

## ***Your Healing Energy at ‘Full Tilt Boogie’***

By Allen Ainsworth,  
Executive Editor, “M.S. Warrior Newsletter”

***“If you have any chronic health disorder, this article is for you. If you want to do everything possible to enhance your self-healing energy, this article is for you. If you feel you are an energy being and believe the universe is trying to communicate something to you through your illness, this article is for you. If you want to better listen to and learn from the universal healing energy, read on...”—Allen A., M.S. Warrior***

In 1994 my personal world was rocked when at age 42 I was diagnosed with Primary Progressive Multiple Sclerosis (P.P.M.S.). The top Neurologists I could find at nearby U.C.S.F. M.S. Center advised me that, “Once you begin experiencing disability (a.k.a.: nerve damage), there will be nothing we can do to help you.” Considering that I had just declined to participate in what I saw as a toxic and dubious drug trial (Novantrone), this statement about irreversible nerve damage struck me as an attempt to use fear to get me to reconsider.

This approach to healing MY body *troubled* me greatly. I responded, “Correct me if I’m wrong, but there is little you and Allopathic Medicine can CURRENTLY do to help my body to heal P.P.M.S. ” Silence. Hunter S. Thompson, the famous ‘gonzo journalist’ wrote, “When the going gets weird, the weird turn pro.” The going for me had definitely turned weird.

Like most newly diagnosed people, I started by reading and researching everything I could find about my disease (M.S.). The more I read, the more M.S. and modern medicine presented me with a conundrum. Eventually I came to realize that, as an architect, my lack of rational medical training really didn’t hurt me much. I could still intuitively read the writing on the wall.

Hippocrates, the Father of Modern Medicine once said, “First, do no harm!” and “Physician, heal thyself!” Albert Einstein said, “The rational mind is a faithful servant. The intuitive mind is a sacred gift. We have created a society that honors the servant and has forgotten the gift.” This is where my personal healing journey began, from outside the chaos of the rational modern medical box, and into the intuitive ancient healing arts.

Finding myself now a stranger in a strange land, I learned to listen to my body and to regard it as my own ‘study control’. If I was inclined to try some new approach, I initially tried it for about a month. If I intuitively felt that it enhanced the quality of my life, I stayed with it. My healing journey became characterized by this intuitive experimentation.

I found and read what I now consider to be the definitive book on intuitive healing, “Why People Don’t Heal, And How They Can”, by medical intuitive Caroline Myss, Ph.D. Even today, as I re-read its dog-eared pages, I still discover new insights.

In keeping with the ancient Zen concept of a pure warrior, I viewed my health adversity as the universes’ way of guiding me into an intuitive self-healing arena. Along my travels I found that the people who knew the most about self-healing freely shared their truths; and they were also great listeners.

Over time I came to regard the varied and gifted travelers I encountered as sage guides. The truths they shared often led me to powerful healers and amazing personal results, sometimes immediately, sometimes years later. With all of this intuitive knowledge came an expanding and seemingly timeless awareness of my personal healing energy.

Eventually, taking a cue from the writing of Hunter S. Thompson about “the going getting weird”, I “turned pro.” I created an eight page quarterly newsletter

with stories and resources from my fellow travelers along my M.S. healing journey. I came to regard us all as “universal healing warriors”.

I called my newsletter “The M.S. Warrior”. I am told that it has become the most popular Multiple Sclerosis (M.S.) handout at the U.C.S.F. M.S. Center. Currently I have created a non-profit ‘MS Warrior Organization’. All future and past issues of the M.S. Warrior will be available for free on the web at <[www.mswarrior.org](http://www.mswarrior.org)> (site currently under construction).

Today I can happily conclude, along with my Neurologist, that the progress of my P.P.M.S. has halted. Curiously enough, my healing quest has now brought me full circle to where it all began. Today, when my Neurologist says, “There is nothing I can do to help you.” I realize, “That this is ONLY as far as he thinks he knows...”

Fortunately for me (and you) the ancient healing arts and modern technology have united to take energy medicine a quantum leap ahead of modern medicine. I have personally discovered and begun utilizing the “Energy Enhancement System (EESystem). “The what?” you say. Suffice it to say that the ancient healing arts and computer technology have united through a Hawaiian Kahuna (healer) to offer a cutting edge use of Scalar Energy Waves (originally discovered and documented by Nicholas Tesla, and theorized as in another time/dimension by Albert Einstein).

By all modern medical accounts, healing residual nerve damage takes lots of time, if it happens at all. Caroline Myss, Ph.D., in her book “Why People Don’t Heal, And How They Can” said this about the intuitive healing arts: “Because our thoughts and emotions play a role in the development of an illness and because positive thoughts can increase our capacity to heal, the healing arts have turned from an exclusive focus on external medicines to a concern with one’s internal, mental, and spiritual nature.”

I live in San Francisco, California (CA). According to the founding Hawaiian Kahuna, Sandra Michael Rose, with whom I spoke by telephone, the EESystem closest to me is in Dr. John Bertsch's office in El Dorado Hills, CA (2 ½ hours drive north of S.F.). I called Dr. Bertsch's office and learned that the M.H.C. would involve my laying for two hours on a comfortable bed in a comfortable room, beneath positive Scalar Energy Waves generated by 4 computers.

Ever mindful of my credo, "First, do no harm!" I learned everything I could and then decided to "give it a go". Not knowing exactly what to personally expect, I booked an appointment (\$75 for 2 hours—cheap!) and booked a hotel room for that night in nearby Rancho Cordova (\$89/night). Accompanied by my wife Alexandra and our two dogs (Jinx and Babu), I drove up to El Dorado Hills.

As of today (8/15/03) I have had five successive two-hour M.H.C. sessions (June 9, July 15 & 28, Aug. 4 & 11). When I first met John Bertsch, D.D.S., I found him to be a very personable guy as we discussed what I might expect in the M.H.C. I've now forgotten exactly what John said, but I do recall thinking of the "Wizard of OZ" as he described something about "a detached state of mind, losing all sense of time, removing energy blockages while allowing issues to move to ones emotional forefront as they are released, and feeling deeply happy, hopeful, relaxed and at peace."

My first M.H.C. experience, and all my subsequent experiences, can best be summarized as Caroline Myss said in her book: "You have to get accustomed to viewing your own illness the way you would view yourself going back to school. In Fact, reaching a detached state of mind for even five minutes a day is so valuable that it can infuse your body with the equivalent energy of six months living in genuine hope." Each time I emerge from the M.H.C., I have just experienced 120 minutes of living in "genuine hope"!

To further quote Caroline's book, my M.H.C. experiences have enabled me to realize this truth: "It is one thing to understand intellectually the steps you need

to take to heal. It's quite another to understand what you need to do on an emotional level. To ignite the healing fire, you need to believe something with your heart. The heart holds the catalyst that causes the rest of the body-mind to heal in a chain reaction.”

After my most recent session, my experience can best be characterized by the following quote from Caroline's book: “To begin to combine the power of mind, body, and spirit into a will to heal requires that you learn how to use three kinds of perception to change your mind – and change your life. Interpreting your thoughts, attitudes, and challenges within this three-part model of Tribal, Individual, and Symbolic sight will give you a powerful advantage for healing both physical problems and life crisis.”

Wealthy private individuals today own many of the approximately 35 Metamatrix Healing Chambers in the world. The ones that are made available to the public are priced to make them affordable. The Founding Kahuna has decided that there will be no F.D.A. studies or insurance companies or pharmaceutical companies involved. Boosting your healing energy, and that of mankind in general, is the primary healing objective. There are no hidden or conflicted financial agendas.

I am energized by the healing insights and feelings I have experienced, along with noticeable improvements in my neuromuscular coordination since utilizing the M.H.C. I can now feel a mind-body connection to the muscles in my legs that prior to the M.H.C. felt disconnected. I have written this article in the healing spirit of the M.H.C. and the M.S. Warrior Newsletter.

Remembering that everybody is different, the only way for you to know for sure what works for you will be for you to try. To get more specific contact information email a M.H.C. Information Request to me at <[allen@mswarrior.org](mailto:allen@mswarrior.org)>.

So now you know.