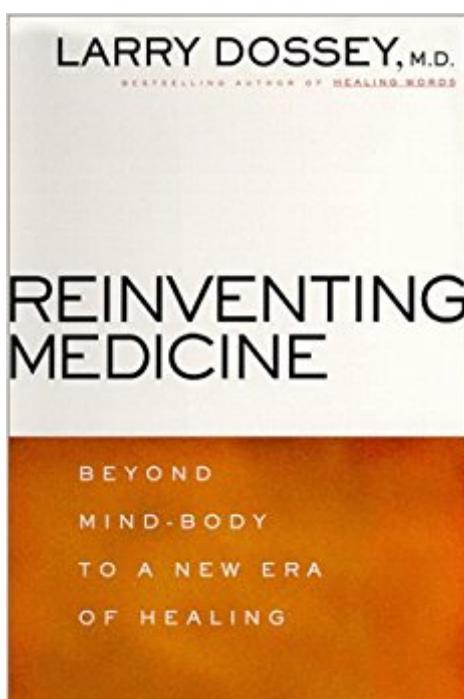


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Reinventing Medicine: Beyond Mind-Body To A New Era Of Healing



Synopsis

In 1993, revered and respected physician Larry Dossey forever changed our understanding of the healing process with his phenomenal New York Times bestseller, *Healing Words*. Now the man considered one of the pioneers of mind/body medicine once more explodes the boundaries of healing with his most powerful book yet. *Reinventing Medicine* is nothing less than a vision of the future of the practice of medicine. In his book, Dr. Dossey provides the scientific and medical proof that the spiritual dimension works in healing. Citing the work of scientists at such well-known institutions as Princeton, Harvard, and Stanford, he conclusively demonstrates that spiritual tools such as intercessory prayer, dreams, coincidence, and intuition have measurable, powerful, and profound effects on how we heal. His argument forces us to go beyond the practices of conventional medicine, which he calls Era I, and mind/body medicine, which he calls Era II, leading us to a new dimension, the spiritual, "nonlocal" dimension of Era III. What was viewed in the past as random or episodic events in healing are shown, through scientific evidence, to be related and connected to a higher force at work--Dossey calls this force the non-local mind. Through our understanding and recognition of the nonlocal mind, Dossey suggests ways in which it can be used for diagnosis and treatment, speeding the healing process, and giving clues for gaining information related to illness and pain. This vision of the coming era in medicine is one of promise and spiritual fulfillment that will surely change the face of medicine forever.

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Customer Reviews

Cue the theme song to the Twilight Zone: Research shows your plants won't grow as well when you're depressed as when you're happy. Praying for someone else will improve your own health, too. The growth of E. coli bacteria is inhibited when a group of people merely think about stopping the growth. And qi gong practitioners in San Francisco can kill cancer cells in other peoples' bodies--by willing the cells to die. These ideas surely sound ludicrous, but these and other similarly mindboggling studies have been commissioned and replicated by researchers at Harvard, Duke, McGill, and other esteemed universities. Larry Dossey is known as the father of mind-body medicine and perhaps best known for his advocacy of the role of prayer in healing in 1995's bestselling *Healing Words: The Power of Prayer and the Practice of Medicine*. He admits that working on such seemingly impossible projects a few years ago would have ruined a researcher's career with "ATF," or "the anti-tenure factor." But things are changing. He wrote *Reinventing Medicine* to present proof that "the mind can literally change the external world" and how this "nonlocal mind" will change health care in the future. His argument for the existence of this nonlocal mind is as convincing as it is eloquently conveyed. Doubters, he says, merely need to examine their own dreams for proof this is true. When was the last time you had a conversation or found yourself in a situation you dreamed about the night before? Studies from as early as the 1960s "strongly suggest that dreams are an avenue of nonlocal communication between separate, distant persons." Dossey's support of the nonlocal mind is sure to draw pooh-poohs from cynics, including M.D.s, but, he warns, health-care workers are bound to experience this force firsthand: "Doctors can experience their patients' symptoms nonlocally, and this can be unpleasant." He cites the example of psychiatrist Mona Lisa Shulz, a medical intuitive, who "began to grow increasingly uncomfortable, feeling hot and flushed," while speaking over the phone with a feverish patient. Dossey says this telesomatic event, extreme empathy, or whatever you want to call it, is dangerous, but that "empathic balance" is something that will be taught in medical schools in the future to ensure accurate diagnoses of ill patients. Dossey was one of the first vanguards of mind-body medicine, which is basically accepted as fact today; he's again presenting the future of medicine, as otherworldly as it seems. --Erica Jorgensen

Always in the vanguard, physician Dossey (*Prayer Is Good Medicine*, etc.) makes a fascinating case for the next revolution in medicine beyond the current era of mind-body healing. Rather than signaling an entirely new direction, he defines a larger, more humane vision based on incorporating advances in integrative medicine. His brief, persuasive work is bound to attract attention from the general public and medical professionals alike, especially in light of his pioneering work on the

connection between prayer and healing. Rendering his argument in simple language and illustrating it with many individual stories as well as scientific studies, Dossey contends that we are entering an era of the "non-local mind" that consciousness can accomplish healing outside the confines of one's brain and body, influencing distant events, people and circumstances. He does not discount the efficacy of medical intervention so much as he anticipates an enlightened model of partnership between patient and healer. While some readers may resist the idea of prayer influencing such events as cell development, many will accept the more familiar examples involving animal behavior (e.g., pets traveling thousands of miles to reunite with their owners). Addressing such major conduits of nonlocal healing as dreams, prayer and being in "the zone," Dossey offers moving examples of human healing that seem inexplicable by other means. He is at his most eloquent in his concluding chapter on "Eternity Medicine," or the compassionate treatment of the dying. Agent, James Levine. (Oct.) Copyright 1999 Reed Business Information, Inc.

Larry Dossey has a target tattooed on his chest - he has made himself vulnerable to a great deal of criticism by clearly stating that the human mind - consciousness - is a nonlocal phenomenon. By this he means that the brain is not the mind or consciousness. Consciousness - our capacity to think, reflect, perceive - is connected with other minds, even the mind of God as we understand God. We can and do move beyond our bodies to touch and be touched by others. Our consciousness continues after the death of the body. If this is true, and I believe, as Dossey does, it is, then we have the capacity to experience and connect with immense resources. In fact, Dossey emphasizes that this is already happening and has always been happening. The key is to accept this and move with it, to discipline ourselves and to seek the support and guidance of those who are already working effectively with consciousness. Although this is not new, it is, nevertheless, very threatening to many, particularly medical and religious professionals who are not prepared to accept this reality. Some go so far as to say that if it were proven true beyond all doubt they would STILL not accept it! Dossey has made himself a target for those who will not accept the truths about which he writes. He furthermore makes himself vulnerable to criticism by taking seriously those who have been castigated in the past, such as Mesmer (hypnotism) and faith healers. He distinguishes between outright con artists and those who have true gifts, but who use language which is not respectable among some scientist. This is an exciting book which calls every being to mutual respect and watchful acceptance of the gifts of healing and support which surround us all the time. Charles V. Day, Board Certified Chaplain

Larry Dossey delivers an impressive book on how to change the mind body connection with simple to follow steps. Change your mind and the body follows. Your mind influences your blood pressure, sleeping patterns, and hormones to a very large degree. Exercise and diet play key roles, along with prayer and mindfulness. Larry's message is never dull or boring. He is clear and bold in his message. Read all his books!

Having recently read and strongly recommended Larry Dossey's latest book, I have been re-reading some his earlier books. This one is similarly excellent. Medical models are strongly determined by the way in which people see the world: traditional Chinese medicine is a fruit of a Taoist world view, and classical Greek and Roman medicine was informed by the philosophical models of the day. Beginning roughly in the middle of the 19th century, Western medicine began to adopt an approach based on concepts drawn from the classical, mechanical, Newtonian concept of the Universe. Therefore medicine developed a mechanical view that is still the predominant model today. Dossey calls this Era I or mechanical or physical medicine. In the middle of the 20th century, it began to be realized that thoughts, emotions, attitudes and beliefs can impact the body, which led to a radically new perspective: what we now refer to as mind-body medicine. Dossey calls this Era II. We are now living in an extraordinarily interesting and exciting time, when empirical evidence, like the research on distant healing that we just mentioned, is forcing us to recognize the emergence of Era III or nonlocal medicine. Unlike the first two Eras, the nonlocal perspective acknowledges that thoughts and intentions may affect the functioning of other individuals, at any distance, and with or without the awareness of the recipient. The concept of non-locality is exceedingly important, and it is certainly true that it is not universally accepted. But with the passage of time, more and more evidence seems to be supporting its existence in the day-to-day physical world. If, as I suspect, it is accurate, the practical implications are stunning. One of the reviewers raised some good points about the importance of evidence, and Dossey has always been very careful about the data that he cites. As an example, I do not think that he was one of the people taken in by the Hundredth Monkey Hoax. It is interesting that over the last five years, 75% of the studies published in peer-reviewed parapsychology journals have passed the most stringent design and analysis criteria for experimental studies, which is around twice as high as the figure in the top ten medical journals. A highly recommended book by one of the most important authors in the field.

This is a wonderful book for anyone- lay person or professional- who is interested in cutting edge research on the power of the mind and heart in healing. "Non-local" mind encompasses prayer,

good wishes, healing practices like Therapeutic Touch, the laying on of hands, intuition, premonition, Love, and all benevolent practices used to facilitate the healing of others. Larry Dossey talks about how we communicate with one another over distance, like the Aboriginal and many other cultures, and how we can cultivate this human potential. It is a book that takes the 'woo-woo' out of near death experience, déjà vu, telepathy, etc while not taking away from the extra-ordinariness of those experiences. READ IT!

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