

Multiple Kinetic Systems: Healing the Whole of You

When sunbeams pass through a prism, a seven-color gradient is discovered within the white light. Likewise, when wellness is examined properly, human beings are revealed to be a spectrum of multiple kinetic systems functioning together. When these parallel systems work in harmony, the result is seamless vitality; but a breakdown in one area can trigger symptoms elsewhere. In the wake of twentieth-century western medicine's proven limitations; today's progressive practitioners blend cutting-edge modalities and ancient wisdom, looking beyond surgery and pharmacology for treatment. Could viewing tooth decay through the lens of chakra healing, for instance, illuminate less invasive therapies than a root canal? You probably shouldn't seek acupuncture in lieu of orthopedics when dealing with broken bones, but as health care incorporates more dynamic thinking, perhaps someday we'll consider coronary bypasses and other often-unnecessary procedures as rudimentary as bloodletting or trepanning (the barbaric practice of boring holes in the skull to release pressure or free evil spirits).

MKS reaches NJ

Because physical condition is but one aspect of total wellness, advocates of Multiple Kinetic Systems espouse a view that overall health is the aggregate state of many levels of wellness. Adapted from the work of Dietrich Klinghardt, MD, Ph.d (recipient of Global Foundation for Integrative Medicine's 2007 Physician of the Year Award), the tenets of MKS thus imply fundamental differences between healing and removing symptoms. Klinghardt is based in Seattle, Washington, but four practitioners in Hunterdon County have brought this thinking to New Jersey. Dr. Sharon Lee Rasa, Dr. Nancy Erb, Dr. Jeffrey A. Oras, and Douglas Economy collaborated on a groundbreaking approach that addresses health and healing on five levels. The complete MKS picture:

Level I - Physical (structural and bio-chemical body)

Level II - Electromagnetic (Central & Autonomic Nervous Systems)

Level III - Mental (beliefs, attitudes, thoughts, emotions)

Level IV - Informational (energetic grid which connects all beings)

Level V – Consciousness (awareness of: divine essence, Tao/self/One/God/spirit)

“There is an alive and profound interaction between the levels,” says Dr. Rasa. “We exist in different dimensions simultaneously and an aware practitioner will consider genetic code, as well as the energetic field.”

Dr. Rasa explains why it's little surprise that Hunterdon County, in the shadow of New Jersey's “Pharma Alley,” has become a hotbed for integrative health care. “We're barely ten miles from one of the strongest pharmaceutical holds in the U.S., and people have become increasingly frustrated with limitations of the old medical model.” Seattle, Washington and San Francisco, Californin are two major hubs of this kind of work, but the upper-income demographics of central NJ combined with proximity to New York City and the density of 9/11-affected populations equate to a region ripe for care that doesn't begin or end with a prescription pad. “Our primary market is people who've had experiences with active allopathic treatments,” adds Oras, “or are just looking for a different way.”

The MKS team

Founder of the Hunterdon Holistic Center and an astute exponent of quantum science, Dr. Rasa combines chiropractic with bioenergetic testing, laser treatment, and Cranio-sacral Therapy to assist patients with Lyme disease, CFS, neurodegenerative disease and those simply committed to optimal wellness. A licensed clinical social worker, Dr. Erb's mainstays are mental health therapy and substance abuse counseling, though she also has holistic/energy therapies in her repertoire including: certification in neuro-emotional technique (NET). "I put blockages under the magnifying glass," says Erb. Dr. Oras's Progressive-Dentistry LLC practices natural dentistry, offering conventional and homeopathic services. He's committed to educating patients about the teeth's pivotal role in overall vitality by mapping the energetic inter-relationships between teeth, organs, and joints: "Teeth have an embryologic connection to other tissue," he says. If Oras deals primarily with the physical body, Economy's MKS focus is on the higher self, what he calls "essence." In addition to holistic psychotherapy and life coaching, his Family Constellation therapy taps into the Knowing/Morphic Field, an energetic grid proven to exist by quantum physics. "All knowledge, all wisdom exists here," he says. "It's an expression that all minds are joined and we are all one. The collective unconscious can be tapped into using this."

"I deserve to be heard" – Donna's MKS breakthrough

Patients can enter MKS via any of the practitioners. One recent shared patient came through Dr. Oras, who recognized that Donna's dental maladies might be tied to deeper issues. Donna professed a strong history in holistic medicine techniques, and as an entrepreneur and social media expert, presented herself as a forward thinking 59-year-old open to MKS. Oras quickly identified two critical teeth, but due to past trauma at the dentist, "just the thought of getting back into the chair caused stress for her," says Oras. His awareness cued him to contact Rasa, who screened Donna further with a Heart Rate Variability to assess her adaptive capacity "to see what her autonomic nervous system is telling us," she says. "In the tests, tooth #3 was screaming the loudest, but what's the underlying connection? Number three is tied to thyroid and the fifth chakra, seat of communication and voice. Considering her authority as a social media maven her whole career is founded on voice," Rasa continues, "so I muscle-tested some concepts and 'I'm worthy to be heard' immediately went weak."

Next, Economy and Erb joined in Donna's healing. They discerned that growing up Donna was the first and most intelligent of seven children, though her father warned against showing off her high I.Q. A pervasive yet hidden life-long fear was identified. "The ability to heal deep-wounding at higher levels can be instantaneous," says Economy. "Reducing fear opens people to the healing processes so that love is more effective. Inundated with the outside world, people shift into an inner willingness to heal themselves through self-love. I facilitate that inner openness." While Economy worked on levels IV and V, Dr. Erb focused on II and III, employing NET to bring-up Donna's first dental experiences and remove blockages. By releasing and healing past traumas, MKS facilitated Donna's physical healing more deeply and effectively. Thanks to the team, Donna's spectrum is once more a brilliant and balanced rainbow. With proper

understanding of health according to the 5 levels, donna can make choices that can assure her light won't likely dim so much again.

Want to learn more?

Save the date...on Saturday, October 2, the group presents an all-day education event on the science and philosophy of MKS in the Conference Center at Raritan Valley Community College.

douglaseconomy.com, drnancyerb.com, hunterdonholisticcenter.com, klinghardtacademy.com, progressive-dentistry.com