

PAIN GONE IN SECONDS

The Science Of Energy Healing
And The End Of Human Suffering

Helder da Cunha Pereira, Ph.D.

With a Preface by
Dr. José Pinto da Costa, M.D.



CIRCLE
SPEED
BOOKS

You can know more about the author through this webpage:

www.terapiaenergetica.pt



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Praise From Readers:

*

"I felt such joy and well being while reading this book! It sums up a lot of what I've read. It is true that you should be familiar with some of the ideas covered, but it is very accessible. It took me only two days to finish it, such was the enthusiasm with which I read it. Helder, you don't even know how much you have synthesized everything I've read. This book gave me the possibility to integrate and clarify much of what I know."

*

"What a wonderful read! I confess that I spent most of the night immersed in this precious book and did not rest until I drank all the information contained in it. Undoubtedly a work of great value and contribution. Congratulations for all the work you have done. I am comforted to know that more people are on this path."

*

"I really liked this book. It deals with deep and important topics but in a very clear and down-to-earth manner. It has very clear examples and metaphors that make us meditate about our own lives and happiness. I pass it on to friends and acquaintances because I know it can help them understand things better. Congratulations and keep up the good work!"

“Everything is possible, even the impossible.”

- Mary Poppins

TABLE OF CONTENTS

DISCLAIMER	9
FOREWORD	17
PREFACE (BY DR. PINTO DA COSTA, M.D.)	23
INTRODUCTION	25
<hr/>	
1. A STORY AS PRELUDE	25
2. BASIC PRINCIPLES	27
2.1. THE PROBLEMS OF THE WORLD ARE THE PROBLEMS OF THE INDIVIDUAL	27
2.2. IS SUFFERING INEVITABLE?	28
2.3. THE HUMAN NERVOUS SYSTEM	31
2.4. THE 'BUG' IN THE HUMAN COMPUTER	32
3. ENERGY AND INFORMATION - WHAT WE ARE REALLY MADE OF	34
3.1. BIOENERGY	35
3.2. BIOINFORMATION	38
4. SO... IS HAPPINESS AND CONTENTMENT TRULY POSSIBLE?	44
5. THREE REFERENCE BIT METHODS	45
5.1. EMOTIONAL FREEDOM TECHNIQUE (EFT)	45
5.2. MENTAL FOCUS HEALING	46
5.3. HEALING BY BIOELECTROMAGNETIC MANIPULATION	49
REAL TREATMENTS AND CASE STUDIES	51
<hr/>	
1. WHAT A TYPICAL BIT TREATMENT ENTAILS	51
1.1. TYPICAL REACTIONS DURING A SESSION	52
1.2. RESULTS	54
2. CASE EXAMPLES WITH ACTUAL PATIENTS	58
2.1. PHYSICAL ISSUES	58
2.2. EMOTIONAL PROBLEMS	70
2.3. TREATMENTS AT A DISTANCE	84
SUMMARY	86
MODEL OF FUNCTIONING OF BIOENERGETIC AND INFORMATIONAL THERAPIES	87
<hr/>	
1. A SCIENTIFIC MODEL	87

1.1. HUMANS AS ENERGY BEINGS	88
1.2. THE FLOW OF BIOENERGY: FORM, FUNCTION AND STRUCTURE	101
1.3. BIOENERGY IS CODED INFORMATION: THE HUMAN SUPER-COMPUTER	115
1.4. THE GOAL OF BITS: ENERGETIC HOMEOSTASIS	124
1.6. THE INTERCONNECTION OF ALL THINGS	138
1.7. THE 4 PERCEPTUAL TOOLS OF THE BIOENERGETIC-INFORMATIONAL HEALER	140
2. HOW THE THREE REFERENCE BIT METHODS WORK	145
2.1. EFT: EMOTIONAL FREEDOM TECHNIQUE	145
2.2. HEALING THROUGH MENTAL FOCUS	148
2.3. HEALING BY BIOELECTROMAGNETIC MANIPULATION	161
3. SELF-HEALING VS. TREATMENT WITH A THERAPIST: WHICH ONE IS BEST?	167
3.1. WATCHING FROM THE OUTSIDE	168
3.2. TWO SIDES OF THE SAME COIN	169
<u>SCIENTIFIC AND EMPIRICAL EVIDENCES FOR BITS</u>	171
1. THE INFLUENCE OF IMAGINATION ON THE PHYSICAL BODY	172
2. THE EFFECTS OF BIOENERGY APPLICATION	175
3. MASTERS OF BIOENERGETIC MANIPULATION	177
4. STUDIES OF INTERPERSONAL INFLUENCE AT A DISTANCE	179
5. THE PLACEBO EFFECT	183
5.1. THE THERAPIST'S ROLE IN THE PLACEBO EFFECT	189
5.2. ARE BIOENERGETIC INFORMATIONAL THERAPIES JUST A PLACEBO?	191
6. TRUE STORIES OF IMPOSSIBLE HEALINGS	194
7. QUANTUM PHYSICS	199
8. THE HOLOGRAPHIC MODEL OF THE UNIVERSE	203
9. THE INFORMATIONAL UNIVERSE	207
10. BIOENERGETIC AND INFORMATIONAL FIELDS AND WIRELESS BIOLOGICAL COMMUNICATION	211
11. BIOPHOTONS - BIOLOGICAL LIGHT	216
12. THOUGHTS ARE PRECISE BIOELECTRICAL PATTERNS	222
13. RHYTHMS OF THE HEART AND THE BODY	226
14. LESSONS FROM ANIMAL BEHAVIOUR	230
15. INTERCONNECTION OF ALL THINGS	233

16. ILLUSIONS IN PERCEPTION	238
17. THE POWER OF SUGGESTION AND HYPNOSIS	245
18. PAST LIVES	250
19. ENLIGHTENMENT, EGO AND THE IDENTITY PROBLEM	254
20. BIOENERGETIC AND INFORMATIONAL HEALING IN FOLKLORE	258
SUMMARY	261
FINAL CONSIDERATIONS	263
<hr/>	
THE TRILOGY OF LIFE	263
FEELING, THINKING AND PERCEPTION ARE ONE	264
TO THINK, RIGHT OR WRONG - THAT IS THE QUESTION	266
SUBJECTIVE PERCEPTION AND REALITY	271
TELEPATHY I: MODE OF OPERATION	276
TELEPATHY II: SYNCHRONICITIES	280
IS IT POSSIBLE TO NEGATIVELY AFFECT SOMEBODY WITH THESE METHODS?	283
THE ROLE AND SPECIAL ETHICS OF AN ENERGY HEALER	285
POSSIBLE UNEXPECTED SIDE EFFECTS OF THE RELEASE OF INNER TENSIONS	288
BIO-INFORMATION - A NOVEL PERSPECTIVE ON HUMAN BEHAVIOUR	294
THE END OF SUFFERING?	296
SUMMARY AND CONCLUSIONS	301
<hr/>	
BIBLIOGRAPHY	307
I. BIBLIOGRAPHY RELATED TO THE THREE REFERENCE METHODS	307
1.1. EFT: EMOTIONAL FREEDOM TECHNIQUE	307
1.2. MENTAL FOCUS HEALING METHODS	308
1.3. HEALING BY BIOELECTROMAGNETIC MANIPULATION	310
II. ALL OTHER REFERENCES	310
NOTES	333

*TEXT BOXES:
EXERCISES, DEMONSTRATIONS
AND SIDE-NOTES*

The Vibrational Dance Of Life.....	39
We Are Electromagnetic Beings.....	90
The Nourishment We Call Air.....	92
Yawns Are Contagious.....	93
Feel The Aura.....	99
The Influence Of Our Biomagnetism On Radio Reception.....	100
Stretching, Opening The Joints & Self-Massage.....	103
Going With The Flow.....	106
Positions of Force.....	109
A Workout For Your Energy Body.....	111
Get Out Of Your Head - And Into Your Body.....	114
No Right or Wrong.....	117
Muscle Test.....	130
A Body Scan.....	141
The Power Of Dedicated Attention.....	143
Conquering Uncomfortable Feelings.....	153
Bioenergetic Instincts.....	165
Animal Versus Human Stress Response.....	167
"Just The Facts, Ma'am".....	267
Waking Up In The Dream.....	270
Confirmation Bias And How To Have A More Productive Conversation.....	273
Check Your Beliefs.....	275



FOREWORD

“The mind of man is capable of anything— because everything is in it, all the past as well as all the future.”

— Joseph Conrad

I magine I told you that it was possible to relieve someone's very real physical pain in minutes, or even seconds, without touching the person, and without talking - would you believe me? And if so, if this would indeed be possible, how do you think it works?

Throughout the ages and around the world there have always been reports of so-called healing miracles, like the instant relief of pain with hands-on healing or mental focus. But miracles, as I read somewhere, are simply natural phenomena for which there is no apparent logical explanation at the time that they are witnessed. Therefore, they are prone to superstition and misunderstanding.

Well, I have always been a rational and logically inclined person, and so believe that there must always be a rational explanation for any phenomena, no matter how fantastic it may appear. So, having studied and practiced the techniques described in this book deeply, and having achieved miraculous and consistent results for hundreds of people with pain and trauma for several years, I feel I can now explain these phenomena in an objective, down-to-earth manner. In this way, I hope I can help dispel some of the ignorance and superstition around the subject of Energy Healing and related topics, since these are very useful and practical techniques, which can become a very important part of the Medicine of the future. But, perhaps even more importantly than explaining these 'miraculous techniques' in clear ways, is what we will uncover along the way about our invisible inner nature - how we work inside, what we are really made of, and what are the true causes for our pains and emotional sufferings. So get ready for the ride!



FOREWORD

In 1926, in *Science of Mind*, Ernest Holmes wrote:

*"That people have been healed through prayer and by faith in all ages, there is no question. But we live in a Universe of Law and Order, and at no time can that Law or Order be broken; therefore if people have been healed through prayer and faith, it is because they have somewhere contacted a Law which really exists."*¹

I agree with this author in that there must be laws, rules, and norms that govern the principles that enable "miracles" - laws just waiting to be uncovered and properly described. Flying an airplane full of passengers, or conversing on a mobile phone to the other side of the world, would have seemed pretty impossible feats not very long ago; however, the discovery of the laws of physics and engineering that makes such achievements possible have transformed these and other "miracles" into ordinary occurrences. It is the same with the technologies presented in this book.

It is a fact that Man cannot live of theory only; he needs practical utility, and reliable demonstration. In other words, he needs stuff that works and that can consistently enhance his life. We live in a wonderful era of unprecedented knowledge and interconnection: we can communicate with people on the other side of the globe in real time, know things in one minute that would take us a lifetime (or more!) to learn before, or have commodities and amenities that were completely unthinkable and unfathomable just a few decades ago. If a modern man could travel to a not so distant past and bring with him a smartphone, a photographic camera, or a car, he would surely marvel and scare the people of that time!

The truth is that all these things have always existed in potential form; we simply consistently applied the accumulated knowledge needed for them to become social realities. Likewise, many other potentialities exist at this very moment that remain unrecognized simply because most human minds have not fully grasped them yet. This book talks about one such marvellous and revolutionary 'hidden' field of untapped potentials: the therapeutic relief of people's pain and emotional sufferings in a quick, effective, and permanent way, without the use of drugs, equipment, or even requiring touch. We only use the very mechanics of the human body and mind in a very effective way. There are plenty of people in the world right now - as there have been throughout the eras - that can produce such apparent "miracles" consistently. There are also many healing modalities that have been developed and are taught around the world that

can create the same fantastic results. However, there is also a lot of superstition, mysticism and confusion regarding these topics. I think this is unfortunate and need not be so. These methods and approaches can and should be explained objectively and - dare I say - scientifically. We all could benefit tremendously from this approach.

This book talks about some of these "miraculous" healing methods, and some of these "miraculous" healers, and does so in a very objective way. This is one of the aims of this book: to describe, as objectively and as clearly as possible, the principles that better explain the workings of these techniques, without mystery or mysticism. This is essential so that these phenomena (and the magnificent human-suffering-relieving technology associated with them) can become more globally accepted and understood by believers and sceptics alike, and can thus be used more consistently and universally around the world to achieve wonderful results in people's lives. I have facilitated hundreds of these apparent miracles over the years, and continue to do so on a daily basis (you will read about some of these real examples in this book), so I know about what I am talking about from direct, personal, everyday experience. I am also a scientist by education (with a Ph.D. in Biology), with a natural tendency for thorough testing and objective thinking. Thus, my scientific academic tutelage, and my own innate inclination for rational thinking, did not allow me to be satisfied with common, superficial, partial, or unsubstantiated explanations for these phenomena - the kind of explanations which, unfortunately, I have encountered many times in my research. For me, since this is a reproducible and predictable phenomenon, it implies natural, objective principles - or laws - at work. So, I applied myself deeply to the study of the modes of functioning of these methods, and arrived at some very interesting and novel conclusions, which I want to share with you in this book. To me, these are perfectly natural occurrences, not at all mystical, despite maybe appearing so to some people.

To put it bluntly and simply: this is real and it works. The current increased interest in spirituality, self-development, the energetic nature of Man (and of the whole Cosmos), and the increased scientific study of these themes, indicates that people feel there is something worthwhile exploring here. And there is. This book is my contribution to this field of knowledge, which I have termed *Bioenergetic and Informational Therapy* (BIT²): the application of the 'science of miracles' to the relief of human suffering by the discovery of our bioelectrical and informational nature (I will explain these terms in detail later). I will not only share concrete

FOREWORD

examples of treatments and personal experiences, but will also describe the principles that, I think, best explain these phenomena, with scientific and empirical evidences to back them up. I will also share some exercises, tips and techniques that will allow you, the reader, to test some of the principles for yourself, and to benefit from them. Along the way we will find something quite unbelievable: that we may not suffer for the reasons we think we do, and that human suffering can indeed be erased, kind of like deleting a nefarious program from a computer.

You will find in these pages a framework that is certainly fresh, new and unconventional. I believe it is an emerging view in the world, as it integrates the most diverse branches of knowledge, from Quantum Physics to Esotericism, through Psychology, Computing, Mathematics, Biology, and others. What the application of this knowledge brings to the table is extremely valuable and useful for our modern lives, yet it is very little studied with the depth and seriousness it deserves, and it is disregarded far too easily in my opinion. However, the potential of BITs to reduce pain and promote a more harmonious way of life is gigantic, as I hope you will find by reading these pages. This book is thus intended to be a serious introduction to the theme, while being, at the same time, very accessible to any lay reader. Its main aim is to promote and stimulate a serious discussion around the subject matter and its potential, and to make the readers discover for themselves that they have a personal energetic and bio-informational nature. Like the ability to fly on an airplane or talk on a mobile phone, the potentials described in this book are already residing inside all of us, only waiting to be discovered.

Neither Scepticism Nor Fanaticism

One additional note on scepticism: I have noticed, over the course of my work, two general broad reactions to the possibility (or even evidence) of instant, energetic or "miraculous healings": either people become fiercely sceptical and critical, quickly dismissing, often with contempt, any mention of the subject, or we have those - who we may call 'blind believers' - who accept, far too easily, any mention of the transcendental without the needed objective critical analysis. For me, both attitudes are close-minded and radical, and neither aids progress, as they are both resistant to continuous testing and open-minded analysis. These opposing views seem to be driven by fears that personal beliefs, which can be very strongly held, may be wrong. It is as if one suddenly lost the floor under

one's feet, and I understand that it can be scary, but it can be exciting too - it all depends on our point of view. It is far worse, in my perspective, to close ourselves to new and exciting possibilities just because of our dogmas, especially when these possibilities are so natural and, moreover, extremely useful. There is no point in covering the sunlight with a sieve; evidence is evidence, and while we may continue to try to hide or ignore it, it will not go away. In the same vein, people strongly believed, in the past, that the sun revolved around the earth (the society of that time even prosecuted people who claimed otherwise!), until we understood - and came to accept - that indeed the reverse was true.

It is possible to be open and critical at the same time, and I firmly believe that we can only gain by deepening our knowledge and understanding about these topics; not in a spirit of secrecy and superstition, as has hitherto long existed - and which is fertile ground for the proliferation of myths and false beliefs -, but in a spirit of open and objective scientific investigation. In fact, science itself, in its current and most advanced paradigms - particularly in the fields of Physics, Biology, Experimental Psychology and Body-Mind Science - is perfectly correlated with the results obtained with BITs, as we will explore later.



This book is not a definitive text on the subject, of course, but it does gather *a lot* of information into a comprehensive, straightforward, and easy-to-understand framework, information that has been heretofore scattered, not yet gathered into a cohesive model for understanding our deep inner nature. I see myself more like a researcher and a promoter of self-development for the enhancement of mankind than an actual healer, although I can heal quite well. This is an advantage though, as I can have first hand knowledge of these things, and can thus demonstrate what I preach. In this vein, I have tried to be honest, clear and as comprehensive as possible in what I write in this book. Still, no one holds the whole truth or the perfect point of view, so I encourage everyone to not take this material - or any other for that matter - as "the way things are", but rather as a firm platform for exploring further. I encourage you to test everything for yourselves, and to find your own truths, as I champion a spirit of open mind (and heart) and critical thinking at the same time. It was in fact this approach that, applied systematically, led me to the

FOREWORD

profound insights and applications I describe in this book. I am pretty sure this is the only way to actually learn something new: to have the courage to inquire deeply into the truth of things, and to not give up until you find the answers.

As I have already said, this book is my contribution to the enhancement of this field of knowledge, in hopes that it can promote a serious conversation around these very relevant topics in our society. I see it as material that can serve as reference for generations to come, as these phenomena are not only interesting, but are also fundamental if we want to live a truly happy and fulfilling life, in peace, joy and contentment for all. Some would say that this is an impossible goal, an Utopia, but I would argue that it is not only possible, but that it is actually not such a far-fetched idea. In fact, I believe we are actually headed in that direction, even if in zigzags and not in a straight line. I maintain (and give good evidence for it in this book) that human suffering is not an absolute condition, shaped by living circumstances or genetics which are "set-in-stone", but that it is rather an *internal* creation, and that *it can be shifted*, eradicated even, irrespective of one's life's situation or biology.

However, in order for the actualization of this grand goal, we need to first see it as a possibility, then desire it, and then work together towards actualizing it, with willingness to learn and openness of heart. The more of us who do this, the better. In fact, this is how we achieved the seemingly miraculous technologies and lifestyles we now benefit from on a daily basis: we dreamt it, and worked for it. Now we just need to apply the same desire and drive to this wonderful Utopia. For me, it is hard to find a nobler goal than this - the true eradication of human suffering -, for pain and bliss really begin and end within the Heart of Man.

So, Dear Reader, I wrote this book with dedication and love and with the sincere hope that it will enrich your life. I hope you enjoy it. May it give you many wonderful insights.

PREFACE

This book, which can be termed a manual, has a sense of modernity in the holistic perspective of the human being as the result of the genetic load conveyed by learning, education, interaction with the environment, and astral influence.

The author is not a medical doctor, and does not need to be one, to discern about health issues.

It is commendable the explanations of his experiences in the field of bioenergetic and information therapy.

The historical development of human beings has always been accompanied by myths, and when one is eliminated by acquired knowledge, soon another appears to replace it, and yet another successively, showing that myths are a constant of human existence. The attraction to the unknown is an irreducible evidence.

The author emphasizes and takes advantage of the inherent magnetism in the human body.

His explanations on suffering and pain are part of a modern view in which, instead of announcing miraculous cures, patients should be assisted to live as well as possible, in terms of accepting their ailments, and believing in the energetic potential of the human body in order to recover fully.

The author's descriptions of treated cases by direct experience makes the reading of the text uniquely attractive.

The informational bioenergetic system presented to us in this book is coherent with modern neurosciences.

The emotional causes of many behavioural disorders are well evident in the text, through the presentation of cases from the author's personal experience.

The problems of fear and grief have also not been forgotten, with reference to the fact that the human being is primarily an energetic organism, with properties and organization equivalent to what we call electromagnetism.

Helder Pereira, by way of cultural survival, rehabilitates for world readers the magnetism known since the 19th century, with ancestry also in

PREFACE

Antiquity and the Middle Ages, where the therapeutic use of magnetite - a magnetic stone - in various diseases was practiced, with emphasis on the removal of a magnetic particle from a patient's eye from about 2500 years ago.

The author rightly says that no one can deny that magnetism is a real force, and that the fact that we cannot explain it does not imply that it does not exist.

Current science is a big argument for the book's usefulness.

This book is an exemplary work in the context of integrative medicine, where a range of conventional and unconventional therapies - named alternatives - are brought together in a common perspective.

The author provides the reader with a pedagogically valid collection of explanations of scientific and empirical evidences in the context of current psychology and human behaviour.

The simple and fruitful language used in this book, accessible to any reader, elucidates scholars about the effects of applying bioenergy, making the book a convenient and necessary utility.

On the Conclusion of his book, the author writes: *"It is my belief that we can create a better and more fulfilling world, and I hope this book can serve as an inspiration and a contribution for moving us in that direction."*

I am sure that it will. It is a book to read, to meditate on, and to keep.

- Prof. J. Pinto da Costa, M.D. Forensic Pathologist
Porto, November 2017

CHAPTER I

INTRODUCTION

*"It is only in the heart that one can see rightly;
what is essential is invisible to the eye."*

*- Antoine de Saint-Exupery,
in 'The Little Prince*

1. A Story As Prelude

Maria's right knee hurt a lot, with a terrible pain that had been there for several years now. It bothered her daily, like spikes always pricking her skin. Since Maria was a practitioner of alternative therapies, and knew many people in the field, she sought help everywhere for her discomfort, including, of course, conventional medicine. But nothing seemed to help. I was staying at a boarding house she ran abroad, and I was still relatively new to this 'energy therapy' thing, but since we were both attending a course to learn yet another energetic healing modality, I felt comfortable enough to try the methods I had learned thus far on her knee. So, on a whim, at a time when she was complaining about her pain, I asked her if I could try something to help. She agreed.

I proceeded to mentally focus - without touching her - on the pain in her knee, becoming aware of the images, ideas and sensations that came to my mind related to her problem, like someone who tunes into a particular radio station and starts receiving information. I trusted what I was sensing, without much analytical thinking. In this particular case I sensed that the pain was associated with Maria's inability to be still for

PREFACE

more than a minute or so. This was a weakness in her. She seemed a nervous and agitated person, and it felt like the knee was 'asking' for some quiet and relaxation, to simply rest for a while. The particular image that came to my mind was she simply sitting and resting for some minutes on the sofa in her living room. As I visualized/felt her sitting there, I realized that she simply could not keep still, that her brain started moving a thousand miles per hour, her energy became agitated, and she just had to get up and move because it irritated her. It bothered her to simply be there, "doing nothing", because it triggered many unpleasant thoughts within her mind. This underlying restlessness felt like a major cause for her knee problem.

I then proceeded to the treatment proper: I focused on this image and sensations (her sitting on the living room sofa feeling restless) and tried to alleviate the associated feelings until I sensed her being well, relaxed and stress-free in this very same situation. All of this was happening inside my consciousness, and it felt like I was having a dialogue with the images and feelings I was sensing from her. It is not the same as imagining or wishful thinking: these images and sensations seem quite palpable, and appear responsive to one's focus. As I will explain later, I believe that what is happening here is an actual non-verbal dialogue (a kind of telepathy) between two people, between two bioenergetic computers.

Anyway, during this process, I felt a few quick energetic shifts in me, and afterwards I felt that the image had changed: I could now sense that Maria would be capable of sitting still on the sofa, quite relaxed, doing nothing for a long period of time. She felt restful in my imagination/perception now, as if I had helped her in being able to do so - by 'giving her energy' or assisting her emotionally in that sense, even without speaking. There was a sense of it being fine now, when before it felt tense and heavy. After I experienced this inner shift in feeling and perception - which for me signals that something has indeed shifted - I asked her how she now felt. I do not tire of watching people's marvelled faces when they realize their pains have been relieved: Maria got up, tested her leg, and exclaimed, incredulous, that the pain in her knee was gone! The whole 'treatment' took no more than one or two minutes, and involved no touch or open dialogue. Weeks later, I contacted her again for an update: the pain, indeed, had not returned, and the results had been permanent.

Results like this are not sporadic or occasional. They are consistent, reproducible, and long lasting, achieved not only by me, but by many

other practitioners around the world. I believe it is a universal ability that we all share as human beings, an aptitude inherent in our own very nature, despite remaining undiscovered by most of us.

I could tell you many other stories - and will recount some of them in this book - but the important thing to ask at this point is this: how is this possible? And if this is indeed a replicable phenomenon, how can we make it accessible on a larger scale on our planet? It is precisely these and other questions that this book will address.

2. Basic Principles

We all desire to be happy and relaxed, to be in good spirits, to feel energized and enjoy each of life's moments with health and vitality. In this, we are all the same: we all seek to feel good and avoid feeling bad. We also all have a sense when we are feeling optimally and less than optimally, even when we do not understand precisely what might be wrong. We simply know that we are not "as we should be".

What determines, then, these states of being well or unwell? How and why do they differ? What does 'feeling well' and 'feeling unwell' mean, exactly, and how could we consciously change one state for the other?

2.1. The Problems Of The World Are The Problems Of The Individual

First we should look at the big picture: the problems we see in the world (the injustices, the wars, the suffering) are, fundamentally, a reflection of the problems of the individuals living in that world, a fact we often ignore or underestimate. The sum (or multiplication perhaps!) of the states of mind of each individual is what determines the general aura of the world, and what ultimately determines the common reality in which we live. Everything is energetic and everything is intertwined (as we shall see), and from this we understand that the only solution to the issues of the world is the elimination of the internal sufferings of each being living in it. We are like molecules of water in a vast unified sea, and if there is pollution in that sea, no matter how far removed you may be from it, you will still be contaminated, as it is still a part of your own body.

The stresses and anxieties, the tensions and physical pains, the frustrations that each of us carry inside are powerful, and they grow into potent actions and reactions that spread like wildfire all around. This

internal source of unrest is the true and only cause of global suffering. Consequently, the resolution of these individual frustrations is the only solution for a true profound general well-being, translatable into a society of real peace and joy. We will only be truly happy when each of us is happy. When this is fully realized, we will be on the right path.

2.2. Is Suffering Inevitable?

If our goal is to end human suffering, we will have to begin by asking what human suffering is, and whether it is, in fact, eradicable. I think most people believe that human suffering is an inherent part of the human condition, and that it cannot be circumvented. We have definitely been experiencing suffering all of our lives, and we have learned to live with it the best we can. After all, it seems to have existed everywhere and in all ages, and it is therefore normal to suppose that suffering is a given in human existence. It definitely appears that way.

However, as in many things in life, appearances can fool us, and when we start analysing the evidence objectively, we will start seeing a very different picture. We may notice, for example, that suffering may be more of a *human* characteristic (i.e. not a part of Nature *per se*), and that it is not an absolute but relative condition: it can be here one minute and be gone the next (as we will see in many real life case examples below). Also, if we think about it, we might realise that animals and children do not seem to suffer as us adults suffer. They appear to be more content, more joyful, not so serious or carrying heavy burdens as adults do. Suffering does not seem to 'stick' in them as much. It seems that something starts to take root in us people as we grow up, lending heaviness to our existence; a kind of dark cloud that hovers around us, weighting us down. This acquired heaviness makes us become gradually more grey and closed in on ourselves, feeling separate from the world and the rest of Nature, feeling helpless and hopeless. A child, on the other hand, can be crying compulsively like it's the end of the world in one moment, and be laughing and playing as if nothing had happened the very next moment. In an adult, this is much more difficult to occur. An adult "does not forget", holds resentments, creates internal concepts and elaborates stories about what happened to him and why it hurts. It is these inner impressions and stories - as we will continuously see throughout this book - that create suffering, and not, as common sense dictates, life's external circumstances.

For most of my life I also believed in what most people believe: that suffering is an inseparable condition of being human, a natural consequence of being hard hit in the face by life's cruel circumstances, a condition we may, at best, learn to handle or manage the best we can, but one that we could never truly overcome. But is this truly so? Is suffering really inevitable? The clear-cut and continuous evidences that the Bioenergetic and Informational Therapies (BITs) I use gave me over many years of practice seriously challenged this idea again and again. After having witnessed, over and over again, the relief, or total eradication, of a person's suffering (like physical and emotional pain) without changing any of the patient's external circumstances or even his lifestyle (diet, exercise, home, relationships, job), I had to seriously redefine my idea of suffering and what causes it. Simply put: what makes us suffer are internal mechanisms, not external circumstances. Change the inner mechanics and the suffering ends.

I'll give you a simple example to begin with, a real life case I treated that helps clarify this point. Amongst other things, a lady came to me complaining of the dread she felt - ever since her children left the house (as she now lived alone) - of entering her home's living room by herself. She did not know why, but she was terribly afraid of being there alone: she felt small, cold, uneasy, so she avoided entering the room. Even going in to shut the blinds in the windows was hard. I addressed and treated this like most other cases: as she was lying down on the marquise, we briefly identified her feelings about this fear, when it started, and the circumstances surrounding it. I then started interacting with the internal impressions and sensations around her fear, with practically no verbal dialogue involved. She visibly relaxed throughout the session, and I felt that something had indeed shifted. "I truly hope so", she said, noticeably without much hope in the idea that her problem had been resolved so easily. But after a few weeks she reported back: on the very same day of our session she found herself, quite spontaneously and without planning, falling asleep comfortably on the sofa in the very same living room she once dreaded to be in. It felt like a miracle. Only when she awoke she realized what had just happened: "I'm not afraid to be here anymore!" Not only was the fear gone, but she also felt completely at ease being in the room now. Several years have passed as of this writing, and this result has stuck intact.

This raises a very important question: what was causing her fear? Where was it coming from? Was it coming from the living room itself?

PREFACE

Obviously not. The room did not change at all during our consultation. It was the exact same room, in the same place, with the same lighting, the same ambience, the same furniture and configuration. What *did* change was something *inside* her, which completely eliminated the emotional pain she was feeling. This was so with hundreds of cases I have dealt with (some examples in Chapter II), leading me to the astounding conclusion that *suffering is an internal creation in the human organism*. Furthermore, we now have the sophisticated technology and inner engineering that enables us to 'enter the system' and neutralize the experience of suffering from the inside out! Isn't this amazing? Isn't this a message worth sharing? I believe it very much is. And this is just one of the many amazing insights the application of BITs can give us, one of its many paradigm shifts, as we will see.

Actually, if we look into it, other evidences exist that support the idea that human suffering is not an absolute and immutable condition, but that it is something malleable and internally created. One other piece of evidence is given by the so-called 'enlightened person', human beings who seem to have transcended suffering altogether (some famous modern examples include Adyashanti, Eckhart Tolle, Byron Katie, and classics like the Buddha and others); by a stroke of luck, inner work, or "divine grace", a deep inner transformation took place in them that lead to the cessation of suffering. The cause of their previous suffering, as they report, is clearly now seen as an illusion, a process of identification with inner impressions, ideas, and stories that they once took personally. When they stopped believing in and identifying with them, suffering stopped. This full-on liberation does not happen to most of us, but it does not mean it can't. BITs are actually a potent way to create these 'mini-enlightenments' in people, and so they can get a taste of what it feels like to be liberated.

Additionally, the idea that suffering is not due to external circumstances but is an internal creation is not new. Marcus Aurelius, the Roman emperor who lived in the second century and was a well-known Stoic philosopher, wrote in his diary: "*External things are not the problem. It's your assessment of them. Which you can erase right now.*"³ (this, by the way, was a very popular Stoic idea, and people like Socrates - who was surely also enlightened - were the living inspiration behind this philosophy). Modern science has likewise confirmed that even physical pain and suffering are mostly, if not wholly, created by inner interpretations and perception, even if this may be hard for us to believe⁴! Throughout this book I will continue to explain what these internal representations (the inner

judgments that causes suffering) are, what they are made of, how and why they appear, and how BITs can neutralize them so effectively, using bioenergy and information. So, again: suffering is indeed a part of Life, and one we must accept as a parcel of the human condition. However, we must also realize that it is not an absolute but rather a relative condition, despite the fact that it seems one that is difficult to "shake off" easily. Still, indeed, there are better states in life than suffering, and we can definitely get there.

2.3. The Human Nervous System

To deeply understand what really causes human suffering, we should begin by taking a look at the mechanisms that control our organism. Science tells us that it is the central nervous system (brain, spinal cord, and all the nerves that branch from these structures to connect to all the organs, muscles and tissues of the body) that controls and mediates all the functions in the human organism: from the basic involuntary ones like breathing, digestion, heart beat, etc., to the voluntary contraction of muscles, and also to the most varied and complex emotional responses that we can exhibit (stress, fearfulness, excitement, etc.), including all thoughts and impulses that cross our minds. In short, there is *nothing* that can happen within the human organism - body and mind - that is not mediated by the central nervous system.

So, the question that arises then is this: if the central nervous system controls everything in the human mind and body, including what makes us suffer, what then controls the central nervous system itself? What makes it decide to react in this or that way for every situation? In short: what is the central governing, decision-making faculty in the human being, and how does it operate? If we had access to this 'Central Terminal' or 'Central Computer' we could, theoretically, access the main cause of all functions and dysfunctions in our organism... Well, this is exactly what I believe BITs do.

We will explore this concept of a Central Governing System more deeply in Chapter III, but for now let us say that, within the framework of BITs, this system - which determines the functions of the Nervous System, and thus controls the entire organism and determines its behaviour - is called the *Bioenergetic and Informational System* (BIS). This is the Central Computer that BITs interact with. The BIS is understood (and felt) as an invisible, but tangible, integrative and unifying energetic and informational system that controls everything in a body. It is a complex

energetic circuit matrix, through which all the information related to the organism and the surrounding environment flows, is absorbed, processed and stored. It is this system that determines the reactions and symptoms of an individual. This inner super-computer has always learned and continues to learn what is 'good' and 'bad' (it is its job), as it continuously monitors, analyses and compares all the information it receives, which it then uses to sail the organism through life, determining the best routes, actions and impulse reactions to take, ensuring its survival and growth. And it does all this largely without our conscious awareness.

2.4. The 'Bug' In The Human Computer

We hypothesized, then, that the human being is controlled by a kind of central super-computer, where all the information that determines how it will act and react in each situation is stored. And we all know from experience that sometimes this computer decides upon a route that leads us to unwanted and unpleasant reactions and effects that are not to our liking or to our best interests. For example, often times we develop pains that become chronic, and seem to serve no function but to limit us severely; or we feel emotions (like depression or fear) that we would rather not feel and that compromise our well-being; or we repent having done or said something that, if we had had complete conscious control, we would definitely not have done or said; or we develop an addiction (to food, gambling, or a person) that we seem to be unable to dispel. We see, from these and other examples, that our inner computer often operates apart from, and even against, our conscious will. As much as we do not want to have some physical or emotional symptoms, we almost always feel completely powerless to change them consciously and voluntarily. Even if we *know*, consciously, that these symptoms are created internally by our minds (by our central nervous system), we still find it hard to change them.

I often say that this appears like a kind of 'error', or 'bug' (using computer language), in our personal computers, but I believe that this does not happen haphazardly. The human computer (the BIS), which determines the physiological and emotional state of our organism at each moment, is automatic, instinctive, super-fast, and extremely powerful and sophisticated. It has been, in fact, designed to mostly evade our conscious control, as this constitutes an instinctive defence mechanism that served us throughout our evolution as a species. For example: when we try to

cross the road but are distracted, and a car almost hits us, our body automatically jumps back, and we only realize what happened seconds after the event, when we are safe again on the sidewalk. This system is there to protect us, and when it determines that there is danger, it will simply and effectively 'close' the body and take control, triggering all kind of defence mechanisms, doing what it deems necessary to preserve the organism - regardless of what we may consciously think about it. It would be impossible to live otherwise; imagine if we had to consciously be aware and control each and every decision we need to make in order to survive in each moment. It is simply too much information. Our inner sophisticated computers are doing this work for us automatically, continuously monitoring the environment within and without the body, with focus and precision.

So there is a compromise. But the problem arises, as I have said, when the system reacts in ways that are beyond our *conscious intent, control and want*, and herein lies the aforementioned 'bug'. Too many times, and in too many situations, this creates more problems than it generates solutions. A chronic pain, or any organic symptom that we may develop, is usually the fruit of an old activated trauma or automatic program stored deep in the energetic and informational matrix of the body. When we tremble in fear while standing on top of a tall building for example, while rationally knowing that there is no logical reason for feeling so fearful as we will not fall, the body still shakes and trembles, and we feel weak and unsafe. The same for emotional reactions: we know very well (consciously) that if we yell at our spouse all the time, we are ruining our relationship with her, and yet we feel often powerless to control ourselves. This impulse feels too strong for us to control and manage, and I believe we all know the power of uncontrolled emotions. And herein lies the great drama of the human condition, the prison that we all live in: we often feel like conscious victims of powerful innate instincts and automatisms that determine our reactions and feelings, rather than we doing it ourselves with our own volition. And because of the depth and power of abstraction and interpretation in the human mind (which has grown exponentially through evolution and is reflected in the size and complexity of the brain), what constitutes a blessing that permits many wonderful achievements, is also a curse. We fall prey to a spasmodic system, one that takes us prisoners, in a way, of its instinctive programmed reactions, and makes us suffer immensely when it does, instead of liberating us. In this sense, this defence and survival system has become in some ways

PREFACE

obsolete, and we should learn to liberate ourselves from it, to transcend it, and to use it to our advantage - which by the way, we can.



We start gaining this control by understanding how our system *really* works and how to hack it (like a hacker cracks the code on a computer!), and I consider the healing methods described in this book very advanced and sophisticated, as they deal directly, swiftly, smoothly and effectively, with this BIS, the system that controls everything in the whole organism. We can thus, through these methods and the understanding they provide to us, begin to re-harmonize our bodies and minds by nullifying the impulses that are not serving us anymore, and thus restore homeostasis - the natural balance of body and mind. By taming the automatic programs in the computer, the results change. Understanding how this works, and how we can communicate with this inner computer to achieve seeming 'miracles', is what this book explains. Through these methods, we effectively promote a state of happiness and well-being in an individual - our natural state -, which is simply hiding behind the defensive tensions accumulated in our reactive minds. These tensions constitute the 'dark clouds' I mentioned, and when these clouds are finally lifted, we feel naturally relaxed, clear and energized. What remains is an organism in its most natural state, free of tensions, and full of vitality, joy, and optimism, where everything flows properly.

3. Energy And Information - What We Are Really Made Of

We have said that the BIS - the invisible system that manages everything that is happening in our bodies - is made up of bioenergy and information. Let us then introduce these two key BIT concepts that allow us to understand how our personal computers work, and how they organize everything that happens in our systems. If you happen to find these ideas too complex at this point don't despair, in Chapter III we will talk about them in deeper detail.

3.1. Bioenergy

We call 'energy' to the mysterious force that drives everything, which is, admittedly, something difficult to define, even scientifically. However, its existence can hardly be denied, as denying it negates the very manifestation of life and the world. In science, energy is primarily a concept of physics: there is electromagnetic, thermal, kinetic, solar, wind and nuclear energy. There is energy in the most varied forms. In short, everything that moves presupposes the existence of a latent potential energy that is made manifest. Without energy, nothing could exist, for nothing would move.

There is a specific form of energy that is most relevant to the topic of this book: the energy of life, the energy that animates all living beings. This is the force that allows the movement of our bodies and our minds, that makes us breathe, that digests our food, that makes our hearts beat, our minds think, that makes everything function and move within us. Without this energy there would not be life, and you could not read this book. The difference between a living body and a dead one is precisely the manifestation and presence of this vital energy, just as the difference between a calm and a wavy sea, or a calm and a windy day, is the presence of an energy that makes the sea and the air move. We call this vital energy *bioenergy* (*bio* means life), and it is this force that we are exploring in this book.

In BIT we accept the notion that there is a complex and intelligent energy circulatory system, with specific currents and channels that flow inside, on the surface, and around the body, and which constantly regulates and coordinates the whole organism. It is the way that this bioenergy is structured and is flowing throughout the system that determines not only the bodily structure, but also the way we feel, and how the system functions physiologically at any given moment. Bioenergy is the 'messenger' for the Central Computer of the body so to speak, moving information quickly through it, and coordinating it as a whole. This bioenergy is of a very high frequency (or exists at the quantum level), and is lightning fast (a type of supersonic or invisible light), and so its flow enables the ultra-efficient coordination and communication of millions of processes occurring every millisecond in the body, without the need for a conscious control or effort on our part. Keeping with the computer metaphor, we can equate this bioenergetic circulatory system to the electrical conduits that carry the electrical impulses (information) between

PREFACE

the different components in an electronic circuit.

Ancient cultures - like eastern civilizations or indigenous tribes - knew this vital energy very well, and had an intimate connection with it, and had their own specific names for it. For example the Chinese and Taoists call it *qi* or *chi*, Indians and yogis called it *prana*, the Polynesian cultures had *mana*, and the Stoics of Ancient Greece referred to it as *pneuma*. If you look into these and other concepts you will see that the characteristics of this 'impersonal force that moves everything', to which each culture gave its name, are very similar in nature. They seem to be speaking of the same universal life force, the energy that animates everything and everyone, the "Spirit of God that moves on the waters,"⁵ or the "Great Spirit" of the American Indians. The very word 'spirit' indicates something that moves but cannot be seen. The word comes from the Latin *spiritus*, which means breath, air, soul. The word "to breathe" in Latin - *respirare* - has the same basis, and means "to put the spirit inside". So the movement of the air itself is a spiritual manifestation, the manifestation of this vital, invisible, force in us. Ancient cultures acknowledged this. In yogic texts, for example, *prana* is commonly described as existing in the form of 'winds' that move within the organism⁶. This explains why indigenous people have always attached great importance to the breath as a primordial spiritual manifestation. In sum, most of the world's people recognized and had a very close relationship with the animating life force, which is (in) the wind, (in) the running of the rivers, (in) the movement of the Sun and the planets - and also (in) our bodies and minds.

Probably by now you started to realize that there is a whole world hidden in plain sight that might have escaped you, to which our materialistic culture pays very little attention to, being quite illiterate about it. An advantage, however, of the time and culture we live in, is that we are very advanced technologically, and this technology can provide us with excellent paradigms and metaphors that can help us better understand the whys and hows of the 'miracles' of BITs (all technology is, in essence, an imitation of Nature and its principles). That is why I am using the computer analogy in this book, as it is very useful and quite fitting. We can say that we are, through other means, slowly arriving at the same conclusions that ancient cultures have arrived also about our inner nature. For example, in the absence of modern technological and scientific methods, the ancients dealt with their inner feelings and bioenergy in a more direct way, using their own bodies and minds as laboratories. Their subjective experiences were the starting points for their

theories, which were then validated - or not, *experientially*. Nowadays, in a world where objectivity and materialism prevail, and where something is believed to exist only when and if it can be mechanically measured and encapsulated in some way, one falls into a certain 'spiritual myopia', and thus loses many of the wonderful benefits that stay thus dormant in this field of knowledge. It is quite difficult, or even impossible, for example, to objectively measure our subtle bioenergy, and therefore science concludes that it does not exist. While there is, for example, some research that indicates the existence of points in the body with special electrical conductivity (which correspond to acupuncture points⁷), and even some scientists who affirm that it is possible to measure energy fields around the body⁸, in general there is definitely no scientific consensus around the subject. Science has surely not adopted the bioenergetic paradigm of human beings on any large scale.

However, it is possible to obtain *consistent, replicable and predictable results* on the assumption that this bioenergy exists. This type of results could then be used as the basis of a very worthwhile scientific endeavour. In my opinion, we are not clever if we ignore these effects, thus missing an opportunity to move towards a fuller life. In this respect I believe we should apply science a bit differently than we do today: the consistent and replicable results obtained with these healing methods should serve as the basis for the development of scientific theories and models that would make it possible for these methods to be applied by anyone, anywhere in the world. We could, then, by continual testing and research, seek to further understand and improve on this model with the technical means at our disposal. In this way, we apply our critical thinking *afterwards* - to try to understand the phenomena - not at the start, as we do today, denying them at the onset because they do not fit our current view of the world. In this way, something that is clearly observable would not be killed at the very start (as it is now), simply because it cannot be measured with machines, or because it does not fit our current understandings about life. This current state of affairs is a very sad state one in my view, born out of a too cynical, fearful, and close minded general mentality.

We may think about this new way of doing things as a sort of *subjective science*; and ancient practices such as yoga or Qigong are examples of this type of approach in my estimation. These were methodologies in which the individual studied and contemplated its very own nature, and the nature of all things, directly. The results would come as intangible subjective experiences yes, but also as objective measurable results, such

as the 'miracle cures' or 'impossible feats' that many yogis and energy masters have demonstrated across the ages⁹. I think that it is in the union of these two types of science - the old subjective/spiritual science, and the more modern objective/material one - that the seeds that can impel humanity to a new evolutionary state can start to grow and bear fruit.

3.2. Bioinformation

We began thus with the idea that there is a complex invisible bioenergetic circulatory system in the human body, which regulates its functions and coordinates whatever happens within it. But what in turn controls and coordinates this energetic system? What makes it move and work in this or that way, giving rise to different states of being and predispositions?

First, we must see that the circulation of this vital energy in the body is organized, i.e. that it is not chaos or flows at random. In fact, it is this energetic configuration/vibrational state at any given moment that defines the mood and state of being of the person in that moment (pleasurable, painful, content, sad), and how it feels and reacts to triggers in the environment. Thus, the energetic configuration at any moment can be seen as a type of *information*. We assume therefore that there is information 'behind' the bioenergetic (and physical) structure, which determines its function and the state of the organism at any moment. It is, as it were, like the genetic code of the bioenergetic system: just like the DNA present in the chromosomes of all living cells determines the production of proteins and enzymes that define the function of the cell, so does the information present in the BIS determines its function and, consequently, the functioning of the whole organism. So, with BITs, we are interacting directly with the bioenergy and information of an organism at a very high level, we are interacting with that which determines, primarily, its physical, mental and emotional state and organization.

In this view, life is seen as the spontaneous result of an on-going decoding and re-processing of information. When we are ill-disposed, our energy flows in a certain way, giving rise to bad feelings and specific biochemical states, while when we are well-disposed, the same energy is organized differently, and flows in a very different way, giving rise to good feelings and feel-good neurochemical flowing within us. All this is mediated by information processing, in the interaction between what we perceive through our senses at each moment (what we hear, see, feel), and

how these perceptions are filtered through the inner programs in our minds (more on this later). When we consistently experience - like I have - that we can resolve symptoms using only information (administered in a way that the body can understand and digest - which is what BIT's do), then we *know* that the organism absorbs, manages, processes and functions based mainly on information. And when this information changes (the same way genes can be activated/deactivated), the energy flow patterns in the body also change, which in turn causes physiological changes in the individual's body (the flow of hormones, neurochemicals, expression of genes, etc.), leading to changes in his mood, perception of, and reaction to life's stimuli.



The Vibrational Dance Of Life

The idea that everything is formed and animated by the interaction of vibrations and energetic frequencies becomes apparent with the beautiful images that are seen on an oscilloscope when two sound frequencies interact. In this video¹⁰, audio frequencies in the left channel move the trace on an oscilloscope on the horizontal axis, while audio frequencies in the right channel move the trace on the vertical axis. The interaction of frequency patterns in the two axes creates different images, many of them reminiscent of living beings in motion (e.g. a swimming jellyfish!). Other fascinating examples are showcased in a different video¹¹, which depicts movements of matter caused purely by the application of particular vibrations, which create truly organic-like movements and structures, like the movement of the spinal column for example, or the patterns similar to the ones found on turtle shells and other animals, etc. Life really is vibration made manifest!



Maybe a few simple examples of daily life will help demonstrate just how much we operate based on information. Let us imagine, for example, that Mrs. Smith is at home cooking and cleaning, and is quite merrily singing as she does her chores. Suddenly, as the TV is on, a last minute news flash is announced: a terrible airplane accident happened in Europe. She remembers: "my son is travelling in Europe now! What if he was on that plane?". In an instant, everything changed inside Mrs. Smith. She became very tense, nervous and agitated! The prior relaxation disappeared completely, as her mind speeds up and projects all kinds of terrible

PREFACE

scenarios. She sweats and trembles... She won't be fine until she finally hears news from her son and knows for sure that he is ok. Only when she hears him on the phone, she relaxes.

Please note that nothing palpable has changed in this woman's external circumstances, there was "only" the receiving and the internal processing of a specific piece of information, and this has changed everything in her physiology and mind. This is the power of pure informational stimuli in humans.

The main postulate here is that information in humans is stored and processed roughly in this form: "*if X happens, then it means Y*", where X is a stimulus or circumstance of life, and Y is the inner variable(s) determining the reaction that the person will have to X. Put yet in a simpler format: the programs in our Inner Personal Computer say something like "*X means Y*". So, these programs constitute what we may call our *beliefs*, subjective 'truths' that are based on scripts or stories that we subconsciously tell ourselves, ideas that were decided to be 'true' (mostly subconsciously) based on the life experiences and impressions that we have gathered throughout our lives.

A person may thus believe that she is intelligent or dumb, that "the world is a safe and friendly place" or, on the other hand, that "people are not trustworthy", or a million other different things, depending on the individual and situation. Information in humans is stored in the form of *meaning*, and these meanings are always relative (never absolute) - that is, they vary from person to person, and even in the same person across time (we may believe different things at different phases of our lives). What is important to realize is that these meanings determine the quality of our life experiences, just as a filter on a camera creates a different ambiance in the photograph taken with it. It is this enormous capacity for abstraction and creation of an inner world that mostly distinguishes the human being from other animals in my view. Consider then the great difference it would make to your life experience, if you had different meanings (or internal informational programs) installed on your Personal Computer. Reflect on how these meanings are always determining your reactions, and how you would react differently to life's events if you really believed or saw things differently (actually, this may be very hard to imagine, as our beliefs really appear to us to be "the way things are"; more on this later).

So let us look at a few more life examples that suggest that we humans really function on the basis of information. Let us imagine a couple that, at dinner, talk about how each other's day went. Everything is normal

until, inadvertently, the husband says something that deeply hurts his wife, and she reacts defensively, screaming and shouting. When he spoke these words it did not occur to him that they could have had the impact that they did - he said it without intending to hurt her. However, the 'crime' was committed: his wife now feels hurt, and until the issue is resolved there is tension in the couple. So, what has brought about such a tumultuous change that can often deeply alter a person's life? Something as immaterial as words, i.e. pure information! The words contained a meaning for the wife (and not the husband) that made her feel hurt. This meaning caused the physiological changes that took over her body, mind and reason. Is it becoming obvious the power of pure information in humans?

I'll give you yet another quite typical story that a lady recounted to me. She told me she woke up one day with a sharp pain in her intestinal area. Very distressed (because she is prone to think pessimistically), she immediately scheduled an emergency appointment with her endocrinologist for the next day. Until the scheduled time however, she was anxious, and the pain in her belly was becoming more acute. Finally, when the consultation came, she described the issue with the doctor and shared her worst fears with him: is this serious? He assured her that everything was ok, stating that it was impossible for her to suffer from any kind of gastrointestinal disease because she had just been tested a few weeks prior, and she could not have developed any problems since then. "Completely impossible", the doctor said. So, finally convinced and trusting the doctor, she calmed down. From that point on, the abdominal pain disappeared as if by magic, and her whole physiology returned to normal.

I am sure a lot of us can sympathize with this situation - but what really caused the physical discomfort and anxiety she felt? Her fear alone, something created in her own mind. That is why it disappeared with the reassurance of the doctor. But what would have happened if, instead of being able to schedule an appointment immediately, she had to wait six months for a consultation, or if the doctor gave her a more pessimistic outlook, or if she didn't trust what the doctor said anyway?

On another occasion, this same woman developed strong headaches (like I said, she was quite pessimistic). She immediately went to a neurologist who, "putting on a worried face" (according to her), prescribed exams to rule out anything serious. In the weeks leading up to the examinations, the poor woman had all sorts of migraines and pains,

PREFACE

anxiety, cold sweats, slept awfully, couldn't digest properly, etc. When she finally did the clinical exams and found that nothing was wrong with her, all these symptoms disappeared as if by magic. It is relevant, again, to ask: what *really* caused all her symptoms? This is something people rarely think about much. But truly, it was all in her mind. It was the simple processing of information and meaning that literally created the symptoms, information like the idea that "a headache is a big problem when it comes", the "worried face" the doctor put on, or the fact that he prescribed many "serious" exams. All of this "told" her this was a big issue - and so it was... until she believed it no longer, and it ceased to be a problem. I am sure we can all relate to these kinds of stories. It is an anecdotal fact, for example, that many people feel immediately better from their conditions, once they know that they have a scheduled appointment with their doctor.

We are seeing, thus, that the "right" information has the power to either hurt or heal us, depending on the nature of this information, and of our own inner state and memories. Later on in this book we will go into much more detail on seeing how potent information can be to create, or heal us from, diseases - when we discuss the placebo and nocebo effect in Chapter III, for example - but, for now, let us stay within the realm of simple everyday life. And I do encourage you to notice and pay attention to the power of pure and simple information in your own lives, as you will start seeing examples of it everywhere - from how a tender kiss from a mother where his child is hurting makes the child stop crying and feel better instantly, to how a piece of "bad" news (on TV for example) can completely change a person's mood and demeanour.

My grandmother Rosa lost her second daughter when she was still a baby from rampant respiratory complications. As you can imagine, this left her devastated, and her sorrow was very deep, as my mother told me. However - and this is something that my grandmother always said throughout her life - something someone later said to her changed her. A lady neighbour told her: "oh my dear, don't worry, if she had to die it is because God had won her over". This simple idea, and probably the way it was transmitted, truly helped change the point of view of her child's death for my grandmother, and it lifted her deep sorrow and grief. She got a new perspective, a new meaning, one that helped her see things in a new light. This is the power of pure and right information. Some doctors - the "good" ones as I say, and usually from an older generation - know this all too well. Instead of rushing to examine symptoms and prescribe

medications, they listen. They listen attentively to their patients' complaints, especially to what is bothering them in their personal lives, noticing their psychological moods and frameworks as well. Then they talk, they talk in a way that lifts their patients, that helps them *personally* to change their point of view to a healing one. I have seen it: where other doctors swiftly prescribed medications, this doctor healed with his ears, his words, and his presence. He created a change of mind.

For good measure, I will recount one more example that illustrates the power of pure meaning that I witnessed in real time and found interesting. This happened to an eight-year-old boy, a very rebellious child, whose wild behaviour the mother had a very hard time managing. In one of the many arguments in which she tried to impose a more respectful and civilized conduct on the boy, she addressed him for the first time, quite spontaneously, in a formal manner, instead of the informal tone the child was used to (in Portuguese there are two "you's" - a formal "you" and an informal "you"; the mother used the formal "você" instead of the informal "tu", which is reserved for strangers and people we need to treat with respect and formal distance). She also made sure her son treated her the same way. The change in the child's behaviour was abysmal and surprising: he suddenly became very docile and subdued, which lasted for weeks, while this change in treatment was maintained. Clearly, in the child's inner universe, formal treatment implied a 'greater respect and detachment', which somehow scared and shocked the child, leading to a change in his behaviour. I also find it funny how my dogs would not cross a certain line they have been conditioned to not cross, despite being very easy for them to do so if they really wanted to - in their minds that is a no-no.



Within the stories above, would it be possible that the same received information had been processed differently, in a way that would lead to different reactions? Of course. Different people, given the same situation, react in different ways, as often does the same person in different stages of her life. We have unique bioenergetic and informational setups, which means that there are numerous ways of looking at any given situation, and thus numerous ways of reacting to it. The goal should be to neutralize the inner processing that leads to undesirable reactions. The methods

explored in this book do precisely this: they neutralize or deprogram the negative reactions that specific stimuli cause because, when effectively neutralized, there is an automatic and spontaneous change to a more balanced physiology, outlook and behaviour. People come to perceive everything with greater clarity and lightness, and linked physical and psychological symptoms are softened or completely eradicated, as we will see. It is like a miracle, but that is life.

Whether or not we are aware of this, the reality in which we live is constantly being represented in our mental space, and our bodies and physiology automatically follow these inner representations as soon as they are activated. For the most part, we have no notion that this is happening, but it happens constantly. We see the world according to our inner state. Think of cases in your own life where one simple piece of information completely changed your mood or that of another person, and be alert to future situations. You will surely notice that it happens all the time and to everyone. With these simple examples I only wanted to start showing you the regulatory power that information has on our systems.

4. So... Is Happiness And Contentment Truly Possible?

Let us return to the question formulated at the beginning of this Chapter: is suffering inevitable? Could we aspire to being always content and happy? As odd or impossible as it may seem, yes, the evidence indicates that this is possible, that we can aspire to live in peace and harmony individually and collectively always. After all, this is the state, I believe, which most of creation spontaneously lives in, a state apparently more blocked to us due to the complexities of the human mind.

Happiness is our natural state, it is the absence of suffering, and, as we have seen, suffering, though inherent in humans, is temporary and curable. Happiness appears spontaneously when the roots of suffering are annulled. Once this occurs, a natural vitality and joy floods us spontaneously. This is our true essence, the unimpeded flow of life force through our systems. We have all had the experience of being happy for no apparent reason, of feeling good "just because". This is our natural basic state, free of the disturbances of the reactive, stressed out mind. So, when you remove the surplus that is being a burden on the system, what remains is what had always been there in the first place: pure abundant free-flowing life energy - light - and happiness. This is one of the