

WHOLE LIFE TIMES MAGAZINE

Exchange

by Sergei Shaginyan, M.D.

HEALING FROM A DISTANCE

Children and Dysfunctional Families

From the age of 10, I discovered that I was gifted with the ability to feel colors with my fingertips and guess which side of the coin was up. I have always had a strong interest in religion and philosophy. During my studies in medical school, I had an interest in acupuncture and acupressure. However, it was not until I graduated and started to work as a physician that I was able to study these areas more seriously.

Very often on night duty, there was such a shortage of medical supplies that I was forced to find alternative way to help people. I also noticed that some of the local people in the villages were using folk remedies, so I started to visit and study with these folk healers. Later in Moscow, I met two holistic doctors who taught me to diagnose using iridology and naturopathy. After I quit my government jobs, I further developed my psychic abilities using long distance healing.

For the last four years, in the territory of the former U.S.S.R., different cooperatives, including medical cooperatives, have been mushrooming. In many such cooperatives are found the same doctors who work in government clinics. Some of these also used traditional folk medicine. The one where I worked did not charge money to the clients (personnel of this cooperative were getting salaries from its sponsor, a business firm and decided to share its profit for the protection of the health of children). The staff of this cooperative understood that a treatment will not be effective in the causes of the disease remain. As you know, modern medicine is not dealing with the causes of disease, but with symptoms.

We started our activity a few years ago with the inspection of kindergartens using our own ways of diagnosis and healing from a distance and what we saw

was very sad. Over 50% of all children had problems connected with gastrointestinal tract and/or respiratory system. Feeding the children was very bad. Very often in kindergarten, food products past their expiration dates were distributed. Lack of money prevented the staff from feeding the children fruits and vegetables.

In 1989, we started to notice that children who are frequently sick usually come from dysfunctional families. According to our belief, the status of the child, especially in his first seven years, is reflection of his mothers' condition. And our experience with working with frequently sick children proved that sometimes by stabilizing the situation in the family, firstly the mother's condition, we could achieve significant improvement with the child, even if we did not work on him directly.

In 1990 we started to work in pediatric outpatient clinic #452 in Moscow. To explain what we were going to do in this clinic, I had to first work on the head of the clinic and her assistant. And only after I told them about their problems including their bad teeth, without touching them, did they give us the go ahead to start our work. Still some of our colleagues could not understand the strange things we were doing. By looking at the patient, without coming close to him, we were giving full information about the physical and psychological problems of the patient and the possible cause of these problems. Healing was provided from a distance with the exception of when patient needed a chiropractic adjustment.

For verification of our results, we used iridology, reading facial lines and ear shapes, and sometimes routine medical tests. In our healing, we used our own visualization techniques, special selection of music, hatha and raja yoga exercises, and many other methods including special prayers in Ancient Russian and Sanskrit. All this took place in a conventional Soviet clinic with Communist director. Despite the fact that we were mostly well accepted there, we also met with resistance from some of the doctors and other personnel. It can be easily explained, because it's in human nature to feel hostile towards the incomprehensible.

Once at a meeting of all physicians in this clinic, I was told that improvement of recovery happens in only 70% of all my patients. I asked a person in statistics department to find out the patient improvement rate of all the regular doctors. It was only 10%.

In the summer of 1990, our clinic was visited by a group of American holistic practitioners who observed our work and invited us to work with them in the United States. So I came here.

_ Dr. Sergei Shaginyan is a specialist in pediatrics, psychology, and child neurology. For the past year he has been visiting various centers in the United States, and he intends to bring his new information back to Russia next year.

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