

Smart Life Forum

www.smartlifeforum.org

NEXT MEETING: Thursday, May 19, 2011, at 7pm

Richard Gordon

on

Energy Healing – Placebo or Reality?

Short Presentation:

“Hormones: Anti-aging or Essential Wisdom?”

Presented by **Dr. Cynthia Quattro**

Although Hormone Replacement Therapy has been viewed as medically controversial, its benefits have been understated particularly if their relationship with life-sustaining hormones is reviewed.

In this presentation the effects of essential hormones are reviewed and their relationship to maintaining a healthy heart, mind, and body. Not only reproductive hormones are discussed but also hormones that effect stress management, restful sleep, and a sound mind. Dr. Quattro will look at the symphony of hormones that regulate every breath, thought, and muscle. Without the balanced harmony of glandular function, health is compromised, increasing aging, illness and brain atrophy. Nutrients as well as hormones will be discussed to increase the efficiency of hormone metabolism and utilization to improve and prolong wellness and longevity.

Dr Cynthia Quattro is a Physician Assistant and Doctor of Oriental Medicine. She has been practicing Integrative Medicine for more than 25 years at medical centers in New York, San Francisco and currently has a medical practice in Santa Cruz, CA for the past 16 years. Her practice specializes in Hormone Balancing, chronic disease, and weight management. She is a doctor who has found a method to blend the best of western and nutritional medicine with Oriental Medicine integrating the effects of these modalities in health and wellness.

She has previously presented at the Smart Life Forum and has been a guest speaker at many conferences including Orthomolecular Health Medicine, and has been a radio guest on programs such as Layna Berman's, Your own Health and Fitness. She is a faculty member of the Acupuncture and Integrative Medicine College in Berkeley, CA and presents seminars on the Integrative Medicine Treatment of Lyme disease. She has several published articles in acupuncture and medical journals and is currently writing a book on the treatment of medical conditions using western and Oriental Medicine methods. She is a member of NAMS (North American Menopause Society) and a board member of the Society of Orthomolecular Health Medicine. Her website is www.drquattro.com.

Foundation for Mind Being Research (www.FMBR.org) upcoming meetings:

May 17: **Jonathan Quintin**: “Metamorphosis” (sacred geometry multimedia)
May 22: **Annual FMBR picnic**

Presentation Location:

Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California

*For those who cannot attend
we will have live streaming at
<http://SmartLifeForum.org/live>*

In This Issue

Short Presentation page 1

Meet Richard Gordon, main speaker, on “Energy Healing – Placebo or Reality?” . pages 2 – 6

APPENDIX

“Cognitive Dissonance – A Scientist Encounters Quantum-Touch”, by Chris Duffield PhD ...pages 7–11

Dr. Bernd Friedlander Seminar on Sunday May22 in San Francisco, noon-5.

“Prevention and therapeutic approaches to eliminating disease.”
At HER Club, 67 Spear Street
(between Market & Mission).
More info at (415) 371-0333
or HerClub@gmail.com

Meet Richard Gordon

Richard Gordon has been making energy healing simple, accessible, reliable, easy to learn, and fun to do, for people of all ages, for 36 years. He has a gift for simplifying healing techniques to their core essence, and helping people learn and apply them quickly, through books, videos, and workshops worldwide. He calls his healing method Quantum-Touch®, with more information at QuantumTouch.com. A variety of short videos on the subject are available at YouTube.com/QuantumTouch. See below for descriptions and links to some of the recent videos.



Richard started teaching healing methods in 1975. His first book, *Your Healing Hands – The Polarity Experience*, has been a bestseller ever since it came out in 1978, and is now published around the world in 11 languages.

Just as that book was coming out, Richard's next step revealed itself – he met Bob Rasmusson, a master healer who had energy healing abilities that were truly astounding, even to Richard. Fascinated, Richard studied with Bob for several years, and even wound up healing Bob's gallbladder. Richard developed and evolved Quantum-Touch from the essence of Bob's work, and began teaching it in 1983.

What is Quantum-Touch? Richard describes it as a simple yet powerful energy healing method involving intention, breathing, and body awareness. This method involves a few simple procedures, with many applications and enhancements.

In 1996 Richard published his second and most popular book so far, *Quantum-Touch – The Power to Heal*. This book teaches the whole Quantum-Touch workshop, and is not just a sales tool like many other healing books. It has been a bestseller ever since its release, and is now in its third edition, available in 17 languages worldwide. For those who prefer more dynamic interaction, live workshops and online video workshops are also available.

Future Speakers:

June 16:

“PEMF (Pulsed Electro-Magnetic Field) therapy”
by Garry Gordon MD

July 21:

“Stimulants, Sex, and Your Health”
by Adiel Tel-Oren MD DC

August 18:

“Telomeres - Latest Developments”
by Harvey S. Bartnof MD

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website:
www.smartlifeforum.org.

For questions, please contact Mike Korek at (650) 941-3058.

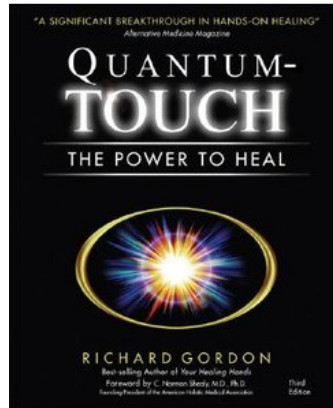
Back when he used to teach two-day introductory Quantum-Touch workshops, Richard always offered a money back guarantee that every student would be able to move bones into place, using light touch, before lunch of the first day. He never had to make a refund.

Richard says that Quantum-Touch develops and applies a natural but little known ability that every human being is born with. He has been working for decades to get it out to the people of the world. Now there are about 2,000 Quantum-Touch practitioners and about 250 instructors, in 50 countries. In Richard's global vision for the future, this is just the beginning. He wants this to become a universally taught basic human skill that everyone will learn as part of growing up. And he wants what he calls "life force energy" to be recognized and researched in every university science department.

Richard is always looking for researchers to scientifically confirm, quantify, and try to understand the amazing results that he and others see with Quantum-Touch every day. Bones move, posture improves, pain and inflammation diminish or go away, scars reduce, vital signs normalize, organ function is restored, etc., etc. Apparently whatever the body needs to heal.

A wide range of healing effects have been observed in people of all ages, including infants and patients under anesthesia, who are not considered susceptible to placebo effects. Healing effects have also been observed in many types of animals, including dogs, cats, and horses, as well as in plants. And some anomalous effects have even been observed in non-living systems. At his most recent workshop for practitioners, Richard asked how many had seen extraordinary things happen with Quantum-Touch. At least 75% of the participants raised their hands.

This has been Richard's normal everyday reality for decades, wherever he goes. And thousands of people who have learned from him, or from instructors, or from his videos and book, have experienced their own versions of this reality in their lives, too. Is it just a placebo effect? Richard doesn't think so, because while placebo effect works about 30% of the time, Quantum-Touch works close to 100% of the time for some of its applications.



SmartLife Forum

Board of Directors

Dave Asprey, President
 Effie Mae Buckley
 Laurel Corcoran, CFO
 Susan Downs, MD, VP, Secy
 Bill Grant, Publicity
 Michael Korek, Programs
 Larry Wiessenborn, Sound

Founders

Kathryn Grosz, Larry Roberts

Advisory Board

Alan P. Brauer, MD
 Bernd Friedlander, DC
 Tim Gallagher, DDS
 Bill Grant, PhD
 Phillip Lee Miller, MD

Meeting Moderators

Dave Asprey, Stan Durst,
 Phil Jacklin, Mike Korek

Volunteers

Rob Baum, Assistant Editor
 Jake Brzakovic, Fitness Advice
 Laurel Corcoran,
 Records/Printing/Mailing
 Susan Downs MD, Associate
 Editor
 Chris Duffield, Newsletter Layout
 Steve Fowkes, Technical. Advisor
 Mike Korek, Newsletter Editor and
 Program Director
 Rob Larson, Equipment Mgr.
 Don Southard, Reception
 Larry Wiessenborn, Audio Eng.
 Pamela Zuzak, Video Sales

Helping build scientific credibility, a recent doctoral dissertation showed a dramatic difference in healing results between Quantum-Touch (QT) and placebo, in a randomized clinical trial. [Adara L. Walton, 2010, "The impact of Quantum-Touch® on clients with chronic musculoskeletal pain", Clayton College of Natural Health.] Basically, QT worked, and placebo didn't. Richard will present this study and more during his Smart Life Forum talk.

This new research confirmed results that Richard himself got while working (without placebo controls) on members of the basketball team of the University of California, Santa Cruz in 1995. The coach, Duane Garner, wrote: *"In my vast experience, I've never seen anything to compare with the positive results of Quantum-Touch. It enabled affected team members to resume competitive play in a very brief period of time following an injury, and improvement seemed to continue even after the actual therapeutic session. Players appeared as surprised and grateful as I am by all of this, which added to a renewed sense of self-confidence. Based on the team's experience, I would recommend your practice to anyone in need of it."*

Never content with the status quo, Richard has constantly sought ways to bring Quantum-Touch to a larger audience, and to improve and extend it. In 2010 he began teaching two new workshops in the US, Europe, and Asia:

1. **Self-Created Health** is a powerful seven-step process for healing and transcending the deep emotional issues that can underlie disease and block healing. Richard has assembled and structured this process after decades of searching, study, experimentation, and insight.
2. **Quantum-Touch Level 2.** While the original focus of Quantum-Touch was on healing through touch, QT Level 2 opens up techniques and applications that work *without touching*, and that open up new levels of freedom and possibility. Richard Gordon and longtime Smart Life Forum member Chris Duffield Ph.D. are working on a new book about Quantum-Touch Level 2, with anticipated release in 2012.

Unlike some teachers of healing, Richard lives modestly and has always sought the spotlight for what he teaches, Quantum-Touch, rather than for himself. "It's the message that counts," he says. Not wanting to be an object of undue attention and worship, he jokingly calls himself "The Un-Guru".

However, he does plan to be the host of his own documentary movie about Quantum-Touch, code named *The Galileo Project*, currently under development. It will show how hard it is for most scientists and medical authorities, and even for average citizens, to accept any clear demonstrations that Quantum-Touch actually works. If it really works, QT calls into question a lot of existing ideas, assumptions, and self definitions. And it suggests the need for a new paradigm in physics, chemistry, biology, medicine, psychology, economics... in everything. It is reminiscent of Galileo's telescope.

Richard lives in Los Angeles. Like most members of Smart Life Forum, he continues to explore diet, exercise, supplements, and other approaches for health and longevity. Besides teaching Quantum-Touch around the world, he plays golf, composes music, and creates digital art and videos.

Come to Richard Gordon's Smart Life Forum event on Thursday, May 19, ready for a very lively and interactive talk with lots of demonstrations. Chiropractors, osteopaths, and other body workers are especially welcome, to help with measuring posture changes in volunteers.

Energy healing -- placebo or reality?

presented by Richard Gordon

Instead of an article, here are some video links. This 13 minute one is a great place to start:

Quantum-Touch highlight reel – Exploring What’s Possible. “About 80% of the video shown here was shot in the last 10 weeks. When I ask my advanced students if they have had extraordinary experiences with the work, most people raise their hands. Some of them are willing to tell their stories on video. To see so many amazing stories edited together may be challenging for people who do not know these things are possible.”

<http://www.youtube.com/watch?v=cV1H9ZR49os>

Here are summaries and links to several recent short videos of practitioners talking about some of their amazing healing experiences using Quantum-Touch. Note that many of them end with expressions of deep gratitude to Richard Gordon for making this method available.

(Source: QuantumTouch.com newsletter for May 4, 2011.)

Healing Rheumatoid Arthritis. A personal story of how a doctor gave a one year prognosis of blindness and life in a wheel chair, only to have it completely heal. http://www.youtube.com/watch?v=GWcWi1D_OgQ

Saving a Leg Twice. Despite doctors repeatedly wanting to amputate, a leg continued to get better with continued QT. http://www.youtube.com/watch?v=fYOuM_CGhgI

Healing Plantar Fasciitis, Heel Spurs and Bursitis. Suffering from so many debilitating foot conditions at the same time made the healing even more wonderful. No wheel chair needed!

<http://www.youtube.com/watch?v=Vb37Kgfiz20>

Healing Carpal Tunnel. How do you turn around this very painful and difficult condition?

http://www.youtube.com/watch?v=fp_OdhDKHk0

Resetting A Broken Leg. Can bones realign well enough, with energy alone, after a broken leg, that it doesn't need to be set? Watch a first hand account. <http://www.youtube.com/watch?v=YdKQfOIRGsI>

A Chiropractor Aligns Bones Without Touching. She was as surprised as you will be when you learn the QT Level II work. <http://www.youtube.com/watch?v=iJV3QErXHQ8>

Healing A Birth Deformity. She was born with severely bowed legs until coming home from her first QT workshop. Imagine her surprise and delight. <http://www.youtube.com/watch?v=ltMfPToNDqQ>

Ending 30 Years of Severe and Chronic Sciatica Pain. When a severe pain has gone on for decades and goes away from a single QT session (and stays away), you become humbled.

<http://www.youtube.com/watch?v=BMBcUtPgCw>

Helping Newborns with Misshapen Heads. Sometimes severely misshapen heads require surgery. From what Kim says, level II QT usually works before her eyes and without even touching.

<http://www.youtube.com/watch?v=J0g7SebpwIQ>

Helping Newborns with Breathing Problems and Other Issues. What can you do when newborns have breathing problems? Why not try QT? <http://www.youtube.com/watch?v=Q9enB1HHNqQ>

For another viewpoint, see the APPENDIX article on next page:
“Cognitive Dissonance: A Scientist Encounters Quantum-Touch”
by Chris Duffield Ph.D.

APPENDIX

Cognitive Dissonance: A Scientist Encounters Quantum-Touch by Chris Duffield, Ph.D.

Dear Smart Life Forum friends,

I am so grateful for the many ways that Smart Life Forum (SLF) has improved my life and health. Just one example is that high dose vitamin D3, which I learned about first at SLF, has eliminated the seasonal depression that has plagued me all my life. Instead of cloudy days crushing me as before, they now feel like sunny days! Well, now I get to give something back to the Forum.

Inviting Richard Gordon to speak at SLF was my suggestion, and I am so glad that Mike Korek accepted it. You are in for a real treat. While Richard does not have a university degree, he is more open to demonstrable new phenomena than most scientists I know, and is a much more enthusiastic and persistent experimentalist than I am. So I will be happy to lend him my Ph.D. for the evening!

Richard is a delightful presenter, and is great at mixing equal parts of education, entertainment, and inspiration. And he doesn't just *talk* about Quantum-Touch (QT), the energy healing method that he teaches. He also *demonstrates* what it can do right there in front of you, with whoever is at hand. Or within your own body, if you volunteer. And all of this in real time interaction.

You are very likely to see measurable posture adjustments happen in standing volunteers, the kind of thing that chiropractors can do, but only by using significant force on a table. In Richard's world, and that of his students, this happens in seconds, without touching. I have seen it countless times. To my shock, I have even done it myself. You are also very likely to hear a volunteer tell you that their pain diminished or went away... quickly, right there in front of you. While QT is used for a wide variety of conditions and illnesses, adjusting posture and reducing pain are among the easiest to demonstrate quickly for a group like SLF.

If you are already an energy healing enthusiast, you may be surprised to see new things you never expected, happening much faster than you expected. If you are new to energy healing, and especially if you are skeptical about it, you may have a strong experience of *cognitive dissonance*, where your senses tell you something that does not match your ideas or beliefs. Come prepared for that. Because Richard runs into cognitive dissonance all the time with his work, he has become an expert in helping people recognize and deal with it. http://en.wikipedia.org/wiki/Cognitive_dissonance

We don't like it when reality clashes with our comfortable beliefs. As a result, cognitive dissonance can be very uncomfortable. So uncomfortable that most of us can't tolerate it for long, and have to relieve it in one way or another. Either we have to prove it wrong, or, if that doesn't work, we have to deal with it.

Thus, when cognitive dissonance strikes, and the observations prove to be reliable and repeatable, it can make us:

1. go into denial, or
2. not trust our senses, or
3. be suspicious that we are being tricked (inadvertently or deliberately), or
4. come up with a non-threatening box or label (like "placebo effect") that provides a superficial explanation and sweeps the offending thing conveniently under the rug, or
5. get irrationally angry or combative, or even

6. ignore the whole thing, walk away, and forget it.
If none of those things work, then
7. it can make us go into depression and grieving, because the old ideas and beliefs are dying.
Finally,
8. we may have no option but to give up and finally accept the new reality.
After we start to explore the new reality,
9. we may go into a period of excitement, enthusiasm, and evangelism, and then
10. we may start to institutionalize and entrench our new ideas and beliefs about the new reality. This sets the stage for another cycle of cognitive dissonance when something outside this new comfort zone comes along.

These cognitive dissonance responses remind me of Kubler-Ross's model for stages of grief and letting go. Except these responses don't always show up, and don't seem to follow any particular order. They may occur in parallel, or in sequential encounter episodes, perhaps separated by years. Or tenacious people may never change their ideas about reality until they die, leaving their hidden inventory of unresolved cognitive dissonance behind. They say that the death of old scientists is how science advances. If they learned cognitive dissonance resolution skills, they might be able to welcome new realities sooner, participate more, help science advance more rapidly, and have more fun.

Yes, cognitive dissonance is very uncomfortable and challenging. But I have come to think that it is actually a good thing. It seems to be built into the adult growth process. It seems to be an essential part of the way we humans with adult brains learn and accept radically new and real things.

In contrast, children can be surprised by the unexpected, but for them the whole world still seems new, surprising, and fluid, so usually they quickly accept and adjust to a new and expanded reality. Maybe we can learn from them.

It looks like science, technology, and society will continue to undergo successive paradigm revolutions at an ever accelerating rate. It looks like things that we think are impossible will continue to become possible. And it looks like who we thought we were will continue to get lost in the dust left behind who we really are. Things like this used to happen over centuries or generations. Now they are happening several, maybe many times in a lifetime.

If every time we are confronted by such changes, we get confused, blocked, or combative due to reflexive cognitive dissonance, then we may miss out or be left behind. We may be cursed or laughed at by posterity – just like those who believed in a flat earth, or those who refused to look through Galileo's telescope. The history of science and technology is littered with stories of breakthroughs that were blocked or slowed by people and institutions with cognitive dissonance. In my own life I have seen continental drift transform from heresy to dogma, the dominant brain model go from a mechanistic neuro-synaptic machine to a hierarchically resonant quantum communication system (oops, we're still working on that one). And so it goes.

So learning to recognize, deal with, transcend, and even enthusiastically welcome cognitive dissonance could be a very useful survival and growth skill.

Everyone has their comfort zone, and it has a boundary. Within the comfort zone, one's ideas, beliefs, and self concepts are all comfortably supported. For some people this zone is larger than for others. But it seems that everyone has a boundary beyond which something is too much, a boundary that one's ideas, beliefs, and self concepts cannot stretch too far without breaking.

Along with a lot of other people and things I have encountered, Richard Gordon has been stretching my comfort zone progressively, with Quantum-Touch, for about 12 years.

The reason I'm writing here about cognitive dissonance is because I have had it myself around Quantum-Touch – many times and in many ways. And maybe I can help you deal with yours, too. And this skill could also come in handy for you with other amazing things that present themselves to you in the future. I'll write a bit about this process, then tell you some of my own cognitive dissonance QT stories.

This is a work in progress, but it seems to me that the process of positively transcending cognitive dissonance when confronting something new can be made in four steps, each with a set of questions:

STEP 1. Suspend disbelief.

QUESTIONS: What if this is were true? Did I really observe that? Isn't that interesting?

I think this is may be the most important step. It at least opens you up to a possibility in some universe, maybe this one or maybe just a fictional universe.

In science, if there is a reliable and repeatable observation, and you refuse to consider it, deny its existence, get angry at the observer, make excuses or lame explanations, or just walk away, everything stops... at least for you. Progress may stop until someone or some new observation goes around you... which could take a long time.

In the scientific method, some of the best hypotheses come from anomalous observations. "That's interesting!" But if the observations are denied or ignored, the hypotheses never come to life. Penicillin came from an observed anomaly.

Scientists are taught to be open to new hypotheses, as long as they can test them. But time and time again, trained scientists do not follow this simple instruction. So often they block, deny, ridicule, fight, or just ignore any observations that do not fit the current paradigm that they have bought into and have been hired to support, and they often shun the bearers of the observations. This seems to be a mostly unconscious reflex, but it has practical realities behind it. If they don't block, deny, ridicule, fight, or ignore these things, their institutions and peers might take away their salaries, perks, status, reputations, labs, etc. I have seen this kind of blocking, denial, ridicule, fighting, and ignorance happen many times, in my life and those of other innovators, including our presenter Richard Gordon.

Scientific skepticism is good. A true skeptic is one who wants to know the truth, and who seeks it. But denying, ignoring, ridiculing, or fighting an observation or hypothesis that does not fit in with one's ideas and beliefs is not skepticism, but a sign of prejudice and bigotry. Prejudice and bigotry may serve institutions and ideas, but they do not usually serve the truth.

From what I know of Richard Gordon, he is a natural-born scientist and true skeptic. For example, he saw what Bob Rasmusson was doing, and he suspended his disbelief that a human being, or even Richard himself, could do something like that. I have seen him do this for many other things as he continues his exploration of human capabilities. And, like many scientists, he has created a business to help disseminate his discoveries.

STEP 2. Test and verify. Play with it. Keep observing. Act as if it might be true, and see what happens next.

QUESTIONS: Was that a good observation? Does it keep happening? Is it repeatable?

This is a step of fact finding and testing. Scientific experiments. Skeptics do them, people with prejudices and bigotry don't.

It could be that the observation was faulty or a random anomaly. It could be that the phenomenon does not keep happening, is not repeatable. If so, then the hypothesis may not be true, at least for now, always pending further observations, and can be set aside.

On the other hand, if the observations turn out to be good, persistent, and repeatable, then the hypothesis may indeed be true, within statistical variation. The more persistent and repeatable the observation, the more likely it is to be good, and the more likely the hypothesis is to be true.

I have seen Richard do this again and again. He keeps testing the outlandish things he runs into or comes up with. If it works, he keeps working with it. If it doesn't, he drops it quickly and moves on. And many of the things that work have kept working, both for him and for others, persistently and repeatedly, with very high probability, for years and decades. Richard doesn't always do things in a formal scientific structure with controls and statistics. But when something works persistently and reliably for decades, he is willing to alter his reality to encompass it.

For example, he learned and found the essence of Bob Rasmusson's healing methods, and tried them repeatedly to verify their effectiveness. That is how he came up with Quantum-Touch.

STEP 3. Explore implications and consequences.

QUESTIONS: If this is true, what are the implications? If this is true, what does it mean? If this is true, who and what

are we? If this is true, are the predicted consequences and corollaries also true?

A scientific hypothesis is made stronger if predictions based on it are also supported by experimentation. Great scientists follow through quickly on the implications of observations that they verify.

When Richard Gordon was convinced from his own experience that Quantum-Touch methods would work for him, he taught them to other people to see if they would work for them, too. And they did. Whenever he comes up with something new, Richard loves to ask “What are the implications of this?” It is an important part of his innovation process.

STEP 4. Explore new possibilities that this opens up.

QUESTIONS: If this is true, then what else is possible? If this is true, then who and what else are we, and what else can we do?

Richard Gordon loves to ask these questions. This is really a continuation of STEP 3, but where the imagination goes beyond, goes wild, stimulating more hypotheses and observations. And new observations recycle us to STEP 1.

If this sounds like the way science is supposed to work, you are right. If there isn't a lot of cognitive dissonance generated by a scientific observation, then it is probably not an important breakthrough. As a scientist, I have approached Quantum-Touch in this manner, and I have been delighted to find out that Richard Gordon has been doing the same thing all along. Perhaps it is all in how quickly and gracefully one can flow through this cycle.

I got my scientific training at Amherst College and the University of Arizona, spent 12 years at Stanford, including 7 at the Stanford med school, and am currently back doing research at the University of Arizona med school for a while. I helped get insulin potentiation therapy (IPT), a way to do cancer chemotherapy without side effects, out into the world [IPTO.com]. An electrode making technology I invented is now used in hundreds of neuroscience labs worldwide. I have contributed a lot of ideas to other scientists, and to a biotech startup that may yet transform medicine.

But honestly, I have gone through the cognitive dissonance resolution cycle more intensely and frequently with Richard Gordon and Quantum-Touch than I ever have in academic science. That is what has really captured my interest, to the point that I am even helping Richard write his next book.

I met Richard at a conference about 12 years ago, and was fascinated by how confidently and fast he demonstrated his energy healing methods. A few minutes instead of an hour for other methods. (Now it happens in seconds!) Richard was a healer interested in scientific research, and I was a scientist interested in healing. So we stayed in touch, and gradually became good friends.

Over this last dozen years, I have heard countless QT healing stories from Richard and his students, and have witnessed QT working many times. It is a long story, but I have confronted my own cognitive dissonance many times, as Richard and QT have stretched my reality comfort zone. It has taken me a long time to accept that QT is teachable, that people like me can learn it quickly and easily, and that I myself can actually use it out in the world. I am getting much more comfortable with it. From being very skeptical that QT works, I have in stages gradually come to accept that something is really going on, and that it is worth investigating. If it is just a placebo effect, then it is a very, very good one. But it seems to be more than that. Adara Walton's 2010 dissertation is the first placebo controlled academic study of QT, and I look forward to more in the future.

What really challenged me was when last year Richard started doing remote QT – *without touching*, whether in the same room or even over Skype. And it actually seemed to work better and faster.

At first I did not believe this could happen, even though I got to watch Richard adjust other people's posture without touching them. Cognitive dissonance. In order to feel more comfortable, I told myself that his measurements might be inaccurate, and maybe he was fooling himself. And could I do it myself? No way! Last year Richard and I went to the 2010 BIL conference in Long Beach. It is a participant-designed “un-conference” that overlaps with the big annual TED conference that takes over the city. The participants are mostly passionate about new and different science and technologies. But Quantum-Touch was certainly something outside their normal range of comfort.

Richard signed up for a presentation time slot. When it came, he strode on stage and asked for volunteers. And he asked if there was a chiropractor in the audience; fortunately there was. No one was rehearsed or prepared, and there was absolutely

no safety net. Richard confidently adjusted, in seconds, the posture of three skeptical volunteers in quick succession, with the chiropractor verifying it, before and after, each time. The audience was stunned. Even I was stunned. Among the audience, I detected some snickers, some suspicion, some anger, but mostly they seemed to deny and ignore what they had just witnessed, and were relieved when his time was up, and the next speaker took the stage. Cognitive dissonance, and no one there was ready to suspend disbelief.

Then Richard and I went to visit TED itself. Or at least the sidewalk out front. Standing outside the heavily guarded entrance, we held a great sign Richard had made saying “Quantum Theory is Incomplete – Free Demo”. I watched him demonstrate his ability to alter posture, reduce pain, and relieve tired legs in quick succession, until security showed up and asked us to leave the area. The next day we met in a nearby hotel with a TED-attending friend and some of her friends. One of them had a chronic back injury from a car accident. Richard took care of it in seconds without touching. When I met with that man several months later, he was still pain free and grateful. This was starting to feel normal to me.

Last year, Richard started teaching workshops for his new remote QT techniques, in various cities around the world. He calls it Quantum-Touch Level 2. I wanted to understand and experience the new Quantum-Touch techniques more thoroughly, so I attended Richard's workshop in Los Angeles on April 16 and 17, a few weeks ago. I was profoundly moved and astonished by the stories, enthusiasm, excitement, and gratitude of the experienced QT practitioners who were attending. Each story was more amazing than the last. These were people who had experienced the dramatic benefits of QT in their lives, and the lives of their clients, friends, and family members, on a daily basis, for years. They were grateful, and they were excited and eager for more.

In this supportive environment, it was easy for me to place my cognitive dissonance on hold. My comfort zone expanded without a lot of resistance, and I could just go with it. The very first day I quickly got over my inner blocks to measuring posture, at least in class, and I got to see another student's hips move into balance before my eyes, without touching. On the second day, as I ran energy, I saw a scar on a student's foot seem to diminish before my eyes. Part of me was surprised and delighted, while another part still had some cognitive dissonance, making me wonder if my eyes were just fooling me, if I was just imagining things, if it was just the power of suggestion on me and the other person.

OK, I finally accepted that maybe I could actually do QT without touching, *in class*. But me doing it *outside of class* seemed too much. Then last week, I had a Skype conversation with a workshop classmate who lives 11 time zones away. In the last few minutes before I had to disconnect, she asked me if I would practice the remote Quantum-Touch techniques I had learned, focusing on her chronic low back pain. “What the heck, I can't hurt anything,” I thought, suspending my disbelief. So I tentatively practiced for less than a minute, then said goodbye. To my astonishment, the next day she told me that it had worked. Her pain had gone away completely, and was still gone. I am still recovering from the shock of that. But I really should get back out there and try it some more.

This has been a LOT to get used to! At every step, for about 12 years, my sense of reality and what is possible has been stretched by Quantum-Touch. I have been challenged each time to suspend my disbelief and investigate further, rather than running away.

So if Richard's presentation and demonstration causes you some cognitive dissonance reactions and symptoms, welcome to the club. If you can even just observe and accept the possibility that his techniques work, without walking out, then that is a big accomplishment. Perhaps you can just relax, suspend your disbelief for an hour or two, and enjoy the event. On the other hand, if you want to actively challenge what you are seeing, Richard will welcome it and will be prepared to honor and engage with your skepticism.

Richard Gordon likes to compare his work to that of Galileo – exploring a new world with important implications, and trying to tell others about it. Here is your chance to look through his metaphorical telescope.