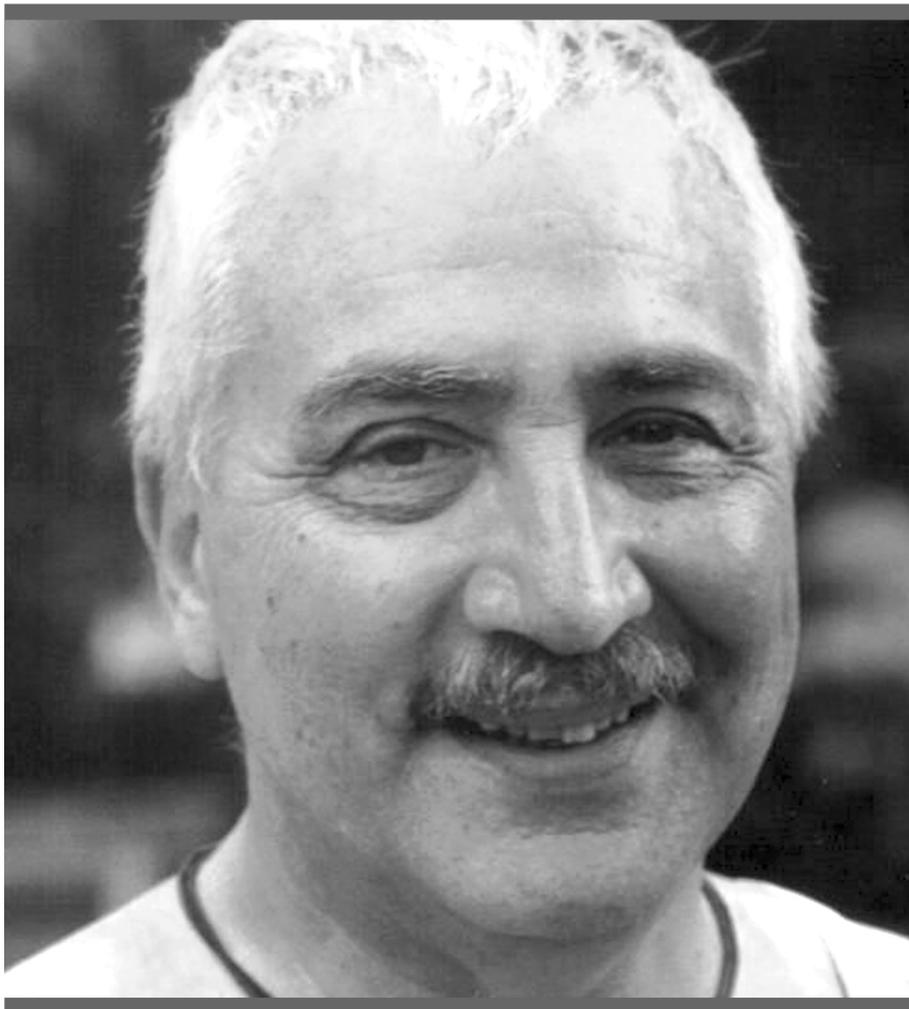


# Can we really heal ourselves completely?



EVERYTHING – HEALTH AND DISEASE – BEGINS IN THE CONSCIOUSNESS, BELIEVES MARTIN BROFMAN, THE ARCHITECT OF THE ‘BODY- MIRROR’ SYSTEM, WHO HAS HEALED AND EMPOWERED MANY TO HAVE COMPLETE CONTROL OVER THEIR DESTINY

**by Jamuna Rangachari**

which relates to difficulties in relationships with fathers, and consequently with all forms of authority.” This instantly struck a chord with her as she had been separated from her father since childhood. Thus began her fascinating healing journey, with Anna meditating and working on the issue she had with authority.

When the tumour receded without medical intervention, it came as a pleasant surprise to even her neurosurgeon, who has stated on record, “For me, Anna’s tumour is another fascinating case in a speciality that has more than its share of extraordinary stories.”

“Every human being is the author of his own health or disease,” said the Buddha centuries ago. This echoes Martin’s core philosophy, whose premise is that we choose to heal, or con-

The name ‘Body-Mirror’ couldn’t have been more apt as I could relate completely to Martin Brofman’s psychological analysis,” says Anna Parkinson, a BBC journalist and author who was researching a book about her family background when her life was shattered by a shock diagnosis, pituitary tumour. What’s worse,

even her doctor, a renowned neurosurgeon, was stumped, as her tumour was one of the rarest kinds, which had no clear diagnosis.

She decided to explore other options and approached Martin whom she had heard of earlier. This is what Martin pronounced: “A brain tumour arises from tension in the crown chakra,

versely, not heal ourselves.

Kim Mattingley enjoyed a career at Chase Manhattan Bank for 16 years, supporting and training, trading floor technologies and market data analysis. She also worked in CMB's NY and European branches, until she left to have a family.

At this stage, her whole world fell apart when she contracted recurring skin cancer. Having been operated on for skin cancer thrice, she finally healed herself using Martin's approach, who had diagnosed the root of her problem to be her extreme sensitivity.

Echoing the Dalai Lama, whose prayer for longevity stresses on a long and meaningful life, she states, "So much more was healed than the cancer. I have learned how to meditate, under-

stand chakras, and realise how important it is to take care of myself now. Only then, can I be of service to others."

Essentially, the 'Body-Mirror' system states that each type of illness is associated with a particular way of being or consciousness. There is a personality type associated with heart disease, there is another associated with cancer, another with nearsightedness, and so on. The person's way of being has had stress associated with it, and that stress has reached the physical level, manifesting as a symptom. When someone wants to release a symptom, they must release the way of being that was associated with the symptom, and which, in fact, created it. Releasing the stress from the consciousness allows them to then have different perceptions, and a

different way of being. There is a change in the way they see the world and in this way, they gradually heal themselves.

### Mirrors of consciousness

"The yellow chakra" explained Promila Gurtu, a student of Martin Brofman, "is to do with our relationship with power and the freedom to be yourself, in other words you must be able to do what you want to do, deep down for this chakra to be in harmony."

This couldn't be truer for me at that time as I was struggling both at the personal and professional level with these issues. So, my distinct feeling of discomfort in the region of the solar plexus, while visualising the colour yellow, made complete sense. I worked on the issue and meditated regularly for a

## CHAKRAS ...VORTICES OF CONSCIOUSNESS

**CHAKRA:** Mooladhara, also called root chakra or security centre

**Location:** The perineum, or the parts between the anus and sex organs

**Consciousness (what it stands for):** This chakra stands for those parts of the consciousness associated with security, survival and trust. This is to do with money, home and one's job

**Systems controlled:** Lymphatic system and the skeletal, sacral plexus controlling the bladder and elimination system and the legs

**Symptoms of imbalance:** When someone feels a sense of insecurity or a sense of separation with their mother or mother figure, it leads to feeling isolated at the emotional level and manifests as an issue of feeling threatened.

Allergies to dairy products and those that come from the earth such as wheat products, are a sign of imbalance here and so are systemic arthritis, bladder control issues and issues with the feet, ankle and leg.

**Related senses:** The sense of smell

**Colour:** Red

**Element:** Earth

**Musical note:** 'Sa' in the Indian system, 'Do' in the western system

**Techniques to restore balance:** Meditate, telling yourself your needs will be looked after and that all is well and safe.

Work on your issue of fear and insecurity. Visualise the colour red in the region of the chakra and play the note 'sa', if possible.

**CHAKRA:** Swadisthana also called the sensation chakra

**Location:** The centre of the abdomen

**Systems controlled:** Reproductive system

Lunar plexus and the gland gonad – associated with ovaries and testes

**Consciousness (what it stands for):** This chakra stands for the pleasure principle. Applies to our appetite for food and sex.

**Symptoms of imbalance:** Frigidity, gluttony (trying to substitute food in the place of sex for the physical sensation of pleasure. Problems in the ovaries or testes

**Related senses:** The sense of taste

**Colour:** Orange

**Element:** Water

**Musical note:** 'Re' in the Indian system, 'Re' in the western system

**Techniques to restore balance:** Meditate telling yourself your needs will be looked after and that all is well and safe. Satisfy your need and not your greed, but do not deny yourself either. Visualise the colour orange in the region of the chakra and play the note 're'.

**CHAKRA:** Manipura also called solar plexus or power centre

**Location:** Solar plexus

**Systems controlled:** Muscular system, skin, the solar plexus, the large intestine, stomach, liver, and other glands in the region. In the endocrine system, the pancreas is associated with this chakra

**Consciousness (what it stands for):** Parts of the consciousness associated with this chakra is the sense of sight. Therefore, the organs of sight are associated with this chakra as well as the systems already mentioned

**Symptoms of imbalance:** Diabetes, impaired vision. Excessive

mental activity and inability to rest

**Related senses:** The sense of sight

**Colour:** Yellow

**Element:** Fire

**Musical note:** 'Ga' in the Indian system, 'Me' in the western

**Techniques to restore balance:** Meditate on being your true self without the need to control or exercise power. Visualise the colour yellow in the region of the chakra and play the note 'Ga'

**CHAKRA:** Anahata or Living Love Centre

**Location:** Centre of the chest

**Systems controlled:** Heart and circulatory system, lungs and the entire chest area. The gland associated with this system is the thymus, which controls the immune system

**Consciousness (what it stands for):** Upto this chakra, it was all about oneself. This is the first chakra that stands for relating, receiving and giving love

**Symptoms of imbalance:** AIDS, breast cancer, heart ailments

**Related senses:** The sense of touch

**Colour:** Green

**Element:** Air

**Musical note:** 'Ma' in the Indian system, 'Fa' in the western

**Techniques to restore balance:** Perceive the love around you and release all feelings of feeling unloved. Visualise the colour green in the region of the chakra and play the note 'Ma', if possible

**CHAKRA:** Vissuddha or cornucopia centre

**Location:** Base of the throat

**Systems controlled:** Throat, neck, the arms, hands, and the bronchial or cervical plexus

**Consciousness (what it stands for):** Communication.

**Symptoms of imbalance:** AIDS, breast cancer, heart ailments as well as beliefs about manifesting one's goals

**Related senses:** The sense of hearing

**Colour:** Blue

**Element:** Ether

**Musical note:** 'Pa' in the Indian system, 'So' in the western

**Techniques to restore balance:** Perceive a sense of abundance with the confidence that your goals will be met. Visualise the colour blue in the region of the chakra. Play the note 'Pa'

**CHAKRA:** Ajna or consciousness awareness

**Location:** Centre of the forehead

**Systems controlled:** Pituitary gland or the master gland of the entire endocrine system

**Consciousness (what it stands for):** The deep sense of being called spirit

**Symptoms of imbalance:** Gigantism or dwarfism

**Related senses:** ESP or intuition.

**Colour:** Indigo

**Element:** An inner sound – which is related to spiritual experience.

**Musical note:** 'Dha' in the Indian system, 'La' in the western

**Techniques to restore balance:** Perceive the creator in you to reach a higher level of understanding. Visualise the colour indigo in the region of the chakra and play the note 'Dha'

**CHAKRA:** Sahashara or cosmic consciousness

**Location:** Top of the head

**Systems controlled:** The entire nervous system

**Consciousness (what it stands for):** Perceptions of unity or separation. Relationship with the father or father figure. In general, attitude to authority

**Symptoms on imbalance:** Parkinson's, multiple sclerosis

**Related senses:** Empathy

**Colour:** Violet

**Element:** Inner light

**Musical note:** 'Ni' in the Indian system, 'Ti' in the western

**Techniques to restore balance:** Think of God as your father in Heaven and surrender to the divine will, while asking for direction. Work on a balanced attitude to authority, making your feelings heard and own your power. Visualise the colour violet in the region of the chakra and play the note 'Ni', if possible

while, and the pain and the discomfort totally vanished.

Anyone with even a rudimentary knowledge of music knows that each of the seven notes has to be perfectly in tune for a song or symphony to be truly melodious. Even a minor deviation results in cacophony. So is the case with our bodies. When each of our chakras is in tune with its state, there is total wellness, whereas, tension in any of the chakras manifests as discord or illness [see box].

None of these states is right or wrong, just as no musical note could be

called unnecessary. All that is required for wellness is that all our states of being need to be in place, perfectly tuned and harmonious.

### Vision and perception

"I couldn't believe it was the same Promila," said Anita, who met Promila Gurtu after her vision was completely restored using Martin's technique. Promila (who is now no more), agreed that having understood the psychological cause of her poor vision made it much easier to restore clarity. There

have been many such cases with Martin who believes that eyesight is not just a physical process but a multi-dimensional function linked to our personalities. That is, each type of vision impairment correlates with specific personality types.

In his words, if we imagine that each of us is surrounded by a bubble of energy, our individual perceptual filters, we can see some metaphors. People who are near-sighted see what is close to them easier than what is far away. They are more focussed on what is in the

bubble, and less on what is outside the bubble, preoccupied inside, not looking outside. Energy, the direction of attention, is moving inward, contracting, towards the inside, away from the outside. Things must be held close to be seen clearly and comfortably. What one wants or feels is experienced as more important than what others want or feel. When the focus of thinking is forward, fear or uncertainty is the emotional experience of that view. There could be forced extraversion but the basis of the forward view is fear. With far sightedness, what is farther away is seen more clearly than what is close. Farsighted people are more focussed on



KIM MATTINGLEY

*"I have learned to meditate, understand chakras and take care of myself."*



what is outside the bubble and less on

what is inside. Energy is moving outward, expanding, away from what is inside, and holding away or moving against what is outside. Things must be held away to be seen clearly and comfortably. What others want or feel is experienced as more important than one's own wants or feeling. While a near-sighted person retreats in readily and easily, a far-sighted person has difficulty doing this, since their attention continues to be directed outward. The person experiences more interest in other people's lives, and an avoidance of looking at their own. One's image is emphasised, and identified with, and gains more importance to the individ-

## "CANCER BEGINS IN YOUR MIND"

AN EMAIL INTERVIEW WITH MARTIN BROFMAN

### **Do you see your illness as an epiphanic moment, one that took you to a new realm of consciousness?**

Absolutely. From the moment of my trip through the tunnel during an unsuccessful operation which had been intended to remove the tumour (I wrote an article about it at <http://www.healer.ch/Tunnelarticle.html>) I was opened to a new realm of experiences in areas that had never attracted me before. I had never before seen myself as a spiritual being in a physical body, and I had never before really realised the importance of being happy, nor the terrible physical effects of being unhappy. This opened my eyes.

### **What/who was the source of your knowledge? Could you share a little about your journey?**

The tumour was in my spinal cord, I was told, between C4 and C7. After the operation, I was told that they could not reach the tumour, nor could they use radiation therapy or chemotherapy. I was given a month or two to live unless I coughed or sneezed, in which case I could die immediately. My right arm had been paralyzed, my legs were spastic. There were sensations like electric shocks running up and down my spine and out to my fingertips and toes.

Eight months later, I was celebrating still being alive. I was in Club Med in Martinique, and I met a man teaching Zen meditation there. He told me, "Cancer begins in your mind, and that's where you can go to get rid of it." I understood at that time that the cancer was the result of the stress of the lifestyle I had lived. I also realised I would have to change my life. The message talked deeply to me because I always had faith in my strong mind.

Some weeks later, I went to hear an introductory talk of the Silva

Method, which teaches how to use your mind as a tool, going to alpha states and using deep relaxation, affirmations, visualisation, and re-programming of beliefs. I decided to use the tools.

I worked on myself for two months, using autosuggestion, going to alpha three times each day and talking to myself in a positive way, and visualising what would happen in the doctor's office when I would be examined again. The doctor would scratch his head and say, "Perhaps we made a mistake, because there's nothing there now." I imagined the tumour getting a bit smaller each day.

Two months after I began to work with myself, it was the one-year anniversary of the operation, and I went back to the doctors to be re-examined. The doctor scratched his head and said, "Maybe we made a mistake, because there is nothing there now." I knew I was living a scene I had created.

During the two months of inner work I had also done a lot of research into various esoteric philosophies and Eastern traditions. The first exposure I had to the concept of chakras was through Ken Keyes' book, *The Handbook to Higher Consciousness*. Other sources included various kinds of yoga-associated chakras with various parts of the body, endocrine glands, nerve groups, etc. It seemed a logical conclusion to associate specific symptoms to specific chakras, and therefore to tensions in specific parts of the consciousness, with the idea that everything begins in the consciousness.

My initial research was intended to find information on my particular case – and after my healing, people were asking me to heal them – so I had many more examples to look at regarding the body-mind relationship and the inner causes to physical symptoms – and I got involved in functioning as a healer, and exploring healing as a co-creation – the effects of an interaction between two creators.

**How open are people to accepting this approach of self-healing? Are the acceptance levels increasing?**

It seems to me that acceptance levels have always been high, since I began teaching these methods more than 30 years ago. There have always been parts of the society open to these ideas, though lately, with the popularity of healing methods like reiki and Touch for Health, the idea has come to be accepted more within the mainstream parts of society. While at first, examples like my own were considered extraordinary, there are more and more people who have done the same thing, either healing themselves, or being healed with various non-physical tools.

**How did you put together the chakra associated with each ailment? Is this validated with case studies?**

Plenty of case studies, as you can see on my website Message Board at <http://bodymirror.proboards42.com/index.cgi>, and the success stories at <http://www.healer.ch/success.html>. Knowing the connections between the organs and parts of the body controlled by each chakra through each major plexus, and the parts of the conscious-

ness associated with each chakra, it is then easy to put them together to understand the inner cause to each symptom.

**What are the boundaries, if any, of self-healing?**

We do not set any limits. We believe that anything can be healed. No matter what the symptom, someone somewhere has been healed of it – and if it has been done before, it can be done again.

**What is your vision for this knowledge benefitting all the people in the world?**

Everyone should know about the relationship between their thoughts and emotions, and their body, and the importance of being happy. It is like a User's Manual for the equipment we came to earth with, and unfortunately, not enough people know how to use it, or why things go wrong with it. It should be taught in schools.

When there are enough people in the world understanding these concepts to help themselves and those around them, the world will be a better place.

Know more at [www.healer.ch](http://www.healer.ch)

ual than the essence, who the person really is. The focus of thinking is toward the past, with anger and self-justification, or a sense of not having done the right thing, and is a preoccupation keeping the individual from being totally present. There may be outer compensatory behaviour, such as exaggerated saintliness to hide the guilt, or extreme kindness to cover the anger.

The solution in both cases is restoring balance – neither being too focussed on oneself or the other, but in the present. Even colour blindness and astigmatism have their causes and naturally, the solution too is offered. Ultimately, understanding the root of the problem can and does restore a natural state of clarity of vision.

**Moments of epiphany**

Anna, who healed from her tumour, avers, "The healing was much quicker as I was completely convinced of the diagnosis and therefore, felt strongly that the power to change my condition was in my hands."

"When Martin said, this was the first day of my new life, he was not wrong. My experience with Martin was a total mind

and body healing, it didn't just address the cancer. As a result, I have a zest for life, like I never knew before," says Kim.

The unique feature of Martin's approach is the recognition of the fact that though self-healing is possible through meditation, the core issue



ANNA PARKINSON

*Tension in the crown chakra manifested as a brain tumour*



that the symptom indicates needs to be addressed. This may take a while but eventually if one is determined enough, transformation does happen and the symptom, and eventually the

disease, vanishes.

In Martin's own case, he had been diagnosed with terminal cancer in 1975. He had been told he had only one or two months to live. Faced with a reality in which each day was possibly his last day, he explored different methods of healing.

"Cancer begins in the mind," a statement made by a Zen practitioner, got firmly entrenched in his mind and he began consciously destressing himself, changing his attitude and entire lifestyle. He was introduced to the Silva Method of affirmation and visualisation too, applied it consciously on himself, and finally became completely healthy.

Chakras were introduced to him through Ken Keyes' book, *The Handbook to Higher Consciousness*, recommended by his instructor in the Silva course, and this was the seed of the 'Body-Mirror' system which he now practises and teaches.

We don't need such a serious setback to begin healing – let us resolve to make this our moment of change and usher in total wellness now. ☺

More details: [www.healer.ch](http://www.healer.ch)  
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