



Energy Approaches to Cancer Patients

By Fadel Behman, M.Sc, Ph.D.

Contemporary society is showing great interest in learning more about integrated or holistic medicine where classical or allopathic medicine is practiced side-by-side with complementary or alternative medicine and where more emphasis is given to psychological and spiritual counseling as part of the holistic approach.

This trend is founded on the premise of a new approach to health-care in general and for cancer patients in particular. This new approach acknowledges the level of wellness of each patient as an individual human being, and as an whole person with four equal aspects of being, namely: a soul, a mind (psyche), emotions and a physical body. These four aspects are beyond separation because of their interdependence. It follows that healing an individual can not be just repairing only one aspect (the physical body). If the mental, emotional and the spiritual aspects of that individual are not addressed, then the healing is not complete because the precipitating condition or precursor of the disease remains unchanged.

Holistic therapy is to treat the four aspects of the individual patient to regain the healthy interdependence between these four aspects in that patient. In short we need to heal the total individual and not to look at the patient as just another case of that specific disease.

In other words, the focus should be on healing the whole person and not just removing the physical body symptoms of the disease.

Over the past few decades many researchers in the different specialized subfields of cancer research and treatment brought about few incremental advances to our understanding of the nature, diagnosis and treatment modalities. Almost all the research is concentrated only on the physical body aspect as if the mental, emotional and spiritual aspects do not contribute to the onset of cancer. Almost all the methodology used in scientific research was focused on looking objectively disregarding both the subjectivity of the researchers and the patients. No wonder that from these slow advancements, only limited improvements in cure-rates for only some types of cancer specially if diagnosed at an early stage.



Presently, cancer statistics show the general trend of continued increase in both the incidence-rate and mortality-rate of many types of cancer. Just because it is easier to do objective research than to include the subjective variability of individual cancer patients does not mean it can not be done. As human and financial resources are limited, it is time to replace the old mechanistic and material belief system by applying the holistic approach.

Medical research can learn from modern physics research. The old Newtonian mechanistic approach in physics has been replaced many decades ago by an Einsteinian quantum approach that lends itself to the inclusion of the subjective nature of the researcher into the objective analysis of such quantum experiments. Similarly, it is becoming so essential to discover new more accommodating experimental multidisciplinary health-care approaches towards the complete healing of the individual cancer patient, as well as, towards more comprehensive or holistic understanding and management of cancer therapy.

Currently we do not have the medical scientific foundation on which to vision a comprehensive theory or mechanism of healing cancer because of the objective limitations of the scientific method, but certainly from the example of Quantum Physics we can take many steps in the right direction. Also our current research and understanding of subtle mental, emotional and spiritual human dimensions are much less advanced than that of the physical and biochemical human aspects expressed in our normal physiology of the patient or the pathology of disease. But let US not forget that medicine is equally an art as much as a science, so the right mix of subjectivity and objectivity could take us far in the right direction.

Obviously, we need new approaches that can bring about more permanent recovery from cancer (cure). Such permanent regaining of health would indicate that the newly discovered approach is based on discovering the core or deep cause(s) of the different types and stages of cancer in each individual cancer patient. Implicit in achieving such results of permanent recovery would be to explain how the new model or approach can demonstrate the mechanism of healing and the different cause-effect relationships involved.

From the public point of view, Individuals suffering from acute and/or chronic terminal illness in general or from cancer in particular, are searching for any and every treatment modality that delivers any amelioration of their pain and suffering and hopefully curing them from their illness without the severe side-effects that cancer patients are unable to tolerate.

In Western societies of North America and Europe, new and more holistic approaches are being experimented with to find the most effective and efficient approach of healing cancer patients. All of these trials are characterized by pioneering in creating a custom made individualized treatment for each cancer patient by looking at each patient as a whole and



integrated individual with a unique four-aspects of being: soul, mind, emotions and a physical body and treating simultaneously all the four aspects of that patient.

One example of these new holistic approaches is from my own research over the last twenty five years where I developed what I call a "Subtle-Energetic Approach" or SEA Technique. The premise in the SEA Technique is the simple notion that disease can be looked at as the disruption of the integrity of the Whole Energy Field of the patient and the absence of the normal distribution of the life force or vitality of the four different Subfields of the human being, namely the physical, emotional, mental and spiritual energy fields. Healthy and fulfilling life for each individual is characterized by a specific pattern of interdependence or distribution of that subtle energy or vitality between the four aspects. Well-being is a reflection of the fluid and harmonious movement of the life-force in these four energy subfields corresponding to the four aspects of being (spiritual, mental, emotional and physical). It is clear that each individual continually enhances or blocks the movement of the life energy according to both conscious and unconscious thinking and feeling, beliefs and attitudes.

The spiritual aspects of being affects our implicit value and meaning we associate with both internal and external life events. The key factor is our way of interpreting life-events as either challenges to motivate us more (positively) or as stress (negatively) de-motivating us, in either case affecting our thoughts, feelings and attitudes. Thus, we can see how the spiritual, mental and emotional aspects of being are modulating the distribution pattern of life energies inside our physical bodies all the time.

To imagine the impact of the dynamic nature of thinking and feeling on the energy distribution of the four aspects of being, one can visualize four nested multi-colored three dimensional holograms where their four shapes or their structures as well as their color combinations are dynamically changing reflecting their, vitality. Chronic disruption or perturbation of the normal pattern of energy distribution leads to disease and by the same mechanism, reversing the disruption towards normality brings about healing.

Dr. Fadel Behman is a former medical physicist and a holistic health researcher. He has been involved in radiation oncology in university teaching hospitals for more than thirty years. His current research, teaching and therapies are focused on the wholeness of being in body, emotion, mind and spirit, not just for healing, but also for prevention and total wellness. He recently developed the "SEA" approach for health and the "Behman Model of Vibrant Living" for enhanced prevention, creativity and wellbeing. He founded and directs the Holistic Health Energy Institute in Montreal.