

SECTION 1: INTRODUCTION TO TRI-ENERGY CONSCIOUSNESS SOCIETY

Achieving Balance of Mind, Body & Spirit

The Tri-energy Consciousness Society is founded on the philosophy that proper balance of healthy Mind, Body and Spirit is essential for optimal well-being and personal growth.

The Society has been formed by a group of like-minded spiritual aspirants that believes in service to humanity through active avocation and application of wellness programmes and active alleviation of **ignorance**.

The **objects of the Society are** to promote healthy and meaningful living by learning from ancient wisdoms/philosophies and related activities such as community endeavours for the **general** benefit of humanity.

Much of the Society's understanding of the law of nature, as well as universal values and wisdoms **are** found in various ancient traditions **which are common knowledge shared** throughout history for thousands of years. This knowledge is being used to promote natural health and healing solutions to complement conventional medical treatments.

As a community service organisation, the Society may from time to time carry out related beneficial activities for its members and the public, such as talks, wellness activities, outings and retreats.

It does not adhere to or promote any religion **or religious beliefs**. It respects the right of every individual's belief **if any**. Any non-religious person, spiritual aspirant, or person of any religious affiliation may become a member of the society.

SECTION TWO: OUR PHILOSOPHY

Know Thyself and Be Well

We believe the mind and body have the innate ability to heal **themselves to a certain extent** when given the chance to do so, free from stress and unnecessary mental afflictions such as fear, doubt and worry. We believe in working with individuals to help them know themselves better including gaining a deeper insight into their mental and physical well-being, as well as spiritual disposition, to address the cause of any illness or disease that can include appropriate natural approach to healing. **This is in no way a substitute or replacement for generally accepted Western medical treatment.**

We believe that optimal balance of the following three energies of mind, body and spirit are essential for healthy **well-being**:

- Rational Understanding of the Self, and Right Knowledge
- Appropriate Thoughts and Actions
- Will Power and Sustained Motivation

The aim is to shift the individuals' awareness to a higher level so that they can better understand and appreciate themselves and the real issues they face, to have a better sense of being. **In a way, a spiritual transformation.** They must also exercise discipline and practice to

ensure sustained personal wellbeing, and it begins with a healthy lifestyle. You don't have to be part of any particular belief system in order to benefit.

Living and breathing a Healthy Life

We encourage the practice of healthy lifestyle by eating balanced meals that include vegetables, fruits, grains, seeds etc, and having regular doses of exercise including various sports, qigong and yoga, as well as breathing practices and meditation.

Processed foods, use of micro-wave oven for cooking/heating, consumption of carbonated sugared and coloured drinks and sedentary lifestyle are to be avoided.

We are convinced that natural (herbal and food sources), non-synthesised chemical drug treatments are best alternatives for healing many diseases and physical discomforts to prevent undesirable side effects. We recommend homeopathic, TCM and Ayurvedic and other holistic therapies, including massages, acupressure and acupuncture. These forms of alternative healing are categorised under Complementary and Alternative Medicine (CAM) by various health authorities.

Members of our core holistic healing group are driven by their love for their fellow human beings and are committed to provide alternative solutions, using natural therapies to help them recover and be well mentally and physically.

SECTION 3: OUR SERVICES

Helping others to heal and be well physical, mentally

Our group of well-meaning volunteers providing free natural therapy services have been inspired and taught by various experts and masters. They have learned the ancient ways of healing and well-being, each variously having received guidance from Japanese, Filipino, Indian, Middle Eastern and Chinese masters.

The various forms of healing require dedication and disciplined practice in breathing regimes, meditation, affirmations, and physical exercises such as Yoga and Taiji/Qigong, as well as spiritual development. The volunteers are mostly vegetarian-oriented and believe in the goodness of a plant-based diet for self-healing and longevity. They include qualified Traditional Chinese Medicine (TCM) practitioners.

The free natural therapy services we provide include:

- TCM acupuncture and medical services
- Acupressure and massage
- Pranic healing (an ancient form of energy healing)
- Johrei (Japanese form of light transmission healing)
- Astrological advice for health and general well-being
- Advice on diet and exercises for healing and healthy living

"Please forget about anti-ageing and avoid obsession with life extension. Instead, let's focus on preventing or minimizing the impact of age-related disease, on separating longevity and senescence, on learning how to live long and well, on how to age gracefully."

- Andrew Weil, M.D., "Healthy Ageing: A lifelong Guide to Physical and Spiritual Well-Being"

SECTION 4: PROGRAMMES & ACTIVITIES

For the benefit of its members **and well wishers**, the Society will organise on a regular basis the following:

1. Talks on healthy eating, healthy lifestyle, personal hygiene, disease prevention etc by experienced practitioners of proven well-being programmes, and talks on spiritual/personal development by various masters.
2. Alternative/complementary healing services, such as acupuncture (by qualified TCM **physicians**), acupressure, massage, and energy/qigong healing (Reiki , Johrei and **Pranic** Healing).
3. Workshop and seminars to promote alternative natural healing practices.
4. Sessions on stretching and breathing exercises, and meditation.
5. Advice on self-care in recovery from illnesses including practice of energy psychology such as regular recitation of affirmations.
6. Outings to related places of interest, attendance at regional/international environment and wellbeing events, and health and spiritual retreats.

Participants in these activities need not have any particular belief system in order to benefit.

The majority of our programmes and activities will be free of charge, with the exception of those where cost recovery is necessary.

SECTION 5: WHAT IS ALTERNATIVE/COMPLEMENTARY HEALING

What is alternative/complementary healing?

Traditional **natural remedies** and methods of healing have been around for several thousand years, with ancient texts revealing the Egyptians practicing medicine before 2,000 BC. **Following that the** Yellow Emperor HuangDi had founded Chinese medicine with The Emperor's Inner Canon (Huangdi Neijing), the Chinese medical text that became the fundamental source for Chinese medicine. Ayurvedic medicine was discovered in India. The Hippocratic Corpus, a collection of early Greek medical works associated with the physician Hippocrates who has been billed as the 'father of medicine', was written. Hippocrates based his works on understanding the workings of the human body and the use of medicinal plants and herbs for healing.

These ancient practices that linked diseases to mind, body and environmental factors included stimulating the body to heal itself and incorporate treatments such as yoga, meditation, massage, diet and herbs. Today, such practices are categorised under "Complementary and Alternative Medicine".

The US National Center for Complementary and Alternative Medicine (NCCAM) describes the two terms as:

- If a non-mainstream practice is used **together with** conventional medicine, it's considered "complementary."
- If a non-mainstream practice is used **in place of** conventional medicine, it's considered "alternative."

NCCAM classifies the following five areas under alternative medicine:

- Whole medical systems
- Mind-body medicine
- Biologically-based practices
- Manipulative and body-based practices
- Energy medicine

The Mayo Clinic in its website has the following information on this subject:

“Keep in mind that the distinctions between therapies aren't always clear-cut, and some systems use techniques from more than one category.

A system isn't just a single practice or remedy — such as massage — but many practices that center on a philosophy, such as the power of nature or the presence of energy in your body. Examples of whole medical systems include:

- *Ancient healing systems. These healing systems arose long before conventional Western medicine and include ayurveda from India and traditional Chinese medicine.*
- *Homeopathy. This approach uses minute doses of a substance that cause symptoms to stimulate the body's self-healing response.*
- *Naturopathy. This approach focuses on non-invasive treatments to help your body do its own healing and uses a variety of practices, such as massage, acupuncture, herbal remedies, exercise and lifestyle counseling.*

Mind-body techniques strengthen the communication between your mind and your body. CAM practitioners say these two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques include meditation, prayer, relaxation and art therapies.

Examples include dietary supplements and herbal remedies. These treatments use ingredients found in nature. Examples of herbs include ginseng, ginkgo and echinacea; examples of other dietary supplements include selenium, glucosamine sulfate and SAME. Herbs and supplements can be taken as teas, oils, syrups, powders, tablets or capsules.

These methods use human touch to move or manipulate a specific part of your body. They include chiropractic and osteopathic manipulation and massage.

Some CAM practitioners believe an invisible energy force flows through your body, and when this energy flow is blocked or unbalanced you can become sick. Different traditions call this energy by different names, such as chi, prana and life force. The goal of these therapies is to unblock or re-balance your energy force. Energy therapies include qi gong, therapeutic touch, reiki and magnet therapy.

Many conventional doctors practicing today didn't receive training in CAM or integrative medicine, so they may not feel comfortable making recommendations or addressing questions in this area. Doctors also have good reason to be cautious when it comes to some CAM. Conventional medicine values therapies that have been demonstrated through

research and testing to be safe and effective. While scientific evidence exists for some CAM therapies, for many there are key questions that are yet to be answered.

In addition, some CAM practitioners make exaggerated claims about curing diseases, and some ask you to forgo treatment from your conventional doctor. For these reasons, many doctors are cautious about recommending these therapies.

One reason for the lack of research in alternative treatments is that large, carefully controlled medical studies are costly. Trials for conventional therapies are often funded by big companies that develop and sell drugs. Fewer resources are available to support trials of CAM therapies. That's why NCCAM was established — to foster research into CAM and make the findings available to the public.

Work with your conventional medical doctor to help you make informed decisions regarding CAM treatments. Even if your doctor can't recommend a specific practitioner, he or she can help you understand possible risks and benefits before you try a treatment.

It's especially important to involve your doctor if you are pregnant, have medical problems or take prescription medicine. And don't stop or change your conventional treatment — such as the dose of your prescription medications — without talking to your doctor first. Finally, be sure to keep your doctor updated on any alternative therapies you're using, including herbal and dietary supplements.”

<http://www.mayoclinic.org/alternative-medicine/ART-20045267?p=1>

SOME COMMENTS & FINDINGS OF SURVEYS & RESEARCHES

US National Health Interview Survey (NHIS)

The US National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention, conducts a survey on the use of complementary and integrative health approaches every five years.. It collected information between 35,000 and 40,000 households and in its 2012 survey it found that 33.2% of U.S. adults used complementary health approaches, similar to the percentages in 2007 (35.5%) and 2002 (32.3%). 11.6% of U.S. children age 4 to 17 used complementary health approaches in 2012, slightly lower than 12.0% in 2007.

The most commonly used complementary approach was natural products (dietary supplements other than vitamins and minerals). The adults who take natural products or who practice yoga were more likely to do so for wellness reasons than for treating a specific health condition. In contrast, people who use spinal manipulation more often do so for treatment reasons rather than wellness.

READ MORE: <https://nccih.nih.gov/research/statistics/NHIS/2012/key-findings>

Research on Mindfulness Meditation

The regulation of HDACs (histone deacetylase) and inflammatory pathways may represent some of the mechanisms underlying the therapeutic potential of mindfulness-based

interventions. Our findings set the foundation for future studies to further assess meditation strategies for the treatment of chronic inflammatory conditions.

- Findings from a study was conducted at the Center for Healthy Minds at the UW-Madison Waisman Center, and funded by US National Center for Complementary and Alternative Medicine.

Read more: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4039194/>

Yoga as a Complementary Treatment of Depression

"For all who completed the study, aside from clinical symptoms of depression, reductions were also observed in measures of anxiety, expression of anger, neurotic symptoms, limitations on usual role activities because of emotional difficulties, and LF-HRV (low frequency heart rate variability). Thus, participation in yoga did not in effect target depression only but also affected psychological and biological processes indicative of improved mental health in general and more effective social behavior."

- Findings from report on "Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome", a study led by Dr David Shapiro, UCLA Department of Psychiatry (published 2007).

Read more: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2176141/>

Energy field manipulation can benefit patients

"Over the last few decades, scientists have developed more than adequate measurable and logical connections between biological energy fields and generally accepted scientific knowledge. Methods have been developed to measure subtle but important energy fields within and around the human body. Few decades ago these fields were considered non-existent by academic medicine. Not only are we documenting the presence of such fields, but researchers are understanding how these fields are generated and how they are altered by disease and disorder. We are also beginning to understand the biophysical mechanisms that enable the discerning therapist to sense and manipulate energy fields for the benefit of the patient."

In essence, a major gap in biology is being filled. The new discoveries are not being developed within any particular discipline or by a particular method. Instead, fundamental observations are being made in a wide variety of areas. After all, like it or not, any approach to the body utilises energy in one form or another. An open-minded consideration of energetics has the potential to improve the treatment of serious disorders and diseases that do not respond to clinical methods based on concepts that leave energy out of the picture."

- from the book "ENERGY MEDICINE – THE SCIENTIFIC BASIS" by James L. Oschman.

Disruption of nature's intelligence and disease

"Disease is the result of a disruption of the spontaneous flow of nature's intelligence within our physiology. When we violate nature's law and cannot adequately rid ourselves of the results of this disruption, then we have disease."

-Virender Sodhi, M.D. (Ayurveda), N.D., Director of the American School of Ayurvedic Sciences in Bellevue, Washington

Energy field disturbances & disease

"Until now, many human diseases have been characterized as 'etiology unknown.' In other words, the cause of the disease could not be determined, and therefore the only possible treatment was alleviation of symptoms. But physiological symptoms appear because of the field disturbance. If we correct the disturbance in the field, the symptoms disappear and we have been healed. If we treat the symptoms directly, then when a stressful situation once more aggravates the incoherent energy that is the source of the problem, the disease condition returns."

- Dr. Valerie V. Hunt, research scientist, author, lecturer and Professor Emeritus of Physiological Science at UCLA, whose groundbreaking research has led to the first truly scientific understanding of the relationship between energy field disturbances, disease and emotional pathologies.

Changes in electromagnetic field & health

All healing that takes place in alternative medicine is electromagnetic. Whether it's the laying on of hands, Tai Chi, meditation — everything that takes place, even the thought process, or the person's intent or spiritual state, changes the electromagnetic field and changes it almost instantaneously. Now if it stays changed and improved, the body heals itself, and the chemistry reorganizes. This biochemical reorganization is the effect that medicine is working upon. Medicine has never, ever cured anything. The body cures itself. Sometimes, in emergency situations, we need the offset of biochemistry, but not as a cure of disease. It never has cured disease, and it never will cure disease. Only if the field changes will there be a true cure."

- Dr. Valerie V. Hunt, research scientist, author, lecturer and Professor Emeritus of Physiological Science at UCLA.

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