

## An Exposition Upon the Essential Nature of Self-Healing

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### Abstract

This article is essentially an exposition by the author to be a guide for future inquiry and usage of various techniques in the Art of Self-Healing. First, a brief introduction to ancient medical practices is followed by a brief run down of modern era schemas. Finally, a rather comprehensive discussion ensues concerning the exposition by the author of experiences and possible techniques to be utilized by those interested in the essential nature of Self-Healing.

**Keywords:** Self-Healing; Nature; Exposition

### Introduction

This article is titled as Self-Healing. Self-Healing occurs all of the time as it is a quite natural body process. However, it seems that very few human beings, if any, understand this natural process. In putting forth my knowledge and understanding of the natural processes of just what comprises "Healing" of the human physical body components, there is quite a bit of background information that will need to be explained first. The concepts put forth are not of the usual sort and will require a considerable amount of rumination to occur before any real learning path for you becomes evident. This is due for the most part because of the actual and real nature of just what comprises healing in any form, according to my personal understanding. I am still learning. The purpose, then, of this work is to aid you the seeking individual in your journey towards knowledge and understanding of just what the evolution of animate organisms has given to us as human beings for ensuring that we continue and thrive within the Biosphere of the Earth!

### Discussion

#### Ancient medical traditions

This first effort at providing to you a context for just what comprises the energetic background to what also comprises your

physical body is fraught with all kinds of cultural nonsense. This is due to the fact that humans have been mulling the nature of what comprises reality for as long as there were humans. The knowledge of just what may be the nature of reality was posited by many past thinkers on the many continents of our Biosphere. In regard to the nature of our bodies, there seemed to be no distinction to the fact that there was a mind held within a physical structure of our bodies. There really did not seem to be a distinction between what comprised our mind and our body as the body was just viewed as a natural outgrowth of the mind and the mind just a part of the whole body. Wow, and if you think that statement was confusing, just wait!

On the sub-continent of what is now known as India, there arose a tradition of medicine that was in a most complete form, which also included a very mature and successful form of surgery. At the heart of this medical tradition were concepts derived from a companion tradition of meditation. All kinds of nonsensical attributes were attributed to the nature of the body, healing and beingness. This aspect is found in all of the philosophical traditions of humanity including those of today. What there arose is now known as Ayurvedic medicine. The basis of this Ayurvedic tradition was later moved to Tibet and then on to the region of what now is known as China. This tradition was also moved to where was known as the

area of ancient Persia, but seems to have died out early on even before the much later rise of Islam.

The significance of Ayurvedic medicine lies in the first expression of Chakras as a part of human body function and thus treatable by what may be construed as medicine. Medicine was in part a philosophical expression. This seems to be the case worldwide as science had not yet been conceived. The concept of Chakras, derived from the Art of Meditation, gave rise to a system that seemed to work well within the overall cultural background of all aspects of daily living at the time. The concept of Chakras are an actual expression of energies within the physical body and thus are part of what is now known as Biophysics.

However, the next major leap of philosophical significance occurred in Asia, in the area now known as China. Both the practice of the many forms of meditational activity and medicine in general were taken up by the population at large. What became known as Traditional Chinese Medicine (TCM) and the practice of Acupuncture arose and flourished. What evolved eventually became to be known as TCM (herbal medicine) and Acupuncture (needle insertion) which at the time became the most advanced medical paradigm in the entire world.

Both Ayurvedic Medicine and TCM allude to the wheels or chakras as physical energy centers within the midline of the physical body. There were 7 centers, each with a characteristic color, location and numerous physical and cultural attributes. There was a more direct influence of medical expression in India due to the more ancient tradition of meditation that had first arisen there. However, it seems that both were more expressions of philosophical concepts rather than actual physical healing and beingness.

Eventually, the European countries took over the world after what is described as the Middle Ages. European concepts of medicine advanced along with TCM (and acupuncture) but eventually superseded TCM in the Western world due to European arrogance. Western Science was in full swing and seemingly marginalized Eastern traditions. Western medicine evolved apace in Europe and North America (NorAm). After WWI in NorAm, the American Medical Association owned and promulgated medicine and medical science. All the existent traditions of Herblology, Naturopathy, Homeopathy and TCM were marginalized, trivialized

and effectively discredited by the political influence of the AMA. Hence, the physical concepts of Chakras were also seemingly marginalized and trivialized, much to the detriment of actual medicine. The AMA went instead in the direction of Biochemistry instead of Biophysics as all previous medical traditions have done. This has ushered in an era of decline in the energetic traditions of the past ages. The AMA is very much a cutthroat political organization and has been ever since the 1850s due to the influence of Homeopathic medicine at the time. Homeopathic medicine is an energy based form of medicine and consequently was and is still a very successful medical paradigm. If you needed/wanted surgery, you went to an MD but if you wanted healing, you went to a Homeopathic doctor.

### The modern era

For the sake of this discussion, The Modern Era will be seen to start in the 1930's on the North American Continent with Europe being trivialized and the rest of the world being forgotten. The arrogance of the AMA in the USA is truly staggering! After WWII, the USA ruled the world like England did the century before, simply in a seemingly different manner. This was due to the fact that after WWII, the almighty US Dollar became the default backup currency of the entire world! Thus, anything American became king! However, it did take the author until the late 2010's to eventually put together what he considers as the modern era of Medicine - the role of the Enteric Nervous System (ENS) in the care and maintenance of the entire physical body! OK, so what does this mean? The ENS governs the care and maintenance of the entire physical body?

The body of scientific knowledge known as "Comparative Vertebrate Anatomy" shows us that there are several concepts that aid us in our understanding of the physical structure of the human body. The first is the concept of bilateral anatomy - there are left and right sides of the entire physical body that are seemingly mirror images of each other externally but not necessarily in the 3 body cavities. The 3 body cavities have all of the major organs of the body, apart from the spinal cord and the brain (which make up the Central Nervous System (CNS)). The second is that the ENS consists of the bilateral aspects of the Peripheral Nervous System (PNS) and the bilateral nervous ganglia associated with the CNS bilateral spinal ganglia of the spinal cord. The third is that the PNS

consists of nervous elements and nerve cell ganglia associated with the skin, the muscles and all of the organs of the body. Anatomists and their human body naming system(s) keeps everything in place and in order. However, very few people truly understand the significance of what has been wrought.

The physical structures of the PNS are intimately involved with all aspects of what comprises the human construct of "healing". Healing is the normal bodily repair system(s) that returns what comprises the entire physical structure of the human and any animate body to peak energetic and therefore incidentally biochemical efficiency. The form of the physical body encoded within the genetic material is the template that all healing ascribes to in all of its myriad forms. It is to be stated and can not be understated that the physical structure of the body of any organism is firstly a biophysical structure and only secondarily utilizing a biochemical energy dissipation system. This means that energy moves through the physical structure that comprises the actual body in a biochemical manner. Again, the construct which comprises the physical body passes energy (biophysics) through the physical structure of the body in a stepwise (biochemical) manner. Thus, your actual physical body is a biophysical construct utilizing secondary biochemical reactions. Now that was not so difficult to understand, was it? However, it seems that the AMA and all of modern science has missed this essential point, that the physical body is first a biophysical construct and only secondarily using biochemical reactions to move energy through the physical body in an incrementally stepwise manner!

### The body-field

Now we are getting to the primary reason that this article was conceived and written. Every accumulation of matter, whether small or large, has associated with it an overall physical structure and an overall attendant energy field encompassing that physical structure. The overall structure of that physical body has an overall field associated with it. This is part of the nature of what human scientists call physics. With that physical entity is the differential composition of the overall structure that is known as the chemistry of the object if of non-biological composition and as the biochemistry of the object if of a biological composition. As this article deals with biological entities, the emphasis will be upon the biophysics and biochemistry associated with living entities.

The overall principles are indeed exactly the same whether of inanimate or animate matter accumulations.

Any biochemist knows that there is a change in energy BEFORE there is a change in biochemistry. This is a basic concept that is taught in a beginning biochemistry class. This concept is key to our discussion and apparently completely forgotten as soon as the next topic of biochemistry to learn arises. Any aspect of biophysics is cast aside and only biochemistry reigns supreme! This is the state of our learning in this day and age, much to our detriment and the shame of modern science.

Would you not think that an accumulation of matter composed of protein, minerals and lipids (with a smattering of other biochemical compounds) would have an overall physical structure as does all other matter accumulations? Well indeed it does. After all, this is the subject of Biochemistry - the chemistry of biologically associated compounds. But as this article is about biophysics primarily, not much more will be said about biochemistry as it is not at all relevant to our discussion and if so only incidentally at best.

Just as all physical non-biological matter has a crystalline structure, the structure of all physical biological matter is not usually thought of as a crystal, per se. Rather, biological compounds are usually looked at as of a molecular structure, which however indeed may become crystallized. This is the essential difference between what is a living and non-living compound. Compounds usually associated with living entities are not crystals as such and are usually characterized as a molecule, that does have a characteristic structure none-the-less. This fact is due to the temperatures that compounds associated with living entities exist in a non or semi-crystallized state. Biological compounds are structurally biophysical structures composed of various biochemical elements. Again, they are primarily biophysical structures composed of biochemical elements. Please keep this very important distinction uppermost in your mind as you progress in your understanding of the topic(s) put forth here.

Thus, it stands to reason that your physical body is composed of biophysical compounds composed of biochemical elements. This is indeed what separates the crystalline from the molecular. It seems however that modern science and the AMA has become so

focused upon the biochemical aspects that it seemingly negates the biophysical, to them it is all about the biochemistry (chemistry)! Hence, their concepts of healing are all flawed and are NOT based in actual reality.

So, in an attempt to get us all back on track with the biophysical, this work is offered. This is the point where the concept of the animate (human) body-field will be introduced. On the sub-continent of India, a tradition of meditation put forth a concept known as Chakras. The chakras were described as vortices of energy wheels which subtend and string along the human spinal cord within the skeletal elements of the spinal column. These individual chakras had an associated color - from the basal chakra to the head chakras. These colors are described as red, orange, yellow, green, blue, purple/navy and white. The frequency of the light associated with each is stated to be that of the colors of the rainbow. No distinction is indicated for any other anatomical location. This is where the considerable period of meditative practice and the formal education as a Doctor of Philosophy in the field of Behavioral Biology comes into play. The author started to spontaneously engage in what is labeled as meditation at the age of 4 years. The 7 locations of the Chakras were experienced while engaging in what may only be described as a form of Yoga meditation. I hesitate to mention the following as there will be many skeptics. It seems that I had brought from the just previous lifetime this knowledge as I experienced a lifetime at that time as an aspiring student of Raja Yoga at a location in the mountains of the Himalayas. That fact is not what is important. What is important is that I became engaged in learning higher education at the University of Kansas starting in 1969 in the field of Behavioral Biology. During the following 5 years of university education I also continued my intensive meditative practice.

The result of both my advanced education, my later extensive practical working experience and my continued meditative practice resulted in the eventual realization of various types of human understanding. As the author is currently 79 years of age, this has been a lifetime coming. This missive is the result of my lifetime of learning and also with the understanding that resides within my consciousness at the time of this writing.

- The development of the organism from the original fertilized egg to blastocyst to embryo to neonate to child to adult organism is a very carefully orchestrated series of events.

There are seemingly 2 poles of cellular development that initially arise and eventually lead to the production of the adult organism with both a Central Nervous System (CNS) and an Enteric Nervous System (ENS). The CNS is comprised of the nervous elements of the Brain and the Spinal Cord/ Spinal Ganglia. The ENS is composed of the individual nervous elements and various nerve cell ganglia that are strategically scattered throughout the skin, the muscles and the organs within the body cavities and next to the area of the spinal column. This leads to the development of 2 very distinct arenas of nervous activity. And in fact, it is the various nervous elements of the body that determine the living condition(s) and direction(s) that the entire organism continues until such time that death occurs. This seems obvious, really. However in actual fact this understanding is not at all evident within the written works offered by both the current NorAm scientific community and the admittedly very personally despised AMA.

- In the opinion of the author, the AMA is stuck in a paradigm of their own making that does not at all reflect the reality of the natural realm. The AMA and supposed NorAm scientists are stuck in a wholly biochemical paradigm that is based upon many false assumptions, in my opinion. First of all, there seems to be no real understanding of what the ENS is, does or comprises. All learning activity is focused upon the CNS and the various many ENS elements are looked at as mere adjuncts of the CNS. There does not seem to be any understanding that it is the ENS that is the keeper of the entire physical body within which the CNS is a mere resident. It indeed is the ENS that governs what is to happen within the accumulated mass of the biophysical construct known as the human physical body. The ENS is seemingly compartmented into several functional activity groupings. The first is known as the Peripheral Nervous System (PNS). The PNS is simply comprised of the nervous elements located beside the nerve cell bodies and ganglia associated with: a. the skin b. the voluntary muscles and c. the many organs of the body.

The skin is the first line of defence with regard to everything that is outside of the body. The outside of the body is all that is located upon the outer surface of the tube that is your skin and inside the surface of the tube that is your entire alimentary tract from mouth to anus. The muscles have nervous elements

associated with the voluntary muscles of the body. These nerve cell elements and ganglia are those which directly stimulate the various voluntary muscles attached to cartilage and bone that are responsible for the actual movement of the entire physical body in a coordinated manner. The long fiber nerves originating from the spinal cord are the effectors of all peripheral nerves. Remember that these nerve cell bodies lie within the spinal cord and that the nerve cell end plaques stimulate the nerves/ganglia located next to the muscles. The CNS then merely stimulates the nerves and nerve cell ganglia in the area of the muscles that then cause the muscles to contract. These 2 ENS nerve cell groupings within the skin and the muscles are mostly those that are directly involved in the practice of Acupuncture and Massage.

The last PNS grouping is that of the autonomic nervous system located next to all of the organs of the 3 body cavities, the chest, the abdomen and the pelvis. Here also we find the Chakras that are associated with the 3 body cavities. The Red chakra is associated with the skin. The Orange chakra is associated with the muscles. The Yellow chakra is associated with all of the organs within the 3 body cavities. The Green Chakra is associated with the heart. The Blue chakra is associated with lungs and throat (the location of the more ancient gill slits). The last 3 chakras are associated with the CNS as the Violet-Midbrain /Navy-Cerebellum dyad and the White Chakra of the Cerebrum. These 7 energy vortices are the exitent basis for the complex energy system established for the overall physical body as the unconscious mind (ENS) and the conscious mind (CNS). These facts show us that the biophysical body-field of the physical body is indeed real, functional and dynamic in character.

### Self-Healing

What then do you ask has all of this deluge of information to do with healing? The topic of healing may be looked at as anything that returns the body to optimum functionality and wellbeing. Thus what most people look at as what comprises healing is doing something to in some manner return the mental, emotional and physical body to optimum functionality. However, if you remember I stated that healing only deals functionally with the physical body. This tends to leave out emotional and mental healing. This leads us to the conclusion that "healing" per se only involves the systems of the physical body and is the domaine of the ENS. I suppose that a new term will need to be derived for what will comprise emotional

and mental return to optimum functionality. This is true for most of the course of human history as it is only more recently that derangements in emotional and mental functionality have been considered as trauma and disease. Personally my thoughts are that emotional and mental derangements are just that - derangements and NOT diseases. Diseases involve physical trauma and attack by microorganisms (ENS), not emotional and mental derangements (CNS). But what do I know?

The stated purpose was to elucidate the nature of self-healing. This will mean that any person directly involved in any interaction with the natural processes that occur to return any deranged system(s) of the physical body to a norm will be practicing self-healing. This then presumes that the person in question knows what healing processes are forthcoming according to the circumstances involved. According to current medical dogma, any healing involves the interaction of healthcare professionals according to the displayed symptoms of the patient. Thus, at this time there needs to be a distinction made as to what exactly is happening to the body that such needs a healing intervention. By all means if you suffer from any sort of physical trauma, seek the assistance of medical professionals at a healthcare facility. Thus, the healing intervention that we as a sick person may engage upon is due to the effects of viri (plural of virus) and other microorganisms (mostly bacteria but some protozoa). We as human beings are alive today simply because our ancestors survived the ravages of predation by viri and microorganisms. Protozoa are not going to be discussed. The constitution of our bodies is such that the natural healing activities of our bodies are forever warding the ravages of predation. Thus the physical body is forever upgrading the ability to ward off potential threats as encountered. It stands to reason then that a person becomes sick or ill because of 1 of 3 things. 1. Our natural healing processes encounter a never before or "new" threat 2. A previously encountered threat makes an appearance in such numbers as to overwhelm the natural capabilities of a persons immune system 3. A person so neglects the care of their bodies that usually encountered pathogens suddenly become a survival issue.

Now the real crux of this article - how may a person constructively enhance the healing powers of their body. With the encounter of a "new to you virus", you will go through all of the symptomology of becoming sick, usually involving a fever and general lethargy. The physical body will go through a host of reactions that all seem to

be of a biochemical nature. The immune system goes into survival mode and it is in this case that the liver that plays the primary role in producing various biological compounds (immuno-globulins) which interact with the infected body cells and viri produced within. At this point you may assist your physical body in its efforts by providing mostly behavioral support efforts and continuing to provide both healthy liquid and solid sustenance. It seems that for viri, there is not much that you as a sick person may directly do to enhance the healing powers of your body other than to make sure that your body is at optimum physical condition. Hurray for a healthy and strong liver!

So what happens if your body encounters a new and invasive/disruptive microorganism or more likely a seemingly overwhelming older foe? In this case, instead of the liver playing the predominant role, it is the white blood cells (WBC) that assume that role. WBCs actively seek out and engulf (eat) the not-self foreign organisms. The subject of what comprises self from not-self is at the heart of the role that biophysics plays in all bodily phenomena. More upon this topic a little later in this discussion. The WBCs also act to engulf any foreign not-self material encountered. This means that WBCs are directly involved in any cleanup of foreign (not-self) biological materials. However, there is usually a considerable amount self material that is no longer serving a bodily function as debris which the WBCs also remove from the area of infection. The predation of foreign agents indeed cause a considerable amount of bodily debris to be produced which must be eliminated before the areas involved in the predation return to a normalized energy expression as a part of the general overall body field character. This is the role of any healing endeavour, to return any area of energy disruption to the normalized energy field of the body at functional and dynamic capacity.

Thus, self-healing is essentially learning what we as a living entity may do to maximize the capacity for returning the physical body to the most efficient and dynamic abilities if adversely disrupted. This means that we use the abilities of our CNS to return the ENS to maximum efficiency. We obviously continue to provide for adequate food, water and shelter. We learn to provide the adequate support to our body in the case of any predation and injury. So just what is it that we may learn to do in support of our body, apart from the obvious?

- As our bodies are a biophysical construct composed of biochemical elements, we first learn to recognize and appropriately interact with the biophysical aspects of our beingness through the Art of Meditation. This will eventually lead to the recognition of the 7 Chakras. At that point we will need to learn how to interact with each of the chakras in order to “cleanse” each and balance them in a harmonious whole. The next step will then be to learn to cultivate a more deep and intricate connection so as to be able to consciously interact appropriately with various aspects of the anatomy and physiology of the body organs involved with each chakra. This act/fact allows 1 to ward off any energetic disruption of your body-field with conscious concerted effort.
- We learn to pay attention to the tell-tale signs that the ENS will display by recognizing the subtle changes in our conscious mentation according to the nature of the ENS disruption. The obvious nature of body disruption is easily dealt with through conscious acts. We will need to learn the so very subtle changes in the physical body that are first noted as changes in mentation or overall subjective feeling. We need to learn to recognize the causes and the effects that will display in our beingness. The CNS does actively recognize the biophysical changes that happen in our bodies, we just need to learn to recognize those signs consciously and overtly. Once we recognize the issue, we may act appropriately. It is a lifelong task to learn the subtle means to keep our bodies/minds in peak condition.
- Over the many centuries that human beings have contemplated the nature of disease and healing, there have arisen many forms of “healing” according to the cultural aspects in place at the various locations around the globe. What constituted healing became both a cultural exposition and a practical reality. The predominant philosophical expressions of what constituted healing eventually lead to the expression known as Traditional Chinese Medicine (TCM). TCM (herbal) and Acupuncture (physical) became the preeminent and predominant forms in the Eastern world. The west was still floundering around at that time. Herbal medicine is seemingly biochemical in nature but is actually primarily due to the biophysical nature of the components and only secondarily to their biochemistry. It is the biophysics of the compounds in herbal preparations that works in concert with the biophysics of the body region

that is being supported which is of prime importance. Those whom are totally focused upon biochemistry do not seem to understand this very important and vital distinction.

Acupuncture deals with the insertion of needles into locations adjacent to nerve cells and ganglia in the skin and muscles, mostly below the elbows and knees. Massage deals with the nerve cells and ganglia of the skin and muscles located over the whole of the body. Practitioners of Acupuncture and Massage do not seem to be aware of the fact that the body field of their body is interacting with the body field of the patient. It is this interaction that is the real source of any healing transfer. This is the true reason that health-care providers of any form experience the condition known as "Burn-Out". They deplete their personal supply of biophysical energy resident within their body-field. As you may thus surmise, all true healing is all about the body-field of a person. This is all about biophysics, the exchange of some form of biological energy! Again, Energy!

In more modern times, there is only 1 major conceptual system that recognizes the preeminence of biophysics. This is the medical paradigm of Homeopathy. The practice of Homeopathy is totally of a biophysical nature. This fact is completely lost to western medical science and the AMA. There is much information concerning the nature of Homeopathy in the literature. However, the important distinction is that Homeopathy interacts with the biophysics, as the body-field, of the patient. Subtle differences may be existent due to locality but these readily mesh and resonate with and within the biophysical aspects of the Body-Field as a totality!

## Conclusion

Thus a biophysical energy transition will always occur before there is a concomitant biochemical reaction between any elements involved in the reaction to the energy transition(s). Nature seems to be normalized to the distribution of energy to its most stable state(s). Living entities temporarily arrest energy dissipation in certain energetic biochemical compounds by way of high energy molecular bonds. Biological entities then use this stored bond energy to perform the various functions and tasks necessary for living. The captured energy is sequentially dissipated through various biochemical pathways until it reaches a basal state. Thus it is true that living entities utilize energy states to perform work which supports their living schemes. Life is all about biophysics supported by acts of biochemistry.