

# How can a Holograph assist you to heal yourself?

## Stephen Lewis speaks candidly about Energetic Matrix and The AIM program



*Devra: I'm going to approach this as if nobody has ever read your book. Okay?*

Stephen: Sure. The exact title of the book is Sanctuary to Consciousness.

*Devra: The book, Sanctuary is a novel, but it's really about you and how you created The AIM Program.*

Stephen: It's absolutely true, but I had to call it a novel I had to change names, obviously, because I was in practice at the time. There was patient confidentiality, etc. I decided I had to write it because of some discoveries I made that, I felt, necessitated my bringing this to the attention of the public. I didn't know how to do that.

*Devra: When you say your practice, as a medical doctor?*

Stephen: I have about five different licenses. I have acupuncture, homeopathy, Ph.D. in biofeedback, a whole bunch of things.

Along this path, I developed a machine, as described in the book, that revealed a way of measuring all of life in units of consciousness - the instrument I developed, it's the measuring scale that's critical. It measures everything and anything in life, in units of consciousness.

*Devra: That's what you call frequencies?*

Stephen: No, everything is a frequency.

*Devra: Because everything is energy?*

Stephen: Everything is energy and everything has a frequency. That was one of my discoveries and the other one, of course, was what I call the Rosetta frequency. That frequency is what allows you to pick and choose whatever you need to heal and ignore all the rest. Without that, the system would not work.

*Devra: Give me the layman's basic understanding of the system.*

Stephen: I use this term - a spiritual technology. I call it spiritual because it is a technology that helps you heal yourself. I do not believe spirituality and consciousness and healing can be separated from each other. Spirituality is healing is consciousness.

*Devra: Let's make it clear that this machine does not heal. It assists people in self healing?*

Stephen: Nothing heals you but you. Whether you're speaking about my

technology or anything you may do, whether you're a Reiki master or anything else, people heal themselves. Healers are very important to us, but they are misnamed in a way. They don't heal anyone. What they do is elevate and change your consciousness, so you can more readily heal yourself.

That's important to understand. The AIM Program is a holographic method to help you heal yourself.

*Devra: That's through a photograph?*

Stephen: Well, it could be through anything that is unique to you. The essence of the hologram is this: Anything unique to you contains everything about you, within it. This is not new age mumbo jumbo. But, this is the holographic principle. Look, if I say to you - if you have a sheep, you can make a nice sweater; you're not going to take notes on it. If I say to you, vice versa, if you have a nice woolen sweater, you can make yourself a terrific sheep; now, I've got your attention.

*Devra: Right, because the hair of the sheep contains everything.*

Stephen: Any hair, any drop of blood, saliva, anything unique to the sheep



contains everything about that sheep. Your photograph is unique to you. It's no better or worse than a drop of your blood. It's the same.

*Devra: How does a picture carry the holographic frequencies?*

Stephen: It carries them by virtue of your consciousness. Consciousness is what creates the material world. Your consciousness is contained in a drop of your blood, a lock of your hair, and your photograph. It's your consciousness that makes the difference and that consciousness contains the power of your intention. Everything is energy. But, what can you tell me about energy?

*Devra: I don't know, it's everywhere?*

Stephen: Not a damn thing. I can't tell you anything about it either. It has absolutely no identifying or defining component.

Where is it? Everywhere. When is it? Always. There is no space. There is no time, energetically. That's the essence of quantum mechanics. But we live in a world that is defined. What takes this everything that has no definition and turns it into matter? The answer is, we do it.

*Devra: Whether consciously or unconsciously or higher consciously?*

Stephen: There is no unconscious. There are degrees of consciousness. We turn energy into the material world with our consciousness. Our consciousness is what creates everything. That is why a photograph works as well as blood.

*Devra: When you take the picture and put it through your machine, the machine gives you a reading of some specific...*

Stephen: It's simply a reading of imbalances. The frequencies that I find that are stored in my database.

*Devra: You read two specific frequencies: Acquired frequency and Inherited. What's the difference?*

Stephen: An acquired frequency is: If you go and kiss the hostess under the mistletoe and, the next morning, you have this tingling on your lip and a little blister, you acquired herpes simplex. That's acquired. It's something you get from an outside source. You acquire it.

If you had a hereditary illness in your family, that is hereditary. But, it goes deeper than that. I was corrected once by Michael Beckwith, who said, "Look, I know about your mathematical abilities, but I'll tell you something that I know, that you're never going to know,



mathematically. It's true and I know it. I know that my nephew chose his parents. His parents didn't choose him. He chose them and he chose each thing he inherited from each of them. And, everything he chose to inherit, he chose for a reason, so when I ask you why he has that, I don't want you to tell me which parent. I want you to tell me what prompted him to choose the frequency of hereditary cancer, etc.? That's a different question, isn't it? Michael's not a lightweight guy.

*Devra: It doesn't matter why you chose it, does it? It just matters that it's there.*

Stephen: You make a distinction between the physical imbalance and an emotional imbalance and, let's say, a spiritual imbalance. There are three separate statements. But within you, there is no separation. To heal something physically, you must heal it emotionally and spiritually, and it will come to the surface and be healed on all three levels. There is no separation.

*Devra: When a person goes through the process with pictures, the person does not necessarily find out what frequencies they have, right?*

Stephen: No, I don't discuss that with anyone.

*Devra: So, it's not necessary for them to self heal... to even know about what they inherited?*

Stephen: There are a half million frequencies on AIM. Out of the half million, let's say you have 20 or 30 of these

things, actively, hereditarily, at any level, whatever it is. Out of the half million, you choose the 20 or 30 that are applicable and appropriate to you and ignore the rest. You choose the emotions that are applicable and ignore the rest, etc. So, you do know. Again, we said a little while ago, there's no such thing as unconscious, there are just degrees of consciousness. At some degree of consciousness, you know what to choose. You know it. In the process of healing it, what often happens is this stuff comes to the surface to a close enough level of consciousness that you are aware of it, without my ever having to discuss it with you. As one heals cancer, they're going to be confronted by some degree of bitterness within.

*Devra: So, let's say I'm in that situation and the bitterness comes up, I would or could automatically look at where it's coming from, why it's there, and clear it?*

Stephen: Exactly. That releasing of the bitterness is no different than your releasing the cancer or whatever it may be so that there is healing. You cannot heal without focus, without consciousness.

*Devra: It brings it into consciousness. So, recognition is something that participants can do to accelerate their healing?*

Stephen: It brings it to the surface, into consciousness, yes. I would say, to accelerate, increase their consciousness.

*Devra: One of the things that I've really noticed in the 20+ days I've been on the program is that I look younger, a lot*

Continued on next page



younger. My skin is much more pliable, healthy. My hair is growing in thicker and better.

Stephen: Yeah, but you know something, Devra? If we look at the picture that's on the tray, it's the old Devra. Not the bright, shiny new one. You are healing.

*Devra: What about someone using western medicine... will that come up in their consciousness during this process?*

Stephen: That lies with each individual. We have countless testimonials of people saying, "I've had this problem my entire life, I became really aware of this, and now, it's gone." It's just permanently gone. Or, the autistic kids - there are so many of them now. I made this free to every autistic kid. At some point, you realize that your purpose here is to serve.

*Devra: Don't you do that with children with Down Syndrome, too?*

Stephen: Yes. I came from a very conservative place. Then, I began getting letters about Down syndrome children. The children were physically changing. The face is not nearly as round, the body is changing into a normal shape, and they sent in pictures.

*Devra: Another thing that you do, which I love, is that you also have the option for pets on the program. I would think that they would respond even faster than humans.*

Stephen: Absolutely. Everything is consciousness and most animals respond like lightening because they don't go through the pointless dancing around and denial. They just respond.

*Devra: I would think young children would be the same way, if you put a baby on the program or a 2-year-old...*

Stephen: Exactly. The older you are, the more you learn, the bigger your problems. But, you create them.

*Devra: If you clear all your inherited frequencies and you then have a child, that child doesn't end up with those inherited frequencies?*

Stephen: No. You won't have them to pass onto that child.

I think it's important for you to understand, with or without the AIM Program; people have healed themselves, hereditarily. Healing is as old as life. I'm just helping you pay attention, until you don't have to anymore. Never stop focusing on healing, until it's healed.

Stephen: You have to ask the questions. If I have to take the reins then, it would be this - at some point, a shift occurred in me and I realized that I was given a gift and that I had no choice, but to share it. That gift could only come at the right time. It has. And, that I must share that message with everyone who would know, who will listen. That is - it is time for us to understand that we are empowered. We can heal ourselves. We can even heal our planet, but it's done one person at a time, until that legendary asshole, the hundredth monkey shows up. I'm tired of waiting for the little creep. Doesn't it make you impatient, sometimes?

*Devra: I don't think a lot of people are going to understand what the hundredth monkey is.*

Stephen: The hundredth monkey theory is real simple. If you teach one monkey to solve a puzzle, he can solve it. If you teach another and another, when you teach the hundredth monkey, every monkey in the world will be able to solve it, because, they are holographically connected to each other. It gets back to the hologram. They are connected and they have a common intelligence and consciousness. Once that becomes manifest in the theoretical hundred of them, every monkey in the world can solve that puzzle. ♥  
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