting Treatments

1. Brain Boost

Optimising cognitive brain functions, clear thinking, memory,
concentration, etc. Prevention of disorders from
Mild Cognitive Impairment Syndrome up to Alzheimer.

2. Chinese Gua Sha Regeneration

Optimising all bodily (body-mind) functions.
Stimulate self-healing capacity, immune system, detox,
removal of blockages, pain treatments, anti-ageing.

3. Flow System Therapy

Optimising basic health: diet, digestion,
circulation, matrix, cell metabolism, detoxification and excretion.
Supplemented with 10-step Personal Health Plan.
45 years of experience.

4. Holistic Science

All those forms of scientific research that support the practice
of integral medicine. The central focus is the Whole:
"man – spiritually, psychologically, physically – in harmony
with "Heaven", nature and society"

5. Taoist Philosophy

The joining of Brain Boost treatments and old Chinese wisdom:

for the promotion of self-understanding, inner balance, harmony with nature, “a long life”, an enlightened (“empty”) spirit.

6. Lectures, education and courses

Based on “Healing yourself, healing each other, healing the world”.

An integrated whole of Flow System and Chinese Gua sha.

We are working on a multi-year professional education.

7. A New Healthcare

The problems of the healthcare system are fundamental in nature.

We are therefore striving towards a New Healthcare, based on self-care, holistic medicine and technological (regular) medicine.

MeiMei Yu is a Master in Chinese Gua sha Regeneration.

In 1997, she brought this unique form of therapy to the Netherlands. Twenty years of working as a teacher (day courses, basic courses, follow-up courses) and therapist (consultations) have since passed. The time had come to upgrade. She is the only TCM Gua sha / Acupuncture and Moxa therapist recognised/certified by the Chinese state in the Netherlands. She is a member of the Medical Gua sha Committee of China and the chosen close colleague of Professor X. Zhang. She now puts her expertise to use for the “International Regeneratorium”.

Han Marie Stiekema, Cosmic Teacher, doctor (since 1972) and founder of Cosmic Medicine

has integrated all 4 levels of medicine. 1. Regular, 2. Alternative/organic 3. Holistic/integral and 4. Cosmic. As a result, he has a unique understanding of health and sickness at all levels. As a “New Wisdom Teacher”, he guides people who feel an authentic desire for Wholeness. His Great Cosmic Experiences are recorded in his Sacral Book: “Origin” 6.

14. TRANSFORMATORIUM

“Cosmic Healer” Training

Hop, skip, the world is upside down

The ego is its foundation

A sandcastle, as is becoming increasingly clear

It is the state of constricted awareness

It can only understand the world by

dividing it into parts.

First it separates from mind, soul and body

only to put them back together again.

“psychosomatic”, “neuro-psychical”, “integral”.

Despite all attempts, they remain “mind constructions”.

They do not approach the Whole in any way at all

Combine attention, loyalty and connection

does this create Love?

Love is (much) more than its individual properties.

And thus ego as a “basis” for existence

makes for a very unhappy one.

Our “Cosmic Healer” training is our crowning achievement.

(Also known as “Green Men & Wise Women” in the past)

They take the Whole as their fundamental principle,
the true foundation of all living and “non-living” things
The future depends
On the number of qualified “Cosmic Healers”.
This may sound exaggerated (and of course it is)
but it does show the deep passion we feel.
We know, in the deepest depths of our Being
that only the Cosmos can give us Wholeness.
Our Wholeness comes from the Great Wholeness
We therefore want to encourage everyone to
develop in this direction. It is – and this is no exaggeration –
the most fulfilling work a person can do.
A condition is the development of Cosmic Awareness.
It entails a deep personal transformation.
THE GREAT WORK
distinguishes itself from all other healing
through its three initiations: “Cosmic Healing” 1, 2 and 3
Welcome are those who feel the call
“Cosmic Healing” is based on resonance.
Your own Healing and that of others strengthen each other.
In no time at all, a network of friends has sprung up.
This network is part of A GREAT
PLANETARY MOVEMENT
“We are Cosmos!”

In order to maximise its impact, we have decided
to establish an International Training Centre for the
training of “Cosmic Healers”, called the “Transformatorium”,
based on Spiritual Service, Health Service,
Earth and Community Service.
(See website)

15. EPILOGUE

We recommend to first read our “Manifesto”,
which is also published on our website.
In order to establish/maintain contact, we have opened an “Oracle” blog,
where you can ask all your questions. We do our best to answer them all.
Every genuine seeker can make a personal appointment for
cosmic advice, teaching, healing and guidance.
(See, among others, www.healingtheplanet.info index page).
Spread the word!
We can also come to your own village
or city to hold a lecture, day course of weekend programme.
It's all for the shared goal:
“We are Cosmos!”

„THE GREAT WORK“

(See index)

Our Cosmic Vision!

COSMIC SANCTUARIUM

International Pilgrim Site

COSMIC MOTHER

Mothers for Mother

WE ARE COSMOS!

CultureRenewalMovement

COSMIC HEALING

International School for Cosmic Healing

COSMIC LEARNING

Basic Spiritual Education for All

COSMIC SCIENCE

The Supreme Design

COSMIC SOCIETY

As Above, so Below

COSMIC CONSCIOUSNESS

World Peace

COSMIC POETRY

Omniverses

An example

INTERNATIONAL SCHOOL

of

COSMIC HEALING

Healing Yourself * Healing Each Other

Healing the World

§

Curriculum

“TRANSFORMATORIUM“

Spiritual Service, Health Service, Community

Service, Earth Service

§

THE HERMITAGE

Cosmic Advice, Teaching, Healing

& Guidance

§

“REGENERATORIUM”

Supporting treatments with MeiMei Yu.

For an overview, info & contact details: see our website
www.healingtheplanet.info
info(at)healingtheplanet.info

As we await the start of “The Great Work”
We offer the following:
Personal appointments with SermeS
Theory and practical instructions
Applying the instructions in daily life
From ego to Being Whole
Daily support through direct contact
with SermeS via the Healing Space
Continuous contact through “Cosmic Resonance”
with additional “Remote Healing” of
fears, worries, loneliness, stress, suffering,
diseases, problems
Expansion of the Healing to a
Worldwide “Healing Field”
You can make an appointment with MeiMei
for her 7-step programme
(See chapter 13 “Regeneratorium“)

FROM THE HERMITAGE
SermeS extends a hearty WELCOME to
every sincere seeker:

He is living a simple life in unity with the Cosmos. People from all “corners, professions and positions” -
Religious people * Teachers * Mothers * Social workers * Officials * Scientists * Artists * Therapists *
Politicians * CEO's * Youth etc. come to his “Hermitage” for personal Cosmic Advice,
Teaching, Healing and Guidance, time and again
being amazed by “his” deep Wisdom

Appointments

1. Individual Cosmic Advice, Teaching, Healing & Guidance
2. Cosmic Healing
3. Small groups (1-6): Introduction to the Teaching "We are Cosmos"
4. Meetings "Mothers for Mother"
(Group max. 6)

Hermitage

“Cosmic Mother Healing the Planet”

Near Utrecht, the Netherlands

www.healingtheplanet.info [info\(at\)healingtheplanet.info](mailto:info(at)healingtheplanet.info)

By Appointment

+31. (0)30.6590178

Community Fund Drive

SUPPORT THE WHOLENESS OF LIFE!

We all know it: the blown-up ego is going to collapse (soon). It is something to be welcomed. However, the frightening side of it is the lack of any sustainable alternative. To prevent chaos, the SermeS has worked feverishly - **inspired by the Ultimate** – to offer humanity a **new start**. It is called **"We Are Cosmos"**. This Message has to be urgently spread WorldWide. Until now we have done it through our own modest income. Through

platforms like **lectures, consultations, trainings, retreats, our website, YouTube, Linkln and Twitter** we intend to reach people around the globe. Wouldn't that be **GREAT?!** More and more people are asking for **information, advice and guidance**. In order to be able to support them we need financial help from the New World Community, dedicated to **Healing the Planet**. Your donation will achieve miracles!

Please, contact **info(at)healingtheplanet.info**
2017© Copyright Han Marie Stiekema SermeS. All rights reserved.
De "Hermitage" near Utrecht.

We are all Part of the Whole. When the Whole reveals Itself to one of us, It reveals Itself to all. Hence the need I feel to share it. There is "nothing" else behind it.

Our Mission?
Cosmic (Wo)Man

Nederlandse Versie

Kosmische Geneeskunde

Healing yourself, Healing each other, Healing the world
Holistic Science

DE doorbraak naar een nieuw mens- en wereldbeeld is recentelijk ontstaan door samengaan van Kosmische Ervaring en Holistische Wetenschap. Dit heeft onmiddellijke consequenties voor de geneeskunde (zie later). Zoals we gezien hebben is de Kosmos een samenhangend Geheel. Een Geheel dat niet alleen meer, maar ook fundamenteel ANDERS ("van hogere Orde") is dan de som der delen. Net als een mens MEER en ANDERS is dan de optelsom van zijn organen. Het „fundament“ is het Kosmische Vacuum, sinds oudste tijden als „Kosmische Baarmoeder“ opgevat. Zij is het Lege Vat waarvanuit alles geboren wordt. Haar emanaties zijn het Eeuwige Licht („God“) en het universum, die ononderbroken tot Haar terugkeren. Aangezien dit in de Eeuwigheid plaatsvindt is er geen tijd tussen geboren worden en terugkeer („sterven“). Alles vindt plaats in Een Ongedeeld Eeuwig Moment. De weg is vrij voor de (h)erkenning van de Absolute Leegte als de Ware Oorsprong van God en het universum..

Wat heeft dit met Holistische Wetenschap te maken? (behalve de claims op de waarheid van de huidige materialistische wetenschap). Synoniemen voor het Goddelijke zijn Kosmische Intelligentie en het Grote Bewustzijn. Je kunt het opvatten als een oneindige, tijdloze Ruimte. Ook deze Ruimte wordt als leeg ervaren. Want ga je erin op („Verlichting“) dan is je ego er (tijdelijk) in verdwenen. In Werkelijkheid is de Ruimte vol. Het is vol van Moeder's tweede emanatie: het universum. Het hele universum - de zichtbare en onzichtbare wereld - is inhoud van de Goddelijke Ruimte. (Mooi hè, de uitdrukking „Vol-Ledigheid“). Niet alleen de galaxieën en de aarde maar ook wij „persoonlijk“ zijn erin ingebed. Eerste conclusie: het menselijke „ik“ als geïsoleerde entiteit is een illusie. Wij mensen bestaan uit Geest („Spirit“, Wezen, Essentie, Ware Zelf), body/mind/psyche (inclusief het (collectief) onderbewuste) en het ego. Deze dimensies staan echter niet op zichzelf. De Geest is deel van de „Grote Geest“ (Bewustzijn) terwijl onze body/mind/psyche deel is van het universum. Alleen het ego heeft zich afgesplitst van het Geheel. Het identificeert zich met onderdelen van het Geheel, waardoor deze tot gefragmenteerde objecten gedegradeerd worden. De ironie is dat de Westerse cultuur zich uitgerekend met deze innerlijke parasiet vereenzelvigde. Deze geïsoleerde entiteit riep zichzelf vervolgens tot middelpunt van het universum uit. Het eigende zich de almacht van het Geheel toe. Dit komt o.a. tot uiting in de materialistische wetenschap. Terwijl het zich in werkelijkheid uitsluitend met afzonderlijke objecten bezighoudt - met als gevolg een zeer beperkt inzicht in het Geheel - claimt het de „enige waarheid“ te bezitten. Wie niet in deze „god“ gelooft, wordt buiten-gesloten.

Vele wetenschappers (Newton, Einstein) bevestigen dat de eigenlijke doorbraak in wetenschappelijk onderzoek door „directe intuïtie“ tot stand komt. „Plotseling wist ik – als uit het Niets – de oplossing voor mijn jarenlange probleem“.

Op dit punt zal het duidelijk zijn dat om mens en Kosmos te begrijpen de heersende wetenschap hopeloos inadequaat is. De mens is geen optelsom van chemisch/fysische data. Om dit nog duidelijker voor ogen te brengen nemen we opnieuw een duik in het diepe. De mens is met zijn Geest tegelijkertijd Kosmische Intelligentie alsook met zijn body/mind/psyche inhoud van deze Ruimte. „Ik loop in de Ruimte die ikzelf Ben“ zegt iemand die dit ervaren heeft.

Een bekend gezegde is ook: „Zoals het universum in God is, zijn de gedachten in mijn Geest“. Het drukt de eerdergenoemde Waarheid uit: beide – mijn gedachten alsook de processen in het universum – zijn inhoud van EEN samenhangend Geheel. Het betekent dat „mijn“ gedachten niet van mij zijn, maar intiem interfereren met alle andere energieën in het universum. Een uitdrukking; „de gedachten die door mij heengingen“. Vraag: „waar kwamen ze vandaan en waar gaan zij naar toe?“. De meeste gedachten zijn niet „door onszelf“ gestuurd, maar „komen in ons op“. Verrassend is dat recentelijk een nieuw studiegebied – de „kosmologische neurofysika“ – dit opgepikt heeft. Het postuleert de these dat „het universum en onze hersenen EEN zijn“. De implicaties zijn duidelijk: je kunt geen hersenonderzoek doen zonder onderzoek naar de Kosmos (en omgekeerd). Erwin Schrödinger: „Er is slechts een Mind“ (het Grote Bewustzijn). Tweede implicatie: alleen het Bewustzijn (Spirit) kan inzicht in zichzelf krijgen. Derde implicatie: alleen een Holistische Wetenschap die de samenhang ziet – tussen alle Dimensies van de Kosmos – heeft ingang tot een nieuw inzicht in het bestaan. Vierde implicatie: slechts een nieuwe generatie wetenschappers - diegenen die de eenheid met de Kosmos hebben ervaren - zijn de dragers van een nieuwe Holistische Wetenschap. Aan deze wetenschap dient de geneeskunde – als benadering van Heel de Mens – zich te oriënteren. Geneezing ontstaat in eerste instantie uit het inzicht in de samenhangen waarvan ieder mens deel is. Pas in tweede instantie kan detailinformatie een zinvolle aanvulling zijn. De reguliere wetenschap is „complementair“ (tot de holistische), niet omgekeerd.

Om het deel te kennen
Moet je het Geheel kennen
Om het Geheel te kennen
Moet je Het Zijn
Om Het te Zijn moet je zelf niet-zijn
Ben je Niets, ben je alles
Zo ken je het deel

Het kernprobleem van de „judeo-christelijke cultuur“ is het ego. Waren wij daarvoor verbonden met de Realiteit van „Hemel, Aarde en de Gemeenschap“, vooral na de vele eeuwen van vervolging („Inquisitie“) had de mens geen andere keus dan terug te vallen op zijn kleine ik. Dit wordt gedefinieerd als de (onbewuste) identificatie met zijn zelfbeeld. Je bent niet wat je bent, maar wat je denkt te zijn. De Westerse mens leeft met een voorstelling van zichzelf. Je wereld is die der gedachten, voorstellingen, emoties, verlangens, ideeën, begrippen, oordelen, interpretaties, commentaren. Deze nemen je voortdurend op sleeptouw. „Ik ben IN gedachten“. Voortdurend door je gedachten-wereld in beslag genomen te zijn, heeft je permanent van de Werkelijkheid (zie boven) vervreemd. „Op jezelf teruggeworpen“ heb je jezelf van het Geheel afgesplitst. Je bent een geïsoleerde entiteit afgesneden van het Grote Leven. Dit geïsoleerde bestaan is DE oorzaak van existentiële angst. Tegelijkertijd zijn je wortels in de Kosmos doorgesneden, waardoor je niet meer door het Geheel gevoed, geregenereerd wordt. Je bent onwetend omtrent het Grote Bewustzijn waar je deel van bent. Dit raakt direct je mens-, wereld en Godsbeeld: zijn wij diep in onszelf Kosmische Intelligentie of slaaf van onze ego-impulsen?

„De mens: “een bundel functies“ of “evenbeeld Gods”

Alleen als je het Geheel bent, heb je overzicht over de samenhangen. Alleen als je de samenhangen kent weet je over de functies der afzonderlijke delen. Een wetenschap met het ego als uitgangspunt kent alleen los van elkaarstaande objecten. Omdat zij los van elkaar staan, wordt geen inzicht in hun werkelijke functies verkregen. Het leidt tot een kunstmatig, ja vals wereldbeeld. Een wereldbeeld dat een-dimensionaal is kan nooit Heelheid bewerkstelligen. Daarom leidt de reductionistisch-materialistische wetenschap ons verder naar de afgrond. In de toekomst ligt het accent op META-Kosmologie als alles-omvattende sakrale wetenschap. Deze Kosmologie bestudeert het Geheel waarvan je zelf deel bent. Alleen het Geheel „in jou“ kan het Geheel „buiten jou“ kennen. Alleen wanneer je deel bent van Kosmische Intelligentie kun je inzicht in de Kosmos verkrijgen. Het Geheel is multi-dimensionaal, terwijl de reguliere medische wetenschap een-dimensionaal is. Het eerste omvat het tweede, nooit andersom. Dit Geheel komt tot stand door de integratie van het „horizontale“ in het „vertikale“. Heel het bestaan wordt uit het Kosmische Vacuum geboren en keert er voortdurend in terug: „eerst“ Het Eeuwige Licht (Grote Bewustzijn, Kosmische Intelligentie, „God“) „vervolgens het universum (energie, morfogenetische velden, archetypen, psyche, lichaam). Het eerste omvat en doordringt het tweede. Dat will zeggen dat het horizontale door het vertikale wordt bepaald. Het is een proces van ononderbroken regeneratie. Wanneer je echter met je ego bent geïdentificeerd, heb je je voor de Kosmische Vernieuwing afgesloten. Het oude, ziekelijke, schadelijke hoopt zich op (in plaats van afgebroken te worden), terwijl de opbouw (het nieuwe, gezonde, bevorderlijke) niet (onvoldoende) plaatsvindt. De reguliere (materialistische) geneeskunde (en ook de alternatieve) sleutelt alleen aan het horizontale, het gematerialiseerde leven. Dat wat het leven Kosmisch optimaliseert wordt niet erkend (het vertikale). Ware Healing is daarentegen het herstel van de Kosmische Hierarchie, te beginnen met de Oorsprong waar alles uit voortkomt. Aan het moderne genezingsgebeuren ontbreekt dus de meest essentiële schakel: de Kosmische Geneeskunde*.

*Han Marie Stiekema, grondlegger van de Kosmische Geneeskunde.

Het kernprobleem van het Westen ligt op het innerlijke vlak. Door de (onbewuste) identificatie met ons zelfbeeld zijn wij van de Realiteit vervreemd. Alles speelt zich uitsluitend nog in onze gedachten (emoties etc.)wereld af. Als geïsoleerde entiteit (ego) is het leven in toenemende mate zinloos. Existentiële angst knaagt aan onze „ziel“. Ook al geven we het niet toe, diep van binnen heerst de wanhoop. Onszelf volstoppen met materiële goederen helpt niet meer. Ons basisprobleem is kosmisch, het feit dat we niet door het Geheel gevoed, geregenereerd, vernieuwd worden. Deze innerlijke wanhoop is de motor achter onze persoonlijke en collectieve ommekeer. De opstand richt

zich niet tegen de politiek (ook al denken we dat). Het is daarentegen een wanhopige poging onze „ziel“ te redden. Ons verlangen gaat uit naar een „geestelijke cultuur“, naar een geestelijk draagvlak, dat ons wijsheid, zin, vreugde, gerechtigheid, vrede, liefde, geborgenheid geeft.

Tegen de ego-ziekte is geen kruid gewassen. De gewone geneeskunde (inclusief de „integratieve“) heeft geen antwoord op de innerlijke verloederung. Sleutelen aan het ego verandert niets aan zijn inherente isolatie, zijn kunstmatige ik, zijn inherente kwetsbaarheid, onzekerheid, angst en onmacht. Heelheid is geen gevolg van het verbeteren van ego-functies. Zelfs als je „gezond gaat eten“ blijven deze onder-mijnende invloeden onverminderd doorwerken. Binnen het ego als afgesplitste entiteit kan de Heelheid niet gevonden worden. De conclusie: oplossen van het ego-probleem heeft absolute prioriteit. Wat we dus dringend nodig hebben is een Nieuwe Geneeskunde die de werkelijke oorzaak aanpakt. De therapie is het terugvoeren van het verziekte ego terug naar het Geheel – onze innerlijke Wijsheid - de „verloren zoon“ die de weg terug naar de Moeder moet vinden. De grote verrassing: diep in onszelf – in ons Wezen – is de Heelheid eeuwig aanwezig. Wij zijn reeds Heel! Dit Heel-Zijn is deel van het grote Kosmische Geheel. In plaats van (krampachtig) de Heelheid buiten onszelf te zoeken, moet het ego – wil het genezen – zich (opnieuw) invoegen in het Geheel van de Kosmos: samenleving, aarde, universum, het Eeuwige Licht en de Kosmische Moeder. Het is de weg van de Kosmische Mens, de hulp die hem/haar daarbij geboden wordt, komt van de **Kosmische Geneeskunde**.

Velen denken dat bovenstaande heel uitzonderlijk is, niet toegankelijk voor „gewone mensen“. Niets is minder waar. Verlies van het ego en Deel van het Geheel-zijn zijn frequente momenten uit het dagelijkse leven. Het gaat erom deze momenten aux serieux te nemen. Denk aan: inslapen en jezelf verliezen in de nacht (overgave zonder spoor van angst!); natuurervaring bv. zitten op een duintop („plotseling viel alles van mij af“); opgaan in liefde en sex („voor een moment was ik er niet meer“); doorbraak van een grotere Werkelijkheid („een met de wereld“); jezelf vergeten in toewijding; getroffen-zijn door schoonheid („alles was in mijn ruimte“); boven jezelf uitgetild worden („zonder een moment na te denken, sprong hij in het water en redde het kind“); religieuze passie („niet ik maar Christus in mij“); in lopen, dansen, fietsen (zie voorbeelden in mijn boeken „Origin“); in sport („ik liep de 2000 meter en plotseling nam Het het over, de rest ging volledig moeiteloos“); in grote toorn („ik was buiten mijzelf van woede en tegelijkertijd totaal aanwezig“); in het gevecht („ik dacht nergens meer aan“); in stilte en meditatie („vrede in en om mij heen“); in het stervensproces (waarin ieder opgaat in het Eeuwige Licht).

Voortdurende (existentiële!) angst, onzekerheid, onmacht, kwetsbaarheid, eenzaamheid, zinloosheid, zorgen en problemen voeren tot een permanente (onbewuste!!!) stress-toestand. Het is iets wat ononderbroken „aan je vreet“. Dit heeft een directe verbinding met het lichamelijke. Gefixeerde stress en diepe vermoeidheid hebben op den duur een star vegetatief zenuwstelsel tot gevolg. Dit betekent dat in het lichaam de sympaticus ononderbroken domineert. Omdat het lichaam zijn innerlijke balans verloren heeft – doordat ook de parasympaticus geblokkeerd is – kan het zijn afvalstoffen, toxinen en slakken niet kwijt. Deze hopen zich in de weefsels op. Tegelijkertijd raakt het hormoonstelsel uitgeput. Na een aanvankelijke „opwindings-fase“ schiet het in een chronische deficiëntiefase, waardoor een permanente immuunzwakte ontstaat. De combinatie van al deze factoren tesamen (innerlijke uitputting, immuunzwakte, vergiftiging, leefstijlfactoren.... daarbij komt dan nog de alomtegenwoordige electro-magnetische straling) is de basis voor het ontstaan van chronisch (degeneratieve) ziekte. Het is duidelijk: het ego heeft zich hopeloos in zichzelf verstrikt.

Vanaf 60+ geen avondmaaltijd meer, houdt je gezond, voorkomt ziekte en verlengt het leven

Integrale Geneeskunde

In ons Wezen (Essentie) zijn wij Heel. Het ontstaat wanneer wij ons ego opgeven. Dit Wezen (Ware Zelf) is deel van het Grote Bewustzijn. Zo Boven, zo Beneden. De werkelijkheid blijkt een zinvol, hiërarchisch „systeem“ waarbij alles in zinvolle relatie tot elkaar staat. De psyche is deel (inhoud!) van de bewustzijnsruimte, het fysieke wordt door de psyche gestuurd. Dit alles ingebed in de Kosmos. De Kosmos wordt geregeerd door „Opbouw en Afbraak“. Onze „bodymind“ is daar een deel van. Al het oude, zieke wordt voortdurend afgebroken, terwijl het nieuwe, gezonde ontstaat. Dit dynamische proces is onderhevig aan invloeden van „binnenuit en buitenaf“. Invloeden die dit dynamische proces kunnen verstoren. Terwijl de Essentie onveranderlijk Heel is, staat onze „periferie“ (bodymind) bloot aan ondermijnende factoren. Het is het terrein van gezondheid en ziekte. Daartoe behoeft de Kosmische Geneeskunde een aanvulling: **Integrale Geneeskunde**. Integrale geneeskunde is de geneeskunde die is gebaseerd op inzicht in het integrale systeem waarvan de mens deel uitmaakt. De therapie bestaat eruit de mens terug te voeren tot zijn oorspronkelijke Heelheid. Het accent ligt op de samenhangen als onderdelen van het Grote Geheel. In deze zin is het synoniem met holistisch.

De verwarring ten top: integrale geneeskunde, integratieve geneeskunde, leefstijl-geneeskunde, mind-body geneeskunde, „mesologie“, alle verschillende namen voor ongeveer hetzelfde. Opzettelijke chaos?

In de recente tijd blijkt „Integraal“ echter een vergaarbak van alles en nog wat te zijn. Alles is immers deel van het grote geheel, zo redeneert men, dus wordt ieder nieuw ideeje op de grote hoop van „integraal“ gegooid. Het laatste is echter geen willekeurige verzameling alternatieve therapieën. „Integraal“ betekent daarentegen de Werke-lijkheid als een „Integraal Systeem“, waarbij alles zinvol met elkaar verbonden is. De vraag is dus: integraal, ja, maar waarin? Om te kunnen integreren in een integraal zinvol systeem moet men dit systeem eerst kennen. Dit – voor zover ik nu kan zien – ontbreekt volledig bij de huidige „integrale wetenschappers“. In feite zijn zij even reductionistisch bezig als de regulieren. Eerst wordt alles uitgesplitst („Orthomoleculaire Geneeskunde“, „Voedingsgeneeskunde“, „Leefstijl-geneeskunde“ – het zou mij niet verbazen, wanneer we straks ook nog de „Probiotica-Geneeskunde“ en de „Smoothie-Geneeskunde“ erbij krijgen* (grapje) - niet ondenkbaar ook dat we over enige tijd pas worteltjes kunnen eten, wanneer dat eerst „wetenschappelijk verantwoord is“, een ontkenning van de eigen inherente intelligentie van de

mens - alles bemand met experts, die vervolgens die onderdelen weer moeten samenvoegen. Experts zijn per definitie diegenen die een beperkte ego-kijk op de dingen (en zichzelf!) hebben. Hun pretenties overstijgen verreweg hun competenties als het om het Geheel gaat. Wat je nu ziet is dat „integraal“ steeds meer een ophoping van detailinformatie is. Gezondheid wordt steeds ondoor-zichtiger in plaats van transparanter. De „professionele“ benadering creëert een landfill aan informatie waardoor het overzicht verder verloren gaat cq. de „gewone mens“ steeds onzekerder wordt ipv mondiger. Terwijl publicaties die inzicht in het Geheel geven zeldzaam zijn.

(„Grapje“). Men wil alle „alternatieve“ artsen hun bevoegdheid ontnemen. Gezien de dramatische technologisering van de geneeskunde, zou het niet logischer zijn de reguliere artsentitel aan te passen aan de huidige beroepspraktijk? „Medisch Technicus“ bijvoorbeeld?

**Een (klein) deel kan nooit de pretentie van het geheel („Geneeskunde“) hebben.
Gepaster zou dus zijn: orthomoleculaire therapie, voedingstherapie en leefstijltherapie.*

De hamvraag is of er een Kosmische Orde bestaat. Het heeft met ons wereldbeeld te maken. Is de Kosmos een zinvol Geheel of niet? Voor de huidige materialistische wetenschap is dat NIET het geval. Vandaar dat bij de therapie de keuze niet wordt gemaakt door inzicht in het Geheel, maar door willekeurige voorkeuren. De idee van Heelheid als deel-zijn van het Grote Geheel is hem totaal vreemd. Men probeert indruk te maken met „autoriteiten“ („Harvard“) die zelf geen echte holistische traditie hebben. De reguliere wetenschap is een zeer beperkt instrument om het Geheel te kennen. Voor hem is alleen wat gemeten kan worden werkelijkheid. De fysika spreekt andere taal. Quantenonderzoek, informatiewetenschap, (regulatie)systeemtheorie en biofotonenonderzoek duiden onverbiddeijk in de richting van een universele energie (Chi in het Chinees) die het hele heelal doordringt. Wij zijn in deze energie ingebed. Nemen we dit aan (en wie niet) dan is het concept van „geestelijk genezen“ ons niet vreemd meer. Bv. F.A. Popp kon aantonen dat een stervende cel zijn licht (en daarmee zijn structuurinformatie) als een bliksem overdraagt aan zijn onmiddellijke omgeving. Cellen communiceren via licht! (Dr. W.Bittscheidt). Voeg dit in de context van de Kosmos – het Absolute Niets, het Grote Bewustzijn, de krachten van het universum, de aarde en de natuur, dan hebben we een samenhangend integraal systeem voor „**Kosmisch-Integrale Healing**“ ontdekt.

De multi-dimensionale werkelijkheid (integraal/holistisch/kosmisch) kan nooit onderdeel van een een-dimensionaal systeem (regulier/“evidence-based“/“integratief“) zijn

Alternatieve Geneeskunde

Zij kan beschouwd worden als onderdeel van de Integrale Geneeskunde. Het accent ligt op stimulering van het Zelfgenezend Vermogen en het wegnemen van obstakels. Het is de kern van de Europese Traditionele Geneeskunde. Omdat ik hier (uit 45-jarige expertise) reeds uitvoerig over gepubliceerd heb (Zie o.a. „Flow System Therapy“) verwijs ik naar www.vitalworld.org. Een kanttekening moet wel gemaakt worden. Zelfs in de Alternatieve Geneeskunde heeft het virus van opsplitsing toegeslagen. Simpel voorbeeld. De „voedingsarts“ schrijft een dieet voor. Hij/zij heeft uitgevonden dat er een tekort in het lichaam is. Wat geen deel is van zijn/haar overwegingen/competentie is inzicht in het traject dat de voeding aflegt: het functioneren van de vertering, de doorgankelijkheid van nutriënten door de basaalmem-braan van de capillair, de verslacking van het bindweefsel, het verbrandingsniveau van de stofwisseling en het ontgiftings- en uitscheidingsvermogen van het lichaam. Waardoor de kans groot is, dat de therapie zijn doel mist, het gevolg van zijn afgesplitste specialisatie (hetzelfde wat we bij de reguleren zien). Er zijn twee aanvullende benade-ringen. Komt een persoon met een persoonlijke medische vraag, dan zijn voeding en leefstijl onderdeel van de individuele therapie. Gaat het om de gezondheid van de populatie dan zijn voeding en leefstijl onderdeel van educatie. Zij zijn geen onderdeel van „medische zorg“, maar onderdeel van de eigen mondigheid, eigen verantwoording en eigen ervaringswereld van de mens (ZELFZORG). In de praktijk blijkt dat „gewone“ mensen de samenhangen zeer snel begrijpen. Het bevestigt de inherente intelligentie van elk individu. Daarbij heeft (bv.) de arts twee gescheiden werkvelden: die van therapeut en van leraar of „coach“. De laatste activiteiten zijn een onbaatzuchtige bijdrage tot verdere emancipatie van de mensheid. Overigens – zonder een waardeoordeel uit te spreken – zorgen o.a. de 10-duizenden „alternatieve werkers“ – stresscoaches, voedings-adviseurs, voetzoolreflextherapeuten, alternatieve masseurs, alternatieve artsen en therapeuten, natuurwinkels, wellness-instituten, mindfulness-gidsen, yogaleraren-(essen), leefstijladviseurs etc. - ervoor dat deze maatschappij door kan blijven draaien en niet door een collectieve burn-out in elkaar zakt (totnu toe).

Samenvatting

Kosmische Realisatie (Ervaring) geeft inzicht in het Grote Geheel. In tegenstelling tot de huidige wetenschap is alles (inderdaad) met alles ZINVOL verbonden. Dit is de kern van de Holistische Wetenschap. Het afgeleide wetenschappelijke model noem ik „Integrale Systeem Theorie“. Wat door direct inzicht wordt verkregen, wordt vervolgens voor de gewone mind „vertaald“, zodat er in de praktijk mee gewerkt kan worden. Ik heb dit vroeger ook wel „META-synthese“ genoemd. Het zal duidelijk zijn, dat deze alomvattende visie NOOIT in het een-dimensionale, kwantitatieve, reductionistische, oppervlak-kige model van de huidige wetenschap geperst kan worden. Dat er een Kosmische Orde bestaat, kan met het logische verstand begrepen worden. Twintig jaar geleden formuleerde ik dat zo: „Niets kan zich op hetzelfde niveau integreren. Een lichaamscel integreert zijn celonderdelen, maar wordt zelf weer geïntegreerd in een weefsel of orgaan. Op hun beurt worden organen weer geïntegreerd in regelsystemen als bloedsomloop, lymfe, matrix, hormonen en zenuwstelsel. Deze functies komen bij elkaar in de hersenen als de centrale regelinstantie. De hersenfuncties worden op hun beurt gestuurd door de psyche. Om deze te integreren is opnieuw een „hogere instantie“ nodig: Het is die dimensie waarin de psyche van nature haar plaats heeft. Dit is onze innerlijke bewustzijnsruimte“, onze innerlijke Ruimte. Kosmische Geneeskunde begint met Kosmische Ruimte,

vervolgens integreert het de “lagere” niveau’s, terwijl Integrale Geneeskunde de tegenovergestelde weg volgt: van het “laagste” niveau naar boven.

Kosmische Therapie omvat 3 belangrijke stappen: 1. Opgeven van het ego. Bij voorkeur voor het slapengaan in je slaapkamer als “Dark Room” (dat de “Donkere Nacht”, de Kosmische Baarmoeder en het Absolute Niets symboliseert) 2. De geboorte van het Ware Zelf door verbinding te maken met je “sakrale ruggegraat”, de projectie van het Grote Bewustzijn in het lichaam (“er achter komen”) en 3. Deel-woorden van “Hemel, Aarde en de (nieuwe) Gemeenschap”. Voor dit doel zijn de “Hemel & Aarde Oefeningen” (Tiendi Qigong) ontworpen, een uniek “wu-wei” benadering naar Heelheid. Alles “gedecoreerd” met een adem-techniek, een mandala en een mantra. Het doel is Heelheid. Kosmisch inzicht, de onderlinge samenhang van verschijnselen en medische ervaring bepalen het waar, hoe, wanneer en in welke combinatie. Pas als wij de natuurlijke samenhang kennen, kunnen we dit met onze Integrale Therapie zinvol aanvullen. Het staat mijlenver van de zgn. „integratieve geneeskunde“ die zich baseert op „evidence based science“. In feite wordt bij de laatste gewoon uitgegaan van bestaande (reguliere) diagnostiek, waarbij dan als aanvulling een paar (“leuke”) „alternatieve methoden“ worden voorgeschreven. Kosmische Geneeskunde werkt geheel anders. Het heeft ten allen tijden het Kosmische Geheel voor ogen. Het erkent de prioriteit van het ego als ziektemakende factor nr. 1. Het beschouwt Integrale Geneeskunde als aanvulling op de Kosmische Geneeskunde. In het schema in file “We are Cosmos” (zie index) wordt de **Kosmische Samenhang (A)**, compleet met de corresponderende **integrale therapieën (B)** en de bijbehorende (noodzakelijke) **maatschappelijke vernieuwingen (C)** weergegeven. (PS. Voorlopig ontwerp).

Een Nieuwe Gezondheidszorg

*„De mensen willen een geïntegreerde gezondheidszorg“. Jazeker, maar niet een waarbij de
Holistische Geneeskunde het schoothondje van de reguliere sector wordt*

Het spreekt vanzelf dat wij een uniforme, gelijkgeschakelde, (inclusief de „integratieve“) geneeskunde afwijzen. Het kan niet zijn dat één bepaald wereldbeeld de anderen overheerst. Net als in religie zijn er altijd verschillende geneeskundescholen geweest, ieder met een eigen accent. Waar het in wezen om gaat is de vrijheid van levens- en wereldbeschouwing. Ook kunnen wij niet toelaten dat de wetenschap de mensen dom maakt. Dit doet zij door de eigen verantwoording, de mondigheid en het zelfbeslissingsrecht van de mensen af te nemen, cq de mens afhankelijk te maken. Zelfs de persoonlijke leefstijl wordt tegenwoordig door medische professionals overgenomen: het begin van de (Big Brother) zombie-maatschappij? Hoe individualistischer je leefstijl, des te kwetsbaarder je bent wanneer het systeem afbrokkelt (hetgeen slechts een kwestie van tijd is). ZELFZORG heeft dus een maatschappelijke meerwaarde, een overlevingsfunctie voor de gemeenschap. Het is een bindende (reddende) factor in moeilijke tijden. Daarom zetten wij ons in voor een Nieuwe Gezondheidszorg, gebaseerd op het principe van subsidiariteit (door de EU in het Verdrag van Maastricht als basis aangenomen). Wat de mens zelf kan doen, doet hij/zij zelf. Het is het eerste echelon: ZELFZORG. Gericht op inzicht in het (lichamelijk) functioneren, eenvoudige zelfhulpmethoden en bevorderen van een gezonde leefstijl. Dit past uitstekend in de nieuwe politiek van grotere zelfstandigheid van wijken en buurten. Hierbij staat educatie – hulp bij zelfhulp - centraal (scholen, buurthuizen, internet). Geen medische professie die hier de lakens uitdeelt. Wat de mens niet zelf kan doen, wordt verwezen naar het tweede echelon: de HOLISTISCHE GENEESKUNDE, al die vormen van professionele geneeskunde (artsen en therapeuten), waarbij bevordering van het eigen zelfgenezend vermogen centraal staat. Geen reguliere instantie die hier intervenieert. Wat de Holistische Geneeskunde niet kan, wordt tot slot verwezen naar het derde echelon: de TECHNOLOGISCHE (reguliere) GENEESKUNDE, alles in goede en geordende samenwerking. Het is het meest logische, organisch-opgebouwde, effectieve, optimaal-geïntegreerde en kostenbesparendste model „ooit ontworpen“. (Zie verder Boek „Origin“ 5, Handboek „Integrale Geneeskunde“).

In onze tijd worden wij pijnlijk geconfronteerd met de onmacht van de reguliere geneeskunde. Het kernwoord is „genezing“. Iedereen weet dat de gewone geneeskunde slechts symptomen onderdrukt. Noem 100 verschillende chronische aandoeningen – hoge bloeddruk, psoriasis, migraine, tinnitus, pre-dementie, rheuma, diabetes, arthrose, astma etc., etc. – en het wordt duidelijk dat in geen der gevallen GENEZING bewerkstelligd wordt. Wat voorgeschreven wordt zijn chemisch-onderdrukkende middelen. Het vervelende: terwijl de patient denkt dat hij/zij „beter“ is, werken de oorzakelijke factoren gewoon door. Totdat deze later opnieuw chronische ziekte veroorzaken. De medische wetenschap bevordert zo ziekte! Wetenschappelijk onderzoek is niet gericht op GENEZING, maar op „funktioneren“. Het is alleen geïnteresseerd of een bepaald middel „werkt“. Of het iets met GENEZING te maken heeft vraagt men zich niet af. Ook dat alles eerst „wetenschappelijk bewezen“ moet zijn, voordat een bepaalde therapie „erkend“ wordt is onrealistisch, want ook in de reguliere praktijk blijkt dit een onmogelijkheid. „De wetenschap is het hulpje van de arts, de arts is het hulpje van de natuur“ en niet andersom. Typisch voorbeeld: bloeddrukverlagende middelen. Het „evidence based onderzoek“ kijkt er alleen naar of de bloeddruk omlaag gaat. Het bemoeit zich niet met de onderliggende oorzakelijke factoren. Het punt is dat de hoge bloeddruk niet de ziekte is, maar het symptoom van een onderliggend oorzaken-complex. Dit geldt voor de meeste chronische stoornissen. In de praktijk van Integrale Geneeskunde blijkt dat er bij hoge bloeddruk (bv.) verschillende oorzake-lijke factoren zijn, die bovendien individuele variaties vertonen. Voorbeelden: overeten (vooral van dierlijke eiwitten), koffiedrinken, onvoldoende drinken, oververzuring, zelfvergiftiging vanuit de darm, obstipatie, chronische ontstekingen („foci“) vooral die in het gebit, tonsillen, onvoldoende bewegen, electromagnetische straling (computer, dect-telefoons, WiFi) om nog maar niet van de psychische factoren te spreken. Door deze factoren te saneren (zonder iets „aan de bloeddruk zelf“ gedaan te hebben“) wordt in vele gevallen de bloeddruk „vanzelf“ genormaliseerd. Dit alles wordt door de reguliere (medicamen-teuze) behandelingsdeling volledig genegeerd (sommige uitzonderingen daargelaten).

Symptoombestrijding en dit verkopen als “genezing“ is de grootste conspiracy ooit.

Een open discussie is de enige weg om gezamenlijk het hoofd te bieden aan de enorme problemen die wereldwijd op ons afkomen. Gezondheid staat daarbij boven aan de lijst. Kritisch denken en solidair-zijn kunnen nooit in tegenspraak met elkaar zijn. De reguliere gedachtekrans is dat verdwijnen van een symptoom gelijkstaat met genezing. Hoe ver de medische wetenschap van dit laatste afstaat wordt door het volgende geïllustreerd. Het „evidence based model“ (het regulier-wetenschappelijke model) meet alleen kwantiteiten. Bijvoorbeeld 40 personen met „psoriasis“. Daarbij gaat men alleen af op het symptoom, niet op de onderliggende individuele variabelen. Voor de reguliere geneeskunde zijn alle „psoriasispatiënten“ gelijk. In tegenstelling tot de biologische, natuurlijke cq holistische systemen van geneeskunde. Het blijkt dat alle psoriasispatiënten – naast een gemeenschappelijke noemer – een eigen mix aan oorzakelijke factoren bezitten. Daarom gaat de Integrale Geneeskunde (HOL) uit van het unieke van iedere persoon, het stimuleren van het eigen zelfgenezend vermogen en het wegnemen van obstakels, alles in de context van het Geheel. Dit inzicht heeft geleid tot een nieuwe definitie: „Gezondheid omvat de gehele mens – spiritueel, psychologisch en lichamelijk - in eenheid met de Kosmos, de natuur en de gemeenschap“. Niet te verwarren met „integratieve“ geneeskunde, (REG) een systeem, geïmporteerd uit de VS dat de annexatie van de alternatieve door de reguliere sector beoogt. „Integratieve Geneeskunde“ als het Paard van Troje. Tot slot de Kosmische Geneeskunde. Zij gaat uit van het ego als ziektemakende factor nr. 1 en zijn genezing door opnieuw Deel te worden van het Geheel (Kosmos).

De wortels van de holistisch/integrale geneeskunde liggen in Europa

De reguliere geneeskunde raakt langzamerhand „in het gedrang“ wegens zijn „dalende populariteit“. Terwijl de „alternatieve sector“ alleen maar groeit. In de VS heeft men daarom een geniale strategie uitgedacht: de integratie van reguliere en alternatieve geneeskunde. Dit wordt „integratieve geneeskunde“ genoemd. Het belooft erkenning, gelijkwaardigheid, wetenschappelijk onderzoek, al die dingen waarvoor de alternatieve sector sinds decennia strijdt. Kunnen we dus de vlag uitsteken? Helaas zit er een addertje onder het gras. Wat (van de alternatieve therapieën) erkend wordt, wordt bepaald door de reguliere! „evidence based science“, diezelfde „science“ die bewezen heeft zich noch met GENEZING, noch met GEZONDHEID bezig te houden. De analytisch-kwantificerende wetenschap is ongeschikt om individuele variabelen in het onderzoek te betrekken. En daar gaat het bij GENEZING om. Conclusie is: wil men werkelijk „integratie“, dan moet „gelijkwaardigheid“ aux serieux genomen worden. Dat wil zeggen dat de Integraal-Holistische Geneeskunde zijn eigen wetenschappelijk model kan ontwikkelen. Dat wat men nu wil is simpelweg de Holistische Geneeskunde voor het karretje van de reguliere sector spannen. Het is geen „gelijkwaardige samenwerking“, maar een vorm van annexatie. Beste bewijs zijn de huidige ramsch-cursussen, waarin je in een paar dagen! cq weekenden tot „professional“ in de „alternatieve“ geneeskunde wordt „opgeleid“. (De patiënten hebben hier geen weet van). De reguliere sector blijft echter de lakens uitdelen, zich opsierend met een paar „leuke“ alternatieve decoraties. Het is daardoor van fundamenteel belang eigen kwaliteit te ontwikkelen en onderscheid te maken tussen integraal (holistisch, alternatief) en „integratief“ (regulier, reductionistisch).

*De reguliere wetenschap kan het „zelfgenezend vermogen“
niet meten. Dus bestaat het niet....*

Het is allemaal terug te voeren op een verschillend mens- en wereldbeeld. Voor de reguliere sector is de mens een opeenhoping van afzonderlijke functies die alle afzonderlijk gemanipuleerd kunnen worden. In de holistische visie is de mens een zinvol deel in de context van een groter Geheel. De mens is geen machine die op onderdelen gerepareerd kan worden. Het cynische is dat de reguliere sector – door zijn symptoom-bestrijding – de klachten zo chronisch laat worden, dat de ziekte uiteindelijk alleen nog door farma, chirurgie en straling „genezen“ kan worden. Een terminale gezondheidszorg die terminale „oplossingen“ creëert. Waardoor de idee dat de mens slechts een machine is nog weer wordt versterkt. Dusdanig dat ook de mens om wie het gaat totaal door dit „model“ wordt gehersenspoeld. Immers: de mens van tegenwoordig wordt volledig door zijn ego gedomineerd. De idee dat hij/zij gevangen is in een valse zelfdefinitie, is hem/haar totaal vreemd. Dat wij daardoor voortdurend verkeerde conclusies trekken cq. van het ene in het andere probleem belanden zonder ooit uitzicht op HEELHEID te vinden is het drama van deze tijd.

*„De Alternatieve Geneeskunde staat op het punt door de
Reguliere Sector gekoloniseerd te worden“
Prof. dr. H.Walach*

Om nog even heel duidelijk te zijn: ik heb in mijn 45-jarige artsenloopbaan steeds met de reguliere geneeskunde samen-gewerkt. Wij houden niet van fanatici, uit welke hoek zij ook mogen komen. Bij de geringste twijfel over een ernstige aandoening verwees ik mensen naar de huisarts cq specialist. Dat de reguliere geneeskunde onontbeerlijk is, staat voor ons boven elke twijfel vast (dit voor diegenen die daaraan twifelen willen). Dit is een breed terrein: acute (infectieuze) ziekten cq epidemieën, traumata, onomkeer-bare chronische en degeneratieve ziekten, kanker, technologische oplossingen voor levensbedreigende situaties, verloskunde etc. Ook bij onze huidige praktijk voor Chinese Geneeskunde zijn mijn vrouw en ik zich steeds van onze grenzen bewust. Nooit worden er irreële beloften aan de patient gedaan. Dat neemt niet weg dat onze 20-jarige ervaring overtuigend aangeeft, dat onze invalshoek zijn bestaansrecht heeft. Simpel voorbeeld. Als iemand met een „frozen shoulder“ die x keer zonder resultaat bij de specialist (en de fysiotherapeut) is geweest in 2 behandelingen duurzaam genezen is, is dat voor ons genoeg om onze behandelmethodes voort te zetten. Bovendien kunnen de ervaringen in China (5000 jaar oud) en de steun van universiteiten, wetenschappelijk onderzoek en ontelbare artsen aldaar niet zomaar weggepoetst worden. Omgekeerd: ook in mijn ontwerp voor een Nieuwe Gezondheidszorg heeft de Reguliere Sector zijn onvervangbare plaats. Wanneer echter het oude systeem het binnenkort begeven zou (dat het in verval is ontkennen weinigen meer: de statistieken voor chronische aandoeningen – ondanks de reguliere aanpak – nemen steeds verder toe), is het cruciaal

dat wij in de tussentijd – NU – een echt ALTERNATIEF hebben ontwikkeld. Dit wordt door de WHO (Dr. Margareth Chan) bevestigd. Door de dramatische toename van resistente microben, staat een post-antibiotisch tijdperk onherroepelijk voor de deur. Dit geeft ons de plicht om verder naar alternatieven te zoeken. Zie hiervoor Boek „Origin“ 5 „Handboek Integrale Geneeskunde HEEL HET LEVEN“.

Excursie 6: Alzheimer: Kosmische Degeneratie cq symptoom van een zieke civilisatie

Velen hebben mijn MESS verhaal gelezen (www.vitalworld.org) . Daarin betoog ik dat chronische ziekte het gevolg is van het samenkomen van vele factoren die hoofdzakelijk met onze leefstijl te maken hebben. Dat was in 1999. Sindsdien is chronische ziekte alleen maar toegenomen. De „laatste“ consequentie van de ophoping van ziektemakende factoren heet „Alzheimer“. Ook nu wordt deze weer als een aparte „entiteit“ beschouwd, met een individuele diagnostiek en therapie. Ook nu weer wordt „het volk“ wijsgemaakt dat de „oplossing“ ligt in het vinden van een „nieuwe („wonder“)drug“. De voorspelling is dat in enkele decennia elke tweede burger (van de Westerse wereld) Alzheimer heeft. De andere helft zou de eerste dan moeten verzorgen. Gezien de fragmentatie van de mens is dit volslagen utopisch. Ook kan geen gezondheidszorg ter wereld dit behapstukken. Ergo: Alzheimer leidt onherroepelijk tot een totale collaps van de maatschappij. Voer voor wetenschappers, dokters, psychologen en (ook) alternatieven (de politici houden „wijselijk“ hun mond). Iedereen probeert zijn „steentje“ bij te dragen, goed voor de carrière, de publieke belangstelling, de winst en het inkomen. Mijn ironie wordt gerechtvaardigd door het feit dat iedereen de klok hoort luiden, maar niet weet waar de klepel hangt. Of beter gezegd: vrijwel al deze onderzoekers zijn uitsluitend bezig met een bepaald deelaspect. Niemand die een diepte-inzicht of een overzicht van het geheel heeft. Is het niet vreemd dat juist de grote ziektemakende oorzaken waar iedereen onder lijdt – het ego, het toxische milieu, de electro-magnetische straling, de eiwit-overconsumptie - geen plaats hebben in de diagnostische schema's van de medische wetenschap? Wij begrijpen ook waarom. Een een-dimensionale, reductionistische wetenschap kan nooit een oplossing voor een multi-dimensionaal probleem vinden.

Het is nog een tikkeltje erger. Die andere 50% van de (Westerse) mensheid (die dus „geen Alzheimer heeft“) heeft wel plaques (opgehoopte eiwitafbraakproducten) in de hersenen. Iedereen heeft dus plaques in zijn/haar hersenen. Dit is een extreem pathologische toestand. Als op een gegeven moment de halve (hele) mensheid betroffen is, dan kan het niet anders zijn dat er universele oorzaken aan ten grondslag liggen. Zo komt Alzheimer ook in bv. Japan en China voor. Landen met een volledig verschillend dieet. Wat hebben deze dan gemeenschappelijk? Het is de toxische belasting van het voedsel. Dit is het eerste voorbeeld van een universele oorzaak. Maar laat ik bij het begin beginnen. De kernpathologie van het Westen is Kosmisch: de mens afgescheiden van het Geheel. Ego betekent dat wij „op onszelf teruggeworpen zijn“, een geïsoleerde entiteit. Door zijn inherente fixatie (op het zelfbeeld) is de voortdurende terugkeer naar het Geheel (door de Kosmische Wet van afbraak en opbouw) geblokkeerd. Het ego blaast zichzelf op. Door het onvermogen te Zijn is de mens verslaafd aan het „hebben“. Meer, meer en nog meer. Het body-mind systeem is geconditioneerd op ophoping. Dit teveel: hebzucht, naar zich toehalen, oppotten, je uit frustratie volproppen, angst, stress, en veelsoortige verslavingen hoopt zich op verschillende wijze in het lichaam op. De mens is volledig uit balans. Want een gezonde balans bestaat uit het dynamische evenwicht tussen opbouw en afbraak. En ons systeem is niet getraind op „afbraak“. Geen „gewoon“ mens die eraan denkt enige dagen per maand een reinigingskuur te ondergaan. Dit zien wij terug in de hersenen. Door gebrek aan afbraakenzymen worden de plaques (met amyloid) steeds groter en dikker.

Het tweede gevolg van „afgescheiden-zijn“ is existentiële angst. Dit doortrekt het hele bestaan. Deze „Dauerstress“ belast - via ons autonome zenuwstelsel – onze stofwisseling. Gevolg is o.a.: ophoping van afvalstoffen. Natuurlijk speelt onze leefstijl een belangrijke aanvullende rol: overconsumptie van (dierlijke) eiwitten, oververzuring (koffie, thee, chocolade), zelfvergiftiging vanuit de eigen darm, te weinig drinken, te weinig lichaamsbeweging en onvoldoende zweten. Aangevuld met factoren „uit het milieu“ (wat wij erin gegooid hebben, krijgen wij terug) zoals algemene toxische belasting – **de mens als top van de voedselketen is ook de top van concentratie van gifstoffen, iets wat „logaritmisch“ toeneemt** - amalgaam en niet te vergeten electrostress (computer, handy, dect-telefoons, wifi). Een Duitse psychiater noemt dit „Digitale Dementie“, terwijl Zuidkoreaanse artsen hersenbeschadigingen bij kinderen door handygebruik hebben vastgesteld. Er is inmiddels een overvloed aan dergelijke onderzoeken die alle in dezelfde richting wijzen.

Vanwege de ernst van de toestand (cynici zien in „Alzheimer“ al de „oplossing“ voor de overbevolking) wordt het tijd voor krachtige taal. Het is duidelijk dat de wetenschap ons op een volledig verkeerd spoor zet. Hoe wil je bovenstaand multi-causale complex nu met een drug „genezen?“ Onderzoek bij nonnen geeft meer clues. Ook zij hebben plaques in de hersenen, maar krijgen daarvan geen Alzheimer. Dit alles wordt nu teruggebracht op „betere cognitieve activiteit“ bij nonnen (sic). Het lijkt er soms op dat „de wetenschap“ met opzet om de hete brij heendraait. Want nonnen hebben een leven in stilte. Zij leven dus minder „in hun hoofd“ ipv. meer. Wat het onderzoek totaal „vergeet“ is dat nonnen een leven in overgave aan God leiden, dus (mag je verwachten) minder geplaagd worden door stress vanuit het ego. Trouwens er zijn vele onderzoeken die bevestigen dat mensen die 1. Religieus zijn 2. Van de natuur houden en/of 3. In gemeenschap leven, dus deel uitmaken van een „groter geheel“, het gelukkigst zijn, minder ziek zijn en langer leven! Er is pas een innerlijke balans als het ego voortdurend terug kan keren naar de Bron – daar „sterft“ on „opnieuw geboren te kunnen worden“. Dit is de Kosmische Oorzaak van Alzheimer. De rest komt daar uit voort. Het evenwicht tussen opbouw en afbraak zien we terug in het lichaam: 25% van alle cellen zijn in opbouw, 50% min of meer stabiel en 25% in afbraak. Dit evenwicht is bij de meeste mensen verstoord. De Westerse „civilisatie“ is er een van ophoping op alle niveau's. Afbraak is gevraagd (denk aan vasten, lichaamsreiniging, Chinese Guasha, maar

ook aan loslaten, meditatie en leven in overgave). Hoewel de wetenschap bevestigt dat „Alzheimer“ het gevolg is van ophoping van eiwitten, komt niemand op de idee – omdat hiermee geen geld te verdienen is?! - om eerst maar eens onze overconsumptie aan eiwitten terug te draaien.

Alzheimer: De prijs die wij betalen voor een uit de hand gelopen materialisme

De kardinale vraag is: waarom is juist in de afgelopen 15 jaar Alzheimer explosief toegenomen? Allereerst is het de voedselketen, waarbij overeten (eiwitten) van vele tientallen jaren zich wreekt, samen met de opgehoopte toxinen van allerlei aard (pesticiden bv.). Wat nog niet genoemd is, zijn de iatrogene (door de reguliere geneeskunde) veroorzaakte schade. Het is vooral het massale voorschrijven van die „medicamenten“ die symptoom- resp. procesonderdrukkend zijn. Te noemen zijn bv. antibiotica, koortswerende middelen, ontstekingsremmers en anti-hypertensiva. Zij bevorderen direct of indirect de ophoping van afvalstoffen. Als voorlopige hypothese hebben wij de stukjes van de puzzle bij elkaar gelegd. Door de combinatie van electro-magnetische straling en toxische belasting raakt de Bloed-Hersen-Barriere beschadigd. Daardoor kunnen er grootmoleculaire eiwitmoleculen in de hersenen komen („leaks“), iets wat normalerwijze niet kan. Heeft iemand zich dus wel eens afgevraagd hoe die eiwitten in de hersenen komen? Blijkbaar niet. Dit toe te geven zou een veel te grote schok teweegbrengen, met niet te overziene gevolgen voor het huidige ziektemakerende systeem. (Uitzondering: de universiteit van Bournemouth, Zuid-Engeland, die tot een vergelijkbaar inzicht is gekomen). Door onze dagelijkse eiwitoverconsumptie, (veel) meer dan we nodig hebben, stapelt het amyloid zich verder op (als „amyloidose“ bv. in de nieren reeds langer bekend). Door de toxische overbelasting raken de enzymen die het eiwit moeten afbreken beschadigd. Het afvoerende lymfesysteem (een recente wetenschappelijke ontdekking, echter opnieuw zonder de juiste conclusies) dat eiwitmoleculen moet afvoeren, raakt verstopt. Er ontstaat een permanente stagnatie. De bovengenoemde leefstijlfactoren doen de rest. Te weinig drinken „dikt het bloed in“, oververzuring veroorzaakt permanente vernauwing van de capillairen. Dit veroorzaakt tevens deficienties, doordat voedingsstoffen de hersenen (én alle andere organen) onvoldoende kunnen bereiken (de plaques maken dat sowieso onmogelijk). Gevolg is verschrompeling van de hersenen. Door al deze (en andere) verbanden te zien, wordt het duidelijk wat er moet gebeuren: een integrale aanpak op alle niveau's en wel tegelijkertijd. Omdat wij – voor zover wij weten – een van de weinigen zijn die EN het overzicht EN de therapeutische mogelijkheden bezitten, komen we er niet onderuit ons voor het probleem „Alzheimer“ ter beschikking te stellen. Wij zullen ons daarbij op de preventie van „Alzheimer“ concentreren onder het motto „alle mensen hebben plaques“ (grapje). Dit past uitstekend in ons nieuwe praktijkconcept waarin onze werkzaamheid meer en meer naar educatie verschuift. Beschouw ons dus als begeleiders van ZELFZORG.

Met onmiddellijke ingang:

„Brain Boost“

Met drs. MeiMei Yu, Master Chinese Guasha Regeneration

Optimaliseren van cognitieve hersenfuncties, helder denken,
geheugen, concentratie etc.

(zoals stress, brain fog, coördinatieproblemen, oog- en oorklachten,
slaapstoornissen, burn-out)

Preventiesprekuren voor Mild Cognitief Impairment Syndroom t/m Alzheimer

„Kosmische Healing“

Met Han Marie Stiekema, Arts/grondlegger Kosmische Geneeskunde

„De mens geworteld in Hemel, Aarde & de Gemeenschap“

Advies, Teaching, Genezing en Begeleiding

Individueel & kleine groepen (max. 6 personen)

Hoe ziet dit er in de praktijk uit?

JEZELF GENEZEN

Gezonde leefstijladvies (MM)

Ons kosteloze Persoonlijke GezondheidsPlan (Internet)

(www.vitalworld.org)

Individueel Kosmisch Advies (HH)

Zelfstudie Sakraalboek „Origin“ Deel 1 t/m 7

ELKAAR GENEZEN

Chinese Guasha Regeneratiebehandelingen (MM)

(prioriteit „Brain Boost“)

Kosmische Healing (HH)

Dag-, Basis- en Gevorderden cursussen

Chinese Guasha (MM)

DE WERELD GENEZEN

„Wij zijn Kosmos“ Beweging (HH)

(Geworteld in Hemel, Aarde en de Gemeenschap)

Hemel & Aarde Oefeningen/Tiendi Qigong (HH)
Opleiding Spiritual Service, Health Service, Community
Service, Earth Service (MM & HH)

Spreekuren op afspraak

030-6590178

MM=MeiMei HH=Han

Wat betekent "Wij Zijn Kosmos" in de praktijk?
Met SermeS een persoonlijke afspraak maken
Theorie en praktische instructies
De aanwijzingen toepassen in het dagelijks leven
Van ego naar Heel-Zijn
Dagelijkse ondersteuning door direct contact
met SermeS via de Helende Ruimte
Voortdurend contact door "Kosmische Resonantie"
met aanvullende "Healing op Afstand" van
angsten, zorgen, eenzaamheid, stress, lijden,
ziekten, problemen
Uitbreiding van de Healing naar een
Wereldwijd "Helend Veld"
Met een keer per jaar een Grote Internationale Samenkomst
Met mogelijkheid van aanvullende training
tot Cosmic Healer
Doel: een "Kosmische Moeder Healing the Planet"
WereldWijde Healing Community
Ten bate van alle "levende en niet-levende wezens"
En het Begin van een Nieuw Tijdperk