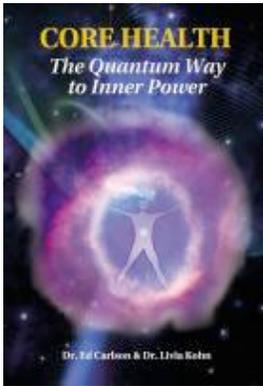


# CORE HEALTH

*The Quantum Way  
to Inner Power*

Dr. Ed Carlson & Dr. Livia Kohn



*CORE HEALTH* easily and enjoyably reconnects us to our energy system's pure core of health. Based on an energy-focused worldview, **Core Health** is congruent with ancient Chinese Cosmology, modern Quantum Physics, and all energy modalities. This process clears away clouds of confusion to expand our pure energy into all aspects of life to live forever joyfully, lovingly, and in optimum health. **Core Health** revolutionizes our whole health and the way we live in the world.

# Core Health

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# **Core Health**

**The**

**Quantum Way**

**to**

**Inner Power**

**Dr. Ed Carlson & Dr. Livia Kohn**

Energy Essentials  
P. O. Box 273384  
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Energy Essentials, Inc., our programs and people, research ways of expanding health as an ally to traditional medical and other treatments. We do not offer therapy of any kind – continue your care from your healthcare provider(s). All participants accept their own responsibility and risk.

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## Introduction

Core Health™ is an easy and enjoyable way to reconnect to our energy system's pure core of health. By clearing away clouds of confusion, we can expand this into all aspects of life to live forever joyfully, lovingly, and in optimum health.

An inborn core of pure health exists within each one of us: You and I are not broken and we do not need to be fixed—nor does the world. However, over the years, our core gets covered over by layers of conditioning and distortion from negativities in life. These layers are expressed into the body, mind, feelings, and into the world, leading to stress, dis-ease, and all sorts of difficulties.

Despite these clouds of confusion, however, each one of us naturally connects to our pure core of health, most vividly in a Perfect Moment. This is a time when we directly experience the essence of pure life energy and truly belong to ourselves and in this world. We easily remember such a time from childhood, and even now as adults we have many Perfect Moments.

The Core Health process begins by actively connecting to our Perfect Moment, then proceeds to eliminate old negative decisions, baggage, and obstacles from our energy system, thereby releasing many signs and symptoms of dis-ease and obstacles to greatness. The process further expands our inner power outward from our core, ensuring its expression through ever increasing well-being, joy, and love into the body, mind, emotions, and into the world.

Inborn and natural, the clarity of our inner power easily becomes a natural expression of our self flowing into positive, powerful, healthy, and creative ways of living. These ways are

entirely unique to each individual—as unique as their DNA, their fingerprints, and their bite. They manifest as our journey through life, offering vast opportunities to expand our learning, experiences, and wisdom, to connect with others, and to make the world a better place.

Since we are energetically connected to all life and to the greater universe, everything that goes on within and around us affects everything else: whether we radiate tension, stress, and frustration or joy, love, and enthusiasm makes a huge difference in the sum-total of planetary and galactic being. Every single individual, as he or she connects to the pure core within and begins to radiate with true in-power, creates well-being for the world at large.

Core Health is a non-cultural, non-religious expansion of our inborn core of health—what is right in us! Advancing from studying disease to understanding true health, this innovative process moves beyond the stepping stones of symptom-based approaches of biomedicine and the tapping techniques of energy medicine, to each individual being truly *free* by new internal “energy decisions.” Through the Core Health process, we leap to the core of our inner power and with ease remove energy distortions to allow the free flow of positive energy. Core Health represents a new dimension in understanding the fullness of health and richness within each unique person.

Its basic concept is to work from the inside out (in-power) rather than, as commonly practiced in both traditional and alternative forms of treatment, from the outside in (em-power). Nobody else has to do this *for* us or *to* us; rather, we gain complete mastery over our energy system for ourselves. There is nothing inherently bad or imperfect about each one of us. We are all part of the greater universe, whose default setting is positive: the universe always says “yes,” whether we say “I can” or whether we say “I

can't." We can now make the active choice to say "I can" and leap into the ocean of health.

Core Health is not a theory or an abstract teaching. It is a solid process, a way of doing with personal results. Telling is not teaching; learning is not being; information does not equal transformation; using the internet does not make us competent in navigating our energy "inner-net."

Core Health provides practical and effective clearing processes with applied learning, facilitates transformation, and opens our energy inner-net. Through its systematic processes we clear our energy and systematically build a solid self and positive relationship dynamics. The process is effective and has obvious, measurable results. It is painless and enjoyable, and each session creates permanent and lasting results: "fun, free, fast, and forever." Graduating from the process, we live as our True Self from the essence of our being, radiating perfection and harmony through the universe, in love with life and living with joy.



In many ways, the process is like the story of *The Secret Garden* (Burnett 1962). Mary's parents were killed by cholera. Coming to live with her uncle, she discovers a walled garden that is overgrown and off-limits. A robin leads Mary to its hidden key: she clears away the brambles and plants spring flowers. As crocuses and daffodils push up through the warming earth, her body begins to blossom and her manner softens. By fall, Mary is harvesting the fruits of her labors—health and happiness.

Just as Mary had been physically and *spiritually malnourished*, and the beautiful flowers in her garden could not blossom forth for all the brush and brambles overgrowing them, so we are starving in our bodies and souls and suffocate from the burdens we have put on our energy system. Just as she systematically clears the overgrowth, plants flowers, and harvests fruit, so we can, with the help of Core Health, free ourselves from our burdens and allow our True Self to manifest in the best of health and great joy in the world.

## **This Book**

This book provides a comprehensive survey of what Core Health is, how it came about, what it does, and how it works. It begins in Chapter 1, "A Quantum Revolution," by placing Core Health into the ongoing transformation of our approaches to health. This leads first from biomedicine as based on Aristotelian metaphysics, the Cartesian split, Newtonian physics, and Positivist thinking to complementary and alternative systems. Also called energy medicine, they integrate subtler approaches based on Asian medicine systems such as acupuncture and Ayurveda. Beyond this the ongoing paradigm shift has moved into energy psychology, which largely works with tapping on the energy system while integrating the mind-body connection. All these approaches are still dis-ease centered, work from the outside in, and require someone else to do things *to* you. Core Health moves beyond them,

integrating the worldview of quantum physics and creating true power for the individual.

Chapter 2, "The Energy Universe," outlines the quantum world-view and describes the cosmology of traditional China, which is at the root of acupuncture and thus contributed much to the development of alternative medicine in Western culture. Both systems are energy based and testify to universal aliveness. Every existing entity consists of vibrating energy and is inherently alive, including not only humans and animals, but also plants, minerals, man-made objects, and the planet as a whole. Inherent in the energetic structure of life, moreover, are certain key archetypes, most importantly masculine and feminine, yang and yin that pattern our perception and experience.

How all this applies directly to the human body and mind is the focus of Chapter 3, "Life, Health, and Disease." Cell biology has shown that the true root of health or disease lies not in the gene code or the cell itself but in what causes cells to react in a positive (growth) or negative (protection) way. The root cause is our attitude, the conscious and subconscious reactions we have to the world around us, imprinted in our energy system as *energy patterns* we develop over time. Typically these patterns include unhealthy dimensions, creating wounds and a sense of being a victim, so that our identity gradually becomes quite different from our original pure core. Core Health clears the debris and obstructions from the energy system, allowing our True Self to shine forth.

How then, did this system come about? Who is the man at its center? Chapter 4, "Dr. Ed," answers these questions as Edwin Carlson himself describes the path his life took: from early schooling through college, dental school, the military, and extended travels around the world. He continued to ask questions, explore the great wisdom traditions, and pursue the best possible way to live. As a dentist, moreover, he realized that "cavities and gum

disease are *optional* diseases,” leading him to the conviction that anything less than healthy well-being is an “optional dis-ease.”

Beginning in his forties, he became serious about finding a way to ensure healthy well-being at all times. As described in Chapter 5, “The Quest,” he retired from active dentistry in 1991, at age 50, and devoted himself full-time to finding an easy and enjoyable way to unclutter our lives and energies and live fully through our inner power. He took workshops in journaling and creativity, undertook multiple silent retreats, and started a local meditation group. Gradually the four-session sequence of Heart Forgiveness emerged, followed by Core Health and other series as practical ways for individuals to effectively reclaim their inherent goodness and expand this into their daily living.

In the course of this unfolding, Dr. Ed and his colleagues made a number of important discoveries of how our energy functions and how best to work with it. Chapter 6, “Discoveries and Processes,” describes these in some detail. Perfect Moment, the time when we are fully connected to universal life energy, then Flame Spirit; next the visible manifestation of the Will to Live in our eyes, and continuing to Locus of Control, the importance of making decisions from the inside out rather than looking to other people or circumstances in one’s life. Other amazing features include Pane of Glass, which prevents us from receiving the love and appreciation that others offer, and Rearview Mirror, which keeps us constantly looking over our shoulder for one or another authority figure.

Integrating all these and more newly discovered energy phenomena, Core Health systematically clears and enhances our energy in several guided series of comprehensive processing combined with “home-play” and follow-ups. Chapter 7, “Systematic Clearing,” describes each of these series, beginning with Heart Forgiveness, then moves on to outline a number of specialty applications, such as Core Creativity and Healthy Weight.

It also discusses ongoing demonstration projects, and ways in which the process is currently expanding.

The final chapter of the book, “Living Free,” focuses on how to integrate Core Health into daily life and what it feels like to live in full health—physically, emotionally, mentally, and spiritually. Moving outward in expanding circles, the activation of quantum reality in everyday life has an increasing impact on the world. Seeing self and others, nature and culture as one interconnected whole, new perspectives and lifestyles arise that impact all different aspects of society—ecology, economy, politics, education, and more—and raise human endeavors to a new level of historical unfolding and cosmic evolution.

At the very end, last but certainly not least, there is an Appendix, containing personal life shifting experiences of “Health Expansions” experienced by ordinary people coming from many different backgrounds and with all sorts of conditions. The section divides into two parts, “Higher Perfection” and “Restoring Health,” showing how Core Health increases well-being and professional success in music, sports, business, and relationships and expands health even in people with life-threatening, terminal, and debilitating diseases. Enhancing their Will to Live and connecting to their pure core within, all these people have reached new heights of well-being, joy, and success in their lives—and so can you!

# Chapter Five

## The Quest

On an island there lived three old hermits. They were so simple that the only prayer they used was: "We are three, Thou art Three—have mercy on us!" Great miracles were manifested during this naive prayer.

The local bishop came to hear about the three hermits and their prayer. He decided to visit them to teach them the canonical invocations. He arrived on the island and told the hermits their heavenly petition was undignified, and taught them many customary prayers. The bishop then left on a ship. He saw, following the ship, a radiant light. As the light approached, he discerned the three hermits holding hands and running across the waves to overtake the ship.

"We have forgotten the prayers you taught us," they cried as they reached the bishop, "and have hastened to ask you to repeat them." The awed bishop shook his head.

"Dear ones," he replied humbly, "continue to live with your old prayer."

—Leo Tolstoy, *The Three Hermits*

\* \* \*

The clear state of true knowing I experienced in India lasted six months, until I returned to the busy world of building a dental practice. Then it got covered up . . . I could not touch into it with a ten-foot pole. It simply was an historical fact, no longer accessible. Yet inside me was a growing yearning to again achieve that awareness, and to live in it forever.

### **First Explorations**

My first big step was an individual 4-day silent retreat I gifted myself for my birthday in 1979—no one but me, no books, no radio, no TV, simply me—at the Hermitage in Sarasota, Florida. The process included personal unceasing prayer, sitting, walking, and journaling. Sleeping on the floor of the small hermitage, during the third night I awoke and the room was full of light! I looked out, and the full moon was shining in on me through the sliding glass doors. I laughed out loud at the cosmic humor and awoke again to the spiritual light I had experienced in India. Three times through thumb-of-intention, I read, “Feed my sheep.”

Ron DelBene was my guide and we became life-long friends. I completed three more Hermitage experiences, including one on death and dying, since I felt totally inept in that area. From this experience, I lost all fear of death. Three months later, I realized that when you are not afraid to die . . . you are not afraid of anything! Ron later became an Episcopal priest and author of four books ([www.DelBene.org](http://www.DelBene.org)). By the same token, Bruce Lee’s short life and movies with martial arts themes resonated deeply with me. They stimulated me to watch *Kung Fu* on TV with my son; together we then pursued black belts in Tae Kwon Do.

In 1980, I participated in three Intensive Journal Workshops created by Dr. Ira Progoff, a depth psychologist. Escaping Germany during the war when books were being burned, his recurring worry was: “What if they burn all the college books on biology and chemistry?” The answer came to him that biology and chemistry

will be rediscovered because they are still here. His next concern was, “What if they burn all the holy books: the Talmud, Bible, Koran, Vedas, Gita?” The same answer arrived that truth is still here and will be rediscovered.

Progoff realized then that real truth was discovered from the inside and dedicated his life to creating an intensive journaling process that would help individuals to go deep within their own life and soul to re-discover what they already knew. The final section in the Journal is called “Testament” — when we know and know that we know, we start to write in this section. Progoff’s understanding is that we are all “called to be holy books,” to discover our reality and write our very own book.

Although this process was developed by a Jew, the workshop took place in a Catholic church in Clearwater, led by Catholic Nun Annette Covatta, a concert pianist. This made me realize how much spiritual seeking was still hidden in the closet—even more so than sex or death.



**Dr. Ira Progoff**



**Annette Covatta, at 80**

During my third journaling workshop, Ira Progoff was facilitating. He was a true master. Simply being in his presence was peaceful; looking in his eyes was easy and welcoming; and hearing him easily and gently handle all questions allowed us to experience the vastness of his knowing. The Intensive Journal Process once again led me to the awareness I had in India and at the Hermitage. Another approach had confirmed my spiritual realizations.

In 1981, I participated in a weekend experience in northern Georgia at the Hambidge Center, a retreat for artists and writers of all media, entitled "Apprentice in Creation." It was led by their artist in residence, the accomplished painter Aspasia Voulis, whose work hangs in the High Museum in Atlanta and in many corporate offices. She was passionately dedicated to evoking the creative potential inborn in every individual so they could become co-creators in the universe. Her subtitle grabbed me particularly: "Fusing East and West." It resonated with a deep yearning within me, having traveled in both areas of the world.

During the workshop, I again arrived at the same inner knowing and awareness. From this point on I began to trust my experiences. I also came to an understanding of love after fifteen years of seeking: "Love is experiencing the interrelatedness and interconnectedness of all things and all people, then choosing with whom, and how, you are going to express that with the time you have."

From then on, I walked two paths at the same time—businessman, dentist, father *and* continual seeker and learner.



**Aspasia Voulis**

“Thanks to all human beings who wonder, search, live and work toward understanding our world and ourselves: who see in life an intermeshing of ‘creative’ and ‘destructive’ processes; and yet sustain the intuition and courage to seek further, choosing to live and work toward creative affirmation.”

— “Acknowledgements,” 1970 High Museum Catalogue

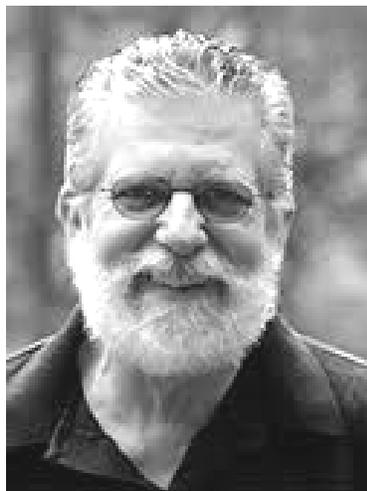
### **Initial Courses**

In the late 1970s, I convened a small group that met weekly to pursue some type of inner development. We had no real resources, so I offered to lead four sessions of unceasing prayer as developed by Ron DelBene. For this, the group swelled from six to thirteen, each participant joining all sessions with wondrous results—even though I had little idea of what I was doing!

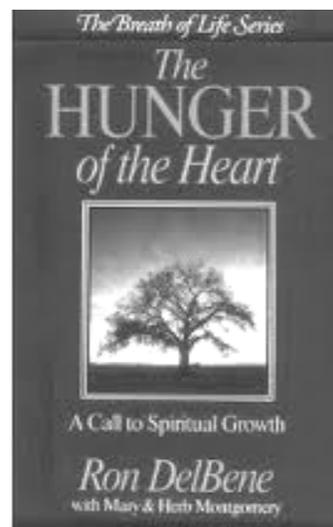
Continuing the series through the coming years, I led it whenever enough people requested it by word of mouth. I discovered each new group was a learning ground. These groups

were provided the foundation of what would later grow into Core Health.

Another major stepping stone I owe to Ron DelBene is muscle testing based on Behavioral Kinesiology. He introduced me to this technique as well as to Dr. John Diamond who used it to access the subconscious mind. This was so fascinating that I became his student for many years, reading and rereading his key works, *Your Body Doesn't Lie* and *Life Energy: Meridians and Emotions*. Using a book of symbols he created, Diamond turned the symbol pages until one made my life energy go weak. That area was corrected to be strong. He then continued rapidly through the symbols until all showed strong.



Ron DelBene Today



Ron further insisted that I had to be sure my own junk was cleaned out if I was to assist individuals and groups. My first reaction was, "Really?" I felt insulted. I had already done so much. Relentlessly, Ron referred me to an osteopathic psychiatrist for hypnosis, age regression, floating in a warm pool, and thorough exploration and removal of personal junk.

Driving from the Hermitage to Atlanta, I described dentist L. D. Pankey's "Keep your cross in balance"—Love, Play, Work, Worship—at the end of each arm.

Ron asked "Which word is on which arm?"

I was startled and stymied by the linearity. Then I replied, "It doesn't matter: as soon as you move out of the center on one arm, you are out of balance. The center point is balance, where each one is the other." For example, work is love, play, *and* worship.

Ron also invited me to go to Sewanee Seminary in Tennessee (<http://theology.sewanee.edu/>) for a healing conference with 40 Episcopal priests! I was shocked and scared: "Why me?" Ron reassured me that he wanted me for moral support while he introduced energy measuring to the other priests. On that basis, I agreed.

When I arrived, I found myself in unfamiliar territory. I did not speak their language. Monks and priests casually asked me about my religious affiliation. I didn't want to say "free spirit," since the hippies utilized that term. In my alone-time in meditation, I asked what to say. The answer came, "I am part of the whole. The whole is part of me. I can celebrate that with any group of people who are truly celebrating." Then I used the thumb-of-intention and got the reading, "And when Moses was 40, he went up on the mountain."

Oops, I realized, I am 40 and on a mountain at this retreat . . .

On the first day, we sat in a large circle. A chair was placed in the center. Someone sat in it, and five priests went and put their hands on them. I had never seen this before.

My Western mystic/guru Elizabeth Burrows, the founder of [www.ChristianMysticism.org](http://www.ChristianMysticism.org), had taught me not to let anyone place their hands on me—since most people were not clear in their energy and would send out bad with the good.

Afterwards, I naively asked what they were doing.

"Healing," was the reply.

I continued, "What does that mean? Is it like sending energy?"

“Yes.”

“Where is the energy going?”

“What?” They were flabbergasted.

I persisted, “What is health—physical, mental, emotional, and spiritual?”

They gave me only blank stares. “We are not going to talk about that.”

For three days I continued to ask . . . and received the same refusal to discuss the basic question of what health really is.

I continued to carry that question for the next twenty years, until it was finally answered by my own inner knowing.

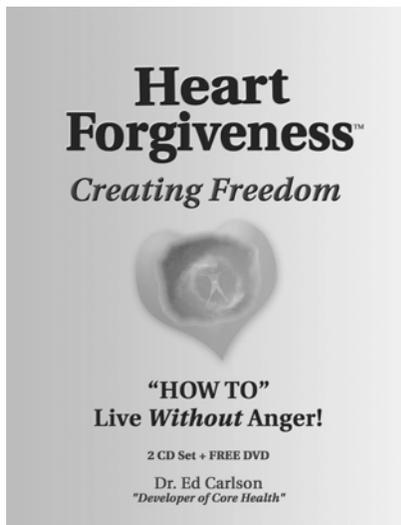
## **Heart Forgiveness**

In 1991, after a quarter century of hard work in a fabulous dental practice, I retired at age 50. The only plan I had was a no-plan. I knew all about what I was not going to do: no dentistry in any form—no consulting, no part-time practice, no organizational participation. This way I would see what unfolded next in my life.

Many delights and challenges emerged: building and flying remote control airplanes, municipal activism, travel and skiing in Europe and the western U.S. I half settled in North Carolina, building a summer home in the mountains between Highlands and Cashiers.

However, my focus continued to be on developing a practical and effective way for people to move internally to be completely free. Complying with popular requests, I continued to lead the unceasing prayer series. We also had occasional groups of ten to twelve participants in North Carolina at Carpe Diem Farms or in my home. In Florida, I continued to run “Continuous Meditation/Unceasing Prayer” and “Living Well—Dying Well.” I also further investigated energy measuring in a variety of ways, constantly amazed at its depth and accuracy.

My explorations taught me that one key issue people have is to get from their head to their heart, and from there into all parts of their body. To facilitate this, I began to guide people in visualization where they saw their heart having lips, thus allowing it to speak. I also used energy measuring with my participants and learned that forgiveness is usually done in the head, which is not effective at all. It also became clear that without forgiveness we mess up our own energy by giving control of our energy to the person with whom we are angry!



*True* forgiveness has to come from the heart and must be anchored in our energy system. Only then does it free us from the control of others and allow us to recover who we truly are.

In 2000, ideas for a forgiveness series of four sessions began rattling around in me. They rattled for two years before I committed concrete details to paper. In 2002, a friend introduced me to the minister of a small church with a significant outreach. The minister

was brave enough to hand-pick six participants, including himself and the music minister. Thus we conducted the initial series on forgiveness. The results were astounding—both as measured by energy measuring and as experienced by the participants. Over the next two years, hundreds of people participated and contributed. The series became known as “Heart Forgiveness.”

Next, in 2003, we developed “Are YOU FUNNY with MONEY?” as a follow-up. Taught in three sessions, this opens your energy to universal abundance. Rather than seeing money as a medium of exchange, we approach it as a symbol for the richness of

all life—receiving, giving, relationships, success, appreciation, compliments, and more. A participant wrote, “I am astonished by the ease of clearing my baggage and fears around money.”

## **Core Health**

In early 2004, we presented an afternoon Heart Forgiveness workshop to thirty-four participants at Unity Church in Orlando. Later that year, the minister, whom I had only met once, sent me an e-mail asking whether I would present the message in his church on December 5 at 9 a.m. and 11 a.m. I was shocked and scared: Me? Present to a church congregation?

My first reaction was to immediately say no. However, I slept on it. The next morning I awoke with “Pure Health, Our Powerful Core.” In my drowsiness, I wanted more. “Pure Health, Our Powerful Core” was it. Fortunately I wrote it down on the notepad I keep beside my bed. After breakfast, I looked at it and said, “Now, that is *very* interesting!”

I e-mailed the minister, “Yes, I will be there on December 5. The theme is ‘Pure Health, Our Powerful Core.’ I don’t know what goes with that; however, I trust that by December 5, I will have something to say!”

Around the same time I revisited Carl Amodio, an amazing energy doctor, in Atlanta. During an earlier visit, he had said, “We are working at a really deep level now, Level 8.”

“How many levels are there?” I asked.

“Good question, no one knows.”

Several months later I saw him again. “All levels are clear,” he said.

“How many levels are there?”

“The doctor who developed this process identified ten levels.”

That sounded good, but still: “Now, what do we do?”

Dr. Amodio suggested, “Wait until something floats up into these ten levels.”

That was not really satisfying. "I'd rather go scuba diving after anything that is further down there."

Driving back to Florida, my Inner Nudge asked, "How many levels are there?"

"Ten," I replied.

"No, that is what Dr. Amodio said. How many levels are there?"

"I don't know, could be 100, or 100,000, or 1,000,000."

"Yes, and any energy distorted at the first level would be distorted through all the other levels."

"Wow, this is indeed right," I agreed.

"You know," Nudge continued, "what the core of experienced health is: Perfect Moment."

Yes, I knew that well: Perfect Moment, a remembered moment in childhood when we experience life as good and we are all connected. Immediately I asked, "OK. So, what is the first level out from that? And the second? And the third? What are the ten levels starting from the inside radiating out? What are they?"

Nudge refused to be drawn in. "I'll leave that for you to figure out."

This dialogue closely echoed with a thought that arose when a friend, after seeing Dr. Amodio, asked me, "Why doesn't he ever look for what is *right* with me?"

I realized then that in my dental practice we had done that. However, most dentists, physicians, chiropractors, psychologists, ministers, massage therapists are trained to look for what is wrong with us, focusing on symptoms and ailments. So, how do we discover and expand what is right with us?

Eventually my preaching-time arrived. On Sunday, December 5, 2004, Core Health was born as I presented the principles clearly and articulately.

Thus, Continuous Meditation/Unceasing Prayer gave rise to Heart Forgiveness, and Heart Forgiveness birthed Core Health. The

challenge at that point was to put meat on the bare-bone principles, so that individuals could personally access their unique inborn core of true health in their energy system and expand from there.

Gradually, through energy measuring, we developed ten expansion levels from our pure core of Perfect Moment. These further expanded to eleven, twelve, even fourteen. After each expansion, I would squash the materials back down into ten, but eventually I had to give up and accepted twelve, with several combinations.

Even with Core Health in place, however, Heart Forgiveness continued to be a mainstay, an essential path to remove all angers and learn how to live anger-free and unoffendable. It served as a basic cleansing, unloading the energy of tension and confusion before people moved into the clarity of Core Health.

From here, my continuing personal search and hobby began to run wild: continuing emergences, unfoldings, and more and more participants, greater and greater successes. Being scientifically trained and aware of the placebo effect and the power of suggestion, I wanted to measure results across groups and individuals to demonstrate the efficacy of the system. Thus the research branch developed.

## **Research with Groups**

Core Health research began in the fall of 2004, with people medically diagnosed as depressed. Psychologists and psychiatrists told me that the standard assessment instrument for this condition is Beck Depression Inventory II (BDI). We utilized this in combination with measuring blood chemistries, height, weight, blood pressure, and energy baselines. The group began in October, progressed through Thanksgiving, shortest day of the year, and into the holiday season—commonly known as especially depressing times.

During our first meeting in January 2005, my Inner Nudge said, "Give them the BDI again." What, so soon? I replied. I thought if there was a 50-percent improvement in six months, we'd have made a huge contribution. Why so soon? "If what you are doing has any value, it should already show," was the reply. Really! OK.

I had all participants complete the BDI in the beginning of the session. Five days later I was sitting in a carwash and started to score it. Amazing! Hard to believe! After taking a mere four sessions, eight out of nine participants were no longer depressed as defined in the BDI! Our oncology nurse improved her score by 95 percent. The others reached 80-90 percent! This was our first inkling that the method worked with serious conditions and could be validly documented.<sup>1</sup>

Next, I wanted to know that Core Health was not some special ability that only I possessed. I needed to make sure that people could easily learn the process and assist others. So we did a "Transferability Study" to show that individuals can be trained to effectively get the same results with others. This study showed great success and practical results. (See [http:// CoreHealth.us/Research.html](http://CoreHealth.us/Research.html)).

In August of 2005, we were invited to work with incarcerated criminal drug addicts at The Bridge, a correctional facility in St. Petersburg. I knew nothing of criminals, and did not believe drug addicts ever got well. I had told all my six children: "A dysfunctional person will not rule our family. If you get into drugs, I will not spend a penny of my money or a minute of my time on you." When the work with the addicts came up, I felt tricked by my Inner Nudge but went ahead anyway.

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<sup>1</sup> For more details, see the Research Report: "Depression Disappears with Core Health," <http://corehealth.us/research.html>.

Together with facilitators John Roman and Brian Ward, I went to The Bridge, where we were joined by Rie Anderson as third-party mental health observer. Rie had 30 years experience and commonly led workshops for Stanton Samenow, author of *Inside the Criminal Mind*, *The Criminal Personality*, *Straight Talk About Criminals*, etc. She quickly brought us up to speed on criminal personalities and clarified what she was looking for during our months of research.

Fortunately, I knew nothing of the traditional approaches to criminals or drug addiction. From initial scouting of various materials, we began with two basic premises:

1. Psychologist Roger Callahan's statement, "All addiction is looking for a tranquilizer to cover an anxiety." This led to our question, "What is the root addiction that spawns all the offspring addictions?"

2. Psychiatrist David Hawkins's insistence, "The truth of that which you are remains unchanged by that which you go through." This led us to help the criminals reconnect to their pure inner core.

Several counselors at the prison asked whether they could participate. I agreed. "Yes, come and join us, because I am a researcher and not a service provider . . . When we show that this works, I am never coming back. You must be the service providers."

The Bridge Executive Director, V. Michael McKenzie, a long-time addiction specialist and author of three books, asked us for a one-page proposal. We hoped to have five females, five males, and five counselors in the group, but when we got there we had twenty-three criminals and one counselor. The buzz was so intense around the facility that by the next week we had eight more criminals banging on the door demanding to join! In the event, we had thirty-one criminals and zero counselors.

The participants were between ages 18 and 65, male and female, white, Hispanic, and Afro-American. Our initially planned twelve

weeks expanded to sixteen because of lockdowns of the male population, female population, or both. We utilized Heart Forgiveness on the lockdown weeks when there was access to either males or females.

We knew the realities: An eight-year, \$1.23 million in-jail addiction program was terminated because the recidivism rate was *higher* than in the general population. A national study shows that within three years, seven of ten released males will be rearrested and half will be back in prison. For drug addicts and alcoholics, recidivism is commonly over 90 percent.

In our group, twenty participants completed the entire process, and two completed eight sessions. No traditional follow-up weekly support group meetings were provided. Our sense: truly healthy, they could return to their original environment and stay healthy. Our one-year follow-up shocked us: no one was under arrest or back in jail or prison. The two-year follow-up was done by a law enforcement computer expert. In disbelief, I rechecked all the data: no one was under arrest or back in jail or prison! Even after three years: 100 percent success, no one back in jail or prison. Not one of our participants had fallen back into criminal behavior. Addictions and criminality are spawned by separation from the True Self. Facilitating people reconnecting to their healthy core overcomes all kinds of unhealthy patterns and behaviors, however long-standing.

A completely different arena opened in 2007 when Phil Orth, a local school counselor, became a Core Health Facilitator. Phil took the program to the public schools, using it with students and within the Teachers Wellness Program. The children responded wonderfully well, being so much closer to their inherent healthy core. We realized the adult teachers needed it more than the students. Over 150 teachers, staff, and family members have participated in Heart Forgiveness and Core Health, enjoying it through our full scholarship program.

Core Health utilized in the medical environment began in 2009. We began working with a local physician, facilitating individuals with Stage IV Cancer. Our first participant, Scott, already had his left hand cut off at Moffitt Cancer Center in Tampa. A year later, the cancer recurred in his bicep. Scott underwent a year of seven additional surgeries and rounds of chemotherapy. When that failed, the oncologists wanted to have him undergo a quarter-body resection: cut off his shoulder, clavicle, and scapula to his neck. Scott immediately sought alternatives and found a local physician and us.

After a series of Heart Forgiveness and Core Health sessions over six weeks, the Moffitt Center called him in for a periodic visit. A PET scan showed only a small red dot in his bicep. A needle biopsy was scheduled for the next week. When Scott returned, another PET scan was done for localization. No cancer could be found. Scott was cancer free! For three years, physicians asserted that he could no longer have children. However, a facilitator energy measured him and found that he could have healthy children. In October 2010, his wife gave birth to a son, 8 pounds 3 ounces, a perfectly healthy baby (see Appendix).

### **Impactful People and Events**

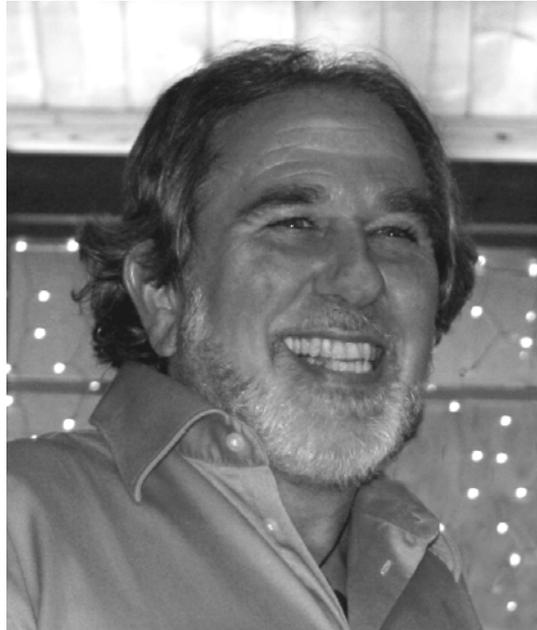
Over the years, certain people have become great supporters and helped us along on our path of exploration. An early contributor is David Harris, Grandmaster of qigong and four martial arts, whom I met in 2005. Getting together for the first time at 4 pm and expecting to just chat for an hour, we instantly became great friends. We kept on talking excitedly through dinner and didn't tear ourselves apart to go home until 10 pm.



**Grandmaster David Harris**

In a cooperative project, we then met once a month. Grandmaster David got his top black-belt practitioners, and I brought my top facilitators for a sharing of knowledge. He also introduced me to Ashida Kim, now Supreme Grandmaster of the Black Dragon Fighting Society, the world sponsor of Kumite, who often shares his wisdom and knowledge.

Working together with Meg, she became free of twelve brain cancer lesions within four weeks. I was amazed and searched for an explanation. This led me to the work of Dr. Bruce Lipton, a cell biologist at the University of Wisconsin and Stanford University, known for his works *The Biology of Belief* and *Spontaneous Evolution*. On his website ([www.BruceLipton.com](http://www.BruceLipton.com)), I read: "Healthy cells can talk to non-healthy cells. Non-healthy cells can shift their (energy) frequency to become healthy cells again." There is no need to kill them or cut them out. What a revelation!



**Dr. Bruce Lipton**

Soon after, I was fortunate to meet Dr. Lipton in person when he came to our area to lead a conference. My Inner Nudge said, "Fax Bruce at his hotel." With great reluctance, I did so. Bruce called, and we got together. I explained the basics of Core Health, and he exclaimed, "This is what I have been looking for!" People want resources, "but most only treat symptoms. Core Health expands health!" He also encouraged us to create a website to link to his own as a resource. In the fall, I flew to San Francisco for four days to meet with Bruce and Rob Williams (founder of Psych-K), and we became firm friends. Today Core Health is a featured resource on both his website and his book.

Another important connection was with the Association for Comprehensive Energy Psychology (ACEP). In 2006, I was a primary presenter at their 8<sup>th</sup> International Conference in San Francisco, connecting to numerous people important in this emerging field. A dramatic expansion from traditional counseling,

as demonstrated in a study of two groups of 2,500 people each, energy psychology is about 50 percent more effective and needs only 20 percent as many visits as the traditional way.

We were eager to go beyond that, and demonstrate that Core Health was an expansion into an even further dimension. A therapist who had worked with energy psychology for two years in two men's and four women's groups, including over 200 clients, invited us to present to them in the northwestern U.S. We designed a research protocol with 51 participants: 37 in the group and 14 controls. In addition to energy baselines, we used personal assessments based upon Martin Seligman's positive psychology ([www.AuthenticHappiness.com](http://www.AuthenticHappiness.com)). With facilitators Rick Eldridge and Charlene Alexander, we held a 3-day intensive course with these participants. We were so successful that they started dropping out of the therapist's groups. The therapist was furious and warned us to stay away from this state!

Also in 2006, we held our first Silent Re-Treat ("treat yourself again") at the Sewanee Retreat Center in Tennessee. This in many ways rounded the circle, leading me back to where I had started 25 years earlier with the question: "What is health—physical, mental, emotional, and spiritual?"

Now we really knew how individuals progress by experience. We have the ability to assist others toward their own personal experiences. Since then, Silent Re-Treats have become annual events for four days the first weekend in May.

In 2007 and 2008, we developed a DVD, "Muscle Testing Made Simple," as well as CDs for Heart Forgiveness, Core Health, and Are YOU FUNNY with MONEY? We also developed a Personal Progress Journal and created specific pages for participants. For training Facilitators, manuals were developed for each series. More facilitators began to train, and our presence continued to increase in the English-speaking world.

In 2007, Bruce Lipton returned to our area and told the audience that he mostly “talked about” what is possible in terms of human and health potential, while Core Health could demonstrate the “how to” of achieving personal results. Being on stage with Bruce for twenty minutes gave us a wider exposure. This opened a variety of opportunities.

In 2008, Nature’s Food Patch sponsored our first free introduction at the Clearwater Public Library. Although the event was on the day when the Tampa Bay Bucs football team was in a Super Bowl playoff, we had 176 participants who spread the word, thus accelerating our local outreach.

In 2009, we went to San Francisco to participate in the 13<sup>th</sup> International Forgiveness Conference. In preparation we created a first version of the book *Heart Forgiveness* to go with the CDs. On the plane flying toward San Francisco, two concepts emerged:

1. Achievable and Measurable Forgiveness, and 2. Comprehensive Kinesiology—measuring in energy and spirit—beyond Applied Kinesiology and Behavioral Kinesiology.

When the keynote speaker took a wrong turn and arrived late, we were asked to go on stage for fifteen minutes. After our presentation, the books and CDs sold out quickly. Our success with groups at the conference stimulated us to organize the various series of Core Health into an integrated “Journey of Self,” leading to progressively greater energy education and mastery, culminating in the Silent Re-Treat.

In 2009, four of us flew to Springfield, Missouri to be with Dr. Norman C. Shealy at Holos University specializing in education in Advanced Energy Medicine ([www.NormShealy.com](http://www.NormShealy.com); [www.HolosUniversity.org](http://www.HolosUniversity.org)). The challenge was to work with his “15 percent failures,” i.e., situations for which nothing helped: neither biomedicine nor alternative medicine, neither intuitives nor healers, neither Indian medicine men nor exorcists or past-life regression.

With Core Health, participants made noticeable and measurable personal shifts. Everybody was delighted. We returned to Holos in 2010 to conduct a four-day intensive course in Heart Forgiveness and to train facilitators.

During 2010, we published five books:

- *Heart Forgiveness: Creating Freedom: How To Live FREE of Anger*
- *Core Health, Series I: Creating a Solid Self*
- *Core Health, Series II: Clearing ALL Relationship Dynamics*
- *Are YOU FUNNY with MONEY?*
- *Power Passion Participation in the 2<sup>nd</sup> Half of Life: 2,955 Years of Every Day Heroes Living Their Own Lives* ([www.corehealth.us](http://www.corehealth.us))

In 2011, based on two years of Advanced Core Health participation with cancer victims, our fourteen-member team created the first Brief Book: *Expanding Health in Our Energy: Cancer and Serious Illness*. Writing this book was an epiphany of understanding the dynamics and process of ten years of intuitive results and miracles ([www.BriefBooks.us](http://www.BriefBooks.us)).

In the same year, the organization also expanded to encourage specially trained advanced facilitators to provide training for Heart Forgiveness and Core Health facilitators on a one-to-one basis, with an integrated process and new manuals. Today, there are seventy-seven facilitators in the U.S., Ireland, and Costa Rica.

The theme for 2012 is "Optimize!" This applies to outreach, websites, and access to all facilitators, workshops, Re-Treats, and materials. It also includes working with additional modes of facilitating, notably by telephone, which has opened worldwide outreach.

## Onward

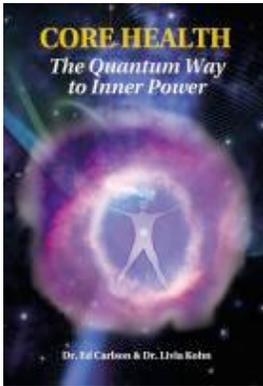
Eureka! We have found it! Core Health is a precise, elegant, and effective process that assists individuals to reclaim their natural inborn pure health and radiance to live fully, expressing their own unique life. As T. S. Eliot wrote:

We shall not cease from exploration,  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.

Prodigal individuals can now return home, can reach Shangri La, grasp the Holy Grail, and return to the Garden of Eden purposefully and easily, fulfilling what Joseph Campbell calls the “quest of the hero” (1968; see also Segal 1990).

The quest is complete. From base-line exploration and trial testing, we have moved into demonstration mode. We are now able to show conclusively that Core Health gives amazing results in ever expanding varieties of people in all sorts of areas and dimensions. From here, new visions and explorations begin.

When asked, “Where do you see Core Health going?” I said, “I didn’t see it coming; I don’t see it going. I simply hold on for dear life!” I fully trust the universe to continue this emerging process which brought us here. It will continue to expand Core Health to all people around the world, spreading the quantum revolution in human health.



*CORE HEALTH* easily and enjoyably reconnects us to our energy system's pure core of health. Based on an energy-focused worldview, **Core Health** is congruent with ancient Chinese Cosmology, modern Quantum Physics, and all energy modalities. This process clears away clouds of confusion to expand our pure energy into all aspects of life to live forever joyfully, lovingly, and in optimum health. **Core Health** revolutionizes our whole health and the way we live in the world.

# Core Health

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