

LOVE AND THE AWAKENING OF THE HEART CENTRE: HOW IT MAY PREVENT, EVEN HEAL WOMEN'S BREAST CANCER



Amit Goswami is Professor Emeritus in the theoretical physics department of the University of Oregon, Eugene, Oregon, US where he has served since 1968. He is a pioneer of the new paradigm of science called "science within consciousness".

Goswami is the author of the highly successful textbook Quantum Mechanics that is used in Universities throughout the world. His two-volume textbook for nonscientists, The Physicist's View of Nature traces the decline and rediscovery of the concept of God within science.

Goswami has also written many popular books based on his research on quantum physics and consciousness. In his seminal book, The Self-Aware Universe, he solved the quantum measurement problem elucidating the famous observer effect while paving the path to a new paradigm of science based on the primacy of consciousness. Subsequently, in The Visionary Window, Goswami demonstrated how science and spirituality could be integrated. In Physics of the Soul he developed a theory of survival after death and reincarnation. His book Quantum Creativity is a tour de force instruction about how to engage in both outer and inner creativity. The Quantum Doctor integrates conventional and alternative medicine, while in God is Not Dead he explores what quantum physics tell us about our origins and how we should live.

In his private life, Goswami is a practitioner of spirituality and transformation. He calls himself a quantum activist. He appeared in the films What the Bleep Do We Know, The Dalai Lama Renaissance, and The Quantum Activist.

He teaches fairly regularly at the Ernest Holmes Institute; the Philosophical Research University in Los Angeles; Pacifica in Santa Barbara, CA; and UNIPAZ in Portugal, and is a member of the advisory board of the Institute of Noetic Sciences.

THE ACTRESS ANGELINA JOLLY BY HER RADICAL mastectomy because of a high probability for contracting breast cancer has increased our awareness of the suffering that this tragic disease brings to women worldwide. The truth is, every year roughly 3 million people contract this disease and thousands die.

Angelina's case was special because her situation was hereditary. But many cases of breast cancer is not hereditary, is not due to any genetic abnormality and the question arises, Could it be that in these cases the physical symptoms – cancerous growth – is not due to any physical cause at all? If

there is a nonphysical cause and we can understand it, can we treat the disease at the root and heal it? Furthermore, if we can understand the cause of these cases of cancer, could we prevent the cancer by eliminating or minimizing the cause in the first place?

Conventional medicine practitioners are not very friendly to such questions because of their "everything is matter" and "genetic abnormalities cause most disease" philosophy.

Quantum physics leads us to a different philosophy: Consciousness is the ground of being in which there are four worlds of quantum possibilities: material, vital, mental, and archetypal (which I call supramental). Choice by consciousness from material possibilities gives us material objects of sensing. When consciousness chooses from the possibility-movements of the vital world, we experience vital energy movements of feeling. Choice from the mental world, mind, gives us meaning objects of thought. And choice from the supramental gives us the archetypal objects of intuition such as love (Goswami, 2004). The individual manifest worlds of our experience do not interact directly but only through the intermediary of consciousness with nonlocal, signalless communication (quantum nonlocality).

This scientific validation of our subtle experiences of feeling, thinking, and intuition, opens the door for the validation of alternative practices of medicine that postulates important disease-causing role to imbalances of the subtle movements of our experience (Goswami, 2004). For example, vital body medicine practices (Traditional Chinese Medicine [TCM], the Indian Ayurveda, homeopathy) hold that imbalances or blocks of vital energy movements associated with our organs and their interactions cause many diseases. Mind-body medicine practices hold that imbalances and blocks in our processing of mental meaning cause some of our diseases. And so forth.

TCM AND WHAT QUANTUM PHYSICS AND AVANT-GARDE BIOLOGY ADD TO THE TCM MODEL OF BREAST CANCER TREATMENT AND PREVENTION

Now back to breast cancer. According to TCM, breast cancer is caused by imbalances in the movement of

vital energy in the breasts and in the related organs of importance to healthy breast functioning. Also of importance in TCM is the movement of vital energy in the channels called meridians that connect interacting organs.

In the early days of medicine, when Traditional Chinese medicine was formulated, very little was known about the vital body. Boldly, the Chinese thinkers used a modified version of the five-elements theory of matter and space (the classification in terms of earth, water, air, fire, and vacuum or empty space) to get a grip. But being good empiricists, they also took into account what they empirically knew about the organs. They discovered that organs affect organs in two ways, either in a supportive role or in a controlling role. Accordingly, they renamed the corresponding vital energy elements as: earth, water, wood, fire, and metal. Earth nourishes metal in a supporting role, but metal cuts wood in a controlling role.

In this way, TCM practitioners would say that the female breasts, liver, and stomach are connected by support and control. Therefore, they emphasize the importance of keeping the flow of vital energy in these organs and between these organs unblocked and balanced. This means we pay special attention to the flow of vital energy in their channels of communication, namely, the liver meridian and the stomach meridian. Balance in the conceptualization of TCM means a balance between the complementary aspects – yin and yang – of vital energy (*chi*).

TCM is especially effective as a preventive medicine. If we keep the vital energy balanced and unblocked in the way described above, we can prevent cancer, is their point. Empirical data supports their view.

Modern science improves the theory quite a bit. I have already spoken of how quantum physics and the concept of psycho-physical parallelism makes the concept of vital energy scientific. Balance in this approach means a balance between particle and wave modality of the flow of vital energy, a balance of what is and what is possible, in other words a balance between conditioning and creativity in the mode of movement.

Now add new insights in the biological theory of form-making, morphogenesis. The biologist Rupert Sheldrake noted that morphogenesis, how a one-celled embryo, through cell division that creates identical replicas, can grow all the different organs of the body with differentiated functions depending on the where in the body the organ lies, gives rise to a paradoxical question – how does the cell know where it is in the body? Accordingly, there must be new nonlocal and

therefore nonphysical organizing principles, call them morphogenetic fields that are instrumental in biological cell-differentiation and form-making.

When we combine the lesson of quantum psycho-physical parallelism with Sheldrake's morphogenetic fields, we can see clearly that the morphogenetic fields are the blueprints of biological form that consciousness uses to make organs. Each organ then has a "correlated" (through consciousness and quantum nonlocality) morphogenetic blueprint in the vital body. The conglomerate of these morphogenetic fields associated with all our organs is what we call the vital body.

As the physical body grows through childhood and early adulthood, the movements of these associated morphogenetic fields become conditioned to act in a certain predictable way. These are yin movements of vital energy. But the cells die and are replaced from food molecules, disease comes from various sources, environment changes with seasons and places; in this way, the movements of the morphogenetic fields has to have creative dynamism, a balance of the yang component of *chi*.

The most serious situation, of course, is created when certain movements of vital energy are entirely blocked; in quantum parlance, these movements are never actualized or collapsed. We can see, that such blocks of vital energy movement that prevent the functioning of organs would have grave disease-producing consequences.

Now add another relatively new insight of modern biology and medicine, the discovery of the immune system that keeps the body healthy by killing off intruders. Naturally, modern medicine recognizes the importance of keeping the immune system functioning normally. Because of occasional mistakes in cell division mechanism, the body is always creating abnormal cells which the immune system kills off routinely as intruders. But if the immune system does not function properly, these abnormal cells can grow and become malignant, causing cancer.

However, modern medicine has only a few legitimate scientific mechanisms for immune system malfunctioning. The principal one is genetic; if there is a defect in the gene structure, the immune system will go awry with high probability. This was suspected to be the case with actress Angelina Jolie.

Another mechanism sometimes suggested is the action of a bacteria or a virus that trips off the immune system. However, there is no concrete case of this happening. Recently, a red flag was raised in proposing that oral sex can lead to throat cancer through bacterial

infection. The actor Michal Douglas made himself the butt of many jokes when he claimed that his throat cancer was caused by the many occasions of oral sex that he served to his wife.

Vital energy medicine can do better. Blocking of the vital energies associated with the immune system is a likely mechanism for immune system malfunctioning. What can produce a vital energy block of this kind?

What feelings are associated with immune system functioning? The job of the immune system in the form of the thymus gland whose geographical location is roughly the same as the female breasts is to distinguish between “me and not me.” When we fall in love with someone, the movement of the morphogenetic field associated with our immune system is temporarily suspended, suspending immune system functioning as well. This is experienced as an intense yearning for physical union, a part of all episodes of romantic love. When the union is achieved, movement of the morphogenetic field (vital energy) resumes and the immune system functioning returns to normal.

In this way, certain situations in women’s life can lead to prolonged suspension of immune system functioning, such as a woman in grief from bereavement. This then can produce breast cancer.

In Eastern psychology, the presence of certain feeling centres along the spine was discovered long ago. These points are called chakra points. Notice that the location of the thymus gland is roughly in the same area as the heart. The corresponding chakra point where we feel romantic love is called the heart chakra. There are seven such major chakra points.

The identification of unfulfilled romantic love as the source of prolonged and continuous immune system malfunctioning gives us an extra handle. It brings to the fore the role of the mind in causing vital energy blocks. To starve the heart chakra of romantic love until fulfilment is achieved with only the desired partner, nobody else, is often a mental decision that suppresses the feeling of love toward others. Thus certain types of cancer, breast cancer in particular, can be recognized as a mind-body disease.

Again, from the perspective of mind-body disease, prevention is the best policy to deal with the problem. In the olden days, people were encouraged to grieve more than they naturally would. But people lived in loving family environments then. Now with cancer-prone environment without loving support system and exponential increase of mental stress, we should do the opposite and discourage prolonged mourning.

Is there any healing along these lines once one has contracted breast cancer? The best results are

achieved if we try changing the context of the mental thought that contributes to the negative emotion of grief.

The physician Deepak Chopra discovered the phenomenon of quantum healing as an explanation of many cases of spontaneous healing without medical intervention. Quantum healing occurs as a discontinuous transition of the mind to the archetypal world to discover a new context for mental thinking that is causing the vital energy block. Such quantum leaps are part of the creative process. In the case of mind-caused breast cancer, the quantum leap will let you love again.

The quantum leaps of quantum healing of cancer bring about the normal functioning of the immune system back with such fury that overnight all the cancerous mass is destroyed. There is ample evidence of such spontaneous healing without any medical intervention.

Can we do even better, life-long prevention, once we have rediscovered love? In TCM, it is recognized that the vital blueprints of the three organs of the lung, liver, and stomach form a special trio of circular hierarchy: the liver blueprint controls the stomach; the stomach blueprint does not control the liver blueprint back directly; instead, the stomach blueprint supports the lung blueprint, and the lung blueprint controls the liver blueprint. Thus the vital blueprints of the three organs form a functionally causal circularity, a situation called tangled hierarchy, which produces self-identity. What this means is that when consciousness collapses the possibility waves of these organs and their associated blueprints (morphogenetic fields), it identifies with the trio as a whole giving the system apparent autonomy (Goswami, 1993). There is no evidence for any autonomous functioning of the lung, but there is such evidence for the immune system. Clearly, the ancient Chinese thought has validity if we substitute immune system for the lung. In other word, the immune system, the liver, and the stomach form one autonomous system of identification for consciousness. And it is important to keep each member of the trio and their vital connections healthy to ensure proper immune system functioning.

So the quantum recipe for forever healthy living: discover love and expand your centre of functioning from your neocortex to include the heart (immune system) centre also.

AWAKENING OF THE HEART IS TENTAMOUNT TO AWAKENING THE SOUL

There is another important way to looking at the awakening the heart centre of the self where love is felt. Remember ultimately love is archetype. A feeling

of love is a vital representation of the archetype of love similar to the fact that our thoughts of love are mental representations of the archetype.

Archetypes reside as quantum possibilities in what we call the supramental domain of reality. When they collapse, we experience them as intuition. At the present stage of our evolution, we do not have the capacity to make direct physical representations of intuition. But we do have the capacity of making representations of the vital (in the form of the organs of the physical body) and the mental (in the form of neocortical memory of thoughts). So when we have an intuition, we make both a mental representation (an intuitive thought) and vital representation (for example a “gut” feeling at the navel chakra) as intermediaries of physical representation (in the form of brain memory of the thought and feeling which we call emotion).

In this way, when we explore love creatively, we make a brain representation of the emotion of love (thought plus feeling) that then becomes a repertoire of loving behaviour.

Now realize the age-old name for the supramental is the soul (as in the great chain of being – body, mind, soul, spirit). So when we have a physical representation of the archetype of love in the brain, we have developed not only a body (physical-vital), a mind (in the form of all the memories of past thoughts), but also a soul in the form of these circuits of love. And then we can live at the physical/vital, mental, and the soul level. And this will take our collective intelligence up a level.



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