

THE MODERN DOCTOR

I have asked myself several times why the blood stem cells therapeutic system I have adopted is considered "anecdotal" or "non-scientific" even though scientific papers have been published to prove that we have obtained autologous adult pluripotent stem cells.

Even if the works we have published in orthopedics, ophthalmology, dermatology, etc... do not count hundreds of cases, as is the case in many regenerative medicine works, only the fact of having proven in vitro that we have obtained stem cells from the blood can automatically lead to other works done with stem cells being used as scientific evidence.... actually we are not talking about a drug that has unique chemical characteristics.

The truth is that in the statement non-scientific or anecdotal something else is implied: "I cannot understand and if I try to understand and comprehend... I am forced to deny what I base my knowledge on, I risk my ego, my safety and I avert the sensation of fear".

In the medical field we have knowledge and traditions that constitute our experience and through a logical process, therefore linear, we start from our knowledge and advance towards a presumed certainty.

But counter-intuitive realities belong to Nature and the awareness of these happens through insights, intuitions. Insight comes from a creative intelligence. It is an instant of light that illuminates a fraction of a complex network that we cannot comprehend in its entirety and these flashes can illuminate every part of Nature including phenomena still unknown to us in biology and medicine.

Insight happens without logical process, it is not a conclusion drawn from experience, in insight there is no becoming and if there is no before and after one is out of chronological time and therefore one is also out of logical thought that starts from the experience to arrive at some conclusions. Everyone has a background of knowledge, prejudices and experiences...it is the result of our culturally complex life, of education and centuries of experience.

I quote in these lines some interpretations of reality taken from Jiddu Krishnamurti's way of thinking, that have always fascinated me.....

The search for truth, for the existence of a god, for a timeless dimension will only be answered by you. We cannot depend on anyone, there is no guide, there is no teacher, there is no guru, there is no authority. A few centuries before Christ, Socrates said: "I cannot teach anyone anything, I can only make them think". The in-depth study of the Greeks and Latins' way of thinking opens the minds to thinking, for this reason in Italy the classical high school provides greater open-mindedness than the other schools.

Today's society is opposed to freedom and creativity and conditions us to accept authority as this is the most comfortable and easy way of living, they have taught us to put faith and trust in a nation, in a religion, in someone, in an idea with the hope of finding a deep-felt security... the teachings have done all the necessary work ... at this point it is enough to follow them, as happens in medicine, but

an intelligent and conscious doctor opposed this. I think that Italians are among the most creative beings in the world because they are not as nationalistic as many other people.

Classical/linear medical thought has created a well-defined paradigm and precisely because it is so well defined it has enormous limits. Doctors who move within these boundaries feel at ease in this system because it guarantees them and in its protocol they find safety and evade fear. However, they lose sight of the main goal of every doctor which is the will to cure patients and forget the empathy and compassion towards them.

Patients feel themselves regarded as anonymous entities and they rebel. That is why so many people followed the Dr. House television series, because this doctor did not consider them numbers, but unique individuals. This is why my books are addressed to ordinary people, but that part of the doctors who oppose authority's conditioning and will no longer be content with current medicine, will also benefit enormously.

The modern physician has the task of developing a new paradigm by completing not opposing the old system, thus avoiding conflict, because conflict, which is the cause of all suffering, would make every evolution of a new medicine sterile.

When one has faith in an idea, in an association, that for the doctor is medicine, one wants to protect that idea that becomes the projection of "myself" in which I have identified myself and I want to defend it at any cost. But when one conforms to a defined model and one sticks to a protocol one is never free, one is always fighting with everyone and everything to affirm a principle and, in this conflict, the "fundamentalist" doctor forgets to have empathy and compassion for the patient.

The way of behaving stems from the desire to "imitate" which is a strong factor of our life, not only on superficial levels but also in the profound ones, it is with difficulty that we have autonomous thoughts and feelings. A mind that thinks along traditional lines cannot discover what is new, by conforming one becomes a mediocre imitator. Instead we must find a way to get closer to creativity, to intuition and therefore to always have new insights. What we think is important, not what others want us to think. Imagine how many times friends, colleagues and acquaintances have tried to bring me back into the "system" to reassure themselves, obviously without succeeding.

Imitation generates fear that inhibits creative thinking, fear inhibits the mind and we are no longer aware of our own sufferings, of nature that surrounds us, of the smiles and pains of others. An effect of fear is the acceptance of authority in human affairs, in fact authority makes us feel safe, comfortable, but respect and submission to the so-called sages does not help us to understand.

Sages do not exercise authority and those who exercise it are not wise. To unconditionally follow authority without evaluating its limits is the denial of intelligence. Do not get me wrong I do not recommend anarchy, but an awareness of the authority that limits us.

Medical thinking is logical and linear and derives from Newton's mechanistic physics. As this thought proceeds it increasingly directs itself to the focused understanding of a specific and limited aspect. If we compare the trunk of a tree to the main thought, we can represent its evolution in the forking of ever smaller branches. Boughs, branches and even smaller twigs. These tiny terminal branches are the

specialized fields and are completely isolated from each other. These are the areas of specialist expertise and are as big as stamps. In these small plots the medical specialist feels safe, becomes a little ruler and his ego grows and tries to keep fears and phobias under control. For this reason knowledge and ignorance are tied by a double thread. Those with a limited knowledge, such as the specialist who remains closed in his shell, will only have certainties, while those who expand knowledge become aware of their ignorance. The modern specialist must deepen his field by sustaining relations through a deep knowledge of the "Whole".

The splitting, the division is the current paradigm of medicine and doctors defend it against anyone who threatens it with conflicting ideas. Any kind of aggregation that is religious, political, nationalist or scientific leads to a conflict with consequent fear, suffering and war.

If the doctor feels safe in the authority imposed by medicine, whoever has to take advantage of current therapy feels the opposite, in fact the patient is less confident of the cures and more and more often personally checks up on the Web every aspect of diagnosis and therapy which they are subject to. The fact of being rebounded from one specialist to another causes insecurity and when, driven by personal experiences, they get to the point of having to judge the current paradigm they deem it lacking and turn to all those branches of alternative medicine that destabilize the belief of the "fundamentalist" doctor.

It is no coincidence that a few patients give up some treatments that they consider more dangerous and painful than the disease itself and have serious doubts about the implementation of infuriating vaccination programs. Regarding this I stress that a vaccine is a weapon against diseases and precisely because it is a weapon must be used by a responsible doctor, not the authorities.

This is why my books are addressed to those who benefit from medicine and therapies, the patients, those who are more open to new, less invasive treatment paradigms and to the many doctors who still feel compassion for them.

A paradigm does not change because the decision is made to change it, but it will change when the time is ripe for it to happen, that is when things no longer work. Patients are aware that the time has come and will inevitably condition pharmaceutical companies and doctors to change.

In proposing what should be the modern doctor's attitude I refer to some of Carlos Castaneda's lines in which he explains the shaman's characteristics:

"The shaman's humility is not the beggar's humility. The shaman is a warrior and does not lower his head in front of anyone, but at the same time does not allow anyone to lower his head in front of him: this is his way of being humble.

The beggar, on the other hand, throws himself on his knees and humiliates himself before anyone who he judges to be superior, but at the same time demands that whoever is inferior should be humble before him. "

The beggar's humbleness belongs to the "fundamentalist" doctor who is a slave to the system that makes him lower his head in front of the institution, the consultant, the medical authority protocol, while he demands humility from the patient.

The new doctors, comparable to Castaneda's shaman, do not lower their heads towards authority, use their minds to do the therapy that they consider best, distancing themselves from a standardized protocol and do not allow patients to lower their heads before them because they feel empathy and compassion towards them.

Another Castaneda statement related to the new medicine protocol is this: "Things are real only after one has managed to agree with others about their reality."

Today, thanks to our scientific knowledge, we think we understand everything or almost everything, but in reality we understand very little about what constitutes Nature..... we only accept it. Think for a moment about the ability to see that we consider a normal phenomenon, but if we reflect for a moment we realize that vision is an extraordinary phenomenon, even more amazing than any paranormal phenomenon. Try to explain to yourself, now that you are looking at an object, how the image can make an impression on the eye and the message pass from the retina to the optic nerve that leads to the brain producing a three-dimensional image in our consciousness. If this is not magic..... yet we are arrogant enough to consider it fully acquired by our knowledge.

Sight is a phenomenon absolutely counter intuitive but real. So to accept other real and counter intuitive truths of modern physics, such as the biophysical effect at a distance, it would suffice to agree on their reality as we do regarding the faculty of seeing.

As long as doctors do not become a little bit physicists, metabolizing counter intuitive reality and rewriting their certainties, the extraordinary results of blood stem cells therapy will be unacceptable. Instead, it is different for ordinary people who are blank pages that the medical authority has not filled with irrefutable dogmas, they are individuals free to accept new truths only if they result plausible.

I recently presented a report on the new paradigm of medicine and stirred up a hornet's nest among the medical and biologist participants who asked me articulated questions and then responded themselves without allowing me to refute them. When, a little disappointed, I returned to my place, the owner of the hotel that hosted us approached me, the only outsider present in the meeting because he was curious, saying: "Thank you doctor I understood everythingyou've really given me great hope!"

Let us say that the point is this: if medicine draws its foundations from a physics that disappeared 120 years ago, that of Newton, it will catalogue this therapy as non-scientific, while those who do not have the preconceptions dictated by the "authority" are able to perceive its validity.

Day after day, however, more doctors open up to these new realities and realize that freedom from authority is expensive, but not at an impossible price.

The new therapy with blood stem cells has not been conceived through a logical process, but by insight, that is, outside of thought and time ... everything seems high philosophy, while it is much simpler than what it appears.

In medicine the logical process has led to extreme specialization and the physician has lost the ability to see the body as a whole. Precisely because the organism appears to us as an inexplicable chaos, we try to break its anatomy and physiology more and more, thinking of finding the solution in the fragments. But as we divide up the awareness of new interconnections increases and everything seems even more chaotic and fragmented, but this chaos has its own well-defined order that directs the body to health and life and we cannot explain it with a brain that works logically. In order to find new solutions aimed at the evolution of humanity and in the specific case of medical science, we must resort to insight, intuition and profound knowledge.

To reach profound meanings both the Indian Yogis and the South American shamans ask one to shut out the mind, cut oneself off, to meditate and contemplate. If, in medicine, we try to direct our attention on the whole organism, without the mind starting from experience and reaching a focused conclusion, we will not understand the functioning of all the network interactions that make up the organism, but we could be illuminated about some points, some conjunction knots and these flashes are insights, intuitions. The observation of the whole organism does not lead to a progressive linear understanding, but to a "diffused and radiated" awareness.

We must try to put ourselves in a state of attention, to listen.... but how to achieve this state of mind in which there is no effort. We cannot force ourselves to reach it because the desire to obtain it is already in the becoming, in the "before and after", in logical thinking, where insight is impossible. That is, desire presupposes an end, a progression, a thought and where there is thought, where there is chronological time there is no insight and creativity. The mind must be still and the word "immobile" is not used in opposition to activity, a still, immobile mind is not a dead mind. It is an active mind, it is activity itself because it is still and only this mind is creative.

As can be seen from modern physics there cannot be observer and observed, because there would be conflict, observer and observed must be the same thing. If you have awareness, if you look at pain, fear, pleasure, and you identify yourself in these feelings, there is no conflict because you are fear, pain, pleasure. If there is no conflict there is no pain, there is no suffering, there is creativity.

To reach insight and be creative more easily, doctors must understand for themselves how their mind works, they must not receive teachings, they must take note of authority's dogmas and show responsible courage to oppose authority if it is in contrast with the patient's good.

When the modern doctor visits the patient he is aware that the cause can never be different from the effect, so he observes everything and becomes aware of it. Only in looking at cause and effect together can the depth of the pathology/patient be appreciated in depth and each successive visit will reveal more, in fact, by deepening the observation every time new things appear. Thus the therapeutic protocol evolves and improves.

Doctors, like all human beings, are afraid of failing, of making mistakes; making a mistake is terrible because we will be criticized, be reproached and also be sued. But basically why should the doctor not make mistakes? Would the world change if one never made mistakes? This feeling of self-importance inevitably leads to conflict, struggle and suffering because doctors must maintain their importance. Of course this applies to everyone, not just to doctors.

The world does not need other fundamentalist politicians, engineers, scientists or doctors, but free, creative, fearless human beings, instead most of us are moved by fear.

In medicine as in any other field, ambition comes into play, a real form of power, to do something better than anyone else. In ambition there is always a sense of comparison, of conflict, therefore ambitious persons are never really creative, never happy, are dissatisfied within themselves. Many doctors think that without ambition they would be nothing, they would not progress. Ambition is part of our way of life, we are programmed to be ambitious, but we can find a way to change this attitude. In fact, there is another way of acting without the competitive struggling and it requires acting in opposition to the habitual thought patterns and doctors who show creativity use this system unconsciously, otherwise they would not have intuitions.

Ambitious doctors are in search of the result, the end is all that matters and the satisfaction they seek is not only related to the well-being of the patient. Modern doctors focus instead on what they are doing, not on the end.

For the classical oncologist it is important to destroy and annihilate the cancer, for the modern doctor it is important to treat cancer. The creative doctor can understand and love the thing being done without worrying about the results, the fame, reputation and money that will come. Finding satisfaction in the act of healing and then becoming compassionate towards the patient. Finding realization not in the result but in what is being done, abiding by the present eliminating the becoming, only in the present is there creativity.

We can love the thing itself without thinking about what it will bring or what effects it will have on the world, if we understand this spirit I think that the action will not create suffering because the becoming has been taken away, we hold it firmly in the present because we do not have an end.

When we are hindered in realizing our ambitions we get sick, ambition leads us to all kinds of physical and mental unhappiness, instead people who do what they like without worrying about the outcome, the results, those people have no frustrations, impediments ... they are the true creators.

If we limit ourselves to being superficially intelligent, even if we have such a lot of knowledge and information about many things, if we do not profoundly change the whole psychological structure of our being, I do not see how we can be free and therefore creative. The excellence of two acupuncturists' therapy and the acupuncture points chosen by them will not be proportional to a more elaborate mental process, but to the greater desire to cure driven by compassion and love. Years ago there was an old oncologist in Rome who, like all oncologists, healed few people, but he had such empathy that the patients loved him and he was in everybody's heart, they called him the angel of death.

To be creative we must revolutionize the way to reach the knowledge that must be obtained without any effort, because effort presupposes desire, satisfaction, becoming, and that allows no room for intuition and it is possible to realize this revolution not only in the conscious but also in the unconscious mind.

To open ourselves to new knowledge we must go deeply into ourselves and be free from ambition, competition, envy, greed, but these constitute the social psychological structure of which we are part of so we consider them to be part of us, by not trying to contrast them but observe them, "see them", we reach their resolution leaving us free.

The shaman intends by "seeing" the intuitive perception of things, the ability to understand things immediately. One can be free only by listening to every thought and feeling without trying to interpret what one feels, one must simply listen and observe with the attention that comes from emptiness.

Living completely and fully in the moment means living with what is, that is, with what is real without any sense of condemnation or justification. Then you will understand it in such a complete way that you will have nothing left to do.. When you see the problem clearly it will turn out resolved.

How can you love if your mind never keeps silent and you always think about yourself. Loving a person with all your being, mind, heart and body requires great intensity and when love is intense desire soon disappears. Everything is based on pleasure and we call it love... .. how can we think that for the "love" of a nation we kill each other.

Fear, and therefore also the doctor's fear, arises from not facing fear. Fear is in the process itself of escaping, not when you face things, not when you look at what is... fear. Doctors who barricade themselves behind the authority of medicine and its protocol think they are escaping fear, but they hand themselves over to this suffering state of mind. Only the free doctors face the situation, face fear and do not flee but contrast "authority" when necessary, assuming their responsibilities and have compassion and empathy towards the patient as their goal.