

# Healing from the Out Inside

by Barbara Stahura

Imagine a pristine white tablecloth smoothed out flat and extending forever in all directions. Let it represent the energy from which the entire universe arises. In fact, nothing exists but this perfect, invisible, eternal energy, which visionary physicist David Bohm described as “an unbroken wholeness.” Now slide a salt shaker under it in one place, an apple at another, and a wineglass somewhere else. These bumps in the cloth represent the matter created from that energy, and your hand moving the objects into place represents consciousness, or the thing that creates the matter.

In an extremely simplistic way, this demonstration is the universe according to quantum physics. Nothing exists but energy, and matter appears only when consciousness chooses to fashion it from the energy matrix. Matter appears to us as seemingly solid objects – a planet or a plant, a whale or a microbe – but that’s merely because our senses are so limited. Put a piece of steel under an advanced microscope, and you’ll see it’s mostly empty space. Then dive down even further, to the deepest level where technology cannot yet see, and you’ll find that everything is energy.

Like science, spiritual traditions tell us that *everything* exists within this energy matrix, an invisible, omnipresent, never-ending web that gives rise to matter. Just as science has names for this energy, spiritual traditions call it God.

It is this spiritual-energetic dimension that fascinated Stephen Lewis as he began to investigate self-healing many years ago. He studied homeopathy and acupuncture, yet he was always most interested in subtle-energy physics and saw how quantum physics could be applied to healing. In short, he saw how consciousness gives energy material form and that 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). “A hologram is valid in physics and has been valid forever,” he explains. “To speak of ‘being in Oneness’ is a hologram, as is ‘What you do to the least of them, you do to me.’”



At the foundational level of the universe, everything is perfect, and there exists an innate, self-organizing principle designed to maintain perfect function in all things. Only when the harmony of this principle is disrupted does poor wellbeing, including illness, sadness, poverty, or any other negative energy, appear. Lewis saw how illness does not result from viruses or other outside elements, and neither does healing (restoration of balance in energetic function) come from doctors or pills. Instead, illness and healing are both inside jobs, and both take place first at the spiritual-energetic level and then move outward to the physical domain.

If everything is energy (and it is), then anything is possible. Lewis reasoned. He set out to find a method that would enable people to self-heal on the energetic level, which would enable them to bring about self-healing in all areas of their

life. He created a sophisticated computer technology that conducts energetic balancing, even at a distance, through a program of energetic balancing. Here’s how it works: A huge bank of computers sends about 500,000 subtle-energy balancing frequencies to metal trays that hold the photographs of program participants, which act as stand-ins, or holograms, for their bodily presence. The energy, according to Lewis, 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 self-healing can take place. This “spiritual technology” delivers healing frequencies to the energetic level and shifts consciousness, so that healing may appear also on the physical plane.

*Along with Evan Slawson and Roberta Hladek, Stephen Lewis co-founded the Energetic Matrix Church of Consciousness, or EMC<sup>2</sup>. In the novel Sanctuary: The Path to Consciousness, Lewis and Slawson describe the evolution of the AIM (All-Inclusive Method) Program of Energetic Balancing.*

*Stephen Lewis will speak at the Austin Health Freedom Expo on December 1. For more information, visit [Energeticmatrix.com](http://Energeticmatrix.com)*

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