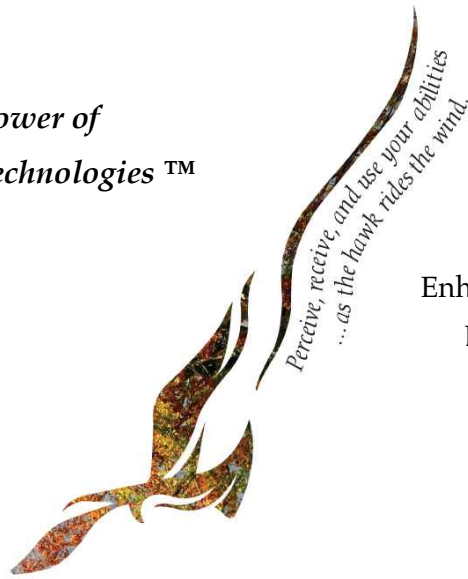


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
January 2013

Welcome ...

Here is your *Beyond Mastery Newsletter* for January 2013. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link:
www.scs-matters.com/beyondmastery/Newsletter-Jan13.pdf

Archived newsletters are available at: <http://scs-matters.com/newsletter-archives/>.

This month the featured articles are “Health Journeys” by Debra; and “Welcome to 2013,” by Joel.

Health Journeys

When we look to the future, the past has a way of shaping our perceptions. For sure, the future of medicine can best be expressed as an outgrowth of both what worked and what did not work. My interest in what was originally called *alternative medicine*—then *complementary medicine*, and now more likely *integrative medicine*—was certainly shaped by my past. Energy precedes matter, and my own recent health journeys likely started even before I was born.... This excerpt is from my book, *Stories From My Heart For and About YOU*:

The circumstances in my life resulted in the perception that I was not wanted, not welcome, not safe. People can spend their entire adult life revisiting fears of not being good enough, without even knowing what was there. But growing beyond those perceptions is not only possible, it is your soul purpose. A bubble leaves nothing behind when it pops. You will grow beyond painful perceptions by remembering who you really are, and no trace of the false belief will linger. You will know you are loved, you are wanted, you are a precious child of the universe and you have a right to be here. You complete God. You are the one and only you. At the same moment my mother discovered she was pregnant for me she also received the news that she had a sexually transmitted disease, syphilis. My father had sex with another woman, and my mother got the disease because she had sex with my father.

To further complicate matters, she had to be admitted to special hospital called a syphilis sanatorium, a place just for treatment of people with that disease. That meant leaving my two older sisters at home with my father. You can imagine the shock, hurt, embarrassment, anger, fear, and uncertainty that was part of her discovery that she was expecting a child, and the doctors did not know what the result of the disease or treatment would have on the developing fetus.

Research has shown that the brain chemistry of the mother is transferred to the developing fetus, and the emotions are experienced simultaneously as though they belong to the infant, much in the same way that the foods or beverages a nursing mother eats and drinks can give the baby a stomach ache.

While I did not know any of this in consciousness when I was an infant, nor while I was a young child growing up, I began living out the pattern in my own experiences. The desire to be accepted, the fear of abandonment, the times of hurt, the search for meaning... each experience of my life one more invitation from the Divine Intelligence planted within me to remember that, while I have an earthly father and an earthly mother, I am more than a body, and I was born from the heart and mind of God. I was wanted. I was safe. I was loved. So were you. We all are.

Everything unfolded quite quickly. Having felt a thickness in my lower abdomen, I went to the gynecologist for a pelvic exam on Friday, November 2. He said my uterus looked good but that I had a hernia, and referred me to a general surgeon. I saw the surgeon in November 6, and he said it was not a hernia. He did a surface ultrasound and saw something large and round that might be on the bladder or in the bladder, and he referred me to a urologist. At that appointment on Friday, November 9, I was told that while he did not know for sure where it was or what it was, I had a very aggressive mass.

I was scheduled for a CT scan on Monday and a cystoscopy (a direct look at the bladder and urethra) on Tuesday, November 13, at which time I was referred immediately to a surgeon in South Bend, Indiana. I left that appointment scheduled for a complete hysterectomy, which indeed did take place on Monday, November 26, 2012.

As things began to unfold, I experienced an expanded sense of the divine movement of life—what Deepak Chopra referred to as “synchro-destiny”—and found this to be very comforting during a frightening ordeal.

As one example, I share the following email message, so you are able to also witness the amazing events around my healing journey.

On Nov 14, 2012, at 6:52 AM, "Debra Basham" <debra@scs-matters.com> wrote:

Hello, John.

Yikes ... I was taken a bit by surprise to discover that the thickness I felt in my lower abdomen is a very large cystic tumor on my left ovary. I am experiencing symptoms of cystitis (bladder holding about 275 urine) and bloated because the tumor is pressing on the urethra. I had a cystoscopy and my bladder looks great. I have not yet gotten results of the bloodwork for tumor markers but I am

scheduled for a complete hysterectomy on Nov. 26.

I value the gift you are to our world and I welcome any suggestions around all of this.

Debra

Sent from my iPhone

The synchro-destiny part is that I *thought* my message was sent to Dr. John Trowbridge, an M.D. in Humble, Texas. However, the message was received, and responded to by Dr. John Laughlin, a holistic dentist in Wisconsin. I had met both of these wonderful men through the International College of Integrative Medicine (ICIM). John's response was immediate: *Call me when you can*. As it turned out, fortunately for me, the wrong John was the right John.

The first thing John told me to do was to stop breathing through my mouth and to breathe through my nose. He suggested I tape my mouth shut. And I did.... Within a couple of hours, I had relief from the cystitis symptoms, and was able to urinate comfortably. John connected me to Roger Price, a respiratory therapist from Australia. The abbreviated version is that nasal breathing increases *nitric oxide*, a powerful vasodilator with a short half-life of a few seconds in the blood. Please be sure to view and share the information about that in this wellness tip <http://scs-matters.com/breathing-well/> because in all mammals nitric oxide, an important cellular signaling molecule, is vital to prevent illness and disease. More from *Stories From My Heart*:

We are talking about expanded awareness, but even more than that, we are talking about your sacred intention. You can choose to have a human perspective, or you can choose to have a divine perspective. We must all learn to give ourselves the love/time/attention/Kind-ness/respect, etc., we say we want. Then the others in our lives can give to us and it will feel satisfying because it is not filling a void. Gay and Kathlyn say your life becomes love dancing with itself.

We told ourselves stories about what happened while we were growing up, and the stories became more real than the reality we experienced. You can often change your life dramatically by recognizing the old stories aren't true and telling yourself new stories that empower you to be your best.

Because we *delete, distort, and generalize* information, the history we remember having experienced is not our "real" history. In some cases, what we remember having experienced had led us to make limiting decisions about our options in certain situations. We may have had a bicycle accident, for example, and concluded that we are awkward and not mechanical. Or we may have forgotten to do our homework and have a teacher (or a parent) tell us that we are lazy and worthless, and because a teacher said it, we concluded that it must be true. The initial event becomes an *imprint* experience.

One very significant line in the Imagine Healing process is, *although it won't happen exactly as you imagine it....* I did not imagine having postsurgical complications. I did not

imagine a part of my colon would have difficulty waking up from the anesthesia (called an ileus). I did not anticipate having a nasogastric tube inserted because of the ileus. I certainly did not imagine experiencing atrial fibrillation (A-Fib) and ending up in the cardiac care unit. I called it the high rent district....

I am very thankful for the significant coincidences that continued to remind me I had physical and nonphysical support. The day I ended up with A-Fib, a call to Dr. John Laughlin found him in Portland attending a conference on A-Fib as a postsurgical complication in those who had previously had oral trauma. Wow.... While the specific details of my healing journey, including the ways my own healing tools were put to use, will all be shared in greater detail moving forward, for now I would highlight just a few:

Imagine Healing process to prepare for surgery:
<http://www.imaginehealing.info/preview.shtml>

Everlasting Peace audio for emotional support during postsurgical complications:
http://scs-matters.com/products_download2.shtml

Mind-Body Tips for Taking Medication:
http://www.youtube.com/watch?v=xxin3p1jLOk&uid=DpF-3WnBL_TEPwf6Aoqk8A&lr=1

While I was in the hospital, and in the days after I was home recovering, I was blessed to be supported by aromatherapy, reflexology, Healing Touch™, Reiki, music, homeopathy, Bach Flower Rescue Remedy, angels, guides, humor, prayer, meditation, walking, coloring, and love. Lots and lots and lots of love....

Welcome to 2013

Because you're reading this, you can be comfortable knowing that the prophesied Mayan doomsday has come and gone, and you're still here. You may already know that the "End of the World" prophesy was based on a misreading of the Mayan calendar, so you may not have spent the last few weeks walking in circles and tearing your hair out. What the Mayan calendar was really forecasting was a major shift in Earth's planetary energy.

We have had major shifts in energy before. As far as I know, no one has looked at the Mayan calendar to see what was forecast for the time of the turn of the previous century, 1900 to about 1930. One of the differences between the Mayan calendar and our current calendar is that theirs was based on observable astronomical (or astrological) signs. The current Western calendar, which is virtually universal at this point, was based on an arbitrary date, dividing time into BCE (Before Christian Era) and CE (Christian Era).

People who ascribe to numerology like to say that, with the advent of the second millennium (2000), we have moved into the age of partnership. It is hard to say, however, whether there is a relationship between an arbitrary date and human behavior. One thing, however, is undeniable: Although the dates are not exact, changes in CE centuries have brought major changes in philosophical thought and human achievement. The Renaissance began in the fourteenth-century. The Enlightenment and Age of Reason essentially began in the eighteenth-century. The nineteenth-century witnessed the collapse of the world's major empires and the rise of democracy. Closer to our current time, the Industrial Age came to fruition in the twentieth-century.

Here we are, still early in the twenty-first century, and we are witnessing another major shift, not only in technologies, but also in psychology. Whether that is because we have entered an age of partnership, or whether the increased need for partnership is part of a bigger picture—one envisioned by the ancient Mayans—of energetic influence on Planet Earth is hard to say. Either way, we need to be prepared for and accepting of major changes on a wide variety of fronts.

Unless you have been living in a cave (and because you're reading this, that probably is not the case), you are aware of how rapidly technology has been changing. When I look around my house, I see all sorts of obsolete technology. Even technology I consider recent, such as CDs and DVDs, are basically obsolete at this point. Everything distributed by CDs and DVDs is moving to "downloadable."

Most newspapers have folded up shop and—if they have survived at all—distribute information online. The same thing is happening to magazines. I still have a VCR, although I haven't used it in a long time. I still have DVD recorders, although I haven't used them in a long while, either. I was an English major in school and still have a lot of books. Increasingly, however, I am opting to put new books on my Kindle reader (I actually do the reading with a Kindle app on my iPad). I wonder whether print materials will survive, or whether they will go the way of papyrus scrolls.

And the changes in technologies are just one of the things going on. If you live in the States (and probably even if you don't), you are doubtless aware of the political rancor that has occurred in the last two election cycles. Although it seems as though we have big wars and little wars pretty much everywhere, as Steven Pinker has shown (see *The Better Angels of Our Nature: Why Violence Has Declined*), we are living in relatively peaceful times. We *perceive* more violence because we have expanded our tools for perception. We can now see violence that we would previously have been unaware of.

The Mayan calendar suggests that we are entering a time of chaotic change. We have been through them before. The dawn of the Industrial Age provides an example. You've undoubtedly heard the term, "Luddite," in reference to those who resist new technology. The term comes from Ned Ludd, who led a massive protest against the shift from handlooms to automated weaving machines. Human labor was being replaced by machinery that could do the job more quickly and at lower cost. Does that sound familiar?

You are also doubtless aware of the environmental challenges we face, from global warming or, if you prefer, global climate change, to the genetic alteration of crops so that they can withstand stronger and stronger pesticides and herbicides. Bugs and weeds evidently adapt quickly to whatever we use to try to kill them. The same is true for the pathogens that cause human illnesses. We have evidently taken so many antibiotics, flushed them down our toilets, and fed them to the animals we raise for food that they have lost their effectiveness.

As was true for Ned Ludd and others in the late eighteenth-century, we will need to change the way we have been doing things. The bugs adapt, and we need to do the same. Doing more of the same isn't going to help. My guess is that we need to look more closely at the concept of partnership. In general, we think of partnership as two or more people working together to reach a common goal. What if we needed to "partner" with the planet as a whole, to treat all living things—including ecosystems—as being in partnership with us?

It's 2013. One of the things that has become increasingly obvious over the past few years is the need to change our ideas about medical practice. Western medicine is

especially effective at dealing with acute medical problems. If you break a leg, have a heart attack, or discover an abdominal tumor, Western physicians are really good at helping you through the problem. Western medicine, however, is not especially effective when it comes to chronic (ongoing) problems.

The reason for this is that the principal tools of Western medicine are surgery and pharmaceuticals. When they know what to cut or know which drug will help, Western physicians do a good job. The problem is that when they don't know what to cut or which drug will help, they tend to cut (exploratory surgery) and medicate anyway (usually pain medication and antidepressants).

Health care facilities are fond of saying that they adhere to *best practices*, when what they really need to be doing is adhering to *next practices*. Best practices are those that seem to have worked best in the past. That perception is highly influenced by what has been invested in a particular modality. Thermography, for example, is a better screening tool for breast cancer than mammography, but a great deal of money has been invested in mammography. That investment precludes taking a close look at alternatives that might prove the next best practice.

We need more options, and we need physicians who are aware of options other than surgery and pharmaceuticals. I (Joel) have benefitted from acupuncture, Mesotherapy, osteopathy, and chiropractic (see <http://www.scs-matters.com/blog/> and scroll back through my various adventures in integrative medicine). As Debra mentioned in her article this month, she, too, has benefitted from an integrated approach to health care. We have both benefitted from meeting physicians who share an integrated view of medical practices. You can meet them here: <http://www.icimed.com>.

The question is how long will it take for us—humanity—to figure out how to live in peace with our environment and the others who share it with us. Integrated medicine is just one factor. We also have to figure out how we can grow food that isn't full of pesticides and antibiotics. We need to figure out how we can have the power we need to heat our homes and get from place to place without damaging the environment. I am optimistic that 2013 will introduce us to a wide variety of wonderful options. Enjoy every day of it.

Language Tips and More

For the current Language Tip and more, be sure to see [scs-matters.com](http://www.scs-matters.com). You'll find the link to the language tip on the left side of the home page along with links to Debra's "Wellness Tips" and our blogs. Our new website also allows you to stay current with SCS in a convenient and more timely way than our month-to-month comments in the newsletter. You can subscribe to all our posts by clicking on the "Posts" link at the top right side of any of the pages.

You can also stay in touch with us by Facebook, LinkedIn, Twitter, or Skype. You can also text or send a quick email message: debra@scs-matters.com or joel@scs-matters.com, and within the continental U.S., you can call Debra at (269) 921-2217.

Because subtle communication matters, and because everyone needs to do more with less these days, you need better tools to achieve better results. SCS can help....

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