

Transformation of Medicine

In process of ascension we are moving into our brilliant minds, our higher selves. Old structures no longer support us (if in fact they ever did). As we transform ourselves, we also witness radical shift of structures around us.

When I was starting medical school, some 20 years ago, I viewed medicine as an art. I never wanted to be a doctor, but somewhere between the combination of peer and parental pressure and curiosity—medicine started growing on me. The idea of being an apprentice in the art of healing was hard to resist for a young, naïve mind. I managed to cling to this idea for quite some time, despite the efforts on part of medical institution to debase this belief. For the medicine was changing, even then. With ever more powerful tools, we were starting to catch glimpses of medicine at cellular and atomic level. Human bodies no longer consisted of organs and systems, but became a microcosm of molecules. The idea of medicine as a science, and science only, took a firm root in our consciousness. We felt we might be on the brink of being able to explain anything and everything from this new perspective. Experience, common sense, diagnostic intuition gave way to scientific explanations. Medicine became full of charts, tables, figures and algorithms—and indeed, it became full of itself.

Then, after having moved to United States, I became a witness of yet another transformation: medicine became a business. In the corporate capitalist system based on a supposedly free market, it was no surprise that everything slowly started being viewed from that viewpoint. Physicians became "healthcare providers" and their services started being viewed as "products" or "service lines". Can you guess, what became a commodity in this framework? Your health? Think again!

Disease became a valuable commodity. It created our job security. Even if we were able to find cures for, let's say cancer or diabetes—I suspect they would be promptly suppressed by medical institutions. Money and power were at stake. Under disguise of "healthcare" we have been dispensing the disease maintenance. Why, we even created new "diseases" only to expand the markets for medication. Such is history of so-called women's sexual dysfunction, osteoporosis or overactive bladder ("gotta go!").

What's really "gotta" go, is this restrictive, obsolete view of medicine. Another transformation of medicine is afoot. For one, we have painted ourselves in a corner with scientific approach. As we continued to examine sub-particle microcosm of our reality, we have realized that at that level the dogmas of Newtonian physics do not apply. We have entered the brave new world of quantum physics, which to our surprise sounded in many respects like the esoteric teachings of enlightened masters. The principle of non-locality, essential

oneness of all, unified theory of everything, multiple dimensions... has science betrayed us?

As our brilliant minds are awakening, they leave behind dysfunctional frameworks. Conscious creators, like yourself, will not be able to maintain health by interacting with purveyors of disease. Awakening physicians, like myself, will need to look for different framework, from which to assist you. I call it New Medicine, but I think it would be closer to the truth to say there will be many new medicines. They will be growing and transforming with us. With increase in people disillusionment and dissatisfaction with current medical system we have been witnessing a rise in popularity of many alternative systems like Ayurveda, Traditional Chinese Medicine, homeopathy, naturopathy, chiropractics, herbalism, mind-body medicine, shamanism, energy medicine, life coaching. How will you be able to tell New Medicine among thy dizzying variety of options?

First and foremost, New Medicine is about empowerment. Please, always check your choices against your inner compass. Regardless of modality, the most important question is: do you feel empowered by it? Perfectly orthodox medical advice, or even prescription medication may bring about the feeling of empowerment. On the other hand, no matter how alternative or esoteric a modality might sound, if it makes you feel smaller, more dependent or guilty—reject it!

When I was just beginning to delve into the world of alternative medicine, I attended a presentation on herbal product line: oh, so enlightened, environment-friendly and natural, based on secret recipes of personal physician of some Chinese emperor. The samples smelled and tasted good and were attractively packaged. I contemplated buying some until the presenter uttered something that stopped me in my tracks. She said about the some product she was using: "I would never want to be caught without it." I am sure she meant well, but inadvertently she revealed the deeper truth about the product and perhaps herself—she was incomplete without it. She was dependent on it. This was not health the way I saw it. Needless to say, I left without buying any samples.

I have been suffering for years from tenacious sinusitis. I remember one particularly vicious flare-up the year I started medical training in New York. It was so bad that I banged my head against the wall to numb the pain inside. With arrogance typical of medical neophytes I went to the top ENT (ear, nose and throat) specialist. As expected, I had my sinuses looked at, up and down with fiber optic scope. It felt high-tech enough for me. To my compete surprise, I did not walk out of the office with a recommendation for a high-tech intervention, or even a prescription for antibiotic. What I was given was a printout on salt water sinus rinsing. The nerve! I felt angry, betrayed and dismissed. I tried the sinus rinse out of sheer desperation, if only to prove this arrogant quack wrong. Well, what do you know—it worked! Unbeknown to me I was handed a tool, one that empowered me to take responsibility for my own health.

Recently I found this great quote from Albert Schweitzer: "Within every patient there resides a doctor and we as physicians are at our best when we put our patients in touch with the doctor inside themselves." Perhaps New Medicine isn't so new after all. The course has been charted for many years—and now it is time to explore it. The time is now to find our Inner Physician.

MD Anna