

Emotions and Health

By Eric B. Robins, MD

Michelle, a bright, perky, 21-year-old woman, arrived in my office complaining of severe bladder pain. She had to urinate frequently and urgently. I did a complete medical workup but could find nothing out of the ordinary-by the standards of my profession there was nothing wrong with Michelle. Yet it was clear to me that Michelle's pain was real, and her physical symptoms were real. After I had finished looking in her bladder with a cystoscope and found everything to be normal, I ventured, "Sometimes women with your symptoms have a history of sexual abuse or molestation. Is this possible with you?" In the corner of her eye, the slightest of tears welled up. It turned out that Michelle had been sexually penetrated by an uncle almost daily from the age of three, till she was ten years old.

I asked Michelle to think back upon these memories and find a part of her body where they were strongest. She said she could feel them acutely in her lower abdomen and pelvis. I asked her to rate them on a scale of 1 to 10, with 1 being the mildest and 10 being the most intense. Michelle rated her feelings at 10 out of a possible 10.

I then spent 45 minutes working with Michelle, using some of the simple yet powerful techniques I describe below. I then asked her to rate her level of discomfort. It was a 1-complete peace. I urged her to cast around in her body for the remnants of any of the disturbed feelings she had previously felt. She could not find them, no matter how hard she tried. The emotionally charged memories had been so thoroughly released that a physical shift had occurred in her body. Her bladder condition disappeared. In the three years since that office visit, it has never once returned.

How are such apparently miraculous healings possible?

Many years ago, treating patients was much more difficult for me. I am an urologist in the Los Angeles area. Urology is a surgical subspecialty, which means that I spend much of my time in the operating room. Despite this fact, urologists still see a significant percentage of chronic and functional problems in the office. Patients with functional problems have real complaints and symptoms, yet physical exams, lab work and x-rays reveal no anatomic or "physical" findings. I've always believed that what these patients are feeling is real and genuine, and that the problems are not "just in their heads" as many physicians are prone to think.

Chronic problems are those conditions that patients have over long periods of time. To me, a chronic problem means that the body cannot heal itself.

Taken together, chronic and functional problems make up about 80% of the cases that walk into a primary care doctor's office. Often, patients with these conditions get angry when I tell them that I cannot find the "cause" of their problem. After many years of urology practice, I found myself getting frustrated; I could dispense medications to treat the symptoms yet not be addressing the underlying cause.

When I first began to look for better ways to understand and treat chronic and functional problems, I had to look outside of the standard allopathic medical model. The reason I had to do this is because allopathic medicine is based on the belief that "the body needs medications or surgery to heal." If you are interested in ways to get the body to heal itself, you've stepped beyond the realm of allopathic medicine. As I studied several different types of alternative healing, I saw a common thread. Whether found in acupuncture or acupressure or homeopathy or energy healing, the common belief is that the body tends to heal itself, and there is a healing energy that flows through the body that allows this to happen. If this energy gets blocked-producing either a congestion of dirty, stagnant energy, or a depletion of energy-this predisposes the body to disease. All these systems, with their various techniques, try to re-establish flow of energy.

Early in my practice I noticed that I had a significant number of younger, sexually active women who would get recurrent urinary tract infections after intercourse. I rarely found an anatomic reason why this would be the case, despite doing a complete workup. I said to myself one day, "Many women are sexually active and are not getting urinary tract infections. So why do they recur in this sample of patients? It is almost as if the body's healing energy is not getting down to the pelvic area; if it were, their immune system would know what to do to prevent the infection from getting started." With this thought in mind, I began a study of the body's healing energy.

I was fortunate at the time to come across a healing system called "Pranic Healing." Master Stephen Co, one of the senior Pranic healing instructors in the world, was living and teaching in the Los Angeles area. I was able to spend a great deal of time studying the technique with him, as well as with the Grand Master of the system, Choa Kok Sui. Pranic healing is a powerful and effective system of energy healing. It incorporates all sorts of energy-related techniques, including feng shui, kundalini-based meditation, higher clairvoyance, sexual alchemy, and financial manifestation. Grand Master Choa has great ability to take complex esoteric topics and boil them down to their practical essence.

I began to use Pranic healing with my patients. It produced a number of recoveries like Michelle's, and gained the notice of other staff members at

