

Peter Mark Adams

THE HEALING FIELD

Energy, Consciousness & Transformation



It's rare to find a book that can clearly elucidate the complexities of the paranormal. The Healing Field is such a book. Peter Mark Adams skilfully bridges the gap between conventional consciousness and the esoteric. Anyone interested in the transpersonal journey will find this book a treasure-trove.

- Richard & Michael T. Greenwood MD -

Peter Mark Adams

THE HEALING FIELD

Energy, Consciousness and Transformation



Copyright © 2013 Peter Mark Adams.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

Balboa Press books may be ordered through booksellers or by contacting:

Balboa Press

A Division of Hay House

1663 Liberty Drive

Bloomington, IN 47403

www.balboapress.com

1 (877) 407-4847

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Any people depicted in stock imagery provided by Thinkstock are models, and such images are being used for illustrative purposes only.

Certain stock imagery © Thinkstock.

Printed in the United States of America.

ISBN: 978-1-4525-8356-3 (sc)

ISBN: 978-1-4525-8358-7 (hc)

ISBN: 978-1-4525-8357-0 (e)

Library of Congress Control Number: 2013918164

Balboa Press rev. date: 11/22/2013

Contents

Acknowledgements	v
Introduction	xi
Chapter 1 Healing, energy & consciousness	1
Chapter 2 Psi & intuitive knowledge	13
Chapter 3 Healing issues within our time-line	31
Chapter 4 Healing issues beyond our time-line	49
Chapter 5 The Healing Field	67
Chapter 6 Healing on extended planes	85
Chapter 7 Healing through Spirit	105
Chapter 8 Conclusions	139
Bibliography	163
Index	167
About the Author	171

Illustrations

Diagram I: The Spectrum of Consciousness	10
Diagram II: Field-like Structure of Defocalized Awareness	27
Diagram III: The fi elds of consciousness	76
Diagram IV: An Etheric-Astral Complex or Gui	98
Diagram V: The Paths of Quietude & Excitation	119
Diagram VI: The Dynamics of Spiritual Experience	123
Photographs taken after a group healing session with Reiki	132

Introduction

*“The only courage that is demanded of us:
to have courage for the most strange, the most singular
and the most inexplicable that we may encounter.”*

*Rainer Maria Rilke
'Letter to a Young Poet'*

The Healing Field arose from a prolonged meditation on the diverse ways in which we experience healing and personal transformation. I have been lucky enough to undertake this journey in the company of my wife, Gulcan, and many other gifted healers and psychics who provided unstinting help and guidance. In the process I witnessed wonders that revealed a greatly expanded conception of self, reality and our place within it. I found myself asking why it is that these things are so little known, so rarely experienced and so obscured from view. Because many of these experiences possessed such rare and unusual qualities I wanted to share them since they suggest a far more expansive and uplifting view of whom and what we are than mainstream thinking allows for.

This book will help to illuminate these issues by dwelling upon those aspects of reality that are most controversial, most challenging and difficult to find. Although this work is anchored in science, its subject matter occupies that twilight zone between objective science and subjective experience, between reason and intuition. All of the anomalous phenomena dealt with here are backed up by the records of our own case files and, as far as possible, by the available scientific

research. Above all I wanted to facilitate an understanding of the larger web of life and of our place within it. For when we grasp this, we begin to move towards a quality of understanding that relieves much of the fear, doubt and uncertainty that overshadows the vast majority of people.

The Healing Field has been structured to progress from the day to day anomalies that most of us have experience of towards the more unusual and, in some cases, disturbing phenomena that occur on the outermost edges of human experience. For it is only by examining the full range of such experiences that we can grasp the hidden depths of reality and the true expanse of the human spirit. In Chapter 1, ‘Healing, energy and consciousness’, we set the scene by introducing the main categories and issues that we are going to deal with. In Chapter 2, ‘Psi and intuitive perception’, we look at how each and every one of us has the dynamic potential to access information with which we have no connection. In Chapter 3, ‘Healing issues within our time-line’, we examine experiences from the extremities of our normal life cycle: those arising in the womb, during the birth process and on the very brink of death. These experiences challenge the conventional understanding of consciousness and the boundaries of self-hood, of when ‘we’ can be said to exist. In Chapter 4, ‘Healing issues beyond our time-line’, we extend our inquiry into the continuity of the self and the limits of consciousness by examining examples of healing involving past lives as well as inherited family and ancestral trauma. Chapter 5, ‘The healing field’, summarizes the implications of what we have learned up to now and proposes a model of consciousness and reality that allows us to make sense of these otherwise anomalous experiences. In Chapter 6, ‘Healing on extended planes’, we expand our horizon

once more to examine healing on levels of reality beyond the range of our immediate perceptual awareness. We consider the role of entity attachments of varying degrees of sentience that act to affect our health and mental balance. Chapter 7, 'Healing through spirit', considers mystical or 'peak experiences', the variety of ways in which these are accessed and how they contribute to healing and the ethical and spiritual development of humanity. Finally, in Chapter 8, 'Conclusions', we pull all of this material together to develop an understanding of consciousness, reality and identity that incorporates these phenomena. We use this model to suggest strategies that will lead to profound levels of healing, increased happiness and a greater contribution to spiritual co evolution.

Chapter 1

Healing, energy & consciousness

Introducing Healing, Energy and Consciousness

Ten years ago I was diagnosed by a medical doctor and acupuncturist with an enlarged liver. His diagnosis involved using a micro ohmmeter to monitor variations in the skin's electrical resistance on the main acupuncture meridian points. He told me that my condition could be healed but this would require weekly treatments for the next 8 months. A day or so later my wife, Gulcan, and I met a Russian bioenergist who offered to demonstrate her healing skills. Since neither of us shared a common language we couldn't discuss my health issues, or anything else for that matter. Instead she passed her hands around me at a short distance from my body and quickly diagnosed the same liver condition as the acupuncturist. This impressed me, and I decided to undertake a healing session with her the following week. The session started with her bringing her own energy into 'focus'. She asked me to breathe deeply and rapidly a few times. I am familiar with various sorts of breathwork so I recognized that this would quickly increase the level of my inner energy. She then massaged my liver, and this marked the last second at which my awareness could be said to be operating within normal bounds. She inhaled sharply. As she did so her hands pulled some manner of 'blockage' from my liver as though she was ripping a plant, roots and all, out of the soil. I distinctly felt 'it' move from me to her. She then exhaled powerfully over my head. Right then my whole mood and energy shifted. I felt weak and light at the same time. Although these actions describe what happened, they completely fail to do justice to the intensity of the process that I experienced.

When she ‘pulled’ the problem out and into herself it showed quite clearly in the pain and sadness that were etched into her face. A moment later she lifted her face upwards and powerfully blew out, permanently and completely releasing the problem. I felt weak. I lay down. All of a sudden I was completely overcome by what I can only describe as ecstatic bliss, pure and endless joy, a sense of the unutterable, perfection and humor of existence itself. I dissolved in joyful laughter – a level and depth of laughter that I have never experienced before. I laughed uncontrollably for half an hour. About a week later, I visited the acupuncturist who checked my liver once more only to find, much to his amazement, that he could no longer find any trace of the liver problem. When we told him about my session with the bioenergist he said, “I must meet this woman!” Ten years later I am still completely free of the liver problem.

This account touches on many of the themes that we will be exploring through the first-hand accounts of gifted energy healers. In particular it illustrates the intimate connection that exists between our natural energy fields, our health and the quality of our awareness. It demonstrates our innate ability to intuitively understand the deep, emotional roots of ill health. And it shows how natural processes can affect fast and effective healing by changing the dynamics of our energy field.

The reality revealed through energy based healing is quite different from the world of most people’s day to day experience. Like most of us, I have been raised to believe that what you see is all there is and everything in the universe can be reduced to and explained by particles of matter bumping into one another. But the accounts of healing gathered here, drawn for the most part from our own case files,

reveal that this picture is grossly inadequate. Reality is far more complex, multi-dimensional and connected than we imagine. Each and every one of us, using only natural methods, can realize a level of healing and positive personal transformation far beyond conventional expectations.

Like everyone else I possess an in-built skepticism to any suggestion that reality is fundamentally different from what my day to day experience, or mainstream science, tells me. When challenged by anomalies that exceed this one-size-fits-all worldview, the response is usually one of ridicule, outright dismissal or rationalization.

There are very good reasons why a change in our worldview is long overdue. People are increasingly aware, and accepting the fact, that their experience does not accord with mainstream science. Recently, one of the world's leading philosophers, Thomas Nagel, triggered a storm of criticism by stating the obvious fact that the 500 year old scientific project of attempting to explain everything in terms of interactions amongst the smallest particles, called reductive materialism, has failed¹. A similar point had been made by the biologist and complexity theorist Stuart Kauffman². It has failed because it cannot account for the most defining and essential features of life: consciousness, agency, meaning and values. By 'consciousness' we mean the irreducible, luminous awareness of the present moment shared by all sentient beings. It is sometimes hard to grasp, but this dynamic quality that so essentially defines us, escapes all explanation, whether on the part of philosophy, neuroscience, psychology or evolutionary theory. By 'agency' we refer to the fundamental quality of intentionality

that all sentient beings possess: our desiring, willing, planning and executing. Purposeful action gives rise to meaning, another fundamental quality of being. And with meaningful action come values. Values capture our inherent sensitivity towards such fundamental issues as right and wrong and justice and injustice. We all know that these essential elements are characteristic of all sentient life and form an intrinsic part of reality. And yet, modern science can find no place for them. Where we find these qualities at their most pronounced is in the arena of healing, personal and spiritual transformation. For this reason we need to remain open to the possibility that anomalous experiences in these contexts, such as those that accompanied my own healing, may well be pointing us towards a broader conception of reality and consciousness than has been accepted up to now.

The process by which we come to hold our beliefs about the nature of reality, consciousness and personal identity, our enculturation or ‘programming’, prepares us to ‘fit in’ with a certain society and culture. But just because it enables us to interact with the portion of reality relevant to our society doesn’t mean that it also prepares us for perceiving those aspects of reality beyond our society’s sphere of interest. For this, we require a different point of view, new concepts, language and a fresh understanding and approach to the familiar world we inhabit. I liken this process to ‘de-programming’.

My own ‘de-programming’ has been a continuing process over many years. One event that helped me occurred when I was growing up in Africa in the early 1960s. We had driven from the Kenyan highlands down through the Rift Valley and then south east. All day we travelled on the rough red earth road that, in those years, ran all the way to the

coast. We crossed dried-up riverbeds and vast tracks of featureless savannah, a great plume of red dust flowing out behind the car. Late that day we arrived on the edge of the city of Mombasa. We stopped at a small open market next to the road to pick up some fruit before going on to our final destination much further to the south. As we got out of the car a man stepped forward and warmly greeted Pedro, who was travelling with us. It was his brother. We asked Pedro how on earth his brother could possibly be waiting for him at such a remote place on that day and time. He shrugged, “Because I would be here” he said. In the early 1960s the internet and mobile phones were still 25 years or so in the future. And even supposing he had phoned sometime before we set off, it still doesn’t explain his brother being at that particular roadside market at that time and our spontaneous decision to stop there. Is there more to reality than we can possibly imagine? As we explore the various cases presented here, we will see that the answer is a resounding ‘yes’.

Another event that helped me to remain open to new possibilities occurred in my teens. I had joined a Karate club run by a highly respected Master, Ronnie Colwell. One night Ronnie demonstrated the controlled use of Chi energy. He had a few of the burlier club members hold three thick wooden boards – each around 12 inches (30 cm) square and around 2.5 inches (6.4 cm.) thick – tightly together. He then struck the first board – and nothing happened. But when we examined the boards we found that whilst the first and second boards showed no sign of damage the third board, the one furthest away from the strike, was neatly split down the middle. How he did this, how it was even possible, puzzled most of us at the time. It still does today,

over 40 years later! The martial artist's explanation is that it is done by focusing their 'Chi' energy on a point beyond where they are going to strike. In this case Ronnie focused his energy on and split the third board, the one furthest away from the struck surface.

The reality of Chi energy and of our wider energy fields is apparent to those who practice the martial arts, the many forms of spiritual yoga or any of the energy based healing modalities. We will return to consider the nature of these energies and the evidence for them later. For now let's agree to call the energy surrounding all sentient beings 'biofield energy' to distinguish it from the conventional forms of electromagnetic energy produced by every organ and part of our bodies.

As we saw in my own case of healing, a gifted healer can intuitively access a deeper, more perceptive understanding of health problems than would be apparent to most of us. We describe the possession of such 'perceptual' skills as psychic ability. This is just one manifestation of a range of capabilities subsumed under the concept of 'Psi'. Because of the centrality of these abilities to many types of healing process we will examine them in greater detail in the next chapter. The insights that arise because of a healer's innate psychism, or Psi abilities, involve shifting awareness beyond the normal range of waking states. Such shifts are commonly called 'altered states of consciousness' (ASC).

Altered States of Consciousness

In every society and in every age, people have engaged in practices that shift their awareness to take in a much broader spectrum of reality. In

the West we call these shifts ‘altered states’ and, until fairly recently, we have tended to dismiss them as psychological distortions or even as pathological. But in many societies, and amongst those dedicated to a broad range of healing and spiritual development practices, these shifts, and the realities they provide access to, form a vital part of everyday life. Our capacity to sense things hidden from normal perception is far more dynamic than many of us imagine.

The expression ‘altered states of consciousness’ was coined by psychologists and anthropologists in the 1960s to categorize the much broader range of experience reported by researchers, especially amongst non-Western societies. Altered states were initially defined as any state that exhibited ‘sufficient deviation’³, a ‘qualitative shift’⁴ or ‘difference’⁵ from ‘normal waking consciousness’. But definitions like this beg the question: what constitutes ‘sufficient’ and who is to judge what is ‘normal’? Not only definitions like these, but the very need for such a category has been challenged by people from cultures who still utilize a much fuller spectrum of awareness. A Native American challenged the Transpersonal Psychologist on precisely this point,

“I don’t understand why you use the term ‘non-ordinary states’. For my people, these experiences are part of the normal spectrum of human experience!”⁶.

In some ways the idea of ‘altered states’ tells us more about the limitations our own culture than it does about the states themselves. States of consciousness, such as the various levels of wakefulness and sleep or certain meditative states, are relatively discrete. They can be

identified by their ‘signature’ patterns of brain waves (Alpha, Beta etc.) and the activation of specific areas of the brain. But we cannot say the same for ‘altered states’. The term does not identify any specific subjective experience or brain state. What, then, does it signify? It can, of course, cover anything from psychosis to drunkenness. But in general usage an ‘altered state’ designates an extension or expansion of awareness that fulfills some specific purpose. In other words, the significance of altered states lies not in the neuroscience, psychology or anthropology surrounding them, but in what they can do for us. Altered states provide alternative ways of engaging with reality. In all times and cultures altered states have been used to provide access to information and realities not accessible by other means, to facilitate healing and as an integral part of personal and spiritual transformation.

There are four basic contexts in which we see such shifts occurring: gaining access to remote information, healing, shamanism and mysticism. None of these areas excludes the others and they all exhibit a large degree of overlap. I have further characterized states of awareness that access remote information as transpersonal. This means that they are used to pick up information about distant, hidden or lost people and events. I have characterized most of the healing, shamanic and mystical states as transformational since they often accompany or even induce profound healing, personal and spiritual change.

As we noted, many skilled healers intuitively access unconscious, forgotten or hidden information that provides the key to their client’s healing. These healers combine access to such information with other skills that facilitate the integration of emotional upsets and traumas. Some of the more exotic examples include fetal, birth related,

ancestral and past life traumas. Practicing shaman combine Psi and healing skills with additional capabilities for working with a range of etheric, astral, non-human and other-dimensional ‘ entities’. Finally, mystics may combine all of these capabilities with a capacity for realizing and sustaining transcendent levels of awareness.

To provide context, we will use these categories to relate altered states to the more usual range of experiences, such as the various levels of wakefulness and sleep, and a few of the various classes of mental disorder. The idea is not to create an exhaustive classification of every possible state of consciousness, an impossible undertaking, but rather to provide a model that helps us to orientate ourselves to this complex material. Finally, we can add some of the experiences typically associated with each of these states as depicted in Diagram I (below).

Diagram I: The Spectrum of Consciousness



Notes

1. Nagel, T. (2012) *Mind and Cosmos: Why the Materialist Neo-Darwinian Conception of Nature is Almost Certainly False*
2. Kauffman, S. (2008) *Reinventing the Sacred: A New View of Science, Reason, and Religion*
3. Ludwig, AM. 'Altered States of Consciousness' *Journal of General Psychiatry* (1966): 225
4. Tart, C. (editor) (1969) 'Altered States of Consciousness: A Book of Readings'
5. Krippner, S. 'Altered States of Consciousness' in J. White (Editor) (1972) *The Highest State of Consciousness* (p. 1-5).
6. Ehrmann, W. 'Some Critical Issues in Stan & Christina Grof's Holotropic Breathwork: A discussion between Wilfried Ehrmann, & Stan Grof M.D.' *The Healing Breath*, Vol. 3, No. 3, 2001

About the Author



Peter Mark Adams, a Philosophy graduate, has been researching energy, consciousness and healing for over 35 years. For the past 20 years he has worked as a professional rebirthing breathwork facilitator, mindfulness teacher, energy therapist, Usui Reiki teacher and author.

Peter has written a range of practical manuals covering Mindfulness, Reiki and Rebirthing Breathwork. He has contributed numerous articles on complementary and alternative medicine, mindfulness, Reiki, breathwork, energy, esotericism and altered states of consciousness to a range of journals. Peter is a contributor to Paranthropology, the international peer reviewed journal of anthropological approaches to the paranormal and ‘The Journal of Exceptional Experiences and Psychology’.

Peter has acted as both an advisor and contributor to the Turkish Radio & Television documentary ‘On the Borders of Science’.

For over 15 years Peter and his wife, Gulcan, have been practising energy healing and teaching thousands of people. Gulcan, an industrial engineer, specialises in emotional and karmic healing. This book is a testimony to their teamwork. They live in Istanbul with a cocker spaniel and three cats.

Peter can be contacted through the following addresses:

www.petermarkadams.com

petermarkadams@gmail.com

@petermarkadams