

Health – PRE (Profound Relaxation Table)

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Q-1. About my job. Two years ago I started to work as a medical doctor, but I could not enjoy my job. One year ago I tried to change my career, but because of my parents' opposition I could not. I just moved from internal medicine to psychiatry. I think there is another career that I can enjoy doing. Please tell me the job which suits me the best. Also tell me how to change to that job - when, where, how to change. Please tell me in complete [detail].

A-1. Yes, we have before us now the records and the Witnesses and the physical body. And, in responding to your initial question, we would like to assure you that there are no events which occur in an individual's life - particularly events of great importance - which are actually mistakes, or accidents. Now this we say for the purpose of suggesting to you that it was not a wasted period of time to study medicine, nor was your desire to change your career a mistake, nor even the resistance of your parents to allow a complete change.

Yet still there is a specific mission, a job before you which very much needs to be accomplished, and will to some extent require your credentials for accomplishing it. Now, for that reason we would ask that you allow yourself to experience a sense of gratitude toward the Source, your own Higher Mind, which has influenced all these decisions, and have brought you to this moment.

We would have you, if you will, accept within your practice to some great degree, very great degree, the introduction and the use of what we refer to as the PRE Table, or the instrument for the Profound Relaxation Experience. And in the establishment of your practice - still working as a medical doctor, a psychiatrist, - employ the use of several of these devices, and record results carefully.

Conduct some experimentation, research. But, most of all notice the profound healing effect of this instrument used with the proper music, as well as the sometimes appropriate cassette recording of instruction to lead a visualization to empower the image-creation of the mind to use its own considerable, powerful, innate healing awareness to be directed by the profoundly relaxed mind to accomplish healing of many types, and in many, many ways.

While your practice may not be limited, of course, to the use of these instruments, they certainly will prepare each patient for the remaining therapeutic applications necessary. Most often, you will find that these tables have accomplished so much more than can be accomplished by the use of psychoactive drugs and other forms of psychiatry, although we do recommend that you give some study to the practice of ortho-molecular psychiatry.

Even more than all of this, your life work, your mission, your sense of fulfillment in your self, will come most from your pleasant encounters with the people who come for your therapy, for your experience and your applications. And one of the reasons for this, a reason that it will be a pleasant experience, is

that you must view your work as much more, much more than a medical doctor or a psychiatrist, but see yourself acting in a much higher level of healing, in the manner of the ancient teacher, healer, priest, which meant, for example, that the body was not taken apart from the personality to be worked on as if it were a completely separate instrument.

And the personality, the emotions, the mind and such, such separations in specialization often lead to difficulties in diagnosis and in treatment. Thus, we would have you enjoy teaching those patients who come, teaching them of what we have proposed as a new medical paradigm, involving the embodiment of thought, particularly considering that every negative thought produces a muscular response at some point in the body, often in an area which cannot be felt or experienced as pain.

Even though the muscle pain will be in spasm as a result of the negative electrical discharge of the thought, it is scientifically established that one cannot think without moving muscles, and that thoughts of stress, worry, fear, all negative emotions, produce exclusively muscular contraction, never expansion.

Further, these muscular contractions, which often become spasm, do not release, do not expand again until there is a thought and experience and expression of resolution, peace, joy, related to the same subject, the original thought which caused the muscular contraction.

Thus, you will find so many, so very many people in your practice and in your travel. In every endeavor you will encounter the fact that mankind, in the present form of body, evolved to this level, this form which you now experience, evolved to this form in a world that was filled with dangerous creatures and reasons to trigger the so called 'fight or flight' syndrome, or reaction, principally involving the adrenal stimulation.

Now, because life has changed so dramatically since that last great period of evolution, humans now have created a habit of constantly living in a state of low level stress, meaning, as compared to the necessary fight or flight response. A high level of stress, but brief, has been replaced by a constant and ongoing low-level stress, which continues even through the night, through virtually all experience of life without relief.

Now, these are extremely deteriorating factors within the human body, certainly affecting the personality, the mind, and its challenges, and certainly is the reason that the young of today are searching anew for a real experiential, participatory experience with Source, looking for a relationship, personal, experiential relationship with God.

Now, the primary purpose, then, of the Profound Relaxation Experience Device is to reduce those levels of stress, even the low level but continuous stress, into an experience of profound relaxation, for extended periods of time. At least twenty minutes is required for application, and in some instances it is best to be left for as much as eight to ten or twelve hours of such relaxed experience [so] that the body may then begin to heal itself in so many ways by virtue of the fact that [it was] such a profound relaxing experience.

Putting the purest possible vibration of sound, not mechanical vibration, but sound, harmonics. Music

itself is passed through the physical body, usually at a largo rhythm of sixty beats per minute, which in turn can relax these unknown and recognized muscle spasms within the body, which, in fact, over a period of only a few years gather about them a sediment, largely calcium, which crystallizes such spasm.

And, because they tend to accumulate along the spinous process, they are very much prone to squeezing off the blood supply, lymph, water, electrical, and meridian life force supply to particular glands or organs, which relate [to] the location of the spasm and crystalline formation.

The application then of the PRE Table is to use the vibration of music, not mechanical vibration, but music, harmony, to gently relax the muscle spasms, and to gently restore the life potential, the ability of the muscles of the body to express - because we must mention here, the muscles move, that is contract, contract particularly because the nerve impulse moves free floating calcium to touch the muscle endings. And when there is, then, such spasm [as] we have spoken of, these free floating calcium particles do not return to their free floating condition, but rather accumulate in something of a crust.

Now, we will say only that much about that instrument for the moment, suggesting that your practice be one of certainly healing people as a medical doctor, relieving their stress, anxiety, as an orthomolecular psychiatrist, and that you fulfill the other part of your role, which we believe that you will enjoy more than all the other areas, and that is the role of the teacher in healing. The role of the teacher being the opportunity to teach each patient that while there has been in this culture, as in many others, a pattern of learning which undermines and to a very great extent destroys the natural experience of self-love, self-confidence, self-esteem. Followed then by responsibility and the ability to act in response to life, to act with responsibility rather than responding with reaction, the difference being that a reaction is not consciously controlled.

Now, as you can, teach these methods of learning: love, relaxation, of self-confidence and strength, and even within these Tables instruments can be introduced, cassette tapes of instruction in using the mind's own visual ability to direct its own healing processes. Perhaps, you would benefit from reading the work of Dr. Bernie Siegel, in his work, entitled "Healing Through Visualization." There are a number of others as well who expound upon this method.

There is, then, a primary focus in your work upon restoring self-love, self-worth, self-esteem, self-confidence, the empowerment of self to be in charge of one's own life, which even can result in non-aggressive assertiveness, which is a great skill.

Now, let us go on ...[we are] suggesting that you maintain such a clinic and treat individuals without initially describing your work as very un-orthodox or such. Approach it initially as a quiet influence in your practice, and add more and more of the instrument as the success begins to unfold. Grow as there is word about, and such, concerning the effectiveness of the healing, the assistance you are giving to so many.

Now, moving beyond the question regarding career, and as to when and where, and such, we will only respond that you begin this move as soon as possible. As you can inform yourself about the potential of

these instruments and acquire such equipment and establish it in an area with a great deal of foot traffic, in areas of critical settings, that is medical offices tend to be somewhat clustered about, hospitals, and such.

There is not so much further there to answer or respond to. There is, however, this point, which is very much part of the healing practice. As you ask in your final question about relationships within the family, and the lack of harmony and joy and such.

We would declare to you that the primary reason for this difficulty is precisely as we have described before earlier, that so few in this culture, and other [cultures] of today have opportunity to learn self-love, self-worth, self-esteem and thus, responsibility, and lacking that, which is such a great loss, such a great handicap, because love is literally a survival need. That love, the particular love that is a survival need, must come from self in forms such as self-appreciation and acceptance of responsibility. The individual is [then] empowered.

By so accomplishing this personal power, there is in turn the ability to respond to the needs of others, even when those needs, those symptoms are displayed in unkindness. One who is fulfilled with a healthy self-love will not be offended with the other's symptom of pain, expressed as an unkindness. One who loved so thoroughly, so effectively, and so completely recognizes unkindness in others as a symptom, and feels that it is not appropriate to catch that contagious disease, but is of more importance to understand the other's pain. Yes, to understand the other's pain, [but] to respond as a healer rather than as a victim.

If you can, use such material as we have called a Self-Esteem Program. See the difference in the home environment, the healing of the family, and know from that experience the value of the application of this instrument in your work, and in your healing.

Now, these are portions of your life purpose, the reason you have come in this time. It is not a small task. You may well, if you so choose, become a leader, virtually the father of a new paradigm of healing in this country for there is a great need and a means of meeting that need are at hand.

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