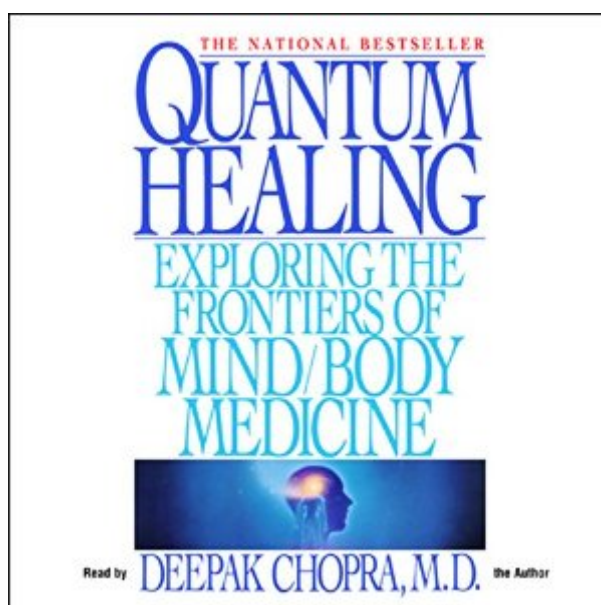


The book was found

Quantum Healing



Synopsis

Here is an extraordinary new approach to healing by an extraordinary physician-writer - a book filled with the mystery, wonder, and hope of people who have experienced seemingly miraculous recoveries from cancer and other serious illnesses. Dr. Deepak Chopra, a respected New England endocrinologist, began his search for answers when he saw patients in his own practice who completely recovered after being given only a few months to live. In the mid-1980s he returned to his native India to explore Ayurveda, humanities most ancient healing tradition. Now he has combined the current research of Western medicine, neuroscience, and physics with the insights of Ayurvedic theory to show that the human body is controlled by a "network of intelligence" grounded in quantum reality. Not a superficial psychological state, this intelligence lies deep enough to change the basic patterns that design our physiology, with the potential to defeat cancer, heart disease, and even aging. In this inspiring and pioneering work, Dr. Chopra offers us both a fascinating intellectual journey and a deeply moving chronicle of hope and healing.

Book Information

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Self-Help > Stress Management

Customer Reviews

The senses of the wise man obey his mind, his mind obeys his intellect, his intellect obeys his ego, and his ego obeys the Self. -- Katha Upanishad
Thus, within this brief passage, we have the essence of Dr. Deepak Chopra's book Quantum Healing, which successfully seems to shed light for the uninitiated Western reader on the mind/body connection as it relates to medical healing.

Although the ideas and techniques he discusses in his book may sound new to us, they are in actuality, as the Doctor demonstrates through his scrupulous tracing of the Western disciplines of

neuroscience and physics back to the source of their beginnings in the ancient Vedic traditions, as old as time itself. With the precision of an artist meticulously carving a statue, Dr. Chopra proceeds to chip away at Western medicine's physical approach to healing, asserting the point that "when the memory of health returns [it] brings with it enough power to last a lifetime." These mind-based methods of healing, he tells us, are based upon Ayurveda, the ancient tradition of Indian medicine. The term "Ayurveda" is derived from its two Sanskrit roots, Ayus, meaning "life," and Veda, which can mean either "science" or "knowledge." Combined, the literal meaning becomes "science of life." In describing how he came up with the term quantum healing, Dr. Chopra relates the moving story of one of his first patients to undergo Ayurvedic treatment. The patient, a woman who had lung cancer, had responded well to the traditional Western treatments which had been combined with Ayurvedic methods.

Deepak Chopra is an endocrinologist who starts doubting the supremacy of the western approach to medicine. That doesn't mean he denies his training altogether. But he cannot forget his Indian roots, either. In fact, when he finds out that mind and body are able to cure a person if they work together, or kill her if they work against each other, he returns to the traditional Indian medical approach that they call Ayurveda. Ayurveda means "the knowledge for long life" in Sanskrit. Because it combines science and philosophy / spirituality, the approach is holistic. Chopra insists that the universe is not a force that surrounds us. Not only is there a whole universe within our cellular body, but we are part of the universe, we are the universe. By accepting this fusion --more, embracing it-- chances are we will be able to face disease, fight it, and eventually destroy it. Such is the premise of Quantum Healing. What fascinates me first as I read the pages of this book is the man of science patiently explaining the intricacies of our physical entrails, so to speak, and telling his readers how intelligent the body is. How when, say, the common cold starts doing its nasty little act, a whole cellular system gets into action, with millions and millions of microscopic little workers transmitting messages to each other, and doing everything in their power to kill the invader. In other words, Chopra states that our organism contains everything that it needs to heal itself. Then why do we die of cancer? Of AIDS? Of a heart attack? Why do we need medicine? Perhaps because we are disconnected. Perhaps because western medicine with all its specialization has become disconnected from itself.

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