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Health and Well-Being

An Energetic Balancing Act

BARBARA STAHURA

Nothing exists but energy, says quantum physics, and spiritual traditions might call that energy God or Spirit. In the words of the visionary physicist David Bohm, influenced both by Einstein and the Indian mystic Krishnamurti, this energy is an “unbroken wholeness.” It has no dimension, no time or space or defining characteristics. It is eternal and everywhere, a flowing matrix in which all parts intersect with all other parts. Much of it is formless and invisible. When something that seems to be separate and solid—you, for instance—appears, it is energy that has been slowed down and shaped into material form by consciousness, but it is still only energy. Based on the limited perception available from our physical bodies, we humans believe we are separate from each other and from everything else, and we also cling to the false idea that our body, emotions, mind, and spirit are distinct from one another, like a stack of alphabet blocks, instead of the seamless whole they really are. And so we believe that healing comes from outside ourselves.

In fact, the only healing is self-healing. Within each of us, at the spiritual-energetic level, is an innate, self-organizing principle

designed to maintain perfect health. Illness originates with a disharmony or weakness in this organization, which then manifests at the physical level, and we then say that invading germs or renegade cells made us sick. Since ancient times, many healing therapies have sprung up to assist in restoring the energetic harmony necessary for health and well-being. One of the newest comes from Stephen Lewis, one of the founders of the Energetic Matrix Church of Consciousness, LLC, or EMC² and developer of the “spiritual technology” of the AIM Program of Energetic Balancing.

Years ago, Lewis studied homeopathy, acupuncture, and naturopathy, but “they were just tacked on to help me understand the language,” he says. “My interest was always in subtle-energy physics” through the work of people such as Einstein and physicists Nils Bohr and Bohm. He saw that quantum physics is not just a complex theory to be used only by scientists explor-



Stephen Lewis

ing the origins of everything, but also “a pragmatic endeavor with pragmatic applications that, if true, will dictate our entire lives.” Furthermore, he believes that “the message of the millennium will be that consciousness is the dominant force in our lives, and we’re responsible for it, as well as for the manifestations of our denial of consciousness. Ecologically, if something ceases to be of use, it will be replaced by a paradigm that works. This is equally true for each of us. We must make our personal evolution a microscopic version of the macroscopic evolution of our planet.”

He also delved deeply into spiritual teachings ranging from those of Jesus and Buddha to New Thought leaders such as Ernest Holmes and the Fillmores. He saw the links and concluded that both subtle-energy physics and spiritual principles sprang from the same two foundations: consciousness gives energy material form, and the universe is composed of holograms within holograms (a hologram is a three-dimensional picture, any piece of which contains the entire hologram, much like any cell from your body contains your entire DNA). “A hologram is valid in physics and has been valid forever. It certainly precedes Nils Bohr,” he explains. “To speak of ‘being in oneness’ is a hologram, as

is ‘what you do to the least of them, you do to me.’”

Through his extensive studies Lewis saw that illness does not begin in the physical body. Instead, it begins with a disturbance in an individual’s energetic frequencies, or the vibrations in consciousness on the spiritual plane. Shaped by consciousness into material form, these imbalances can finally emerge in the physical body as what we call a cold or cancer or whatever the situation might be. However, if the person’s life force (also called chi or *prana*) is strong enough, balance is quickly restored. Keeping one’s energetic field in harmony is the key not only to physical health but to overall well-being.

When he later co-wrote *Sanctuary: The Path to Consciousness*, a fictionalized account of his real-life work, Lewis had one of the characters say this: “We are in a time in which it is clear that legitimate science, when practiced with intellectual honesty, is a form of religious striving in humankind. The esoteric work of physicists and psychologists and philosophers explores the same terrain as mystics have throughout time.”

Healing Is a Spiritual Process

For Lewis, the trio of healing, spirituality, and consciousness can-

People on the AIM Program

• As a math and science teacher, **John Helsler** of Sterling Heights, Michigan, was well-trained in the Newtonian physics of space and time. As the father of an autistic daughter, Claire, now thirty-one, he had long hoped for improvement in her condition. He says when he found the AIM program, he was skeptical at first—it didn't fit into his Newtonian worldview.

But wanting the best for Claire, he studied the spiritual doctrines of EMC² which underlie the sacrament of energetic balancing offered through the AIM program and how these concepts of consciousness are also found in the principles of quantum physics. "I've really changed," he says. "We all have the power within us of creating our own future. We just have to learn about it and then put it to use."

Claire has been on the AIM program since February 2005 and has shown marked improvement. From early childhood, she had few communication skills, didn't want to socialize, had no goal-seeking ability, and "she would look over your shoulder when talking with you," he says. Today, while she still isn't very social, she initiates conversation, has great eye contact, and can make plans for a month or even a year from now, he explains. She is maturing emotionally, and has gone from a ten-year-old to a teen-aged level.

"We're working towards independence" for Claire, says Helsler, something that was not in her future before AIM. She's working part-time at a shoe store and is applying for other jobs. "I can't think of any other reason why she'd be healing," he says. Helsler and his wife are also on the AIM program.

• In 1980, **Arlene Bates** of Las Vegas contracted severe asthma as a result of overmedication by a doctor, and it curtailed her normal activity. In late 2004, after attending a lecture by Stephen Lewis, she "signed up immediately," she recalls. In May 2005, she was in a head-on collision in which her car was struck with enough force to lift it into the air. Her left leg was crushed, and her wrist broken in three places. Surgery was required to remove debris that had become embedded in her right leg. On top of that, she developed chemical pneumonia from breathing the fumes from her airbag, adding to her poor respiratory health.

Participating in energetic balancing through EMC²'s AIM Program has made "an unbelievable difference" in her ability to self-heal, she says. She now can ride her bike for an hour without any breathing problems. All her injuries healed well. Yet this former policewoman, who now owns a promotional marketing firm, says the benefits go beyond better health to improved well-being: "My mother, who is ninety, said, 'I don't know what's happened, but it's changed you 100 percent.'"

"Some people call it woo-woo," Bates adds with a laugh, "but who ever heard of airplanes a hundred years ago? AIM helps you heal yourself."

• When **Jeff Barkley** of Discovery Bay, California, was diagnosed with lymphoma in his small intestine, he says he "changed my diet and other things that were negative for my body." He also discovered EMC², read *Sanctuary: The Path to Consciousness*, and asked

not be separated, making the process of self-healing a spiritual one. Unlike a medical doctor who diagnoses and treats in hopes of curing—doing something to you, in other words—a healer instead teaches you to access your innate healing power. This makes healing an inside job conducted in the spiritual realm, resulting from a shift in consciousness that heals on the spiritual level and manifests on the physical level.

Lewis discovered how to create this shift by using sophisticated computer technology for spiritual purposes, becoming, it could be said, a shaman using technology. The Quantum-Consciousness Imprinting Device (QID) conducts energetic balancing, even at a distance, through AIM (All-Inclusive Method).

Lewis emphasizes that the AIM Program does not diagnose or heal illness. The EMC² website contains several disclosures to this effect: "The Sacrament of Energetic Balancing and other practices of the ministry of EMC² are not healthcare or medicine and these practices do not diagnose, treat or cure disease. The ministry of EMC² addresses energetic imbalances and energetic balance. All energetic imbalances, both gross and subtle, have, by definition, a spiri-

tual origin." Furthermore, the concepts EMC² espouses are "a matter of faith...not acknowledged by any organized healthcare provider or medical regulatory body, and are not recognized by those authorities as being relevant to healthcare."

Therefore, Lewis explains, anyone who wants a diagnosis or medical treatment should see a doctor, and he does not discourage anyone from doing so.

In the early years of his work, Lewis saw individual clients. But as his knowledge increased and the technology improved, he enlarged his scope and the size of the QID so that the AIM program could be of service to large numbers of people—more than thirty thousand have participated so far. Today, from EMC²'s location in Las Vegas, thousands of people receive energetic balancing around the clock, every day.

Here is how it works: A huge bank of computers sends about five hundred thousand subtle-energy balancing frequencies to metal trays that hold the photographs of AIM program participants, which act as stand-ins for their bodily presence, and the energy is transmitted directly to the participants, no matter where they are at the time. Each person's "higher self"—sometimes called

People on the AIM Program (cont.)

for information about the AIM program. In the meantime, he had one chemotherapy session. After developing constant diarrhea and dropping thirty-five pounds in a couple of weeks, he decided that one round of chemo was enough.

"I started AIM in July 2005 and sent in this picture of my little bald head and skinny body," he says. "At first, it didn't seem like much was happening, but then I was weight training in about a month."

After that, he began going back to the office—he co-owns a real estate mortgage firm—a few hours a day. Since that time, he and his partners have opened two more offices, and he has plenty of energy for all the work. He also "put on lots of muscle in my shoulders and upper body," he says. "I shouldn't be able to do that at my age (forty-seven), but physiologically, things are different" since he's been on the AIM program.

Medical tests have revealed that his small intestine is free of lymphoma. "The doctor was like, there's no way one round of chemo would do that," says Barkley.

• **Flame Moloney and Rob Smith** of Malvern, Australia, have long been interested in alternative healing methods and signed up for AIM in March 2004, along with their daughter, Caitlin, who has Down Syndrome. Since that time, the family has experienced improved well-being and energy levels.

As for Caitie, who is on a Down Syndrome scholarship for AIM, "the range and complexity of the words she used increased markedly, and she continues to have a strong interest in

reading and understanding language," says Moloney. In addition, Caitie's pronounced allergy to wheat has decreased greatly, and her constant dribbling has ceased. "After being on AIM for a year, our whole family commenced consuming an antioxidant called Goji Juice, and we believe that the two working together account for our good health and stamina," she says.

Moloney and Smith have different ideas about why energetic balancing works. "My husband thinks that it works due to our belief in it, and this expectation affects our energy field," says Moloney. "I think that we are more open to moving through barriers to experiencing wholeness in our lives as a result of our participation. The developments in all of our lives have been both deep and subtle."

• **Doug Pfannenstiel**, a social worker in Henderson, Nevada, has severe myopia and macular degeneration. While he was in college, a major retinal collapse destroyed most of the sight in his left eye and produced a lot of anxiety about what would happen with his right eye, which already had poor vision. When he heard about energetic balancing and AIM, he joined the program. The sight in the upper left quadrant of his right eye has improved somewhat since then, and even though the "center field of vision is gone, we'll see if it comes back," he says.

Participating in AIM "has had a calming effect on me," he explains. "I'm as happy with the emotional side of my life as with the physical. More than anything, it's helped me to handle the anxiety of having low vision."

the Buddha nature or Christ consciousness—selects the several dozen frequencies appropriate to correct his or her energetic imbalances, and self-healing takes place.

Lewis is very used to people being skeptical when they first hear about using photos for the energetic balancing. While he'll happily explain the process, he doesn't debate the issue or try to convince people. "Ultimately, this entire debate is moot, because the proof is in the implementation," he says through Max, the character who represents him in *Sanctuary*. "Furthermore, you either get it and are ready for it, or you don't and you're not. Nothing I say can change that. In the world of spiritual technology, there is no higher calling than being a messenger. In fact, to be a messenger is the destiny of all of us."

As to why it does work, remember that everything is energy in an unbroken wholeness, a universal hologram that is the fabric of reality. Since each piece of a hologram holds the entire hologram, Lewis believes that a person's photograph and physical body are simply different manifestations of the same energy. He says he could use blood, saliva, or hair, but photographs are more convenient.

As the AIM program eliminates energetic imbalances over time, a

person's life force and consciousness increase, and the body uses its innate wisdom and resources to create well-being not only on the physical level but also on the mental, emotional, and spiritual planes.

"No one can heal you but you, and no one can say, 'I'm going to heal you.' Technically, it doesn't work. While the world teaches us that everything is out of our control, in reality, we create it all," says Lewis, echoing Ernest Holmes and other spiritual leaders through the ages. He believes we should be honored to join them as "messengers" and our own enlightened healers.

Personal Responsibility for Healing

Since we do create it all, self-healing demands only one thing from participants—accepting responsibility for the circumstances that caused the need for healing.

As energetic beings, we all choose our imbalances, and until we accept responsibility for that, we can't transcend them. Much like an alcoholic cannot quit drinking until she admits she is in fact an alcoholic or an overweight person cannot slim down until he understands he has been eating too much, we cannot resolve any negative circumstance until we take responsibility for our role in its creation, explains Lewis. And—here's

the good news—once we do that, we can change the situation: We can alter our material world. In fact, accepting this responsibility is the first step to empowering ourselves and elevating our consciousness. When we can no longer blame outside forces for the negativity in our lives, we can take control.

Imbalances gain a foothold whenever we suppress and bury emotions (usually unconsciously); when something is too painful to acknowledge, to others and especially to ourselves. But that “something” is a negative influence even when it’s operating below consciousness, and it creates an energetic imbalance. So the AIM program delivers balancing energies around the clock to help participants face everything that’s caused them pain and fear, “forcing them to focus on healing (themselves),” explains Lewis, and allowing them to release their imbalances on all levels.

In *Sanctuary*, Max says, “What responsibility means is being your own guru. We can only help you find the way. Any healing, any progress, any hope, and any despair is going to come from you. It is your energy that matters. I can’t give you my energy, and I wouldn’t dream of it.”

Some energetic imbalances are hereditary, even generations old, passed down unconsciously through

a family. For instance, Lewis has found that the energetic imbalance for some frequencies associated with cancer, particularly in children, comes from unresolved, unconscious bitterness “handed down” from earlier generations. (AIM can reveal the origins of hereditary imbalances.)

Imbalances can also be acquired from natural or man-made sources, such as viruses or pollutants. We’re all exposed to thousands of these energetic frequencies all the time, he says, but not everyone so exposed manifests the imbalance. For example, if someone is exposed to the frequency imbalance associated with HIV but has enough life force to ward it off, it does not manifest.

Lewis cites Louis Pasteur, the father of germ theory, who said at the end of his life, “It’s not the seed, it’s the soil.” Even Pasteur understood that the most powerful germs have no power against a system healthy enough to withstand the onslaught.

So, says Lewis, AIM has only one goal: to help participants be more aware as they create their reality and as they take a more active part in consciously determining their experiences—or, in other words, to strengthen their energetic “soil” so that only the most positive, beautiful “seeds” can grow there.