

Medical Intuition

What is it?
and
How Does it Work?

A Comparative Analysis

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1. Introduction to Medical Intuition

Although Medical Intuition is usually thought of as a fairly new protocol and term, coined by Caroline Myss and Norm Shealy in the last decade, its concepts have been practiced under different names for thousands of years by many cultures throughout the world.

As we begin by defining Medical Intuition as it is known and practiced today, we will also look at the history and possible origins of this mode of intuition, that is considered by many to be part art and part science. That definition will include a variety of theories regarding the source of medical intuitive wisdom, which varies with some practitioners and at the same time has many common themes. As part of those common themes, it would be difficult not to observe at a high level the concept of consciousness and the senses as well as some of the common beliefs of the causes of illness and disease. These comparisons will include the differences between allopathic medicine, energy medicine and subtle energy medicine; and their varying models regarding the difference between curing and healing.

We will examine the similarities and differences between several Medical Intuitives and related intuitive modalities, including:

- Edgar Cayce
- Carol Ritberger, Ph.D.
- Caroline Myss, Ph. D.
- Mona Lisa Schultz, M.D., Ph.D.
- Caroline Sutherland
- Judith Orloff, M.D.
- Dona Eden
- Rhonda Lenair
- BodyTalk
- My own modality

As you probably noticed from the impressive list of credentials earned by several of the above mentioned Medical Intuitives, these are not the type of people you see in the TV commercials with a turban on their head and a crystal ball, claiming to be able to read your future for only \$2.99 per minute! These are well-educated professionals that are contributing to the validity and value of Medical Intuition to the public and the medical field. Some of those listed above were doctors first, and augmented their skills by developing their Medical Intuition (Mona Lisa Schultz and Judith Orloff). Others were health care practitioners that added medical intuition to their practice (Caroline Sutherland and Rhonda Lenair). And yet, others were intuitives first and enhanced their skills with knowledge of anatomy and physiology, and pathology (Carol Ritberger and Caroline Myss). As we examine these Medical Intuitives and their modalities, we will also compare some of their theories on the location of illness and disease in the body.

Next, we will look at the elements of a medical intuitive reading, what to expect and what not to expect, and some considerations when selecting a medical intuitive. Suggestions will also be provided for those wishing to begin to develop or further develop their own medical intuitive skills. We will wrap up with some thoughts on the future of Medical Intuition and, in the bibliography, provide resources for leaning more about Medical Intuition, either as a casual interest or with the goal of becoming a Medical Intuitive.

Throughout I will share the journey of my own personal experience as a student of Medical Intuition. I began my formal journey into intuition in 1992, at a point in my life where, although I had a nice home and established career in technology, I began the classic wondering “There must be more to life than this...” At the same time, a friend of mine began taking classes in clairvoyance from a graduate of the Berkeley Psychic Institute. His stories of what he was learning and his experiences in class sparked my interest, that there must be more to life than the five physical senses and what we can perceive with them. I immediately began studying

clairvoyance and began an amazing (and ongoing) intellectual and spiritual course of discovery. A few years later, I was reading a local metaphysical newspaper and ran across a review of Caroline Myss' *Why People Don't Heal* audio cassette program, later to become her book *Why People Don't Heal, and How They Can*. The theory that we directly influence our own health and wellness, and conversely our illness and dis-ease, greatly appealed to me. As I continued to study the concepts of Berkeley Psychic Institute, I began to layer on the teachings of Caroline Myss. Then, several years ago, I heard about a local Medical Intuitive that was beginning a Medical Intuition certification program. I went to the prerequisite workshop and found Carol Ritberger to be an extremely knowledgeable and insightful Medical Intuitive who shares her wisdom while exuding joy and enthusiasm. I was hooked! Not only fascinating, but fun too! I am currently in the third year of her four-year MIT (Medical Intuition Training) program. Since beginning this exciting journey of discovery, I have given over a thousand intuitive readings and have established an Intuitive Counseling business and Personality Coaching business.

WARNING – The concepts that follow could stretch your belief systems.

2. What is Medical intuition?

Let's look first at the history of Medical Intuition. In doing so, we begin to see that an underlying foundation of the concepts of medical intuition is that the human form is made up of energy as well as matter, and that physical illness and dis-ease is caused by more than external forces. This frame of reference invokes a consideration of the nature of consciousness itself and its relationship to the differences between allopathic medicine, energy medicine and subtle energy medicine.

A variety of definitions of medical intuition will be presented, introducing some of the Medical Intuitives that will be profiled in a later section. These definitions offer some common themes, as well as some divergent perspectives of the nature of what medical intuition is and is not.

The History of Medical Intuition

Medical Intuition is a fairly new term, coined in the last 15 years, for a model that has been practiced as long as man has existed. Sources such as the Oracles of Delphi and other early mystery schools, as well as Native American Shaman, have been using other faculties in addition to the five physical senses to diagnose illness and dis-ease since before recorded time. Unfortunately, both religious zealots throughout time, such as the proponents of the Salem Witch Hunt, as well as our more recent worship of science and allopathic medicine have often disallowed, rejected, or condemned the concept of medical intuition.

Interestingly, it seems with the resurgence of medical intuition that we have come full circle, returning to a model of health that integrates the physical and the spiritual, as described by Manly P. Hall in *The Secret Teachings of all Ages*: "The art of healing was originally one of the secret sciences of the priesthood, and the mystery of its source is obscured by the same veil which hides the genesis of religious belief." Hall further describes the history of the link between science and religion "...among the ancients, philosophy, science, and religion were never considered as separate units: each was regarded as an integral part of the whole. Philosophy was scientific and religious; science was philosophic and religious; religion was philosophic and scientific. Perfect wisdom was considered unattainable save as a result of harmonizing all three of these expressions of mental and moral activity."

The Greek physician Hippocrates, considered to be the father of modern medicine, originally wrote the Hippocratic Oath in 400 B.C.E., referring to medicine as an art; is considered to have been the one to isolate the healing arts from other aspects of religion, and thus begun its long path of separateness.

Hermes is actually considered to be the founder of the art of healing. It is thought that among his writings on topics of a mystical, philosophical, religious, alchemical and astrological nature was a book regarding the science of medicine. Many believe that modern medicine is based on Hermetic science. Paracelsus, a Swiss physician from the Middle Ages, recognized by the occult world as the greatest physician of all time, spent his lifetime studying Hermetic philosophy and, as Hall relates "...sought to reconcile the art of healing with the philosophic and religious systems of paganism and Christianity." Many believe that he originated the concept of mesmerism, later referred to as hypnotism, and that the Austrian physician Mesmer, after whom mesmerism is named, actually evolved the art from studying his writings.

Mesmerism, sometimes referred to as hypnotism or somnambulism, became popular in the late 1700s and early 1800s as another method of diagnosing illness. It was found that some persons that had fallen into a deep trance, could diagnose ailments and describe remedies. It was sometimes determined that the cause of illness was psychological and could be also treated by suggestion, in the form of hypnotism. Somnambulism was studied internationally in the eighteenth century and it was found that people from many countries had the ability to diagnose from this state. Many people during that time preferred a somnambulist to a doctor, as it seemed less invasive than some of the popular medical practices at the time, such as bleeding and leaching. Some that practiced in this manner were also called sensitives, as they actually experienced the symptoms of their clients, and therefore suffered greatly themselves. Mesmerism, hypnotism or somnambulism were some of the terms used to describe the trance state attained by the famous Edgar Cayce, known as "The Sleeping Prophet", whom we will study in greater detail later. Those, like Cayce, that didn't know what they had said in trance, and did not feel any ill effects, were called intuitives or somnambulist intuitives. There was strong hope at that time that this was a new option for the diagnosis of illness.

Allopathic, Energy Medicine and Subtle Energy Medicine

An important first step in defining the principles behind Medical Intuition and the category of medicine in which it falls, is considering the differences between allopathic (or traditional) medicine and energy medicine. Allopathic medicine builds its foundation on very different concepts from energy medicine and subtle energy medicine. The concept of Medical Intuition goes beyond the basic premise of allopathic medicine and incorporates the non-physical.

One of the differentiating concepts of allopathic medicine is that illness and disease are usually caused by external influences. Allopathic medicine primarily treats the body as bio chemical machine and treats symptoms and disease, but essentially ignores any relationship of emotions or the soul to health, whereas energy medicine focus on healing, not disease.

Another main differentiation is that allopathic medicine focuses on curing, as it relates to removing the illness or treating the disease symptoms. Energy medicine focuses on healing, which includes addressing the underlying cause of the imbalance.

Thomas Sugrue, in his popular book *The Story of Edgar Cayce*, "There is a river..." shares part of a reading in which Cayce describes the difference between allopathic and energy medicine "The proper equilibrium of the assimilating system had to be restored. All treatments were aimed at this accomplishment. That, if anything, was the medical philosophy of the readings. It made no difference about the treatments – all schools and types were useful in one way or another – so long as health was procured for the patient. There was a difference between the aim of the readings and the aim of the average doctor. The doctor aimed at curing a specific

ailment. The readings aimed at producing a healthy body, which would itself get rid of the ailment. In one case the evidence of the ailment was removed. In the other case its cause was eliminated.” Cayce further describes the difference between curing and healing “all strength, all healing of every nature is the changing of the vibrations from within, the attuning of the divine within the living tissue of the body to Creative Energies. This alone is healing. Whether it is accomplished by the use of drugs, the knife or [anything else], it is the attuning of the atomic structure of the living force to its spiritual heritage.”

In Donna Eden’s book *Energy Medicine*, she recounts an interesting twist regarding the different practices of allopathic and energy medicine “Illness shows up in your energies before it manifests in physical symptoms. In provinces of China where the doctor’s primary job was seen as maintaining health by keeping people’s energies balanced, the physician was paid only as long as the person was well. If the doctor had to treat an illness, he had failed, so the patient didn’t pay. Western medicine’s practice of waiting for physical symptoms to appear before intervening in a person’s health is rather crude by comparison. It is much easier and much wiser to treat the imbalance while it is only a disturbance in the energy field than to wait until it has progressed into a physical symptom that is far more traumatic, entrenched, and difficult to reverse.”

The popular book *The Celestine Prophecy* by James Redfield first introduced many people to the concepts of subtle energy and how people’s energy interacts with each other. He also related how people sent energy to the plants in the garden for extraordinary growth, in speed and size, of the fruits and vegetables. It is interesting to note that Redfield originally attempted to have his book published as non-fiction. It was thought that the concepts were not believable, and therefore the book would not sell. Once it was published as fiction, it sold millions of copies around the world.

Recent thorough scientific research by such prestigious universities as Stanford and Princeton have developed instruments that can now measure subtle energies, believed previously to be beyond the electromagnetic spectrum. These scientific tests have proven that thoughts effect energy and energy effects health, therefore substantiating the theory that changes to the subtle energy field precede changes in the physical body.

Caroline Sutherland, in her book *The Body “Knows*, explains that medical intuition falls into the category of energy medicine “Illness results when cells, organs, and systems are out of alignment, or the body’s frequency is low. The study of these frequencies, which can be seen with subtle sensing devices or medical intuition is the basis of energy medicine.”

Sutherland also believes that other people can effect our vibrational frequency and that creativity, joy, music, dancing, loving and being loved can produce high vibratory levels as well as meditation, prayer and our link to God. As she reminds us “Positive beliefs also contribute to resonating frequencies. Our thoughts create our reality and also our cellular material.”

Donna Eden describes energy medicine as soul work “I think of the soul as the spark of Spirit that infuses the body with life and the brain with consciousness. When the soul leaves, the brain dims, the body dies. To work with a person’s energy is to touch a soul as well as a body. Ironically, the deeper you enter into the life of your personal soul, the more fully you identify with your roots in the life of a universal, unifying intelligent Spirit. And the better your body will fare. When all your energies are brought into harmony, your body flourishes. And when your body flourishes, your soul has soil in which it can blossom in the world. These are the ultimate reasons for energy medicine – to prepare the soil and future the blossom.”

Energy medicine takes into consideration the physical body as well as the energetic system, and the mental and emotional components of health. Eden also describes energy medicine as being both contemporary and ancient “Energy medicine is the art and science of fostering physical, psychological, and spiritual health and well-being.” She further relates that in this field, balancing the energies IS the medicine; energy heals. Energy medicine also gives the patient total responsibility and authority for their health care. The body is designed to heal, and although we sometimes need outside guidance, it is up to us to tap into that healing force and create health.

Eden further relates the focus of energy medicine “Your energy body is the subtle counterpart of your physical body, and it is more responsive than your physical body to many kinds of influences. Because your energy body holds the blueprint of the physical body’s health, it is the focus of energy medicine. Treatments that affect your energy body reverberate throughout your entire system.”

Energy Medicine vs. Subtle Energy Medicine

Many distinguish the difference between traditional or allopathic medicine and energy medicine. Others, such as Carol Ritberger, Ph.D., further differentiate between energy medicine and subtle energy medicine. Her definitions in *The Science and Art of Energy Medicine* are as follows:

Energy Medicine - “Energy medicine is the science of understanding and harmonizing the energy flows which connect the body, the mind, and the spirit. Energy medicine views the body as a spectrum of biocircuitry, polarity, and vibration...Energy medicine techniques work primarily with the mental, emotional, and physical fields of energy.”

Subtle Energy Medicine - “...subtle energy medicine views the body as a holographic image of the soul, the higher self, and the physical body....concerns itself with...the connection between the esoteric body and the physical body...the esoteric body is rich in biographical, biological, and psychospiritual information and if this information is accessed, it will disclose what is needed to restore balance and harmony back into the physical body. Subtle energy medicine works with all fields of energy; physical, mental, emotional, and spiritual and seeks to expand consciousness rather than just focusing on releasing resistance and energetic tension... Subtle energy medicine requires that the client be receptive and actively participating in the process in order for results to significantly influence their health and well being.” I believe that Medical Intuition falls into the category of subtle energy medicine.

Ritberger describes the common thread between energy medicine and subtle energy medicine “Both energy and subtle energy medicine practitioners work with the body’s electromagnetic fields, seek to remove resistance, blockages, congestion and protrusions, influence the energy flows, unlock the body’s natural healing properties, and strive to bring homeostasis back into the physical body and the energy body.”

She aptly summarizes “...energy is where all illness originates and is where all healing begins.”

Definition

There are many ways to define medical intuition. We will look at some examples of Medical Intuition and the definitions of several well-known Medical Intuitives. In doing so we will establish what Medical Intuition is and what it is not.

At its most basic level, Medical Intuition provides an in-depth insight into your current state of health and wellness.

An every-day example of Medical Intuition is when parents intuit a child or loved one is sick - a mother wakes in the middle of the night knowing they must rush to their child’s room.

Medical Intuition is sometimes regarded as a specialized form of clairvoyance, which is the French word for clear seeing. Here are some additional definitions of clairvoyance:

- Keeness of perception
- The power of seeing or knowing about things that are not present to the senses
- Quick, intuitive knowledge of things and people
- The power of seeing objects or actions beyond the range of natural vision

Below are some definitions of intuition:

- Direct perception of truth or fact, independent of any reasoning process
- Immediate apprehension
- Pure, untaught, noninferential knowledge
- The power of knowing immediately without conscious reasoning
- Something known or understood at once and without an effort of the mind

Let's take a look at some modern day definitions of Medical Intuition from some well-known practitioners:

Carol Ritberger describes the basics in her Medical Intuition Training and Certification Programs brochure "Medical Intuition is both an art and a science. It is a learnable diagnostic skill that provides insight into how the body, mind, and spirit connection interrelates with one's health and well being." She further explains "*Medical Intuition* is one of the ancient tools re-emerging as a complementary method for treating illness. Medical Intuition diagnosis accesses the subtle energy body for the purpose of identifying imbalances and malfunctions in the physical body. It's focus is to dig deeper into understanding what makes the body the holder of disease and uncover what psychological and psychospiritual beliefs, attitudes, thoughts, and perceptions are at the root of illness and disease." Ritberger believes that the purpose of life is for the soul to find physical expression and that "*The ultimate objective of Medical Intuition is to assist the soul in its evolutionary process.* To accomplish that objective, medical intuitive diagnosticians and practitioners must work with the soul energy of the esoteric body and the spiritual energy of the human energy system for guidance and clarification, and for uncovering the hidden meanings behind illness."

Here she describes the purpose of a medical intuitive reading "A medical intuitive is an individual who uses their intuitive skills for the purpose of reading the human energy system and its energy flow. Their role as a diagnostician is to read the human body both energetically and physically, and to provide a comprehensive analysis of a person's health and overall well being. The desired outcome of the diagnostic process is to identify energetic imbalances and malfunctions in the physical body... The primary objective of the medical intuitive and their diagnostic process is to educate the client. By identifying and describing the information contained in the energy flow, a medical intuitive can assist in uncovering the issues, beliefs, thoughts, attitudes and perceptions that are at the root cause of illness, disease, and life crises."

Another definition of medical intuition comes from the article *Medical Intuition: A new Frontier In Health Assessments* by Dr. Rita Louise, ND, published on the web site www.healingwell.com "Medical Intuition is a science, where the practitioner, using a highly developed sense of intuition, "looks" into the body evaluating it on energetic levels. According to Medical intuitives, we, as humans, are more than just a physical body. Instead, we are made up of a vast array of interconnecting energies and energetic fields, with physical diseases appearing as an external manifestation of disturbances to these energetic fields. A Medical Intuitive easily detects these disturbances."

Louise describes the role a medical intuitive plays in identifying imbalances in the body "A Medical Intuition evaluation can provide invaluable information as to the issues of the physical body, but can also identify mental and emotional factors that act as direct contributors to health issues. Medical Intuitives do not diagnose disease. Instead of labeling a disorder, a Medical Intuitive can identify the location of inflammation in the body, evaluate the health of a gland or organ or validate a strong emotion that is impacting health. Many times a Medical Intuitive can identify imbalances within the body long before it fully manifests as disease."

Medical Intuitive Lori Wilson, explains on her web site www.inneraccess101.com "Medical Intuition is intended to be used as a tool of supplementary insight. It traces the nature and roots

of conditions that have manifested themselves in physical discomfort and disease within a client's unique energy field. In this work there is only one expert, the client's body. The role of a Medical Intuitive is to pay attention to the body without censoring, questioning, analyzing or bringing any preconceived frames of reference. The work is particularly helpful for providing information regarding conditions that may have eluded traditional methods of diagnosis or comprehension.

She further differentiates between intuitive diagnosis and healing "Medical Intuition is not a healing modality, rather a tool to give an accurate portrait of what going on is a client's body. It is an impeccable art of paying attention to gain accurate insight into the presenting symptoms of a client. The body offers much information to be shared such as the roots and influences of the present condition, what it wants and does not want and a physical, emotional/spiritual portrait of what is currently going on." Wilson considers Medical Intuition a "tool of supplemental insight".

Although some use the terms intuition and psychic to mean the same thing, Lori Wilson distinguishes "Medical Intuition is not a psychic reading or a mystical gift. It is a practical skill set of paying close attention to the client's energetic field. The Medical Intuitive is not the expert on you. You are the expert on you and your body knows a great deal. The expertise of a good Medical Intuitive is in paying attention to your body and facilitating dialogue between your physical body and yourself."

Uses of Medical Intuition

Some individuals turn to medical intuition as another source, or a second opinion when they have been told by their allopathic doctor that they need an operation or other invasive treatment. They might feel they have exhausted the traditional resources regarding an imbalance in their body and still do not understand why they are ill. Medical Intuition can be used as a adjunct, as source of additional information to your doctor's, in healing illness and disease. In this manner it can be used as a support tool to augment your own five physical senses, as well as the knowledge of your doctor. Any ethical Medical Intuitive will tell their clients that medical intuition is not a replacement for your healing resource team (MD, etc.).

Still others, familiar with subtle energy, go to a Medical Intuitive when they realize they are out of balance, to seek guidance in understanding the root cause of their imbalance, and making changes before the imbalance manifests in the physical body as illness or dis-ease.

Ritberger describes the role of medical intuitive as puzzle master on her web site www.ritberger.com "A medical intuitive is a person who uses intuitive skills to look for energetic imbalances that prevent the physical body from functioning properly. A medical intuitive is what I call a "puzzle master". Their role is to read both the subtle energy body (the human energy systems) and the physical body, and to link all of the pieces of information together to profile a comprehensive analysis of a person's state of health and over-all well being. Once all f the puzzle pieces have been identified, then the medical intuitive can assist the client in understanding how emotional, psychological, and spiritual imbalances can be the root cause of illness, disease, and life crisis."

What Medical Intuition is Not

- Medical Intuition is not reading the future. Many people have seen the commercials on TV for the psychic hot lines. These turban-wearing, crystal ball-gazing psychics promise to tell people all about their future, so they can pick the right husband, job, house, etc. for only \$2.99 per minute. Ethical Medical Initiatives know that there are many possible futures and to discuss one of those potential futures can actually program the client to manifest that particular future, thus impacting their current and future choices.

- Medical Intuition is not telling people about their illnesses or dis-eases when a reading has not been requested. It is very unethical to walk up to someone, even a friend or family member, and blurt out that they have xyz illness or disease. This can sometimes be difficult, as with friends and family members we have their best intentions in mind. But that is an infringement on their free will, choice, and their energetic system. On a lighter note, this reminds me of a joke that illustrates this point, told to me by one of my Berkeley Psychic Institute-trained teachers: Two psychics run into each other on the street. One says to the other “You’re fine, how am I?”
- Medical Intuition is not doing the healing for someone. It is leading a person to self-discovery to help them facilitate their own healing. Those people that go to a Medical Intuitive expecting to be healed without they themselves having to do, feel, think or change anything, with the attitude of “fix me”, will possibly feel better for a few hours or a few days, but then their old aches, pains, illness or dis-ease will return, because the cause of the dis-ease is still there. These are the types of people that usually believe, and tell others, that the medical intuitive they went to was no good.

Common Themes in Medical Intuition

Some of the most common themes regarding Medical Intuition are:

- As described above, Medical Intuition is based on the concept of subtle energy.
- Medical Intuition uses more than the 5 physical senses. This will be explored further in the section *Modes of Accessing Medical Intuition Information*.
- Medical Intuition is based on the concept that health is comprised of the balance of the physical body, the mind, the emotions, and the spirit.
- It is also based on the concept that the body is designed to heal.
- Medical Intuition is based on the concept that thoughts, feelings, emotions, attitudes, beliefs, and perceptions, create our patterns and behaviors and therefore, effect our health.
- Illness and dis-ease is the body’s way of telling us something in our life is out of balance. It is important to pay attention to this warning system and what it is trying to tell us.
- Emotional charges are stored in the cells of the body. Further, certain emotional charges tend to be stored in particular areas of the body, usually associated with the chakra system and correlated to particular body systems, organs, glands, etc. Therefore, specific emotional imbalances tend to create a predisposition to particular illnesses and dis-eases.
- Some Medical Intuitives have had their skill awakened by a Near Death Experience (NDE), a serious illness, or a spiritual epiphany. Both Carol Ritberger and Judith Orloff fall into the category. Carol Ritberger’s actual physical sight changed after she almost died in a hospital. She now sees people’s energy body, their aura, with her physical eyes, unless she wears her glasses to focus her physical sense of sight on the physical form before her. Ritberger describes this experience on her web site “In 1981, I experienced three profound events that changed both my life and my sight forever. These events, two brushes with death and a near-death experience all happened within a two-week period of time. Upon my return from the

near-death experience, my sight had been altered in such a way that I was literally able to see the human energy system. However, it was not until six years after these life-altering events that I discovered that I was able to use my skill for the purpose of medical intuitive diagnosis.” Judith Orloff had premonitions as a child, that she buried, feeling the reactions she got from her family were negative, so she deemed it inappropriate. After a severe car crash in which she shouldn’t have lived, she realized that her intuition was part of who she was. Caroline Sutherland had a spiritual epiphany, when an angel appeared to her at work one day and asked her if she would do their work, upon which her intuitive skills intensified. As Sutherland explains in her book “When someone has been touched deeply by the presence of the Holy Spirit, a cornucopia of gifts is given to them... This peak, spiritual experience came to me suddenly – one moment I didn’t have the ability of insight, the next moment I did. I believe that my willingness and desire to become an instrument for good in the world precipitated these events.” Some, whose intuitive skills seemed to “drop in” suddenly, were frightened of their new abilities. Carol Ritberger went to Doctors to try and find out what had gone “wrong” with her eyesight, after her NDE. Some also must learn how to turn on and off their intuitive sight at will, as it is easy to experience sensory overload if we go through life reading every person we cross paths with to the extent as if they were a client.

Divergent Themes in Medical Intuition

- One of the differing views of Medical Intuition is whether it is pure science or whether it is an art and a science. Caroline Myss’ viewpoint is that it is pure science. Carol Ritberger, as well as several others, believes it is both an art and a science. This might stem from considering the challenge of languaging the information to the client so they can easily comprehend it as an art in itself.
- Another point on which there is differing opinion is whether Medical Intuition is a gift or a skill. Those, such as Edgar Cayce and Caroline Sutherland believe that their abilities are a gift from God. Others, such as Caroline Myss and Carol Ritberger believe that it is a skill that can be developed by anyone. Certainly there are some people that have more of an aptitude for developing the skill, just as some more easily become skilled at a playing a musical instrument or dancing. Pete Sanders explains “Much of human psychic potential is instinctive and present at birth. Most of that natural sensitivity atrophies as we grow up due to an overemphasis on the physical senses to the exclusion of the psychic inputs.” He furthers that most formal education requires a focus on the physical senses of vision and hearing. Most people do not receive encouragement or formal training to develop intuition.
- As we explore the profiles of different medical intuitives, it will become apparent that there are many divergent protocols used to access similar information.
- One of the most divergent concepts about medical intuition is the source of the information. As will be further detailed below, there are very different ideas regarding the source of the information Medical Intuitives “receive”, as communication from God, to accessing the universal unconsciousness or the Akashic records, to receiving the information from the body of the client themselves (as in the case of BodyTalk).

3. Where Does Medical Intuition Information Come From?

There are several perspectives in the evaluation of the source of Medical Intuition information. First is the concept that the information exists somewhere to be accessed. Second is the method in which that information is accessed.

The Source of Medical Intuition Information

The various ideas surrounding 'where' medical intuition information exists range from the universal energy field, called the Akashic Records or the Collective Unconscious, to the wisdom of the body of the person being 'read' providing the information that is stored in the actual cellular memory throughout every cell of the body.

One of the most controversial and interesting concepts about the source of Medical Intuition information is regarding Edgar Cayce, often called "Sleeping Prophet". In fact, Cayce and those around him took to calling the source of the information that came through him "The Source".

Some varied opinions on the source of Cayce's information, including his medical diagnosis:

- A gift from God
- Taping into the "Universal Mind"
- "Second Sight"
- Accessing the Akashic Records
- Hereditary gift
- Head injury facilitated sight
- Accessing another dimension

Cayce is but one of the Medical Intuitives profiled, that some believe the source of his abilities was hereditary. Cayce's grandfather was a "water witch", able to divine with a forked hazel twig, he located wells for most of his neighbors, and is believed to also have had the "second site."

Others believe that an accident at age 3, where a nail went into Cayce's head, allegedly puncturing his cranium and brain cavity, might have somehow altered his brain development. Other psychics have attributed development of their psychic abilities to injuries or blows to the head, that might have stimulated the pituitary or pineal glands. Although Cayce believed God gave him his gifts, and that his purpose was to help the sick and afflicted.

Thomas Sugrue relates a comment made by Cayce's son in his book *The Story of Edgar Cayce* "There is a River" "Hugh Lynn Cayce said "Edgar was like an open door to another dimension. People were attracted to the light."

Pete Sanders, in his book *You Are Psychic*, offers a definition of the Akashic Records to explain the source of intuitive information "The akashic record (or records) is an expression used in metaphysics to describe the storage of all information. The idea that everything is recorded is true. Science tells us that every ray of light that has ever shone is still shining somewhere in the universe. The same is true of all types of vibration. The misconception is that these data are stored in some kind of psychic library in some corner of the galaxy, encrypted on crystal tapes kept in a mystical spiritual vault. Every event, thought, interaction, or desire radiates a complex series of energies and frequencies that are still resonating somewhere. We don't have the technology to ascertain that "somewhere" is in the far reaches of space or in a different dimension. You can tune in to them, however, through the Soul and the psychic senses. This is why you can sense into the past. Each time you use your psychic ability to review in retrospect you are, in a sense, tapping a small section of the akashic records."

An interesting conjecture by Barbara Ann Brennan in *Hands of Light – A Guide to Healing Through the Human Energy Field*, is that the concept of the Akashic Records being accessible to anyone, could change the course of education as well as society in general. Rather than memorizing anything, the skill could be taught to access this limitless wealth of knowledge at will. She describes this information as a “universal energy field” and elaborates as follows “These records are the energetic imprint fixed within the universal hologram of everything that has ever happened or has ever been known. In this type of brain function, information is not stored in our minds, it is simply accessed. In this type of brain function, to remember means to tune in again to the universal hologram and to read the information again, not to search one’s own mind to retrieve the information.”

The theory that the collective unconscious is the source of Cayce’s medical intuitive information is the viewpoint of Sugrue “...his subconscious mind is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all the knowledge possessed by millions of other subconscious minds.”

Companions of Cayce decided to ask “The Source” itself for the origin of the information that came through Cayce in his readings. As related by Sugrue, Cayce went into trance and “The Source” offered this explanation “Edgar Cayce’s mind is amenable to suggestion, the same as all other subconscious minds, but in addition thereto it has the power to interpret to the objective mind of others what it acquired from the subconscious state of other individuals of the same kind. The subconscious mind forgets nothing. The conscious mind receives the impression from without and transfers all thought to the subconscious, where it remains even though the conscious mind be destroyed.”

Yet others call this source an ‘infinite field of consciousness’ or ‘timeless pool of wisdom’. Popular author and speaker Larry Dossey calls it “Non-local mind.” This leads one to ask - Are these actually divergent perspectives on the actual source, or are they different terms for the same source?

Methods of Accessing Medical Intuition Information

Now we will explore the methods used by various medical intuitives to access the information they use to perform their intuitive diagnosis. The most common viewpoint is that we have senses that are beyond our five physical senses, and that these are used to gather intuitive information. Caroline Myss speaks about the human race being in a transition from homo sapiens – five sensory beings, to homo noeticus – multi sensory beings.

The senses that go beyond the five physical senses are most commonly referred to by the following terms:

- Clairvoyance – clear seeing
- Clairsentience – clear feeling
- Clairaudience – clear hearing
- Claircognizance – clear knowing / Immediate knowing / direct knowing

As I studied intuition, I began with learning clairvoyance. Then, as my journey progressed, I realized I could use other senses as resources as well.

I had been taking classes in clairvoyance based on the concepts of Berkeley Psychic Institute (BPI) and was getting frustrated in class because the instructor, as well as my class mates, kept talking about what they were seeing. They described vivid pictures, as if they were watching a movie on a screen. Whereas when I was doing a reading I would just “get” or “know” the information without all the detailed pictures. Then I happened across Pete A. Sanders, Jr. book

You Are Psychic! An MIT-trained scientist's proven program for expanding your psychic powers and realized that I read primarily from “knowing”, rather from seeing. His description of the “Psychic Reception Areas” made perfect sense to me both from the standpoint of being multi-sensory beings, and that these reception areas also correlate with the location of some of the chakras or power centers in the human body..

Nine senses

Sanders calls these extra senses the psychic senses. He describes “Every event carries energy on nine levels, so it simultaneously stimulates the five physical senses and the four psychic ones. Without that involvement on all nine levels, one can easily overlook or fail to identify the psychic information that completes the picture.”

This theory made sense to me, as Sanders considers these extra senses an extension of the five physical senses, and not a substitute for them. He recommends we use all of our senses to gather information and make a decision “...use your psychic skills to set in motion and complement your wise use of physical investigation.”

Sanders correlates these psychic senses with “Psychic Reception Areas” and their proximity to physical areas of the body and the chakras “Psychic reception areas are focal points for the psychic senses when you sense through the physical body.” He further advances this theory with the hypothesis that different personality types tend to have heightened access to particular types of intuition. He has given these personality types names and associated characteristics. Below is a summary of his model, culled from his book.

Personality Type	Type of Intuition	Notes	Ask Yourself	Proximity
Prophetic	Psychic Intuition	Most rapid Most receptive “know”	What do I <i>know</i> it means?	Crown chakra
Feelers	Psychic Feeling	Most rapid	What does it <i>feel</i> like it means?	In solar plexus and abdominal chakras
Visionaries	Psychic Vision	See the big picture Closer to normal thinking processes Can take longer to interpret	What does it <i>look</i> like it means?	Near chakras associated with Pineal & pituitary gland Third eye
Audients	Psychic Hearing	Closer to normal thinking processes Can take longer to interpret	What does it <i>sound</i> like it means?	Above the ears / temporal lobes

One of the foundations of Carol Ritberger’s Medical Intuition protocol incorporates a different, yet similar, category of four personality types. For each of the four personality types (she terms by color), she describes a primary, secondary and tertiary of mode of gathering information, learning and intuition. This also explains the most common order in which intuition evolves for each personality type. Most people progress through their three primary modes of knowing, in order, and then get to direct knowing. Although Ritberger explains that if you trust your intuition, you can go directly to direct knowing. In instances where you are uncertain about the information that you “just know”, then you can fall back to using the other three modes of knowing for validation. These are the modes of knowing used when giving a medical intuitive reading.

PERSONALITY	PRIMARY	SECONDARY	TERTIARY
Orange	5 – Auditory	2 – Kinesthetic	6 – Visual
Red	5 – Auditory	6 – Visual	2 – Kinesthetic
Green	2 – Kinesthetic	6 – Visual	5 – Auditory
Yellow	6 – Visual	2 – Kinesthetic	5 – Auditory

Note: All personality types have direct knowing.

Similar to Sanders, Ritberger also associates each mode of intuition to a chakra:

Chakra	Learning / receptivity mode	Intuition mode
Second	Kinesthetic (feeling/touch)	Clairsentience
Fifth	Auditory (hearing)	Clairaudience
Sixth	Visual	Clairvoyance
Seventh	Direct Knowing	Knowingness

Intuitive Diagnosis Focus

There is a further distinction in the initial focus of medical intuition protocol. Some medical intuitives focus on the external physical body symptoms first, then work their way toward the underlying cause of the imbalance. I refer to this below as working from the outside to inside. These are usually the doctors or health practitioners who later incorporated intuition into their practice. The other category is the medical intuitives that focus initially on the internal, then work their way out to the physical or external. Internal here means looking first at the underlying cause of the symptoms from the standpoints of emotions, thoughts, perceptions, and behaviors that are at the root cause of the imbalance. I refer to this below as working from the inside to outside. There are usually medical intuitives that started with intuition first then later layered on the knowledge of anatomy, physiology and pathology. Here are a few examples of the Medical Intuitives profiled in detail later, and which category they fit in:

Inside to outside

Carol Ritberger
Caroline Myss
My own approach

Outside to inside

Mona Lisa Schulz
Caroline Sutherland
Judith Orloff
Donna Eden
BodyTalk

Carol Ritberger further defines these differences on her web site, with the terms Medical Intuitive Practitioner and Medical Intuitive Diagnostician:

Medical Intuitive Practitioner – "...individuals and holistic practitioners who want to incorporate medical intuition into their healing modalities...helping you determine the root cause of illness as well as learning new holistic skills that will treat the mind, the body, and the soul."

Medical Intuitive Diagnostician – "...for individuals, physicians and holistic practitioners who are interested in becoming Medical Intuitives....provide an in-depth understanding of the

human energy system and the chakras, and learning about how attitudes and emotions, relationships and personality contribute to the formation of disease and illness in both the energy body and the physical body.”

She further summarized the common theme between Practitioner and Diagnostician “Both programs are soul-directed in their focus as this is where true healing occurs.”

4. Cause of illness and dis-ease

Evolution of the theory

Hermetic theory includes a similar concept held by medical intuitives, that there is more to the physical body than matter, and that illness and dis-ease is caused by more than external forces. Manly P Hall explains in his book *Secret Teachings of All Ages* “The belief that nearly all diseases have their origin in the invisible nature of man (Astrum) is a fundamental precept of Hermetic medicine, for while Hermetists in no way disregard the physical body, they believe that man’s material constitution was an emanation from, or an objectification of, his invisible spiritual principles.”

Hall further elaborates the theory that imbalances in the human energy body, at times caused by thoughts, attitudes and beliefs, can eventually manifest as physical illness “Being much finer in its substances than the earthly body, the etheric double is much more susceptible to impulses and inharmonies. It is derangements of this astral light body that cause much disease. Paracelsus taught that a person with a morbid mental attitude could poison his own etheric nature, and this infection, diverting the natural flow of *vital life force*, would later appear as a physical ailment.”

Hall also indicates the Egyptians understood the impact of thoughts on health “The magic rituals used by the Egyptian priests for the curing of disease were based upon a highly developed comprehension of the complex workings of the human mind and its reactions upon the physical constitution.”

Concerning the causation of disease, Hermetic theory lists as several of the seven primary causes:

- Derangement of the spiritual nature and the material nature – producing mental and physical subnormality
- Unhealthy or abnormal mental attitude – Melancholia, morbid emotions, excess of feelings (passions, lusts, greeds and hates) affected the mumia, reacted into the physical body and caused ulcers, tumors, cancers, fevers, and TB

Hermetic theory also established that disease could be prevented or successfully combated in seven ways, among them:

- Vibration – chanting, intoning, music & singing to neutralize the inharmonies of the bodies (sometimes included color therapy)
- Herbs and simples – each herb assigned to a planet, diagnosed by the stars the sickness and its cause, then administered antidote
- Prayer
- Regulation of diet and daily habits of life – prevention rather than cure
- Practical medicine – bleeding, purging, etc.

Hermetic theory also includes the concept that the heavenly bodies have a correlation to health and anatomy. Below is an example of that anatomical association:

- Sun & Moon – eyes
- Saturn – spleen

- Jupiter – liver
- Mars – gall & choler
- Venus – reproductive system

Interestingly, Hermetic theory also suggests that germs are minute creatures born out of man's evil thoughts and actions.

Moving to the Present

Many of those involved today in the field of energy medicine have at least some beliefs very similar to those derived from Hermetic science. These common themes fall into two basic categories. The first category is external influences on health, which include what we put into our bodies (food, beverages, vitamins, supplements, medications) as well as environmental influences on health (electromagnetic fields, environmental toxins, etc.). The second category is internal influences that include our thoughts, attitudes, beliefs, perceptions and behaviors.

Valerie Hunt, scientist and author of *Infinite Mind, Science of the Human Vibrations of Consciousness*, believes that cancer, for example, is mostly caused by environmental toxins.

Donna Eden, in her book *Energy Medicine*, also relates the potential impact of the environment on health "The energies of your environment can help you or harm you. There is evidence, for instance, that pets make an atmosphere more conducive for healing. On the other hand, extended exposure to high-intensity electromagnetic fields have been associated with an increased incidence of Alzheimer's disease, depression, suicide, leukemia, and cancers of the blood, brain, colon, prostate, nervous system, lymph system, lung, and breast."

Louise Hay, the well know author of *You Can Heal Your Life*, although not dismissing environmental impact, has a somewhat different perspective "Being aware that cancer comes from a pattern of deep resentment that is held for a long time, until it literally eats away at the body...dis-ease can be reversed by simply reversing mental patterns...When cancer or any other illness returns, I do not believe it is because the doctor did not "get it all out," but rather the patient has made no mental changes and so just recreates the same illness."

The BodyTalk web site, www.bodytalksystem.com, succinctly explains the impact of both the internal and the external to health "The problem facing the body is in the way our lifestyles interfere with the natural processes of the body.

- The physical stresses of day to day life including physical injuries
- Emotional traumas and issues that arise from time to time (e.g. extreme anger, fear, worry, sadness, grief, guilt or jealousy that we experience but cannot process and release effectively).
- Chemical substances contained in the food we eat, the water we drink, and the air that we breathe.
- Exposure to artificial energy fields that exist within our society and the electronic devices that we use on a daily basis (e.g., power plants, overhead electrical wires, phones and cell phones, pagers, computers, TVs, VCRs, stereo equipment, microwave ovens, lights, clock radios, other electrical appliances).

These factors compromise the communication networks or energy circuits of the body. It is critical that these systems be perfectly balanced for the body to effectively coordinate the billions of synchronized activities per second that are necessary to maintain optimum health."

Although through my studies of medical intuition and the readings I have given, I am a firm believer in both the external and the internal influences on health, the majority of health issues I have seen have their root cause in imbalances that start internally, with thoughts, attitudes, beliefs, perceptions and behaviors. An interesting personal revelation is that I don't have to buy into the mass consciousness or societal programming that when colds or flu are

“going around”, I will certainly catch it along with every one else. I now believe that I don’t have to manifest the current epidemic, because their issues are not my issues.

5. Profiles of Medical Intuitives

Now we will explore specific medical intuitives and some related intuitive modalities, observing their background as well as protocols used. We will begin with the late “Sleeping Prophet” Edgar Cayce, one of the most unusual, widely known, and documented medical intuitives, then move forward to the present and how medical intuition is being practiced and taught today.

The Medical Intuitives and related intuitive modalities profiled include:

Edgar Cayce

Carol Ritberger, Ph.D.

Caroline Myss, Ph.D.

Mona Lisa Schultz, M.D., Ph.D.

Caroline Sutherland

Judith Orloff, M.D.

Dona Eden

Rhonda Lenair

BodyTalk

My own approach

As a summary to these Medical Intuitives and modalities, we will analyze some of the common themes and beliefs as well as contrast some of the divergent theories surrounding Medical Intuition protocols.

Edgar Cayce – The Sleeping Prophet

Edgar Cayce, sometimes referred to as the “Sleeping Prophet” was born in 1877 and gave over 15,000 documented readings, before his death in 1945. Over 10,000 of those readings focused on medical diagnosis. Cayce was a very religious man. He read the bible for each year of his life, and taught Sunday school and bible study most of his adult life. Unfortunately, he spent most of his life being attacked by skeptics and disbelievers that tried to prove he was a fraud. He often did not even charge for his readings – much to the chagrin of his various business partners – he offered his services to those in need whether they could pay or not. For many years he actually supported his family as a photographer, and did readings on the side.

As discussed earlier, there were many theories regarding both the source of his intuitive diagnosis, as well as how he brought that information forward. As Sugrue relates “Edgar Cayce practiced medical diagnosis by clairvoyance for forty-three years.” Purportedly, at one point, he had letterhead he used for providing his clients with a typed manuscript of their readings that said “Edgar Cayce, Jr., Psychic Diagnostician.” At one point he also signed a business contract that legally made him a “psychic diagnostician.” Some also referred to Cayce as an ‘intuitive somnambulist’ and there was much argument whether Cayce gave his readings from a conscious, semiconscious, unconscious, hypnotic, or trance state.

One of the most comprehensive books written about Edgar Cayce is *Edgar Cayce, An American Prophet* by Sidney D. Kirkpatrick who describes Cayce “He would be championed as a savior and reviled as an agent of the Devil...During his 43 year career...Edgar Cayce gave 14,145 fully documented readings for 5,744 people.” Although there were those that didn’t believe in his readings, it is interesting to note that many others received multiple readings from Cayce.

As a boy, after initially struggling in school, Cayce realized that he could “sleep on” a book and absorb its contents, to the point of being able to determine what words were on what page. As described by Thomas Sugrue in *The Story of Edgar Cayce* “*There is a river..*”, “When asked by his father how he did it, he reported “That’s all I do, just sleep on them. When I wake up I know everything in the book. I don’t know how it happens, but it works.”

The first reported time that Cayce gave any kind of diagnosis or remedy was for himself at age 14. He had been struck with a baseball in the lower spine and was rendered unconscious over night. He began to act very strangely, not at all like his usual quiet and reserved self. After going to sleep the next night he started to speak peculiarly and described a poultice to be prepared and applied to the back of his head. After his family followed his directions and applied the poultice, the next morning he was back to his usual self.

Interestingly, Edgar Cayce had no training in anatomy, physiology or any medical field when he gave his readings. Not only was he able to describe health conditions with great anatomical and physiological detail, he also often referred clients for a variety of health treatments and suggestions including osteopathy, massage, baths, sweat baths, ultraviolet and infrared therapy, drugs, packs and poultices, lotions, inhalants, salves, antiseptics, homeopathy, compounds to be taken internally, hydrotherapy, the application of heat and cold, electrical magnetic therapy (both radioactive and wet-cell), laying on of hands, specific dietary adjustments, exercise and breathing, psychiatry and positive suggestion. Later in his adult life Cayce would start Cayce Hospital in Virginia Beach, Virginia, that incorporated many of the health treatments recommended in his readings. The goals of starting a hospital were to provide a place conducive to the readings as well as a place where the recommended treatments could be given, since many times he gave specific treatment instructions, the client’s doctor would not follow them.

For most of his life, he had no recollection of the information given in his readings, but later in his life he began to remember some of what went on in his readings, as Kirkpatrick describes of one of Cayce’s readings in 1933 “...he could feel his spiritual body separate from his physical body and follow a stream of light to a building where the records of a individual’s life were contained in large books.” In a reading by Cayce “Quite suddenly I come upon a hall of records. It is without walls, without ceiling, but I am conscious of seeing an old man who hands me a large book, a record of the individual for whom I seek information.”

Some believed that Edgar’s ‘higher self’ was doing the diagnosing or that his “higher self” was a conduit for someone or something else. His higher self was often referred to as “The Source.”

Kirkpatrick shares two addition theories on how Cayce performed his readings

- “The first question to be put to Cayce dealt with his ability to obtain and communicate psychic information...the “state” in which he gave psychic information was under “subjugation” of the “subconscious mind”. The human body was described as a “trinity”, composed of the physical body, the mental or conscious mind, and the spirit, which was described as the subconscious or “mind of the soul force”. The spirit, the Source said, could not be “seen” or revealed unless the physical and mental mind were subjugated. In other words, when Edgar Cayce went into a trance state, his physical body and conscious mind did not interfere with his subconscious mind or “soul forces.””
- “Further, highly developed people had the ability – to varying degrees - to tap into a greater range or spectrum of “vibratory scales.” This, in theory, was how Edgar Cayce had the ability to obtain trance information. By subjugating his earthly or material self in order to enter the spiritual dimension, his astral body was no longer subject to gravity, time, and spatial relationships.”

Cayce gave readings on a many topics besides health and medical diagnosis. Some of the other topics of his readings included:

- Locating lost articles or missing people
- Prophetic readings (foreseeing the future, such as WW II)
- Locating geological sites, such as for oil, minerals, or buried treasure
- Predict the weather
- Gambling, as on horses
- Scientific information, technology, inventions (Was consulted by Thomas Edison and Nikola Tesla)
- Business / financial / career
- Police investigations of crimes
- Past and future
- Jesus and his disciples, biblical thought, prayer
- Dream interpretation
- Mental and spiritual topics
- Medicine
- Social transformation
- Astrology
- Reincarnation and past lives
- Dreams
- Military / war strategy (was consulted by the League of Nations)
- Mysticism, esoteric ... and the purpose of man's existence on earth
- Atlantis

Similar to one of the concepts of Hermetic science, Cayce also believed that the planets effect the emotions. Thomas Edison and Nikola Tesla also had readings with Cayce. Although there are no known remaining transcripts of these readings, Kirkpatrick posits that Edison and Tesla were interested in the "...possible connections between electricity and psychic phenomena." Tesla himself also received some of his inspiration from his higher self through dreams and visions.

Kirkpatrick relates an interesting theory about the true nature of Cayce's readings, revealed during a reading "...the most important aspect of this reading was the suggestion that the ultimate purpose of "the work" was not to provide diagnostic insights to aid physicians or bring about miraculous cures, but to help people "open" their minds and accept the truth of the "ethereal" or "spiritual world.""

Many of Cayce's readings had a theme of vibration and recommended remedies toward correcting vibrational frequencies as well as the balancing of the physical, emotional, mental and spiritual. He often related hate to imbalances in the stomach or liver, and jealousy to upset digestion or heart disorder. Cayce stated in a reading "Fear is the root of most of the ills of mankind."

Fitzpatrick explains "Cayce frequently connected illness to the mental and emotional states of patients." He further describes the importance that Cayce placed on the endocrine system "The ability of the human being to prolong his or her life, according to Cayce, depended on the proper functioning of the endocrine system...The glandular system, according to Cayce, served as the physical point of contact between a person's nervous system and his or her "spiritual bodies.""

Below are some of the topics of health/medical readings given by Cayce:

- Organ transplants
- Cures for breast cancer
- Treatments for arthritis
- The causes and treatments for illness & dis-ease such as:

- Psoriasis
- Migraine headaches
- Morning sickness
- Arthritis
- Epilepsy
- Cancer
- Apparent mental illness could have physical causes

Edgar never physically examined, and in many cases, never met the recipients of his readings. His subjects did not have to be in the same room or even the same country, and he received many requests for readings via correspondence and also gave many readings by correspondence.

Sugrue gives one explanation for the method in which Cayce reached the reading state, by "...a self-imposed hypnotic trance which induces clairvoyance." He describes Cayce's preparation for a reading "All that was necessary was that he be in normal health and that his stomach have finished its digestion of the last meal." He usually awakened refreshed and hungry. He usually gave 2 readings per day, one in the mid-morning and one in the afternoon. When he pushed himself, as he often did in his later life, and gave more readings in a day, he was often felt weary and depleted.

In preparation for a reading, Cayce would lay down, after loosening his shoes, belt, cuffs, and collar, and would appear to be asleep within a few minutes. In trance, Cayce would only have to be told where the patient was located at the time of the reading.

Interestingly, Kirkpatrick also explains "...investigators learned the when anything passed directly over Cayce's body in the area of his head or stomach during a reading it had the effect of interrupting the reading, as if some unseen cord between Cayce and the source had been severed, preventing any further connection."

Cayce always used a conductor as well as someone to transcribe the readings. Both the conductor and transcriber (usually two different people) had to be someone that was honest and trusted. The most optimum attitude for the conductor was receptive and passive. Sugrue describes "The conductor was the link between the medium and his normal state of existence." In a reading it was suggested that Cayce recline with his head to the North, the polarity would help him not have dizzy spells he sometimes had after life readings."

Sugrue also relates that "Edgar made a habit of reading the stenographic transcript of each reading. He wanted to find out what was coming out of him while he was asleep. The stuff amazed him: it read like a scientific fairy tale, a witch doctor's dream, or some mumbo-jumbo plucked out of an encyclopedia." He further elaborates a reading where Cayce explained "A few times when people were taking readings that shouldn't have been taken, without my knowledge, I suspected it because I began to feel badly after each reading. I know now that when I've given my best and someone has been helped I wake up refreshed."

Sugrue relates that the conductor gave Cayce these instructions for a physical reading, once he was in trance "Now the body is assuming its normal forces, and will be able, and will give, such information as is desired of it at the present time. The body physically will be perfectly normal, and will give that information now. Now you have before you the body of ____ who is located at _____. You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief for this body. You will speak distinctly, at a normal rate of speech. You will answer the questions I will ask." Once a reading was complete, usually indicated by Cayce, still in trance stating "We are through for the present", the conductor would give instructions for Cayce's mental, spiritual and physical self to be balanced and equalized. Instructions included equalization of the circulation, nerve system, and for the body to assume normal conditions.

Sugrue also mentions “The Source...used language that wasn’t in Edgar’s regular vocabulary and seemed to have its own distinctive personality and sense of humor.”

Cayce thought that an important factor to the effectiveness of the reading was the genuine desire by the subject to receive help.

The original name of what was to become Association for Research and Enlightenment (A.R.E.) was in 1927 called The Association of National Investigators. Sugrue explains how Cayce avoided legal repercussions from his readings “The bylaws provided that any person requesting a reading had first to become a member of the Association, agreeing that he was participating in an experiment in psychic research. That protected Edgar and the Association from any legal prosecution.”

Kirkpatrick summarizes “As medical scholars would point out a generation later, Cayce’s trance readings provided a primer on the emerging field of holistic medicine...Cayce also drew information from the medical knowledge of ancient cultures, especially those of Egypt and Greece.”

Carol Ritberger, Ph.D.

Carol Ritberger holds a doctorate in religious philosophy and is a soul-directed Medical Intuitive Diagnostician. She and her husband and business partner, Bruce Ritberger, founded the Ritberger Institute, which provides certificate and degree training programs in Medical Intuition. She is a master of self-remembering, helping those she works with remember what they already know.

Ritberger observes that “...as the energetic field becomes congested and blocked, so do the organs and glands. All illness starts as pre-illness in the energy body.” She believes illness represents resistance between the soul and the physical body – the soul can’t find physical expression.

In Ritberger’s book *What Color is Your Personality, Red, Orange, Yellow, Green...* she lists the common patterns of those people who consistently become ill:

1. Viewing life from a negative perspective.
2. Inability to deal with their emotions and having unresolved emotional issues that consume their thoughts
3. Unwillingness to change patterns of behavior
4. Inability to give and receive love
5. Lacking a sense of humor to help relieve the seriousness of life
6. A tendency to deny themselves the things that would improve their quality of life
7. Feeling powerless to make their own choices
8. Inability to remain flexible so they can flow with life’s challenges
9. Seeing their life as pointless and having no meaning or purpose
10. Not attending to the needs of their physical body
11. Unwillingness to manage stress

Here are just a few examples of some common imbalances and common root causes, as she has observed in the thousands of readings she has done:

- Fibro Myalgia – muscle tension, escaping from change, attempt to get attention, ultimate expression of discomfort, can be used to control
- Breast cancer reoccurrence – compromise that originally caused the cancer doesn’t get changed
- Cancer – ultimate expression of compromise – starts in the soft connective tissue (this is actually what causes the pain) – emotional charge around chronic behavior of compromise – till pattern creates fight or flight – creates chemistry that impacts DNA

- Diabetes – outcome of losing the sweetness of life
- Annihilation of the immune system – lack of forgiveness of the self
- Reflux – deep seated resentment and anger

Ritberger is also a master at understanding and teaching the important part personality plays in health. Based on her extensive career in personality typology, as well as research she has participated in at Stanford University, she is of the opinion that personality is associated with how the brain gathers and processes information and how we make decisions. We come through the birth canal hardwired in neurology for particular personality traits. She describes the four main personality types by using colors, as for most people it is less of a label than other typology categories.

- RED – Backbone of society
- ORANGE - Caretakers
- GREEN - Pathfinders
- YELLOW – Visionaries

She believes that we chose our neurological hardwiring (personality type) to attract experiences and information to us that helps us complete our sacred contract, which is driven by the soul “The soul, in its wisdom, knows what kind of body it needs to find physical expression.” Ritberger states that what most often leads to an imbalance, first in the energy field, then subsequently in the physical body, is compromise. She describes compromise as anything that prevents the soul from finding physical expression, and that pain identifies compromise.

Ritberger further theorizes that since each of the four personality types process information, make decisions differently, deal with compromise in their own unique way, and create personality related behavioral patterns; each type is also has a predisposition to particular illnesses and dis-eases.

She also correlates compromise to personality, to see where it can lead to potential illness. She elaborates on the things that most compromise each personality type:

Red - Anger

- Orange - Submissiveness
- Green – Inability to forgive themselves
- Yellow – Fragmentation (can’t get clarity / mentally immobilized / indecisive)

In Ritberger’s book *What Color is Your Personality, Red, Orange, Yellow, Green...* she lists the predisposition to particular illnesses and dis-eases, by personality type. The following is a sample of some of those associations.

PERSONALITY	EMOTIONAL AND PSYCHOLOGICAL ANXIETIES	POTENTIAL HEALTH ISSUES
RED	<ul style="list-style-type: none"> • Fear of not being able to provide basic human needs • Fear of being emotional vulnerable • Fear of being powerless • Avoidance of emotional needs • Fear of being out of control • Fear of loss of personal possessions and financial assets 	Hypertension, heart disease, stroke, lower back pain, sciatica, bowel and rectal disorders, hip and joint disorders, prostate cancer, ulcers, anxiety attacks, chronic stress syndrome, alcohol abuse, indigestion, blood ailments, insomnia
Weak Site	Pelvic area, legs, feet, spinal column	
Systems Affected	Immune system, digestive system,	

	circulatory system	
Glands and Organs Affected	Reproductive organs, adrenals, spleen, heart	
ORANGE	<ul style="list-style-type: none"> • Fear of abandonment • Fear of being unsupported by others • Fear of being alone • Anxieties around never having enough • Fear of loss of job or family • Guilt and resentment toward others when not appreciated • Inability to take responsibility for their lives • Fear of not being able to take care of themselves financially • Feeling powerless to make their own choices 	<p>Fybromyalgia, rheumatoid arthritis, diabetes, manic depression, candidiasis, chronic mid- and lower-back pain, disc problems (ruptured or slipped), chronic fatigue syndrome, pancreatic and kidney disorders, constipation</p> <p>Men: Prostate, hormone imbalance, impotency, testicular cancer Women: Menstrual difficulties, vaginitis, fibroid cysts and tumors on the uterus, ovarian cysts, endometriosis, hormone imbalances, breast, cervical, uterine and ovarian cancer</p>
Weak Site	Lower abdomen, lower back (lumbar and sacral spinal area)	
Systems Affected	Reproductive, respiratory, circulatory and muscle systems	
Glands and Organs Affected	Pancreas, reproductive organs (ovaries and testes), thyroid, small and large intestine, bladder, and kidneys	
YELLOW	<ul style="list-style-type: none"> • Fear of rejection or criticism • Fear of failure • Anger and resentment from having their integrity questioned • Fear of loss of independence and autonomy • Self-deprecation • Fear of looking stupid or incompetent • Inability to show or express emotions • Resentment over having to take responsibility for others who are incapable of taking care of themselves 	<p>Chronic digestive disorders, gastritis, stomach cancer, liver disorders, colon disorders, autoimmune diseases, lupus, chronic stress syndrome, multiple sclerosis, ALS, skin disorders, allergies, herpes, arthritis, tendonitis, anemia, headaches, adrenal dysfunction</p>
Weak Site	Solar plexus, mid-back (thoracic section of the spine)	
Systems Affected	Digestive, immune, central nervous, skeletal	
Glands and Organs Affected	Pituitary, adrenals, skin, stomach, liver, gall bladder, spleen, lower esophagus	
GREEN	<ul style="list-style-type: none"> • Fear of not being loved • Confusion around love and what it means • Fickleness toward others • Jealousy • Resentment from holding on to past hurts and emotional abusiveness • Depression associated with lack of self-love 	<p>Upper neck and muscle tension, migraine headaches, diabetes, thyroid disorders (hypo/hyper), breast cancer, heart disease, mitral valve prolapse, asthma, chronic respiratory disorders, depression, eating disorders, tinnitus, hormone imbalances, MS, attention deficit disorders, laryngitis, nervous disorders</p>

	<ul style="list-style-type: none"> • Harboring negative feelings toward others • Fear of being alone • Creating co-dependent relationships • Feelings used as an escape or to deny responsibility for their actions • Self-destructive behavior that perpetuates feelings of inadequacy 	
Weak Site	Chest, shoulders, upper back (cervical spinal area), neck	
Systems Affected	Circulatory, respiratory, immune, cerebrospinal and muscle systems	
Glands and Organs Affected	Thyroid, thymus, pituitary, pineal, lung, heart, pancreas	

You might have noticed from the chart above that each of the four personality types are associated with predisposition to illnesses and dis-eases that have their origin in a particular chakra.

- Red – 1st chakra
- Orange – 2nd chakra
- Yellow – 3rd chakra
- Green – 4th chakra

Based on this correlation of personality type to chakra and therefore area of the body, Ritberger is able to determine the origin site of the imbalance. Then, she uses the energetic mapping of the personality type to help determine the primary symptom site and secondary site. She further defines this component of her protocol:

- Origin site – Compromise / if this button gets pushed, it will show up here
- Primary symptom site – here’s the gland that will respond
- Secondary symptom site – here’s the organs that will be effected

The following is a sample of information culled from Carol Ritberger’s book *Energetic Anatomy and Physiology*. Although she provides excellent reference to the corresponding organs, glands and systems of the body, the focus of the chart below is to show the relationship of the quality of the power center to the emotional implications and the predisposition to certain physical imbalances.

CHAKRA	PROPERTIES	
1st chakra Root/Base	QUALITY	Control of people and environment
	EMOTIONAL IMPLICATIONS	Survival, self-preservation, personal safety, traumatic birthing experiences, need for control, sexual abuse, physical abuse
	PHYSICAL IMBALANCES	Prostate or ovarian cancer, endometriosis, sciatica, lower back problems
2nd chakra Sexual	QUALITY	Emotional Center
	EMOTIONAL IMPLICATIONS	Birthing traumas, issues tied to mother and father (rejection, abandonment, emotional abuse, sexual abuse), fear of self-expression, worry, guilt, behavioral dysfunctions such as obsessive/compulsive and passive/aggressive
	HYSICAL	Lower back pain, candida, diabetes, pancreatic disorders

	IMBALANCES	
3rd chakra Solar Plexus	QUALITY	Personal power and self-confidence
	EMOTIONAL IMPLICATIONS	Fear of success, rejection, intimidation, failure, inability to trust, easily overwhelmed by sense of responsibility, self-doubt, self-critical, self-destructive behavior, narcissism
	PHYSICAL IMBALANCES	Ulcers, reflux, autoimmune disorders, digestive disorders
4th chakra Heart	QUALITY	Self-love and self-esteem
	EMOTIONAL IMPLICATIONS	Low self-esteem, fear of not being loved, unworthy of being loved, inadequacy, bitterness, jealousy, hatred, resentment, creation of co-dependent relationships
	PHYSICAL IMBALANCES	Heart disease, lung disease, mitral valve prolapse, circulatory ailments, breast cysts or cancer, allergies, chronic fatigue syndrome, weakened immune system
5th chakra Throat	QUALITY	Self-expression and divine will
	EMOTIONAL IMPLICATIONS	Inability to speak the truth, lack of self-discipline, compulsive behavior, lack of motivation, dysfunctional sexual behavior, fear of speaking up, substance abuse, eating disorders, lack of trust
	PHYSICAL IMBALANCES	Throat cancer, hyperthyroidism, hypothyroidism, loss of voice, TMJ, sore throats, tongue or esophageal cancer
6th chakra Brow	QUALITY	Intuition and inner wisdom
	EMOTIONAL IMPLICATIONS	Resistance to let go of old belief systems, fear of unknown, close-minded to new ideas and possibilities, unable to recognize what needs to change, obsessive/compulsive behavior
	PHYSICAL IMBALANCES	Loss of memory, seizures, epilepsy, unwillingness to listen, dementia, endocrine disorders, blindness, degenerative eye diseases, loss of hearing, ADD and ADHD, schizophrenia, and depression
7th chakra Crown	QUALITY	Connection to the higher self and the divine life force (God)
	EMOTIONAL IMPLICATIONS	Restlessness, dissatisfaction with life, unwillingness to change, intense feelings of not belonging, divine discontentment, fear of being alone, paranoia
	PHYSICAL IMBALANCES	Chronic fatigue syndrome, autoimmune disorders, degenerative diseases such as MS and ALS, bone cancer, brain tumors, migraine headaches, ADD and ADHD, autism

Ritberger gives several descriptions on her web site www.ritberger.com, of how she uses her sight in diagnostic sessions:

- “...This glow of light (the human aura) is a dynamic field of electromagnetic energy that reveals what is happening in a person’s life and how the person’s life experiences are effecting their health and well being. The human energy system is rich in biological and biographical information and can tell us much about ourselves.”
- “In a diagnostic session, my sight alters in a way that allows me to get a more comprehensive picture of the energy system. Instead of just a glow, I see patterns of energy and colors that can tell me if there are specific parts of the body that are malfunctioning. I liken what I see to that of a CAT scan or MRI. It is as if I am an X-ray machine, viewing the person. I can

identify where there are energy imbalances that are affecting the physical body. I the session, I color what I see on a 8 ½ x 11 silhouette of the human body. This energy portrait can then serve as a baseline to measure the body's healing or regressive changes over time.”

Since her eyesight changed after her near death experience, and she physically sees the constantly shifting colors of people's energy body, she uses coloring in her protocol. She begins with a template (outline) of the physical body and colors with crayons, to be able to show the client what she sees in their energy field. This makes the information more real for the client, and provides a starting point for the ensuing discussion.

She inquires ahead of time (when setting up the reading appointment) what issue or ailment the client wants addressed, is so there is a focus for the reading. Knowing the focus in advance provides the opportunity to research the anatomy, physiology, and pathology associated with the illness or dis-ease. Ritberger sometimes uses the Merck Manual to research illness, which points to a part of the body, which then relates to a chakra, which can point to the personality of the person, as well as their emotions involved in the imbalance.

She teaches that we must meet clients at their own level, by understanding compromise by personality. Every thought supports congruency or compromise, and therefore our thoughts require moment to moment observation.

When Ritberger is giving a reading, she communicates to the client in the language that they most understand. This is based on their personality type, as it relates to their highest mode of receptivity and learning. She poses questions to help lead the client to their own discovery:

- Orange & Red – What does that sound like to you?
- Green – What does that feel like to you?
- Yellow – What does that look like to you?

I recently had the pleasure of seeing her in action. She had *An Evening of Intuitive Readings with Carol* event, at which she performed readings for 15 people. Some of the readings were regarding specific health issues, and others had their foundation in emotional or spiritual challenges. I observed the most fascinating validation of her personality theory. She would begin her coloring and diagnosis, as well as communication style, based on the observed personality type of the client. Often times, since the types of issues clients come to a Medical Intuitive for have deep emotional roots, these clients would shift into their “coping” personality type. Ritberger would then shift her communication style to the coping personality type, including her conceptual focus, words, sentence structure and tone of voice. I was enthralled at this master of personality typology performing a fascinating personality dance with her clients to best communicate to them in their personality mode of the moment. Some of the clients shifted personality type continually throughout the reading. Others made few shifts.

She believes that our personality type also influences our own medical intuition protocol. As we observed in an earlier section (*Methods of Accessing Medical Intuition Information*), each personality type has a primary, secondary and tertiary intuition mode, although all have direct knowing. For example, as a yellow, when I am uncertain of the information I am getting via my direct knowing, I can validate that information visual, kinesthetic, and auditory intuitional input as well.

Her suggestions for giving a reading.

- Trust your intuition unconditionally
- Don't put judgement on information, or it creates compromise
- Give the client tools in non-attachment
- Don't be invested in the outcome
- You don't have to fix it for them

- Lead the client to their own discovery

She often provides ideas and tools for the client to use to correct their energetic imbalances, as well as provides recommendations for diagnostic tests, areas of the physical body to be looked at by the client’s physician, or healing modalities conducive to the client, if appropriate.

Ritberger believes that medical intuitives can pick up illness (as energetic imbalances) a year to 18 months before it manifests in the physical body. She also agrees that we can not effectively diagnose ourselves or those close to us, as our emotional attachment can cloud the results.

Besides using coloring and personality in her protocol, she also uses a variety of other means to help determine the state of the client and how best to assist them.

An example of this is Ritberger also uses the client’s stage of evolution to understand their challenges and assist them in their process of self-discovery. Each stage brings our awareness to what area of our life needs to change, and encourages us to move beyond where we are. This is part of our evolutionary process of learning and growing, and is a continuous cycle. When we reach telekinescence, we cycle back to awakening in a continuous circle of acquiring wisdom and evolving. The dimension of consciousness is how we perceive our outer world. As you can see below, ordinary consciousness primarily uses the five physical senses to perceive the outer world, whereas non-ordinary consciousness primarily uses intuition to perceive the outer world.

Stage of Evolution	Dimension of Consciousness	Primary Senses Relied Upon
Awakening	Non-ordinary	Intuition
Self-remembering	Non-ordinary	Intuition
Awareness	Ordinary	Five Physical Senses
Transition	Ordinary	Five Physical Senses
Transformation	Non-ordinary	Intuition
Transmutation	Non-ordinary	Intuition
Telekinescence	Oneness	All

When you work through the first 6 stages of evolution and go to non-attachment, then you go to telekinescence – oneness, trust and equilibrium

She relates that, as a Medical Intuitive, whatever stage of evolution you are in, you will broadcast that and attract clients from the stage just previous to yours. So if you are a master of transmutation, you will attract those in transformation, so that you can help show them what their next stage of evolution (transmutation) looks like. Ritberger, as a master of self-remembering, hooks her clients and students in on awakening and helps them progress to self-remembering. In that way, clients find us to help them move to their next stage of evolution.

When it comes to protocol, she also differentiates between practitioner and diagnostician. The practitioner starts at the physical (outer) level, then works their way in to the soul (inner) – level. An example of this would be someone who does healing work, such as massage therapy. They use their knowledge of anatomy and physiology, along with their hands, as their sensing instrument, to “see” where the symptoms are in the physical body. Then, with that as a foundation, they use their intuition to determine the internal thoughts, emotions, and patterns – the root cause of the discomfort. The diagnostician starts at the soul (inner) level to determine energetic imbalances, then expands outward to the physical (outer) level to determine how the imbalance is manifesting in the physical body (origin site, primary and secondary symptom sites). These are two different paths to the same place. Another differentiation is that a diagnostician offers the client a comprehensive picture of what is causing the body to become ill or dis-eased,

so therefore looks for the cause. The practitioner administers and participates in helping the body heal itself, therefore works with the effect.

Ritberger further distinguishes what she does as soul-directed work, which is a process of leading people to their own discovery, facilitating the client's realization, awareness, and understanding of how and why they are out of balance and encouraging them to participate in their own healing. By helping them to understand how to make different choices to minimize the compromise in their life, the soul-directed Medical Intuitive leads them to their own healing.

As a soul-directed diagnostician, she says the most common issues she sees in her readings are imbalances of the cardiovascular, muscle, reproductive and lymphatic systems. She relates that the most common reason physicians send their patients to see her is because of the current health care industry's standard of only allowing five to seven minutes per patient. Physicians don't have time to determine the origin site of the imbalance, based on the most obvious symptoms, in that short a period of time.

Ritberger believes that the true meaning of preventive medicine is to recognize compromise and modify behavior before it impacts the physical body. She also believes that clients wouldn't come to you unless you have something to learn from each other.

Caroline Myss, Ph.D.

Caroline Myss was a publisher when she first realized she was medically intuitive. She met and began working with Dr. Norman Shealy, providing medical intuitive readings for his patients that were difficult to diagnose through standard allopathic methods. Myss and Shealy were the ones who first coined the term "Medical Intuitive" in the book they co-authored *The Creation of Health*. Shealy has determined, over time, that Myss' medical intuitive diagnosis averages 93% accuracy. When she first started performing readings with Shealy, she would describe what she was seeing or feeling, for example "it feels like concrete in the throat area." Then she began to layer on knowledge of anatomy, physiology and pathology to be able to more specifically diagnose imbalances. Today she describes going into business as a medical intuitive without studying anatomy, physiology and pathology as malpractice. She also thought it was a gift that for the first several years she was doing readings for Shealy, she received no feedback on her readings. She is not interested in being right, she is interested in being accurate.

Myss believes that medical intuition is a science whose time has come. Differing from others who believe Medical Intuition is an art and a science, she believes it is an exact science – "the ability to read the language of energy as it is transmitted by your physical, mental, emotional, and psychic field. The Medical Intuitive interprets the spiritual code, not unlike DNA, that surfaces in an archetypal or symbolic language. This spiritual DNA includes your sacred contracts."

Her perspective is that we are evolving from five-sensory beings (Homo Sapiens) to multi-sensory beings, what she calls Homo Noeticus. She describes intuition as the bridge between the conscious and the unconscious. Part of learning to be a medical intuitive is learning to use our multi-sensory systems (not just 5 senses) and interpreting the language of energy. It means being able to read how someone is managing their energy and determining where their energy is besides here. She doesn't necessarily look for dis-ease in the body, but where you have sent your energy – where you are investing your energy, and what attitudes you are fueling with your energy. Medical intuition is helpful in perceiving the patterns of where certain attitudes are creating an impact in the physical body. If those attitudes or perceptions can be shifted, it doesn't have to manifest in the body as illness or dis-ease.

According to Myss, we are very organized. She explains that different thoughts and attitudes have different frequencies, and that every attitude has a vibration that matches an organ. A few examples are:

- Pancreas resonates to issues of responsibility
- Tension in shoulders = responsibility
- Colin cancer – control issues and financial issues from the 2nd chakra, wanting to control people in your life and the external world

I first encountered Caroline Myss from her audio program *Why People Don't Heal*. I was fascinated by her concepts. In her book *Anatomy of the Spirit*, she explains the relationship between beliefs and the health of the body. One of these concepts is that “your biography becomes your biology.” She believes that our moods actually change our biology. She describes illness as a “mismanagement of creation” and a loss of power. She also describes forgiveness as “the art of retrieving your spirit and bringing it back into present time.” Her theory is that illness and dis-ease are physical manifestations of loss of power, multiple fragments of the self, moving in different directions. Initially when she did readings, she looked at illness and disease, but now she looks at lifestyles in general. Here are some of her suggestions for observing how you are “spending” your energy, which is your power:

- Look at what you are doing with your power
- How/what are you creating with your power?
- Whose hands are commanding your spirit?
- What are you investing your energy in? / observe your energy investments
- Recognize when your energy is not in present time
- What are you holding on to in the past?
- Notice when you have a separation of forces – your psyche is in the past, and your spirit is in the present

Myss’ philosophies continued to layer upon those I had begun to learn from my Berkeley Psychic Institute teachers – the correlation of emotional and spiritual challenges, and therefore illness and dis-ease, to the chakras.

The following information, showing that correlation, was culled from Caroline Myss’ brochure for her *Energy Anatomy* audio course, published by Sounds True.

CHAKRA	PROPERTIES	CAROLINE MYSS
1st chakra Root/Base	ANATOMY	Physical body support, Base of spine, bones, feet, immune system
	QUALITIES	Safety and security
	IMBALANCES	Chronic lower back pain, Rectal disorders, Immune disorders, Depression
2nd chakra Sexual	ANATOMY	Sexual organs, large intestine, pelvis, lower vertebrae, appendix, bladder, hip
	QUALITIES	Guilt, Money, Sex, Control, Creativity
	IMBALANCES	Lower back problems, Ob-gyn disorders, Sexual potency, Urinary
3rd chakra Solar Plexus	ANATOMY	Organs in the abdomen
	QUALITIES	Trust, Fear, Self-esteem, Criticism
	IMBALANCES	Arthritis, Ulcers, Diabetes, Food disorders, Liver and adrenal disorders
4th chakra Heart	ANATOMY	Heart, Lungs, Circulatory, Shoulders, Arms, Upper torso, Breasts
	QUALITIES	Love, Resentment, Grief, Commitment, Forgiveness, Hope
	IMBALANCES	Heart Failure, Asthma, Allergies, Lung cancer, Upper Back disorders,

		Breast Cancer
5th chakra Throat	ANATOMY	Throat, Thyroid, Neck, Mouth, Teeth & gums, Hypothalamus
	QUALITIES	Making choices, Addiction, Judgement, Knowledge
	IMBALANCES	Raspy throat, Mouth ulcers, Gum disorders, TMJ, Scoliosis, Thyroid disorders
6th chakra Brow	ANATOMY	Brain, Nervous system, Eyes, ears, nose, Pineal & pituitary gland
	QUALITIES	Self-evaluation, Truth, Intellect, Feelings of inadequacy, Openness Emotional intelligence
	IMBALANCES	Brain tumor, Stroke, Neurological disorders, Blindness, Deafness Learning disabilities
7th chakra Crown	ANATOMY	Muscular & skeletal system, Skin
	QUALITIES	Values, Courage, Humanitarianism, Faith, Inspiration, Spirituality
	IMBALANCES	Paralysis, Bone cancer, Genetic disorders, Multiple sclerosis

It has been interesting over the eight years since I first encountered Myss' work, to see the evolution of her protocol. At first she described what she saw when she performed readings as seeing cords of energy, going from the client to people, places, and events, usually in their past. This represented where they had left some of their energy, or were still "spending" their energy, besides in the present. This means that, for example, if you have 10% of your life-force energy invested in a past trauma, you only have 90% of your energy left to "invest". The more past traumas or future events in which you are investing your energy, the less you have in present time. When you have all your energy invested elsewhere, you must then begin to draw energy from your cell tissue to keep yourself going in present time – this creates illness and dis-ease in the physical body. She uses the analogy that "the body is the caboose on the train, the engine is why we make the choices we do, because your choices distribute your energy throughout your body." She also provided an invaluable, and at first confusing, insight – not everyone wants to heal. Her audio program *Why People Don't Heal*, taught me to pay attention to how people sometimes communicate based on their emotional wounds. She calls this "woundology."

In her early days of doing readings, Myss could pick up an illness in people, but didn't know why they became ill, she didn't realize the energetic component. Now she interprets energetic information in readings. When she started to read the human energy system, the manner in which she could perceive matured. First she picked up physical illness, then over time she also picked up the emotional and psychological component, then she began to layer on the archetypal connection. Particularly with archetypes, she became sensitive to symbolic perception. She went from wanting the information she perceived in a reading to be literal, to reading the symbolic information, and from that spins the physical world. Now, when doing a reading, she pulls your contract and looks at your archetypal images. She describes how to determine our archetypes and the impact of our archetypes to our lives in her book *Sacred Contracts*.

Myss says that "Intuition provides a direction, not an answer because direction denotes movement and an answer denotes standing still." She also indicates that blame, irritation and being short tempered can be a signal that you are blocking your intuition.

Myss believes that there are three levels of intuition:

- First level – survival intuition
- Second level - emotional / psychological / intuitive sense – the voice that talks to you from within
- Third level – personal divine universal voice

She relates that intuitives often see different colors when reading the same person. She believes that different colors mean different things to different people, and that each person must interpret the colors for themselves. For example when Myss sees the color gray, it means that an organ is in the process of the loss of health.

Myss performs her medical intuition readings primarily from knowingness, a place she perceives to be between thinking and seeing. In the reading she follows the chakras in the order in which we grow and develop. She starts with the 1st (tribal chakra) and works her way up.

She looks for the moment you start energetically financing your own traumas, then she follows that and it tells her what cell tissue your energy is being taken from to keep that memory alive. She uses Medical Intuition as a perceptual system to determine when you are losing power, where you are losing power, and what to do about it. If she has feelings about an impression, she knows it has become contaminated – that she is responding to it instead of identifying it. She also admits that when she does readings on herself she is somewhat blocked and not as clear as when reading others.

Like several of the other medical intuitives profiled, she started out performing individual readings, then eventually decided she could reach more people by teaching medical intuition to others. She and Shealy have since started a medical intuition training program referenced in the bibliography.

She specifies the difference between being cured and healed - “Healed means the illness is no longer in the body, AND you are no longer afraid of it returning. If you afraid of it returning, you are not healed.” Myss describes that allopathic medicine provides only part of the picture associated with health and illness, and further relates the deficiencies of medical tests “Blood tests and urinalysis lack what it takes to give us a read out as to whether or not that attitude is actually impacting my bone marrow or my cell tissue.” She believes that “Medical Intuition will become prevalent in operating rooms, diagnostic centers, health clinics...its time has arrived.”

Mona Lisa Schultz, M.D., Ph.D.

Mona Lisa Schultz is a physician, a neuroscientist, as well as a practicing neuropsychiatrist, specializing in head injury, dementia, stroke, Parkinson’s disease, and the psychiatric aspects of medical conditions. She defines medical intuition in the audio program *Body Talk, No-Nonsense, Common-Sense, Sixth-Sense Solutions to Create Health and Healing*, on which she collaborated with her research partner Christaine Northrup, M.D. “Knowing only someone’s name and age, I can help educate a person on how certain emotional patterns in their life are associated with physical problems in their body.”

She believes that her role as a Medical Intuitive is to “Educate my clients how their body talks to them, through the language of intuition, when their bodies are out of balance, and that is related to an illness.”

Schultz has a interesting perspective on genetic illnesses and diseases “a gene for illness that runs in your family is not necessarily your destiny. Certain situations in our life, emotional or behavioral, determine if those genes get turned on or off. You don’t have to be a prisoner to your genes...your unique way your body talks to you is associated with your genes, how you were raised and your unique soul qualities.” She relates how emotions, thoughts and behavior can ultimately have an impact on health, and advises “Work with your ability to change your thoughts, emotions and behavior at the very beginning of the cascade, before it gets to the cellular level.” Her view is that the connection between beliefs, behavior and your body becomes obvious and acute the more you know you are responsible to your body. Schultz’s research partner, Christiane Northrup, M.D., shares what she says she learned from Caroline Myss “The degree to which we get sick is the difference between what we say we believe and how we live our life.”

What others call the chakras, Schultz refers to as the emotional centers. She relates each emotional center to a particular group of organs and set of emotions, as well as associated illnesses. In her book *Awakening Intuition*, she has a very thorough description of, as well as a chart, of the seven emotional centers and their associated organ system, physical dysfunction, emotional power, and emotional vulnerability.

Schultz has an engaging analogy for receiving healing from external sources versus internal resources. She relates it to “ordering out versus eating in”. An example of ordering out would be taking medication to relieve symptoms. Eating in represents looking inside for those beliefs and patterns that created the illness in the first place, realizing something is out of balance and using your inner resources to facilitate change to improve health. She indicates that some people keep looking externally for physical evidence to justify the pain they are feeling, but she encourages us to ask ‘What are you going to do about it?’ Schultz also explains that we create our own opiates in our body by doing something fulfilling, and that this can help ease chronic pain. Her belief is that intelligence exists in every cell of the body. She further believes that illness and dis-ease is part of our intuitive guidance system.

Schultz begins her readings by just knowing the client’s name and age. In describing to the client what to expect in the medical intuition reading, she is clear that she is not in her physician or psychotherapist role “I don’t offer specific diagnosis and treatment.” She recommends they work with a physician or practitioner for specific medical diagnosis and treatment.

She begins by describing the client’s emotional setting, including any issues while growing up, issues in current emotional relationships, and what they do or did for a living. Next is the physical body “Then I describe her physical body from head to toe, each organ system. If I detect any abnormalities, I describe the image I receive of that aberration, but I do not attribute it to a specific disease. I describe any further emotional patterns or images in her life that I see as setting the scene for health or change in the specific organs in her body.” She further relays any potential need for change to effect balance and health “I explain that any symptoms she feels in her body are a part of her intuitive guidance system telling her that specific situations in her life need to be changed.”

Sometimes when Schultz is doing a reading, she realizes the person is not interested or ready to hear the information she has to relate. In those instances, she tells the person she can’t read them and returns their money.

Many of our beliefs and perceptions are shaped in early childhood, and even in the womb. They shape our lives and also shape our bodies.

To develop your own intuition, she suggests you “...practice on yourself, keep a journal of all your physical ailments, illnesses, dis-eases, aches, pains and explore the emotional centers in that area of the body.”

Caroline Sutherland

Caroline Sutherland received her training in environmental medicine and spent years as an allergy-testing technician. She describes her field in her book *The Body “Knows”, How to Tune In to Your Body and Improve Your Health* “Environmental medicine deals with the human body in relationship to the environment – everything a person eats, breathes, and comes in contact with and the effect each of these elements has on a person’s body.”

Sutherland indicates that when she was working as an assistant to a physician in the 1980s, quite suddenly she received the gift of medical intuition. After using a particular specialized allergy-testing equipment for about a year, she began to be guided by a distinct inner voice, to explore certain areas of the body and substances not indicated by the equipment. In a wonderful partnership with the physician with whom she worked they combined her intuition with his medical knowledge in evaluating and treating patients.

After a spiritual epiphany, where she was asked by a radiant being if she would do “my work”, she was able to see the auras of her clients, and know why they had come for help. From that time on, she was able to diagnose and recommend treatment, based only on the client’s name. Like some others whose intuitive abilities come or are honed suddenly, she was not initially able to control or turn off this information flow. She had to learn to tune in, or turn it off at will.

Sutherland sees the body from a perspective of wellness and focuses on what can help correct imbalances. Her focus begins with the external (physical body symptoms) and moves inward, to determine the cause of the discomfort.

She believes there is usually an emotional component to illness “Emotions and decisions that are operating at cross-purposes within can play a huge role in illness and chronic symptoms.”

Through her work with thousands of people, she has determined that most fit into one of four key body systems, associated with both the physical body and personality.

Type	Predominant Stress or Imbalance	Related Affliction	Orientation	Common Imbalances
CNS (70%)	Central Nervous System	Nerves, tension, agitation, overreaction, lack of calmness, premature aging, mood swings, shakiness, heart palpitations, adrenal stress, hormonal imbalances, inability to handle sugars and stimulants	Most common Emotional hills and valleys Short-wired On the edge of burnout Give power away Externally focused Future oriented Doers of the world Mostly light-haired Intense Pleasers Driven Key work = trust	Sleep problems Sugar-handling issues Digestive disorders Hyperimmunity Hormonal imbalances Urinary track problems Memory loss Adrenal exhaustion Poor absorption Brittle bones
DLH (30%)	Digestive, Lymphatic, Hormonal	Stomach, small and large intestine, bowels, weight issues, food allergies, poor absorption, sugar and fat handling	Steady Rock solid Emotions hidden Slow silent types Trouble letting go Harbor resentments Often dark-haired Often ethnic origin Depth Calmness & control	Food allergies Fluid retention Hormonal imbalances Lymphatic problems Cardiac or circulatory problems High cholesterol Endocrine imbalances Weight problems Acne/oily skin Low thyroid Constipation Poor liver function
The Others	Combination of CNS and DLH	Complicated, hardened processes and systems	Sometimes medicated or over-medicated Experienced traumas or severe emotional upheavals Must mobilize the will to live	
The		Serious illnesses or		

Tricky People		disease Chronic environmental problems Physical disabilities Complex problems		
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Although Sutherland frequently sees most clients falling into one of these body types, she also points out that “...every body is different. Even though people may be similar types and share common traits, there are no blanket solutions.”

For the two most predominant body types she recommends helpful hints:

Hints for Central Nervous System Stresses (CNS)

- Remove stimulants
- Calm and soothe
- Balance body chemistry with nutrition, foods, and supplements
- Approve digestion and absorption
- Choose supplements to repair stressed nerves
- Remember who you are

Hints for Digestive, Hormonal, and Lymphatic System Stresses (DHL)

- Identify food allergies and factors in fluid retention
- Exercise
- Watch your hormone balance
- Move forward in life

Her book has a wealth of knowledge regarding food allergies and some very detailed information about the imbalance of the yeast Candida. It also has many interesting case study examples as well as a section on honing your own intuition, and includes instructions on how to perform muscle testing.

Sutherland reads from knowingness, feeling, hearing, seeing and gut hunch. As part of her protocol she uses muscle testing and also sometimes uses a pendulum. She gets some information through smell, such as the sweet, sickly order of yeast syndrome (Candida).

“I prefer to feel linked to the highest connections – the connection with God, or the Creator – in this endeavor.” She believes that her medical intuition was assisted by her regular practice of meditation. She also practices ‘reading’ people she sees on her daily walk and at movie theatres.

Sutherland describes her protocol “My medical intuitive ability doesn’t revolve around the emotional or spiritual levels or the sleep state. My eyes are wide open, I’m fully aware, and the practical suggestions drop into my mind. I always ask myself, *What does this body want?* While the emotional and spiritual levels are taken into account, my strength seems to lie specifically on the physical level, probably as a result of my training in environmental medicine, where I worked as an allergy-testing technician for many years.” She further explains how her intuition developed as an adjunct to her allergy-testing work “The [allergy testing] equipment became an extension of me. When I picked up a testing vial or sample, I would feel a positive or negative response in my own body.”

She begins her Medical Intuition readings at the physical body level “...all I need to know is their name and a little about them, hear their voice, or see their photograph. The minute I connect with the person seeking my help, a flood of data comes to me. The information is very specific. I can intuit foods that a person is allergic/sensitive to, perceive the main systems that may be compromised, observe the state of the gastrointestinal tract or immune system, and check for hormone imbalances or weight problems. I then look at the underlying causes of these problems, when they began, and what may have precipitated them. I also perceive suggestions

regarding their diet, which supplements or botanicals they might benefit from, whether homeopathy would be helpful for them, and so on. Other useful information is also given to me, such as the length of time for a patient's recovery, whether or not that patient will be compliant, or if indeed they are likely to recover at all."

Judith Orloff, M.D.

Judith Orloff, M.D. is a psychiatrist who also incorporates the psychic into her practice. She had premonitions as a child, but shut them down due to her own, as well as her parent's fear, as she usually picked up the negative, such as illness, death and earthquakes. Besides using remote viewing in her practice, she also relies on information she receives in dreams and meditation, as well as practices the laying on of hands. Orloff describes how she combines her techniques "I blended the psychic with my clinical work, drawing on the best from both worlds."

Orloff uses a technique called remote viewing, which she learned at the Mobius Group in southern California (founded by Stephan Schwartz). Although remote viewing has been researched throughout the world since the early 1900s, one of its more well known uses in the United States was by the Central Intelligence Agency and the Defense Intelligence Agency to train personnel for "psychic espionage" during WWII. Remote viewing has been studied in such distinguished labs and colleges as Laurence Livermore National Laboratory, UCLA and Stanford Research Institute as well as by the U.S. Army and the Pentagon. Orloff describes remote viewing "...an intuitive technique to move through both time and space. It enables you to tune in to the past, present, and future, or to visualize a person, place, or situation, even at a great distance. With this knowledge you can help diagnose illness by picturing the body's organs, predict proper treatment, appraise current therapies – all mandatory when conventional medicine seems unable to find a cure." She first used this technique while participating in a psychic archeology project, to physically locate sunken ships. She describes how, after the this project, she began to use remote viewing in her therapeutic practice "It followed that if I could accurately describe a distant person, place, or event before it ever happened during a remote viewing, the same principle could be applied to obtaining information about my patients, particularly new ones. I decided, accordingly, that before I met a patient I would try tuning in. Then I could compare my reading with actual information they gave me once we met. This initial screening would be the ideal opportunity to test out the reliability of remote viewing as it pertained to my psychiatric work." She eventually began to incorporate remote viewing into the therapy appointments themselves, developing the ability to shift awareness at will and stay attuned to many different levels at once. Through remote viewing Orloff gets information including, but not limited to, the health, relationships, career and childhood of the patient.

She uses remote viewing as a therapeutic tool, not only to tune in to the client before they arrive for their appointment, but also to help her determine whether to take on a client or refer them to another therapist for which they might be better suited. She reads every new patient before their initial appointment to provide her with their basic physical and emotional issues. She has also taught some of her patients remote viewing. Using the process she learned at the Mobius Group, she explains "In any remote viewing, the first step is always to shift out of a thinking mode into a calm, meditative state, remaining receptive, allowing visual images, bodily sensations, or any other impressions to surface."

Orloff explains the steps she uses in the client screening process:

- Turns off the phone
- Lies down on the couch and closes her eyes
- Shifts awareness away from physical environment and empties her mind
- Aims for total emptiness, without thoughts or goals
- Passively focuses on the client's name

- With an attitude of reverence, holds the name sacred
- Remains open to impressions received without expectations or judgements

Those impressions can come in the form of images, feelings, smells, or sensations.

Orloff describes a typical day at her practice “For most of the day, I’m psychically wide open. I feel like a telephone operator on a gigantic switchboard, handling a rush of incoming calls. Listening to my patients both intuitively and with my intellect, I simultaneously track a myriad of images and sensations along with their words. Logic often lays the groundwork, the psychic filling in the gaps, color, and detail. I’m hyper-alert, my body alive, but at the same time I’m detached, witnessing the session as an observer.”

She relates the technique she uses to incorporate her medical knowledge with her psychic abilities during a client reading “Picturing her body’s afterimage, I intuitively scanned it, the way a Geiger counter picks up radiation, to detect if anything was wrong. This is where my medical knowledge really comes in: sweeping across from head to toe, I visualize each organ, individually crosschecking my responses to see if there’s a glitch. If something isn’t right it stands out, lighting up, its texture and consistency altered, a feeling similar to running your hand over silky fabric and coming to a tiny irregular knot. Focusing on Joan’s blood, I sensed it was thin, some vital element missing.” Upon recommending her client see her doctor for a blood test, it was determined she had a severe case of anemia.

In addition to remote viewing, Orloff has also added hands-on healing to her healing repertoire. She describes “To be successful, healing requires a transparency, a passive receptivity, rather than any purposeful effort. Just as in remote viewing, I cleared my mind of all thoughts. Instead

Of receiving psychic information, however, the sweetest feeling of love came through.”

Orloff also considers the implications before revealing information, especially when the circumstances are potentially life-threatening. She always asks herself “Will this information be helpful.”

Donna Eden

Donna Eden had many health challenges that drove her to look for why people become ill. Having begun her career as a massage therapist, Eden uses a combination of Touch for Health and applied kinesiology, as well as therapeutic massage in her protocol. She primarily uses medical intuition to help guide her to the systems in the body that require healing. She uses the information she sees and feels emanating from her client to know how to weave their energy, using her hands, to “...improve a person’s health, vitality, and clarity of mind.” She also sometimes incorporates tapping the body at specific points to introduce corrective frequencies.

In her book, *Energy Medicine*, she discusses that the ability to read your own or other’s energy field doesn’t always come in expected ways “Like synesthesia, where certain people can *smell* colors or *see* sounds, the perception of energy may just slide into one of your normal sensory channels. I’ve known people that can hear, smell, or taste specific energies, rather than see or feel them as I do. My own sense of taste has actually also grown stronger. I can usually taste which of the five elements is most dominant in a client’s energies.” Eden primarily relies upon the intuitive modalities of seeing, feeling and sometimes tastes energies. She sees in pictures and colors.

She calls her muscle testing approach “energy kinesiology.” She developed her own style after having studied many systems, as well as drew from her own instincts. She uses energy testing to determine the impact of environmental conditions to health. She explains “In fact, one definition of health is how readily your body can adapt to a spectrum of environmental conditions.”

Eden uses “energy kinesiology” to gather a variety of information about the client:

- Assess their personal “energy signature”
- Determine the impact of the environment on the energy field
- Gauge the benefits/impact of foods / vitamins, etc.

Interestingly, Eden furthers the concept that we are all connected, as she describes the concept of using a surrogate to perform energy testing ““Surrogate testing” allows you to test someone who is not able to offer resistance in an energy test. If someone is too sick to use his or her own strength or is mentally impaired or too young to follow your instructions, surrogate testing can provide valid information. This will even work with a pet.”

Eden discusses how energy testing doesn’t just provide information but also engages the tester and client’s energy, and actually begins the process of directing healing energies to the area being tested, and therefore actually starts the healing process.

Eden also incorporates meridian readings into her protocol “Disturbances in the meridian energies correlate with ill health...Because disrupted meridian energies often precede illness, meridian readings are sometimes used to predict health vulnerabilities and prevent disease.”

She stresses the importance of the meridian system as a complex network of energy transport systems “Meridians affect every organ and every physiological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems....In the way an artery carries blood, a meridian carries energy. As the body’s “energy bloodstream”, the meridians bring vitality and balance, remove blockages, adjust metabolism, even determine the speed and form of cellular change. Their flow is as critical as the flow of blood; your life and health depend on both. If a meridian’s energy is obstructed or unregulated, the system it feeds is jeopardized.”

Eden uses a total of eight energy systems in her reading and healing work “Eight interrelated energies are continually influencing the state of your body, mind, and spirit.” She describes these in her book to be:

- Meridians
- Chakras
- Aura
- Five rhythms
- Triple Warmer
- Strange flows
- Celtic weave
- Basic grid

Her book goes into great detail about these eight energy systems, their impact to physical health, and illustrates protocols for correcting imbalances. Her book also has a section on how to find a competent energy medicine practitioner.

She relates how she sees the body “Because my sensory apparatus translates subtle energies into pictures, I see in the human body a spectrum of energies that is often more colorful than the kaleidoscope of flowers in a spring meadow.” She further describes “Often, when I am with a client, I feel directed by the energies themselves, as if an amazing intelligence has taken over the session. I can do nothing better than pay attention and follow.” Her understanding that what she saw meant something, started early “At times I feel like a tuning fork. I see and sense other people’s energies as rhythms and vibrations, frequencies and flows, jolts and currents, colorful swirls and geometric patterns. Early in life I came to understand that the colors, shapes, movements, and textures I saw hold meaning.”

She relates her first impressions of a client as a combination of information “When a new client walks through the door, I am confronted with a medley of impressions. I might

experience the person's energies as being chaotic or congested. Some of them may be flowing in the opposite of their natural direction. The blending of energies may seem harmonious or jangled. One of the energy systems may jump out at me as needing particular attention. Meridians may be running backward. Chakras might be pulled in too tightly around the organs. The auric field may be collapsed or have holes that create vulnerabilities. Energies from the left and right hemispheres of the brain may not be crossing over properly to the opposite side of the body."

She explains how she relates what she sees to the client "If the person appears, for instance, to be in great despair and hopelessness, I might mention a part of the energy field that reveals an undeveloped capacity or other strength that might show a way out of the despair."

For repeat clients, she also teaches a Daily Energy Routing, showing them how to clear their energy field of the stresses of the week, and therefore the body will be more receptive to treatment. She believes, as do many other medical intuitives, that we "evolve with each client."

Rhonda Lenair

Rhonda Lenair studied with Dr. Winston Marlowe, who studied in the Soviet Union and Poland, where a form of healing, using the electromagnetic field, has been deployed to treat pain and certain addictions. With this concept as a foundation, she developed The Lenair Technique. She is described on her web site www.lenair.com "Rhonda Lenair, a pioneer in the field of energy medicine in treating addictions, a medical intuitive and bioelectrical diagnostician whose work has been compared to Edgar Cayce...." Her web site further explains "Ms. Lenair's expertise as a medical intuitive and bioelectrical diagnostician was really an outgrowth of the treatment modality she developed for addictions...a proprietary treatment for abating addictions and related problems."

With a combination of medical intuition and her hands on healing technique, she sees the bioelectrical system inside of the body as the source of the electromagnetic field. The Lenair Technique is "done by detecting and correcting frequencies within the body that have defaulted for any number of reasons."

While treating a client with her hands-on treatment, she performs her intuitive scan "The medical intuitive reading is a very comprehensive analysis of everything happening within a client's system, at all levels organically, muscularly, skeletally, and psychologically. The information that is provided, includes, but is not limited to:

- food allergies and sensitivities
- chemical and environmental allergens
- genetic links and genetic predispositions
- physical strengths and weaknesses in the system, from the cellular level to the system level
- pertinent emotional and psychological feedback"

She describes the purpose of the diagnostic session as a method to "identify the problems or situations that are occurring with the system." She further describes the outcome of her session "This information is documented for the client in the form of recommendations." Lenair also recommends nutritional guidance for her clients, if appropriate.

Lenair requires knowing the client's name, address, telephone number, and date of birth prior to a session. She performs a "bioelectrical scan" of her client to see their past, present, and future, and to see any imbalances on a cellular as well as systemic level. Her intuition allows her to see "each person's bioelectrical fingerprint and patterns." She related the types of information she gets in diagnostic sessions "Examples of information uncovered through this process include: eye, ear, nose and throat problems, dental problems, thyroid, prostate and other glandular irregularities, spinal problems or abnormalities, female reproductive organ problems, tumors and

growths, as well as long term risk factors like bone density problems, cardiac irregularity and depression and emotional problems, among others.”

Lenair can use a surrogate when she is working with children or clients with learning difficulties “She is able to work through a close family member, who will act as a satellite, to bioelectrically evaluate another.”

BodyTalk – Medical Intuition and Treatment

BodyTalk is both a method of accessing the body’s inherent wisdom to uncover imbalances, as well as being a healing modality to facilitate the correction those imbalances. It uses muscle testing as the method of accessing that information. The interesting perspective of BodyTalk is that the practitioner is a facilitator, accessing the inherent wisdom within the body of the client. This information source not only identifies the lack of harmony, but also determines the most beneficial order of treatment, to facilitate the body’s ability to heal itself.

John Veltheim describes the access method in his book *The BodyTalk System*, “The BodyTalk system works by first identifying the weak energy circuits that exist within the body. The practitioner relies on the innate wisdom of the body to locate the energy circuits that need repair by using a form of biofeedback, which is a subtle muscle testing technique.” Veltheim further describes the combination of hands-on healing and tapping to aid the energetic communication system within the body and therefore restore balance and store the corrected energy pattern “For every malfunctioning energy circuit that is found, the practitioner or client contacts the corresponding “points” with their hands. The practitioner then lightly taps the client on the top of the head, which stimulates the brain centers and causes the brain to re-evaluate the state of the body’s health. The result is that the general energy balance of the body is greatly improved. The practitioner then taps the client on the sternum to “announce” the corrected energy flows to the rest of the body. This is beneficial because the heart is responsible for communicating the state of the body’s health to the rest of the body. Stimulating the heart by tapping the sternum forces the heart to store the corrected energy patterns in the body’s cellular memory. This means that the body will remember these changes after the treatment.”

BodyTalk differs from some other modes of medical intuition, in that it does not diagnose, but rather locates communication blockages with the body, that when restored, in the appropriate order, allows the body to heal itself naturally. Veltheim further describes “The BodyTalk treatment protocol is very straightforward and does not require any diagnosis. The practitioner relies on the guidance of innate wisdom, through muscle testing, to not only locate the weakened lines of communication in the body but also to find the proper order in which they are to be addressed. Just as there is a proper sequence of chemical reactions that happens in the body in order to heal a wound, there is a proper, or priority, of sequencing the is needed to best reconnect each line of communication in the body. This is paramount in the balancing process to initiate the body’s ability to heal itself. The healing process usually follows rather quickly.”

The BodyTalk System can be used to address a variety of illnesses and dis-eases, including:

- Dyslexia
- Chronic viruses and infections
- Allergies
- Poor immune system functioning
- Sugar metabolism disorders
- Arthritis and general musculo-skeletal disorders
- Emotional and psychological problems
- Overall breathing patterns
- Left/right brain co-ordination
- Energy imbalances within the brain cortices

- General and localized hydration
- Health problems associated with internal and external scarring

Veltheim describes The BodyTalk System as having the ability to facilitate:

- Balancing of the twelve major body organs, eight endocrine systems, and other non-specific body parts
- Correction of genetically and/or environmentally influenced cell disorders
- Clearing the body of viruses, infections, parasites, food intolerances, environmental allergies, and accumulated toxins
- Clearing past and present emotional blockages including specific phobias and fears
- Cleansing the lymphatic system including all the body lymph glands and lymph ducts
- Addressing energy blockages associated with the nervous and circulatory systems
- Balancing the various energy systems within the body including the traditional acupuncture meridians, the chakras and general bioenergetic energy flow

BodyTalk can be used to:

- Address specific diseases and disorders
- As a means of maintenance and prevention to keep the body in good health
- Complement other treatment modalities

The BodyTalk System works on humans and animals. The number of BodyTalk System sessions varies by patient based on circumstances, although several (two or three) sessions are usually sufficient to address the key problem areas in a manner to ease the symptoms. Each session lasts about half an hour. It is recommended that the client wear loose fitting clothing. At end of the session, the practitioner uses the same biofeedback technique of muscle testing to determine if further sessions are necessary.

The BodyTalk web site www.thebodytalksystem.com explains “BodyTalk is an astonishingly simple and effective form of therapy that allows the body’s energy systems to be re-synchronized so that they can operate as nature intended. Each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines of communication become compromised, which then leads to a decline in physical, emotional and/or mental health. Reconnecting these lines of communication then enables the body’s mechanisms to function at optimal levels, thus preventing disease and rapidly accelerating the healing process. BodyTalk can be used as a stand-alone system to treat many health problems, or seamlessly integrated into any health care system to increase its effectiveness and promote faster healing.”

My Own Approach

As previously mentioned, my earliest intuition training was based on the concepts of Berkeley Psychic Institute (BPI). I have since investigated many approaches to Medical Intuition. As also mentioned earlier, I am in the third year of Carol Ritbergers’s Medical Intuitive Training (MIT) program. I therefore primarily combine the two approaches of BPI and MIT.

From the standpoint of MIT, I describe myself as follows:

- Soul-directed Medical Intuitive Diagnostician
- Yellow (personality type)
- Transmutation (stage of evolution)
- My usual order of intuition is knowingness, visual, feeling, auditory
- I represent stepping down – grounding the information I learn in reality

In the earlier days of performing readings, I only wanted to know the client's name. Now when I schedule a reading, I also want to know what issue, illness or dis-ease the client would like to address in the reading. This way I can "tune in" to the client to gather information in advance of their arrival for the reading. In the case of a specific illness or disease, I can consult a variety anatomy, physiology and medical reference material to further augment the information I pick up intuitively, to be able to language appropriately to the client.

The protocol I use when giving a reading is as follows

Preparing for the reading:

- I have the client read and sign a disclaimer form, indicating that the reading is not a substitute for medical care, and that the client must participate in, and is ultimately responsible, for their own healing.
- I explain to the client what to expect in the reading, and let them know that I don't read the future (although I have usually already clarified this during the phone call where the reading was scheduled.)
- I create a reading space for myself and my client that is safe, neutral and free of judgement.
- I read mostly with my eyes closed to tune out external input and distractions.
- I turn down my lower chakras (1st, 2nd, and 3rd), so that the majority of my energy is in my upper chakras. This way I don't have to feel their aches, pains, illness or dis-ease with my physical body. By directing my energy to the upper chakras, I am providing more energy to the chakras that are the focus points for my intuition.
- I also work from a space of no effort and a beginner's mind, to be totally receptive to any information I receive, through a variety of sources.
- I primarily read from knowingness (also called direct knowing), which I relate to the crown chakra (7th), although I also get visual pictures or symbols (clairvoyance - 6th Chakra), feel energetic imbalances (clairsentience - 2nd chakra), and sometimes also hear words, phrases or songs (clairaudience - 5th chakra)

I used to consciously create protection and separation from the client's energy field, but have since come to the understanding that since we are all connected, and only I can allow foreign energy into my field - no one can forcefully impact my energy without my participation - I have dispensed with those specific techniques.

Beginning the reading:

- I have the client speak their full name.
- To further help me tune in to their energy field, I match the vibration (color) of my crown chakra to the vibration of the client's crown chakra. This is like using your TV remote control to tune in to the specific station you would like to view.
- I observe the personality type of the client, based on my personality training with Carol Ritberger as detailed previously.
- I use that information to observe the most common origin site of illness for a particular personality type, and as a guideline for how to most effectively communicate with the client, so they can hear and comprehend the information.

Throughout the reading, I am continually observing the client to determine how much they are ready to hear. This is a critical component, as too much detail when the client is not ready to hear it, does not serve to lead them to their own self-discovery and therefore to healing. As many medical intuitives, I also audio tape the reading for the client. This allows them to listen to the reading again later. I have had many clients report that each time they listen to the tape of their

reading they hear something new. In part, this is because of the large volume of information that can be related in a one hour reading. As well, since we are always evolving, we can come to a new understanding of the same information at a different point in time.

Sometimes clients come to me for a reading who have issues or situations that are similar to my own. The Berkeley Psychic Institute's term for this is "matching pictures". This allows me, if appropriate, to share my own experience in a similar circumstance. It is also sometimes a reminder that I have some further work to do myself with the issue, after the reading.

One of the sayings of BPI is "give a reading – get a healing". I usually feel better and lighter after giving a reading, as the client usually says they do as well. Although I do not solicit feedback after the reading, I have received many different responses from some clients that later want to share their results. Many clients say they feel better or lighter (they also actually look different) after the reading. Some relate that they implemented suggestions or changes based on the information received in the reading – one woman that realized from the reading that she was 'all work and no play' bought a new car and went on vacation. Some clients say they 'already knew all that'. I have seen this in two very different ways. The first is that the reading was a self-remembering process for the client, and they are excited when they realize they were also intuitive. In another instance, I realized that another client who reported she "already knew that", had come looking for something new, a silver bullet. She had already been to many initiatives soliciting information regarding the same issues. Since she didn't want to have to do anything to address the root cause of her physical ailments – her emotional and psychological issues - she kept searching for an 'easy way out.'

I learn as much from my clients as they learn from me, as the reading is an evolutionary process for both of us.

Common Themes in Medical Intuition Protocol

Let's summarize this section on the profiles of Medical Intuitives with some of the common themes regarding Medical Intuition protocols that have been expressed throughout the profiles.

Medical intuitives evolve with each client – Medical intuitives continue to learn and grow with each client. Each brings more information and clarity to our knowledge base, experience, and expertise.

Medical intuition is not a substitute for medical treatment – Of all the medical intuitives I have researched, none has passed themselves off as a substitute for a physician.

It is more difficult to read yourself or loved ones, rather than strangers – Since we have emotional attachment to our own issues, as well as those that are personally close to us, it becomes very difficult to provide an unbiased reading.

The use of Muscle Testing as an adjunct to medical intuition - Muscle testing, also referred to as Applied Kinesiology or energy testing, is used by several of the medical intuitives and related modalities described above, including Caroline Sutherland, Donna Eden and The BodyTalk System.

Some of the benefits of using muscle testing are:

- Its FREE!
- Its easy - anyone can learn to do it
- It can be done alone or with another person

- It requires no equipment
- It makes it more real to the majority of people, who use the five senses as a primary source of information and decision making, as well as those more reliant on their intuition.

Some simple and practical instructions on how to perform muscle testing can be found in the following books:

- *Energy Medicine* by Donna Eden
- *The Body Knows* by Caroline Sutherland
- *Power vs Force* and *Eye of the I* by David R. Hawkins, M.D., Ph.D.

Eden prefers the term *energy testing* and relates how it works “The sensitivity of your nervous system to the energies that come into its range is the basis of energy testing. The frequency of the substance being tested affects your nervous system, and this is reflected by the resistance in the muscle used in the energy test.”

Eden further explains “...energy testing correlates with electrical activity in the central nervous system, so the information gathered during an energy test reflects brain activity, not just the state of the indicator muscle...Energy testing will allow you to assess the state of your own or another’s energies, identify imbalances, and tailor the procedures...”

Among other things, muscle testing can be used to determine the choice and dosage of medications, whether particular foods, vitamins and supplements are beneficial for your body, as well as where the body is out of balance to direct healing.

Muscle testing can be used to gather information, or to validate information. A personal experience that I found interesting was use of information gathered by applied kinesiology corresponding to how my physical body responded to the foods I ingested as well as information I read in the book *Eat Right for Your Type* by Dr. Peter J. D’Adamo. Over a period of years that I had been seeing a chiropractor, he used applied kinesiology to determine certain foods that were not beneficial for my body. During that time, he also repeatedly asked my blood type, which I did not know at the time. Then, my sister told me about the *Eat Right for Your Type* book, explaining how certain foods are either beneficial, neutral or to be avoided for each blood type. After researching my blood type, by calling the local blood bank where I had donated blood in the past, I realized that the same foods that my chiropractor had determined were detrimental to my body through applied kinesiology, were the same ones that the book said to avoid for my blood type. I also feel much more energetic and healthy when avoiding those particular foods.

I sometimes wonder, though, about the integrity of muscle testing. Sometimes it feels, while being muscle tested, like the practitioner is not pushing as hard as other times and I wonder: Is he intuiting the result before the test? Or are his beliefs about the expected result impacting the test?

Eden describes the benefits of muscle testing to determine the impact of specific foods on the body “...energy testing detects the vibrational impact of a substance on your nervous system...energy testing can tell you if your body’s vibration is in harmony with the natural vibration of the food or vitamin.”

Sometimes practitioners who use muscle testing also use tapping (Donna Eden, The BodyTalk System, and my chiropractor Dr. Belli) to introduce a frequency to the body, or reprogram the body for the correction just performed.

Reading at a distance - Most medical intuitives can read a client at a distance, whether that is across town or across the globe. The distance doesn’t make a difference in the outcome of the reading. In fact, some medical intuitives prefer to do readings at a distance, to eliminate the possible influence to the reading of seeing a person’s physical appearance and their body language and responses to the information being related. Those long distance readings can take the form of a live phone call with the client, or the medical intuitive does a reading, documents or

tape it and sends it to the client. Most medical intuitives who perform long distance / phone readings, request that the client pay for the reading before it is performed.

On a humorous note – when I was teaching an intuition class and we got to the part where I was teaching the students to read at a distance (client was in another state), they had some difficulty focusing in on the client. We were at someone else’s house, so I picked the closest thing on which to help them focus their attention. I took the chair we usually have the client sit in for a reading, and sat a teddy bear on the chair. I told the students to pretend that the client was actually sitting in the chair, and viola, they were able to focus and conduct the reading as if the person was in the room. After that, we didn’t need to use the surrogate.

Disclaimer - Many medical intuitives have their clients sign a disclaimer form, indicating that a Medical Intuitive reading is not a substitute for medical care. Some also indicate that the client is responsible for participating in their own healing. Never position yourself as a substitute for proper medical care.

Women make better medical intuitives than men – Pete Sanders describes that most frequent hypothesis about women having more access to intuition, is based on cultural conditioning “Women may appear to be more psychic than men, but the apparent difference is based not so much on sex as on cultural conditioning and training. Women traditionally have been given more freedom to be feeling-oriented; the term “women’s intuition” indicates our cultural bias toward allowing the possibility of psychic ability in women. On the other hand, men and, nowadays, professional women tend to be increasingly “trained out” of their psychic sensitivity. They are not encouraged to talk openly about their intuition, hunches, and similar psychic impressions. In the business world, and other traditionally male-dominated fields, logic, reasoning, and analytical explanations are more respected than are feelings or intuitive hunches. Another factor that tends to help women be more open to psychic sensitivity is their experience of pregnancy and motherhood. These give women a unique opportunity to bond psychically with another Soul they cannot communicate with physically. As a result, they are more aware of psychic frequencies.”

As a neuroscientist and practicing neuropsychiatrist, Mona Lisa Schultz, M.D., Ph.D., is of the opinion that most women have greater access to the right hemisphere of the brain, which is linked with intuition. She indicates that intuition in women is more prevalent because they have a wider corpus callosum, the pathway between the two hemispheres. She also explains the influence of cycles on intuition “Women have greater access to intuition right before periods, then during menopause and beyond, they have constant access, not just the ebb and flow, like when have periods.”

David Hawkins, M.D., Ph.D. believes that the reason more females are intuitives is partially societal programming, although he also states that females are more tuned in to “the field”.

Divergent Themes in Medical Intuition Protocol

There are also a number of differing opinions and beliefs when it comes to medical intuition protocols.

Amount of client data gathered before the reading – I have found that different medical intuitives require varying types and amounts of information about their medical intuitives that use that specific protocol are listed.

- Name only (Berkeley Psychic Institute, Shelley Hodgen)
- Name and age (Caroline Myss, Mona Lisa Schulz)
- Name and place of birth

- Name and date of birth
- Name, address, telephone number, date of birth (Rhonda Lenair)
- Name and a little about the person (Caroline Sutherland)
- No information about issue or illness
- Information about specific issue or illness the client wants addressed (Carol Ritberger, myself)

Different medical intuitives see different things in the same person - Different medical intuitives sometimes see different things when reading the same client. Pete Sanders explains “The main reason we don’t all see the same image when looking at one specific aura is that each viewer is tuning to a different aspect or layer of the aura. In addition, each person sees the image through the prism of their own aura. It’s not so much that one’s own aura biases the colors one sees, but that it directs one’s psychic attention to a specific layer or facet of the subject’s aura.” Sanders uses the example of the story of the seven blind men feeling various parts of the elephant and describing the elephant in seven entirely different ways.

To diagnose or not to diagnose – Some medical intuitives believe it is their job to actually name the physical illness or disease (for example diabetes), while others believe that they are to share information associated with the imbalance and recommend that the client go to their physician to get a medical diagnosis. An example of this would be to let the client know that you see an imbalance in their blood sugar levels that can sometimes be a precursor to diabetes.

To refer or not to refer – Most Medical Intuitives will refer a client to a particular type of medical specialist, complimentary health practitioner, or specific healing modality, if they see that it would be particularly beneficial to the client. Medical Intuitive Lori Wilson has a different view. In describing her medical intuition practitioner program, she specifies her view on this topic on her web site www.inneraccess101.com “In this model of Training, we see our role is to ask the body what is there, what is going on. **It is not our position to do a Scan with the intent or focus on how to "fix"**. This would be much like approaching someone and asking them how they are doing. Then, before they have any chance to tell you what is actually going on ... you begin quizzing them as to how to fix themselves. This is not a respectful approach to the body. Another dilemma occurs when a Medical Intuitive approaches the body with the "fixing mentality". They will likely find the areas of concern but might run the risk of offering solutions based on their areas of expertise or preference, which could be limiting. And so, it is best to stay focused on getting information about what is there and leave the interpretation and recommendations regarding this information to the experts who are qualified to do so.

Your Practitioner may have some recommendations or suggestions as to places to look for support, but be very clear on whether they are getting this information from your body, checking it out with your body or simply recommending something they know about from their own personal or professional background. Again, be reminded that some Medical Intuitives are also trained in other healing modalities and may combine the information gained from a full Medical Intuition Body Scan with the other healing modalities they provide at a later date.”

Reading with your eyes open or closed – Some medical intuitives believe that the eyes are the windows to the soul. These medical intuitives read with their eyes open and use the visual signs from the client as part of their information gathering process. Other medical intuitives read with their eyes closed to reduce sensory input and distractions, like the client’s body language and other feedback (crossing arms, etc.).

Readings deplete vs energize the medical intuitive - Some are of the belief that intuitives purposely or inadvertently take on some of the energy of the discomfort, illness or dis-ease of their clients in their effort to help them heal. Intuitives that take on their clients energy are often ill themselves and some have been known to gain and retain weight as a result.

Having been initially trained with the Berkeley Psychic Institute mantra of “give a reading – get a healing”, I find that I almost always feel better after a reading. Usually both myself and my client feel lighter and more energetic. Judith Orloff describes her similar experience in using laying on of hands as an adjunct to her psychiatric and psychic work. She says that she usually felt “exuberant rather than depleted at the end of a day of working with patients”, and that the healing is mutual.

6. Medical intuitive Readings

The previous section provided many views about medical intuition as well as a wide variety of protocols. Now let’s look at what to expect in a reading, as well as the ethics and responsibilities required of a medical intuitive.

What to Expect

Carol Ritberger provides a summary of how she believes a client should benefit from a medical intuition reading - “The desired outcome of the diagnostic process is to identify energetic imbalances and malfunctions in the physical body...recognize behavior that is not in their best interest...offer clarity, and to provide insights and inspiration.”

In her Medical Intuition Training (MIT) program brochure, she further details what can be derived from a medical intuitive reading:

- “...identify where in the energy body there are energy imbalances and the presence of energetic pre-illness.
- ...identify malfunctions in the physical body and determine the origin site of illness as well as the primary and secondary symptom sites and also to link symptoms back to the illness origin site.
- ...identify the psychological implications behind illness.
- ...clarify the source of the root cause of illness.
- ...help individuals and clients improve their quality of life physically, emotionally, mentally, and spiritually.
- ...assist clients and others in their quest for wellness and wholeness.
- ...evaluating the psychological and energetic implications of illness.
- ...awareness of the human energy system and how that energy affects the overall health and well being of the physical body.
- ...educate the clients in the information contained in the energy flow for the purpose of uncovering the issues, beliefs, thoughts, attitudes and perceptions that are at the root cause of illness, disease, and life crises.
- ...lead clients into self-knowledge, help them in the self-remembering process, heighten their awareness of behavior that is not in their best interest, and to offer suggestions for facilitating and participating in their own healing.”

The main objective of a medical intuitive diagnosis is to help the client understand the root cause of their illness or dis-ease. Ritberger explains another critical point “Actually, the greater challenge for a medical intuitive is not accessing the information, but being able to communicate it on a level which the client can understand.” This is an area where personality typing can be helpful in communicating, as in Carol Ritberger’s protocol. As we observed earlier, she is able to

determine the client's personality type and then use that information to communicate in a style in which the client will understand. This includes her focus for relating the information, including word choices and sentence structure.

The medical intuitive must also pay close attention to a variety of information regarding where the client is coming from, so as to be able to provide feedback that will be meaningful to the client. This is not from a standpoint of judgement, as one level is no better or worse than another level, but to be able to language effectively. This also means not providing more information than the client is ready to handle, and therefore further contributing to their stress, rather than leading them to self-discovery.

A medical intuitive diagnosis should provide specific information regarding health issues, including the functioning of the organs and glands, both presenting symptoms, as well as imbalances, before they manifest. They should be able to explain the energetic body and how mental, emotional, spiritual challenges are impacting your health. Carol Ritberger's biography on her web site explains about her intuitive diagnosis "She helps her clients understand how emotional, psychological, and spiritual energy imbalances can be the root cause of their illnesses, diseases, and life crises. She can literally see the human energy system (the aura), and identify where energy blockages are affecting the wellness of the physical body."

Some medical intuitives provide a diagnostic session only. Others diagnose, as well as refer clients to specific medical specialists or complimentary health care providers. Yet others provide the diagnosis as a adjunct to practicing a healing modality.

Caroline Sutherland relates "If a medical intuitive is good at what they do and are tuning in accurately, the information will *feel right to you*. When you implement the suggestions, you should feel positive results in your health."

Some medical intuitives see symbols or images and describe them to the client even though they don't make sense to them. These symbols or images usually do make sense to the client. Performing a reading is oftentimes like peeling back the layers of an onion. As one issue is addressed, it often allows other issues to be addressed, and therefore healing to begin at a deeper level.

A medical intuitive reading should help reveal the following information:

- See energetic imbalances and where they are manifesting as illness in the physical body
- Address issues on four levels: physical, emotional, mental and spiritual
- Indicate where we are losing energy
- Determine the origin site as well as the primary and secondary symptom sites
- Uncover beliefs, attitudes, perceptions, and behaviors that impact our health
- Reveal what is deterring the body from healing itself
- Determine how to restore balance

Ethics and Responsibility for the Medical Intuitive

It is inappropriate to read someone (go into someone's energy field) without their permission. Although some medical intuitives assume that since you have scheduled a reading, you have already given permission, others still ask, verbally, for permission to enter your energy field. Yet others ask on a spirit to spirit level (non-verbally) for permission to enter the energy field. It is not appropriate to offer an intuitive diagnosis when one has not been requested.

The reading should be in a safe environment, free of judgement.

Mona Lisa Schultz explains in her audio program that she knows when a reading is contaminated or when the client, even though they have given verbal permission, is not letting her into their energy field. In this event, she stops the reading and gives the client their money back.

Donna Eden relates the challenge of reading someone we are very close to "...because of the energetic links with family members are so complex, you may find that you can get accurate results on everyone but your spouse or child."

At times, I have been asked by a new client if they can have a friend or family member participate in their reading. I strongly recommend that the reading be a private session, as in looking at the cause of crisis, illness, and dis-ease, we will probably be delving into very private territory. I make sure they know that I will be audio taping the session and that, if afterward, they still want to share, they can have their friend or family member listen to the audio recording of the reading with them.

Do not share more than the person is able to handle. As equally important to interpreting the information in a manner in which the client can understand, it is important to always be cognizant of the amount and type of information the client can handle.

Unless you also have an M.D., a medical intuitive is not a doctor, and should never position themselves as a substitute for good medical care.

Privacy, in regards to a medical intuition reading, is just as important, and as sacred, as a doctor/client relationship. Never share the information with anyone else. If a medical intuitive ever shares information, along with the name, of a client, run...they will probably share information about you.

If a medical intuitive often refers clients to the same practitioner, either they have limited knowledge of healing modalities from which to recommend, or they might have some kind of business relationship with that practitioner that could be financially rewarding.

Clients must participate in their own healing, not go to a medical intuitive to get fixed, cured, or healed. Therefore, an ethical medical intuitive will not present themselves as the one responsible for healing or curing the client, but rather assists the client in their own healing.

8. How to Select a Medical Intuitive

Pete Sanders offers the following sage advice when going to what he calls a psychic reader. This advice is also certainly pertinent to selecting a medical intuitive:

- Trust your own abilities, tune in yourself first
- Go more for confirmation rather than initial answers and information – use the information to augment what you already know
- Use them for a second opinion, validation, additional insight, or to confirm the accuracy of your own impressions
- Specifics of what to look for:
 - What they charge – a higher fee doesn't necessarily mean better
 - "A reasonable price, however, usually indicates a commitment to service and clear spiritual motives."
 - Definitive answers
 - If they are honest, they will tell you at times they are not getting anything or what they are getting is not clear
 - "Look for psychics who give you their impressions, and then try to help you sense further on your own."
 - Beware if they tell you to only have readings with them

Lori Wilson cautions, on her web site, that if a medical intuitive quotes their accuracy rate, you should question how the number was derived.

9. Developing Your Own Medical Intuition

There are many ways to begin to develop, or further develop your own intuition. One of the concepts commonly agreed to is - don't try too hard. Forcing or over-concentrating locks you into your physical senses, and makes it more difficult to access your non-physical senses. You need to be in a relaxed state - a state of inner calm. Some call this a non-focused state, others call this a specific type of focus. It is important to eliminate external interference and have a quiet, receptive mind.

Another common theme expressed by Caroline Myss, Carol Ritberger, and the HeartMath method is that the mind and heart must be in synch to enhance intuition.

The article *More Than A Feeling, Knowing Me, Knowing You* by Carol Sorgen, WebMC Features from the webMD web site www.webmd.com, indicates that:

“There are five steps to becoming more intuitive, according to [Judith] Orloff:

- Noticing your beliefs about healing
- Being in tune with your body
- Sensing and reading subtle energy changes
- Asking for inner guidance
- Listening to your dreams”

Throughout her audio programs *Advanced Energy Anatomy* and *The Science of Medical Intuition*, Caroline Myss recommends what to do – and not do – to develop your own intuition.

- You must work with the fundamental premise that you are energy before matter
- Intuitive insight requires honesty and integrity with yourself first
- Clear up your own unfinished business - the more you let go of stuff and call back your energy, the more grounded you are and the easier it becomes to read others – impersonal energy
- Your heart and mind must be congruent
- The biggest block to intuition is low self-esteem
- Evaluate yourself every day – pay attention to how your energy is flowing through you and where you are sending or spending your energy
- Develop your intuition with practice and attention
- Perform your readings from non-attachment and non-judgement – including toward yourself
- You must be in present time – this activates your 7th chakra which is high-voltage intuition
- Do not have a private agenda, as it will contaminate the reading and you will not be able to see
- Continue to become conscious that we are light before matter, and observe that continually in every day life
- Honor every way your intuitive system talks to you

Mona Lisa Schultz encourages everyone to develop their own style of medical intuition “In developing your own medical intuition, remember that everyone has their own way / protocol. Learn from multiple sources but always be cognizant of developing your own style, protocol or methods based on culling the best or what works for you from the variety of techniques you learn.” She further advocates to develop all methods or all intuitive skills (clairvoyance, clairaudience, etc.), and to be cognizant how information comes to you personally. Most importantly “Trust in yourself and the information you are receiving. Often times this just comes with practice and experience and learning to realize the information is real.”

10. The Future of Medical Intuition

Larry Dossey, in his book *Reinventing Medicine, Beyond Mind-Body to a New Era of Healing*, relates how medical intuition could be used in the future. He sees it used in emergency rooms for assistance with triage and diagnosis for urgent care. As mentioned earlier by Carol Ritberger, Dosey also sees medical intuition used in cases that are difficult to determine the underlying cause of presenting symptoms.

More practitioners, both complimentary and allopathic, are beginning to more often incorporate medical intuition as an integral and trusted part of their practice. Some are referring “tough” cases to medical intuitives with more frequency.

Medical Intuition is beginning to be more understood as a compliment to allopathic medicine, instead of a substitute for it. Judith Orloff relates “The future of medicine lies in the integration of intuition and technological advances, the wedding of heart and mind.”

Those studying medical intuition are more often also studying anatomy and physiology, to allow more specific diagnosis, as well as increase credibility with the medical community.

It is difficult to impossible to measure the accuracy of medical intuition, especially considering that some imbalances seen by the medical intuitive might not yet have manifested as presenting symptoms. As Lori Wilson mentions on her web site “As of yet there is no recognized, standardized measure of Practitioner accuracy or competency.” Although there is no existing governing body for medical intuitives, there will be in the foreseeable future. Most medical intuition certificate or degree programs test accuracy before allowing the student to graduate. And although California legislation currently appears unfavorable toward the term medical intuitive, the benefits will continue to outweigh the uncertainty of those who think that anything they can not see, feel, touch, smell, taste or measure, does not exist.

Per Larry Dossey, medical teams of the future will practice the “...integration of conventional medicine, energy medicine, and alternative therapies.” The health team will be a combination of the physician, medical intuitive, and alternate practitioner(s). As Dossey questions “Do physicians use intuition in diagnosis without realizing it?” Will they begin to realize this is an integral part of their protocol, and learn to consciously embrace and strengthen it?

Judith Orloff states “When science and spirituality finally join forces, medicine will achieve its full power. And doctors, by reviving their own spirits, will become true healers once again.”

10. Conclusion

Louise Hay provides the basic formula for health “For us to become whole and healthy, we must balance the body, mind and spirit. We need to take good care of our bodies. We need to have a positive mental attitude about ourselves and about life. And we need to have a strong spiritual connection. When these three things are balanced, we rejoice in living. No doctor, no health practitioner can give us this unless we choose to take part in our healing process.”

Although you will see from the bibliography as well as perusing any new age or metaphysical bookstore, there are many books on intuition, there is very little written specifically about medical intuition. Although a recent search of the internet displayed an ever increasing number of web sites that reference medical intuition, a search of several well known online book stores located only one book (Ruth Burger) and one audio program (Caroline Myss and Norman Shealy) with the words “Medical Intuition” in the title.

Carol Ritberger’s Medical Intuition Training and Certification Programs brochure explains “Carol’s personal mission is to influence and change the way that medicine approaches diagnostics and healing by bringing to the medical team trained diagnosticians and practitioners who are skilled and experienced in the profession of medical intuition. In support of that mission,

Carol and her husband, Bruce Ritberger, co-founded The Ritberger Institute where she also serves as Educational Director.”

Some of the more well known pioneers of medical intuition, such as Carol Ritberger, Ph.D., Caroline Myss, Ph.D. and Mona Lisa Schulz, M.D., Ph.D., have realized that they can not keep up with the demand for individual medical intuitive readings. They have, for the most part, discontinued giving individual readings in favor of teaching medical intuition programs, in an effort to groom a new wave of medical intuitives to fill the ever-increasing demand.

Larry Dossey aptly concludes his book *Reinventing Medicine, Beyond Mind-body to a new Era of Healing*, with an analogy of the new age in medicine as being similar to a forest fire not being a cremation but a purification “In a sense, medicine is burning, as old ideas and methods are fading on every hand. But medicine’s fires are purifying; new life is emerging from the ashes, as it always does. The reinventors are stepping forward, and healing is in the wind. The rebirth has begun.” And medical intuition is an integral component of that rebirth.

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www.edgarcayce.org

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www.lenair.com

Ritberger, Ph.D., Carol – Medical Intuitive

www.ritberger.com

Innate Wisdom - Facilitating Your Innate Wisdom for Optimum Health

www.innatewisdom.com

Sources of Medical Intuition and related study programs

Note: The author only has personal experience with Carol Ritberger's MIT program, and can therefore not endorse any other program listed. The resources listed were discovered as part of the research associated with this paper and are provided for further research by the reader.

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