



A Not-Newtonian Approach to the Processes of Healing The Role of Thought

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Introduction

This contribution was written on the occasion of the conference entitled “A Not-Newtonian Research Program for Acupuncture – From Biomedicine to LH Medicine”, organised on 1 and 2 June 2018 by the Sigmund Freud University and the Department of Philosophy of the University of Vienna.

For a long time traditional medicine has instilled in us the dogma that our health essentially depends on genetic heredity. If we have inherited good genes, we are lucky, otherwise we are destined to become ill with the same diseases that our parents or relatives had.

At the same time some religions have nurtured the idea of illness as a punishment because of our bad conduct, teaching us to pray for forgiveness for the sins committed, which have provoked God’s anger against us.

Genetic determinism, as well as the belief in a punishing God have introduced to our lives, at a conscious or unconscious level, not only the idea that we ourselves are sinners and the victims of destiny, of coincidence, of our genes, but also the false belief that the power of healing is to be found outside ourselves¹.

But quantum mechanics introduces a new, revolutionary concept: it is the thought of the observer that conditions the result of the experiment.

¹ The pharmaceutical industry has constructed an empire on this false belief.

The British astrophysicist, Sir James Jeans (1877-1946) commented on this great intuition with these words: “The flow of consciousness points towards a non mechanic reality; the Universe is starting to resemble a great thought more than a great machine. The mind no longer seems to be an accidental intrusion in the realm of matter... but we should rather salute it as the one which creates and governs the realm of matter.”²

These new principles are being translated in various fields of knowledge. That which is now necessary is thus a leap in paradigm which takes into account the role of thought – of a certain kind of thought – also in the processes of healing.

In this contribution, modern scientific intuition and ancient wisdom are united.

It is the Vedas, in fact, which describe some characteristics that thought must have in order to be able to create and heal. It concerns a thought issued from the heart at a moment in which the comings and goings of the thoughts of the mind doze off.

The true wisdom which is now outlined on the horizon is the awareness that Science without Spirit is limited.

But perhaps even more determining is a radical change in the perception that human beings have of themselves, whose existence is no longer defined by the faculty of thought – Cogito ergo Sum (I think therefore I am) – but in their capacity to love: Amo ergo Sum (I love, therefore I am).

Our health does not only depend on our genes

Our lives are guided by a behavioural program called biological imperative or survival instinct.

This means that whatever happens – even in the most difficult situations and most serious illnesses – an innate force always drives us towards the preservation of life.

Added to this is the body’s marvellous and efficient capacity to heal itself.

This being the state of things, research into the original factors of illness, or better, the factors that keep us healthy, has interested and still very much interests both traditional and alternative medicine, the latter also called the science “of the New Frontier”.

Both agree on the fact that life is essentially derived from molecular movement inside a biochemical mechanism. Thus for both, the first step towards understanding the secret of life is to examine the fundamental nature of our cells.

In 1958 the British scientist, Francis Crick, Nobel Prize Winner for medicine in 1962, introduced that which was called “the central dogma of molecular biology”³. He affirmed that the flow of genetic information is unidirectional: from the DNA to the proteins. In other words, it is the genes which control all our physical, behavioural and emotional characteristics. A kind of genetic determination, also called the supremacy of DNA.

This inspired the creation of the Human Genome Project (HGP) set up in 1990 under the guidance of James Watson, a colleague of Crick. The objectives of this project were essentially the following:

- to identify the genetic basis of all human character traits;
- to create a research database and instruments to analyse the data to share with the biotech industry and the private sector.

² R.C.Henry, *The Mental Universe*, Nature, n. 436 (2005): 29.

³ F.H.C. Crick, *On Protein Synthesis*, Symposia of the Society for Experimental Biology: The Biological Replication of Macromolecules 12, (Cambridge, UK: Cambridge University Press, 1958), pp. 138-162.

The results of the project were published in 2003 but something went wrong, or better said, one aspect emerged that the scientists were certainly not expecting. In the extremely complex human body, constituted of a good 50 trillion cells, 23 thousand genes were identified, that is, around as many as were identified in a miniscule cylindrical worm, *Caenorhabditis elegans*, constituted of 1271 cells.

Paul Silverman, one of the supporters of the project, commented that the results confirmed that science would have to revise the truth of genetic determinism because it had emerged that DNA reacted to environmental stimulus⁴. Thus it was not carved in stone like the Ten Commandments.

For a long time it was thought that the nucleus of the cell, in which a good part of the DNA resides, was the brain of the cell itself. Today we know that, if we compare the cell to the human body, the nucleus corresponds to the reproductive system, while the brain of the cell is represented by the cell membrane.

There are protein switches on the membrane which respond to environmental signals and transmit information to the internal protein paths (external-internal movement). The successive phase of response elaboration determines a movement in the opposite direction, that is from inside to outside.

What does this mean?

It means that the reception and decodification of the environmental signals condition both the functioning of the cells and human behaviour.

But one thing is the signal and another is how the signal is understood.

Disease, therefore, fundamentally arises for two reasons: either the genes are defective or the signals are received and understood in a distorted manner.

Starting from the assumption that we come into the world with a set of perfectly functioning genetic blueprints, disease will be caused by the second factor, in other words, by the quality of reception and interpretation of the signal.

And that which influences the signal in a decisive way is our thought. If the mind – that of the human being and that of the cell (the cell membrane) – wrongly interprets the environmental signals and generates an inappropriate response, it not only creates a terrain suitable for the outbreak of disease, but survival itself can be endangered.

Cells, tissues and organs do not doubt the information they receive from the nervous system: they react indifferently both to precise and autodestructive perceptions.

Thought permeates every single cell.

The role of thought

So it is not the heredity, exposure to risk factors or pure chance that has a determining role in a state of health or sickness, but above all the thought, that is, our conscious and unconscious beliefs, on the basis of which we interpret the environmental signals that we receive.

It has been demonstrated that positive thoughts keep us healthy, whereas having negative thoughts can actually lead to the occurrence of an undesired reality if we repeatedly think of it, such as the fear of contracting a certain disease.

⁴ “The process of cellular signalisation depends to a large extent on extra-cellular stimuli to trigger the transduction of cellular DNA” - P. Silverman, *Rethinking Genetic Determinism: With only 30,000 genes, what is it that makes humans human?*, pp. 32-33.

Think of the placebo effect. If we are 100% convinced that the tablet we swallow will help to heal us, a simple sugar pill will be able to eliminate the state of disease.

What makes the difference?

The thought.

The mind shapes the matter. Consequently our lives are controlled by our thoughts and not by our genes. The famous cases of spontaneous remission, also called miraculous recoveries, are proof of this. However, traditional medicine is still not yet able to explain these phenomena, unless by confirming that the diagnosis was wrong.

It should be noted that miraculous recoveries are often accompanied by a radical change of life.

The thought that creates

The Vedas, the most ancient written texts existing on Earth, confirm that it is thought – the seed of the mind (in Sanskrit *manaso*) – which creates reality.

Most people consider the Vedas religious poems and mythological stories from the Hindu tradition. They are, however, true scientific texts, physics manuals.

The Vedas transmit the most ancient memories of human comprehension of the mysteries of the Universe, that is, they explain what was before Creation, how The One became many, how each thing began its existence from nothing (or rather, the evolution of all the numbers from zero), the processes of creation and dissolution in the Universe, the forces which regulate the various natural phenomena ⁵.

In some of the verses of the Rig-Veda, which refer to Creation we read: “The vital principle, that was enclosed by emptiness, generated itself as The One by the power of its own heat. The desire (*kāma*) in the principle suddenly overcame him; this was the first seed of the mind (*manaso*)⁶”.

In synthesis, these ancient verses, written at the dawning of the history of humanity, confirm something that science is now just beginning to understand and demonstrate, in other words, that at the origin of primordial Creation and every creative process, there is a thought.

It does not, however, mean any ordinary thought. To have the *power* to create, it must have at least two elements: it must be *manaso* and pervaded by desire (*kāma*)⁷. This is what the Vedas say.

An in-depth analysis of the situation.

In the word *manaso* we recognise the indoeuropean root M+N which means to *think* in the sense of to *manifest*.

We find this root in many words that refer to “things” which have an inherently reflective aspect. Think, for example, of the **moon** (μήνη – *mene* – in ancient Greek) which reflects the light of the sun or **mind** (*mens* in Latin), commonly believed to be the epitome of a centre of reflective activity.

But what does “reflect” mean?

The dictionary gives us two meanings: on the one hand it means to consider carefully, to linger thoughtfully on something, and on the other “reflect”, which is the act of returning due to reflection – like in a mirror – a light, a sound, an image or a sentiment.

⁵ For more information see R. Rio, *Third Millennium Physics. Science and Spirituality reunited*, Bautz, Nordhausen (D) 2018.

⁶ Rig-Veda, 10, 129, 1-7 from *The Hymns of the Rig Veda*, curated by V. Papesso, publisher Astrolabio-Ubaldini, Rome.

⁷ In the following pages you will see that it would be more appropriate to translate the word *kāma* with Love.

In *manaso* these two aspects coexist, that is, the thought which brings about materialisation requires us to think about something so intensely up to the point of reflecting on it, thus ourselves becoming the reflected image of the thing thought about.

One part of healing consists in believing so intensely in it that we feel it to be already real, here and now, because we do not attract what we want but that which we believe to be true.

Here it is once again: the power of thought/beliefs. They are what condition the functioning of our cells and our own reality.

We must unshakeably believe 100% that we are already healed. Only this way will we attract the healing, otherwise we will attract illness, difficulty etc.

Faith is believing that something is true even if our senses tell us that it is not. This is the art of believing in that which is denied by the senses.

It is based on the law of reversibility which establishes that if a physical event can produce a psychological state, then a psychological state can produce a physical state.

It is necessary to persevere in this vision or belief until it has become objective reality.

As already mentioned in the previous paragraph: “Cells, tissues and organs do not doubt the information that they receive from the nervous system: they react indifferently to both precise and autodestructive perceptions”. Everything rests on our interpretation of the environmental signal, which is conditioned by our beliefs. If we believe we are already cured, this is the signal which we put into circulation and accordingly the one by which our entire body will be regulated. Our thought will not therefore come from a lack, but it will be a thanksgiving to Life, with a heart full of joy, for the abundance which surrounds us.

Love

In the seventies the physiologists John and Beatrice Lacey discovered that the heart has its own nervous system. It does not automatically obey the messages of the brain but interprets the neuronal signals and responds based also on the emotional state of the individual.

In 1992, the researcher, Doc Childre, founded a research institute dedicated to the study of the idea that the heart has a powerful wisdom, able to positively influence the course of human evolution. Together with Howard Martin he coined the definition *coherent intelligence of the heart*. In the book “The HeartMath Solution”, published in 1999, we read “The heart’s intelligence is the fluid intelligence of awareness that we feel when the mind and emotions of the body are brought into balance and are coherent”⁸.

The heart communicates with the brain influencing in a significant manner our perceptions and reactions regarding the reality which surrounds us.

It has been demonstrated that, if we focus on the heart and activate emotions coming from the heart itself – such as Love, loving care, appreciation – the heart rate instantaneously changes becoming calmer and more coherent.

This effect in its turn causes a whole series of neuronal and biochemical reactions that affect all the organs of the body: for example it reduces the production of cortisol – the stress hormone (fight or flight mechanism) – and causes an anti-ageing hormone (DHEA) to start circulating.

That means that when we are in a state of coherence of the heart and the heart is synchronised with the brain, the latter receives signals with a high degree of coherence from the heart. It in turn

⁸ D. Childre, H. Martin, *The HeartMath Solution*, New York, HarperCollins, 1999, 6.

puts them back into circulation, the first result of which is that the body preserves vital energy for growth and sustenance, instead of investing it in the fight or defence mechanism in view of a hypothetical attack.

Thanks to current technology it has furthermore been possible to measure that the electromagnetic activity of the heart is 5,000 times more powerful than the electromagnetic field of the brain, so much so that it can be perceived up to three metres away from the emitter.

If we go back to examining the Vedic verses regarding thought, we will become aware that the ancients already knew this great truth. To be a creator, thought must inherently have certain elements, among which it must be pervaded by *kāma*, which is, in part, Love.

We have already defined the creative thought as the capacity to think so intensely about the object of our desire that we ourselves become the reflected image of the thing thought about. This can only happen if we “reflect” from the heart and not from the brain. In this way our thought – which with these characteristics becomes the creator – will have a higher level of harmony and coherence as well as an extraordinary capacity of propagation and irradiation.

Our brain, too, tends towards harmony. It is a measurable value and indicates the congruence between the perceptions of the mind and life as we really live it. In this sense physical illness can be considered a temporary mental malady. If we change the thought, the physical illness disappears.

The universe constantly sends out a signal of harmony, a kind of carrier wave. It is up to us to adjust ourselves to this signal in order to stay healthy and lead our lives in line with the evolutionary path of humanity on Earth, or distort the signal because of our unconscious beliefs.

According to the medical doctor and healer, Leonard Laskow, Love is the universal harmonic. It is “the impulse towards unity, non-separation, integrity. Even if Love can assume various forms, its essence is interconnection”⁹.

The appearance of an illness essentially tells us that we are no longer tuned to universal harmonics. The road to recovery foresees that we lovingly invite our cells to remember, or return, to the natural order of harmony.

When a disease occurs, our first instinct is to eliminate it, fight it, in other words, free ourselves from it. The opposite of Love is not hate, but separation: if healing means returning to Love, the universal harmony, it is not with an attitude of separation to the disease or towards the diseased parts of the body that we return to health. On the contrary. The road is that of loving the disease, allowing it to exist as part of universal creation.

Recognising and accepting that we ourselves generated the situation, even though we do not understand the reasons and mechanisms that are behind it, we will start to intervene responsibly in the process of healing.

The role of the “operator”

Immediately after receiving my degree, I tried out the role of the “operator” on my first teaching assignment. I was twenty-four years old and wanted to be different from my “old style” teachers. I had read a concept in a book that I really liked; the importance of seeing only the qualities, the possibilities, the talent in every student, even if only sensed and not yet “real” – as if they had already manifested. The result was a measurable improvement of the cognitive capacities and the behaviour on the part of all the students.

How is it possible?

9 R. Targ, J. Katra, *Miracles of Mind*, Group West, 1999, p. 2.

This happens because we reawaken in the people, that which we profoundly believe to be true in that person: gifts and defects, health and illness.

A golden rule teaches us that, in general, our task is not to change other people but it is sometimes necessary to change ourselves. And in the act of changing ourselves, the miracle occurs, because in changing the idea of a person, that person is helped to change, as well.

In the processes of healing, not only the thoughts and beliefs of a sick person are decisive but also the thoughts and beliefs of the doctors, therapists, healers and all the people who are a part of his or her life. That which the acupuncturist thinks when positioning the needles will influence the result of the treatment.

I can help the process of a person's recovery by seeing them already healed and remaining firm in my conviction, even if present reality tells a different story and works hard to make my faith crumble.

However, the important thing is nonattachment to the result and way in which this result will manifest.

In 1995, the American psychiatrist, Elisabeth Targ (1961-2002) conducted experiments aimed at verifying the efficacy of remote prayer during processes of healing. Twenty AIDS patients were selected and forty healers, of various "extraction", who were then asked *to pray* for ten patients.

Pray, in this context, means "maintaining an intention for the health and well-being of one of the patients", for one hour a day, six days a week, for ten weeks.

Ten patients did not receive prayers, while the other ten each received prayers from four different healers. They never met the patients in person. The only received a name, a photo and a lymphocyte count.

After six months the result was that four of the ten patients who had not received prayer were dead, whereas those who had received prayer were not only alive, but showed signs of improvement.

Furthermore, Gail Ironson, lecturer of psychology and psychiatry at the University of Miami, discovered by experimentation that patients affected with HIV who believed in a God or in a loving universal power remained healthy much longer than those who believed in a castigating or punishing power.

It is not what we do but what we are

The thought that creates and heals is not an act, something that one does, but is something that completely overflows our being until it coincides with the being itself.

To do this it is necessary that the comings and goings of the frenetic thoughts that populate our mind, doze off, allowing us to reduce cerebral frequencies.

Our brain, just like our heart, has a beat which is faster or slower on the basis of the activity that we are engaged in: during a run our heart beats faster, just as our brain "beats" more strongly if it is overfull of thoughts.

By means of electroencephalography (EEG) it is possible to measure this velocity.

Measuring the electrical neuronal activity, it was noticed that it is possible to distinguish between at least five frequency bands, each corresponding to a different state of awareness.

In the course of normal everyday activity, adults are usually in the Beta band. The cerebral activity of children between 0 and 2 years of age is usually in the Delta band, whereas from 2 to 6

they are in Theta, which are much slower frequencies than Beta and let children mix the imaginary and real world indifferently. It is also in this phase that programming takes place, and beliefs enter and establish themselves without filters in the subconscious.

There are numerous techniques to change from a Beta frequency state to another.

Various techniques of meditation have arrived in the West from the Orient, but meditation is not the best way for all westerners to achieve this objective. It depends a lot on our specific characteristics, attitudes and preferences.

Personally, I choose the path of art; playing music, painting, dancing. When you completely lose yourself in an artistic activity, a new world suddenly opens up, a new state of consciousness. It is a state of meditation which one activates by completely identifying oneself with a non-cognitive, intuitive activity. A kind of force-free focused attention.

As a dancer I have worked, in the last years, to apply information from the New Physics / Third Millennium Physics to dance, developing a method called “Sacred Dance by Roberta Rio®”. By means of this method, on the basis of the quality of movement and the kind of music used, one can leave the Beta frequency to enter one of the other frequencies, according to the objective, be it physical-mental relaxation, access to the subconscious, the emission of a creative thought and/or of healing, reaching the ideal frequency to activate self-healing, opening up to love and universal harmony.

Personally I believe that the Gamma waves are our current frontier, that they are emitted by the brain when it creates a holographic synthesis of collected data in various areas of the central nervous system, so that they can be blended together in a higher perspective.

And as macro and microcosmos are interconnected and mutually influence each other, we can sense a connection between the Gamma frequencies and the evolutionary phase we are currently in. As human beings, we are now being asked to come out of isolation, out of the false belief that we are separate and to enter awareness that we are all united – among ourselves, and with Everything, *with the aim of blending together in a higher perspective.*

In this sense I am convinced that dance can offer a valid instrument for this aim for everyone who loves dancing and working with the body. When I dance and I do not worry about the technique, I enter a new state of consciousness, harmonious, in which I feel connected to Everything and that every thing has a meaning. When I perceive that, Love is born within me, that is, I exist because I love, that the essence of my existence is Love: *Amo ergo Sum.*

Conclusions

Disease is something that goes well beyond the limits of our physical bodies: it is, in fact, “only” the environment of its manifestation.

Einstein said that a problem cannot be resolved at the same level it arose. If we apply this concept to the topic under discussion here, it follows that in the processes of healing we are limiting ourselves to working at a physical level, and that our intervention will be superficial and probably ineffective.

There is a view in medicine that we can recognize in the current approach which considers it important to divide and dissect the human physical body to understand how it works. According to this approach, if a disease occurs, the path to healing goes through drugs, operations and removal of the diseased part. In short, the disease is considered only at a physical level.

This is the Kingdom of Reason and the Line, as linear as the ‘cut’ that removes and separates, but does not cure. As we know, there are many cases of failure with this method and the number of orphan diseases that do not fall among the curable cases and cannot be explained by the great book of traditional medical science is increasing.

As humans have increased their use of reason and their confidence in it, they have gradually reduced their use and trust of non-rational intuition – Cogito ergo Sum - which allowed the humans of the past to solve the problems that they faced. But, in fact, this also limited the scope of human knowledge, or reduced its possibilities, which became so much more precise but simultaneously less comprehensive.

Besides this we can also see how to take another approach.

In fact, the diffusion of alternative medicine, homeopathy and natural therapies that consider the human being in a holistic, comprehensive and ‘round’ way is increasing. This is the Kingdom of the Circle and Intuition. The human is seen not only in his physical manifestation, but also in his connections with that which is outside him. He is a *ὅλος* (all, whole) connected to the environment in which he lives, his experiences past, present and future, his habits, his diet, his emotional life and relationships. The basic idea is that we are far more than our physical body and our reason, just as the invisible reality is much larger than the visible reality.

We need not deny the classical approach, but instead integrate it with the new elements specifically required at this stage in the history of humanity.

So a new paradigm is necessary, one that recognises the involvement of thought in the processes of healing.

I will conclude with the words of the physicist, Richard Conn Henry, of the John Hopkins University: “The Universe is not matter, but mental and spiritual. Let us enjoy life”¹⁰.

Roberta Rio

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Visiting Professor at various universities (Berlin, Vienna, Klagenfurt, Linz, Innsbruck, Glasgow, Athens, Oldenburg, Milan, Bologna etc) and European institutions.

She has been studying the functioning of thought together with the Italian engineer Francesco Alessandrini since 2012. She carries out comparative and interdisciplinary studies, combining science and art, history and dance, theoretical research and practical application, which have allowed her to reach a new level of experiential knowledge, full of rich discoveries and revaluations.

As a historian she proposes a radical renewal of the historical method to keep pace with the times and the present evolutionary phase of the human race. It is that which she calls the *Historical Method of the Third Millennium* or the *New Historical Method* – www.newhistoricalmethod.science

With this in view she has elaborated, among other things, a new way of historical inquiry called *historical-intuitive method*, presented at the University of Glasgow in 2011, in which the use of objective traditional historical method is combined with intuition gained in a state of

¹⁰ R.C. Henry, *The mental Universe*, Nature, no. 436 (2005): 29.

superconsciousness. With this an interpretation of artefacts and events is accomplished, which is out of reach using classical historical methods.

As a dancer she has developed *Sacred Dance by Roberta Rio®*, a method in which she applies information from the New Physics / Third Millennium Physics to dance.

She is the author of numerous articles and books in English, German, Italian and also in Greek.

Some recent publications

2018: “Third Millennium Physics. Science and Spirituality reunited”, Bautz, Nordhausen / G

“Convention Proceedings: Ettore Majorana: Has the Mystery been Solved?”, Ilmiolibro / I
[Co-author: Francesco Alessandrini]

“The Science of History of the Third Millennium. The historian’s craft in the age of climate change” in *Rassegna storiografica del decennale* (curated by Pozzoni), Limina Mentis Editore / I

“Genius Loci - Spirit of Place. Practical application of an ancient knowledge” in *Rassegna storiografica del decennale* (curated by Pozzoni), Limina Mentis Editore / I

2017: “The Machine. The Bridge between Science and the Beyond”, Ilmiolibro / I [Co-author: Francesco Alessandrini]

“III Millennium physics is thoughts-driven” – presented at the congress *The Science of Consciousness, TSC 2017*, San Diego, CA – published by Academia.edu [Co-author: Francesco Alessandrini]

“The Doctrine of Ideas and the process of thought formation” in *Philosophy Study* – Vol. 7, No. 7, July 2017 / Valley Cottage, NY, USA [Co-author: Francesco Alessandrini]

2016: “The process of thought formation and the mechanism of intuition”, presented at the congress *LIFE and MIND – Scientific Challenges, SSE EUROPE 2016* – Society for Scientific Exploration, Sigtuna (Sweden) – published by Academia.edu [Co-author: Francesco Alessandrini]

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