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Mastery of the three "Rs"—reading, writing and 'rithmetic—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

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, it 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

be expressing itself in physical illness.

Dr. Laskow suggests that patients give their physical pain a shape or form, like a red ball. Then he instructs them to resonate with the form by imagining themselves entering into the shape. It is here that the patient may re-experience the pain, beliefs and emotional patterns that were formed at the time of its onset. This done, the person is instructed to take a deep breath and expel or release the old form like a ruptured balloon.

When the old energy disappears it leaves a void behind that can be filled with the positive energy that the person wants—peace, love, freedom, empowerment, creativity, security, joy, acceptance, etc. Dr. Laskow guides patients to choose a symbol for the energy they want and to place it in the void.

"For some it may be the sun, for others it may be an eagle," Dr. Laskow said. "It comes from feeling

ship with her father was the reason behind this. Her father was a silent man who withheld a lot of his affection until she really performed, so she substituted job performance for her father's love. Authority figures in her job became surrogate parents while the pain of it all cried out for attention.

"Then she realized that she could release it energetically and replace it with what she really wanted: to be loved for and by herself, for who she was and not for what she did," Dr. Laskow continued. After only one session the patient's pain was released and her surgery was cancelled. She explained her situation to her boss and was given a promotion to the international division of the company and given a secretary. Her whole life underwent a transformation.

Dr. Laskow recounts many more examples of the power of Holoenergetic healing in his book, *Healing with Love: A Breakthrough Mind/Body Medical Program for Healing Yourself*

Mind & Body

Uniquely Connected In Holoenergetics

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

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 intuitively senses which 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-

and Others (HarperCollins Publishers, 1992). He also discusses a series of experiments he conducted to illustrate that this transference of energy can be scientifically proven. In conjunction with biophysicist Dr. Beverly Rubik, then of the University of California, Dr. Laskow says he measured the effect of energy on bacterial cultures.

According to the physician, when he held test tubes of bacteria and focused his intention on diminishing their growth in the test tubes, he could do so by as much as 50 percent. Conversely, he attempted to inhibit the effects of antibiotics by focusing loving energy on the bacteria and found that by doing so the bacteria remained active even in the presence of antibiotics. "Untreated" bacteria exposed to the same amount of antibiotics died, he said.

The outcomes of these experiments have not been published in a medical journal. Dr. Laskow says, however, that they convinced him his theories of Holoenergetic healing were on track: "What you can love, you can heal." ■

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