

# **Soul Medicine: The Body's Secret Code**

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## **A Supplemental "Round Earth" Health Care Plan**

There are many ways to describe and talk about Soul Medicine and its many related concepts or teachings. In general terms we can say it is genuinely a new healing and living paradigm. And even though I have been teaching it and sharing it for more than 35 years, mostly in Europe and Latin America, it is still on the leading edge of body and life perception tools.

Today, I would like to talk about Soul Medicine as a kind of Round Earth Healthcare plan.

Soul Medicine:  
A Supplemental "Round Earth" Health Care Plan

Most of us buy health care with much the same attitude as when we buy auto insurance--it is a necessity, life includes uncertainty, and we hope to never have to use it.

All health care plans (HCPs) have some fairly common benefits and even common limitations. Nevertheless, they are a necessity and, today, health insurance is a legal requirement.

The principle limitation is that while they are designed to specify the type of treatments covered and to what extent, almost none include the aspect of prevention or preventative treatment.

The idea of an ounce of prevention worth a pound of cure does not seem meaningful within official medicine. It can even be argued reasonably that prevention, while praiseworthy, is not the function of a health plan; the true function being the design and administration of medical attention to specific conditions according to a variety of contractual guidelines.

So whatever preventative measures one feels are worthwhile to maintain physical wellness and well being is totally one's personal responsibility, and perhaps rightly so. Actually, many health insurance companies regularly provide and sponsor preventative health recommendations. The keyword is "recommendation." It must be applied, put into practice.

The difficulty most people have with prevention activities is that it requires a dropping of years old habits and acquiring new ones, something most people resist to a greater or lesser degree.

But it doesn't have to be that way.

Soul Medicine is a perspective that can enable not having to use your official health care plan to any great extent through a unique taking of creative personal responsibility within an entirely different context. It also doesn't include gym memberships, hypnosis, sleep

learning or anything that might seem far-fetched.

The price, mostly, is risking your preconceived ideas and to try a few new and simple ones; ideas that in the worst of cases will do you no harm and in the best could be personally transforming physically.

Now, let imagine for a moment that all we have ever been taught about illness cause, creation and treatment was mostly mistaken or at best extremely and severely limited even though appearances would seem otherwise.

As a useful metaphor let's use The Flat Earth Theory. It is easy to understand how for centuries humanity believed that the world was flat, since almost all appearances indicated that to be the case. In fact, we walk in lines rather than in arcs.

So, before the round world was discovered and verified, there were a variety of stories describing the workings of the flat earth. One of the best known is the idea that at the edge of the ocean there were huge dragons and as the errant vessels sail over the edge these are quickly devoured by the giant fire-breathers. A variation of the story replaces the dragons with huge, hungry turtles.

Now, once it was discovered that the world was, in fact, round and that ships did not sail over the edge there was nothing that had to be done about the dragons and turtles, they simply became irrelevant. What if the same irrelevance can result with our so called illnesses? Sound too far fetched? Perhaps not anymore.

Basically, what we have been taught all of our lives, although some change is noticeable in recent years, is that we are victims of a variety of pain, illness and disease causing agents such as germs, viruses or other people, for example. A change in recent years has been the inclusion of what are considered psychosomatic causes such as stress and other emotional traumas. In 1970 the official medical community accepted that perhaps as much as 25% of illness might have psychosomatic causes. Today, that official number is more than 85%.

Now, let's take an imaginative leap, not only outside our usual thinking box but beyond the entire concept of illness and sick people.

In communications theory, one of the fundamental principles states that meaning and context are interrelated, that when we change context that meaning changes instantly and perhaps even totally. So, let's change the context about our physical conditions from illness to creativity, communications and location. With a new context, we find that the old illness based content is instantly transformed in meaning, perception and in terms of how we take action in its regard.

In his landmark 1945 book Man's Search for Meaning, Dr. Viktor Frankel states that man's basic search is for a meaning or purpose to his life. So, let's begin there and accept that if we are searching for a meaning it, perhaps, indicates that each of us does in fact have a specific purpose if only in an abstract if not a physical sense. It might relate to the exploration of certain values and experiences, those areas which have always drawn us in

some deeper way. It suggests also that our life isn't an accidental or random event. Both imply consciousness as well as creativity, and communications or personal participation.

Now, suppose all bodily conditions were in fact communications from a deeper part of ourselves relating to how well we are or are not aligned with that purpose in different ways. Here we have a complete change of context. Now, to call a communication an illness is to place us in an antagonistic posture and interferes with our understanding of it and the taking of appropriate action accordingly.

Said another way, life first speaks to us in whispers and when we don't hear, understand or understand and don't act in a personally appropriate manner, it speaks louder and louder until it shouts. That shout, according to Eric Rolf, is what we call pain, illness or perhaps even an accident of some sort. However, once we listen, understand and take appropriate action there is no longer the need for shouting. This is when we notice that the condition is relieved or disappears completely, in some cases so rapidly as to appear almost magical. For most, when this happens it usually is a subconscious process. Now it can be by conscious choice.

Eric Rolf's Soul Medicine is that leap from illness, disease and being a victim to a dynamic, vital communications with life and with one's life in particular. It goes beyond who am I? to Who am I, today? and what is my life about today?

Soul Medicine is part of a trilogy by Eric Rolf composed of three reference works which together create a synergistic 4th manual in the art of living or Life-care. [www.ericrolf.com](http://www.ericrolf.com)

In addition to Soul Medicine, there is Counting on Your Soul--Soul Purpose Numerology and Nanow--ImaginACTION, how to do it quick, small, simple and complete (an in depth view of the individual creative process and introduces the law of confusion and the law of clarity). Together they are an effective guide to vital health, joyful happiness and creative, abundant well being. The trilogy has added value for health practitioners especially within the area of alternative medicine and health practices.

Soul Medicine includes several unique concepts and perception tools through which this interaction with our deeper self becomes quickly and easily available and meaningful. For example, in Soul Medicine it is not the illness or pattern of symptoms that is important, that is simply considered the tone of voice with one pattern being a louder shout than another, a cold vs a kidney condition.

What is important is location, the specific organs involved, with each of our inner and outer organs relating to specific aspects of our lives. When our attention is drawn to that organ it is as if that part of our life is out of balance and is trying to get our attention.

This inner and outer organ by organ relationship with our life is described in detail in The Body's Secret Code, a kind of Rosetta stone for translating body and symptom communications. Incidentally, generally speaking a kidney condition initially has to do with relationships, especially close ones like brothers and sisters.

Soul Medicine also points out that each condition also has a seed event to which it is related. Sometimes this initial event happened years or even decades ago. To explore for and discover this event and perceive it in another way, Eric Rolf uses an extraordinary view of our intuitive faculties in which we can make use of 15 rather than just 5 senses. Eric Rolf describes these 10 additional senses and how we can use them in all aspects of our life, not just in locating the causal events in a physical condition.

While Soul Medicine does not deal in terms of illness or sick people but is a creativity and communications worldview, still Eric Rolf makes a kind of slight concession:

“If we insist on using the term illness, then there are only two conditions with which mankind is afflicted: a kind of psycho-spiritual deafness and a psycho-spiritual miserliness. All physical symptom patterns ultimately have their psychosomatic roots in one or both of these initial reactions to an event.

“Ultimately, each of us is here to listen, feel and give or add value through action in a personally unique manner.”

In terms of preventative activities, Eric Rolf offers more than 25 descriptions, many of them unique, regarding what he calls The Nutrients of the Soul. As he points out, “the Soul, our inner being, doesn’t get sick but it does need nourishment from the outer personality. Consequently if we don’t nourish our soul it appears as if our life is starving to death.”

The one heading the list is a daily discipline of Conscious Breathing with a simple technique for counting 100 breaths without stimulating the thinking process. This activity requires less than 15 minutes and can result in astounding personal transformation.

Some of the other nutrients described in a how best to do it fashion are:

...Meditation--a silent observing of one’s spacious mystery

...Prayer (as a conscious state of gratitude)

...Conscious creativity--having both active and passive art forms

...Conscious body movement--dance, yoga, tai chi, chi kung, 5 tibetan rites, etc

...Humor and laughter--humor is one of our 15 senses and may be the most elevated.

Laughter immediately moves us into alpha brainwave activity.

...Drinking and cooking only with pure vapor distilled water

...Maintaining a healthy diet based on quality rather than quantity and focused mostly in fresh fruits, fat burning vegetables with some fresh fish, chicken or meat. Minerals come from food not from water.

...Donate time as well as money to charity and worthwhile causes. Take action on your beliefs.

...Travel, especially international travel, which is often considered to be the best therapy.

Changing worlds literally produces a world of change personally.

...Have a quality sound system for listening to music and other beautiful sounds. Sound moves more quickly through water than light and we are mostly water.

...Use and risk your personal intuition with physical action. Be your own greatest mystery.

...Act with total intent, with both will and desire. Life responds more quickly to what we feel and choose clearly than to what we think.

...Operate on a strictly cash basis with the only exceptions being the home mortgage or the automobile. They are convenience rather than credit cards

...Clear, clean spaces both at home and in the work place. Space creates openness to opportunity.

...Gratitude for all of our experiences, especially the challenges from which we learn and grow.

...Be accepting of who you are today and with what purpose today.

Soul Medicine and the other reference books in the trilogy are available in both ebook and paperback formats and in both English and Spanish.

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