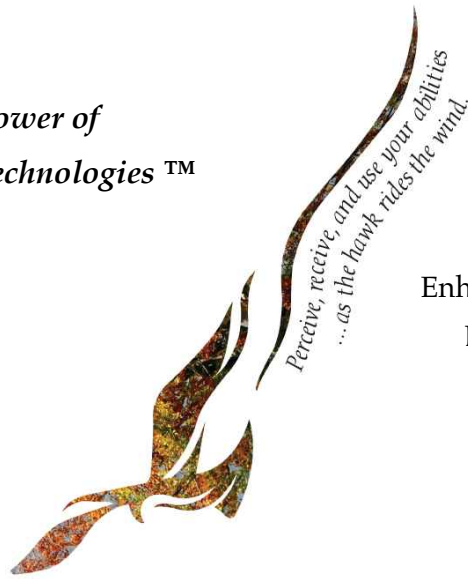


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Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters  
November 2013

## Welcome...

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

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This month the featured articles are “Innovation, Imagination, and Inspiration,” by Debra; and “The Value of Alternatives,” by Joel.

## *Innovation, Imagination, and Inspiration*

It has been said that all innovation meets with three distinct phases: *first, it is ridiculed; next, it is resisted; then it is accepted as the norm.* I have held that idea in awareness before, but while at the International College of Integrative Medicine (ICIM) conference in Columbus, Ohio, it became an internal mantra.

In my former life, I sat with my “alternative medicine” colleagues (those who offered the A to Z of options—everything from acupuncture to Zen meditation) and dreamed of the doctor of the future who would see humans as more than flesh and bones and blood and the mechanical organs and processes. We wanted doctors to recognize the way emotions, nutrition, beliefs, lifestyle, and even things like past lives were woven into our health (or lack thereof) today.

Today, that dream is not something in the future—the ICIM team is that dream team! Therapies used might include Healing Touch and Reiki, acupuncture and acupressure, spinal manipulations and cranial sacral therapy, Emotional Freedom Technique, homeopathy, herbals, prolotherapy, BX Protocol, hyperbaric medicine, bio-identical hormone therapy, pulsed electromagnetic field technology, and chelation. I found all of this very exciting, but something that is deeper is what touches me more. They have heart.

The overall emphasis is on the person, not the process. At this conference, I heard over and over again the importance of looking at each person as an individual. It is not about a protocol, it is about paying attention to the person who is sitting in front of you. What is his or her body asking for? How do you turn the mess into a message? What are

the nuances that sustain well-being and help find the way if they have wandered from the path?

Last year at this time, a friend and colleague of mine ended up in the hospital with cellulitis, and she was really terrified. Her blood pressure went through the roof. She kept telling them she had had a severe pattern of white-coat syndrome, but they put her in ICU and started her on all sorts of meds. That just made her more panicked, and exacerbated the blood pressure even more!

I was going through some stuff myself at that time, and I was fortunate to find out about the benefit of increasing your nitric oxide level by breathing through your nose. I told her about that, and even sent her a photo of myself with my mouth taped shut to encourage her. She was able to quickly make that adjustment, and her pressure came down, and the next day she was ready to be released from the hospital. Sometimes it is the small changes that bring about infinite results.

During my own health situation last year, I learned about BX Protocol. One of the workshops at the recent ICIM conference was about the clinical results the doctor presenting the workshop was seeing with her patients: juvenile diabetes patient off insulin; COPD (still a heavy smoker) off oxygen; a patient with metastatic cancer (PSA was 12,000) surviving; individual with Parkinson's disease who is now able to walk and talk; and a 22 year-old woman with bloody stools (caused by Crohn's disease) no diarrhea in just three weeks! You can learn about it for yourself as there are now a number of testimonials, including this one by a husband who gave his wife the protocol while she was in ICU with ovarian cancer. I understand the guy's emotion about all this. See <http://bit.ly/H0Tnrj>.

Doctor after doctor shared stories (and hard, scientific evidence) of beneficial outcomes patients are enjoying. It is so exciting to have this sort of information! It is wonderful to have people living healthy lives, contributing their gifts and skills to the world and enjoying a greater sense of life and well-being.

Well, for those of us at the conference, I think you can understand why the feelings are mixed. Of course, it is like watching miracles. I think of Jane Foster's being alive to enjoy her family and her new horse after having her surgeon tell her in 1999 that he could not keep cutting on her so she needed to find a holistic healer. She had 22 malignant tumors on her liver. I am grateful for the many others I have worked with over the years that same way. Every day I am so grateful.... I can only imagine how these doctors feel, having truly made the difference between not just life or death, but quality life or horrific pain and suffering: <http://bit.ly/GYPPab>

In addition to the joy, there is also a darker side to your being aware of these opportunities for well-being. One speaker described that darker side this way: the public message is where the idea of preventative medicine or a wellness program is a mammogram, a colonoscopy, and a flu shot. In this article, I will not go into why these three can each be seen as more of the problem than a solution.

The **mess** could be described as the average American lifestyle: including poor nutrition, lack of exercise, chronic stress, and the preventable diseases that come from these. The **message** could be described as we can make the choice to live and enjoy healthy lives.

I was encouraged to hear about "integrative oncology," but I was also aware that it is time for me to dream again. It is time to dream, not only of doctors who see patients as whole persons, but it is time to dream of people who take responsibility for their health

and well-being.

This summer I have been part of a group that has met over four weekends with the intention of developing higher consciousness. The subject appealed to me because you can affect the world out there by how you are thinking and feeling about what you see. When you look at something worrisome and you worry, it is adding more of what you do not want to the world. As one of the conference speakers said, "It is not easy to look at the circumstances surrounding health (of which there is little) care (of which there is less) without being discouraged." It may not be easy, but I have begun to think what if it is not only possible, but also imperative that we are able to.

Think about what might happen as we see a world where children learn they are what they eat. Colas will be replaced by pure drinking water, not as a way of withholding something we enjoy, but as a way of providing something we enjoy more. Life itself...

Notice how quickly the world will shift if people of all ages can monitor their own energy systems and realize when the energy in a meridian or chakra is blocked or out of balance and they know multiple adjustments that will bring about that balance and the health that accompanies it.

Imagine a world where not only are we immune to cancer, we are also immune to hatred, worry, greed, jealousy, and we live by moral guidelines that are greater than the rules of any individual religion.

Innovation is really just our imagination fueled by inspiration. Dreams are made to allow us to appreciate the benefits that are yet to come, in the same way that—feeling the dawn—the bird begins to sing while it is still dark.

### *The Value of Alternatives*

One of the most important things about all of life is its infinite variety. Life flourishes in places where there is great diversity. The nineteenth-century has been called the century of speed, often as a result of mechanization. Trains and automobiles supplanted horses and buggies; steamships supplanted sailing vessels; and plans for human flight took shape. The twentieth-century shepherded in the completion of the dreams of the nineteenth-century. Indigenous ways of life all but disappeared as everything was increasingly industrialized.

Industrialization led to mechanized production. Where we once had wide variety in things, we now have superficial differences. Had you taken a wagon west from Missouri to California in the nineteenth-century, you would have seen a wide variety of vegetation growing on the plains. When you drive across the country now, you see field after field of the same crop: corn, wheat, sorghum, soybeans, or rice depending on the route of your cross-country trip. Planting, growing, and harvesting are all made easier with one-crop fields.

The mechanized approach to farming has the advantage of efficiency. It also has a number of associated problems, especially the lack of resistance to insects and prospects of crop loss. Farmers have to use "heavy duty" herbicides (chemically similar to Agent Orange used in the Vietnam war) and pesticides to ensure a crop. To enable their crops to withstand the herbicides and pesticides, they use genetically modified seed (GMO) bred to withstand the chemicals they use to control weeds and insects.

In other industries, the mechanized approach is disguised by superficial variety. Automobiles are one example. Although automobiles come in a wide variety of shapes, sizes, colors, and designs, their basic mechanisms are the same. The dictates of the

assembly line are such that many parts are interchangeable. If you're old enough, you may recall the public outcry when it was discovered that many Cadillacs contained engines made by Buick. The engines were virtually identical, but one was stamped "Cadillac" and the other was stamped "Buick."

Mechanization is good for some things but not for others. If you are a woman and old enough, you may remember the days when panty hose were labeled "One size fits all." Women everywhere recognized that one size really didn't fit all very well. Even when clothing comes in different sizes, however, differences in appearance tend to be superficial rather than substantive. Take a look, for example, at men's suits and sport coats from brand to brand.

Standardization isn't all bad, of course. In general, production and shipping are more efficient (economies of scale), and costs can (often but not always) be reduced. This isn't always the case, however. One of the areas where standardization has the most negative consequence is in the *practice* of medicine. As Debra mentioned in her article this month, we recently attended the October 2013 conference of the International College of Integrated Medicine ([www.icimed.com](http://www.icimed.com)). The doctors in attendance are what might be called "medical outliers" who have recognized that one size doesn't always fit all.

Although they can do and have done traditional medical procedures, they (individually and collective) have recognized that standard practice doesn't always work. They have dared to ask, "What else?" One of the presenters, Dr. Sherri Tenpenny (<http://tenpennyimc.com>), pointed out how long doctors have known that surgery and chemotherapy: In the sixteenth century, a physician named Bertipaglia said, "Those who pretend to cure cancer by incising, lifting, and extirpating it only transform a local problem into a nonlocal one."

Surgery has, of course, improved since the mid-sixteenth century. We now know to sterilize instruments and have developed anesthesia better than alcohol, a stick between the teeth, and six strong men to hold the patient down. Radiation and chemotherapy follow a similar path. We now know that radiation causes cancer as well as destroying existing cancer cells. Chemotherapy is essentially a poison designed to do more damage to cancer cells than to other cells in the body.

The philosophy, however, has remained essentially the same: Remove the problem surgically, kill it with chemotherapy, or burn it out with radiation. We have gotten better at those processes, but the central problem remains the same: treating the symptom rather than the cause. This is, of course, not to say that hundreds of dedicated scientists aren't hard at work improving surgical techniques, chemotherapies, and radiation. The problem is that vested interests in current technology and procedures preclude looking for alternative ways.

In medicine and politics, the standard rule is "follow the money." Those who depend on the status quo defend it. You have doubtless seen all the ads that go into promoting "breast cancer awareness" and mammograms. Mammogram images are based on radiation, which is a known cause of cancer. Your dentist undoubtedly covers your body from the throat down with lead shields when taking X-ray images of your teeth for good reason. Given the dangers of exposure to radiation, it would make sense to find some other way to screen for breast cancer. Think about the money that has been invested in mammography equipment and processes, however, and you'll know why it is still the standard diagnostic tool for detecting breast cancer. Thermography, which bases

images on the heat generated in the breast is not only safer than mammography, it also does a better job of screening breast tissue. Cancer cells emit more heat than healthy tissue, so the difference between healthy tissue and cancerous can be seen based on heat—no radiation required.

Although thermography does a better job of detecting cancer and causes no harm, many in the “medical establishment” have attacked it—and all forms of cancer treatment not in the mainstream—as “quackery.” Even acupuncture, which has a very long history of success with a variety of problems, is often deemed simply a “placebo” by those immersed in Western medicine. This process of ridicule is really no different from the way the coal and gas industries have attacked those who would promote energy sources easier on the environment and the way Monsanto and others have lobbied to prevent genetically modified foods from being labeled.

One of the good things about science, however, is that it is neutral. Although those in science-based professions often have biases and vested interests, over the long run reality prevails. One of the statements I quote with some frequency is Byron Katie’s observation in *Loving What Is*: “Whenever you argue with Reality, you lose—but only every time (see <http://www.thework.com/index.php>).” Sometimes it seems as though it takes a long time for reality to win, but it is important to know that we do better when are aligned with it. This is just as true (and perhaps even more so) with medicine than with other aspects of life. Look for the evidence, including those of vested interests, when you decide what’s right for you.

### *Language Tips and More*

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