Mastery of the three “Rs”—reading, writing and arithmetic—is one of the earliest learning challenges. But Leonard Laskow, MD, believes humans need to master another set of “Rs”—recognition, resonance, release and reformation—in order to lead healthier, whole lives.

These “Rs are part of Holoenergetics,” a model of healing developed by Dr. Laskow a decade ago. Unlike the traditional Western concept of healing—curing an illness through medicine or surgical intervention—Holoenergetics involves teaching the body to heal itself by connecting with its subconscious components and thereby becoming whole. The process begins by journeying back to the source of illness.

“Absence of a disease does not mean that it is not there, it is just undetected. Healing is a way of bringing us back to our sense of wholeness or oneness with the world.”

Dr. Laskow, who has a private practice in San Francisco, trained at Stanford University and NYU and spent many years practicing within the traditional medical model. He served as chief of obstetrics and gynecology at a California hospital and had a private ob/gyn practice until a personal revelation directed him to explore other forms of healing.

Dr. Laskow’s spiritual awakening was a process that took many years. He began to explore various healing practices on his own. But it was on a retreat that he first put his skills as a healer into practice. His roommate, a young man with lung cancer, began coughing painfully in the middle of the night. “I placed my hands on both sides of his chest and visualized a radiant ball of light between my hands. The man said within minutes his pain was gone and said to me the next day, ‘you really are a healer.’”

Dr. Laskow gradually introduced healing work into his practice. He did not set out to abandon scientific medicine, but to integrate it with the aspects of healing that medical school ignores: the healing power of the connected self and the healing power of love.

“It became apparent to me that since we are all interconnected, we must take an enormous amount of energy to maintain the illusion of the separation of one part of our self from another, and one person from another. This sense of separation expresses itself as stress and illness,” Dr. Laskow explained.

According to Dr. Laskow, people begin on a path of illness when they attempt to suppress or repress aspects of themselves they find uncomfortable. These suppressions manifest themselves as energetic patterns that Dr. Laskow refers to as holoforms, which can induce illness in the physical body.

While storing holoforms has a negative effect on the body, releasing them heals. “Then the suppressed energy becomes available to us...and we can direct it in a way that facilitates the body’s natural healing responses,” Dr. Laskow said.

Holoenergetic healing involves going back to the source of those patterns. More specifically, to the very moment in which we interpreted the event in a certain way.

Going back to that moment in time is the first "R": recognition. It is up to the individual to cognitively recognize what it is that he/she wants to change or heal and to decide to change it. Then the person may use methods such as energy centers or holoforms are creating an imbalance. For example, a person who was punished as a child for something he/she didn’t do may have carried the belief into adulthood that no matter how hard I try, I’m bad and deserve to suffer. This deep-seated emotional pain might what you really want to feel.” These images, called positive life force intent, can be shifted to other areas of the body and facilitate the healing process.

Dr. Laskow has witnessed the power of Holoenergetics time and again. He recalled, for sake of example, the case of one patient who came to him for relief of severe lower back pain from a ruptured, herniated disc. She was scheduled to undergo surgery.

The patient divulged that she was so committed to her job that she felt that it had to be done perfectly. She was so good at what she did that her boss was giving her more tasks.

“It got to the point where it became a back breaking job,” said Dr. Laskow. “As we delved into the issue, we realized that her relation—

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