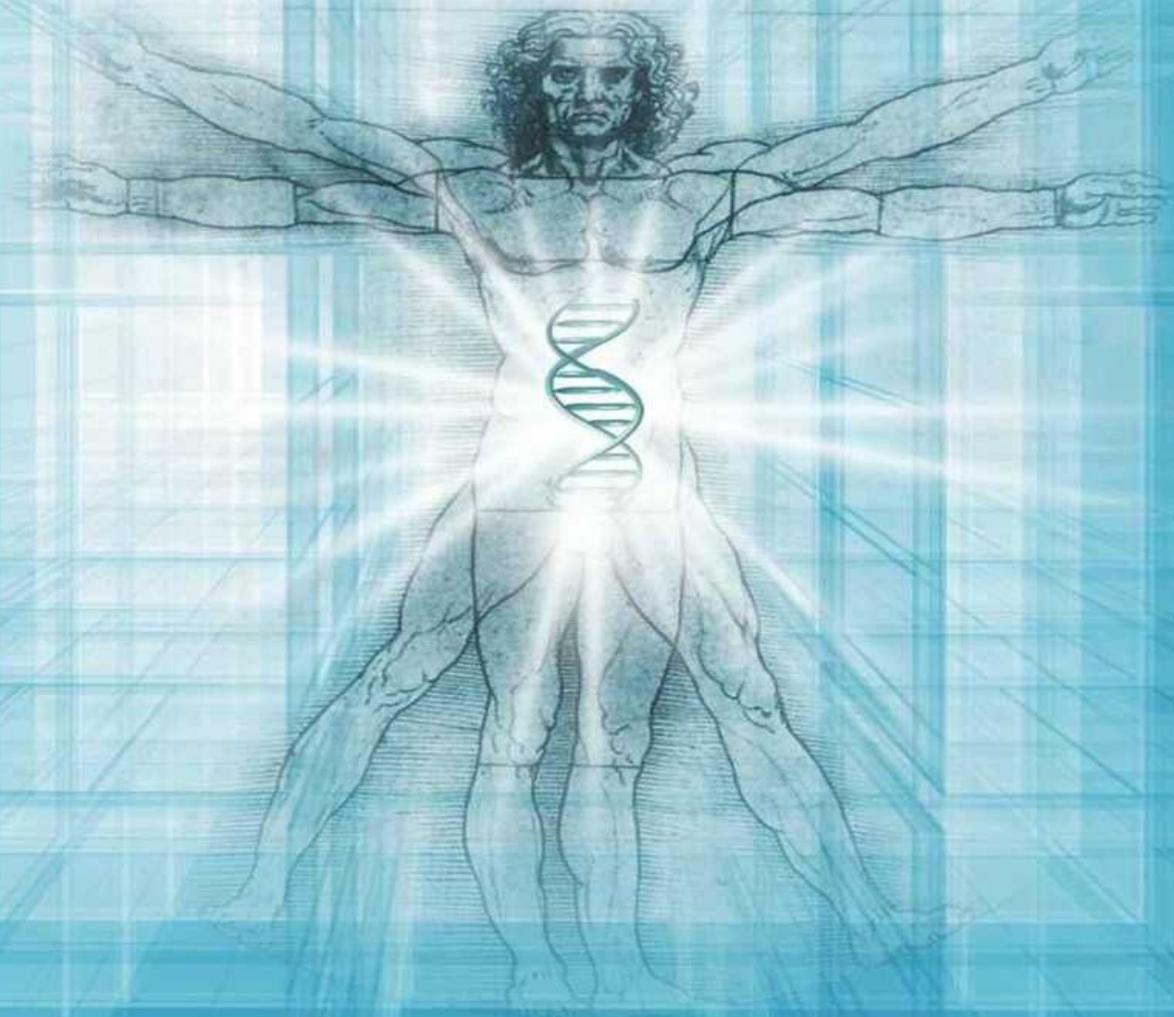


“A rainbow is a holographic projection of light through water.
Life is a holographic projection of light through our Nervous System.”
— Dr. George Gonzalez, D.C., QN

HOLOGRAPHIC HEALING

5 KEYS TO NERVOUS SYSTEM CONSCIOUSNESS



DR. GEORGE GONZALEZ, D.C., QN

Holographic Healing

5 Keys to Nervous System Consciousness

Holographic Healing

5 Keys to Nervous System Consciousness

George Gonzalez, DC, QN

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Dedication

I dedicate this book to my family, with the most sincere gratitude. Without them I shudder to think what my life would have been. Through their sacrifice and hard work I've been allowed to shine. The unconditional love and support have allowed this work to be accomplished.

To...

The loves of my life...my wife Lori and my daughter Gabrielle.

My mother and father, Ludivina and Refugio Gonzalez, for without them none of this would exist.

My brothers, who have been my heroes for as long as I can remember: my oldest brother, Refugio Gonzalez, and his children Luke, Emmanuel, Simeon and Danni; and my older brother, Juan Carlos Gonzalez, and his wife Paola and their children Sabrina, Sebastian, Nico and Sophia.

Lori's parents, Tina and Vicente Guzman, for treating me as their own child.

And special thanks to Lori's brother, whose skills compliment my weaknesses and who has contributed greatly to Quantum Neurology[®], Dan Guzman, and his wife Michelle and daughters Alexandria and Olivia.

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I attribute my skills to hard work and the guidance of my many masters, teachers, family, friends and experiences.

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With love, kindness and gratitude,

George Gonzalez, DC, QN

Doctor of Chiropractic, Quantum Neurologist[™] Founder of Quantum Neurology[®] Rehabilitation
www.QuantumNeurology.com

Introduction

My life's work was revealed to me through the journey of my wife's moderate spinal cord injury and recovery. My wife, Lori, returned home from a massage one day, barely able to walk. A massage therapist had performed a manipulation that severely injured Lori's spine. Pain ran from her lower back and down her legs. She was completely numb below the navel, from her groin and backside, down the back of her legs to the bottoms of her feet. She was barely able to walk because all she could feel was the excruciating pain of her bones as they touched the ground.

I was completing my last trimester of chiropractic school but nothing I had learned in school had prepared me for this. I could not find any doctors of any profession who could tell us what was wrong or suggest any realistic treatment options. Lori's health began to decline quickly, and I was desperate to get her well.

Our first sign of hope came during a session with Marc Pick, DC, who was well versed in neurology. In one session, Dr. Pick was able to get Lori's deep tendon reflexes below the waist to come back. This dramatic shift happened emotionally and physically and woke me up to the amazing healing power within the Nervous System. It was exhilarating to see immediate healing. As a cold, closed plant will open and expand to receive the warmth from the sun's rays, so will our Nervous System, when collapsed in injury, expand into its ability and function. With an exacting evaluation and simple, well-focused corrections, her damaged nerve function was restored. Nothing was added to her body, and nothing was removed. Simply, the stimulation of her Nervous System, in very specific ways, elicited the lost function to return.

At that moment I lost my fear and intimidation of "neurology." My misconceptions of neurology being complicated and difficult had lifted. I immersed myself in study and used my background in martial arts to expand my thinking.

Using my wife's Nervous System as our guide, I developed a functional evaluation of the Nervous System. I found a way to organize and sequence traditional neurology testing principles within a *healing form*. These principles are the gold standard of neurology testing, taught to every doctor in the world.

The healing form is my strategic evaluation of these principles. Similar to martial arts, the healing form is practiced in a particular sequence. This ensures proper and consistent evaluation of the entire Nervous System from patient to patient. Each person has a unique pattern of weaknesses that become evident throughout the evaluation. This consistency allows each person to have a unique experience, with a customized rehabilitation to complement his or her Nervous System and goals.

After many years of using our standardized neurological evaluation, my students and I have gleaned information about the Nervous System. My wife's rehabilitation led us to new discoveries of how the Nervous System maps out. We have learned how to better describe and evaluate the Nervous System. We have discovered that the Nervous System extends beyond what we were taught in school—that the Nervous System is simply the brain, spinal cord and nerves. We now understand that the Nervous System includes every action and communication available to the body. It includes the physical body and all aspects of the nonphysical body, also known as the energetic body, bioenergetic field, aura or LightBody. It includes the mind, thoughts, emotions and spiritual connections.

We consistently see immediate neurological change when applying these principles to the Nervous System. ~~Everything we've been taught about the Nervous System is outdated~~—as outdated as the solar system model only having nine planets taught when I was in school. I'm not saying that neurology training in place is not accurate. I'm simply stating that I have discovered a new vantage point from which we can explore the Nervous System. We can now explore and recover the Nervous System through its functions and abilities. We correct the body through range of motion

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and during its action. We now have a command of the Nervous System as the electrician commands the flow of a home's electricity through the breaker box and its wires.

Our modern understanding of the Nervous System must reach beyond the five senses. It must reflect the multiple layers of communication that occur within our Nervous System and the most advanced principles of quantum physics. It must allow for instantaneous and constant communications throughout the body and the universe. Ultimately we do not know what the answers are. We can only use models to help us understand and wrap our minds around the complexity of our *Holographic Nervous System*.

Holographic communication can be described as the *software of the Nervous System*. Holographs allow us to describe the multiple layers of communications that occur simultaneously. They are further characterized by the fact that all information of the Nervous System is contained within its smallest unit: a single cell.

Most people recognize a holograph as a three-dimensional image created with laser beams reflecting off an object. The holographic image can be viewed from different perspectives as if it were sitting on the table in front of you. If you take the holographic image and cut it into four pieces, you will not have the four corners of the original image. You will actually have four, identical three-dimensional images. If you continue to tear these pieces again, each of the pieces will contain the entire image, no matter how small you managed to tear them.

The body fits into the holographic model because all the information is contained within its smallest unit. Every cell contains genetic material we recognize to be DNA, which can be transferred and cloned, creating an entire new self. The holographic model applied to the Nervous System allows for the instantaneous communication that occurs throughout the body and the universe.

Expanding on the concept discovered by Fritz-Albert Popp, PhD, that each cell communicates through emissions of light called biophotons, the biophoton of

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light is also known to carry intelligence. This intelligent biophoton communication occurs throughout the body and at the speed of light.

In this book I present my theory of how the physical body generates the life we experience. I propose that the emission of light from each individual cell, when considered in its totality—trillions and trillions of cells—generates a light force, a biophotonic field, that is responsible for our body's integration and communication. This light force is the nonphysical communication system within our physical frame. I call this phenomenon the *LightBody*. The intellectual mind is not in the brain. The mind cannot be isolated to a single location within the brain or the Nervous System. Large computer

systems that can measure or visualize thought processes are not locating a thought. They simply visualize the part of the Brain or Nerve Tissue that is active when that thought occurs.

I believe the LightBody contains all of our nonphysical attributes, including our mind, thoughts, emotions and capacity for love, joy and spiritual connection. The Big Idea is that the LightBody seems to be the nonphysical projected holograph of the self. The LightBody is responsible for the connection and communication between us and everything in our universe.

Using this concept of the LightBody, my students and I have discovered new methods of cultivating and expanding the Nervous System. It has been our experience that when the Nervous System is expanded it will heal itself. We have found that light therapy bridges the communication within the Nervous System. Where there is no communication, there are disease and dysfunction.

The idea is simple: we want to maximize the body's ability to communicate and perform actions. We do this by evaluating the Nervous System and using light therapy as a stimulus for the rehabilitation of lost function.

When we used these concepts, we began to see immediate improvement in Lori's recovery, and I started seeing these results with my other patients. I saw pain go away immediately, range of motion return and function restored. Although I did not realize it at the time, I was well on my way to developing what is now known as Quantum Neurology[®] Rehabilitation.

This work has transformed my life. Quantum Neurology[®] has delivered amazing healing and world record performances. In my wife's case, her complete recovery from sensory paralysis and giving birth to our child is, by far, the sweetest personal victory. Quantum Neurology rehabilitation is healing the world. Doctors from around the world learn these methods through hands-on seminars, home and online training. To find a Quantum Neurology[®] trained practitioner near you, and learn more about Neurological Rehabilitation and Holographic Healing, visit our website at www.QuantumNeurology.com.

This work has been a blessing in my life, and I truly hope that it will be one in yours.
With Love, Kindness & Gratitude,

George Gonzalez, DC, QN

Doctor of Chiropractic, Quantum Neurologist[™] Founder of Quantum Neurology[®] Rehabilitation

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

—Thomas Edison, Inventor xv

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Chapter 1

HOLOGRAPHIC HEALING

Welcome to the Hologram! Holographic Healing... What does that mean?

Healing, of course, we recognize as a natural process that our body goes through to recover from infection, injury, illness or a condition. Yes, but what does holographic mean? And how does it relate to healing?

Holographic refers to a concept that all information is contained within the smallest unit. A seed contains all the information of a tree. A fertilized embryo contains all the genetic information of both parents. As the embryo grows to adulthood, every cell carries and contributes to the ongoing genetic record. Our genetic code is a record of everything that is perceived and experienced by our Nervous System. This record contains every aspect of our life's experiences, mental, emotional and spiritual states, as well as health, physical conditions, injuries and infections, and how they were overcome. It records every aspect of who we are, as it has for all our ancestors, since the dawn of time.

In nature, we often see the holographic concept exhibited. Insects and animals can function individually, but in a group dynamic the group exhibits its own lifelike characteristics. Great examples of this are: bees in their swarms, birds in their flock formations, schools of fish and their reactivity to movement, dogs acting strangely before earthquakes, animals running toward high ground before a tsunami tidal wave. This concept is also recognized in humans as our ability to move without bumping into each other. Whether we are walking or driving in a crowded area, we seem to avoid hitting each other most of the time. We all seem to have this awareness, a knowing, a connection to everything and everyone around us. We know when we are being stared at. We think of someone and then they call. These are all examples of holographic communication. The holographic concept is interesting because the information and communication we are describing does not exist physically. We cannot pinpoint or locate the tree in the seed, or the human in the DNA, but we know it's there because that's where everything comes from. Somehow the genetic material we call DNA records all the information of our lives and stores, unscrambles and then uses it in a way we know very little about. We refer to this type of information processing and the ability to access it instantaneously throughout our life as holographic. It can simply be described as the *software of our Nervous System*.

Holographic healing allows us to heal our minds and bodies by using the concepts of the holographic model. I'm sure this may seem far-fetched and abstract. My intention is to connect the dots in such a way that you recognize you are the center of your universe. Your Nervous System generates your reality experience from moment to moment. Most importantly, I would like you to grasp the POWERFUL HEALING available within your Nervous System and how to access it!

The Nervous System

"A rainbow is a holographic projection of light through water. Life is a holographic projection of light through our Nervous System." — George Gonzalez, DC, QN In order to understand holographic healing, we must first understand the instrument we call our body.

I refer to the body as the Nervous System because it is more descriptive of what we are as beings. The concept of our Nervous System represents everything we are. It includes everything we know and everything we do not know about ourselves. It includes all recognized and unrecognized communications and actions available through our body. It includes the physical body, the bioenergetic field, the aura, the Holographic LightBody and any other existence or communication associated with the body that has not yet been discovered.

Life is the experience of living. The Nervous System is the platform on which *Life* is played. It carries our consciousness and our intellectual mind and generates the experience we are having. It controls our physical body and our movements. It allocates resources for managing all the tasks within the body. It provides access to the external environment which we experience with our five senses: seeing, hearing, smelling, tasting and touching. It also provides access to our nonphysical experience: our mind, thoughts, emotions and spiritual connections.

We appreciate health especially when we deal with injury or illness. What is difficult to understand is... What is health? What generates health in our bodies? Why is there so much conflicting information about how to achieve and maintain health?

I've worked with many highly qualified doctors. When I mention to them the importance of Nervous System health, they all agree in unison. Remarks such as "well, of course the Nervous System controls everything" are a common response. Although this may be a common understanding among the doctors of the world, this is not understood by the public at large. This book informs the public of advanced healing principles used successfully by elite doctors around the world.

In school, doctors are taught that the Nervous System is comprised of the brain, spinal cord and nerves. Doctors are taught that the brain controls the entire body and the mind is located somewhere inside the head. In actuality, the Nervous System is much more intricate than we were originally taught. Each nerve that exits the spine can be thought of as a wire that connects four main areas of the body. Each nerve wire will connect to specific muscles, tissues, organs and bones. Just as the leaves of a plant depend on a branch to supply them with life-sustaining resources, the quality of communication available within the nerve wire is directly related to the health of our muscles, tissues, organs and bones. Each of these areas can be individually damaged. Damaged or weak areas will pull energy from stronger areas sharing the same nerve wire. Eventually, individually damaged areas can contribute to the overall weakness of everything along that nerve wire. A damaged nerve wire can contribute to the overall weaknesses and eventual collapse of the Nervous System.

Our Nervous System is the primary indicator of our health. When we understand how the Nervous System works and how it's integrated into the universe, we can understand how to evaluate and strengthen our connection with the body, mind, surroundings and with others to experience happier and more fulfilling lives.

Trial by Fire

I did not understand holographic healing as I developed Quantum Neurology[®]. This information has revealed itself through my years of clinical experience, teaching and consulting in Nervous System rehabilitation. There are moments in life we have to trust the Nervous System. In situations where we don't have all the answers, or the luxury of time, we have to trust the Nervous System. Most would

call this *listening to our gut (or physical) instinct*. Others refer to the ability to focus and act without thought as being “in the zone.” This is when you let your Nervous System do its job without “you” getting in the way.

I was traveling through the San Francisco bay area when I received one of those life-changing calls. My close friend Dr. Edward Chauvin was in an intensive care unit in Louisiana with a severe aneurysm. I returned home to Los Angeles and kept in close contact with Edward’s family. He went into surgery the next day guided by his college roommate, Dr. Julian Bailes, a neurosurgeon who developed the procedure to correct the aneurysm Edward had suffered. There are no coincidences in my world, and I made plans to be in Louisiana as quickly as possible.

We are so fortunate and grateful that Edward survived the emergency surgery. When I arrived in Louisiana four days after his surgery, Edward’s son Ben picked me up from the airport. During the two hour drive, he told me that the doctors recommended around-the-clock care for at least one year. Their family had decided to fire his office staff and was questioning what to do with his practice and who they would hire to care for Edward.

Ben and I were greeted at the hospital by Edward’s youngest son, Patrick. When I first saw Edward in the intensive care unit, he had a stroke-like paralysis pattern. He was paralyzed on the left side of his body and the right side of his face. He was barely conscious and fading in and out. His speech was slurred and difficult to comprehend. There was a tube draining the fluid from his head and the typical IV and chest monitoring equipment. I only had five minutes with him, so I had to focus on strengthening the most important nerves, those primarily responsible for his body’s ability to rest, digest and heal itself.

The nurses and doctors looked over inquisitively but were not interested enough to come and watch. There’s definitely curiosity when an untrained person watches me conduct a neurological rehabilitation for the first time. After all, I was using a flashing red light over Edward’s head and scolding while having him say: Nyuck, Nyuck, Nyuck, Nyuck. Kuh, Kuh, Kuh, Kuh. Juh, Juh, Juh, Juh. I was asking him to activate Cranial Nerve X(ten) which controls the specific muscles associated with recovering speech and swallowing. The same nerve that allows us to make those sounds contributes to our ability to maintain blood pressure, respiration rate, activate digestion and detoxification and countless other things associated to resting, digesting and healing. My experience has been that strengthening the muscles available on that nerve wire will stimulate and strengthen the body’s ability to heal itself. After my focused corrections, I prayed with the family and left Edward to heal.

The next day, Ben and I arrived at the ICU to find out that Edward had responded so well the evening prior he had been transferred into his own room. To our delight and amazement, he was speaking clearly and moving both arms, both legs and his face was symmetrical. Gone were all signs of paralysis in his face or body. The drainage tube had been removed from his head. He was extremely exhausted yet more coherent than the last time we spoke. His leaving the ICU was a celebrated victory that inspired us and gave us hope. I immediately focused on continuing to reintegrate his Nervous System using the same principles and techniques I discovered while rehabilitating my wife through her injury. I worked on him for two short sessions that day, once in the morning and once in the evening. During that time, I evaluated and strengthened every major nerve in his body. As he rested, we waited to see how his body responded to rehabilitation.

Watching Edward wake up after two days of sleeping was a welcome relief. He simply opened his

eyes and sat up. He was physically exhausted and needed to recover his strength, yet from that moment on his Nervous System was back online, and he was physically and mentally integrated and able to communicate. Eleven days after his surgery, he walked out of the hospital with zeroneurological deficits. He returned to work 29 days after surgery and has been practicing full-time since.

It was truly amazing to watch the light come back into Edward's face while we were making neurological corrections. With each correction, his strength, energy and sense of humor improved. It was through this experience that I realized the Nervous System is far greater than we were ever taught or could even imagine. I had witnessed a severely disabled man restored in a matter of days. He is a medical miracle.

Nervous System Software: Holograph Version 1.0

Let's get back to the concept of the hologram.

What hologram?

The one you are living in.

You are living a holographic experience.

Don't worry. It's OK to be asking yourself, "What is this guy talking about?" It will all begin making sense once you understand the Nervous System and how it communicates.

I'm sure you would agree that you have intelligence and that you are conscious. Have you ever wondered where in the brain or body that intelligence and consciousness exist? Most people believe it's located somewhere between our ears. After all, there is an abundance of Nervous System tissue w call the brain located within the skull. Various machines which measure Nervous System activity have been cross-referenced with mental function. But no machine can locate and isolate intelligence or consciousness within the physical body. Machines simply visualize which part of the Nervous System is active while a thought occurs.

A simple polygraph, commonly known as a lie detector machine, uses various *autonomic* (automatic nervous system) responses to measure the effect a thought has on the body. Autonomic responses measured by these types of machines include heart rate, blood pressure, galvanic skin response, respiratory rate, body temperature and pupil reactivity, to name a few. Notice the need to measure various parts of the body and not simply the head. This is because each thought has an effect on the entire body. I'm confident you have experienced an emotional flush as a result of a thought. Hearing bad news can send a chill down your spine. When you are delighted, your entire body gets a sudden surge of joy. Thoughts and emotions are not head-only experiences; they are Nervous System experiences.

Where Does Intelligent Consciousness Exist?

I am proposing that your intelligent consciousness is not physical. The physical body and nerve tissue are the hardware and hard wires of the Nervous System. Your nonphysical self—your mind, thoughts, emotions and spiritual connections—is the software of the Nervous System. Similarly, as your experience on a computer or the Internet cannot be located to a single spot on the computer hardware your body is simply the physical interface of the Nervous System. The nonphysical experience we

know as *Life* cannot be isolated to a single spot within the body.

The concept of the nonphysical self can be overwhelming. We are so used to thinking of our physical existence that it can be difficult to comprehend the nonphysical. We've been taught to ignore experience and intuition and only rely on things which are measured through our five senses (sight, hearing, smell, taste and touch). I'm sure you see the dilemma: we cannot physically measure the nonphysical, so we have difficulty quantifying its existence outside of our personal experiences. Our Nervous System has the incredible ability to maintain constant and instantaneous communication with trillions of cells, multiple life-sustaining systems and activities, mental functions, self communications, interpersonal communications and maintain our spiritual connections. Your nonphysical self is not limited by space, time or location. In an instant you can be transported onto a relaxing beach, sand sticking to your back, warm sun against your skin, surrounded by the sounds of waves, birds and children playing nearby. As you bask in that moment, where are you? What allows you to experience the beach when you are not physically there? These and many other manifestations of your nonphysical self can be described as holographic.

Looking at the body and Nervous System in this way allows us to explore possibilities unavailable through the five senses and physical reality. It opens us up to a full understanding of the Nervous System and not just to what can be measured.

The concept of describing life's experience as holographic is not new, although my phrasing and explanation of it may be unique. Many cultural traditions explain concepts through holographic models.

Many people are familiar with the concept of a voodoo doll, in which a practitioner attaches physical samples, such as hair or personal items belonging to a person, to a doll. The doll becomes a holographic representation of the victim. Poking the doll with needles is said to cause pain to the same location on the victim's body. The victim can be affected anywhere in the world and, in theory, anywhere in the universe because this intention works in the realm of the nonphysical, and is beyond time and space.

Prayer and spiritual services are another example. A prayer can be described as a good intention or good thought. I believe these good thoughts reach the people for whom they are intended instantly, the moment they are created.

Focused healing through prayer or meditation can be done while in the physical presence of the person, or from a great distance. Directing healing intention from a distance is called remote healing. All of these ideas can ultimately be described as holographic communications. Understanding these concepts can give us a sense of empowerment and amazement at what is truly possible through our Nervous System.

The Nervous System is such an amazing instrument, capable of extremely intricate inter-dimensional communication—and we each have this amazing intelligence within us. This intelligence logistically coordinates every function of our chaotic lives, from attending meetings, remembering names and participating in events, down to the locations, purposes and actions of every cell in our bodies. This same intelligence can be focused toward rebuilding, healing and expanding the Nervous System. It has been my experience that—when the Nervous System is focused on healing and strengthening—the body will heal itself.

Chapter 2

THE GIFT

Life was challenging, yet promising, for my wife and me in our late 20s, as with any couple with a spouse going through doctorate training. I was in my last term of chiropractic school before graduation. My young wife, Lori, was beautiful, healthy, physically active and working as an administrative assistant. We had planned our lives. I was looking for an office to do my internship. And once we settled in an office, we wanted to have children. We did not foresee any obstacles. We soon learned that the obstacles in life could change our plans in one moment.

The stress of supporting me through school was taking a toll on Lori. At the advice of some friends, I decided to treat her to a massage. Lori was always very cautious about having body work done. She had a stable broken vertebra in her low back at the level of L5. This vertebra is commonly broken in teenage girls who do gymnastics and ride horses. Lori told the massage therapist about her back condition and specifically asked that no work be done on her lower back. The masseuse, against Lori's wishes, and against her licensure, manipulated Lori's lower spine by performing a downward thrust. Lori immediately felt a mild itching sensation on the bottoms of her feet.

By that evening, Lori was experiencing severe pain in her low back, legs and feet. In fact, all the areas that would touch a saddle if she were riding a horse were completely numb: her groin, backside, the back of her legs, and the bottoms of her feet. Without the sensation on the bottoms of her feet, walking was very painful and difficult. She described it as similar to walking barefoot on sharp rocks as she could feel the bones and ligaments but not the flesh of her feet.

Lori developed urinary frequency, urgency and incontinence. She could not find a comfortable position sitting, standing or lying down. Warm temperatures and warm water, especially hot baths, exacerbated her symptoms. She could not wear high heels or shoes that fully covered her feet.

What I did not fully understand at that time was that her Nervous System had been damaged, and the patterns of loss and symptoms were the breakdown of communication within her Nervous System. After a tiring and unsuccessful search for doctors and a treatment that could help her, Lori finally experienced a breakthrough in a session with Dr. Marc Pick. He is a world renowned Doctor of Chiropractic who lectures on Sacral Occipital Technique (SOT) and clinical neurology. Using his system of analysis, he extensively mapped out Lori's Nervous System.

That one, incredible day, I sat with Lori during her first exam by Dr. Pick. With each neurological evaluation, I sank deeper in terror as she failed the functional tests, which indicated possible permanent nerve damage. Initially, these functional tests were just answers to exam questions. The horror was that they might define the new boundaries of my wife's Nervous System. Most people experience the simple kneejerk response activated when our legs are dangling and one leg is tapped just below the kneecap. Lori had lost that and all other reflexes below the waist. She was completely numb and unable to feel a pin stick on the saddle areas and bottoms of her feet. She had no plantar response, which means that jabbing and dragging a pointed metal instrument on the bottom of her foot showed no response. Most people would have pulled their entire leg and foot away from that stimulus. Considering the damage she experienced, we were thankful her muscles were still working and had not

become weak or atrophied during our search for answers.

So, during that first exam with Dr. Pick, as each demonstration revealed more nerve damage, it took all I had to stay focused and pay attention. That hour, as he measured the parameters of her Nervous System, was one of the most intense hours of my life. The reality of the damage was overwhelming. I was checking out mentally. My mind raced with thoughts of how this would affect our lives. How would we be able to have children? How could I afford the care she deserved? How would I know what she needed? Thoughts of Lori having to live with this damage for the rest of her life were depressing and overwhelming.

My mind was so overwhelmed with the severity of her injury that I barely paid attention to the corrections Dr. Pick performed on Lori. Some stretches on one leg, then he pulled on some of her fingers. The next thing I knew, she was able to pull her leg and foot away from him when he jabbed the bottom of her foot. Watching this and her knee jerk response restored in one session was remarkable. Everything happened so fast that it wasn't until the drive home from the doctor's office that I began to process what had just happened. I pulled over to the side of the road, and all I could do was sit and cry. My excitement was only contained by my understanding of the severity of the damage remaining and fear of the unknown.

It's hard to explain the range of emotions we experienced when Dr. Pick's extensive neurological evaluation unveiled the extent of Lori's damage. The amazing experience of watching her body see instant benefit from Nervous System rehabilitation was the first sign of hope we had toward her healing. This experience led me toward a new direction, one which, over time, has become clear and well-defined. I felt that my life purpose became to research, practice and teach Nervous System cultivation and expansion.

Dr. Pick's single session with Lori initiated her healing. He also gave me the understanding that Nervous System capability dictates quality of life. From that day forward, I dedicated myself to researching neurology while rehabilitating my wife from her moderate spinal cord injury.

Early on, as I developed the rehabilitation techniques, results were slow to appear. I had to perform multiple corrections every day because Lori's Nervous System was so weak. She would re-injure and lose some of her corrections simply by rolling over on the treatment table. Lori's rehabilitation took years and was both emotionally draining and healing, yet it caused me to look for ways to heal that were beyond my intellect and my natural instincts.

The Great Healing Distraction

There is an unwritten rule among health care professionals that caution should be taken when treating family members, because they can become your most difficult patients. There are many facets to this unwritten rule, but the main goal is to protect the doctor and maintain the close relationships that exist with loved ones. In our case, the mental and emotional stress of bearing the responsibility for Lori's care was nearly paralyzing.

During the first few months of her injury, my anger, regret and shame over the circumstances were all-consuming. Lori was struggling to cope with the new challenges of her condition and get through her day. We misdirected our focus and our energy in the hope for an easy solution to return what we felt was stolen from us. We were angry and dissatisfied with the direction our lives had turned, and w

began fighting with the massage therapist who injured Lori, and with each other.

Our energy literally became occupied, even locked up at times, with the negative emotions and thought patterns. For example, when we fell into a mental fantasy of vindication and payback, we noticed that it created an emotional rush, a surge of false empowerment in the delusion of the fantasy.

I found it difficult to function carrying all these emotions. I couldn't sleep, I gained weight, and I experienced pain even though my body was not injured. I discussed these emotions with Lori, who was struggling, too. We came to a profound conclusion: she would never heal if we kept wasting our energy on things that did not contribute to her healing.

As our delusions of revenge occupied our thought space and blocked the loving energy needed for Lori's healing, I realized this was a recurring phenomenon. It became clear that negative thoughts block the body's ability to heal.

When you indulge in those moments of mental fantasy, I ask you to listen to your Nervous System. What are you feeling? Adrenaline rush? Blood pressure rise? Anxiety? Aggression and depression? Although these negative thoughts may pay dividends in fantasy, they're wasting your energy! Your focus and energy are valuable resources that can be directed toward your body's ability to heal itself.

Would you yell at the captain of a boat for not providing life vests when someone you love is drowning? Or would you instead invest all your energy in saving your loved one? The more severe the health crisis you are in, the more real this becomes.

We were managing Lori's health and at the end of our rope energetically. Our lives were so overwhelmed with managing Lori's care that it became exceedingly obvious that every unsupportive thought cost us energy. This was difficult to notice when we had energy to spare. But when we had reached the limits of our energy threshold, it was as clear as day.

Forgiveness and Healing

Once we realized that holding on to our anger and resentment was a major obstacle in Lori's healing, we had to let it go. Now, that may sound easy, but it was a long and difficult process. We began this process together in prayer, asking for guidance greater than ourselves. We systematically asked for our energy back. We visualized the energetic connections between ourselves and each of the people in our lives, whether living or deceased. We focused on forgiving those who had harmed us and asked for forgiveness from those we had harmed. In that moment, we chose to let go of the certainty of blame and of being victimized, and we exchanged it for the uncertainty of Lori's healing.

I don't like the saying *forgive and forget*. It implies that forgiveness is only attained if you can forget the offense. For me, this implies that you were never wronged or damaged. I feel it's more realistic for someone to learn from experiences and build appropriate boundaries. I'd much rather say *forgive and heal*—a much more realistic indication of what happens when we forgive.

From the moment we changed our focus from fighting those who hurt us, to supporting Lori's healing, we saw immediate improvements. Her gains and corrections lasted longer. She made progress against the constant re-injury of her Nervous System.

I would like to emphasize this was not easy. All my instincts told me to fight, fight, fight. I constantly had to remind myself that fighting wouldn't help. To shift my thinking, I asked myself how each line of thinking contributed to getting what I wanted. Lori was drowning, and I was distracted from saving her by my reactive emotions of anger, resentment, revenge and hate. Forgiveness, for me, had very little to do with creating a fruitful relationship with the person who had hurt my wife. Instead, I invested in taking my energy back from those who had harmed her, and then used that energy to manifest healing.

Although her rehabilitation was slow the first few years, she has made a complete recovery and has regained full sensation in all areas affected by the injury. She no longer suffers from pain in her lower back, legs, or feet. The urinary frequency, urgency, and incontinence issues were resolved. Two to three times per year she may experience an occasional flare up of symptoms, but they last a couple of days until rehabilitation restores her to full health once again.

Residual effects from her injury include not being able to sit in a hardback chair at 90 degrees; she prefers to be more reclined. She can now walk at a brisk pace, but she cannot walk as fast as she could before her injury. She depends on the support of pillows under and between her knees when sleeping to take the stress off her back. In spite of the limitations, she now lives an active lifestyle. And today Lori and I have a beautiful baby girl.

Now, both Lori and I look upon this entire experience as a gift. Lori's case provided the opportunity to fully explore the Nervous System and learn how to measure its effects and boundaries. By seeking to understand the Nervous System, and letting our understanding guide Lori's care, we were able to make decisions about her health and healing without having to rely on doctors' trials and errors, studies, research and the overabundance of information that exists. Instead, we made decisions based on how her body responded to rehabilitation.

In the process of healing Lori's body, we discovered that ultimately we are all in control of our own health, and that our own Nervous System dictates the quality of our lives. We learned to use the Nervous System's ability to guide our care. It allows us to live happier and more fruitful lives to enjoy and share with our family, friends and loved ones.

My experience is an example of what is possible with forgiveness. Focusing on the healing, and letting go of the anger over how Lori was injured, allowed many wonderful gifts to come into our lives. We simply shifted our focus from anger and vengeance to healing. We are not thanking the person who injured Lori, yet we are grateful for the insights and abilities to have made the best of the situation. Lori's rehabilitation guided this work into existence. Countless people have benefited from the concepts of Nervous System rehabilitation, and a new science of Nervous System exploration has emerged.

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science."

—Albert Einstein, Theoretical Physicist

Chapter 3

KEY #1: THE NERVOUS SYSTEM IS CONSCIOUS

The first key to Nervous System Consciousness is the understanding that the source of all healing exists within our bodies. This is referred to in healing circles as *Innate Intelligence* or *Consciousness* and recognized throughout the world in many healing traditions. Each describes their version of the energy that gives us life. Each language has a different name for the intelligence, but to my understanding all refer to the same concept. The Chinese call this energy *Qi* (pronounced “*chi*”), the Japanese call it *Ki* (pronounced “*key*”), and in the East Indian traditions it is called *Prana*. In various religious traditions, this energy is depicted as a glow around a person or a halo around the head.

Every culture seems to have a tradition and understanding of this life force within us. Unfortunately, modern traditions ignore what cannot be measured through the five senses. In my opinion, this has clouded our understanding of the Nervous System and its true capabilities.

We have all heard the adage that we are only using ten percent of the brain. I disagree with this concept because we use our entire Nervous System for every thought and every action. I don't know where this statistic came from, but I guarantee it resulted from the absence of a machine's ability to measure the brain's and Nervous System's capabilities. Our true capabilities are discovered daily. With today's technology, we can learn at incredible speeds. At no other time in history has nearly every person had access to so much information in the world. The increase in technology and new virtual connectivity has been amazing, but connectivity to physical reality has been sacrificed.

In this chapter, I will share how your Nervous System is the center of what gives you life and is the only true indicator of your health. Understanding your Nervous System and its connection to the universe allows you to navigate through life with more direction and purpose, just as understanding the movement of the stars allows you to navigate the globe.

I. Your Nervous System

Learning how to live a Nervous System Conscious *Life* starts with understanding what is at the center of what gives us life and generates our life experience? The answers are found within our Nervous System.

Your Nervous System is much more than what you were taught in school. Your brain and spinal cord are called the *central nervous system*. The nerves which branch off the brain and spinal cord are called *peripheral nerves*. These nerves connect the brain and spinal cord to the rest of the body.

I feel the traditional definition of the Nervous System falls short of explaining its true capabilities when it merely describes the physical hard wiring of the body. The Nervous System actually includes the physical body, energetic body, holographic LightBody and the interactive ability to communicate with different environments: internal, external and nonphysical. The Nervous System is a physical and nonphysical communication interface. The physical communication is experienced through our five senses. The nonphysical Nervous System communication is described as holographic.

Your Nervous System's ability to make intelligent connections to its surroundings exhibits consciousness. These connections allow the Nervous System to make crucial decisions regarding your survival without consulting you. Your body has the ability to instantaneously adjust and react to changes in temperature, blood sugar levels, pH balance, blood pressure, and heart and respiration rate all without your mental contribution. This is evidence of your Nervous System consciousness beyond your mental intellect.

II. Indicators of Health

In quantum physics, to be considered an accurate measurement, the observer's perspective must be included. You may not be the center of the physical Universe, but you are the observer, which makes you the center of *your* universe. Your Nervous System must be included in any measurement for it to be accurate. This simple shift in perspective allows us to use the Nervous System to guide our care. When you do this, you allow your observation to guide your reality. This gives you the ability to hone in on the qualities you desire in life.

Our quality of life is directly related to the connection of our Nervous System with its surroundings. Full disconnection from the space surrounding the body—is death. More integrated connection with our surroundings, is *Life*. When we use the Nervous System as an indicator to guide us in our health and healing, we are using the center point of the universe that generates our experience.

Let's evaluate how our Nervous System connects to the universe using vision as the example. Let's look at its ranges of function (connection), particularly with peripheral vision and central vision. Peripheral vision is our ability to see to our sides while maintaining a focal point. If we put our arms straight out to our sides and look at a point in front of us, then wiggle our fingers, we can bring our hands closer and closer in front of us. Our peripheral vision is how far out to the sides we can see our fingers wiggling. The range in all directions above us and below us is our peripheral vision.

Central vision, or visual acuity, is most recognized as that which is measured by a 20/20 eye chart. It measures how far into the distance we can see and focus. When people damage their vision their visual acuity collapses. Tunnel vision, or losing your range of peripheral vision, is a common sign of vision collapse. When it becomes even more compromised, it can become binocular vision. Binocular vision looks like the two holes that are visualized when looking through binoculars. When a person loses even more visual field, vision is reduced to pinpoints, as if he or she is looking through straws. When visual communication is completely disconnected from the physical universe, blindness occurs. The new reality experience is formed from the remaining senses.

The most important indicator of health is the understanding of how the Nervous System connects to the Universe. If you die, where does the universe go? Where does your experience of this universe go? The universe will exist without your continued contribution, but when your connection to it disappears it causes physical death. With that in mind, by making our connection to the Universe stronger, it gives us a deeper and more integrated *Life* experience!

I am exploring the rules of the universe simply by saying, "Hey, we are multi-dimensional beings. Clean food, air and water nourish and support the body; synthetic chemicals destroy and disconnect the body's ability to interact within the universe." Most people don't think about themselves in this way. They don't realize their body is a communication system or that they can enhance their lives by

improving their Nervous System's ability to communicate.

You can make your Nervous System stronger in any area you focus your attention. Your Nervous System generates your *Life* experience.

III. Communication Interface

Our communication interface is how our Nervous System is integrated, or plugged in, to the universe. The Nervous System is a magnificent collection of experience ranges that make up our communication interface. This interface is so intricate that it can manage all of our communication needs. It allows us to communicate with ourselves and each other while managing constant communication within every cell of the body. It receives constant information from the surrounding universe.

We have all seen examples of finely run systems. From business - es to athletics, a group of people who work together in a coordinated effort is amazing. Those who command these skills are often rewarded exponentially beyond other professionals in the same field.

We all know the challenges of working with others. We've all coordinated schedules, missed appointments and have pushed projects back due to minor obstacles. Now consider what is necessary to manage the coordinated effort of trillions and trillions of people. It's mind bog- gling when you think of the coordinated communication necessary to accomplish anything as a whole. Our Nervous System accomplishes this with our trillions of cells every moment.

Our communication interface—and how we personally integrate with the universe—is a unique experience. Most of us have the ability to see the colors of the visual spectrum (red, orange, yellow, green, blue, indigo and violet). The borders of the visual spectrum, however, are not visible. On the red side of the spectrum, is infrared, which is not visible to the naked human eye. On the violet side of the spectrum, is Ultra Violet (UV), which is also invisible to the naked human eye. This color experience is not the same from person to person. Certain animals and some people can see “colors” in the invisible ranges of infrared and UV. There is no specific marker to indicate that I experience the same light reception ability as everyone else. Anyone may have a bit more or a bit less color range into the ultraviolet or the infrared spectrum.

This would explain how some can see auras, beings and entities that are not visible by others. Animals such as owls have vision in the infrared field. They can track the heat signature of their prey in the dark- ness of night with their infrared vision. Our Nervous System can receive visual information in a narrow portion of the electromagnetic spectrum. Other non-visible wavelengths on the same electromagnetic spectrum include x-rays, gamma rays, radio waves and microwaves. We know that these waves exist even though we cannot experience them with our five senses.

It is easy to think that we can only have experiences through our five senses, even though we understand the concept that there are things beyond our five senses. Our Nervous System is this interface of experi- ence ranges. We experience light and vibration in very specific ranges. We experience weight, gravity and the body's ability to hydrate and man- age its temperature in very specific ranges. We experience these ranges with our Nervous System, our communication interface.

IV. Nervous System Guided Care

The prevalent attitude of many traditional physicians can be summarized by the following phrases: “I am the doctor. I am smarter, and I know better than you. I, the doctor, decide what is best for you, the patient. If you don’t do as I say, you’re going to die.” These thought forms, perceptions, often provide a very negative experience. It can be described as a *health scare* when the patient is scared into a line of procedures or synthetic medications.

I am suggesting an alternative approach to selecting care for you and your family. My ultimate goal is to show how the Nervous System guides and delivers care that expands and heals the body.

Whether they are meeting a patient for the first time, or care is ongoing, I train doctors in the importance of supportive thought forms when delivering care to patients. In this new way of thinking, the Nervous System’s intelligence guides the body to heal itself. The doctor is the coach directing the awareness of the Nervous System to expand its abilities. As Quantum Neurologists, we stimulate the Nervous System’s natural healing processes and rehabilitate the actions that cultivate and expand a person’s capabilities. Our experience is that, when the Nervous System expands, the body has the opportunity to heal itself. In Quantum Neurology® Rehabilitation, I’ve mapped out the Nervous System through its experience ranges. I use traditional methods of neurological analysis combined with unique evaluations that I have developed. This allows me and my students to evaluate the Nervous System with the gold standard of neurological evaluations that is taught to every doctor around the world. Additionally, my patented system of neurological analysis allows us to find and correct hidden weaknesses within the Nervous System that are not found by other methods.

We now know many of the Nervous System indicators responsible for health and quality of life. It is our experience that, when these indicators are strengthened, the Nervous System expands. In its expansion, we see its restoration and healing. We can consistently restore function, strength and coordination. The same rehabilitation concepts that help athletes break world records are used to recover patients from paralysis. I have also developed techniques to restore lost sensation. We have had considerable success in restoring areas of numbness throughout the body, even in cases where the person had been damaged decades prior.

The principles applied to recover movement and sensory loss can be adapted to rehabilitate specific conditions. We strengthen areas of the Nervous System that are collapsed by injury, illness, infection or condition. We have consistently found once these areas are strengthened the body heals itself. It has been our experience that most people respond favorably to rehabilitation as long as the Nervous System is intact and demonstrates the ability to recover. This is usually evident within the first few sessions.

We have patients that have gotten up out of their wheel chairs, recovered from chronic illnesses, and recovered from strokes, brain injuries and paralysis. People have restored their vision from blindness, others have let go of their hearing aids. We have seen people achieve the highest levels of human performance, world records and gold medals. Others who were living in pain for years have become pain-free in a very short period of time. All of this has occurred by cultivating and expanding the Nervous System.

Our Nervous System is the completeness of who we are as humans—our entire body and being. When we evaluate the Nervous System, we look at its various layers of expansion or collapse.

An example of a collapse would be if we gave a peanut to somebody who had a severe allergy

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