



1
00:00:04,700 --> 00:00:02,570
yes I just have to say I'm struck by at

2
00:00:07,070 --> 00:00:04,710
least one aspect of the audience I speak

3
00:00:09,640 --> 00:00:07,080
a lot of holistic psychology and energy

4
00:00:11,839 --> 00:00:09,650
healing type of conferences and the

5
00:00:15,709 --> 00:00:11,849
participants are usually therapists and

6
00:00:17,870 --> 00:00:15,719
energy workers on e 90% are women they

7
00:00:19,279 --> 00:00:17,880
talk about how they really get the stuff

8
00:00:21,759 --> 00:00:19,289
and then they go home to their

9
00:00:24,140 --> 00:00:21,769
engineering boyfriends and husbands and

10
00:00:25,640 --> 00:00:24,150
vessel without it looks like all the

11
00:00:28,070 --> 00:00:25,650
boyfriends the core engineers and

12
00:00:30,500 --> 00:00:28,080
academic came tonight so thank you for

13
00:00:34,010 --> 00:00:30,510

coming and your girlfriends and wives

14

00:00:35,870 --> 00:00:34,020

are wonderful by the way so I'm a

15

00:00:37,580 --> 00:00:35,880

psychiatrist I worked at Spaulding rehab

16

00:00:39,709 --> 00:00:37,590

hospital in the pain management program

17

00:00:41,780 --> 00:00:39,719

for about 30 years have a long-standing

18

00:00:44,450 --> 00:00:41,790

interest in energy medicine and some of

19

00:00:46,490 --> 00:00:44,460

the healing modalities which I learned

20

00:00:48,619 --> 00:00:46,500

about kind of before my brainwashing

21

00:00:51,470 --> 00:00:48,629

process was complete so I've been

22

00:00:53,840 --> 00:00:51,480

traveling both tracks and chronic pain

23

00:00:55,520 --> 00:00:53,850

allows you the opportunity because

24

00:00:57,260 --> 00:00:55,530

patients are miserable they're willing

25

00:00:59,180 --> 00:00:57,270

to try anything so we've used a lot of

26

00:01:01,910 --> 00:00:59,190

these energy modalities over the years

27

00:01:03,860 --> 00:01:01,920

and one situation in particular really

28

00:01:06,200 --> 00:01:03,870

caught my attention because it was very

29

00:01:08,719 --> 00:01:06,210

hard to explain by the standard medical

30

00:01:11,000 --> 00:01:08,729

model its phantom limb pain so I'm gonna

31

00:01:14,510 --> 00:01:11,010

be talking about that clinically and

32

00:01:16,330 --> 00:01:14,520

energetically in some ways the best way

33

00:01:20,760 --> 00:01:16,340

to start is actually with a brief

34

00:01:24,460 --> 00:01:20,770

five-minute video clip so let me just

35

00:01:26,770 --> 00:01:24,470

let's eat the aptly named John Peter who

36

00:01:29,200 --> 00:01:26,780

after losing an arm saw the company

37

00:01:32,290 --> 00:01:29,210

which provides amputees salt people for

38

00:01:35,680 --> 00:01:32,300

films my mother hasn't 20 years ago my

39

00:01:42,130 --> 00:01:35,690

fault basically and that the dead are

40

00:01:44,890 --> 00:01:42,140

active what our absolute student is

41

00:01:46,690 --> 00:01:44,900

phantom limb pain you do something here

42

00:01:48,010 --> 00:01:46,700

talk us through how that works

43

00:01:50,170 --> 00:01:48,020

it's all since different heights

44

00:01:51,910 --> 00:01:50,180

different levels of pain sometimes it

45

00:01:55,090 --> 00:01:51,920

feels like she's got a finger stuck pins

46

00:01:57,850 --> 00:01:55,100

needle type in and in there are times

47

00:01:59,890 --> 00:01:57,860

when you go there this incredible sharp

48

00:02:02,500 --> 00:01:59,900

pain it's really nice to feel the

49

00:02:04,540 --> 00:02:02,510

fingers and forces you know still feel

50

00:02:07,300 --> 00:02:04,550

perhaps the fingers I hear like a movie

51
00:02:08,889 --> 00:02:07,310
but wrestling with you which haven't

52
00:02:11,110 --> 00:02:08,899
been entirely comfortable although it's

53
00:02:12,910 --> 00:02:11,120
sort of it's related to that but I

54
00:02:15,220 --> 00:02:12,920
deserve them because just draw around

55
00:02:19,150 --> 00:02:15,230
your prosthetic hand there

56
00:02:20,520 --> 00:02:19,160
Davina so it's a part for me and a dryer

57
00:02:25,200 --> 00:02:20,530
on her mother's

58
00:02:32,100 --> 00:02:28,370
if you could take your phone

59
00:02:37,330 --> 00:02:35,230
so biology is a popular kind of

60
00:02:40,180 --> 00:02:37,340
imaginary game first thing I'd like to

61
00:02:43,600 --> 00:02:40,190
just about that your arm is that sighs

62
00:02:47,199 --> 00:02:43,610
just help you this motorized for me and

63
00:02:48,400 --> 00:02:47,209

then this is imaginary game that's right

64

00:02:50,560 --> 00:02:48,410

arm on this angle

65

00:02:54,400 --> 00:02:50,570

it's absolutely this sensitive and

66

00:02:57,340 --> 00:02:54,410

vibrant alive the sister was and in

67

00:02:58,860 --> 00:02:57,350

imaginary going I'm going to touch a lot

68

00:03:01,420 --> 00:02:58,870

of fingers obviously it would be

69

00:03:02,620 --> 00:03:01,430

physically impossible for you to feel

70

00:03:03,550 --> 00:03:02,630

much from those things I'm touching

71

00:03:04,390 --> 00:03:03,560

because there is essentially nothing

72

00:03:06,490 --> 00:03:04,400

there at all

73

00:03:07,960 --> 00:03:06,500

but instead of you thinking I don't know

74

00:03:10,240 --> 00:03:07,970

what you do think what if I didn't know

75

00:03:12,460 --> 00:03:10,250

which finger when I feel good touch it

76

00:03:13,900 --> 00:03:12,470

but I didn't ask used to just so that

77

00:03:18,670 --> 00:03:13,910

everybody knows that you really aren't

78

00:03:20,860 --> 00:03:18,680

going to be able to see you look to your

79

00:03:23,680 --> 00:03:20,870

left from you just turn your head to the

80

00:03:27,640 --> 00:03:23,690

left that's right touch one of the

81

00:03:30,460 --> 00:03:27,650

fingers know

82

00:03:37,690 --> 00:03:30,470

so the I suppose from shallow to thinner

83

00:03:39,699 --> 00:03:37,700

Akira Ernest just taken what mister that

84

00:03:42,640 --> 00:03:39,709

recession since I should being character

85

00:03:45,399 --> 00:03:42,650

from thee touch receptors in the dermis

86

00:03:47,470 --> 00:03:45,409

of the skin there a message we Carol

87

00:03:50,080 --> 00:03:47,480

always fun comment your brain where it's

88

00:03:54,880 --> 00:03:50,090

interpreted as it's an accession of one

89

00:03:58,390 --> 00:03:54,890

of those fingers being touched and then

90

00:04:00,150 --> 00:03:58,400

imaginary secession can you tell which

91

00:04:06,910 --> 00:04:00,160

finger touch

92

00:04:08,530 --> 00:04:06,920

no muscle mister anything we're going to

93

00:04:10,270 --> 00:04:08,540

be trying it and what are the islands of

94

00:04:11,559 --> 00:04:10,280

a building right so if you do the same

95

00:04:13,330 --> 00:04:11,569

thing for me personalized just going off

96

00:04:14,830 --> 00:04:13,340

to the side now I've got a box of

97

00:04:17,199 --> 00:04:14,840

objects here on the table I'm gonna

98

00:04:17,590 --> 00:04:17,209

place an object onto the part of that

99

00:04:26,189 --> 00:04:17,600

hand

100

00:04:29,379 --> 00:04:26,199

keep your eyes closed like that please

101
00:04:32,170 --> 00:04:29,389
don't peek what you said you get a

102
00:04:35,800 --> 00:04:32,180
beginning to the sensation their weight

103
00:04:36,480 --> 00:04:35,810
or Tavish our service but you know I

104
00:04:40,189 --> 00:04:36,490
think

105
00:04:46,860 --> 00:04:40,199
you get first innocence on this moon

106
00:04:47,969 --> 00:04:46,870
Sophia sleuth okay what about shape okay

107
00:04:49,439 --> 00:04:47,979
I know I know when you shake it and

108
00:04:51,180 --> 00:04:49,449
that's gonna be you think you know who

109
00:04:52,950 --> 00:04:51,190
can't do it so I think more into that

110
00:04:53,939 --> 00:04:52,960
gets the calendar so that's become that

111
00:04:55,260 --> 00:04:53,949
the batter again wants like a

112
00:04:57,480 --> 00:04:55,270
role-playing game play the role of

113
00:05:02,210 --> 00:04:57,490

something you feel something in there so

114

00:05:05,580 --> 00:05:02,220

you said it's smooth quite thin along

115

00:05:08,629 --> 00:05:05,590

okay it feels kind of like a plastic he

116

00:05:11,879 --> 00:05:08,639

kind of this is very distinguished I

117

00:05:14,790 --> 00:05:11,889

can't wait a little to see you get any

118

00:05:26,999 --> 00:05:20,440

[Music]

119

00:05:30,029 --> 00:05:27,009

there's no bad so she won't but then do

120

00:05:32,309 --> 00:05:30,039

it again soon right

121

00:05:40,409 --> 00:05:32,319

let's listen to one more song pleasure I

122

00:05:47,690 --> 00:05:40,419

saw you change to something else okay

123

00:05:57,499 --> 00:05:53,549

[Music]

124

00:06:06,749 --> 00:05:57,509

ceramic is you getting like a cooler

125

00:06:09,140 --> 00:06:06,759

harder more solid surface shape just

126
00:06:17,390 --> 00:06:09,150
concentrate on the sensation

127
00:06:21,840 --> 00:06:17,400
[Music]

128
00:06:23,460 --> 00:06:21,850
I think opposites oh yeah really

129
00:06:29,070 --> 00:06:23,470
okay

130
00:06:38,800 --> 00:06:29,080
[Music]

131
00:06:41,110 --> 00:06:38,810
I felt that the kind of smoothness the

132
00:06:41,530 --> 00:06:41,120
coldness the essence for any first touch

133
00:06:43,710 --> 00:06:41,540
it

134
00:06:47,350 --> 00:06:43,720
and I see nice to put figures or the cup

135
00:06:50,290 --> 00:06:47,360
so I knew that it's following sort of I

136
00:06:52,120 --> 00:06:50,300
hope is very hard kind of picked a

137
00:06:55,570 --> 00:06:52,130
different artist sensation to gain from

138
00:06:58,390 --> 00:06:55,580

weight cold sweetness whatever you can

139

00:07:00,430 --> 00:06:58,400

kind of discern Dave that's quite scary

140

00:07:03,040 --> 00:07:00,440

we all miss interesting fields that I

141

00:07:06,130 --> 00:07:03,050

had hasn't been there for need for years

142

00:07:08,740 --> 00:07:06,140

very very very scary well the

143

00:07:11,409 --> 00:07:08,750

limitations of biomedical model because

144

00:07:13,360 --> 00:07:11,419

that says that everything originates in

145

00:07:15,190 --> 00:07:13,370

the brain and the nervous system and if

146

00:07:17,830 --> 00:07:15,200

there's nothing else that couldn't

147

00:07:19,630 --> 00:07:17,840

happen so I gave this presentation of

148

00:07:21,250 --> 00:07:19,640

very similar presentations just about a

149

00:07:23,320 --> 00:07:21,260

month ago at Harvard at the Medical

150

00:07:25,390 --> 00:07:23,330

School where they have an institute to

151

00:07:28,510 --> 00:07:25,400

study research design for Integrative

152

00:07:31,780 --> 00:07:28,520

Medicine and you know seem like a good

153

00:07:34,570 --> 00:07:31,790

audience I presented this same slide

154

00:07:35,680 --> 00:07:34,580

that slide I mean video to them and here

155

00:07:40,330 --> 00:07:35,690

were some of their potential

156

00:07:43,180 --> 00:07:40,340

explanations and you can see what the

157

00:07:45,700 --> 00:07:43,190

what the mentality is behind its total

158

00:07:47,770 --> 00:07:45,710

complete skepticism about the existence

159

00:07:49,240 --> 00:07:47,780

of any kind of energy and you know these

160

00:07:50,740 --> 00:07:49,250

are possibilities that he might have

161

00:07:52,570 --> 00:07:50,750

peaked and they might have edited it out

162

00:07:53,710 --> 00:07:52,580

and you might have been told ahead of

163

00:07:56,260 --> 00:07:53,720

time and you know all I think these

164

00:07:58,330 --> 00:07:56,270

things could have happened that required

165

00:08:00,580 --> 00:07:58,340

an incredible amount of deception and

166

00:08:02,529 --> 00:08:00,590

ill will for that to happen but you know

167

00:08:05,980 --> 00:08:02,539

this is this is where a lot of academic

168

00:08:08,969 --> 00:08:05,990

centers draw the line and that's why in

169

00:08:11,170 --> 00:08:08,979

if it doesn't sound too worked

170

00:08:13,510 --> 00:08:11,180

phantom pain is my favorite pain

171

00:08:15,580 --> 00:08:13,520

disorder because it really shows the

172

00:08:17,560 --> 00:08:15,590

limitations of the medical model so let

173

00:08:19,450 --> 00:08:17,570

me take you through a little bit of a

174

00:08:21,340 --> 00:08:19,460

history of it and show you what we can

175

00:08:23,469 --> 00:08:21,350

learn from it so this was the Bible in

176

00:08:25,330 --> 00:08:23,479

medical school Grey's Anatomy if you

177

00:08:26,800 --> 00:08:25,340

knew though everything about the muscles

178

00:08:30,029 --> 00:08:26,810

and the bones and the cells and the

179

00:08:33,190 --> 00:08:30,039

tissues you could explain everything and

180

00:08:34,950 --> 00:08:33,200

our understanding of pain actually goes

181

00:08:36,719 --> 00:08:34,960

back to Descartes two or three

182

00:08:38,610 --> 00:08:36,729

fifty years ago peripheral noxious

183

00:08:40,980 --> 00:08:38,620

stimulus travels up to the brain where

184

00:08:44,090 --> 00:08:40,990

it's perceived as pain but we've

185

00:08:49,290 --> 00:08:44,100

actually made vast strides in 350 years

186

00:08:51,420 --> 00:08:49,300

because now our models are in color it's

187

00:08:53,579 --> 00:08:51,430

actually the exact same thing of

188

00:08:55,560 --> 00:08:53,589

peripheral not systemic you know there's

189

00:08:57,410 --> 00:08:55,570

more subdivisions and we can break it

190

00:09:01,920 --> 00:08:57,420

down into the earth the brain interprets

191

00:09:03,660 --> 00:09:01,930

really it's not that different so

192

00:09:06,690 --> 00:09:03,670

fortunately there's been a revised

193

00:09:09,329 --> 00:09:06,700

edition of Gray's Anatomy some of you

194

00:09:11,340 --> 00:09:09,339

may know the work of Alex gray sacred

195

00:09:13,050 --> 00:09:11,350

mirrors and just the whole notion that

196

00:09:15,150 --> 00:09:13,060

we're luminous beings and they have all

197

00:09:16,500 --> 00:09:15,160

these different inter penetrating layers

198

00:09:19,380 --> 00:09:16,510

of different kinds of energy

199

00:09:21,510 --> 00:09:19,390

interestingly enough he's not related to

200

00:09:24,540 --> 00:09:21,520

Sir John Gray that would have been a

201
00:09:27,030 --> 00:09:24,550
very amazing karmic reincarnation or

202
00:09:29,040 --> 00:09:27,040
whatever but they're not connected so

203
00:09:32,250 --> 00:09:29,050
this is this is the model of anatomy the

204
00:09:34,230 --> 00:09:32,260
full multi-dimensional model that we

205
00:09:36,060 --> 00:09:34,240
don't learn to medical school but you

206
00:09:37,710 --> 00:09:36,070
guys here are researching what are some

207
00:09:40,350 --> 00:09:37,720
of the aspects of it that are more than

208
00:09:41,940 --> 00:09:40,360
just then that's in the bolts and and

209
00:09:44,130 --> 00:09:41,950
the main point is that human beings are

210
00:09:46,050 --> 00:09:44,140
multi-dimensional and this again is the

211
00:09:49,380 --> 00:09:46,060
limitation of the medical model is it

212
00:09:53,190 --> 00:09:49,390
focuses just on the physical body even

213
00:09:54,449 --> 00:09:53,200

that idea of energy is you know we're

214

00:09:56,430 --> 00:09:54,459

learning to talk about it by using

215

00:09:58,620 --> 00:09:56,440

electromagnetism as the language rather

216

00:10:01,140 --> 00:09:58,630

than someone said earlier not warez

217

00:10:03,180 --> 00:10:01,150

you're not gonna find pubmed stuff on

218

00:10:06,090 --> 00:10:03,190

auras but electromagnetic fields and

219

00:10:08,000 --> 00:10:06,100

then you know as a psychiatrist the mind

220

00:10:11,010 --> 00:10:08,010

and thoughts and emotions were important

221

00:10:13,380 --> 00:10:11,020

again it's it's still fairly peripheral

222

00:10:16,410 --> 00:10:13,390

social interconnections and social roles

223

00:10:18,000 --> 00:10:16,420

the spiritual aspect of it and the

224

00:10:20,250 --> 00:10:18,010

non-local dimensions they're part of

225

00:10:22,319 --> 00:10:20,260

being human it's just a question of what

226

00:10:24,420 --> 00:10:22,329

paradigm we work with and whether you're

227

00:10:27,420 --> 00:10:24,430

looking at it like this or like this and

228

00:10:29,760 --> 00:10:27,430

I think this is one of the best examples

229

00:10:34,319 --> 00:10:29,770

of incompleteness of the biopsychosocial

230

00:10:37,170 --> 00:10:34,329

model just a couple of words about how

231

00:10:40,230 --> 00:10:37,180

pain is approached in allopathic or

232

00:10:42,770 --> 00:10:40,240

Western medical model pains the enemy

233

00:10:44,890 --> 00:10:42,780

and in fact most symptoms are treated

234

00:10:46,730 --> 00:10:44,900

the enemy and a good example of a

235

00:10:50,050 --> 00:10:46,740

illustration of that is how our

236

00:10:52,190 --> 00:10:50,060

medications are all anticonvulsants

237

00:10:53,780 --> 00:10:52,200

anti-inflammatory antineoplastic were

238

00:10:56,390 --> 00:10:53,790

always against everything

239

00:11:04,280 --> 00:10:56,400

no really pro anything unless you count

240

00:11:05,450 --> 00:11:04,290

prozac so really what in an integrative

241

00:11:07,280 --> 00:11:05,460

approach you want to know about the

242

00:11:09,320 --> 00:11:07,290

person with the pain and the notion that

243

00:11:11,600 --> 00:11:09,330

pain is providing feedback that it's

244

00:11:13,670 --> 00:11:11,610

actually a useful signal not to be

245

00:11:16,940 --> 00:11:13,680

obliterated but to be learned from and

246

00:11:19,640 --> 00:11:16,950

what are ways of rebalancing the patient

247

00:11:21,410 --> 00:11:19,650

so the program that I worked in has been

248

00:11:23,540 --> 00:11:21,420

multidisciplinary we have physical

249

00:11:26,630 --> 00:11:23,550

therapists occupational therapists a

250

00:11:29,450 --> 00:11:26,640

pain doctor to do some medication where

251
00:11:31,010 --> 00:11:29,460
appropriate and a very strong behavioral

252
00:11:32,420 --> 00:11:31,020
component which I'll talk a little bit

253
00:11:34,730 --> 00:11:32,430
about but the main thing is that we

254
00:11:37,610 --> 00:11:34,740
teach people how to self-regulate their

255
00:11:45,230 --> 00:11:37,620
nervous system with biofeedback some of

256
00:11:47,510 --> 00:11:45,240
the energy approach is well-traveled can

257
00:11:49,520 --> 00:11:47,520
people here in the back or is it yeah

258
00:11:53,000 --> 00:11:49,530
okay so most people get here all I'll

259
00:11:54,470 --> 00:11:53,010
try but we'll see how it goes so let me

260
00:11:59,360 --> 00:11:54,480
focus in a little bit about the history

261
00:12:00,950 --> 00:11:59,370
of phantom pain this is one of our

262
00:12:03,890 --> 00:12:00,960
typical patients at intake and in the

263
00:12:05,990 --> 00:12:03,900

clinic now this is from a French

264

00:12:09,140 --> 00:12:06,000

military surgeon from five or six

265

00:12:11,870 --> 00:12:09,150

hundred years ago and you know we learn

266

00:12:13,940 --> 00:12:11,880

a lot from Worf unfortunately but his

267

00:12:17,210 --> 00:12:13,950

descriptions of amputation and sequela

268

00:12:20,390 --> 00:12:17,220

are very accurate even even nowadays

269

00:12:20,870 --> 00:12:20,400

Ambroise paré a in the American Civil

270

00:12:24,440 --> 00:12:20,880

War

271

00:12:26,630 --> 00:12:24,450

Silas Mitchell was a similarly surgeon

272

00:12:28,850 --> 00:12:26,640

who did similar kind of documentation

273

00:12:32,570 --> 00:12:28,860

and helped us to understand the syndrome

274

00:12:34,220 --> 00:12:32,580

better and it's been a part of of our

275

00:12:38,150 --> 00:12:34,230

cultural history can you think of a

276

00:12:41,270 --> 00:12:38,160

famous patient with phantom pain phantom

277

00:12:47,060 --> 00:12:41,280

limb pain what would you say is the most

278

00:12:49,370 --> 00:12:47,070

famous you're I'm misleading you the

279

00:12:50,380 --> 00:12:49,380

literary figure Captain Ahab actually

280

00:12:53,530 --> 00:12:50,390

had phantom limb

281

00:12:56,740 --> 00:12:53,540

and there are a couple of quotes from

282

00:12:58,569 --> 00:12:56,750

moby dick where he talks about it the

283

00:13:00,430 --> 00:12:58,579

first one he's on the deck talking with

284

00:13:03,040 --> 00:13:00,440

the carpenter and the carpenter said

285

00:13:05,410 --> 00:13:03,050

he's heard that a dis masted man you

286

00:13:07,150 --> 00:13:05,420

know using nautical terms never loses

287

00:13:09,460 --> 00:13:07,160

the feeling that it will still be

288

00:13:11,860 --> 00:13:09,470

pricking him at times so the notion that

289

00:13:14,650 --> 00:13:11,870

there are unpleasant sensations even

290

00:13:16,810 --> 00:13:14,660

after the amputation has happened so

291

00:13:20,410 --> 00:13:16,820

then a hab proposes is really an

292

00:13:22,720 --> 00:13:20,420

experiment that the carpenter takes his

293

00:13:25,000 --> 00:13:22,730

intact leg in places that where his

294

00:13:27,970 --> 00:13:25,010

takes away stumps so that two of them

295

00:13:30,130 --> 00:13:27,980

combined to make one distinct leg to the

296

00:13:33,130 --> 00:13:30,140

eye yet two to the soul because two

297

00:13:35,290 --> 00:13:33,140

people are having perceptions there so

298

00:13:37,210 --> 00:13:35,300

we're thou feel this tingling life they

299

00:13:38,500 --> 00:13:37,220

are exactly they're they're two a hairdo

300

00:13:40,900 --> 00:13:38,510

I it's a riddle

301
00:13:42,910 --> 00:13:40,910
and really that's the the whole notion

302
00:13:45,610 --> 00:13:42,920
of how do we perceive things that are

303
00:13:48,210 --> 00:13:45,620
invisible just a more modern at

304
00:13:50,980 --> 00:13:48,220
treatment of the situation's a movie

305
00:13:53,290 --> 00:13:50,990
based on a true story of a bicyclist who

306
00:13:55,569 --> 00:13:53,300
was injured in an automobile accident

307
00:13:57,130 --> 00:13:55,579
lost his leg and his life spiraled

308
00:13:57,550 --> 00:13:57,140
downward because he couldn't cycle

309
00:14:00,400 --> 00:13:57,560
anymore

310
00:14:02,530 --> 00:14:00,410
he was eventually healed of his phantom

311
00:14:04,030 --> 00:14:02,540
limb pain and there's a clue here in

312
00:14:09,040 --> 00:14:04,040
this picture about what the healing

313
00:14:11,829 --> 00:14:09,050

ingredient of you good at reading body

314

00:14:13,470 --> 00:14:11,839

language so yes he meets a girl and she

315

00:14:16,060 --> 00:14:13,480

falls in love with him unconditionally

316

00:14:17,680 --> 00:14:16,070

despite what happened to him

317

00:14:20,050 --> 00:14:17,690

and healing happens and that's a very

318

00:14:22,120 --> 00:14:20,060

important phrase as I'll be talking

319

00:14:24,639 --> 00:14:22,130

about energy psychology in a bit some of

320

00:14:27,460 --> 00:14:24,649

the trauma release therapies where that

321

00:14:30,579 --> 00:14:27,470

particular aspect of unconditional love

322

00:14:34,030 --> 00:14:30,589

is so crucial so just a little bit about

323

00:14:36,009 --> 00:14:34,040

the the story of it it happens most

324

00:14:38,439 --> 00:14:36,019

commonly after post amputation but also

325

00:14:40,509 --> 00:14:38,449

even with spinal cord injury and a

326
00:14:42,759 --> 00:14:40,519
majority of amputee patients will have a

327
00:14:44,920 --> 00:14:42,769
sensation that the limb is there it's

328
00:14:48,069 --> 00:14:44,930
not always painful but the numbers vary

329
00:14:50,259 --> 00:14:48,079
all over the place children have much

330
00:14:52,449 --> 00:14:50,269
lower percentages of the pain itself and

331
00:14:54,550 --> 00:14:52,459
people who are born without limbs

332
00:14:57,129 --> 00:14:54,560
congenitally do not have phantom

333
00:15:02,139 --> 00:14:57,139
and it can affect any organ anything

334
00:15:04,420 --> 00:15:02,149
that's been removed surgically you can

335
00:15:06,819 --> 00:15:04,430
have phantoms of and the pains are

336
00:15:07,540 --> 00:15:06,829
variable and extremely extremely

337
00:15:09,309 --> 00:15:07,550
unpleasant

338
00:15:10,840 --> 00:15:09,319

and unfortunately medications and

339

00:15:12,910 --> 00:15:10,850

surgery and nerve oblations and things

340

00:15:14,860 --> 00:15:12,920

like that don't work very well so here's

341

00:15:16,389 --> 00:15:14,870

a fairly recent quote that says

342

00:15:21,660 --> 00:15:16,399

basically most currently available

343

00:15:24,970 --> 00:15:21,670

treatments are ineffective this is a

344

00:15:26,590 --> 00:15:24,980

pictorial display of the different types

345

00:15:28,420 --> 00:15:26,600

of sensation you can see you wouldn't

346

00:15:31,150 --> 00:15:28,430

want any part of your body to feel that

347

00:15:33,999 --> 00:15:31,160

way and the treatments have been aimed

348

00:15:35,860 --> 00:15:34,009

at every level of your axis of the

349

00:15:38,590 --> 00:15:35,870

spinal cord all the way up to the brain

350

00:15:42,460 --> 00:15:38,600

and yet still doesn't work there's a lot

351

00:15:45,699 --> 00:15:42,470

of very interesting neurobiology that's

352

00:15:48,549 --> 00:15:45,709

been studied especially with the notion

353

00:15:50,739 --> 00:15:48,559

of neuroplasticity the model is that the

354

00:15:52,869 --> 00:15:50,749

phantom sensations are basically

355

00:15:56,710 --> 00:15:52,879

hallucinations tactile hallucinations

356

00:15:58,360 --> 00:15:56,720

constructed by the cortex as part of a

357

00:16:00,970 --> 00:15:58,370

reorganization when you're not receiving

358

00:16:03,699 --> 00:16:00,980

direct sensations from there the brain

359

00:16:05,619 --> 00:16:03,709

will rewire to accommodate and they'll

360

00:16:08,199 --> 00:16:05,629

have F MRIs functional magnetic

361

00:16:11,230 --> 00:16:08,209

resonance imaging to show differences in

362

00:16:14,079 --> 00:16:11,240

function after amputation but really

363

00:16:16,210 --> 00:16:14,089

it's you know this whole idea of

364

00:16:20,870 --> 00:16:16,220

functional neural Anatomy is not is not

365

00:16:27,060 --> 00:16:24,420

so you recognize that's been it's been

366

00:16:29,340 --> 00:16:27,070

around for a long time we're actually

367

00:16:32,460 --> 00:16:29,350

black at the moment what what's it

368

00:16:33,630 --> 00:16:32,470

called phrenology thank you yeah they

369

00:16:36,780 --> 00:16:33,640

had the same idea that different

370

00:16:40,740 --> 00:16:36,790

emotions are located different bumps in

371

00:16:42,090 --> 00:16:40,750

the head rather than okay enough taking

372

00:16:44,699 --> 00:16:42,100

out my aggression on the Western medical

373

00:16:47,790 --> 00:16:44,709

model so there are many integrator

374

00:16:50,400 --> 00:16:47,800

approaches to phantom pain including the

375

00:16:53,810 --> 00:16:50,410

standard sort of by mind-body approaches

376

00:16:56,130 --> 00:16:53,820

like biofeedback and hypnosis there's an

377

00:16:58,410 --> 00:16:56,140

innovative approach that evolved eye

378

00:17:00,780 --> 00:16:58,420

movements while thinking about upsetting

379

00:17:03,090 --> 00:17:00,790

events that somehow or other helps to

380

00:17:05,780 --> 00:17:03,100

release upsetting emotions and that's

381

00:17:08,579 --> 00:17:05,790

been very helpful with phantom pain

382

00:17:10,679 --> 00:17:08,589

there's a mirror box therapy that is

383

00:17:13,740 --> 00:17:10,689

really fascinating I don't have time to

384

00:17:15,299 --> 00:17:13,750

go into it but it involves for example

385

00:17:18,270 --> 00:17:15,309

if one arm is missing you set up a

386

00:17:20,160 --> 00:17:18,280

mirror opposite your intact on so that

387

00:17:22,740 --> 00:17:20,170

it looks to you as though you have both

388

00:17:25,530 --> 00:17:22,750

arms and hands and fingers there you

389

00:17:27,689 --> 00:17:25,540

move your intact hands and it looks as

390

00:17:32,130 --> 00:17:27,699

though you're missing hands are back and

391

00:17:34,260 --> 00:17:32,140

are working and somehow or other that is

392

00:17:36,540 --> 00:17:34,270

a very effective course of treatment

393

00:17:38,520 --> 00:17:36,550

I'll talk about the energetics of it

394

00:17:40,710 --> 00:17:38,530

later because this is proposed as part

395

00:17:43,710 --> 00:17:40,720

of the neuroplasticity model that your

396

00:17:46,169 --> 00:17:43,720

brain rewires and can learn new ways of

397

00:17:48,000 --> 00:17:46,179

interpreting sensation this takes a

398

00:17:49,350 --> 00:17:48,010

while though the rewiring process takes

399

00:17:52,080 --> 00:17:49,360

a while yet you'll see some of these

400

00:17:55,049 --> 00:17:52,090

energy approaches are much too rapid to

401
00:17:56,760 --> 00:17:55,059
explain by that model so going back to

402
00:17:59,760 --> 00:17:56,770
the model that I think is necessary in

403
00:18:01,770 --> 00:17:59,770
order to understand it the energy field

404
00:18:03,320 --> 00:18:01,780
model and it's part of our Western

405
00:18:05,450 --> 00:18:03,330
tradition this is the man

406
00:18:07,729 --> 00:18:05,460
and you know high spiritual beings are

407
00:18:12,409 --> 00:18:07,739
often portrayed with some kind of aura

408
00:18:16,899 --> 00:18:12,419
where Nimbus is if you will this is it

409
00:18:19,970 --> 00:18:16,909
could be an energy field diagram so so

410
00:18:24,979 --> 00:18:19,980
exact in the Tibetan Buddhist tradition

411
00:18:27,440 --> 00:18:24,989
the same idea of different layers to an

412
00:18:29,899 --> 00:18:27,450
overriding energy field or rainbow body

413
00:18:32,539 --> 00:18:29,909

as they call it in Islam there's also

414

00:18:38,899 --> 00:18:32,549

the notion that people attainment also

415

00:18:40,729 --> 00:18:38,909

have corresponding luminosity I can't

416

00:18:42,409 --> 00:18:40,739

read this the the doctor is saying to

417

00:18:43,759 --> 00:18:42,419

his patient he's scolding his patient

418

00:18:46,920 --> 00:18:43,769

he's saying you've been fooling around

419

00:18:49,440 --> 00:18:46,930

with alternative medicines haven't you

420

00:18:51,420 --> 00:18:49,450

and so there's a there's a couple points

421

00:18:53,220 --> 00:18:51,430

a one is that your aura does expand with

422

00:18:55,290 --> 00:18:53,230

alternative medicine and the other is

423

00:18:57,090 --> 00:18:55,300

that if a withered prune of a doctor

424

00:19:00,660 --> 00:18:57,100

like that can sense energy fields then

425

00:19:03,060 --> 00:19:00,670

anybody princess and actually there are

426
00:19:04,680 --> 00:19:03,070
some very simple demonstrations I don't

427
00:19:06,750 --> 00:19:04,690
know if you're familiar with some of

428
00:19:08,460 --> 00:19:06,760
these therapeutic touch type approaches

429
00:19:10,940 --> 00:19:08,470
again we don't have time to do a

430
00:19:13,020 --> 00:19:10,950
demonstration here but that type of

431
00:19:15,960 --> 00:19:13,030
sensing that something is between your

432
00:19:18,660 --> 00:19:15,970
hands forms the basis for what I'm going

433
00:19:21,510 --> 00:19:18,670
to describe to you and you know now that

434
00:19:23,730 --> 00:19:21,520
we have modern electronic equipment

435
00:19:25,950 --> 00:19:23,740
people like Dartmouth folks and others

436
00:19:28,460 --> 00:19:25,960
are measuring that there is at least an

437
00:19:30,810 --> 00:19:28,470
electromagnetic type of field

438
00:19:33,510 --> 00:19:30,820

surrounding us whether that is the

439

00:19:37,350 --> 00:19:33,520

entirety of the energetics of the human

440

00:19:40,169 --> 00:19:37,360

field is not there yet well this goes

441

00:19:41,760 --> 00:19:40,179

back to Franz Mesmer you know most

442

00:19:44,070 --> 00:19:41,770

people know him as a shaman and a quack

443

00:19:46,140 --> 00:19:44,080

but there's a very interesting backstory

444

00:19:49,890 --> 00:19:46,150

to him that he was very successful using

445

00:19:52,320 --> 00:19:49,900

his animal magnetism and mesmeric passes

446

00:19:54,390 --> 00:19:52,330

in to such an extent that he was

447

00:19:55,620 --> 00:19:54,400

threatening the conventional doctors at

448

00:19:57,780 --> 00:19:55,630

that time and they called the Royal

449

00:20:00,630 --> 00:19:57,790

Commission and they did a hatchet job on

450

00:20:03,840 --> 00:20:00,640

and they did you know some testing but

451
00:20:05,460 --> 00:20:03,850
it was highly biased and now 200 years

452
00:20:07,799 --> 00:20:05,470
later were coming back to have another

453
00:20:09,660 --> 00:20:07,809
look at him but the modern nursing

454
00:20:13,500 --> 00:20:09,670
practice of therapeutic touch is

455
00:20:16,260 --> 00:20:13,510
actually analog exact analog to his

456
00:20:18,030 --> 00:20:16,270
mesmeric passes so without going into

457
00:20:19,980 --> 00:20:18,040
too much detail just say that I learned

458
00:20:22,080 --> 00:20:19,990
this technique and was using it in some

459
00:20:24,780 --> 00:20:22,090
of my patients and basically it involves

460
00:20:26,630 --> 00:20:24,790
feeling this sense that people often get

461
00:20:30,540 --> 00:20:26,640
a pressure or temperature or something

462
00:20:33,120 --> 00:20:30,550
you assess first the field around the

463
00:20:35,570 --> 00:20:33,130

patient so I was doing it with I decided

464

00:20:38,549 --> 00:20:35,580

to do with one particular patient

465

00:20:40,890 --> 00:20:38,559

because the normal treatment program

466

00:20:42,570 --> 00:20:40,900

wasn't particularly helpful he was a guy

467

00:20:46,169 --> 00:20:42,580

in his mid-30s had been very athletic

468

00:20:49,750 --> 00:20:46,179

and had lost it was above or below the

469

00:20:52,450 --> 00:20:49,760

knee and a crush injury at work

470

00:20:54,340 --> 00:20:52,460

and after the surgical amputation he was

471

00:20:56,230 --> 00:20:54,350

really hindered by the phantom pain and

472

00:20:58,570 --> 00:20:56,240

wasn't able to kind of get out of a rut

473

00:21:01,690 --> 00:20:58,580

and didn't respond well to most of the

474

00:21:03,880 --> 00:21:01,700

treatments that we did so kind of out of

475

00:21:06,220 --> 00:21:03,890

desperation on my part a little bit of

476
00:21:08,620 --> 00:21:06,230
curiosity but was more along I thought

477
00:21:10,390 --> 00:21:08,630
about I asked him would you'd like to

478
00:21:13,240 --> 00:21:10,400
try this new treatment called

479
00:21:14,800 --> 00:21:13,250
therapeutic touch and as I mentioned

480
00:21:16,510 --> 00:21:14,810
they were willing to try anything second

481
00:21:18,370 --> 00:21:16,520
he'd laid down on the table he took off

482
00:21:21,430 --> 00:21:18,380
this prosthesis I said just close your

483
00:21:23,770 --> 00:21:21,440
eyes and relax and I started excuse me

484
00:21:26,320 --> 00:21:23,780
by doing this assessment at this field

485
00:21:28,120 --> 00:21:26,330
and I could feel the same pressure that

486
00:21:29,650 --> 00:21:28,130
we could feel in our hands I felt on

487
00:21:32,650 --> 00:21:29,660
this body and for some reason I

488
00:21:35,920 --> 00:21:32,660

continued down even where his leg was

489

00:21:38,680 --> 00:21:35,930

missing and much to my surprise I could

490

00:21:40,480 --> 00:21:38,690

feel that same pressure sensation you

491

00:21:43,180 --> 00:21:40,490

know down at his foot level even though

492

00:21:45,910 --> 00:21:43,190

there was no flesh and blood for a

493

00:21:49,120 --> 00:21:45,920

couple of feet anyway so that kind of

494

00:21:51,460 --> 00:21:49,130

made me react but as interesting if not

495

00:21:53,050 --> 00:21:51,470

more so was the patient's response he

496

00:21:54,430 --> 00:21:53,060

said what are you doing and he opened

497

00:21:56,170 --> 00:21:54,440

his eyes cuz his eyes have been closed

498

00:21:58,360 --> 00:21:56,180

and I said what's the matter he said I

499

00:22:02,530 --> 00:21:58,370

could feel you I could feel your hand

500

00:22:06,190 --> 00:22:02,540

touching my phantom so those two things

501
00:22:08,410 --> 00:22:06,200
were profoundly weird in a very positive

502
00:22:10,270 --> 00:22:08,420
sense because something happened it

503
00:22:12,130 --> 00:22:10,280
wasn't I suppose you could say it was

504
00:22:14,110 --> 00:22:12,140
you know there's that term for shared

505
00:22:16,060 --> 00:22:14,120
delusional system of fully under that we

506
00:22:17,560 --> 00:22:16,070
had created some sort of something but

507
00:22:19,480 --> 00:22:17,570
neither of us was expecting and hoping

508
00:22:22,390 --> 00:22:19,490
and it was very very powerful I

509
00:22:25,330 --> 00:22:22,400
continued the smoothing out motion and

510
00:22:27,760 --> 00:22:25,340
he described the pain flowing out a hole

511
00:22:30,850 --> 00:22:27,770
in the bottom of his foot and I was very

512
00:22:32,080 --> 00:22:30,860
excited until he said told me to stop he

513
00:22:34,030 --> 00:22:32,090

asked me to stop and I said why I

514

00:22:35,950 --> 00:22:34,040

thought it was helping you and he said

515

00:22:37,690 --> 00:22:35,960

well it is making the pain go away but

516

00:22:40,660 --> 00:22:37,700

that's a very uncomfortable feeling

517

00:22:44,350 --> 00:22:40,670

because without the pain I won't have a

518

00:22:46,840 --> 00:22:44,360

leg and he was psychologically not ready

519

00:22:49,860 --> 00:22:46,850

to accept fully that he was an amputee

520

00:22:52,300 --> 00:22:49,870

so the pain was serving a very important

521

00:22:54,430 --> 00:22:52,310

existential function it overrode

522

00:22:56,260 --> 00:22:54,440

whatever physical discomfort he might

523

00:22:58,000 --> 00:22:56,270

have had so in that that was like a 20

524

00:23:00,910 --> 00:22:58,010

minute session and it literally took me

525

00:23:01,310 --> 00:23:00,920

20 years to unpack all the things that

526
00:23:07,070 --> 00:23:01,320
happen

527
00:23:08,749 --> 00:23:07,080
it was so so rich so oh just to show you

528
00:23:11,509 --> 00:23:08,759
that therapeutic touch is not just a

529
00:23:14,720 --> 00:23:11,519
placebo effect they've done studies with

530
00:23:18,529 --> 00:23:14,730
cell cells in culture in vitro - you

531
00:23:19,129 --> 00:23:18,539
know fibroblasts are not known for

532
00:23:22,519 --> 00:23:19,139
having a strong

533
00:23:24,320 --> 00:23:22,529
recibo response to anything so the fact

534
00:23:25,789 --> 00:23:24,330
that you can and these are you know

535
00:23:28,610 --> 00:23:25,799
there are a lot of studies along these

536
00:23:31,100 --> 00:23:28,620
lines now build stuff with cancers in

537
00:23:33,470 --> 00:23:31,110
the same vein that it's an animal model

538
00:23:36,799 --> 00:23:33,480

so take away a lot of the psychological

539

00:23:38,720 --> 00:23:36,809

variables that humans bring to the table

540

00:23:46,029 --> 00:23:38,730

so this is just this the summary of that

541

00:23:48,950 --> 00:23:46,039

case with Jim this it's a really good

542

00:23:50,659 --> 00:23:48,960

it's a really good embodiment of what

543

00:23:53,029 --> 00:23:50,669

could be possible unfortunately I only

544

00:23:56,060 --> 00:23:53,039

came across this picture and this idea

545

00:23:57,619 --> 00:23:56,070

after I had you know moved from the

546

00:24:02,570 --> 00:23:57,629

inpatient to outpatient and didn't have

547

00:24:04,879 --> 00:24:02,580

access to phantom patients but I they

548

00:24:07,119 --> 00:24:04,889

could at least sense the opposite limbs

549

00:24:09,919 --> 00:24:07,129

I don't know what would happen if they

550

00:24:13,009 --> 00:24:09,929

it's worth it's worth worth following up

551
00:24:15,860 --> 00:24:13,019
on so therapeutic touches one way of

552
00:24:19,759 --> 00:24:15,870
treating it the other way is with energy

553
00:24:22,669 --> 00:24:19,769
psychology our folks here familiar with

554
00:24:26,210 --> 00:24:22,679
EFT or tapping or energy psychologists

555
00:24:28,159 --> 00:24:26,220
just yes so number and the notion is

556
00:24:31,369 --> 00:24:28,169
that you can activate your acupuncture

557
00:24:34,009 --> 00:24:31,379
points by tapping yourself and if you do

558
00:24:36,830 --> 00:24:34,019
that while you're considering unpleasant

559
00:24:41,389 --> 00:24:36,840
emotions and unpleasant situations in a

560
00:24:43,990 --> 00:24:41,399
frame of mind of self-acceptance you

561
00:24:47,690 --> 00:24:44,000
have that kind of release breath and

562
00:24:49,700 --> 00:24:47,700
it's built up a very considerable

563
00:24:51,409 --> 00:24:49,710

literature over the last 15 years or so

564

00:24:55,190 --> 00:24:51,419

especially with post-traumatic stress

565

00:24:57,180 --> 00:24:55,200

disorder so kind of aside I think it's

566

00:25:00,029 --> 00:24:57,190

the treatment of choice now for a pts

567

00:25:03,960 --> 00:25:00,039

even though getting acceptance in the

568

00:25:06,139 --> 00:25:03,970

mainstream is taking a while but yeah I

569

00:25:09,539 --> 00:25:06,149

use this approach with some other

570

00:25:11,489 --> 00:25:09,549

phantom patients and let me show you one

571

00:25:13,499 --> 00:25:11,499

particular approach this is a woman who

572

00:25:15,960 --> 00:25:13,509

had heard a finger at work and it got

573

00:25:18,180 --> 00:25:15,970

infected like cut and got infected and

574

00:25:20,849 --> 00:25:18,190

the abscess didn't respond to

575

00:25:22,680 --> 00:25:20,859

antibiotics so she it was a bone

576

00:25:23,810 --> 00:25:22,690

infection so she ended up having her

577

00:25:26,849 --> 00:25:23,820

finger amputated

578

00:25:29,190 --> 00:25:26,859

however it wasn't all wrote better roses

579

00:25:31,109 --> 00:25:29,200

afterwards because she had so much vamos

580

00:25:33,629 --> 00:25:31,119

with the insurance company and denial of

581

00:25:35,729 --> 00:25:33,639

claims and case management plus it

582

00:25:38,369 --> 00:25:35,739

became painful to wear her prosthetic

583

00:25:39,960 --> 00:25:38,379

finger because of the phantom pain she

584

00:25:41,580 --> 00:25:39,970

was ashamed about what the stuff looked

585

00:25:44,580 --> 00:25:41,590

like she didn't socialize

586

00:25:46,769 --> 00:25:44,590

so there's a whole downward spiral we

587

00:25:48,450 --> 00:25:46,779

did two sessions with this and it's

588

00:25:51,810 --> 00:25:48,460

really it's a very brief ten-minute

589

00:25:54,060 --> 00:25:51,820

process of even though I hate the way my

590

00:25:56,070 --> 00:25:54,070

stump looks and even though I'm angry at

591

00:25:57,930 --> 00:25:56,080

the case manager I accept myself fully

592

00:26:01,769 --> 00:25:57,940

and completely tap through them some

593

00:26:04,680 --> 00:26:01,779

things very simple easy to learn so she

594

00:26:06,180 --> 00:26:04,690

did it twice and then excuse me the next

595

00:26:08,279 --> 00:26:06,190

time she came back got a very

596

00:26:09,599 --> 00:26:08,289

mischievous grin and she said dr. Les

597

00:26:15,659 --> 00:26:09,609

Corts I have something I want to show

598

00:26:18,029 --> 00:26:15,669

you she's able to wear her prosthetic

599

00:26:20,129 --> 00:26:18,039

finger that yeah in the course of those

600

00:26:23,369 --> 00:26:20,139

two as a result of those two treatments

601
00:26:25,560 --> 00:26:23,379
her pain dissipated she was able to you

602
00:26:28,080 --> 00:26:25,570
know put it back in place and she was

603
00:26:30,269 --> 00:26:28,090
able to resume socialization and do all

604
00:26:31,619 --> 00:26:30,279
all the things that made her life

605
00:26:34,229 --> 00:26:31,629
important it was just a very simple

606
00:26:36,810 --> 00:26:34,239
approach because you know honestly you

607
00:26:39,599 --> 00:26:36,820
don't expect a surgeon to ask about how

608
00:26:43,289 --> 00:26:39,609
emotionally upsetting it was to you know

609
00:26:45,450 --> 00:26:43,299
lose a limb in an accident or although

610
00:26:47,389 --> 00:26:45,460
sometimes a couple of examples they had

611
00:26:50,989 --> 00:26:47,399
patients went into surgery thinking

612
00:26:53,629 --> 00:26:50,999
but remove a diabetic gangrene and they

613
00:26:56,119 --> 00:26:53,639

woke up to found their whole foot so the

614

00:26:58,430 --> 00:26:56,129

whole helplessness around that is a

615

00:27:02,209 --> 00:26:58,440

common feeling so these are some of the

616

00:27:03,589 --> 00:27:02,219

other kinds of traumas recorded by not

617

00:27:05,629 --> 00:27:03,599

just phantom limb patients I mean

618

00:27:08,359 --> 00:27:05,639

obviously these are universal types of

619

00:27:09,619 --> 00:27:08,369

traumas but each phantom patient that

620

00:27:11,570 --> 00:27:09,629

the phantom limb patient that I work

621

00:27:15,129 --> 00:27:11,580

with had one of these to a significant

622

00:27:18,829 --> 00:27:15,139

degree a lot of it is about anger for

623

00:27:22,009 --> 00:27:18,839

doctors not helping or the accident

624

00:27:25,009 --> 00:27:22,019

itself often an adult minor

625

00:27:27,259 --> 00:27:25,019

adult injury will trigger similar but

626

00:27:28,820 --> 00:27:27,269

much more intense childhood memory and a

627

00:27:30,889 --> 00:27:28,830

lot of it is shame people are just

628

00:27:33,589 --> 00:27:30,899

ashamed of how of their appearance and

629

00:27:36,219 --> 00:27:33,599

it's hard to accept so that feeling of

630

00:27:38,659 --> 00:27:36,229

hopelessness is the common denominator

631

00:27:40,599 --> 00:27:38,669

this is a protocol for a study and I'm

632

00:27:44,959 --> 00:27:40,609

not showing it it's not a very

633

00:27:46,369 --> 00:27:44,969

incredibly elaborate or complicated one

634

00:27:48,200 --> 00:27:46,379

but I'm telling you this because it got

635

00:27:50,899 --> 00:27:48,210

rejected twice through Harvard Medical

636

00:27:52,489 --> 00:27:50,909

School once was it was just to see

637

00:27:54,799 --> 00:27:52,499

whether you could demonstrate positive

638

00:27:56,329 --> 00:27:54,809

benefits from this tapping protocol the

639

00:28:00,320 --> 00:27:56,339

first time around it was rejected

640

00:28:01,579 --> 00:28:00,330

because there were too many factors to

641

00:28:03,529 --> 00:28:01,589

the treatment and it would be important

642

00:28:05,749 --> 00:28:03,539

to dismantle them to know which elements

643

00:28:07,820 --> 00:28:05,759

of treatment were important so I rewrote

644

00:28:09,680 --> 00:28:07,830

it as a dismantling study and next year

645

00:28:11,810 --> 00:28:09,690

submitted again and that time it got

646

00:28:13,879 --> 00:28:11,820

rejected because we didn't know whether

647

00:28:15,349 --> 00:28:13,889

it was effective or not we needed to put

648

00:28:17,659 --> 00:28:15,359

all the elements together and do a

649

00:28:19,759 --> 00:28:17,669

proof-of-concept test study so I

650

00:28:23,089 --> 00:28:19,769

realized that was a catch-22 and I

651
00:28:25,579 --> 00:28:23,099
wasn't going out well so I didn't pursue

652
00:28:28,459 --> 00:28:25,589
that research but what really got me

653
00:28:30,829 --> 00:28:28,469
interested was the idea of imaging the

654
00:28:34,099 --> 00:28:30,839
phantom limb because pictures worth a

655
00:28:36,200 --> 00:28:34,109
thousand words one image of a phantom in

656
00:28:37,879 --> 00:28:36,210
space you can't talk your way out of

657
00:28:40,549 --> 00:28:37,889
that one so there are a couple of

658
00:28:42,169 --> 00:28:40,559
different technologies and approaches

659
00:28:45,139 --> 00:28:42,179
they want to talk about in the last few

660
00:28:46,520 --> 00:28:45,149
minutes here clairvoyant perception is

661
00:28:48,800 --> 00:28:46,530
an important one

662
00:28:51,140 --> 00:28:48,810
you may know Donnie evening to work with

663
00:28:53,510 --> 00:28:51,150

Eden energy medicine has been really

664

00:28:56,090 --> 00:28:53,520

crucial and she can see energy fields

665

00:28:57,770 --> 00:28:56,100

much like we got who I was talking with

666

00:29:00,410 --> 00:28:57,780

the Chi Institute

667

00:29:02,390 --> 00:29:00,420

Rosalind Briere is the medical intuitive

668

00:29:04,490 --> 00:29:02,400

consultant there and she could see the

669

00:29:07,160 --> 00:29:04,500

energy in the absent legs and she could

670

00:29:09,470 --> 00:29:07,170

see the meridian lines as strongly as it

671

00:29:11,750 --> 00:29:09,480

was legs are still there so you know if

672

00:29:13,190 --> 00:29:11,760

you work with someone and trust them

673

00:29:15,230 --> 00:29:13,200

that's impressive but if you're a

674

00:29:16,550 --> 00:29:15,240

skeptic it's still not there so what are

675

00:29:20,900 --> 00:29:16,560

some of the the gizmos that are

676

00:29:23,090 --> 00:29:20,910

available this is um this book was very

677

00:29:25,580 --> 00:29:23,100

important 25 years ago when it first

678

00:29:27,380 --> 00:29:25,590

came out and the cover is a Kirlian

679

00:29:29,810 --> 00:29:27,390

image people people know about curling

680

00:29:32,300 --> 00:29:29,820

photography that the bio field that

681

00:29:34,550 --> 00:29:32,310

exists around the healthy leaf so the

682

00:29:37,400 --> 00:29:34,560

question was what would you predict

683

00:29:40,630 --> 00:29:37,410

would happen you chopped off the tip of

684

00:29:44,090 --> 00:29:40,640

the leaf with the field follow

685

00:29:47,210 --> 00:29:44,100

continuously to the tissue of the leaf

686

00:29:49,160 --> 00:29:47,220

over something else and because this is

687

00:29:51,440 --> 00:29:49,170

a savvy audience I'm not gonna surprise

688

00:29:51,590 --> 00:29:51,450

anybody oh well that's just how it's set

689

00:29:53,630 --> 00:29:51,600

up

690

00:29:56,660 --> 00:29:53,640

but um this is what this is what it

691

00:29:58,340 --> 00:29:56,670

looks like that some sort of field

692

00:30:01,310 --> 00:29:58,350

residue is still there even though

693

00:30:04,940 --> 00:30:01,320

there's no remaining tissue so it's not

694

00:30:06,470 --> 00:30:04,950

that the electromagnetic phenomena is

695

00:30:08,900 --> 00:30:06,480

generated by the water or the

696

00:30:11,450 --> 00:30:08,910

chlorophyll of cell membranes or

697

00:30:16,370 --> 00:30:11,460

something it's somehow separate and

698

00:30:18,680 --> 00:30:16,380

possibly even prior to the cell itself

699

00:30:21,700 --> 00:30:18,690

this is that was a much earlier study

700

00:30:25,310 --> 00:30:21,710

this is a more recent one which has

701
00:30:27,050 --> 00:30:25,320
detail this is where the cut was made so

702
00:30:29,750 --> 00:30:27,060
there's no there's no leaf up there

703
00:30:31,760 --> 00:30:29,760
it's the electromagnetic structure is

704
00:30:33,530 --> 00:30:31,770
just as detailed where there isn't a

705
00:30:35,690 --> 00:30:33,540
leaf as where there is leaf and this is

706
00:30:37,910 --> 00:30:35,700
just shortly after the cut it dissipates

707
00:30:40,520 --> 00:30:37,920
with time some you know the the leaf

708
00:30:42,980 --> 00:30:40,530
isn't part of a living plant which is a

709
00:30:45,740 --> 00:30:42,990
whole other aspect of the experiment to

710
00:30:48,410 --> 00:30:45,750
test so you know how to understand that

711
00:30:50,420 --> 00:30:48,420
I think this this image is probably the

712
00:30:52,860 --> 00:30:50,430
best way you think of the cells of the

713
00:30:55,350 --> 00:30:52,870

body well you know this is the

714

00:30:57,630 --> 00:30:55,360

in a magnetic field that the cells in

715

00:31:00,690 --> 00:30:57,640

the body are like the iron filings in if

716

00:31:03,120 --> 00:31:00,700

you brush away if you amputate the iron

717

00:31:05,130 --> 00:31:03,130

filings the magnetic lines of force was

718

00:31:06,930 --> 00:31:05,140

still there we happen not to be able to

719

00:31:09,750 --> 00:31:06,940

see them with our eyes but they can

720

00:31:13,500 --> 00:31:09,760

still be there and they can still do

721

00:31:16,080 --> 00:31:13,510

their function so here's a bonus feature

722

00:31:20,670 --> 00:31:16,090

for tip from today's Lecter you know

723

00:31:22,500 --> 00:31:20,680

what that's an image of that's self set

724

00:31:25,650 --> 00:31:22,510

cell division mitosis it was a bit

725

00:31:27,990 --> 00:31:25,660

chromosomes from one cell splitting to

726

00:31:29,610 --> 00:31:28,000

form a second cell and the reason I'm

727

00:31:40,350 --> 00:31:29,620

showing you this is just look at the

728

00:31:43,169 --> 00:31:40,360

shape why I mean what what does why

729

00:31:44,340 --> 00:31:43,179

would each individual cell have its own

730

00:31:47,250 --> 00:31:44,350

magnetic field

731

00:31:50,130 --> 00:31:47,260

that seemingly is directing cell mitosis

732

00:31:52,650 --> 00:31:50,140

so I'm just tossing that out there if

733

00:31:55,710 --> 00:31:52,660

any of you're angling for a Nobel Prize

734

00:31:58,140 --> 00:31:55,720

there you go just just mention me in

735

00:31:59,970 --> 00:31:58,150

your acceptance speech no but there's

736

00:32:02,840 --> 00:31:59,980

something something significant in that

737

00:32:06,180 --> 00:32:02,850

image and I have not seen it addressed

738

00:32:09,210 --> 00:32:06,190

appropriately so just a quick survey of

739

00:32:13,110 --> 00:32:09,220

some of the attempts we've made to image

740

00:32:16,620 --> 00:32:13,120

the Phantom this is actually just a Xerox

741

00:32:19,230 --> 00:32:16,630

of my hand in this position because we

742

00:32:21,960 --> 00:32:19,240

tried to take a curling image of a

743

00:32:24,060 --> 00:32:21,970

patient who is missing the distal joint

744

00:32:27,560 --> 00:32:24,070

of his thumb so what you're gonna see as

745

00:32:32,160 --> 00:32:27,570

the as the Kirlian image is in that same

746

00:32:34,620 --> 00:32:32,170

alignment this is a very cool looking

747

00:32:37,040 --> 00:32:34,630

image but unfortunately his his finger

748

00:32:40,080 --> 00:32:37,050

was the missing part was out here so

749

00:32:43,890 --> 00:32:40,090

this is just showing something around

750

00:32:45,900 --> 00:32:43,900

the living tissue the the acupuncture

751
00:32:48,419 --> 00:32:45,910
and curling photographer a person that I

752
00:32:52,919 --> 00:32:48,429
worked with Marni nazar some of you may

753
00:32:55,080 --> 00:32:52,929
know her work thanks thought that it

754
00:32:57,540 --> 00:32:55,090
just required too much electrical

755
00:32:59,190 --> 00:32:57,550
intensity and overrode whatever field

756
00:32:59,640 --> 00:32:59,200
there might be so we're working on a

757
00:33:01,440 --> 00:32:59,650
reef

758
00:33:05,580 --> 00:33:01,450
with the Institute of frontier science

759
00:33:08,330 --> 00:33:05,590
people Beverly Rubik and her team gdv is

760
00:33:12,120 --> 00:33:08,340
a way of assessing activity of

761
00:33:17,460 --> 00:33:12,130
acupuncture meridians in each finger and

762
00:33:18,990 --> 00:33:17,470
it construct the software construct what

763
00:33:21,390 --> 00:33:19,000

the bio field looks like this is a

764

00:33:23,400 --> 00:33:21,400

person who's missing a leg and the field

765

00:33:25,680 --> 00:33:23,410

looks the same but it's not it's not a

766

00:33:28,290 --> 00:33:25,690

direct image so it's not quite what we

767

00:33:31,770 --> 00:33:28,300

were hoping for so we turn to england

768

00:33:34,500 --> 00:33:31,780

and p IP probably contrast interference

769

00:33:37,200 --> 00:33:34,510

photography this is an image of a holy

770

00:33:39,510 --> 00:33:37,210

man that supposedly shows his spreading

771

00:33:41,910 --> 00:33:39,520

aura and on their their website they had

772

00:33:48,240 --> 00:33:41,920

a picture of using that approach with

773

00:33:51,930 --> 00:33:48,250

someone with i can't really tell they

774

00:33:53,820 --> 00:33:51,940

had him tilt sideways and they claimed

775

00:33:55,500 --> 00:33:53,830

this shows the phantom limb

776

00:33:58,680 --> 00:33:55,510

i wasn't convinced so I worked with

777

00:34:02,550 --> 00:33:58,690

Center for bio field research in India

778

00:34:04,620 --> 00:34:02,560

and gathered a fair number of subjects

779

00:34:07,350 --> 00:34:04,630

and positioned them you know in a

780

00:34:09,630 --> 00:34:07,360

sensible way so the arm or the leg is

781

00:34:11,940 --> 00:34:09,640

away from the body and this is what it

782

00:34:14,389 --> 00:34:11,950

looks like there's there's nothing out

783

00:34:18,659 --> 00:34:14,399

there so they have to acknowledge that

784

00:34:20,940 --> 00:34:18,669

their device isn't yet able to to sense

785

00:34:24,480 --> 00:34:20,950

that to detect the phantom so as things

786

00:34:26,580 --> 00:34:24,490

stand now there is not an analogue to

787

00:34:30,030 --> 00:34:26,590

the phantom leaf effect we don't have a

788

00:34:31,740 --> 00:34:30,040

clear image of a phantom human but those

789

00:34:33,810 --> 00:34:31,750

are the directions that we're working on

790

00:34:35,790 --> 00:34:33,820

and I think it's really important to

791

00:34:37,710 --> 00:34:35,800

understand the trauma links because

792

00:34:40,800 --> 00:34:37,720

energy and trauma are so closely

793

00:34:43,050 --> 00:34:40,810

connected and it goes back to a

794

00:34:45,240 --> 00:34:43,060

traditional Chinese medicine that the

795

00:34:47,340 --> 00:34:45,250

mind directs the energy and the

796

00:34:49,530 --> 00:34:47,350

emotional and emotions can block the

797

00:34:52,350 --> 00:34:49,540

energy flow and that will impact your

798

00:34:54,050 --> 00:34:52,360

physiology so the key finding is that

799

00:34:57,330 --> 00:34:54,060

some of these energy treatments

800

00:35:01,710 --> 00:34:57,340

dissipate the pain too quickly to be

801
00:35:03,570 --> 00:35:01,720
result of neuroplasticity and that

802
00:35:07,380 --> 00:35:03,580
there's something energetic that happens

803
00:35:09,120 --> 00:35:07,390
first and the brain follows suit you

804
00:35:09,960 --> 00:35:09,130
don't have all those steps mapped out

805
00:35:11,910 --> 00:35:09,970
yet

806
00:35:14,250 --> 00:35:11,920
but we have a ways to go if you want to

807
00:35:17,300 --> 00:35:14,260
read more detail about fleshing out this

808
00:35:19,380 --> 00:35:17,310
model that's a good one

809
00:35:22,740 --> 00:35:19,390
blasting out this model I mean you know

810
00:35:25,130 --> 00:35:22,750
the inner mind is pretty pretty funny

811
00:35:28,650 --> 00:35:25,140
attempt this is this is available from

812
00:35:30,900 --> 00:35:28,660
Explorer the Journal of healing and

813
00:35:33,390 --> 00:35:30,910

consciousness and just want to say that

814

00:35:35,330 --> 00:35:33,400

doing work like we're doing here in this

815

00:35:38,190 --> 00:35:35,340

conference feels like that this medieval

816

00:35:40,109 --> 00:35:38,200

Shepherd who's wandered a little bit far

817

00:35:43,320 --> 00:35:40,119

afield the point where he's broken

818

00:35:46,170 --> 00:35:43,330

through you know the barriers of reality

819

00:35:48,390 --> 00:35:46,180

as he knows it and is now able to watch

820

00:35:50,220 --> 00:35:48,400

and listen to the music of his fears and

821

00:35:51,750 --> 00:35:50,230

I think that's what these conferences do

822

00:35:54,930 --> 00:35:51,760

they allow us to kind of break break

823

00:35:57,150 --> 00:35:54,940

through the paradigm in' and in a shared

824

00:35:58,890 --> 00:35:57,160

aesthetic not just not just imagine what

825

00:36:00,870 --> 00:35:58,900

he's gonna encounter when he goes back

826

00:36:02,880 --> 00:36:00,880

down to the village but if you meet up

827

00:36:04,650 --> 00:36:02,890

with other shepherds who cooked through

828

00:36:06,720 --> 00:36:04,660

that veil then then some cool stuff

829

00:36:07,740 --> 00:36:06,730

happens so those are the main points I

830

00:36:08,780 --> 00:36:07,750

want to make thank you for your

831

00:36:16,120 --> 00:36:08,790

attention

832

00:36:21,990 --> 00:36:18,310

a few years ago I had one of the big

833

00:36:27,310 --> 00:36:22,000

early programs to electrically stimulate

834

00:36:29,880 --> 00:36:27,320

paraplegics the stand and walk and of

835

00:36:33,040 --> 00:36:29,890

course they had no motor function and

836

00:36:35,530 --> 00:36:33,050

they had very little or zero sensory

837

00:36:38,230 --> 00:36:35,540

function because the Mont electrical

838

00:36:42,010 --> 00:36:38,240

energy used for able-bodied person could

839

00:36:45,430 --> 00:36:42,020

never stand the pain but I required them

840

00:36:47,980 --> 00:36:45,440

to have proprioception meaning you know

841

00:36:50,530 --> 00:36:47,990

propria chefs they had to know in space

842

00:36:52,390 --> 00:36:50,540

where the limbs were was an open-loop

843

00:36:54,880 --> 00:36:52,400

program so that I could be successful

844

00:36:58,560 --> 00:36:54,890

they had to know where the limbs were in

845

00:37:02,470 --> 00:36:58,570

space yes spinal cord injured

846

00:37:04,990 --> 00:37:02,480

paraplegics and a number of patients I

847

00:37:07,750 --> 00:37:05,000

never rejected a person they all have

848

00:37:09,280 --> 00:37:07,760

proprioception even though they didn't

849

00:37:11,830 --> 00:37:09,290

have I know they didn't have little

850

00:37:14,860 --> 00:37:11,840

sensory because they couldn't stand the

851

00:37:16,300 --> 00:37:14,870

pain that is anybody looked that you

852

00:37:18,220 --> 00:37:16,310

know I just thought well there must be

853

00:37:20,260 --> 00:37:18,230

some separate nerve path that they

854

00:37:22,480 --> 00:37:20,270

didn't have but what your uncle suggests

855

00:37:24,970 --> 00:37:22,490

that there may be something else that

856

00:37:27,040 --> 00:37:24,980

gives them the proprioception clue I

857

00:37:29,140 --> 00:37:27,050

think that's an energetic sensation that

858

00:37:30,550 --> 00:37:29,150

they're experiencing and the example

859

00:37:34,330 --> 00:37:30,560

that comes to mind is there's a yoga

860

00:37:37,450 --> 00:37:34,340

instructor from Minnesota who himself is

861

00:37:39,280 --> 00:37:37,460

pathologic and got into yoga as part of

862

00:37:41,910 --> 00:37:39,290

his recovery process he's still

863

00:37:44,230 --> 00:37:41,920

paralyzed but he's developed such fine

864

00:37:46,120 --> 00:37:44,240

sensitivity to what goes on that he

865

00:37:47,800 --> 00:37:46,130

feels this sense of presence he calls it

866

00:37:49,750 --> 00:37:47,810

he feels presence in the rest of his

867

00:37:52,420 --> 00:37:49,760

body so that's what he trains his

868

00:37:54,190 --> 00:37:52,430

patients to do is to to feel and be with

869

00:37:56,110 --> 00:37:54,200

their body so that it's not just you

870

00:37:57,940 --> 00:37:56,120

know dragging along and chunk of wood

871

00:37:59,710 --> 00:37:57,950

kind of thing and so it's exactly that

872

00:38:06,310 --> 00:37:59,720

that proprioceptive sense so I think

873

00:38:08,770 --> 00:38:06,320

that's energetic rather than Erich

874

00:38:10,570 --> 00:38:08,780

quickly it done on me in seeing some of

875

00:38:12,970 --> 00:38:10,580

your imagery of beliefs and stuff there

876

00:38:15,130 --> 00:38:12,980

was a guy George de la loire who did

877

00:38:15,410 --> 00:38:15,140

some pictures I think radionics pictures

878

00:38:17,690 --> 00:38:15,420

that

879

00:38:20,990 --> 00:38:17,700

quite remember how it was but what

880

00:38:23,390 --> 00:38:21,000

struck me is when the pictures were best

881

00:38:27,770 --> 00:38:23,400

focused it was a time thing so if you

882

00:38:30,680 --> 00:38:27,780

imagine just like tuning a lens and I

883

00:38:33,349 --> 00:38:30,690

forget exactly what the point was but

884

00:38:35,839 --> 00:38:33,359

that there was a moment in time when it

885

00:38:37,730 --> 00:38:35,849

was most in focus and the other images

886

00:38:41,299 --> 00:38:37,740

when they weren't synchronized with time

887

00:38:44,030 --> 00:38:41,309

correctly were just more out of focus

888

00:38:46,069 --> 00:38:44,040

but they were not non-existent yeah well

889

00:38:47,720 --> 00:38:46,079

there are a lot of variables involved

890

00:38:49,880 --> 00:38:47,730

and that's why for example the phantom

891

00:38:51,740 --> 00:38:49,890

leaf suspect it depends on the

892

00:38:53,559 --> 00:38:51,750

photographer some people had a knack for

893

00:38:56,270 --> 00:38:53,569

getting those images and others couldn't

894

00:38:58,520 --> 00:38:56,280

one theory is that there was active it's

895

00:39:01,579 --> 00:38:58,530

an interactive process but it's not just

896

00:39:03,200 --> 00:39:01,589

a leaf there on a operator here that if

897

00:39:05,480 --> 00:39:03,210

there's an energetic connection it so

898

00:39:08,030 --> 00:39:05,490

that activates the leaf to show its

899

00:39:09,880 --> 00:39:08,040

field more directly so might have been

900

00:39:15,049 --> 00:39:09,890

the same with the the radionics

901
00:39:17,049 --> 00:39:15,059
situation I can't give me the author's

902
00:39:19,730 --> 00:39:17,059
name but I'm sure you're familiar with

903
00:39:22,309 --> 00:39:19,740
there's been several rubber hand

904
00:39:25,609 --> 00:39:22,319
illusion studies and and one in

905
00:39:27,890 --> 00:39:25,619
particular I read was that when the

906
00:39:29,930 --> 00:39:27,900
person is experiencing that out of phase

907
00:39:31,370 --> 00:39:29,940
or disc coincidence where their hand is

908
00:39:34,099 --> 00:39:31,380
kind of mapping onto the rubber hand

909
00:39:37,220 --> 00:39:34,109
that the actual physical temperature in

910
00:39:41,000 --> 00:39:37,230
their actual hand drops by about a

911
00:39:43,190 --> 00:39:41,010
degree or so and which is a huge amount

912
00:39:46,010 --> 00:39:43,200
right and so I think what's really

913
00:39:47,839 --> 00:39:46,020

interesting is that you know we we know

914

00:39:50,390 --> 00:39:47,849

this subjectively or anecdotally through

915

00:39:52,490 --> 00:39:50,400

out-of-body experience that you know

916

00:39:53,720 --> 00:39:52,500

there's there's ways to get out of phase

917

00:39:55,609 --> 00:39:53,730

or just coincidence with the physical

918

00:39:57,650 --> 00:39:55,619

body without you know have necessarily

919

00:40:01,299 --> 00:39:57,660

have the trauma so I think be

920

00:40:03,200 --> 00:40:01,309

interesting even with a non you know

921

00:40:06,500 --> 00:40:03,210

seven limb case where you could actually

922

00:40:08,630 --> 00:40:06,510

see if you can no photograph the the

923

00:40:10,640 --> 00:40:08,640

rubber hand or you know try to even have

924

00:40:13,039 --> 00:40:10,650

someone just reproduce something that's

925

00:40:14,930 --> 00:40:13,049

slightly out of disc coincidence but as

926

00:40:16,609 --> 00:40:14,940

a follow-up to that I think it's kind of

927

00:40:18,620 --> 00:40:16,619

interesting though is that when people

928

00:40:20,160 --> 00:40:18,630

do experience you know I'm gonna call

929

00:40:23,069 --> 00:40:20,170

Asheville travel

930

00:40:24,960 --> 00:40:23,079

whatever there you know those veridical

931

00:40:28,079 --> 00:40:24,970

elements you can could be somewhere and

932

00:40:30,120 --> 00:40:28,089

that's the things but we still bring her

933

00:40:32,220 --> 00:40:30,130

clothes with us right you subjectively

934

00:40:33,630 --> 00:40:32,230

see yourself with clothes if you go and

935

00:40:35,099 --> 00:40:33,640

you meet outside of the body your

936

00:40:37,049 --> 00:40:35,109

colleagues or whatever they're gonna be

937

00:40:39,059 --> 00:40:37,059

wearing clothes so so what is that it's

938

00:40:42,150 --> 00:40:39,069

like there's something that it's part of

939

00:40:44,760 --> 00:40:42,160

it points to this idea of a actual

940

00:40:46,260 --> 00:40:44,770

mediating body that's generating this

941

00:40:48,180 --> 00:40:46,270

energetic field that you're seeing is

942

00:40:49,799 --> 00:40:48,190

the aura it was like maybe like a pair

943

00:40:51,809 --> 00:40:49,809

of body or psycho soma or what have you

944

00:40:54,059 --> 00:40:51,819

but then part of it seems like we bring

945

00:40:55,500 --> 00:40:54,069

our conditioned elements with it so

946

00:40:57,240 --> 00:40:55,510

there's like this you know what's really

947

00:40:59,460 --> 00:40:57,250

generating what's the over body that's

948

00:41:02,430 --> 00:40:59,470

generating this construction of the you

949

00:41:04,289 --> 00:41:02,440

know yeah again these phenomena are

950

00:41:06,780 --> 00:41:04,299

generated so many different levels it's

951
00:41:08,819 --> 00:41:06,790
they're all they all play a role for

952
00:41:10,559 --> 00:41:08,829
example with with phantom limb sometimes

953
00:41:13,260 --> 00:41:10,569
if the pain isn't there and there's the

954
00:41:15,839 --> 00:41:13,270
presence over time it retracts and

955
00:41:17,370 --> 00:41:15,849
absorb resorbs into the body and there's

956
00:41:20,640 --> 00:41:17,380
no longer that sense there and I'm sure

957
00:41:22,319 --> 00:41:20,650
that that reflects some measurable

958
00:41:24,059 --> 00:41:22,329
change in the external and you should

959
00:41:26,339 --> 00:41:24,069
talk to people like Jim Tucker looking

960
00:41:30,480 --> 00:41:26,349
at the you know kids that have the

961
00:41:32,579 --> 00:41:30,490
experience last they have the scars and

962
00:41:34,410 --> 00:41:32,589
everything from the from the energetic

963
00:41:36,450 --> 00:41:34,420

body damage cell right right so which

964

00:41:43,130 --> 00:41:36,460

which level of that multi-dimensional