

Energy Medicine Group

Jazz Rasool (with Roger Taylor and Naomi Calligaro)

Inaugural Meetings, January-February 1998

A long time ago I dreamt of a time where I would be involved in intimate intellectual and spiritual conversation with people whose lives had absorbed practical wisdom from the experiences they had. I wanted to work with people who were prepared to make a practical contribution to improving the quality of people's lives. When UK network member Naomi Calligaro suggested the formation of a group in the Network to look into how energy in all of its forms could be utilized to transform the health of humanity as well as our home the Earth, I knew that time had come.

The official inaugural meeting on January 17th discussed how energy shapes the health of human medicine and was held at Regent's College in London. It was opened by the lighting of a candle by LADY DOREEN LONDONDERRY. The candle was donated by PRINCESS HELENA GAGARIN-MOUTAFIAN, Patron of the Institute for Complementary Medicine. The first speaker, author, mathematician and new paradigm expert, ALAN MAYNE, discussed studies in the nature of medical practices, such as those outlined by Dr Richard Gerber in his book *Vibrational Medicine*, that transformed energy at fundamental levels for the purposes of healing. Amongst possible principles that unify vibrational medical practices he discussed Mark Woodhouse's concept of Energy Monism. This idea could prove useful in understanding the co-operative nature existing between consciousness and energy fields typically observed in mind-body phenomena. The next speaker, biophysicist and complementary medical researcher JAZZ RASOOL, pointed out the need for greater integration of complementary and conventional medicine. For such integration to be soundly carried out practitioners needed to be clear about common principles and definitions as well as practices. The proper initiation of such integration a clear working definition of energy had to be laid down. His definition that, 'Energy is the quantity and quality of relationship within a system or between that system and others' had been found to be a good starting point for building an integrated theoretical and practical model of medicine which would prove useful in measuring quantitative effects in trials as well as qualitative experiential phenomena for which there was no conventional method of measurement. The nature of all things in the universe is determined by their relationships with each other. A change in these relationships leads to a change in the essential nature of things, equivalent to a transformation of energy. Changing appropriate relationships with ourselves and our environment is central to energetic transformations that initiate healing

Physics Nobel Laureate, PROF. BRIAN JOSEPHSON spoke next about the need for caution when presenting scientific accounts of healing phenomena. Many practitioners and scientists had inadvertently utilized scientific principles that were inappropriate for describing the mechanisms and outcomes of healing treatments. Such 'pseudo-scientific' practices were liable to negate the credibility obtained by proper, controlled clinical trials. Therefore it was important that any integration of Energy Medicine practices into conventional medicine be guided by appropriate scientific principles and practices as well as respect for associated spiritual principles.

The final presentation of the day, a practical workshop, was given after lunch by JAZZ RASOOL. This enabled the 37 attendees to experience the energies present in that complex

and not well understood field which naturally pervades and surrounds the body, the 'aura'. During this workshop everyone experienced sensations that were clearly present in a physical way. These experiences were further confirmed when attendees worked in pairs and could sense each others 'force fields'. Some scientific explanation of the effects was given to round off the workshop (A few days after the workshop two of the attending members, Dr Roger Taylor and Bob Haining, continued this work by examining the effects of such an exercise on the 'aura' with some Kirlian diagnostic equipment. They found that the field imaged around the hands after the exercise was significantly more pronounced than before it).

By the end of the day many attendees had noticed improved relationships with others in the group. An increasing 'heart energy' had emerged as a result of the links that had been forged between those attending. Some commented on this change of energy and related it directly to the definition of energy given earlier, pointing out that changes in energy always implied changes in relationships and vice versa. It was felt that the group should continue in the spirit of the definition and carry on as a community/family rather than just a collection of people meeting regularly for intellectual discussion. In this way the group would be practising what it was preaching and progress at every level could be expected, especially in the breaking down of interdisciplinary and other barriers to facilitate connecting not just at the mind level but also, more significantly, at the heart level.

An open forum then took place addressing the practicalities of operating this group as well as the specifics of the aims, objectives and underlying principles of the group. The setting up of a group Web page was agreed as well as a database of all known available bona fide research into subtle energies. NAOMI CALLIGARO intends to feed this data into the Parliamentary Group for Alternative and Complementary Medicine (PGACM), a group of which she is a member, to assist in making a strong case in parliament for Natural Medicine in general and Energy Medicine in particular. In view of time constraints it was agreed that refined discussions on the group's aims, objectives and underlying principles be continued at a future meeting.

Naomi Calligaro emphasized that she wished the group to be used internationally as a clearinghouse for ideas, techniques, technology, research etc., promoting the application of energy medicine in global transformation, while simultaneously advancing interests of the groups members, both personally and professionally.

A follow up meeting was held in February to discuss aims and objectives but due to teething problems in administration, not all those wishing to attend were informed in time of the agenda. The meeting took place and the attending members began a dialogue on the group's prospective goal. It was agreed that this was to be continued at a future meeting, at which all those wishing to participate could attend.

Group member DR MARIA LIS-BALCHIN was inspired to suggest a less formal meeting be held at her house to facilitate the building of a community/family atmosphere within the group. The group met at her house for a one day event on Saturday 28th February. This day emphasized what a 'people's group' this section of the Network is. It began with a presentation by JAZZ RASOOL on the group's prospective World Wide Web page. This Web page will later be furnished with a database detailing the nature of hundreds of

complementary medical disciplines, all bona fide research into subtle energies available to the group (all contributions to this database gratefully received), as well as links to associated sites. An e-mail discussion group is about to be set up to explore the group's Energy Medicine topics at a global level (address at end of this review).

Other sessions included an exploration of 'Crystals and Their Healing Properties' by Russian crystallographer DR ANDREI MALIKOV, a showing of Dr Tamara Voronina's video of an extraordinary Russian approach to developing 'sight' in the blind (with simultaneous translation provided by Andrei) and a workshop on The Healing Power of Compassionate Touch by RUTH WISE. This workshop gave some people the courage to make a later spontaneous offer of healing massage based on the simple method demonstrated by Ruth. Any reservations from participants about touching another person were rapidly dissolved by the powerful first hand experience of respectful, loving, healing touch.

A presentation on Essential Oils was given by toxicologist DR LIS-BALCHIN, which included a competition to see which member could create the best perfume from a selection of component essential oils (congratulations to the winner PAMELA EL-HOSAINI) and also the viewing of a steam distillation of frankincense. Later everybody got a chance to experience the resulting aromatic products. Now that was a luxury! NAOMI CALLIGARO shared with the group some extremely positive feedback she had received from a number of group members about various collaborations that have already come about as a direct consequence of connections made within the group.

The day was nicely rounded off by a very energetic party in the evening with MARIA LIS-BALCHIN generously providing liberal amounts of champagne to toast the new group. It was felt by everyone attending that our diverse energies had truly begun to blend together in a very loving, uplifting and creative way. The co-operation and continuing, positive change in relationships/energy during this day/evening was yet another turning point in what is rapidly becoming the most sociable, productive and mutually supportive group that I have ever had the pleasure of attending. Some dreams do appear to come true.

Contacts: If you wish to be included on this group's mailing list please contact the Network Office in Scotland directly. E-mail contributions/suggestions for the group are welcomed and should be forwarded to jazz.rasool@ssgeurope.com

List-server: You can join this list by sending a one-line e-mail message (containing the command ADD) to energy_medicine-request@cis.plym.ac.uk The list server will send you a message containing all server commands that you can use.