



PEAK VITALITY

Raising the Threshold of
Abundance in Our Material,
Spiritual, and Emotional Lives

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Energetic Balancing

In the “unbroken wholeness” of everything, as it was called by visionary physicist David Bohm, there is no dimension, time or space, or other defining characteristics. Eternal and everywhere, this flowing matrix is formless and invisible. When something—you, for instance—does appear to be separate and solid, it is energy that has been slowed down and shaped into material form by consciousness, but it is still only energy. We think we are separate entities, walled off within our physical bodies from everything else, because our limited perception doesn’t allow us to see the truth of universal interconnection. And we also falsely believe in division within ourselves, as though we’re more like stacks of separate blocks labeled Spirit, Mind, Emotion, and Body, rather than the seamless, indivisible whole we really are. As part of this very convincing illusion, we believe that both illness and healing come from outside ourselves.

In fact, both illness (or any sort of poor well-being) and healing happen within. At the spiritual-energetic level of each of us is an innate, self-organizing principle designed to maintain perfect health at all levels of our being. Though we might believe that invading germs or renegade cells make us sick, illness originates with an imbalance in our energetic organization, which then manifests at the physical level. Restoring our energetic harmony returns us to a state of well-being.

In hearing the centuries-old adage “Physician, heal thyself,” most of us think that it only applies to actual doctors. But we are, each one of us, our own physician.

There are two things to know about self-healing. First, it requires an empowering shift in our consciousness that allows us to take back our power to heal ourselves. This power may come from prayer, from meditation, or more recently from exciting new applications of technology designed to alter our own energy and create a new reality. Second, we must accept responsibility for the circumstances that caused our need for healing. Once we do that, we can ignite our own unique self-healing capabilities and alter our material world.

Kabbalah, Bohm, and Sanctuary

When I was growing up in Philadelphia, I liked to hang around my highly intelligent grandfather and his card-playing buddies, many of whom were mathematicians and scientists and all were students of the Kabbalah. They doted on me, and as long as I was willing to listen, they were willing to teach. Although it wasn’t clear at the time, they were laying the foundations for my life’s work. There were other motivations, too. My parents would often say to me when I was a child, “Stephen, whatever you are going to do, you better do it fast, because the people in our family don’t live very long.” I wondered why that was and how it could be different.

Now I know the answer lies in healing. As I grew older, I was guided to quantum physics, to energy, and, ultimately, to ways to shift and alter energy in consciousness to create wellness. On this path, I felt compelled to earn many degrees, including in acupuncture and homeopathy, which are forms of energetic healing. I saw that quantum physics is not just a complex theory to be used only by scientists exploring the origins of everything, for instance. It is also a pragmatic endeavor with practical applications that, if true, will guide our entire lives. Among my early heroes were Nils Bohr, David Bohm, and Wilhelm Reich; they still are.

I have come to believe the message of the millennium is that consciousness is the dominant force in our lives, and we are empowered to use it to create ourselves, just as we are responsible for the manifestations of our consciousness, for better and for worse, in acceptance and in denial.

Above all, I have realized that we must be grateful for our empowerment. Gratitude is the lubricant that allows us to perceive easily our connection to everything and everyone. It is the nutrient that feeds our holographic "oneness." Early in my life, I began to wonder why people thrived or failed and, indeed, why they died prematurely. These early questions evolved into my soul truth as an adult, which is my primary message to humanity: *Anything can be healed.*

It is imperative that we distinguish between healing and curing. Curing is in the realm of medicine. Healers teach you to access your own healing power. Curing is what is done to you. Healing, on the other hand, is an "inside job." Only you can heal yourself, but many can help.

Healing and healers have existed since the beginning of time. In fact, you can read about healing in reputable medical journals in discussion of the many instances of utterly inexplicable, spontaneous remissions of many kinds of serious medical conditions. Over and over again, these stories indicate that we create these things with our consciousness—which means we can also un-create them.

My vision became a search for a technique that would facilitate people healing themselves. My vision was rewarded with a revelation that has defined my life: I am the custodian of a miracle. This miracle has helped more than 45,000 people heal themselves. In an effort to communicate my revelation in an understandable form, in 1998, I cowrote (with Evan Slawson) my story as a novel. In *Sanctuary: The Path to Consciousness*, we had only one purpose—to communicate in simple terms what I had discovered mathematically: We can shape energy with consciousness to heal ourselves.

Energetic Balancing

My work with quantum mechanics had also led me to investigate spiritual teachings ranging from Jesus and Buddha to New Thought leaders such as Ernest Holmes and the Fillmores. I now describe my work as a "Spiritual Technology," the link between science and spirituality. Both spring from the same two foundations: consciousness gives energy material form, and the universe is composed of holograms within holograms (a hologram is a three-dimensional picture, any piece of which contains the entire hologram, much like any cell from your body contains your entire DNA). The holographic principle is applicable in both physics and spirituality. To speak of "being in Oneness" is a holographic statement, as is, "What you do to the least of them, you do to me."

This is an era in which it is clear that legitimate science, when practiced with intellectual honesty, is a form of religious striving in humankind. The esoteric work of physicists, psychologists, and philosophers explores the same terrain as mystics have throughout time. Healing, spirituality, and consciousness cannot be separated, which makes the process of self-healing a spiritual one. So, out of my revelation, I created a computer technology, called the All-Inclusive Method (AIM), which uses energy to help people bring their own energetic field back into balance. In 1998, I founded EMC² along with Evan Slawson and Roberta Hladek as a way of offering AIM to the general public, rather than to a select few.

In *Sanctuary*, through the words of the character Max, I explain the basis of this method: "The human body is the most sensitive radio receiver ever made. It receives and processes both quantum and analog energies across the entire electromagnetic spectrum, from the lowest possible frequency to the highest—beyond microwave, beyond light, into realms of energy as yet undiscovered or unrecognized by most human beings." The entire universe is composed of holograms. Anything unique to you, a piece of your hair or a drop of your blood is a hologram of you, as is your photograph. The presence or absence of DNA is irrelevant. Consciousness is the power that both creates and changes DNA.

Here is how AIM works: A huge bank of computers sends about 500,000 subtle energy-balancing frequencies to metal trays that hold the photographs of AIM program participants, which act as holographic stand-ins for their bodily presence, and the energy is transmitted directly to the participants, no matter where they are at the time. Each person's "higher self"—sometimes called the Buddha nature or Christ consciousness—selects the several dozen frequencies appropriate to correct his or her energetic imbalances

and focuses on them until the imbalance is removed from the selector's consciousness. When an imbalance is removed from consciousness, it cannot continue to manifest on the physical plane. That is the essence of healing. As a person's energy comes back into balance and self-healing occurs, the life force (also called chi or prana) and consciousness increase. This allows the body to use its innate wisdom and resources to create well-being not only on the physical level, but also on the mental, emotional, and spiritual planes. No one can heal you but you, and no one should say, "I'm going to heal you." There is no technical basis for the latter. While the world teaches us that everything is out of our control, in reality, we create it all.

Personal Responsibility for Healing

Since we do create it all, self-healing demands only one thing from participants: accepting responsibility for the events, actions, and circumstances that caused the need for healing. In *Sanctuary*, Max says, "What responsibility means is being your own guru. We can only help you find the way. Any healing, any progress, any hope, and any despair are going to come from you. It is *your* energy that matters. I can't give you *my* energy, and I wouldn't dream of it."

As energetic beings, we all choose our imbalances (often unconsciously by suppressing painful emotions), and until we accept responsibility for that, we cannot transcend them. Much like an alcoholic cannot quit drinking until she admits she is, in fact, an alcoholic or an overweight person cannot slim down until he understands he has been eating without awareness, we cannot resolve any negative circumstance until we take responsibility for our role in its creation. And—here's the good news—once we do that, we can change the situation: We can alter our material world. In fact, accepting this responsibility is the first step to empowering ourselves and elevating our consciousness. When we can no longer blame outside forces for the negativity in our lives, we can take control.

Perhaps taking control of your energy entails being assisted by acupuncture, Reiki, meditation, prayer, the AIM program, or some other modality. What matters is not which modality you choose, but rather that you shift to accept that your own unconscious energies have created an imbalance. With this knowledge, you now have the opportunity to heal it. I created the AIM program because I wanted to heal 24/7. I saw tremendous value in a system that could deliver balancing energies around the clock to help participants face everything that's caused them pain and fear. It forces them to focus on healing themselves and allowing them to release their imbalances on all levels.

Some energetic imbalances are hereditary, even generations old, passed down unconsciously through a family. For instance, I have found that the energetic imbalance for some frequencies associated with cancer comes from unresolved, unconscious bitterness "handed down" from earlier generations. (AIM can reveal the origins of hereditary imbalances.)

Imbalances can also be acquired from natural or man-made sources, such as viruses or pollutants. We're all exposed to thousands of these energetic frequencies all the time, but not everyone so exposed manifests the imbalance. For example, if someone is exposed to the frequency imbalance associated with HIV but has enough life force to ward it off, it may not manifest.

This is not a revolutionary statement. Louis Pasteur, the father of germ theory, said at the end of his life, "It's not the seed, it's the soil." Even he understood that the most powerful germs have no power against a system healthy enough to withstand the onslaught. That is the goal of all healing. It is why physicians advise those who are frail, elderly, or immune-deficient to have a "flu shot." In other words, we must strengthen our energetic "soil" so that only the most positive, beautiful "seeds" can grow there.

Beyond Simple Health

Since energy creates the material world, and anything and everything is energy, what applications do balancing frequencies have outside the physical body? I had never considered the impact the AIM

program could have beyond self-healing a particular physical problem until we started receiving letters of gratitude from people across the world. A woman had not dated for nearly twenty years and then she self-healed her avoidant personality while on AIM and reported a full social calendar. A man reported he had financially struggled for years, and after improving his confidence and altering his self-defeating energy, he secured multiple business deals. A woman wrote to us that not only had her diabetic father reduced his insulin level from one hundred units down to zero after two years on AIM, but also, for the first time since her childhood, he opened up and told her that he loved her. Each healing is unique and each person used his or her own energy for that specific healing.

When you no longer have to use your precious life force to keep imbalances at bay to survive physically, you have access to your life force to create your higher, more etheric life. There are frequencies that replace fear with courage, anger with patience, denial with acceptance. There are frequencies to help you appreciate the miraculous, to attract abundance, and to reduce procrastination. Whatever frequency you need, you will select it via your higher self.

Einstein discovered $E=mc^2$, which tells us that everything is energy. Functionally, that information is useless because energy has no properties, nor does it have time or space; it simply "is." Every discernable, measurable aspect of life is energy that has been shaped by consciousness. In response to that knowledge, I've spent my life cataloguing energetic imbalances in units of consciousness, which I believe is the universal language. These frequencies correspond to various illnesses and conditions, and provided other frequencies to balance them. One of our greatest outreach activities has been to offer AIM free to children and adults with the frequency of autism or Down syndrome. (One of our champions who often dares to think far outside the box, Dr. Wayne W. Dyer, suggested this scholarship program and facilitated its beginning.)

Some skeptics have said that energetic balancing is nothing more than a placebo effect, but I find that their disbelief does not hold up. Hundreds of autistic children knew nothing about the AIM program, and yet they've made remarkable recoveries. Even more obviously, we have never discussed the AIM program with any pets, yet they respond. Consciousness is universal.

Each and every AIM program success story has one central theme: You create your life using your life force energy, and thus YOU must be the one to heal it. I have said many times that AIM is just a tool. It assists you to heal any and all areas of your life. There is nothing you cannot heal. That is a given. The only question is, will you?