

Keynote Address

I WANT TO BE A NOBODY AND HAVE NOTHING TO OFFER YOU

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ABSTRACT

Please understand that I am not opposed to our having bodies even with all the trouble they present us with. I hope, however, to show you the advantages of being a nobody. I also plan to clarify why it is quite advantageous to have and give nothing when the opportunity presents itself. All of creation has come from nothing but it is a very special nothing. It is not a vacuum but contains the potential to become something and create something. White animals are very significant symbols in dreams and myths. Why? Because they represent the blank canvas which can be the foundation for the creation of some remarkable works of art. So out of this so-called nothing comes The One who has created everything. Within that nothing, consciousness, intelligence and energy exist which create the matter and the bodies. We are given bodies for specific reasons. No, they are not provided to malfunction and provide a livelihood for health professionals. They are provided so that we may manifest the work of The One and be Co-developers and evolutionists. Please remember that there are times being a nobody is advantageous to your work and development. Nobodies have the potential to become somebodies. The somebody they want to be. You will also find that there are many other advantages. Think of all the places where nobody is allowed. I often enter areas where somebodies can't go by telling the guards I'm a nobody. Now what are the advantages of nothing. That should be easy for you to figure out. You all know that nothing makes everyone happy. Nothing solves all your problems and people who have it all need nothing. Please understand I haven't lost my senses and will explain it all in my keynote presentation.¹

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There are only two organizations that I have spoken for, ISSSEEM and the National Institute for the Clinical Application of Behavioral Medicine, who put somebody in the front row flashing a sign at you telling you how many minutes you have left to speak. I am holding the sign up for you because though this was not a planned part of my talk if you only take home one thing from this meeting, let it be to accept that you have a limited amount of time on this planet. Enjoy your limited lifetime by paying attention to and doing what feels right and not what you think is appropriate so that you don't waste your life's time.

I'm on the Board of Directors of Heaven as an outside advisor and one of the things that I said to our Creator, was that the old parables are really confusing and hard to understand.

God answered, "You're a satellite dish, a remote control and a television screen now go."

I said, "I'm still as confused as ever."

God said, "What you have is the opportunity to tune into many channels, many sources of intelligent energy. I gave you a mind like a remote control, to select the right channel and your body is to be used to demonstrate what you have learned. I can tell you, if you tune into the wrong channel you're going to be in a lot of trouble because you'll be listening to the wrong lord."

Now let me get to the subjects of my talk, first being a nobody. I agree that I'm not normal and I do behave like a child and don't ever want to grow up. So when I walk into places where there are exhibits or displays, and it says, nobody is allowed here, I go right in. The guards come after you, saying hold it, stop, nobody's allowed here.

I turn and say, "I am a nobody."

Literally 80 to 90 percent of the guards realize you are retarded and of no risk or danger and let you go. They turn back to watch the other people. The nice part about being a child is that when you are willing to be a child you also meet other children. One guard, who was quite a bit taller than I, stepped in front of me, and I thought uh oh, what is he going to do.

He said, "I'm making you somebody, you have to go now." He received a big hug from me. Understand, when I talk about the nothing and the nobody that it's not an accident. Even the white screen on the stage is symbolic. Why is a white buffalo important to American Indians? Why is a white elephant a part of Buddha's history? What is it about the whiteness, the nothing? Kabbalists talk about the Ein Sof, like astronomers talk about the source of the universe, because the nothing is called that not because it is a lack of something but due to its lack of differentiation. Just as the white contains the entire rainbow within it.

We talk about the process of evolution and creation but if we're evolving, why do we still have ten fingers and ten toes? It would be sensible to have more fingers and fewer toes. Why is a good-looking woman a ten? Why does the computer system rely on a 0 and a 1? Why are there Ten Commandments? You begin to realize it is out of the nothing, but the nothing is not a vacuum, it is the potential from which comes the one.

My definition of God is conscious, loving, intelligent, energy. God is not a thing. God was created and has the potential to create by differentiating. Why? Because if you're the only one, you're still nothing because there's still nothing to compare your self to. So people were created and we had two. Then the animal kingdom developed and we have three and finally the plants to create four. Add up one, two, three and four and you're back to ten again. Jung said it a long time ago, numbers are the secret. Just as rhythm is. They have quantity and meaning and are discovered and invented. Someday we will see a rhythm and pattern in everything. Ernest Rossi has a book coming out entitled *The Psychobiology of Gene Expression*.² A very important sentence to me was, "Consciousness dictates what the mind mediates," and I believe that consciousness is not local.

One of the things mentioned by a previous speaker was sleep and about your dreams. Do you know that most living things never sleep. It is dangerous to sleep when predators exist. Horses sleep on their feet; most creatures never sleep and those that do only sleep a few hours. So why do we spend so much time sleeping? I believe it is to communicate with this greater consciousness. As a matter of fact I would change the words of the Bible, from, "There was the word, the word was with God and the word was God;" to "There was

consciousness, consciousness was with God and consciousness was God.” So pay attention to the symbols, myths and dreams and all the things they relate to. They are the universal language of creation.

One of the things I often talk about is the intelligent energy in life. Bacteria have no trouble making intelligent genetic changes, and becoming resistant to antibiotics and you get a cold and have trouble getting over it. Do you ever stop and think why. Well it’s a rather simple answer, bacteria don’t have the problems you have. They are not married, don’t have children, credit cards, and jobs. So it’s easy for them to respond and continue on. I’d say when you have the same meaning in your life that the bacteria have in theirs you will have a lot less trouble too, and live a longer healthier life.

Just so you know where I am coming from, in terms of things that I have experienced as a person: One, I was born an ugly duckling. That experience taught me about the beauty and value of love. I won’t go into a long story, my mother was quite sick with hyperthyroidism, and was told not to become pregnant, but took the risk. When she had a lot of trouble delivering me, after several days of labor and feeling she couldn’t survive a cesarean section, they dragged me out. My mother said, “I was not handed a child, I was handed a purple melon.” She said, “I couldn’t show you to people because it embarrassed them. So your father and I put you in a carriage,” these were her exact words, “put you behind the house, covered the carriage, and your Dad wrapped your head in a kerchief so no one could see you.”

How would you like being treated like that? You know what happens to monkeys who are separated from their mother for seven months. They become alcoholics, when you offer them alcohol, and 95 percent of Harvard students who say their parents weren’t loving, 35 years after graduation have suffered a major illness. You see, when we are not loved we are self-destructive. Why do I tell you this? Because I had something the ugly duckling didn’t have. I had a grandmother. She took me out of that carriage and to quote my mother again, “Put oil all over you and pushed everything back where it belonged.” Five or six times a day I was getting massaged by my grandmother. About fifty years later I was massaged on my shaved head for the first time by a woman. I’d had many massages by a man. I went into a trance that scared

everybody in the room out of their wits. “We didn’t know, (to quote the therapist), whether you had a stroke or a heart attack. You left.” I said, “I became the infant again with those hands.” So I also know we store memories in our body.

At age four I remembered seeing plumbers and carpenters taking things apart and holding the parts in their mouth. So I took a toy telephone apart and put all the pieces in my mouth, and then I aspirated them and was choking to death. I couldn’t call for help. I could see my mother in the kitchen. It’s a very vivid memory, believe me. She was pregnant with my sister, at the sink and she couldn’t see me and I couldn’t call out and it’s a very unpleasant way to die, to choke to death. Your diaphragm and ribs are contracting but no air enters and then a really great thing happened, I left my body, and what a pleasure. Now I was watching myself die and I was upset that my mother would find me dead. It bothered me that I was doing this to my parents, but I had absolutely no desire to go back, this was a lot more interesting. Now the thing that had never occurred to me was, what is *seeing*? Your body is on the bed, how the hell can you be watching? If you haven’t read a book called *Mind Sight* by Ken Ring please do, because individuals who are born blind have that experience and are watching resuscitation, auto accidents and they are even more upset, to be resuscitated because now they are blind again.³

What is seeing? That’s another experience that was stored in my memory. Not too many years ago a friend of mine over the phone said, “You talk about all the places you’re going to speak. Why are you living this life?” That sentence sent me into a trance and I said, “I think I know why I’m a surgeon, I just saw myself with a sword in my hand killing people.” A little while after that I went into a deeper trance, while just sitting on an airplane. It’s like a screen going up. I watched the lord of my castle tell me to kill the neighbor’s daughter because they were imposing on our property. I went and returned, “She’s a nice young lady, why don’t I kill him?” My lord said, “You either do what I ask of you or I kill you.” I said, “I’ll go, just give me some time to make it as painless as possible.” I went and won’t go into all the details, spent time there, got known by her dog, so he wouldn’t bother me. I would feed him things from my meals. When I learned where she slept, I went up to her room at night. When the

dog saw me, he realized who it was, and I gave him something to quiet him, and when he lowered his head I slaughtered him. The sound awakened the young woman who I was hoping to kill in her sleep. She turned. It was my wife and I literally cut her head off. Then cried—it's hard to control myself now—for hours and hours.

Iwent back with the head to my lord and said, "Here, are you happy now?" He responded, "This was not my choice, you decided to do it." At that time James Hillman's name came up in front of me three times in things I was reading and I said I need help, so I called him. He said fine come up here and tell me what's wrong. He interrupted my story and said, "Are you listening to what you're saying you keep saying the lord, the lord." I said, "It's the lord of the castle." He said, "It's not, it's the Lord." I said, "You know it always bothered me when Abraham said yes." It's about faith, you see. I went back to my lord, and I said O.K., I'll kill the young lady. Then I felt a hand on my shoulder, "I was just testing your faith. Now that I can have faith in you, go bring them here, and let us resolve the problem, and become one family. So there is no borderline." What happened is I ended up marrying his daughter. So now we have nothing to fight over. Pay attention to who your lord is because it's really important.

Two weeks before I came to this meeting my computer started going on spontaneously. There was a message on it from God. I called up all the kids, and said, "Stop fooling around." They said, "What are you talking about Dad? I said, "Are you sending me a message and saying you're God?" "No."

The first one said, "This is God, I'm sorry I must interrupt you. A plan of creation must by rights go forward under it's own rules, but you dear children of the sun's third planet are near to destroying yourself. I must step in. I will spend this week with you."

I mean if you saw that on your computer you'd be suspicious, too. After talking to the kids, I said, "God, I don't get it."

God said "Don't be afraid. I only want to convince you that I really am God. (this was the second day) and I am visiting you this week." I kept calling people and checking.

The message the third day was, "It is I." The fourth day, God said, "Look if you don't trust me, I will perform a little miracle so you will believe me." I said, "O.K., what are you going to do?" He said, "What I'm going to do is put the same message on all your computers, all the family at the same time, and flush all the toilets for ten minutes at ten in the morning." He said, "One of your sons is an FBI agent and I'm going to do it at their headquarters also, so you know I can go anywhere."

Sure enough, ten o'clock the next morning, all the toilets flushed and the computer had this message, "Every pebble beneath your feet, every drop of water is a miracle. But since you have lost your ability to feel all, I have had to perform today these other miracles, which are a suspension of natural law. My willingness to break the law should show you how deeply I love you, but the fact that I have done so will now lend encouragement to those very doubters. They will point out to you that an omnipotent being would not break his own laws. Let me tell you something that has long bewildered man. Even an omnipotent deity must limit his powers otherwise creation would be complete and perfection in the moment of it's birth, a magic trick, and not a genuine creation. God works, and there can be no work where there is no resistance. However this will not convince the diehards."

The next day, "I urge the hysterical paraders and fanatics bent on founding new religions to disband. We have too many religions as it. Must my visit mean that the world is coming to an end. Behave with dignity that I may be proud of you, and for heavens sake, stop committing suicide. I know this is difficult for you to believe but we have problems here to, and one of them is housing. Anyhow suicide gets you nothing, I'll just have to send you back again, send you on to make the same mistakes on a another level. There is no final death, the soul has many dimensions, dies in only three, listen to your soul, do as it bids. Good night."

The last day, when I said, "Hey I'm convinced." The message was, "Forgive me dear friends for my trespass in coming to you as I have, it was necessary. Now I shall take my leave. You will find that most of your problems remain with you, you will have pain and unhappiness, you will need to feed and cloth and govern your self. You'll confront uranium. Surely it must be plain to you that if God exists, that He must from the very fact of His existence have a

purpose. Surely you see your part in that purpose is, a planet is a school, live dear children and learn and now, until we meet again, good bye.” And on the seventh day he rested.⁴

It relates to what I was thinking about last night during other lectures. The Path that you were showing. It is chakras, or a ladder or that we are being promoted in school, and consciousness does not end. If you learn more your next life will be a lot easier, and you'll do a lot more good. So keep learning.

From quantum physicists and astronomers. At least 99.995 percent of the mass of each atom resides in a tiny nucleus composed of protons and neutrons. If a typical atom were the size of a football field, the nucleus would be a grain of salt at mid field. A cloud of electrons marks the atom's outer bounds; the rest is a void. The only reason you cannot reach right through a wall is because negatively charged electrons in your hand repel like charged electrons in the wall. Although you may feel solid, you're mostly emptiness. The same goes for the earth and the sun.

When gravity took over, squeezing all of the space out of the atoms and leaving behind a neutron star, we had black holes, essentially, an atomic nucleus, ten miles wide. If the entire universe could be similarly compacted, it would fit into a ball smaller than Mars' orbit. The only thing saving us from such a world-ending crunch is the sheer enormity of space. So ultimately we owe our lives to nothing. Why do I say loving intelligent energy? Because the universe is not an accident. You know, some people think it was a big bang, I think it was more of a silent moment. It could have kept expanding and we wouldn't exist or again it could have all contracted. It's not an accident that it didn't, and that we are here.

Fred Allen Wolf, the quantum physicist used these words.

Desire, through our powers of observation actually modifies and alters the course of the physical world, causing things to occur, that would not normally occur if they were not desired. The old proverb of the watched pot that never boiled turns out to be true in the quantum physical domain. I need to caution the reader. The bizarre path of evolution seems strange because it violates the second law of thermodynamics. It seems to move energy from a cold to a hot body without performing any work. This is no problem in

quantum physics, even the most improbable things occur once in a while. Hence a watched pot boils on a cake of ice if you intend it to. It matters little what you hope or even what you passively expect will happen. You need to actively pursue your vision to manifest intent in the physical world, not passively dream about it and hope it will come true.

That is the sense I have, certainly with the people I work with. I use the words desire and intention and determination. These people become long term survivors if you will. From the Tao, you get back to my words about nothing and nobody.

A truly good man does nothing, yet leaves nothing undone. A foolish man is always doing, yet much remain to be done.

What you have to realize is that doing nothing is not about a physical act. I can lie down and take a nap, that's doing something. So, don't interpret it as necessarily being busy. I have learned to sit still. That has taken me a long time to be able to do and to observe things growing and changing, rather than fixing and mowing, and weeding and whatevering. So learn to do nothing. It's probably the most important thing you could ever do.

The Sabbath symbolizes a state of union between man and nature, and between man and man. By not working, that is to say by not participating in the process of natural and social change, a man is free from the chains of time. Although only one day a week. The old meaning of the word evil, was to lose your way. In so many religions, philosophies, whatever, it's always the path and the way. The way to find your path, is again not where do you think I ought to go but how does it feel to go this way, and to continue to follow that.

I mentioned my grandmother earlier. I'm often advising people, when you don't know how to behave, behave like a loving grandmother. I mean think about that. About how we would remedy the situation in the world. Everybody should imitate a loving grandmother. We would be in a very different situation. The main emphasis of Biblical and later Jewish religious thought is not on knowledge about God but on the imitation of God. I certainly think in terms of the energy and all that we talk about, that if all the people in this room left here and imitated God what would occur.

Why you shouldn't feel guilty about achieving this state is clear, and this is very important. The Biblical story of creation gives a striking poetic expression to the affirmative attitude towards life. After creating light, God saw that the light was good. Then the land and the sea; God saw it was good. Vegetation; God saw it was good. Day and night; God saw it was good. Fish and birds; God saw it was good. Be fruitful and multiply, fill the waters in the sea, let the birds multiply. God created animals, God saw it was good. After creation was finished, God said everything is good. Only when God had created man, did He not say it is good. The word is *tove* and it means more than simply good. It means complete and that's our job, to become complete and complete creation.

You know when you use the term co-creation, that's what it's about. We're here to be creators. When your doing what is coherent with nature, you become a co-creator and it's meaningful. I've been in the garden of Eden, it bores the hell out of you. It's far worse than Hawaii. Because there's no humidity, and everybody loves you, and it just drives you nuts after a couple of days. You come down here, somebody loves you. Hey you get a hug, a laugh, it really means a lot, because it's personal and there are choices involved. Up there, there aren't any. So remember that is your part of that co-creative process.

A wonderful book is out, that I know all of you will love. I have an advance copy. A lady named Lynne McTaggart from England. It is called *The Field* and it's about the unified principal, and I'm going to read you some quotes from it.⁵ All of this leads to theoretical thought which already occurred. Consciousness was a global phenomenon that occurred everywhere in the body and not simply in our brains. Consciousness at it's most basic was coherent light. Biology was a quantum process. All the processes in the body, including cell communication were triggered by quantum fluctuations, and all higher brain functions and consciousness. The explosive discovery about quantum memory set off the most outrageous idea of all. Short and long term memory doesn't reside in our brain at all but are stored in the zero point field.

After Pribram's discoveries, a number of scientists would go on to argue, that the brain is simply the retrieval and readout mechanism of the ultimate storage medium in the field. Pribram's associates from Japan would hypothesize that

what we think of as memory is simply a coherent motion of signals from the zero point field and that longer memories are a structured grouping of this wave information. If this were true, it would explain why one tiny association, often triggers a riot of sight, sounds and smells. That would also explain why with long term memory in particular, recall is instantaneous and doesn't require any scanning mechanism, to sift through years and years of memory.

In statistical terms, it means that other people can have almost the same mind body effect that you can have on yourself. Letting someone else express a good intention for you is almost as good as using biofeedback on yourself. Thus suggested one intriguing final thought. Time displaced human intention somehow acts on the probabilities of some occurrence to bring about an outcome and works best on what is called seed moments, the first of a change of events. If you apply these principals to physical or mental health it could mean that we could use the field, to direct influences back in time to alter pivotal moments or initial conditions, which bloom into full blown problems or disease. If thought in the brain is a probabilistic quantum process, future intention might influence one neuron being fired, not another. Setting off one or another chain of chemical and hormonal events that may or may not result in disease.

Picture a seed moment where a natural killer cell might exist in a fifty/fifty state to kill or ignore certain cancer cells. That simple first decision might eventually decision between health, illness and death. There might be a score of ways that we can use intention in the future, to change probabilities before they develop into full blown disease. In fact even the diagnosis might influence the future course of the disease, and should be approached with caution. If the disease had developed, it wouldn't be that you could undo it, but some of the most harmful aspects of it, might not have been actualized yet and might still be susceptible to change. You'd catch a disease at a point where it can be swayed in many directions, from good health to death.

Some pondered whether any case of spontaneous remission had been caused by future intention acting upon a disease before the point of no return. It might well be that every moment of our life might influence every other moment, forward and backward. As in the terminator films, we might be able to go back in time to affect our own future. There are studies that suggest

that a number of elegant metaphysical ideas about man and his relation to the world. How powerful was intention as a force and how infectious was the coherence of individual consciousness. Could we tap into the field to control our health? Could it cure cancer? Was the coherence of human consciousness responsible for psychoneuroimmunology?

Studies in particular suggested that human intention could be used in an extraordinarily potent healing force. It appeared that we could order the random fluctuations in the zero point field and use this to establish greater order in another person. With this type of capability, one person should be able to act as a healing conduit allowing the field to realign another person's structure. Human consciousness could act as a reminder, as Fritz Popp believed, to reestablish another person's coherence and it might mean that the intention of the healer was as important as his or her medicine. The frantic doctor that wishes his patient would cancel so he could have lunch, the young doctor who stayed up for three nights, the doctor who doesn't care about a patient, all may have a deleterious effect.

Psychiatrist Elizabeth Targ began to examine what was present in her consciousness before she went in to see her patients, to make sure she was sending them positive intentions. She also began to study healing. If it could work for Christians who didn't know the patients they were praying for she thought, it could also work for her patients. What appeared to be happening was that when attention focused the waves of individual minds on something similar, a type of group quantum super radiance occurred that would have a physical affect. The REG (Random Energy Generator) machine was in a sense a kind of thermometer measuring the dynamics and coherence of the group. If the group was bored, it's attention wandering, in a matter of speaking the machine was bored too.

Last but not least the communication of the world did not occur in the visible realm of Newton but in the subatomic world of Werner Heisenberg. Cellular DNA communicated through frequencies, the brain proceeds and makes its own record of the world, in pulsating waves. A substructure underpins the universe that is essentially a recording medium. Everything providing a means for everything to communicate with everything else. People are indivisible from their environment, living consciousness is not an isolated entity. It increases

order in the rest of the world. The consciousness of human beings has incredible powers, to heal ourselves, to heal the world, and in a sense to make it as we wish it to be.

The problem again that I see, when you get back to love, is that if you're not brought up loved, you don't act this way. Look at the studies where people have no hesitancy pushing buttons that torture other people. In a recent study I read, everybody wins lots of money. The people who won less were willing to give up hundreds of thousands of dollars if it meant you would take a million dollars from somebody else. Why do we have a problem with the wellness of others? To quote a psychiatrist from Brazil, to be effective, psychotherapy must work with the consciousness of envy. His interpretation of envy, is not just that you want what others have, but that you can't accept goodness. Envy is denial of awareness, the wish not to exist, man's original sin. Envy is the cause of all problems, the route of suffering, the demonic quality to the inward manifestation of envy, and it makes life hell. What harms the human beings' humanity most is envy. If we didn't have envy, then our success would be limitless. What Freud called the unconscious is basically synonymous with envy. It makes the personality rigid and the primary purpose of consciousness is to perceive envy. It can be measured by how unconscious the person was. Envy is saying no to goodness, choosing the ugly over the beautiful and lies instead of truth.

Man generally despises the good he receives. That's true statistically. Win the lottery and 95 percent of people tell you, five years later, it ruined my life. When you don't know what to do become aware and don't project your problems onto other people. To quote the Sufi poet Rumi,

The master said there's one thing in the world which must never be forgotten. If you were to forget everything else, but not to forget this there would be no cause to worry. While if you remembered, performed, and attended to everything else, but forgot that one thing, you would in fact have done nothing whatsoever. It is as if a king had sent you to a country to carry out one special specific task. You go to the country and you perform a hundred other tasks, but if you have not performed the task you were sent for, it is if you have performed nothing at all. So man has come into the world (and women) for a particular task and that is his (or her) purpose. If he (or she) doesn't perform it, they will have done nothing.

What are we sent for? My feeling is that we are sent here to love and if you want to complete your life then love, it isn't about how many years you're here and as I always mention to people, if you want to be immortal, love. The body is impermanent, love is not.

How do you explain a spontaneous remission? Listen to Sohlzenitsyn's term. He had cancer, and in his book *Cancer Ward* said,

We shouldn't behave like rabbits, and put our complete trust in doctors. For instance I'm reading this book, it says here that the link between the development of tumors and the central nervous system has been very little studied and this link is an amazing thing, it's written here in so many words, it happens rarely, but there are cases of self induced healing. You see how it's worded, not recovery through treatment, but healing. You see. There was a stir throughout the ward. It was though self induced healing had fluttered out of a great open book like a rainbow colored butterfly.⁶

That symbol is not an accident either. What is in white? The nothing with potential. You break up white with a prism and you get a rainbow. What is a butterfly? Obviously a symbol of transformation.

I didn't mention earlier, but when you give a report in heaven and finish, you don't say the end. I did the first time and was thoroughly criticized by God. I said, "But I'm finished," and God said I know you're finished, but when you finish a report in heaven you always say the beginning. Because we have to begin to use the information you have given us. God asked, "What do they call a graduation? A termination?" I said, "No it's a commencement."

"Right, and how does the Bible end, in conclusions?"

"No, in revelations."

"Right, so your next report, you will say the beginning when you are done."

And they all held up their foreheads and cheeks for its healing touch as it flew past. Self induced, it means that suddenly for some unexplained reason the tumor starts off in the opposite direction, gets smaller, dissolves and disappears. They were all silent gaping at the fairy tale, that one's own tumor,

the destructive tumor that had mangled one's life could drain away, dry-up and die by itself. They were all silent, still holding their faces up to the butterfly. It was only the gloomy Podayev who made his bed creak with a hopeless and obstinate expression on his face and croaked out, "I suppose for that you need to have a clear consciousness."⁶

I have watched, and we talked about it in the workshop yesterday. A Tibetan man who came to this country, develops cancer. When he is on the oncology ward he is reminded of his seventeen years in a Chinese prison camp, so he chooses death over chemotherapy. But the hospice worker says, "What do we do in your country at Springtime?" He says "We sit downwind of the flowers." So again to make a long story short, she starts taking him to nurseries, to sit, drink tea and smell the flowers. And of course everybody begins to love him, and change the seating at the nursery and put up windsocks and bring flowers. His cat scan that summer showed no sign of cancer.

My friend and patient John Florio also happened to be a landscaper, he had an incurable carcinoma of the stomach. Every time I would tell him what he needed, he would say, you forgot something and when I would say what did I forget, he would always say, it's Springtime, I've got to go home and make the world beautiful. So if I die I'll leave a beautiful world. He never had any treatment for his cancer and died at age ninety four with no sign of cancer. He spent his life making the world beautiful. And I'd say go and do the same thing, you will live the longest, healthiest life you're capable of.

I met a guy in heaven who was so bitter. I'm walking down a path one day, and this guy comes running by with an awful expression on his face. You know, I don't say good morning to people, I just say morning, because I don't want to get into feelings. He looked so bitter, that I said good morning. He said, "Yeah right." I asked, "What's your problem?" He said, "I'm dead that's what." I said, "You're in heaven."

"Yeah right, but for thirty years I got up at 6 o'clock and ran twelve miles, then I ate vegetables for twenty years, meditated for fifteen years, and I died. If I knew this was going to happen, I would have slept late, and had a steak or a lobster." So don't do things to not die. It doesn't work. What I learned

later was, the only people in group therapy in heaven are vegetarian, meditating, joggers.

Let me show you some slides to get in a little bit of the medical and the symbolic. This was drawn by a young lady, who refused treatment, and was brought to me by her parents. “I hate you.” I said, “You hate cancer.” “No,” she said, “Cancer’s crying. I want to put a spear in my doctors, because they made me bald, ugly and horrible.” We need to keep our power. Remember that life is a labor pain, that’s my best way of describing it. Don’t put yourself through pain because others prescribe it.

My Quaker friend had a doctor say to him, “I’m going to kill your cancer.” He said, “I’m a Quaker; I don’t kill anything.” That’s why we need to learn how to communicate. We literally kill people with our words. He drew a picture of his white cells carrying his cancer cells away, because he doesn’t hurt anything.

So remember use the images that are right for you and again, just to give you some samples of treatment, you see. When we talk about consciousness and God and love, somebody says this is me receiving a bone marrow transplant. Well that is a pretty horrendous looking picture. I mean with no personal contact or touch, but somebody else can say, this is me receiving a bone marrow transplant, I’m held in God’s hands. The doctor is touching and communicating, my family, my life, my color. Survival rates change based on these concepts.

Just another sample, when radiation therapy is going to make you a skeleton in a coffin, because your father says, son you must have radiation the doctor recommends it. This boy vomits at red street lights, because a red light goes on when the machine is on. So all he needs to see is a red light and he throws up; that made his father change his thoughts a bit.

A physician with carcinoma of the larynx said God is the source of radiation, it’s a purple spiritual beam and believe me these colors are not accidents, when they’re picked. The quantum physicists have no trouble with this. I know people who have radiation therapy, and have absolutely no side affects, to quote a lady, “Because I get out of the way and let it go to my tumor.” Well how do you manage that. Well if we’re mostly nothing, it’s easy, let it go.

I also know people who have been in concentration camps, who when they were put in that room and the door shut, were reminded of the gas chamber. Watch what happens to their body. Does our body speak in symbols? Just to give you a few simple examples, it's not a problem to know that this woman has a breast problem. You know when you look at her drawing. A little more fun is when a child comes into the operating room, and says Dr. Siegel, this is like before and this is like after. If you know your anatomy, you know an uncircumcised penis and a circumcised penis. You see, and that changes the people in the operating room. Just to get a little colorful, I don't think it's an accident, that there's a cockpit involved with his head sticking out. But after somebody's circumcised you, you tuck it in. A young man who has a brain tumor, and you look at that tree. It is a brain in profile, and it spoke about a recurrence of his tumor, before any cat scan showed it.

I talked about numbers before, we store things through numbers, they have meaning. Believe me, and why would someone in a hospital, draw a picture with four windows, with three objects in each window, with a number two over them, and one window covered with a cloud. When you look at her family portrait, you realize her mother only has two drinks on the tray, which are for her brother and father, and she's off by herself, so those numbers are talking about her life.

And just to give you a simple example, when this reporter who has a big head, which says to me, this is an intellectual lady who has been given a job to interview you. She doesn't believe in anything. So I say, I'm busy, draw a picture, and we'll interview in a few minutes. O.K., she brings this in and I say to her what happened when you were twelve years old. She bursts into tears, and the interview changes, you see. Now she can make excuses but why is there only one hand on the clock pointed at twelve.

What's the problem with medicine? This. In *The New England Journal of Medicine* this ad: "I'm depressed. I can't cope. I went to my doctor, you've got to help me. I received an antidepressant. Everything is wonderful." No, it isn't wonderful. More people in the United States who are depressed commit suicide than in other countries and yet we give out more antidepressants. It doesn't change them. It may help them. I'm not against medications, and certainly as a surgeon I'm not against advances in technology. There are people alive with transplanted organs that wouldn't be alive a few years ago and they're

also alive with the memories of the people whose organs are in them. When this kind of thing happens I write to pharmaceutical companies, and others. How about putting in a line that says tell me what's happened? Because we need to talk to each other. That's where the healing happens and yet painting after famous painting of physicians, the child is dying, and what are you doing? Thinking. The meetings at the hospital are about, "Oh, we cut off the wrong leg yesterday, how do you think we can avoid this?" "Oh, we'll put a note, not this one." Nobody said how does it feel to do that. There are no feeling meetings, and we need them, believe me.

Most of you don't know this self portrait painting is of me, done in 1977, but the pain is buried. What changed my life is a simple statement from a woman. As we sat in a front row of a workshop together. Me with my disease, MD, and her with cancer and my patient, she said, "I need to know how to live between office visits." I thought, Wow! I don't have to feel like a failure all the time.

We don't even use the word death in the hospital. People fail, pass away and at Yale you Brady. What does that mean? It means the morgue is in the Brady Building. A friend of mine died, and when I asked what happened to Alan, his bed was empty, the answer I got was, "He Bradied." When death is a failure, that's what happens and why most people in the hospital die in the middle of the night, when the family and the doctor are not there. You want to get out, this is the time to do it. But we have control over our death as well our life.

How does consciousness and connections and relationships affect us? Why does Nevada have the highest chronic disease rate, when every state around it has the lowest? Why does Connecticut have lower chronic illness rate than states around it? Well that's because I live there. But why Nevada? Because smoking, drinking, no connections. People get a job in a gambling casino, but they don't have spiritual support and family support, and all of these things, are part of our health and our life. This is from my friend Ashley Montagu addressing an enraptured audience on how man came to be descended from the apes, and has been descending steadily ever since. He was a wonderful gentleman who taught me, very simply, if you want to change your life, if you want to be a more loving human being, act and behave as if you are. I always

have to share a gift from my friend Ruth who gave me a birthday present last year. WWLD, and I carry it with me all the time. Because whenever I'm in a difficult situation I just say to my self, "What would Lassie do?" and then I do it. So, find your role model, and do it.

One of our sons did this, as a matter of fact the one that is an FBI agent now, did this when he was in college. I thought he should have gotten an A in it. It's the word, Words repeated endlessly on an enormous canvas, and they become wordswordswords . . . swords. He really taught me a lot and I don't think it's an accident that this child did this in college. I think it related to my past life too, I can kill you with swords, and I can cure you with a scalpel. I can kill you with words, and I can cure you with words, and I've learned that.

The animals are our teachers. A young man I know with Down's Syndrome, the parents of this boy, used the dolphin, some of you may have seen these programs on television, with children with various afflictions. The dolphins are incredible, I mean intuitive, knowing. I received this picture when one of my cancer patients went down to die in Florida, with these people who are therapists. They put her in the water and the dolphins were immediately attracted to her and she felt this love and lived for years, based on just the dolphins. When I did get a call one night from Marilyn, saying I'm ready to die and I'm having a problem. You always say it's easy to die, and well I went to the window, I said I'm ready, and nothing happened. I said I've never had a phone call from a dolphin, and she died quietly that night.

Another young man with Down's Syndrome was asked one day, "What's your definition of retarded?" He said, "When I moved to a new town and I went into the post office and the supermarket, some people saw that I looked different and wouldn't come near me and I couldn't get them to know who they are and get their love flow going, or communicate. Other people came over to talk to me and I helped them get your love flow going and communicate. The first group is retarded." I'll tell you, go to the people with afflictions. When I'm in the airport and I see someone dressed so outrageously that nobody wants to go near them, I always go up and say why are you trying to be inconspicuous. Do it, learn, don't hide your wounds. As Thornton Wilder

said, "In love's service only the wounded soldier can serve." When people say, "How are you?" to me, I say, "Depressed, out of my antidepressant, my doctor is out of town, and I can't renew my prescription." 80% of people say, "I know how you feel," and reveal all of their wounds and pain to a total stranger. So get a cane, wear a bandage, admit your depressed and you will help the world heal.

Now the other is what I call group pet therapy. We have a house full of animals, always have. I think it's partly related to my killing that dog. I always have cried over animal stories. There's one that gets me, when a knight comes home and kills his beloved dog, because he walks into his son's room who was born while he was at war, and the room is covered with blood, the crib is overturned, and his dog is covered with blood. He draws his sword, and kills the dog. When he lifts the crib he sees a dead wolf—and his living son. He realizes he has killed his dog who has saved his son's life. It gets me, you can tell. I used to wonder why, and our kids would say to me, what are you crying for dad, it's a story. But I know when I learned that I had killed that dog, I built a cairn at the head of our driveway like he built for his dog.

I started meeting with cats. It's called group pet therapy. They are quiet and I get a chance to improve my speaking ability. You meet with the animal of your choice for two hours every week. Our group is run by Miracle, she's a black and white psychotherapist. Here she's doing guided imagery. And then we do Tai Chi and aerobics for awhile, and then we sit and talk. On the top shelf next to her, is a Buddhist named Dickens. He is very quiet and teaches us about meditation. On the next shelf is a Muslim named Gabriel who faces Mecca at times, and doesn't say a heck of a lot, but who has taught us to interrupt our day with prayer. On the bottom shelf is a real therapeutic problem, but I want you to know that you're capable of change. Her name is Penny, she's from Our Lady of Perpetual Responsibility. She's Catholic, has a lot of guilt problems, and sat on the bottom shelf for about two years. We have a Freudian analyst at home named Smudge Rabbit. She's got her on the couch undergoing individual therapy and that's what we found was really important for her. Finally you can see Penny is sitting up near Miracle, above the boys now, and really has more self esteem. I'd say again, if groups don't work for you, get individual therapy.

Who's in charge of the synchronicity. One day I came into the kitchen, and my wife said, "Honey, look at all the cups whose handles are broken, you jammed them in the dishwasher." That's my surgical personality, and I said, "Honey there's no problem." "What do you mean there's no problem?" I said, "Look." And I drank from a cup with no handle, and I can see we're going to be back in marriage counseling. So I hid them in our vacation house. This is what's fascinating to me. I know that when we go on vacation, she's going to open the cabinet and I'm going to get it. So I went and ran away from home, it's called jogging. Now you jog on the same road for thirty years, and you never find a cup. That morning this cup is lying in the road. I love you just the way you are, and of course I brought it home. Of course I and the rest of the cups are now accepted.

That's my wife and a butterfly. You talk about mystical, she rescues everything. I mean, we have homeless people dressed in fur coats coming into our house. Anything that looks like an animal, come on in we'll feed you. We were in Hawaii, a patient of mine had died on Kauai. We walked into this store, and this butterfly was trapped in a chandelier. It was totally confused. Does anybody else climb up on the counter and rescue it? No. Does my wife? Yes. She puts her hand into the light, the butterfly comes out, and then doesn't leave her for fourteen hours, until we were done with the workshop the next day. Now, the way it is sitting on her shoulder, I said honey you can't sleep with a butterfly. Oh I'll go out on the porch and so she went out and brushed it off, and came in and said O.K., and I said no it's sitting on your other shoulder. I mean you could not get it to go. After that kind of mystical experience, I really began to feel that it was the patient who had died, and she was with us.

Then there is the wisdom of nature, I know this is a little hard to see, but this is another therapy session for our family. You pave a road, and the pavement breaks and a skunk cabbage comes through. Now how the hell did the skunk cabbage know which way is up, it was paved over. Did you know a seed knows gravity and knows which way is up? It doesn't look at statistics either, it doesn't say we're paved over, the oncologist said, it's unlikely were going to see the light of day again. It says hey I'm a seed, like a bacteria, up is that way, lets go and the pavement breaks, and this skunk cabbage came out. I take our family down, and I say, the next time you have a problem, just do what the

skunk cabbage did, keep pushing and maybe you'll break into the light and remember this.

Have you ever stopped to think about nature and consciousness? Why don't leaves just fall off the trees in the Fall? What's the point of the green leaving first? There is a point, God said, "Yes, it's to raise money for the New England States." I said, "Oh, I thought it was spiritual." God said, "What's spiritual about leaves falling?" I said, "Well, if you're born a green leaf, and you're afraid to disrupt the family, you stay a green leaf and you lose your life, because you never become who you were meant to become. Then somebody says you know, you could be dead in a few months. So you say, oh, then I'm going to let people know who I really am. You shed the green and you become a unique, beautiful individual." Don't forget that you have limited time as we all have, so don't be afraid to be unique and individual.

One day our five children were driving me out of my mind. I said, how come a hundred animals get along better than five children? One of them answered, "It's because they're all the same color inside." As a surgeon, let me tell you something folks, we **are** too. We have one parent, we're all one family, all the same color. Why are we different on the outside? So if you don't want to feed strangers, you recognize people. That's all, it's to know who we are, it's not to kill each other, and to destroy each other. It's to differentiate one from another, so you know your family. But we are really all one family, and I'd say don't ever forget it. Thank you.

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REFERENCES & NOTES

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