

## SCIENCE TO IMPROVE THE HUMAN CONDITION

Phillip Shinnick, Ph.D., M.P.A., L.Ac. & Laurence Porter

“Everything is connected to everything else.”

Werner Heisenberg

**ABSTRACT:** Science must address a deep human concern, pain and suffering and how can an individual, without drugs and surgery, self-heal? Historical knowledge of Coulombic, Gaussian and Photonic energy in medicine and the science of human organic life energy or Qi is required to heal ourselves. How can we couple singular individual consciousness of ancient practice techniques within a scientific frame? First, where does Qi fit into science? The properties of organic and inorganic oneness, comparing the physiology of human Enlightenment to the stable state of helium at absolute temperature gives information on how to approach disease. A non-invasive diagnostic technique of the Omura O-ring is capable of testing meridian theory, giving light on Oriental medicine’s limitations as compared to modern neuro-science of the dermatome. Treatment through self-help techniques of Chronic Heart Disease and a serious spinal injury gives us data in which to evaluate this approach

**KEYWORDS:** Acupuncture; Animal spirit; Body; Breathing; Chronic heart disease; Computerized tomography; Coulombic fields; Compression fracture; Dermatome; EEG; EKG; Gaussian fields, Meridians, Meditation; Mind, Omura O-ring, Oriental medicine, Pain, PEMF, Photonics, Post Traumatic Shock Disorder (PTSD), Qi, Qigong, Self-help; Superfluid helium; Yoga

What good is science if it doesn't address a most difficult issue...alleviating pain, fear and suffering? If science does not serve man in overcoming pain and suffering then who does it serve? Space, time, gravity, the cell, people’s theories, mental states, vibrations, psychology, biology, physics? Sounding good or seeming logical says

nothing about the necessary changes needed in human evolution at this time in history. Within the rubrics of Whole Person Self Healing, one can envision a science which is based upon a singular person which is the way that consciousness is experienced. A science that only relies upon a singular person for healing. It must be a science that is empirically based, tested in diseased persons. What is it in science which an individual person needs to know about healing?

Primarily one must know about energy...coulombic, gaussian and photonic (electromagnetic) and human organic energy (which can be paraphrased as "Qi"). What is electromagnetic and Qi energy? What effects does it have upon the inner body and between the person and space around the person. How can it be measured?

This discussion explores Coulombic, Gaussian, and Photonic fields starting at their historical roots up to their use in modern medicine for diagnosis and treatment. These pulsed electromagnetic field (PEMF) understandings slowly evolved through time. It took almost 400 years to have a clear scientific delineation of the different forms that these phenomena can have, from static generators, batteries (direct current), rotating coils of copper spun around a magnet to create alternating current, and photonic waveforms such as the laser. At first, in the nineteenth century, treatments proliferated but many people were injured from a lack of understanding of the effects that these inventions had on human tissue. Melzack and Wall in the 1960s put forth the control gate theory and the role of serotonin and the neuro transmitters in pain relief. Concomitant to this was research into forms of meditation, both involuntary and voluntary with the use of electrocardiography ECG and electroencephalogram EEG. For neurological disease came the test of the velocity of nerve conduction from the normal standard traveling through a given distance with the electromyography EMG. The use of these diagnostic methods resulted in a less direct patient/doctor relationship. Palpation, as well as the historical patient report, key to situate the patient's condition into an appropriate context receded. Research by Bykov and Gant showed that the heart is susceptible to noxious adverse conditioning to organ stress and adverse stimulation. Acupuncture and electro-therapeutics have been shown to overcome psychosomatic responses such as the phantom limb effect, emotional turmoil, neurological problems, such as reflex sympathetic dystrophy and to calm the heart and viscera. The concept of entropy is refuted for organic life due to the lack of application of inorganic equilibrium scientific experiments to organic non equilibrium conditions espoused by Prigogine. The electrophysiology of the heart with the sinoatrial (SA) node and the atrioventricular (AV) node are the primary pacemaker cell groups in the heart and may be implicated in diseased conditioning of the heart through de-synchronization and body trauma.

Where does Qigong fit into the science system? Qigong is both physical and

mental exercise; it does not have a religious component. It differs from psychology because it is both mind and body. Theoretical knowledge has an understanding but has no practice. Religious worship may develop the mind but has no body practice. At its core qigong is the manipulation of the regulation of the body, breath, and mind into an integrative whole, with the breath as the key regulator practice to make this happen. Measurement of Qigong is provided with a variety of measurements to chemical process, electromagnetism, and cellular pathogens. Research on Qigong, a term used for a variety of traditional Chinese energy exercises, cultivation and therapies (Chen 2003), has occurred primarily in China. A summary of scientific approaches and measurements to Qigong is provided and a reference to the Qigong Institutes' database of scientific studies and a definition of Qigong and methodological restrictions.

Enlightenment, physiological state of supreme Quiet, results abruptly from the Meditational state through unitization of fragmented physiology of ordinary man. Meditation has given long absorbing attention to actualities of the present moment. Subsequently Enlightened, all perceptions are of the total present, made possible by complete unresponsiveness to conditioned stimuli that had habitually reactivated residues of suffering. Tranquillity follows spontaneously, so does appropriate behavior, yet appearing "strange" to ordinary fragmented man. Despite extreme scientific disparities, a system parallel abstractly to Enlightenment appears abruptly at  $2.17^\circ$  Absolute, as superfluid in helium,  $^4\text{He II}$ , a quantum liquid. Its background noise is virtually zero, its viscosity is zero; it flows without differences in pressure. Its strangeness transcends commonly-held dualities of opposites as does Enlightenment. Macroscopic motion is inherent in its most stable stationary quantum state paralleling most stable physiologic state of living man, when Enlightened. Is this existential energy of motion Qi, the 'life energy' of Chinese tradition?

The Omura O-ring non-invasive low cost test is a scientific way to gather data over time. The O-ring is able to image PEMF (Pulsed Electromagnetic Fields) organ pathways on the surface of the skin and compare these imaged pathways with the traditional Oriental Meridians. These pathways have only been theories and with the O-ring a deeper understanding can be realized. The biochemistry of these pathways is presented. A triple blind study shielding the O-ring process from two researchers and patient showed under toxic condition (holding tobacco and lung tissue in the hand as control reference) caused an aberration of the lung pathway. A two year 400 patient clinical study was initiated from this aberrant experiment to see pathways under various pain conditions. These pathways deviate in spinal herniations, infections, scars, breast implants, emotional stress and muscular spasms. This case study indicated most myofascial pain comes from the dermatome of the spine (areas of innervations of

each vertebra) and stimulation to that particular vertebrae resulted in pain reduction in 80% of the cases. About 30 cases were associated with organ dysfunction and manifest aberrant pathways or pathways not a part of Oriental medicine. Through O-ring imaging, infections can be located, usually inside localized muscle spasms and when given compatible antibiotics, the O-ring showed the antibiotic did not penetrate these spasm areas. With stimulation i.e., acupuncture, laser, manual stimulation or Qigong, the antibiotic penetrated the area and resolved the infection. The Hui theory is supported by this clinical study outlines the general phases and direction inside and outside the body, linear and nonlinear direction from the location of an Oriental meridian points or circles.

In Chronic Heart Disease, exertion, overstrain or cold wind and temperature can create symptoms of tiredness, fluid in the lung, coldness symptoms, sputum production, cough, rapid breathing, nausea and abdominal spasm, no appetite, mental disturbances, insomnia and restless sleep, and fear. These were our questions: What techniques of meditation, Qigong and acupuncture can alleviate the symptoms of Chronic Heart Disease? Which complementary treatments and techniques can help alleviate heart medication side effects such as a drop in blood pressure? How effective is Traditional Chinese Medicine acupuncture techniques for symptoms of Chronic Heart Disease? What new techniques can be learned from this study in acupuncture, meditation and Qigong for particular symptoms? From these question came the desire to test and measure these states of Chronic Heart Disease in an acute state (with traditional heart medication) using meditation, acupuncture and Qigong. These transcendent states could help theoretically in the terminal phases of life i.e., escaping from conditioned thinking associated with fear. We wanted to test this general understanding with a particular case. This 95 year old patient was able to raise body temperature through Qigong, create a synchronized physiology through sitting meditation, and with electro-therapeutics calm dyspnea, fluid in the lungs and disturbing sleep. The terminal phases of Chronic Heart Disease through these treatment calmed his physiology but died one month later from a tumor in the esophagus restricting food intake but refused a stomach tube. He died peacefully without heart disease symptoms.

This is a four year report of a compressed and fractured vertebrae from a traumatic spinal injury subsequent to a one and one half year report previously published. The purpose of this study is to provide a non-manufactured drug, non-surgical, Oriental, Occidental, Indian/Tibetan and Native American approach to rehabilitation for a serious spinal injury. Besides stainless steel acupuncture needles used as emergency pain relief, the only material used was the mind, breath, body

movement and posture positions. The method was based upon a variety of traditional cultural techniques as well as modern physical exercises for rehabilitation and a scientific case based pattern of reactivity from a Post Traumatic Shock Disorder (PTSD). Daily progress notes over a year and one half, and an understanding of Oriental, Occidental, Euro-American, Native American and Indian/Tibetan treatment provided the framework for recovery. This discussion explores the Native American Indian practice of calling upon the animal spirit for healing, this is also the tradition in ShaoLin Gung Fu five animal forms, as a Qigong practice. These technique are discussed here. The multiplicity of symptoms changed constantly, arrhythmia, visceral dysfunction, concussion, herniated disks, dislocated ribs, whiplash, cervical and lumbar spine pain symptoms and emotional agitation. A quick recovery was followed by constant regression based upon reactions to posture, weather, noise in environment, travel and stress. It appeared that the effects of Post Traumatic Shock of anxiety, apprehension, fear and agitation became the most difficult to treat and continued after two years and one half year but at a more moderated occurrence. After four years PTSD receded with hand treatment to the jaw and occipital area at the base of the cranium when frontal supraorbital tension occurred.

Dr. Shinnick and L. Porter  
Whole Person Self Healing Institute, Inc.  
334 Riverside Drive #5  
NY, NY 10025  
917 691 6453  
[phillipshinnick88@gmail.com](mailto:phillipshinnick88@gmail.com)

Laurencecporter@gmail.com