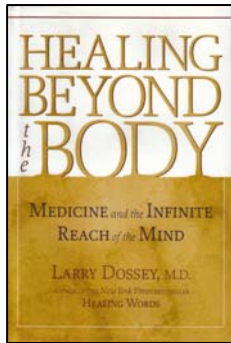


***Healing Beyond the Body:
Medicine and the Infinite Reach of the Mind***
By Larry Dossey, MD

Larry Dossey, MD, is a physician of internal medicine. He was a battalion surgeon in Vietnam, chief of staff at Medical City Dalls Hospital, and a member of Hillary Rodham Clinton’s Task Force on Health Care Reform. He has lectured all over the world, including at the Mayo Clinic, Harvard, Johns Hopkins, Cornell, and numerous other major universities and medical schools. His other books include *Space, Time & Medicine*; *Healing Words*; and *Prayer is Good Medicine*.



It’s certainly a paradox: Modern medicine, with all its diagnostics, medications, and surgeries can actually take people *farther* from true healing than when they struggled with disease *before* any medical intervention. This is one of the chief complaints raised by practitioners and supporters of holistic health care practices, which aim to treat the whole person in order to promote true healing on many different levels. In *Healing Beyond the Body: Medicine and the Infinite Reach of the Mind*, Larry Dossey, MD maintains that if modern medicine is truly to become a healing art, it needs to embrace three specific ideas – naturally accepted in holistic health – that it has too long ignored. It must address not only our bodies, but our minds and spirits. It must deal not only with the mechanism of illness, but with its meaning. And it must recognize that our power to heal and be healed extends beyond our physical bodies.

Healing Beyond the Body takes a fairly clinical look at a somewhat nebulous topic, and breaks it down into manageable pieces. Anecdotes also get their fair share of ink, as Dossey tells of incredible healing accounts that have less to do with modern medicine than with the healing powers of the mind and human spirit. In a section on “meaning,” Dossey discusses the value of illness in people’s lives and the way that they can use their relationship with both health and disease in promoting their own healing. The topic of the “mind” is also explored, inviting the reader to consider the origin and location of human consciousness as well as its role in promoting or suppressing recovery from disease. In lockstep with this topic, mind-body therapies like biofeedback, imagery and visualization

“Meaning is often disregarded in modern life. Not only are we told (erroneously) that science has proved there is no meaning in nature, we are also assured that God is dead. As a result, we find ourselves a society that is spiritually malnourished and hungry for meaning...The immense popularity of alternative therapies and therapists may be due in large measure to the fact that they help people find meaning in their lives when they need it most.” (Page 18)

“The nonlocal picture of consciousness is one of the most majestic and glorious views of the mind we can conceive: mind as infinite, mind as immortal.” (Page 191)

receive well-earned praise for their role in promoting and sustaining wellness. “Nonlocality” is also examined; the effects of empathy, prayer and love stand up to close scrutiny and receive some much-earned kudos as healing agents.

Dossey’s book is written in a very easy-to-read manner incorporating a unique blend of science and spirit; studies

are explored and then supported by accounts of dramatic and seemingly incredible or impossible healings. If you would like to know more about how the mind and spirit help determine your level of health or ability to recover from illness, this book should certainly be on your reading list. A brilliant collection of medical essays, *Healing Beyond the Body* is a significant contribution to the literature of medicine and consciousness.

Ryan N. Harrison, MA is a Holistic Health Educator/Consultant in private practice (<http://www.BeWholeBeWell.com>). He has taught holistic nutrition, therapeutic herbalism and natural health for many years in both online and traditional settings.