Dear colleagues,

Enclosed is a theory unifying Medicine, Spirituality and Science. I have sent this to you for your reading pleasure in hopes to spark a change in consciousness. It reflects my personal observations and is founded upon 20+ years of experience in the medical field as a Family Practitioner. The healthcare crisis in the world has been created by humans. Capitalistic companies are taking advantage of fear-based people in order to profit. There are wonderful drugs and techniques that have been developed, yet most remain unaffordable and only address the symptoms of the disease.

The last 100 years has seen tremendous advancement in our knowledge and sophistication within medicine. The cold hard facts are still very disturbing. We are fatter, sicker and more depressed than any other time in recorded history. For the first time in evolutionary history we will die before our parents. In order to achieve this less than mediocre result we spend billions of dollars per year.

Our medical schools hardly touch on nutrition, exercise or spirituality. Any of which is more important to wellbeing than any medicine ever developed. Corporations have successfully told us how we should feel, what we should eat and have given us more reasons to be sedentary than ever before. Together this combination has fostered a feeling of entitlement and a discrete lack of personal responsibility. If we as a human race are to live in peace, love and wellness we must look far outside the established lines for the correct direction to proceed.

This paper is about reclaiming wellness. It is meant to spark our thoughts and hopefully achieve collaboration between Medicine, Science and Spiritual Leaders. It will be infinitely difficult to research, yet results can be easily seen. To me it is the essence of GOD in that it requires Faith; the magic bullet for medicine, because it heals; and the big bang for science, as it explains creation. Your response is most welcome. Please share this with anyone. Together we can evolve quicker.

ENJOY!

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A Unifying Theory between Medicine–Spirituality–Science

A Treatise by James H. Schrenker, M.D., CMD

Theory:

Wellness and Wellbeing come from balancing the innate energy of the human aura, which is then and only then, reflected as external physical health.

Introduction

The following is my attempt to discuss what no one to this point has been able to: The Genesis and Resolution of physical disease within the Human Being. It could also be stated as a theory of the root cause of acquired disease. I will try to weave a theoretical string through Medicine, GOD and Physics tying them together to create a model for future wellbeing.

Modern Western Medicine has mostly dealt with the physical aspects of the human body. However, the origins of medicine deal with the entire holistic being; Body-Mind-Spirit. Somewhere along the way we sacrificed Spirituality and emotional wellbeing for a double-blind placebo controlled prospective trial with an end-product that could be patented and generate money. I cannot believe our health and wellbeing is up to our government to provide nor does wellbeing depend on the insurance card in your pocket or the Doctor you are going to see. If GOD exists and loves us unconditionally why would we be segregated into people who have access to wellbeing and people who do not? I believe everyone in the world has the innate right to be well, I believe this right is free and obtainable by everyone regardless of their learning ability, education or financial situation. Wellbeing is our birthright as a creation of God.

Traditionally God has been relegated to those theists less bound by fact and more apt to adopt belief as an operating system. This has established two distinct camps: Theists and A-Theists. It has been less difficult to convince scientists that a magical force exists that created the universe than it has been to convince those Theists that only one God exists. Medicine has been a battle ground of sorts where intense belief has met the wonders of science and a relative peace has been established. This treatise attempts to condense and simplify the most complex system we know, the human being. It is only when we attempt to explain what a human being is that we can begin to understand how this compilation of belief and science blend into a highly functional organism.

Part 1: The Answer

Today we spend billions of dollars every year on research and developing therapies and medicines for diseases we still do not understand. We do not know what causes heart disease, cancer, diabetes yet we recommend medications to help control these conditions. Even the biggest fan of modern western medicine would have to honestly say they are disappointed in the return on our investment.

What if the answer has been written down for thousands years and ignored? What if the answer to wellbeing is not external manipulation of the human body, but the spiritual and emotional balancing of an energetic being? The difficulty blending a faith-based approach to healing with a scientific approach is that no one has been able to connect the two in a standardized manner. Faith by its very nature is not based on something tangible. Western Medicine aspires to free itself of such fallacies and attempts to physically identify and prove the workings of the human body. So if our human nature is essentially energetic and spiritual, how can Western Medicine ever work?

In order to show how a Faith based approach can marry and thrive with a scientific approach I will begin with the answer. From there I will discuss key components and describe them. Of course I do this only within my abilities,
and as such, there will be innate limitations on the concepts discussed. Understand this whole theory is based upon the existence of GOD, more precisely The God of Love Unconditional. I hope this opens up discussion and provokes humanity to work together. If what I theorize is eventually proven then our entire geopolitical structure is not only useless, it is needless and in fact oppressive.

Humans are energetic beings by nature. Biblically it is said we are created in the image and likeness of GOD. God is energy. Therefore we are essentially the same in our fundamental nature. We are energy. This energy is contained in the smallest particles of matter. This energetic field extends for several feet from our physical bodies. As our energetic fields, or auras, become denser they form portals into and out of our energetic being. As this energy further condenses it forms matter. Further condensation and combinations form atoms, and from there the development of a physical body has been explained and accepted.

Part 2: The Medical Connection

In medicine we have adopted a Cartesian approach to understand the human body by breaking it down into its smallest parts. We are looking at proteins, hormones, receptors and transmitters for the answer to physical symptoms and conditions. We are attempting to manipulate genes so we can affect a change for the better in that individual. Yet we are failing to see what actually constitutes this individual, a physical body, an emotional mind, and a spiritual connection to Source Energy.

We are not a jumble of proteins and genes. We are human. More specifically, we are energetic, spiritual beings having a human experience. When we realize this how silly is it to change our shell, our body, and leave our true being, our spirit, unchanged. It is not only silly it is impossible.

Again, this paper attempts to unite Spirituality and medicine using well accepted findings in science. Unfortunately this will not sit well with mainstream Medicine because, as you will come to understand, mainstream medicine is largely powerless once these principles are understood AND practiced.

Part 3: The Spiritual Connection

I believe in GOD. GOD is everywhere all at once, GOD is energy, GOD is Love Unconditional. Jesus the Christ was one of many Ascended Masters. He lived and taught us how to live. Jesus the Christ was directly connected to Our Father, GOD, and as such knew all and was a Perfected Human. I believe in Science and Scientific discovery. Science is limited by our human capacity to understand, and as such, can never expand beyond our ability to dream and comprehend. I believe Science will prove GOD exists. I believe the human mind is capable of manifesting things we have yet to comprehend or realize.

GOD is energy. This energy is everywhere and lies dormant until it interacts with matter. When humans experience this energy we interpret it as LOVE UNCONDITIONAL. We are made in his image and likeness. We are the physical and emotional manifestation of GOD energy; we are the energy of Creation and as such we are a minute yet perfect part of Source Energy. Anything inside us that is contradictory to who we really are creates a disease. Forgiveness and Love heal our diseases by returning us to a perfected state. In this perfected state we can only be Love, anything that does not resonate in harmony with this energetic state cannot be manifested physically. Once a human uses freewill to produce thoughts incongruous with this perfected state they open the door to attract other imperfect energies. Harboring hate, anger and resentment do not allow us to be 100% love and therefore are the beginnings of physical disease. The longer an emotional or spiritual impurity lingers the more it attracts like thoughts and eventually becomes a physical symptom and finally true disease.

Part 4: The Physical Connection

This is actually well documented and accepted, just not in these terms. Stress, that is, the emotional imbalance of
an individual, causes distinct changes in our neurohormonal system. Changes in epinephrine, cortisol, aldosterone as well as other “stress hormones” are the first physical signs of emotional disease. These molecules, by their very nature, travel through our bloodstream to affect their influence on organs. Those organs change their function based on this influence. The organs can either function better and more efficiently, or become dysfunctional. In times of spiritual and emotional balance, all is well and these hormones are in proper balance and the organs are functioning as they should. Under stress these hormones are imbalanced and our organs are not well. If an organ becomes dys-functional the individual experiences a slow but steady decline in the functionality of every other organ over time.

The solution is not a single day or hour of peace. It is the fundamental change of our thoughts. It is releasing of everything that is not congruent with GOD, and simultaneously allowing LOVE UNCONDITIONAL. Individuals feel better immediately upon this realization. Yet this is only the first step. The true resolution of physical illness comes from the diligent daily awareness of the thoughts that are based in LOVE and the redirection of those thoughts based in fear. We truly are what we think; it just takes our physical body time to catch up.

Think of our bodies as very dense energy. Our aura extends many feet out from our physical bodies. This is the reason we can feel someone’s presence before we see them. Again, why do some people make us feel uneasy and others relaxed even before they speak. As our energetic field gets closer to the physical body it becomes denser. That’s why we have our personal space, and when someone we don’t know is inside it we feel uncomfortable. As this energetic field becomes even denser it forms the actual human body.

This energetic field is in constant communication with the environment. There are portals of energy that allow for this communication called Chakras. The human body has hundreds of chakras, but for this paper we will limit the discussion to seven. Starting at the top of the head with the Crown chakra, next is in the center of the forehead, the Brow chakra; The Throat chakra lies around the Adam’s Apple; then the Heart chakra at the center of the chest; The Solar Plexus is at the bottom of the rib cage; the Sacral Plexus is around the belly button; and the Base chakra (Root chakra) is under the genitalia (behind the scrotum or vagina and before the rectum).

These Chakras act as transmitters and receivers surveying our environment picking up and sending energetic signals. Each chakra is tuned to a different frequency and transmits at that frequency. They pick up on any energy in the environment that finds similar energy/emotion within the human body. The Base chakra may pick up on something the Heart chakra will not as they are attuned to a different frequency. But each chakra will only absorb those energies that find a similar emotion within the body. When balanced and living without any negative emotions, living in a perfected state without fear, anger, resentment, guilt… the chakras only pick up healthy, loving energy thus propagating love and balance. We truly do attract illness into our lives. Conversely if you have negative emotions your chakras will pick up on similar negative energies within your environment and absorb them.

The above paragraphs are the crux of understanding how humans get sick and heal. They are the Magna Carta of wellbeing and link human wellbeing to spiritual oneness with GOD. This connection is an energetic link which science cannot explain yet, but I feel is getting close. In the following few paragraphs I will attempt to explain how this works.

We are made in GOD’s image and likeness. GOD is everywhere at every instance. A scientific explanation could conclude GOD is energy or some energy-like force. Humans have imposed upon GOD our value system in order to try to qualify and quantify GOD’s existence. In doing so we have decided what GOD would find good and bad. We have then tried to live as GOD would want us to. As you can see this opens up many different interpretations of GOD, hence many different religions. In the end all this does is further divide humans and allow for hate, resentment, judgment and exclusion all of which are in direct opposition to GOD.
Describing GOD as energy seems fitting. GOD has no segregation, no judgment. GOD IS. Even in describing GOD as love we limit GOD’s infinite being. GOD is potential, only becoming manifest within the mind. God is the Alpha and Omega, the basis of all that is. Energy is the basis of matter and matter makes up the universe. Energy in this sense is potential. When energy and humans connect it becomes thoughts, emotions and inspiration.

Part 5: Science Simplified

Energy is the underlying fabric of everything. There is no emptiness in space as energy is always there. Some think of energy as kinetic energy, or energy of motion. Others think of electricity. For the purpose of this paper energy is a “field” of potential kinetic energy lying dormant in every space ready to interact with anything it contacts. Science has determined that the smallest particle we know of, the quark, is composed of energy. Leptons are the other fundamental particles of the universe. When smashed together inside a particle accelerator quarks only release energy, no smaller particles have been found. As such an explanation might be: As energy condenses it becomes matter, a quark. As quarks come together they form protons and neutrons. When protons and neutrons are combined with electrons they form atoms and molecules and so on.

We also know quarks, leptons and electrons have a dual nature, they can act as distinct particles or as waves. This also helps explain how our chakras can pick up a wave of energy and convert it into distinct particle or molecular activity. Science has discovered the parts leading to wellbeing and now they have been linked together to explain the genesis and potential resolution of acquired physical disease. With this information a study could be designed to support or refute this theory.

Conclusion

I have attempted to establish a human as essentially an energetic being using the same Cartesian approach science has embraced for hundreds of years. I have also tried to describe this wonderfully complex spiritual being with the infinitesimal amount of knowledge we have acquired. As energetic beings disease should be looked at in a whole new light.

Biblically GOD is said to have created matter out of emptiness and given life to inanimate matter. But, there is no emptiness, only energy. As this energy condenses it forms matter, a Quark. Quarks form atoms and as these come together during extreme conditions they form molecules. These molecules form amino acids and eventually life as we accept it.

What if GOD is this energy from which all things are made? Now how ridiculous does it seem to ADD medications, remove parts and poison our GODLINESS in order to heal? So then the answer to wellbeing is first identifying and changing the thought that is contradictory to whom we really are as expressions of Source. This will balance the energetic flaw that exists within this potentially perfected energetic being, thus allowing the physical manifestation of this energy to heal. We can only manifest the physical shell that is congruent with the underlying structure. You cannot make a round building with a square support system. So it is the underlying emotional and spiritual structure you have to balance before the physical body can heal.

I welcome all comments and look forward to the collaboration we may have.