

Západočeská univerzita v Plzni

Fakulta filozofická

Bakalářská práce

**Modern Medicine Methods Compared To
Teaching of Old Masters**

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Prohlašuji, že jsem práci zpracovala samostatně a použila jen uvedených pramenů a literatury.

Plzeň, duben 2013

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1 PREFACE AND DEDICATION

This bachelor thesis deals with a problem of the relationship between modern „western“ medicine and alternative healing methods. We used the term „Old Masters“ because of the origin of the majority of the most important thoughts and information concerning the alternative healing procedures. They were used many generations ago and are still valid, even for a current human beings, because the anatomy of the human body or mind has remained unchanged.

The goal of this very thesis is to show that medicine is not about a fight between healers and doctors. It is about their synchronicity and synergy – because they both say the same, only with different words. The author would like to show the differences in the way of thinking of those two sides of one coin, which in the end appear to be the same.

The reason why the author chose this topic is because it is her „daily bread“, her daily life. Many thoughts might be overtaken and learned from wise people and book writers but many thoughts given in this thesis are of her very own origin. Without understanding the problematic of this topic, this paper could not have been written without avoiding cliches and absurdities. The author is deeply interested in the topic and believes that choosing it was a wise decision, for it can make a difference.

The field of the authors study is, however, linguistics, not psychology, medicine or religion. It was thus necessary to implement some linguistic points of view.

She would also like to dedicate this thesis to everybody who was supporting her in finishing her studies and kept moving with her on her way of self-learning such as family members and lectors and teachers of Reiki, Spiritual Response Therapy, automatic drawing, Feng Shui etc.,

who she has the honour to call friends, and all the university and extracurricular teachers, especially to the supervisor of this thesis, Mr. David E. Franklin M.A., for his extraordinary patience and cooperation while working it out.

2 INTRODUCTION

Different philosophies of modern medicine and old principles of knowing the world fight for discovering what the one truth is. Modern medicine tries to describe the world of a human body from the factual perspective and only in the light of clear evidence. Philosophies from the Far East, but even Celtic tradition and traditional healing in Europe, do not try to convince anyone – they do not need to because they believe that everyone needs to find his path on his own and even if a wise man shows the searching one the complete secret of the Universe, the searching one would not be able to understand everything.

We are always capable of understanding one part, one little part after another. It is like driving in the night where you can see only a short distance in front of you, but you can drive the road of very long distances. You know that you see what you need to see at the very moment and that is enough for now.

So is this thesis. We would like to achieve an acknowledgement that there is no need of a fight between the two worlds – of medicine in the western culture and any other. They are all based on the same goal. To treat, to heal, to care, to cure. They all want to help anyone who needs it to feel better in every area of his life. They do it differently and we would like to say that no one of them is better than the another.

Unfortunately, it would not be completely truth. It is always about the people, practising the medicine. We see the position of current human in the society and his own life as one of the biggest issues of this times. We are taught how to think and which way is the best. We are formed through education and very often lose our natural ability to see and understand the world around us. And with every generation raised up this way it has gone worse. And in this environment the physicians and

scientists grow up, who think entirely logical, reasonable and rational. They do not allow their feelings to interfere the problematic because it is not scientific. But those who were following what they felt inside were the best scientists, academics, performers and teachers. They knew they were right, that the truth was standing on their side, and had not given up until they found how to prove it.

The western culture rational way of thinking meets the eastern way of feeling today – it is finally happening and more and more people know that they have to develop every aspect of their being, not only the rational.

As said in the preface, we would like to show that those two concepts are practically the same, their representatives only do not understand each other. And even when this is an academic paper, we hope that maybe it will be able to touch something in the heart of those who are reading it right now.

The western culture is based on reason. The eastern is based on faith. But are they not the same?

3 COMPARISSON OF THE MAIN CONCEPTS

3.1 Physics: Concept of an atom

The atom is **a basic unit of matter** that consists of a dense central nucleus surrounded by a cloud of negatively charged electrons. The atomic nucleus contains a mix of positively charged protons and electrically neutral neutrons (except in the case of hydrogen-1, which is the only stable nuclide with no neutrons). The electrons of an atom are bound to the nucleus by **the electromagnetic force**. Likewise, a group of atoms **can remain bound to each other by chemical bonds based on the same force**, forming a molecule¹.

An atom can be split but not destroyed. It makes it eternal.

Atoms are everywhere, they form bodies as well as planets and solar systems. **It is always the same source of matter that forms everything in the universe.**

Atoms, as long as we know, always existed and probably are forever going to simply exist.

3.2 Religion: Concept of God

God is often conceived as the supreme being and principal object of faith. In theism, **God is the creator and sustainer of the universe**. In deism, God is the creator (but not the sustainer) of the universe. In pantheism, God is **the universe itself**. Theologians have ascribed a variety of attributes to the many different conceptions of God. Common among these are **omniscience** (infinite knowledge), **omnipotence** (unlimited power), **omnipresence** (present everywhere),

¹ Atom. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-01]. Available on: <http://en.wikipedia.org/wiki/Atom>

omnibenevolence (perfect goodness), divine simplicity, and ***eternal and necessary existence***².

3.3 Western Medicine

We use a term „western medicine“ because of its simplicity for understanding. Practically everyone is subconsciously able to understand what we mean by it.

Atoms form molecules, molecules form tissues, tissues form organs, organs form organ systems, they form bodies of animals and humans. The western medicine focuses highly on ***treating the physical body*** formed by this organs, molecules and atoms. It used to persist in the path of studying ***material facts***. (Now it seems it is starting to acknowledge that mind, soul and external and internal energy influence the body functions.)

Western medicine ***divides the human being in different levels*** which should theoretically cooperate, but it does not always look at a person as a whole. Psychological, material or physiological, emotional etc. levels are differed. Many specialist work only with their knowledge from the field they are specialised about. Common doctors and physicians rely on the results given by medical devices and do not use the common knowledge they have once learned on the medical school and simple thinking any more. It is unfortunate because the current point of view has split a person in a system of organs with chemical and physical interactions and does not see any poetry in it.

A living body is an amazing and for many people mysterious creation of nature. It is able to survive much and still be patiently working

² God. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-01]. Available on: <http://en.wikipedia.org/wiki/God>

day after day. The evidence-based medicine looks at it as at a biochemical machine without deeper sense than just living and surviving, serving to its purpose. And yet there are so many evidences that it is so much more.

3.4 Chinese Emperor Medicine

The Chinese Emperor medicine, also called Traditional Chinese medicine (TCM), is a broad range of medicine practices sharing common theoretical concepts which have been developed in China and are based on ***a tradition of more than 2,000 years***, including various forms of ***herbal medicine, acupuncture, massage (Tui na), exercise (qigong), and dietary therapy***³.

It uses knowledge based on faith that everything in a living body works in ***a perfect harmony*** of *yin* and *yang*, cold and warm, flowing and pulsing, and the five basic elements (water, wood, fire, earth, metal). Any ***disharmony*** in this balanced system causes disease. This philosophy includes interaction between ***the inner and outer environment***.

According to this belief we can find several natural ***analogies***, such as number of elements, everything in the nature is formed of, and the most important body organs (5), number of year seasons and body limbs (4), number of days in a year and joints in a body (365; 366) etc.

A body is divided in two halves, namely a *yin* and a *yang* half. The *yin*/bottom part is connected with earth, ground, basics. The *yang*/upper one with heaven, thinking, stars, universe. The body as a whole is *yin* – a vessel for life energy (*yang*). Perfect balance.

³ Traditional Chinese medicine. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-01]. Available on: http://en.wikipedia.org/wiki/Traditional_Chinese_medicine

The Traditional Chinese medicine also works with a system of **meridians**. The *shen-nong.com* website describes them as follows: „By connecting and uniting different parts of our body, meridians provide the transport service for the fundamental substances of qi, blood, and body fluids. The flow of qi in the Meridian System concentrates or "injects" in certain areas of the skin's surface. These areas are very small points, otherwise known as "acupuncture points". Although acupuncture points are located externally and superficially, they can affect the internal functions of our body. There are 365 acupuncture points, and each point belongs to a particular meridian channel that connects to specific organs.⁴“

Nonetheless, many of its [TCM] assumptions, including the model of the body, or concept of disease, are not supported by modern evidence-based medicine³.

3.5 Philosophy of India, Ayurveda

The Indian subcontinent healing tradition is based on **a chakra system**. „Chakras, in Hindu metaphysical tradition and other belief systems, are centres of Prāna, life force, or **vital energy**. Chakras correspond to vital points in the physical body i.e. major plexuses of arteries, veins and nerves. Texts and teachings present different numbers of chakras.

Their name derives from the Sanskrit word for "wheel" or "turning".

The concept of chakra features in tantric and yogic traditions of Hinduism and Buddhism.⁵“

⁴ What is the Meridian System. PACIFICLINK IMEDIA. *Www.shen-nong.com* [online]. 2005 [cit. 2013-04-01]. Available on: <http://www.shen-nong.com/eng/principles/whatmeridian.html>

Sensitive people are able to sense or feel their and other people and animals chakras. This system refers to vital energy centres which distribute it throughout the body, from the backside onwards. It has even been described that men and women have opposite way of „turning“ of the vital energy in this centres.

Each chakra is responsible for several organs, relations and functions of body and mind. According to ayurvedic knowledge, the three bottom chakras create **emotions and feelings** and are connected with **the earth** (compare with TCM and the *yin* part of the body) and the upper three create and keep **thoughts and thinking** and are connected with **the universe** (compare with the TCM *yang* part of the body). Those three bottom and three upper chakras, emotions and thoughts, meet in the fourth chakra, right where humans point when they say „I,“ or „Me“ and where we put **„heart“**.

⁵ Chakra. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-01]. Available on: <http://en.wikipedia.org/wiki/Chakra>

3.6 Holistic Medicine

Wikipedia describes the holistic medicine as follows: „Holistic health is a concept in medical practice upholding that ***all aspects of people's needs*** including psychological, physical and social should be taken into account and seen as a whole. As defined above, the holistic view is widely accepted in medicine. A different definition, claiming that disease is a result of physical, emotional, spiritual, social and/or environmental imbalance, is used in alternative medicine.⁶“

The holistic healers count on every area and side of a personality and being. They work with a fact that ***everything is connected to everything*** and ***all beings are connected together***, as well. They believe that we are ment to be healthy, it is normal to be healthy, happy and live our potencial every day of our lives. That we are here to experiment with all kinds of energy – physical, emotional, mental and spiritual.

The holistic concept looks at men as a whole, a part of something bigger and more important than just themselves.

3.7 Sub-Summary: Comparisson of the concepts

As seen above, it is possible to compare all those concepts from an objective point of view because they share the basic idea.

⁶ Holistic Medicine. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-11]. Available on: http://en.wikipedia.org/wiki/Holistic_medicine

3.7.1 Thoughts and emotions

Taken from the very beginning, a body is formed by atoms. Atom is a basic unit of matter, has its energy and qualities. They are constantly vibrating and changing in time. It is thus possible to presume that a body is constantly changing and vibrating. According to an article posted on the website *www.engineering.mit.edu* we are able to measure very small interactions inside our brain.

„We're limited in our ability to record individual human neurons,” says Charles Jennings, director of neurotechnology at the MIT McGovern Institute for Brain Research. He points, however, to one major exception. It is possible during neurosurgery, when the brain is exposed and the patient is awake, to measure the activities of individual nerve cells in the brain. Doctors can show the patient something—a picture or words—and measure the response to the stimulus.

This kind of experimentation has led to the discovery that single neurons may show extraordinarily precise patterns of activity. For instance, in one study a single neuron lit up in response to actress Halle Berry—regardless of whether the patient saw her name, her face as she walked the red carpet, or Berry in the role of Catwoman.⁷

Thoughts are measurable, as described above. A thought is created or formed by our brain, by its bio-chemical function which is of a vibrating and changing nature.

Atoms are formed by simple basic energy, that is used for an example in nuclear power plants. So it can be presumed that our body is

⁷ DOUGHERTY, Elizabeth. How are thoughts measured?: By watching one neuron at a time, or by looking at how millions of them are talking to each other.... *How are thoughts measured?* [online]. 2011 [cit. 2013-04-11]. Available on: <http://engineering.mit.edu/live/news/1040-how-are-thoughts-measured>

formed by pure energy. And it needs to flow and be transported throughout the body. Here the TCM and the ayurveda theory come to word. According to them, the body has its very own system of supplying and transporting the energy. Chakras receive it from the external environment and supply it into the body. Used energy is released out of it with the front. The energy is supplied thanks to the meridians inside to every cell needed. Every chakra is responsible for certain tasks and so are the inner organs. The corespondation described in the traditional writings is very simple and seems to be presumable.

So, every thought is an impuls, a wave of this basic energy or matter. The ayurveda tradition says that our thoughts are formed in the upper three chakras. A thought itself is nevertheless very small, just the beginning. Our emotions and feelings have the power to make our mind and body feel differently than the current conditions are. In many studies it has been already proved that for example an athlete, connected to medical divices monitoring his life functions, imagining himself running a race has physical reactions like he would be really running it.

In his book *Power of your subconscious mind*⁸ Dr. Joseph Murphy, degreed in chemistry and psychology, writes that there are two separate components of a human mind. The conscious mind is like a ship captain who collects all information and is able to consciously think about them. The subconscious mind is like his ship crew who are not able to differ whether captian's orders are good or bad for them. They just comply with his orders. The subconscious mind does not have acces to the current information about circumstances outside, that is why the conscious mind is there. The subconscious mind controls the body functions. And this is the reason why an athlete in the study has physical reactions (puls, breathing,...) like he was actually running his winning race,

⁸ DR. MURPHY, Joseph. *Moc podvědomí: Velká kniha vnitřního a vnějšího rozvoje*. Praha: Pragma, 1993. ISBN 80-85634-08-2.

notwithstanding he sits quietly in a lab. He is imagining running and his subconscious mind does not know whether they are really running or not. It simply reacts and responds with preparing the body for the performance.

And this is a very important fact – that our body does not really know what is happening around it. It completely trusts our mind and its information, it depends on them absolutely.

Even our emotions do not need to be current. Everyone is able to cause almost any memory he wants. We are able to remember even smallest details about something that deeply touched us. For example, a high school student who has been bullied is able to imagine perfectly with every detail how he felt in that exact moment. How his heart was beating fast, he was sweating and breathing fast and shallow. He does not need to be there to remember and cause this again. He can literally live it through again. And his body will respond. He will start sweating, breath faster and his heart will beat faster, ready to run. His body does not know it is not for real. And it is the same with positive emotions. We can remember what it was like when we felt in love for the first time. The physical feelings like heart beat, „butterflies in stomach“ etc. strong emotions create strong memories.

In the ayurveda tradition, as said above, the emotions are formed in the three bottom chakras and meet the thoughts in the fourth chakra. A thought is a vibration, an image of what we are thinking about, and an emotion is like a fuel for it. It gives it the strength. Every successful person says: „You have to believe it to make it true.“

3.7.2 Conclusion

Compared all together, those concepts described above (concept of an atom, God, energy etc.) refer to something important that forms and

creates everything and each one of them calls it differently. Physicists call it atoms or matter, religion people God. But they are both everywhere, in everything, form and destroy everything, they are eternal, immortal and indestructable. The question is: „So, where is the difference?“ We say: „There is none.“

4 HEALING METHODS: SHORT INTRODUCTION AND PERSONAL EXPERIENCE

4.1 Foreword

In this part we would like to introduce the author's personal experience on her own health and the health of some people she had the honour to ever heal and help. After a short description of each discipline the author has studied and practised she shares knowledge to show that these „alternative“ methods of healing are actually working and have very concrete results.

In this part we would like to demonstrate practical knowledge and practice based on the information above. For without a prove it would all be only theoretical.

4.2 Healing methods: introduction

4.2.1 Reiki

The word Reiki itself comes from Japanese (Rei-Ki) and denotes the universal vital energy. Walter Lübeck, Reiki master practitioner and writer, described Reiki as follows: „A healing through a power, coming directly from the source of all life, and led by a healer.⁹“

In the third chapter of this thesis we described the vital energy or energy in the universe itself, if you wish. We know now that everything is

⁹ LÜBECK, Walter. *Reiki*. Olomouc: Fontána, 2008. ISBN 978-80-7336-443-4.

formed of atoms and atoms are formed of smaller particles which are formed by simple basic energy. A Reiki healer is capable of using his own body as „a channel“ for the energy flow/stream. It is then redirected to the patient's body that uses it for restoration. The healer works here as an antenna. He directs the whole process.

The energy is received through the chakra system and transported through the system of meridians to the wounded area. The healer is also capable of healing this area directly without streaming the energy through the chakras, which is very recommended.

Reiki does not need the patient to be present with the healer on the same place. Because it is directed by the healer's will it can be sent no matter how far. It has been said that the vital energy „is intelligent“.

The healer has to be taught by a master because of his own safety. Some of the practitioners want to help so badly they are almost able to harm themselves. It can happen when the patient does not accept the healing and the healer still wants to help. The patient's body is not receiving and the healer exhausts himself. Sometimes, especially in the beginning of the learning process of the healer, he does not connect on the energy correctly and gives the patient his own vital energy instead of channeling it from the universe. It manifests then as exhaustion, even illness.

Many people are spiritually evolved, without even knowing it, at a level that allows them to be this energy channel. But without appropriate knowledge it is not recommended to heal more people.

Nevertheless, the healing with Reiki energy changed the perception of people and their point of view on the so called *biological medicine*. It has been re-invented by a Japanese Buddhist Mikao Usui almost a hundred years ago. He tried to reveal what we had already forgotten and

discovered much more than he expected. He sank himself into a deep meditation for many days with absence of food and drink and tried to receive the vital energy from the outer environment and the universe. He succeeded and crucial knowledge and sacred symbols revealed in his mind. He accepted the knowledge and thought that after such a long asceticism his body won't be able to receive nutrition. Surprisingly, it was. He deduced that it is possible to survive through only receiving the vital energy. He assembled then the main concept and rules of Reiki healing tradition. Ever since Reiki has celebrated much success in the field of curing people. It became a base of many healing methods invented afterwards.

4.2.2 Spiritual Response Therapy

„Spiritual Response Therapy (SRT) is a thorough process of exploring the subconscious mind and spiritual records to reveal and release hidden barriers in health, happiness and spiritual growth¹⁰,“ writes Rev. Robert Ernest Detzler, the author of SRT, in his book *Soul Re-Creation*. SRT is a very progressive method of spiritual healing that focuses on exploring the past lives experience and „clearing“ them. Patients and clients recognize significant development in their situation.

The healing is based on cooperation with spiritual beings, called „The High-Self Committee“, who are more evolved than us and exist in „higher“ dimensions and are not loaded with negative emotions or thinking. Those wise beings cooperate with us for mutual growth and learning in our best interest. They never mean any harm and are able to help and positively influence an individual.

Any other spiritual healing method, the author of this thesis has ever experienced, works only with the client's Soul. The Soul can

¹⁰ DETZLER, Robert E. *Osvobození duše*. Jihlava: ANAG, 2003. ISBN 80-7263-188-8.

unfortunately be affected and „blocked“ by It’s own experience and fears. Within the positive healing the healer is not allowed to influence the client’s Soul by force, It needs to find out by itself. But during a healing with SRT the healer does not work directly with the client’s Soul. He communicates with the client’s High-Self Committee, who are not affected by the programs the Soul has ever created. They are there to help It understand how things really work and to help It realize where the mistake has been made. The Soul then realizes that this is not the way of living and learning smoothly and healthy and desists from holding by the programs of fear, self-punishment, anger, conflict etc.

The SRT uses a pendulum and a system of charts. It is easier for the healer to work faster thanks to the charts because most of the programs, obstacles etc. are common within people. Those charts are constantly evolving because of the evolving world, but the basics are the same. Reverend Detzler has been exploring all the information for healing with SRT for a significant part of his life. He discovered many of them in the Bible and was able to interpret much of it’s wisdom for current people in their spiritual importance.

The advantage of this method lies in it’s painlessness – the client does not need to live the experience again, like for example during a regress therapy. In fact, the client can percieve nothing. Because the process of clearing goes through the other bodies of our being we do not need to feel any pain at all, unless we want to because we believe we deserve it – and that is something worth clearing, too.

What is interesting about the way the programs and obstacles originate Rev. Kathleen A. Butler, executive director of Spiritual Response Association (SRA), wrote in the March publication of the monthly newsletter Ascension:

„It is interesting to note, that it is not what happens to us in this or past lives that sets up the program, so much as the discordant energy we assign to the experience. In the cases cited above, it is not the number of times an event happens that matters, but the emotional charge we attached to the event. So, you may have been harmed once and have a more intense phobia than someone who received the harm 100 times.¹¹“

4.2.3 Psychological/Psychic surgery

Also called „bare hand surgery“, psychic surgery is a discussed topic because of it's unorthodox approach. It is important to explain the way it works before we discuss whether it is functional or not.

In the chapter 3.7.1 we have mentioned Dr. Murphy's research and book *Power of your subconscious mind*¹². We are mentioning it again because of the description of a suggestion. The Free Dictionary explains a suggestion as „a psychological process by which an idea is induced in or adopted by another without argument, command, or coercion“. Dr. Murphy writes: „Suggestion possesses no power except the one provided by a man's will and belief. But once it starts functioning it directs the subconscious forces stream into entirely specific and narrowly defined channels.“

And this is very important for the psychic surgery. „Contact, vulnerability and intimacy are involved in the surface-soul interaction,“ writes Stanley Keleman, a recipient of lifetime achievement awards from the European Body Psychotherapy Association and the American Body

¹¹ REV. BUTLER, Kathleen A. Overcoming Fears and Phobias. *Ascension: The Monthly Newsletter of the Spiritual Response Association*. 2013, 25.3.

¹² DR. MURPHY, Joseph. *Moc podvědomí: Velká kniha vnitřního a vnějšího rozvoje*. Praha: Pragma, 1993. ISBN 80-85634-08-2.

Psychotherapy Association and of an honorary Ph.D. from Saybrook University for his contributions to the field of body psychotherapy and humanistic psychology¹³, in his book *Emotional Anatomy*¹⁴.

The entire process of the surgery can only be possible thanks to the patient's belief that it can really be happening - suggestion. Without his conscious cooperation his subconscious and his body would not accept the therapy. As spoken before, an athlete's mind does not differ whether he is really running a race or he is just imagining it. The conscious mind has to let the healer/surgeon do his job and allow the subconscious mind to believe the body is really being in a surgery process. And it will react so.

There is no need of blood or pain because the healer/surgeon is able to „program“ the body just like an anesthetist. Because it does not know whether it received anesthesia without the conscious mind telling so.

In fact, the psychic surgery works on the very same basis like Reiki. It uses the knowledge that everything, including our body, is formed by the same type of vital energy, represented by atoms etc. And with the control of the patient's subconscious mind the healer is able to persuade the patient's body that it is being cured. The results are remarkable.

¹³ CENTER FOR ENERGETIC STUDIES. *Center Press* [online]. [cit. 2013-04-27]. Available on: <http://www.centerpress.com/about.html>

¹⁴ KELEMAN, Stanley. *Anatomie emocí: Emoce a jejich vliv na lidské tělo*. Praha: Portál, 2005. ISBN 80-7178-836-8.

4.2.4 Silva Mind Control Method

This method is not typically only a healing procedure but a process discovered for improving one's life as well. The founder, José Silva, has never been visiting school because he had to support his siblings for they could go to school, who taught him to read and write afterwards. I believe that this is the very reason why he was able to figure out some significant scientific facts about human brain. No one has ever taught him how to think or contemplate, which may have caused that he saved his pure logic we can see when a child is very young. The children logic is as pure as glass and some scientist have already found out that it is useful to let little children try to solve a scientific problem – and they get a completely different set of solutions.

José Silva had, however, took place in a radio repair correspondence course. When he was fifteen he launched his little radio repair business. He was fascinated by a work of psychologists and started to study psychology on his own from books after he came back from war. He focused mostly on hypnosis. During 40's he was building his radio and TV repair business, practiced a few more jobs and was wondering about human brain, IQ and hypnosis. He was especially interested in increasing the IQ through any spiritual exercise.

He knew that our brain generates electricity. Thanks to his specialization he also knew that an ideal circuit is the one which has the lowest resistance or impedance because of the best electric power utilization. Silva was wondering if even the brain could work more effectively while decreasing its impedance. He found out, which is a paradox for many people, that the brain is productive the most while less active¹⁵.

¹⁵ SILVA, José a Philip MIELE. *Silvova metoda kontroly mysli: Brána do jednoho z nejpřevratnějších dobrodružství vašeho života*. Praha: Pragma, 2001. ISBN 80-85189-25-9.

And this is how his research in the field of meditation, Alpha waves and mind control began. Millions of people have learned his mind control method during the decades and use it for improving their lives, getting rid of fears, healing themselves and others etc.

We come here across the fact that our mind, living probably in our brain, has two separate functions again. While practising the Silva mind control method an individual is able to work with his very own brain and mind with much bigger efficiency, thanks to perserving in the Alpha wave which is nothing less than just another frequency our brain is able to operate in, without blocking emotions or thoughts. In fact, this is the frequency in which the human brain operates while sleeping or just after awakening.

To find out whether the mind control course can worsen psychosis, Dr. C. M. McKenzie and Dr. L. S. Wright had sent 189 of their patients to the course during four years in 70's. They tested them before and after the course. Only one of those almost two hundred patients showed a deterioration. The rest showed significant improvement¹⁶.

„In a meanwhile I can offer my own scientific justification why the mental energy is beneficial for health. All objects, including a human body, emit and transfer energy. Above that, everything existing in the objective world, including energetic fields, has it's counterpart in the subjective dimension, i. e. in the consciousness. The subject's radiation interacts with the electromagnetic-chemical subjective dimension energy.

While human beings are working in an objective dimension (frequency 20 oscillation per second), human thoughts modulate both, subjective and objective radiation.

¹⁶ SILVA, José a Philip MIELE. *Silvova metoda kontroly mysli: Brána do jednoho z nejpřevratnějších dobrodružství vašeho života*. Praha: Pragma, 2001. ISBN 80-85189-25-9.

An inanimate matter or object emit general static (stable) field which can be modified by radiation and thoughts modulated by a human aura. Energetic field modulation, objective or subjective, means adding or casting off the static field. It means that something or some intelligence is captured in the field modulation. A living matter emits changeable field which can be modified by light radiation and human aura.¹⁷

¹⁷ SILVA, José a Robert B. STONE. *Člověk léčitel*. Praha: Pragma, 2005. ISBN 80-7205-055-9.

4.3 Healing methods: personal experience and practice

For easier understanding the author will now use the first person in the following paragraphs.

Since a little child I have always been interested in things now commonly called „New Age“. From the age of eighteen to twenty-two I attended courses of Reiki I and II, automatic drawing, Spiritual Response Therapy I and Feng Shui and practiced all of it. Since sixteen I have studied Tarot cards.

All of these methods and approaches showed me a different point of view and helped me understand some things between heaven and earth and the way our mind and emotions work. I have seen a world which is more colourful and full of happiness and hope than the ordinary one.

At the beginning the results of me healing other people were not that significant as I would have wished. But in the progress of time I was getting better and found a deep satisfaction in helping them, which has of course always been my goal. The only thing I was not fully satisfied with was the limitation of every each method I practiced. That changed after attending the SRT seminar. Finally, no limitations with zero sight effects (emotional frustration etc.). The method of SRT allowed me to look at all problems from a bigger perspective and their true roots. And my true mental evolution has started. After months of working hard on myself I see really big changes in every area of my life and I am able to solve problems in a way I have never been before – successfully.

I was honoured to heal people with what I have learned. And after starting practicing SRT even them found a light in the tunnel. My partner also works with SRT and both, his and mine, results are great. I would

like to give some examples. For keeping the clients and patients identities safe we call them only with their first name initials.

P. was not always interested in spiritual things but suddenly wanted to try to work with a pendulum. Unfortunately, even in a strong wind no pendulum ever reacted at him. Or even better – it reacted with zero tolerance and when anyone was able to spin it, his pendulum stayed willfully still. P., as my friend, came to me and asked for help. After several clearings, where we discovered that he was harmed and executed because of his spiritual actions and activities, some pendulums started to interact with him. Getting some confidence about it, P. started to work more intensive and his beautiful pendulum now reacts absolutely normal.

I. has two grown children and lives with her partner in a house surrounded by nature, having horses, dogs and cats in the yard. Her partner went through multiple surgeries that marked his body and soul with great wounds and consequences. She always tried to take care of him and the household and earn money for all of them. She didn't have time for herself and her job was decreasing. After several healings, clearings and attending our smaller version of SRT seminar she started to work on herself and her partner every day and everything started changing. Her confidence and faith in her own strength grows and she is more successful in her job. She is really changing into a confident woman who is not afraid of future anymore because now she knows she can handle anything when she stays herself. After more than fifty years of her life she's finally started finding out who she is.

T. is a chief manager in a middle size company. He works a lot and tries to handle everything on his own. Few months ago he suffered bilious attack and had to be hospitalized. Every doctor he visited afterwards told him his gallbladder needs to go out. He started looking for a different

solution. Unfortunately, this organ of his was in such a horrible condition the doctors were right. He still refused to undergo the surgery and came to us and a doctor practicing Chinese medicine. In cooperation we were able to help his body exclude the gallstones that were blocking the bile duct. It took many hours of clearing and exploring his past live disharmonies but it payed off. His condition is constantly getting better and his doctors don't know how this can be happening by itself.

My another personal (health) experience:

Since sixteen to twenty I was suffering from my big toe inflammation. No doctor was able to help me and, to be honest, they mostly told me: „I have never seen something like that.“ No cure, no treatment helped and things were just getting worse. I had to wear bigger shoes because the wound was very painful. I could not do any sports and had to be released from the P. E. classes. It took the whole high school, having an opened wound in my body.

I had to visit one older lady, a pedicurist trained by Ba'a's education, to remove the grown thumb nail every month – without anesthesia, of course, because she was no doctor. Thanks to her I haven't lost my toe. Those painful years learned me humility – and some hopelessness, too.

After leaving home for college and some serious exploring of my soul I was developing for myself the inflammation suddenly disappeared. I don't actually remember when it exactly happend but within weeks of different conditions and environment something inside me changed and my disease just vanished as fast as it appeared several years ago. I started wondering what was the big change and wasn't able to find it out

because when we change something deep inside us we sometimes feel like it has always been this way.

I acknowledged that my body only reflects the inside conditions. And while I was working on myself the changes in the outside world, including my physical results, were manifesting themselves faster and faster.

Sometimes it is hard and difficult to make a change because we think that noone will understand it. My own parents told me several times: „We don't recognize you anymore, you are a completely different person.“ It hurt but it was worth it because I realized that noone will ever thank me for keeping myself „small“. That it won't help anybody when I deny myself and the life itself.

Studying all those methods of healing was about helping other people at first. Thanks to them I realized that I have to help myself first and then I can help someone else. So, here I am. Almost twenty-three, digging my fears and dreams from my inside, slowly looking for my live purpose. I have several visions how I want my life to look like. But I know I have time to figure out what is the best one of them – or maybe all of them?

But with one thing I am completely sure.

The current world is a hostile place for many people because they and the generations before them have lost something of their spirit. Fortunately, it has never been lost forever and it is more like sleeping and waiting for them to realize they need it to be happy and healthy.

The western medicine registers evolving diseases. They are evolving because our ways of denying ourselves are evolving and a

disease is nothing else than a manifestation of an inner disharmony, as I learned from my own experience and many wise people confirmed.

The old ways of solving things are really getting old and outdated. And more and more people find out that the way things used to be is not efficient anymore.

5 THE APPROACH FOR ALTERNATIVE HEALING METHODS IN SEVERAL COUNTRIES

5.1 USA

During last couple of years farmaceutical and scientific world realized that an ill person seeks for any help possible. Many people visit their ordinary physician and a healer, too. This fact is true globally, not only in USA. However, the number of institues and countries using alternative medicine is different.

„Alternative medicine is not the sidelined, new age world of yoga and therapeutic needles it was once perceived to be. It has become a mainstream, \$50-billion health care industry in the United States, from which 74 percent of Americans seek some sort of medical help [source: NCCAM]. Not that yoga and acupuncture are in the past. On the contrary, they're two of the most popular forms of complementary therapy today, offered in thousands of conventional-medicine hospitals around the country.

Complementary medicine isn't the same as alternative medicine. Alternative medicine involves the use of something like meditation, herbs or energy therapy to treat cancer instead of radiation or chemotherapy. In complementary medicine, treatments like meditation, herbs or energy therapy are used to treat cancer in addition to radiation or chemo. It's called integrative medicine -- an approach to health that focuses on the whole patient, body and mind, instead of only a particular disease. Complementary medicine is now

practiced in more than one-third of hospitals in the United States, a notable increase over the one-quarter of hospitals offering complementary therapies in 2005 [source: MNT],“ informs *health.discovery.com* website¹⁸.

5.2 Germany

Our western neighbors now know there is something about it, too. *Spiegel Online* made an interview with a doctor using homeopathy to treat her patients.

Spiegel Online: „Miss Hübner, have you ever tried a homeopathy treatment?“

Hübner: „Yes, but it does not affect me. I tried it with my patients, too. It is exciting to watch what happens when the doctor and the patient switch their positions during exploring patient’s discoveries and experience.“

Spiegel Online: „So, you understand the patient when he seeks for an alternative way.“

Hübner: „Yes. As a patient you get a feeling of being just „delivered“ to medicine very quickly. You have only a little freedom and possibility of decision. With treating like that the patient wants to be active on his own.“

Spiegel Online: „The alternative medicine experiences it’s boom. Do you think it is because of the classic medicine failure?“

Hübner: „I think it is because of the need of a human medicine – from the patient’s and the doctor’s point of view as well. You can find this in the classic medicine only rarely. Who seeks it, finds it in the complementary medicine. If he finds it with a classic medicine doctor he does not have any need of seeking it elsewhere.“

¹⁸ LAYTON, Julia. Top 5 Complementary Medicines Used in Hospitals. *Fit and Health Discovery* [online]. 2013 [cit. 2013-04-28]. Dostupné z: <http://health.howstuffworks.com/wellness/natural-medicine/alternative/5-complementary-medicines-used-in-hospitals.htm>

Spiegel Online: „This trend is supported by the hospitals and the health insurance companies. Why is that?“

Hübner: „It is just another marketing tool of the companies. None of them can afford not being offering the complementary medicine. And they want people to be healthy, as well. It is a thing of competition for the hospitals, too. Clinics need patients. Many patients – about a half of the cancer diseased – look for both, complementary and alternative medicine. So, this kind of clinics has an advantage.¹⁹“

5.3 Czech republic

Little bit surprising seems an article published by the web *idnes.cz*.

„The Medical Chamber takes a mercy of alternative healing methods

After years of refusing the classic medicine realizes that not all of the alternative healing methods are the same.

(...)

They [The Czech Medical Chamber] talk conciliatory especially about acupuncture, herbs and homeopathy. They, however, warn before using these instead of classic medicine procedures. It should be more like a supplement.²⁰“

¹⁹ BOYTCHEV, Hristio. Alternative Medizin: "Wir müssen den Menschen als Ganzes betrachten". *Der Spiegel* [online]. 2013 [cit. 2013-04-28]. Available on: <http://www.spiegel.de/gesundheit/ernaehrung/alternative-medizin-wir-muessen-den-menschen-als-ganzes-betrachten-a-893838.html>

²⁰ SVOBODOVÁ, Michaela. Lékařská komora vzala na milost alternativní léčebné metody. *OnaDnes.cz* [online]. 2013 [cit. 2013-04-28]. Available on: http://ona.idnes.cz/lekarska-komora-vzala-na-milost-alternativni-lecebne-metody-pr0-/zdravi.aspx?c=A120224_101840_zdravi_job

5.4 Conclusion

As seen the scientific world tries to accept some of the alternative concepts in the field of healing. But they still keep some boundaries. Probably because of fear of unscientificness. But it is a step forward.

Personally I think in the USA the approach is much more foremost. It seems that the doctors and scientists really try to take a different one. Germany was always little bit oriented to the West and accepted new trends easier when they came from USA. Unfortunately, the least flexible thinking have the Czech doctors and the Czech Medical Chamber. They do not accept any success of the alternative methods and almost willfully hold by a belief that the only possible way of curing diseases, cancer especially, lies in the limited classic medicine. They are sure that a healer harms more than he helps. And it is truly sad because their American colleagues are more or less slowly accepting the truth, hidden in the humanity.

The limitation is good to be seen even in creating the term „complementary medicine“. Maybe the scientific world believes that the word „alternative“ is too much connected with unscientific, and sometimes maybe dangerous, methods the scientists don't want to accept as equal at any cost. They say something the healers have known for the whole time: a person has to be seen as a whole, not only as a summary of his parts.

But it is a progress.

6 LINGUISTIC APPENDIX (GLOSSARY)

Alpha waves = Alpha waves are neural oscillations in the frequency range of 8–12 Hz arising from synchronous and coherent (in phase or constructive) electrical activity of thalamic pacemaker cells in humans. They are also called Berger's wave in memory of the founder of EEG²¹.

Alternative = The choice between two mutually exclusive possibilities²².

Atom = a basic unit of matter that consists of a dense central nucleus surrounded by a cloud of negatively charged electrons. The atomic nucleus contains a mix of positively charged protons and electrically neutral neutrons¹.

Complementary medicine = alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it "complements" the treatment²³.

Conscious(ness) = the quality or state of being aware of an external object or something within oneself²⁴.

Energy = In physics, energy is an indirectly observed quantity which comes in many forms²⁵.

Frequency = the number of occurrences of a repeating event per unit time²⁶.

²¹ Alpha waves. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: http://en.wikipedia.org/wiki/Alpha_wave

²² Alternative. In: *The Free Dictionary* [online]. [cit. 2013-04-28]. Available on: <http://www.thefreedictionary.com/alternative>

²³ Alternative medicine. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: http://en.wikipedia.org/wiki/Complementary_medicine

²⁴ Consciousness. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Conscious>

²⁵ Energy. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Energy>

Healing, to heal = (literally meaning to make whole) is the process of the restoration of health to an unbalanced, diseased or damaged organism²⁷.

Chakra = a centre of Prāna, life force, or vital energy⁵.

Medicine = the applied science or practice of the diagnosis, treatment, and prevention of disease²⁸.

Meridian = by connecting and uniting different parts of our body, meridians provide the transport service for the fundamental substances of qi, blood, and body fluids⁴.

Mind = the complex of cognitive faculties that enables consciousness, perception, thinking, learning, reasoning, and judgement - a characteristic of humans, but which also may apply to other life forms²⁹.

New Age = a movement referring to digital age and (in Mythology) is a Western spiritual movement that developed in the second half of the 20th century. Its central precepts have been described as "drawing on both Eastern and Western spiritual and metaphysical traditions and infusing them with influences from self-help and motivational psychology, holistic health, parapsychology, consciousness research and quantum physics"³⁰.

Particle = a small localized object to which can be ascribed several physical properties such as volume or mass³¹.

²⁶ Frequency. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Frequency>

²⁷ Healing. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Healing>

²⁸ Medicine. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Medicine>

²⁹ Mind. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Mind>

³⁰ New Age. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: https://en.wikipedia.org/wiki/New_Age

³¹ Particle. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Particle>

Reiki = A healing through a power, coming directly from the source of all life, and led by a healer.³²

Soul = in many mythological, religious, philosophical, and psychological traditions, is the incorporeal and, in many conceptions, immortal essence of a person, living thing, or object³³.

Spirit = often used metaphysically to refer to the consciousness or personality³⁴.

Subconscious = in psychology, the subconscious is the part of consciousness that is not currently in focal awareness. Since at any moment only a small number of objects (about 7) can be held in conscious focal awareness, a storehouse of one's knowledge and prior experience is needed; this is the subconscious³⁵.

Universe = commonly defined as the totality of existence,[1][2][3][4] including planets, stars, galaxies, the contents of intergalactic space, and all matter and energy³⁶.

³² LÜBECK, Walter. *Reiki*. Olomouc: Fontána, 2008. ISBN 978-80-7336-443-4.

³³ Soul. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Soul>

³⁴ Spirit. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Spirit>

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³⁶ Universe. In: *Wikipedia: the free encyclopedia* [online]. San Francisco (CA): Wikimedia Foundation, 2001- [cit. 2013-04-28]. Available on: <http://en.wikipedia.org/wiki/Universe>

7 CONCLUSION

The goal of this thesis was to show, and maybe even prove, that the modern classic medicine says often the same as it's alternative counterpart, alternative medicine, based on knowledge discovered even thousands years ago (that is why the headline part „Teaching of Old Masters“), and some new, quite modern, procedures (headline „Modern Medicine Methods“) like Spiritual Response Therapy.

We believe that with some means used in this paper we achieved it.

Classic medicine operates with organs and molecules, with chemistry, electricity and laws of physics.

So does the alternative medicine and biological medicine. It counts on the practise of universal energy, a creator of all matter which forms everything living and inanimate. It also operates with the power of thoughts, emotions and mind. In a name of „believing it is the only way of making it true“ it acts as a wise counselor who helps everyone, who needs it, in improving his live, no matter of religion, race or age.

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9. RESUMÉ

This thesis compares two worlds of medicine – a classic, western, school, on facts based medicine and it's counterpart, alternative, biological medicine.

Using descriptions of different concepts and points of view (physics, religion, philosophy, Chinese medicine etc.) the author tried to prove that those two worlds say the same things, only with different words.

Part of the thesis is a glossary of some crucial terms.