

WHAT HAPPENS WHEN THE EXPERTS ARE WRONG?

I attended the Institute for Functional Medicine's (IFM) annual international conference and this year it was entitled "The Dynamic Brain". My takeaway message was that your brain can heal from anything: stroke, traumatic injury (TBI), etc. - anything. That was very good news, but immediately following the conference I chastised myself for not already knowing that. I posited that, "If I were to skin my knee, at any age, I would never have the expectation that it wouldn't heal. So, why did I believe that the brain couldn't heal?" It is because I had listened to and believed experts that had said that it couldn't heal. When I considered the absurdity of that line of thinking, I further realized that not only can the brain heal, but **everything** in your body can heal. However, until society can shift from old ways of thinking, we will continue to suffer from disease.

Although, my chastisement had been brief, it stemmed from having discovered my intuitive "inner" voice as a child. I felt that I should have already gotten clarity on the idea that the entire body can heal. My problem, as I perceived it, was that I had been listening to "outer" voices, and I realized that they had been wrong. These "experts" were doctors and scientists, people highly revered by me. I trusted and respected them. Nevertheless, they had been wrong. My inner voice is not something "provable" it is a feeling. So, in this era of "evidence-based-medicine" it is not something scientists can see or quantify, or therefore acknowledge. It had been something that I typically didn't talk about. At the time of this writing, science is still ruling, and unless one has studied the science, it is difficult to offer cogent challenges to what scientists say. It is necessary to "speak the language" to explain the limits of scientific argument. For sure, there is a limit to science.

I encourage my patients to cultivate their inner voice to buffer themselves from the barrage of information from "experts" who are often wrong, including the things that I have told them. Experts rarely acknowledge that they are wrong, they merely definitively and authoritatively instruct you to do something else.

Why did discovering that the brain can heal from anything disturb me so? I began to think of all of those who had not healed from their brain injuries and I understood the reason why. **They had failed to heal because they were told that they couldn't heal and they had believed it!** You see, we are all manifesting what we believe that we can. We are all having, doing and being, whatever we believe, without doubt, that we can. There have always been "*the defiant ones*" among us. Those who for example, have said, "I don't care what the doctor says, I will walk again!" And they do. That is the attitude that I want to encourage in patients. I want them to know that their belief is like a "magic wand" that allows them to manifest things into the physical world. However, until and unless they cultivate their inner voice they are doomed to be bossed around by outer voices, most of which are wrong.

As a physician, I now understand that the "doctor voice" is one of the most powerful on the planet today. People rarely say no to the doctor, and almost everyone is in the doctor's office at one time or another, including clergy. However, when you believe incorrect advice, you will manifest the wrong thing. This was my epiphany about the brain being able to heal from anything. Understand that people cannot tell you what they don't know. This is true of everyone, including clergy and doctors

Most people have never been told by their doctor about the impact of emotions [their thoughts and feelings], upon their health. People are perpetually searching for physical solutions to physical problems. However, most are unaware that when scientists explain that everything is energy, that invisible energy is manifesting or making everything that we can see. The Formula $E=MC^2$ means that there is an equivalency between the invisible energy and matter [the things you can see]. **The invisible energy includes thoughts and feeling.** Many people are also stuck in an outdated belief system about how their genes work. They believe that "disease" runs in their family, and that bad genes are the cause of diseases. It isn't widely understood that "disease" is simply *dis-ease, the lack of ease or stress*. We are not getting diseases from "defective genes" that we have inherited from our parents. Rather dis-ease is the manifestation from stressful thoughts and feelings. Minute to minute, the most powerful "talker" bossing your genes around is your own mind, your own thoughts and feelings. Scientists and doctors have never explained this because they have no ability to measure

thoughts and feelings. Our thoughts and feelings, however, drive everything that we do!

The modern day thought about genes is based on Epigenetics, the understanding that our genes are listening to something “above the genes”. *Epi-* means above. To finally understand the concept of Epigenetics, I first had to understand that the mind and the brain are not the same. The brain is within the body, however, the mind is not. The mind is part of the invisible energy and why we can share thoughts and ideas, but not share a brain. Doctors are reluctant to say this because they lack “scientific proof” of such since emotions are invisible. However, everyone is aware of their own thoughts and feelings, but no one has the ability to actually prove them, including the doctors and scientists. Our genes are being directed to tell our cells what to do from listening to our mind, which is outside of the body.

When someone completes our sentences it is because we are sharing thoughts. Pay attention to your thoughts and feelings, because they are “the cause” of what is happening in your body. It is time to be done with disease!