

Oneness in Healing. Medicine and Hypnotherapy

Wes Rocki MD, PhD, CHI, MIM



40 years in medicine
MD (Pathology)
PhD in Physiology
OBGyn, IM
Clinical Pharmacology
Alternative Medicine

brought me to
the Love of Simplicity

Oneness 101

As a fish may not be aware of water

I am not aware of being

a living proof of oneness

- The community of cells in my body
- Body, mind and spirit
- Circulation and exchange of atoms



**I am the consciousness; non-local
and connected with everything**

“everything”

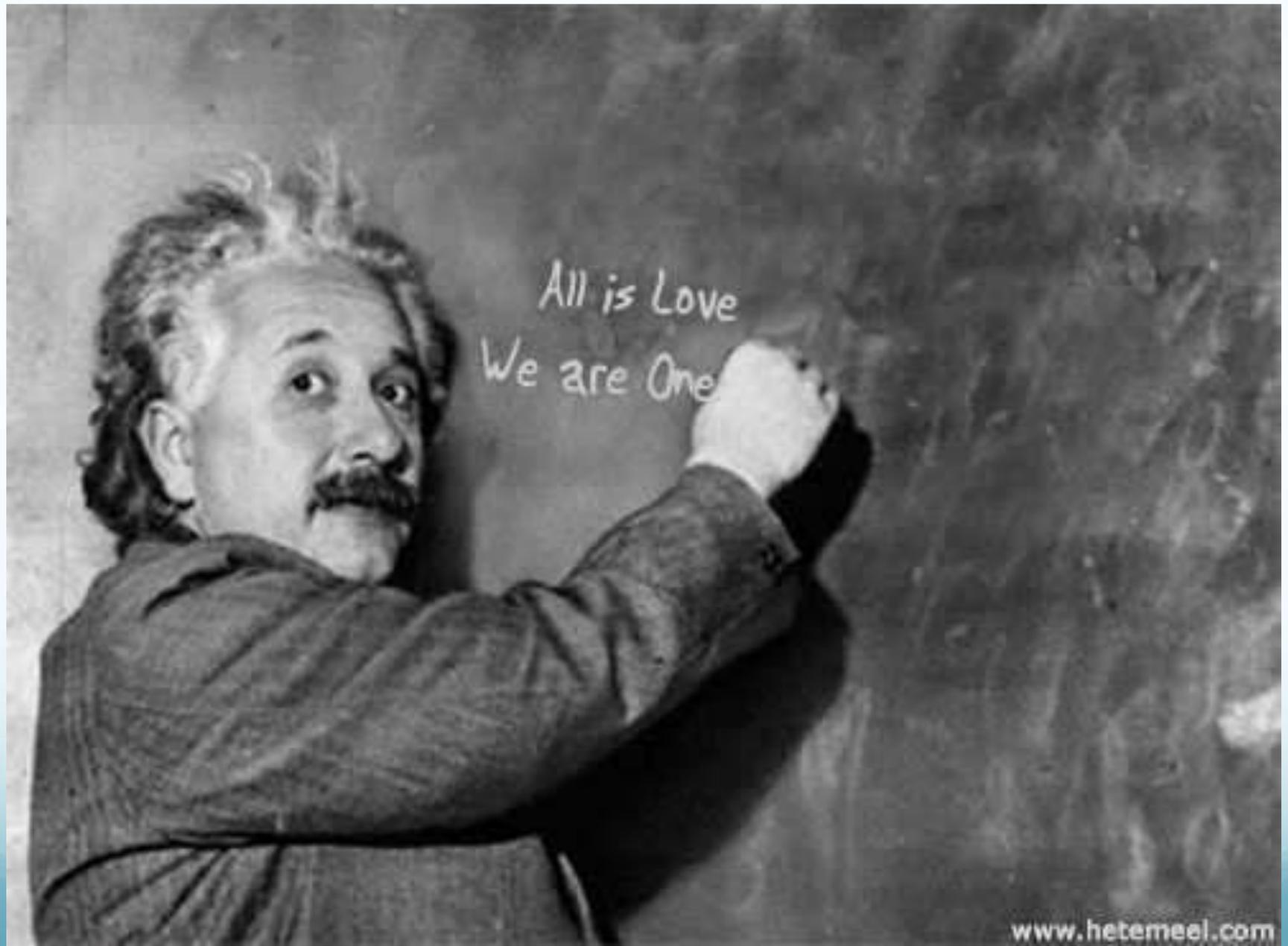
...so what is the catch?

*it means Evolve with
everything*

- **Intuition medicine**
- **Hypnotherapy**
- **Energy medicine**
- **Touch therapies**
- **Improv**

**healing = realization of oneness
as an expression of love**





All is Love
We are One

He experiences himself, his thoughts and feelings as something separated from the rest- a kind of optical illusion of consciousness

A .Einstein

” When we are divided within ourselves we do not feel whole.

When we are feeling separate from another through distance, or perhaps anger, then we do not feel whole – we do not feel at peace. Hypnotherapy brings us back to oneness.”

-Matthew Brownstein

www.tfioh.com



*We are all just
walking each
other Home....*

-Ram Dass-

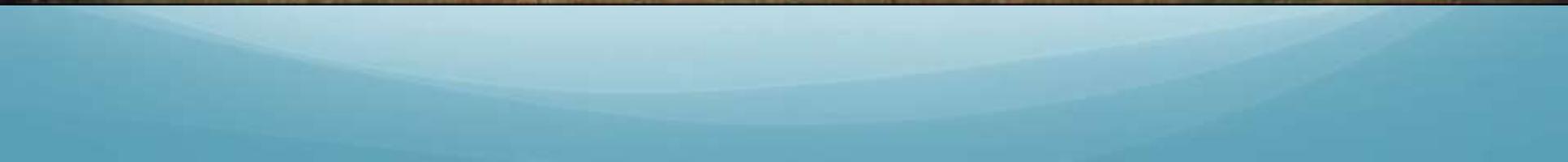
**Why don't I relax into the
oneness that I am
and
the self-healing my body is?**





BAH BAAAH BAAAH BAH!!

60,000 thoughts/day 80% repeated 80%negative



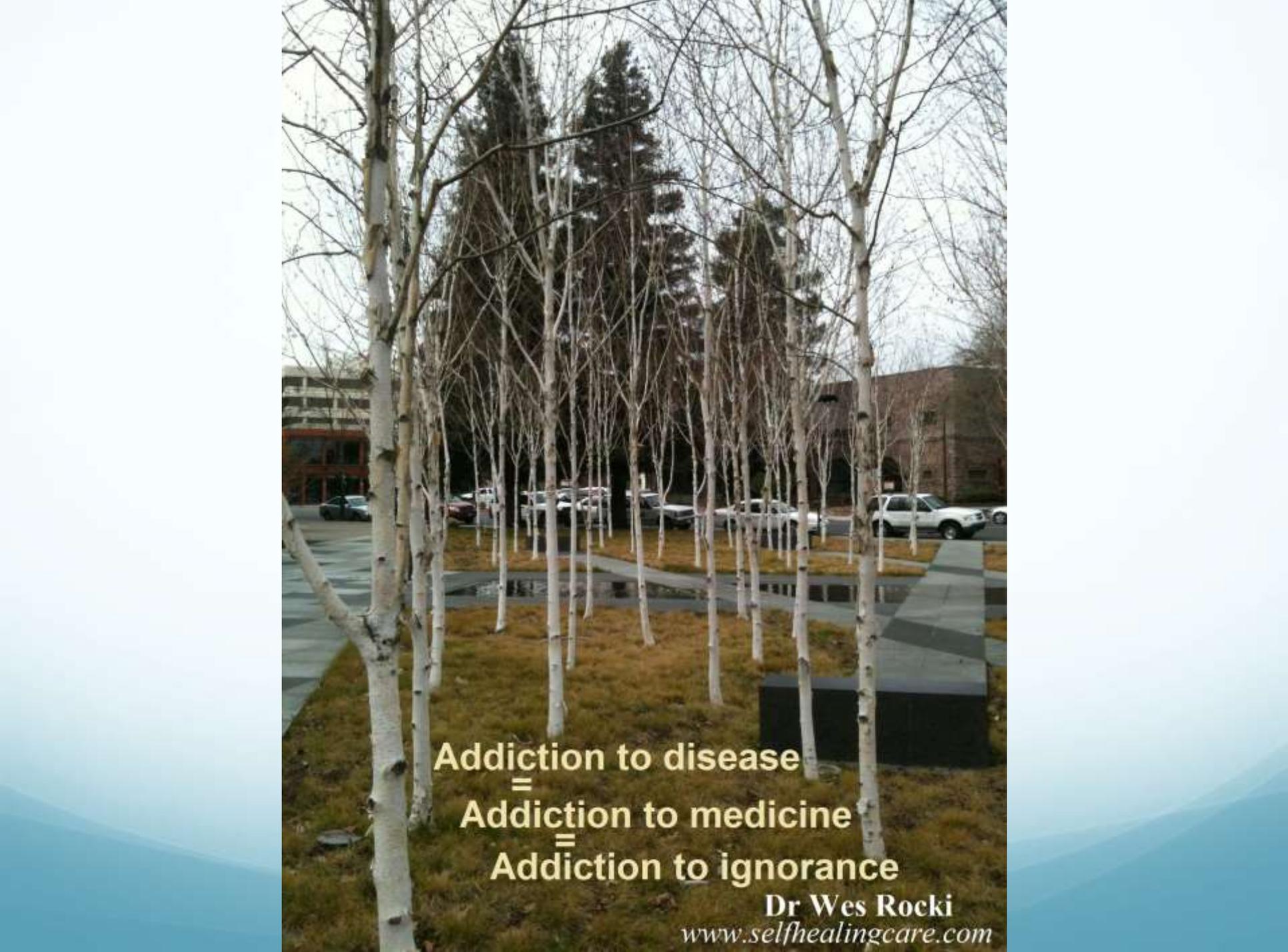
Rejecting the gifts of the now.

Peeing into my water.

Being cooked alive in the soup of stress
chemicals

**Addiction to thinking, Neuroplasticity
Addiction do diseases**





**Addiction to disease
=
Addiction to medicine
=
Addiction to ignorance**

Dr Wes Rocki
www.selfhealingcare.com

Mysteries of stem cells

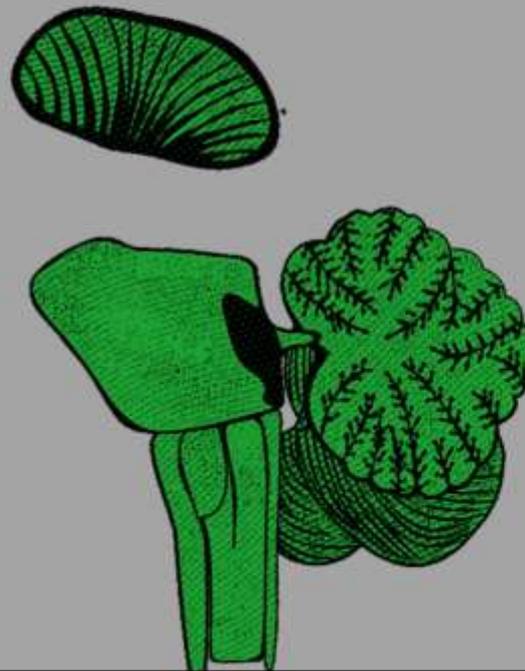
- Pure potential
- Differentiation supporting oneness
- Homeostasis, Apoptosis
- Oneness in uterus
- **Who tell them to turn sick?**

That “who” is target of hypnotherapy



REPTILIAN BRAIN

300 MILLION
YEARS OLD





01:19



HD :: vimeo

Main Functions of the Reptilian Brain

- Feeding
- Fighting
- Fleeing
- Reproduction



01:54

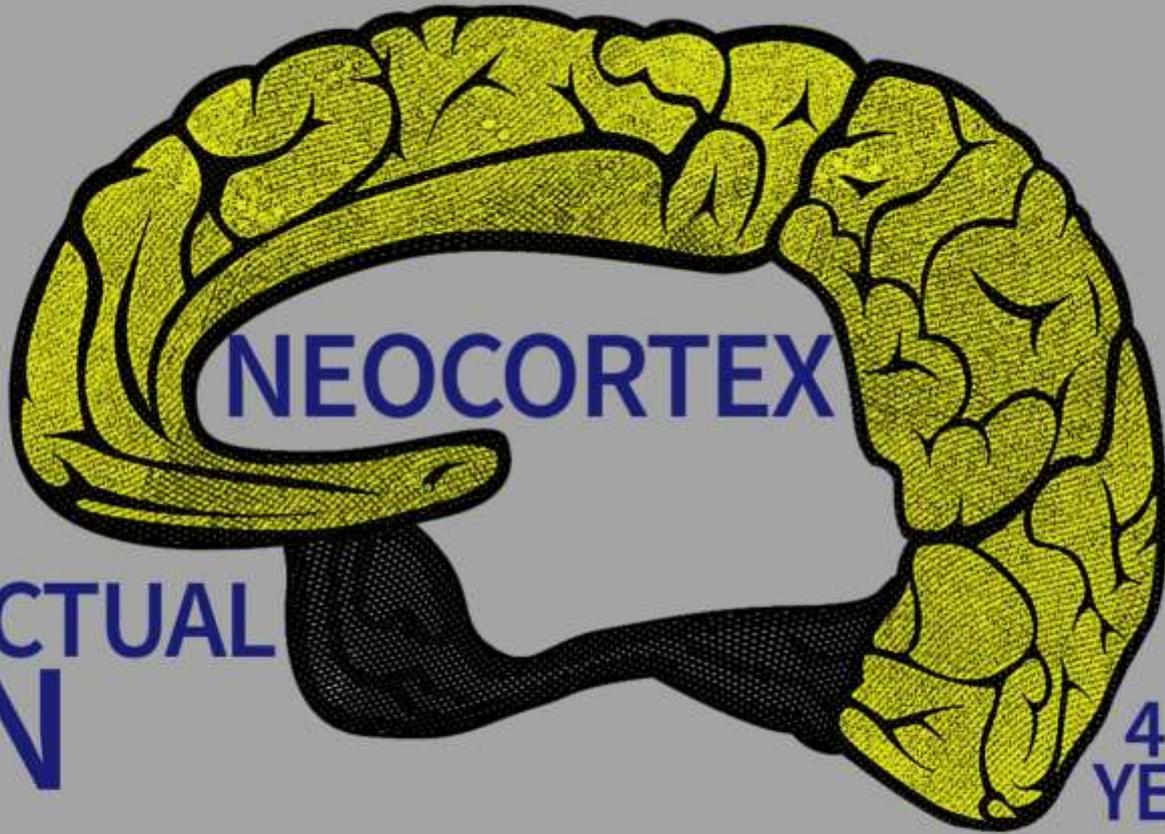
HD :: vimeo

10 MINUTES AT WORK



**AND I START USING
"FUCK" LIKE A COMMA.**





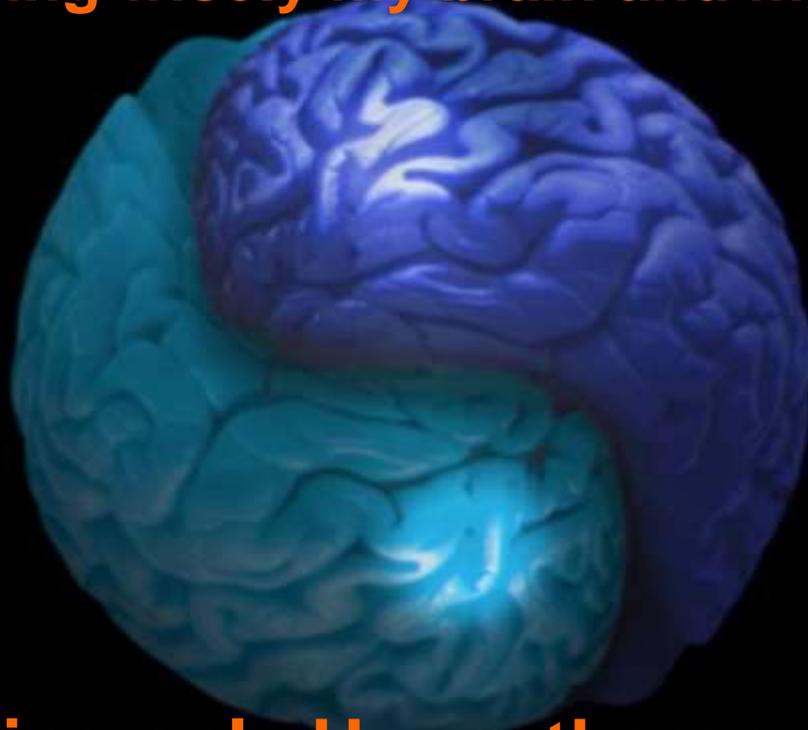
**INTELLECTUAL
BRAIN**

**4 MILLION
YEARS OLD**

The Neocortex Allows Us To

- Have long-term memories
- Plan and predict things
- Be reasonable and rational
- Have free will

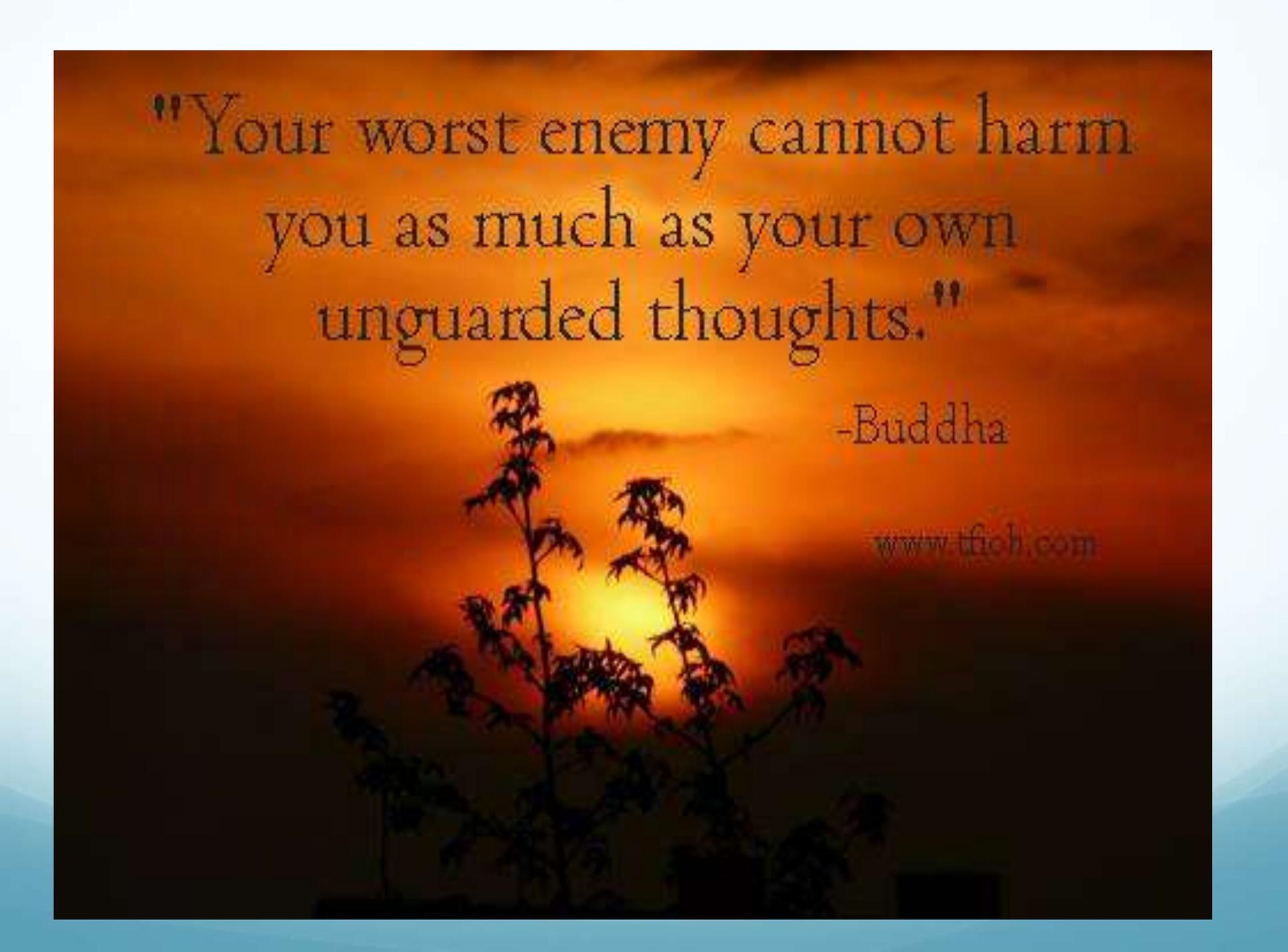
I am Spirit, I am using wisely my brain and my thoughts



Besides the dying only Hypnotherapy can bring me to the realization of my true oneness



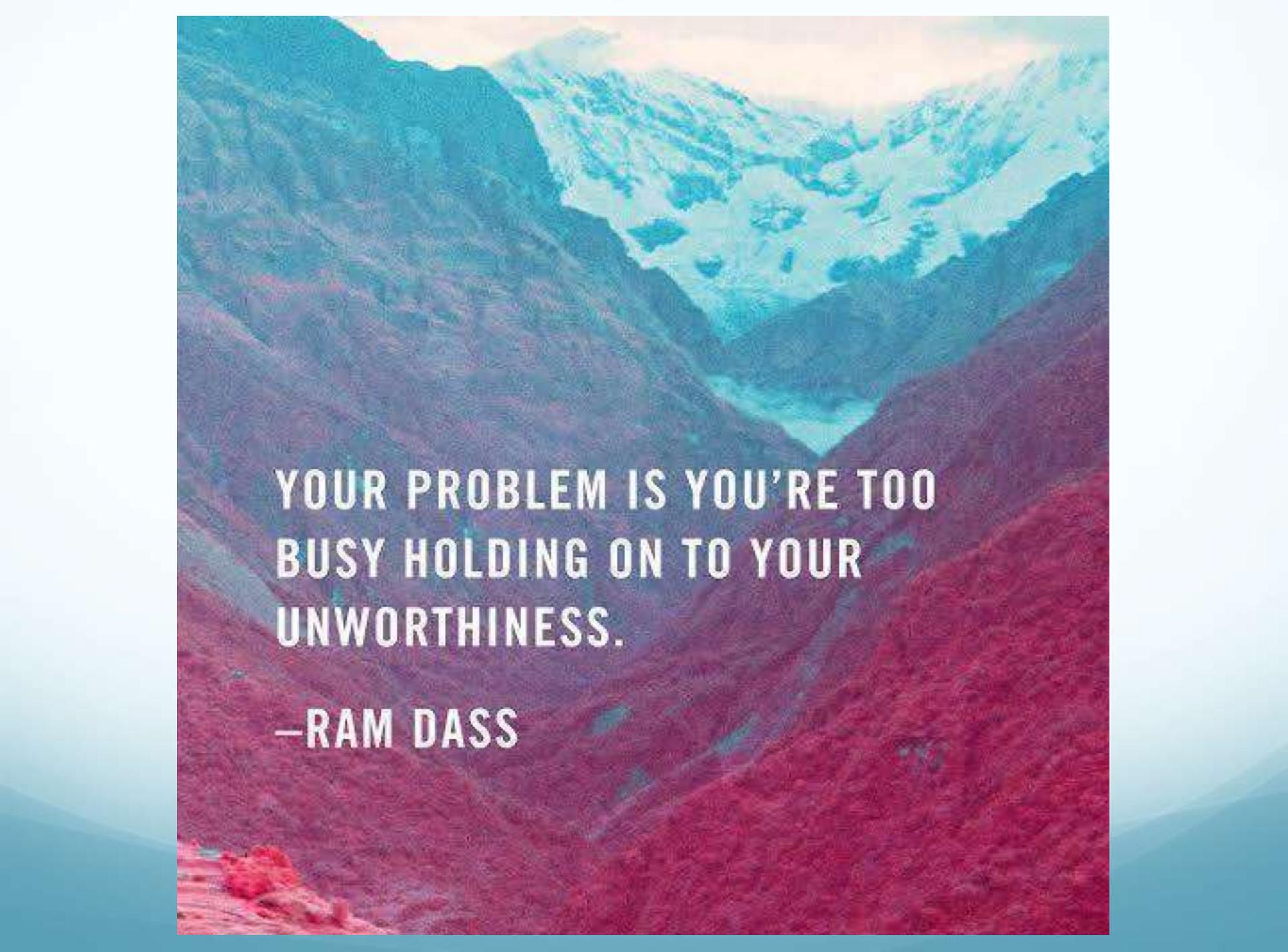
Hypnotherapy
expands diagnosis
to
self-diagnosis
discovering the
“root causes”
of diseases



"Your worst enemy cannot harm
you as much as your own
unguarded thoughts."

-Buddha

www.tfiob.com

A scenic view of a mountain valley. In the foreground, a river flows through a lush green valley. The middle ground shows rolling green hills and a winding road. In the background, majestic mountains rise, with the highest peaks covered in snow and partially shrouded in mist. The sky is a soft, hazy blue.

**YOUR PROBLEM IS YOU'RE TOO
BUSY HOLDING ON TO YOUR
UNWORTHINESS.**

—RAM DASS

Universal Root Causes of Diseases

**We have only one problem
Separation from God**

ACIM

**All disease comes from a state of
unforgiveness.**

ACIM

**Medicine is not interested
in root causes because
there is no reimbursement
coding to capture them**



**Medicine
diagnoses
outcomes of
diseases
e.g. high blood
pressure**

Medical terms

- Evidence based medicine
- Alternative, holistic, functional, integrative
- Natural history of the disease
- Diagnosis, treatment, prognosis
- Placebo, nocebo
- Pharmaceuticals, nutraceuticals, electroceuticals

Conventional medicine is fragmented

Research on
isolated systems

Defined roles

Narrow specialties



One ill –one pill

Medicine unmet needs

- **Business model**
- **Sick-care not health-care**
- **Good acute and trauma care**
- **Inadequate chronic care**
- **Born of infectious disease model “anti”**
- **Disempowering by fear and control**
- **Trance of sophistication and complexity**
- **Protocols driven, bureaucratic. administrators**
- **Driven by insurers, stockholders and lawyers**

Medicine unmet needs

- **Expensive**
- **Dangerous**
- **Dealing with the outcome rather than origin of disease**
- **Paradox of recognizing behavioral etiology of chronic diseases (psychosomatic) yet treating them with chemicals and surgery**
- **No concept, no training, no resources for prevention of diseases**

Paradox of modern medicine



It pretends to be complex
and sophisticated

buzzlie



**Alternative medicine claims
to find the root causes
e.g. poor diet, lack of
exercise
but they still are the
outcomes of root causes**

Hypnotherapy is:
metaphysical
sacred
and

Simple

when based on solid training
and realization of **oneness**

**Hypnotherapy is uniquely
positioned to explore the
root causes of diseases**

Hypnotherapy unique features

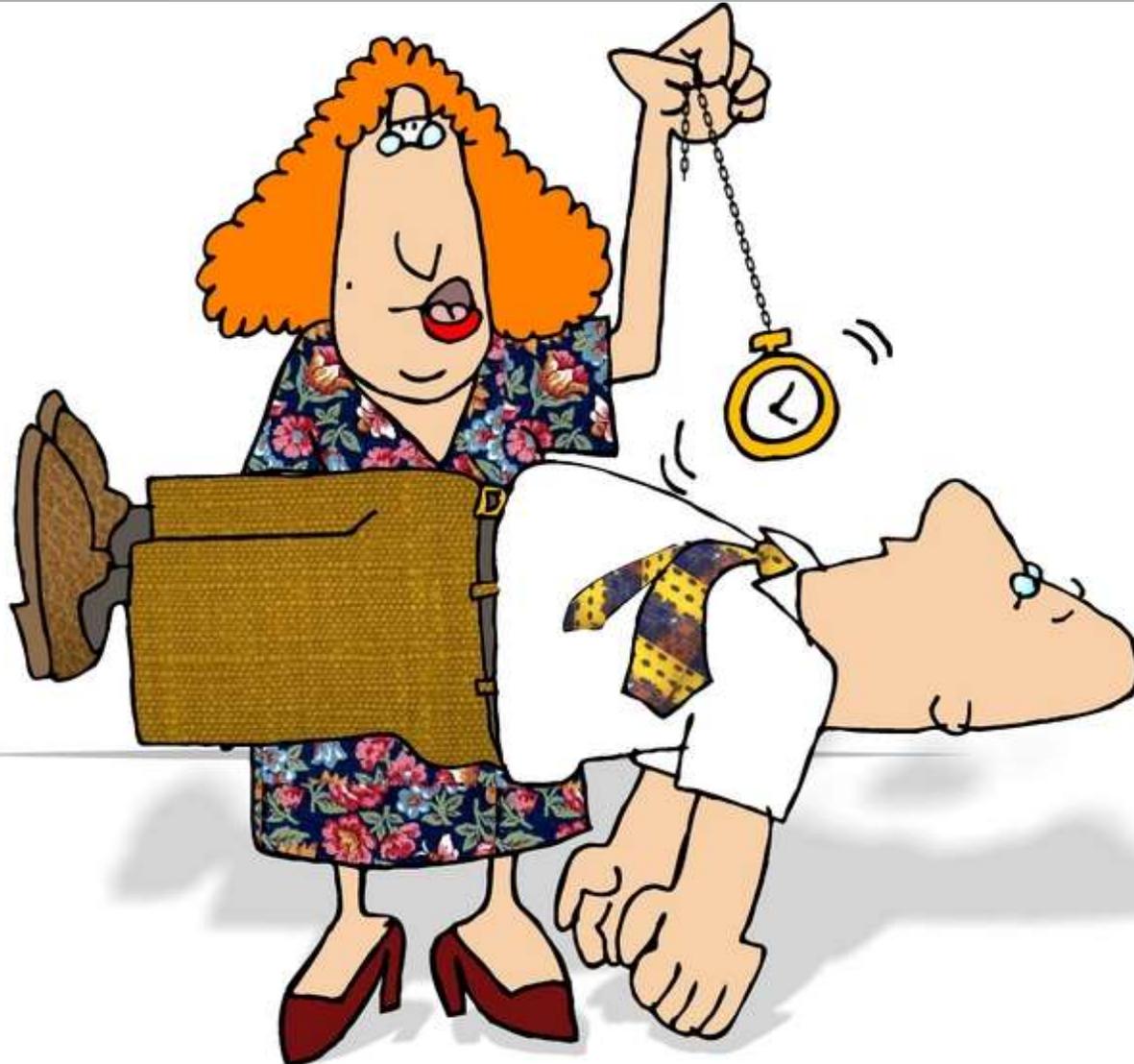
**Effective, safe, inexpensive.
It deals with the real causes of diseases,
inspires desired, healthy and permanent
changes in life.**

**Uniquely equipped to prevention by
supporting self-care**

**Practical oneness
between
Hypnotherapy
and
Medical Services
by
fulfilling each other
unmet needs**



I will be good for you!





Let's play !

Who am I?

- **They don't know the diagnosis**
- **I got the diagnosis, but.....**
- **WTF has happened to me?**
- **Why I am lonely surrounded by family?**
- **Will I make it?**

Who am I ?

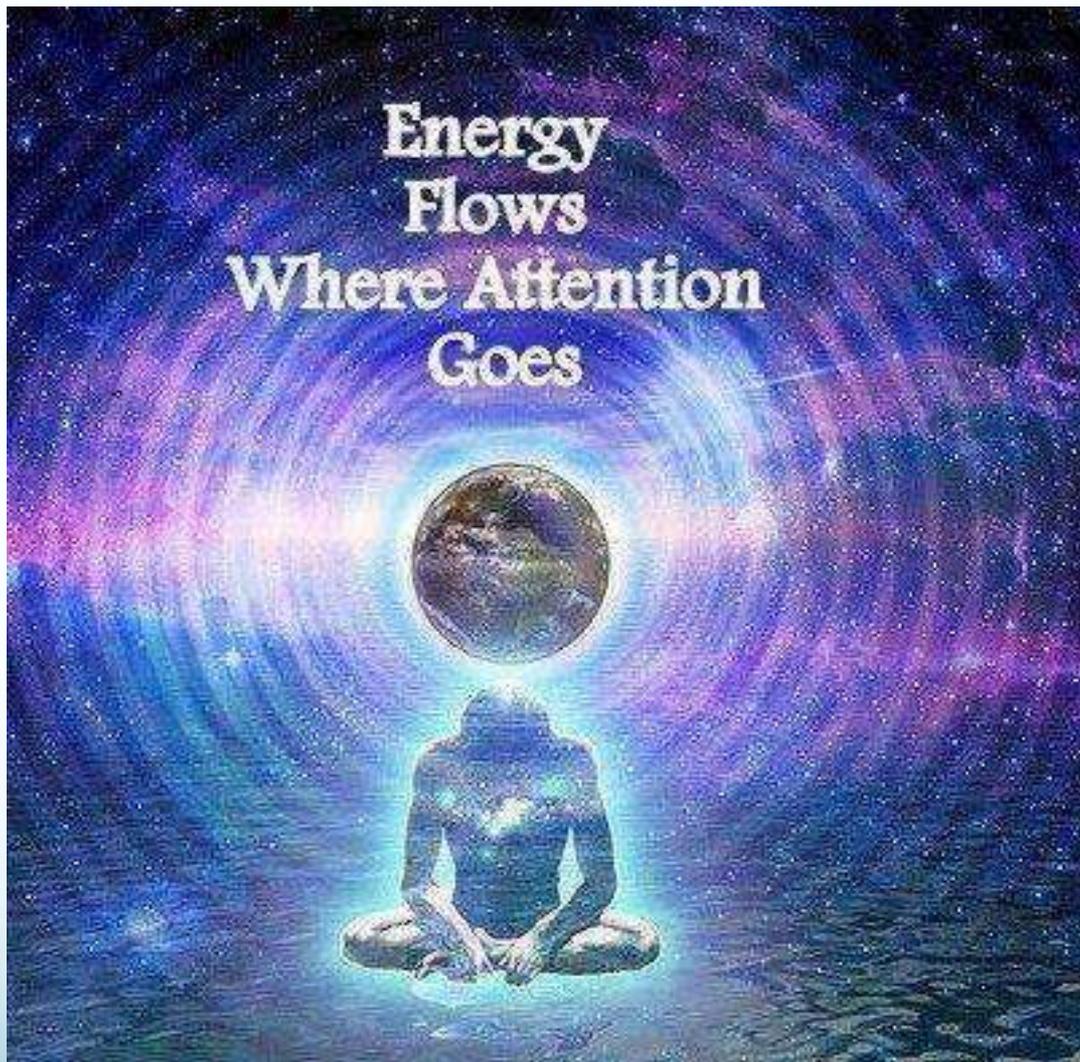
The answer will determine my health - related choices

A photograph of a dirt path in a forest that splits into two directions. The path is covered in brown leaves and dirt. The trees are tall and thin, with green foliage. The lighting is soft, suggesting a shaded forest.

**What is wrong with you?
The blue pill**

**What is real with you?
The red pill**

**Energy
Flows
Where Attention
Goes**





BUSY IS A CHOICE.

STRESS IS A CHOICE.

JOY IS A CHOICE.

choose well

the blue pill

Decorating your prison cell



Hypnotherapy offers an environment for a client to **take a red pill for self-healing**



*"You can't fight
for love, you have
to love for it."*

staypositive.club



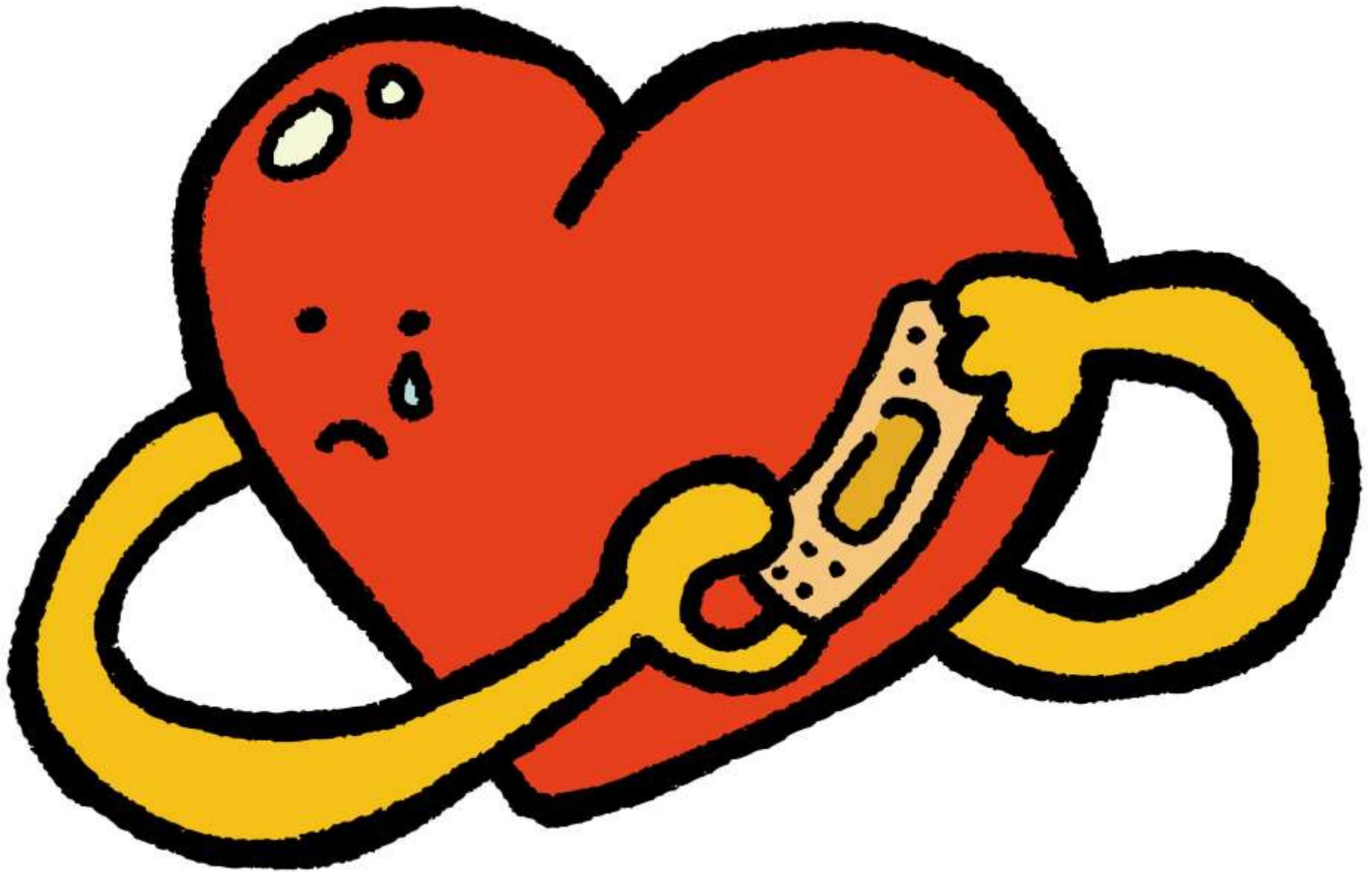
buzzlie 

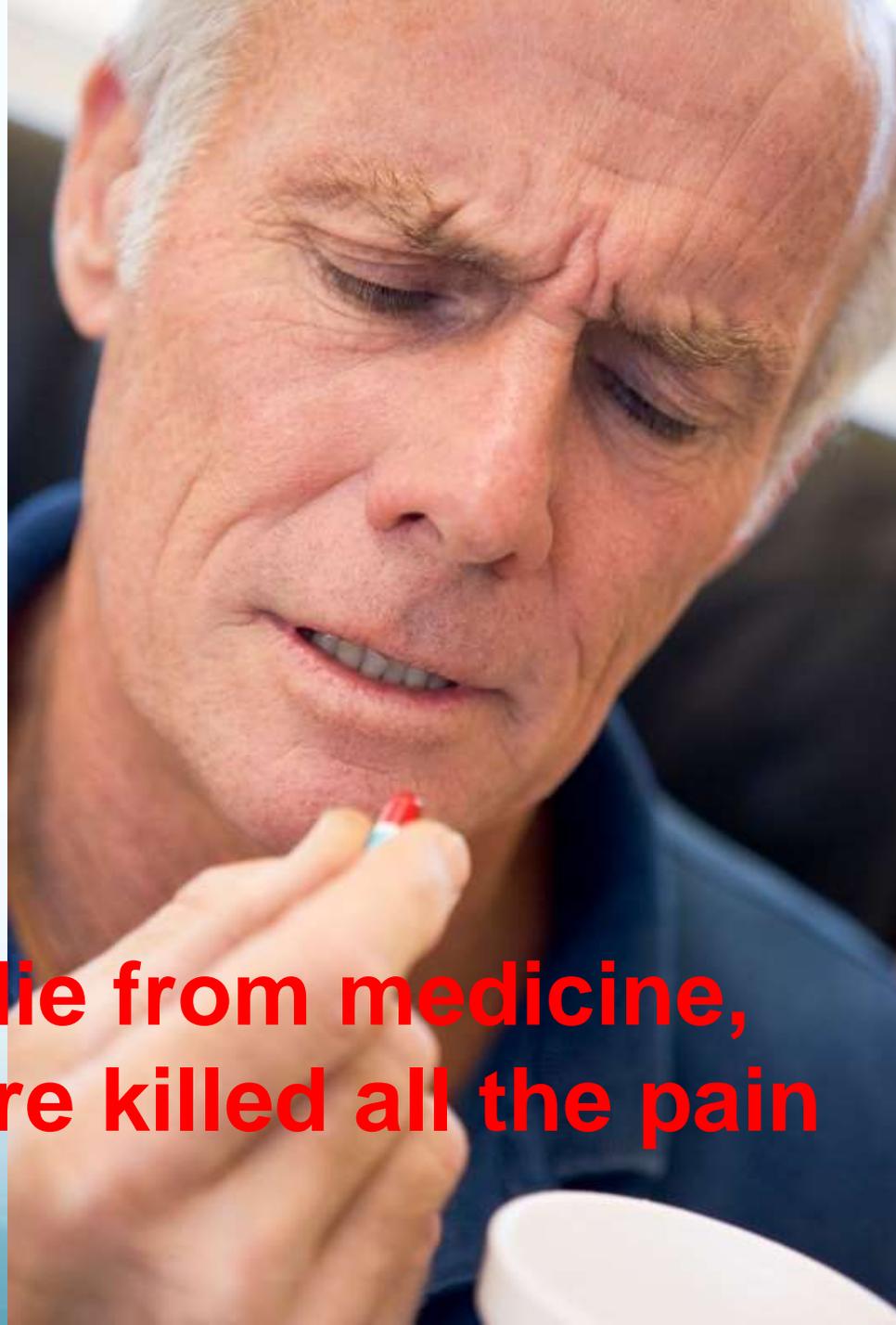
**Practical oneness
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Treatment (medical approach)





**We may die from medicine,
but we sure killed all the pain**

Where We Go Wrong

Looking OUTSIDE ourselves

- Learn more...
- Try harder...
- Eat better...
- Be a better person...
- More willpower...
- Conventional “coaching” ...



An aerial photograph of a city that has been severely damaged by war. The buildings are mostly rubble, and the streets are filled with debris. In the foreground, several soldiers in military gear are visible, some standing near heavy machinery or weapons. The overall atmosphere is one of devastation and conflict.

THE WORLD SPENT \$1735 BILLION ON WAR IN 2012

“It is no measure of health to be well adjusted to a profoundly sick society.” Krishnamurti

**IT WOULD TAKE APPROXIMATELY \$135 BILLION
TO TOTALLY ERADICATE POVERTY**





If I would need it , my doctor would tell me...



Treatment (hypnotherapy approach)

**Every healing is
self-healing**

**Realization and support of
self-healing**

**Enhancing wellness
Teaching self-care**

**Helping client to stop
interfering with self-healing**



Suffering = Pain x Resistance

THERE ARE TWO
PRIMARY CHOICES IN
LIFE: TO ACCEPT
CONDITIONS AS THEY
EXIST,
OR ACCEPT THE
RESPONSIBILITY FOR
CHANGING THEM.

- DENIS WAITLEY

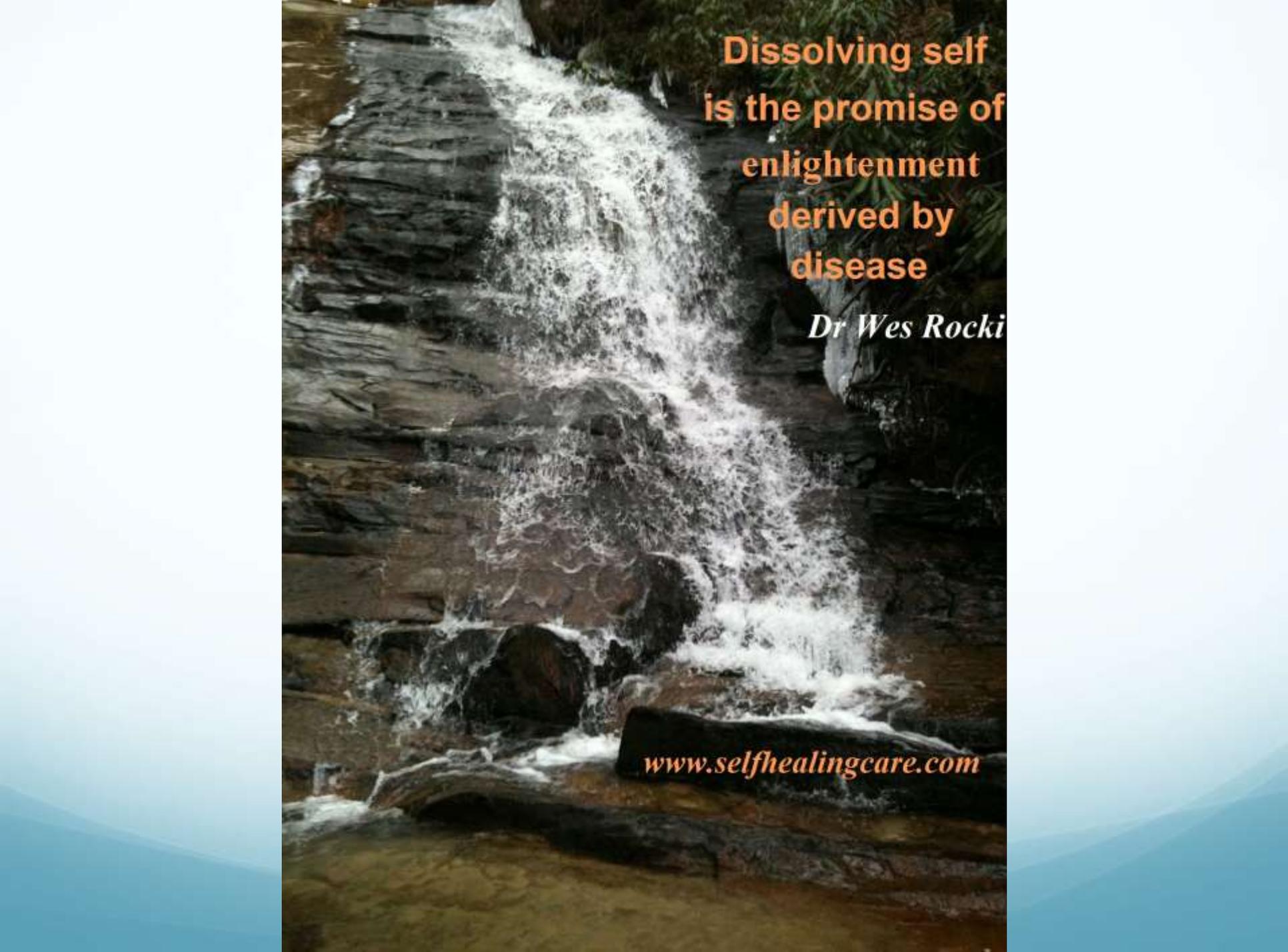
**Healing disease
through
Healing life**

The disease is to
squeeze you to get you
real juice your real you.

Dr Wes Rocki

www.selfhealingcare.com



A photograph of a waterfall cascading over dark, layered rocks in a forest setting. The water is white and frothy as it falls. The background is dark and lush with green foliage. The text is overlaid on the right side of the image.

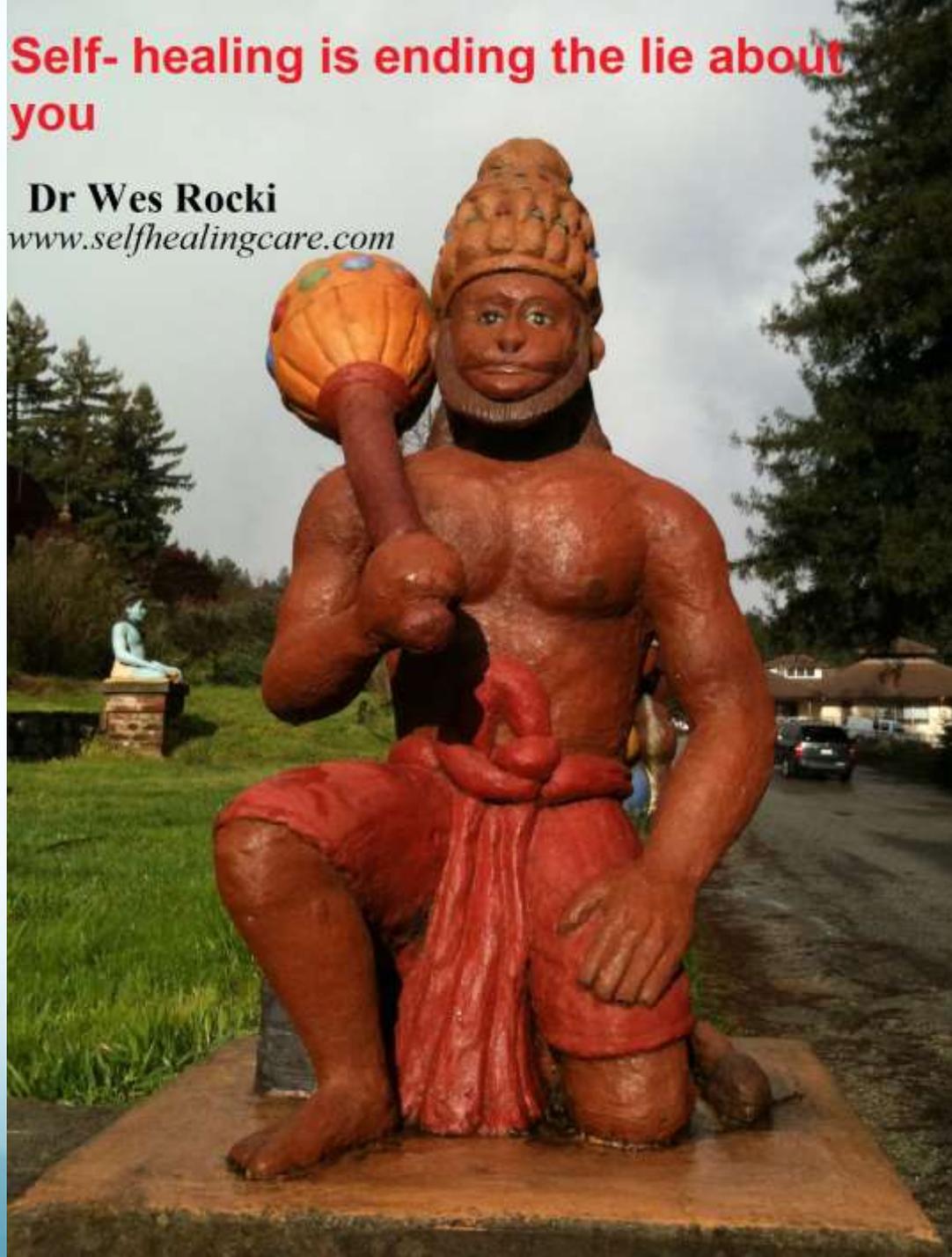
**Dissolving self
is the promise of
enlightenment
derived by
disease**

Dr Wes Rocki

www.selfhealingcare.com

Self-healing is ending the lie about you

Dr Wes Rocki
www.selfhealingcare.com



Stop beating yourself for being human. You tried very hard to incarnate and now you don't like the experience?

Dr Wes Rocki

www.selfhealingcare.com



Mark Twain

Sanity
and
Happiness
are an
impossible
combination.

FB/Suefitz50

"If the mind can heal
the body, but the body
can't heal the mind,
then the mind must be
stronger than the body."

-A Course in Miracles



A silhouette of a person's head and hand holding a mobile phone to their mouth, set against a light blue gradient background. The person is facing right, and the phone is held in their right hand.

“Change will
lead to insight
more often
than insight
will lead to
change”

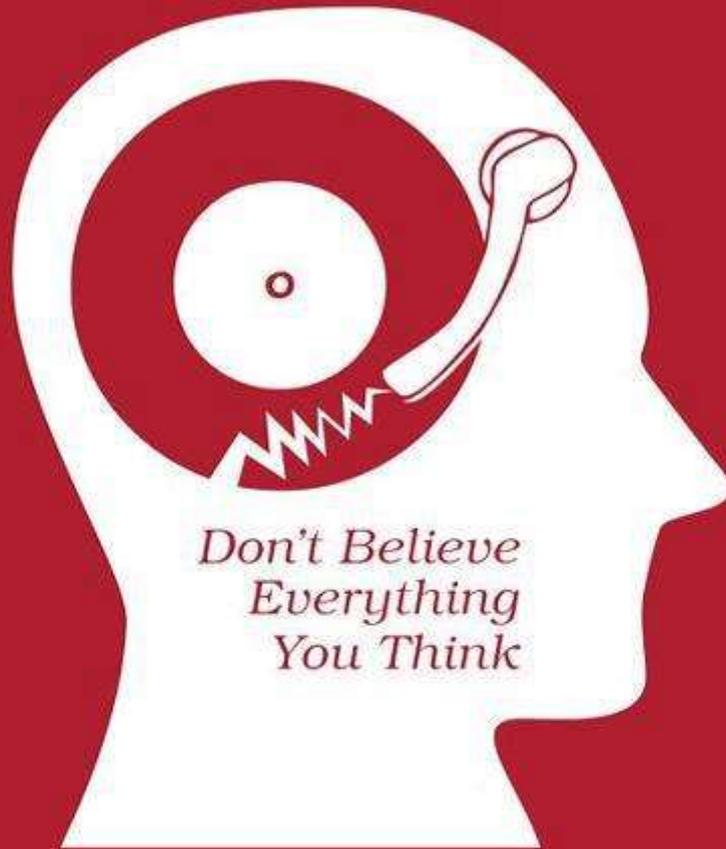
-Milton
Erickson

www.tfioh.com

You must find
the place
inside
yourself
where nothing
is impossible.

A golden flower with intricate patterns on a purple background. The flower has multiple layers of petals, each with a complex, web-like or fractal-like pattern in shades of gold and brown. The background is a deep purple with faint, swirling patterns.

- Deepak Chopra



*Don't Believe
Everything
You Think*

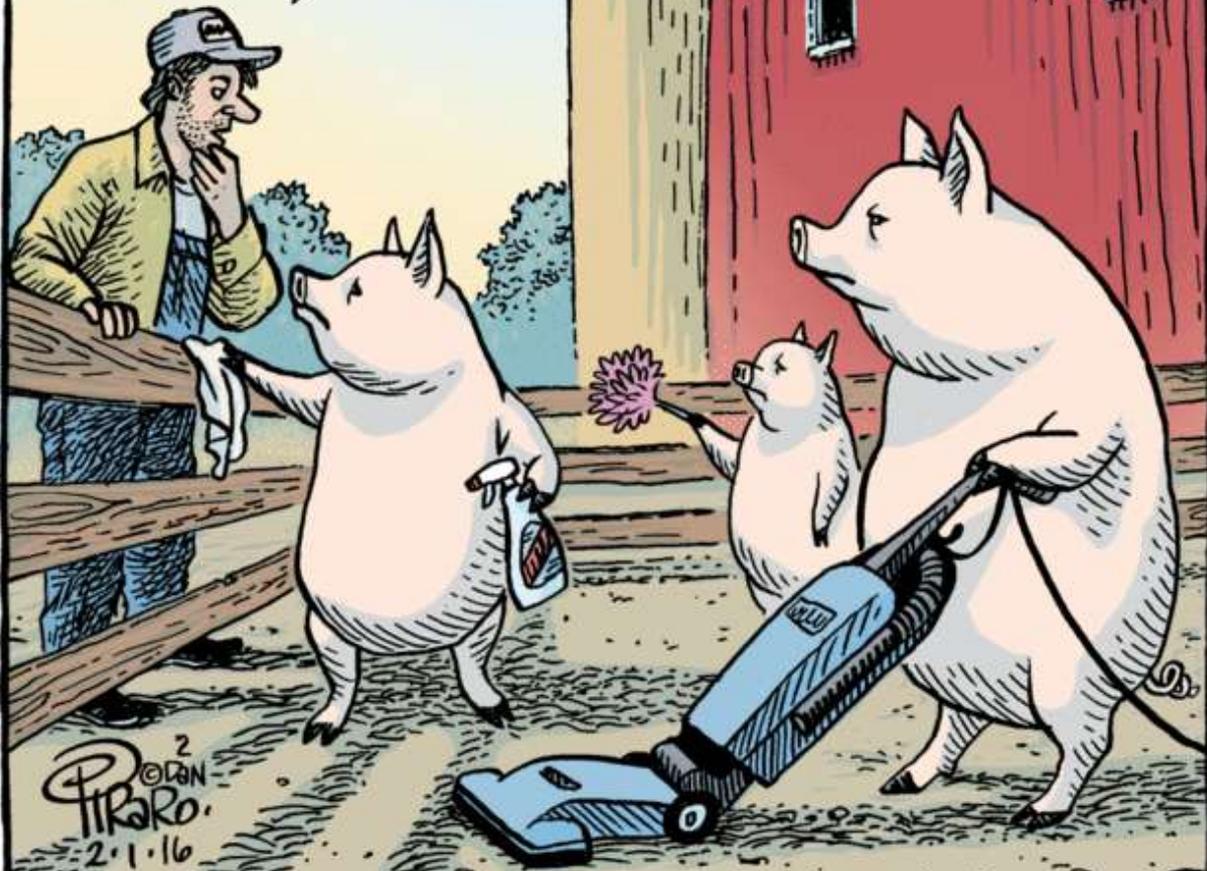
FILE #67

*You've been programmed.
Wake up.
We miss you.*



High
Intelligence
Office

Wow. I guess I had you guys all wrong.

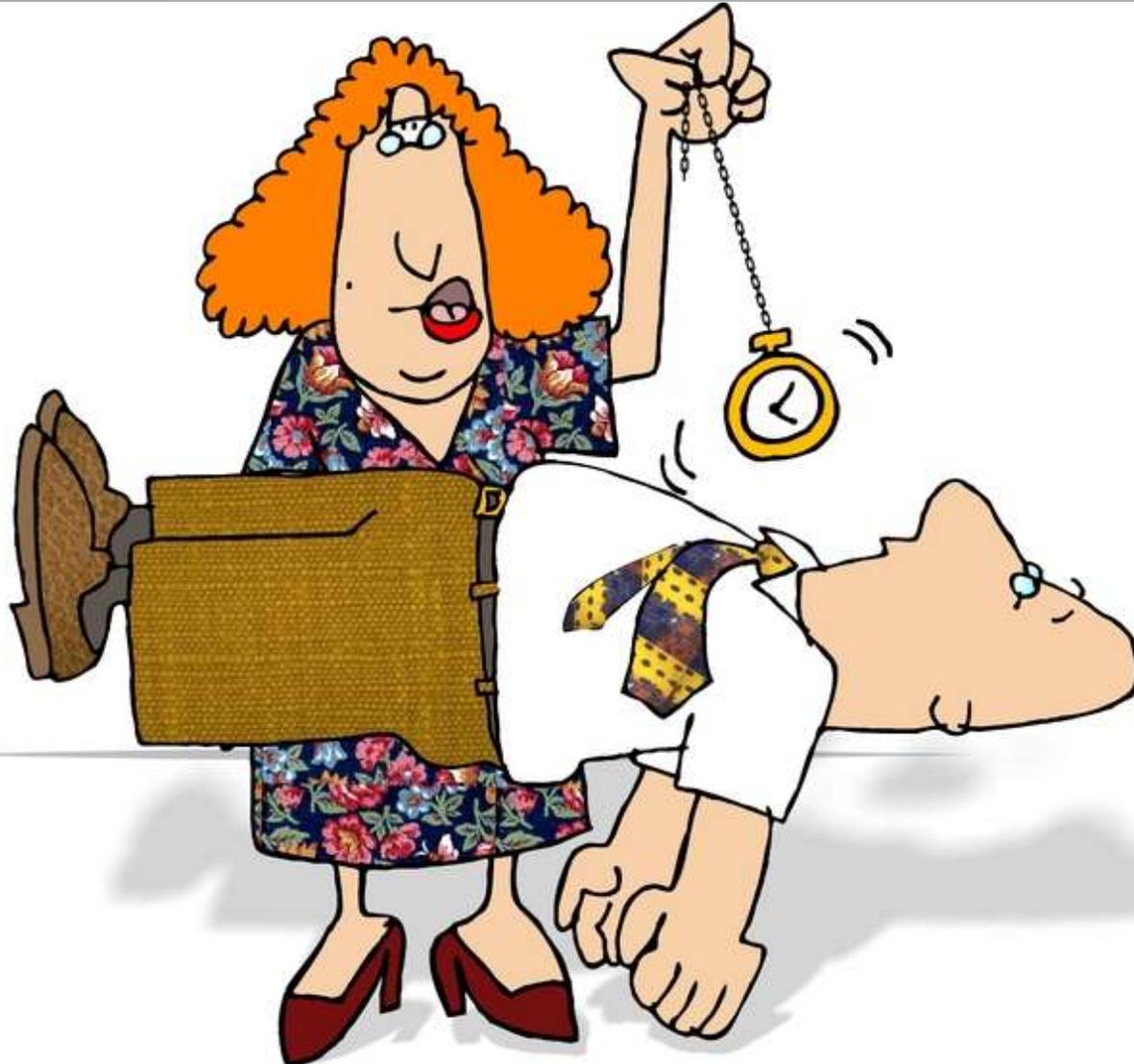


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P. BIZARRO.
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**Practical oneness
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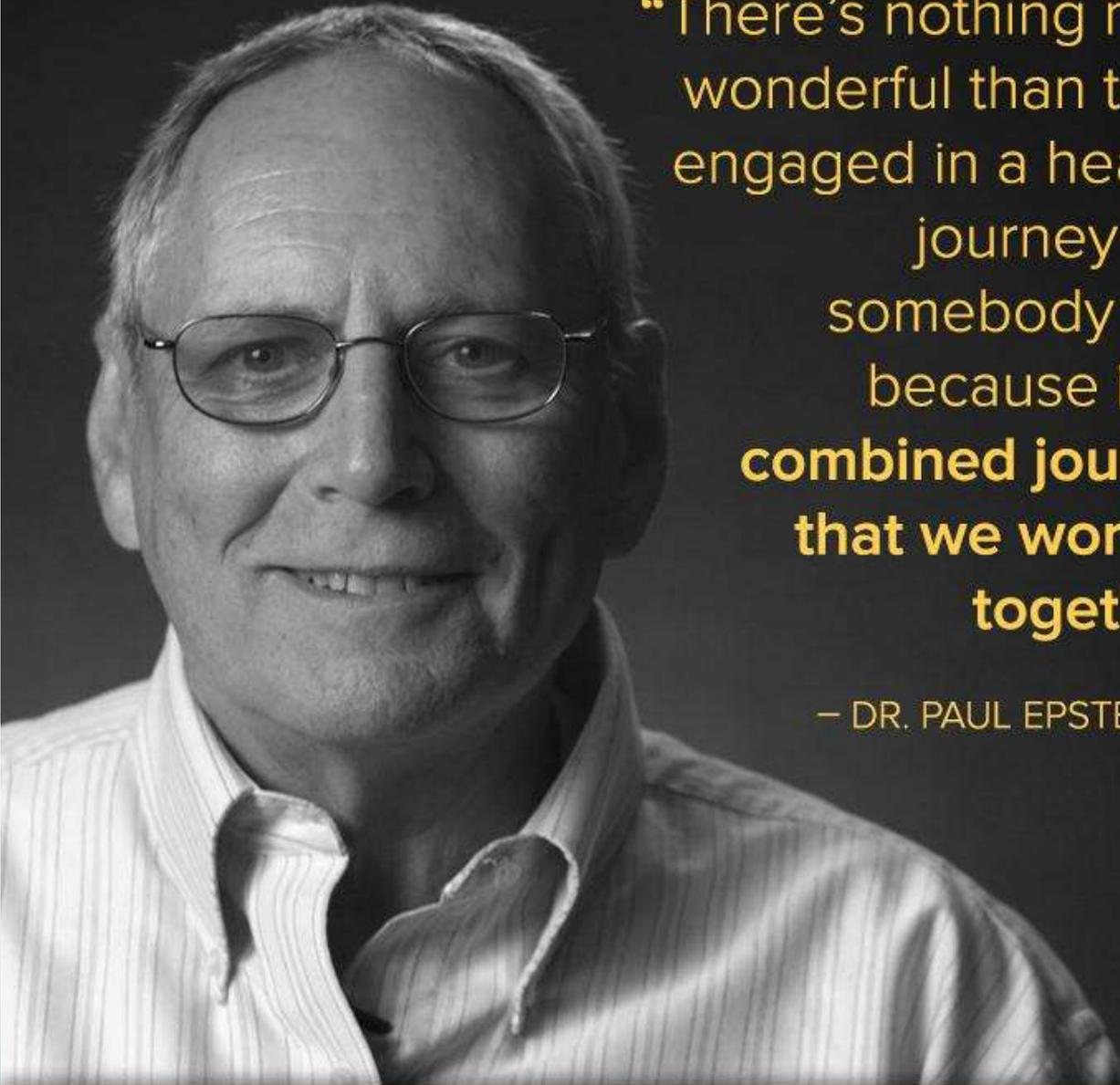


I will be good for you!





Healing tools



“There’s nothing more wonderful than to be engaged in a healing journey with somebody else because **it’s a combined journey that we work on together.**”

– DR. PAUL EPSTEIN, ND

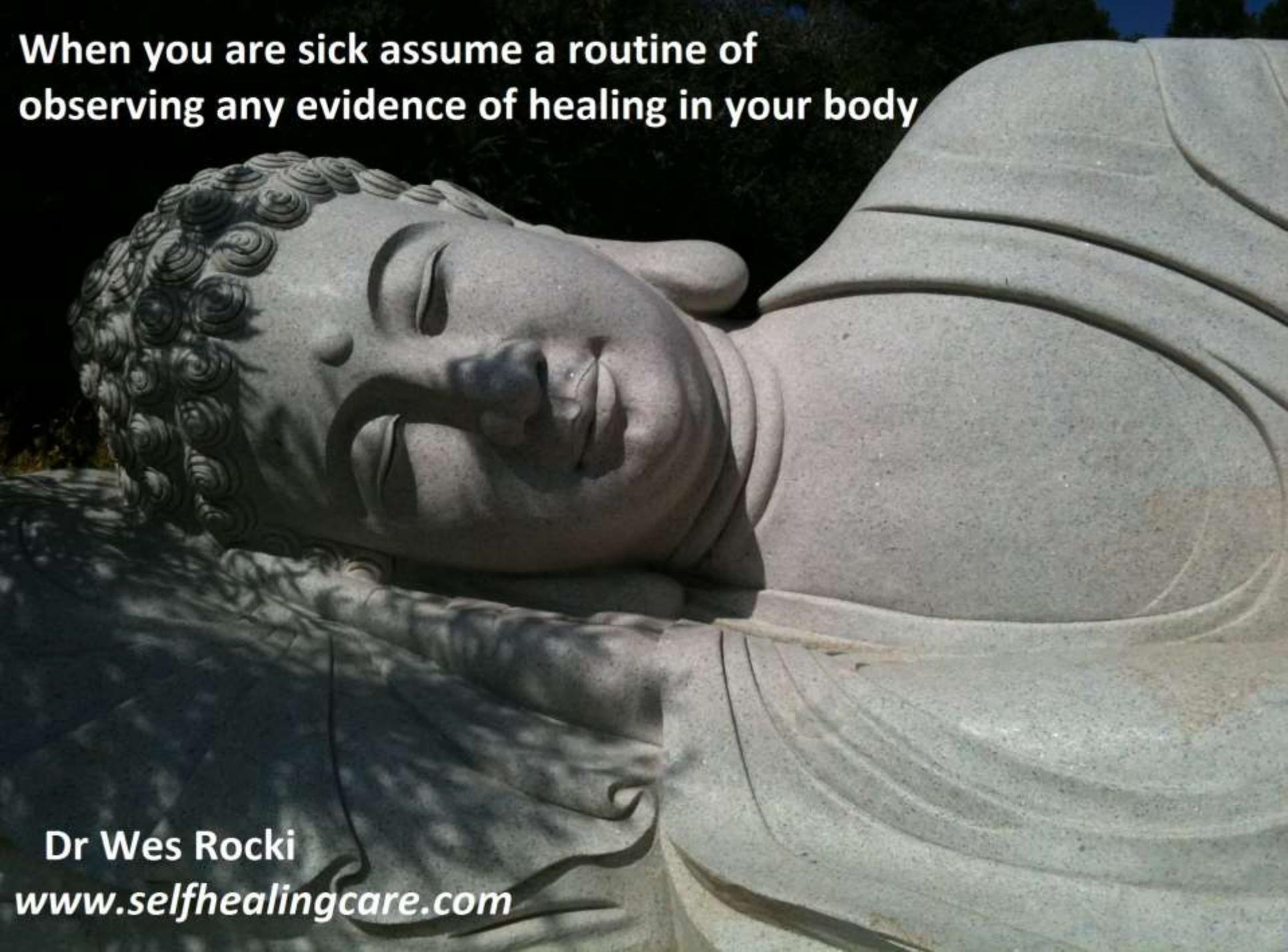
Let's go deeper, go deeper.
For if we do, our spirits will
embrace and interweave

Our union will be so glorious
that even God will not be
able to tell us apart.

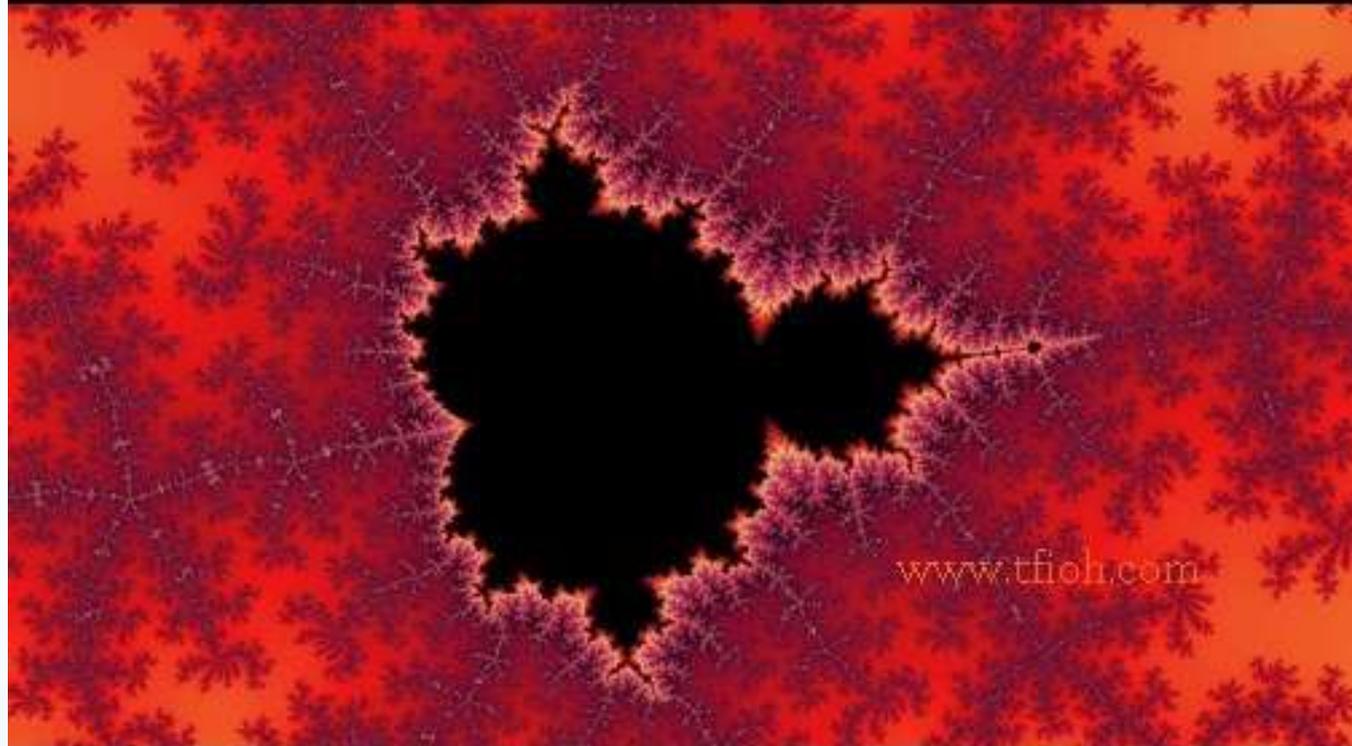


**When you are sick assume a routine of
observing any evidence of healing in your body**

Dr Wes Rocki
www.selfhealingcare.com



"We live in the light of reflected action.



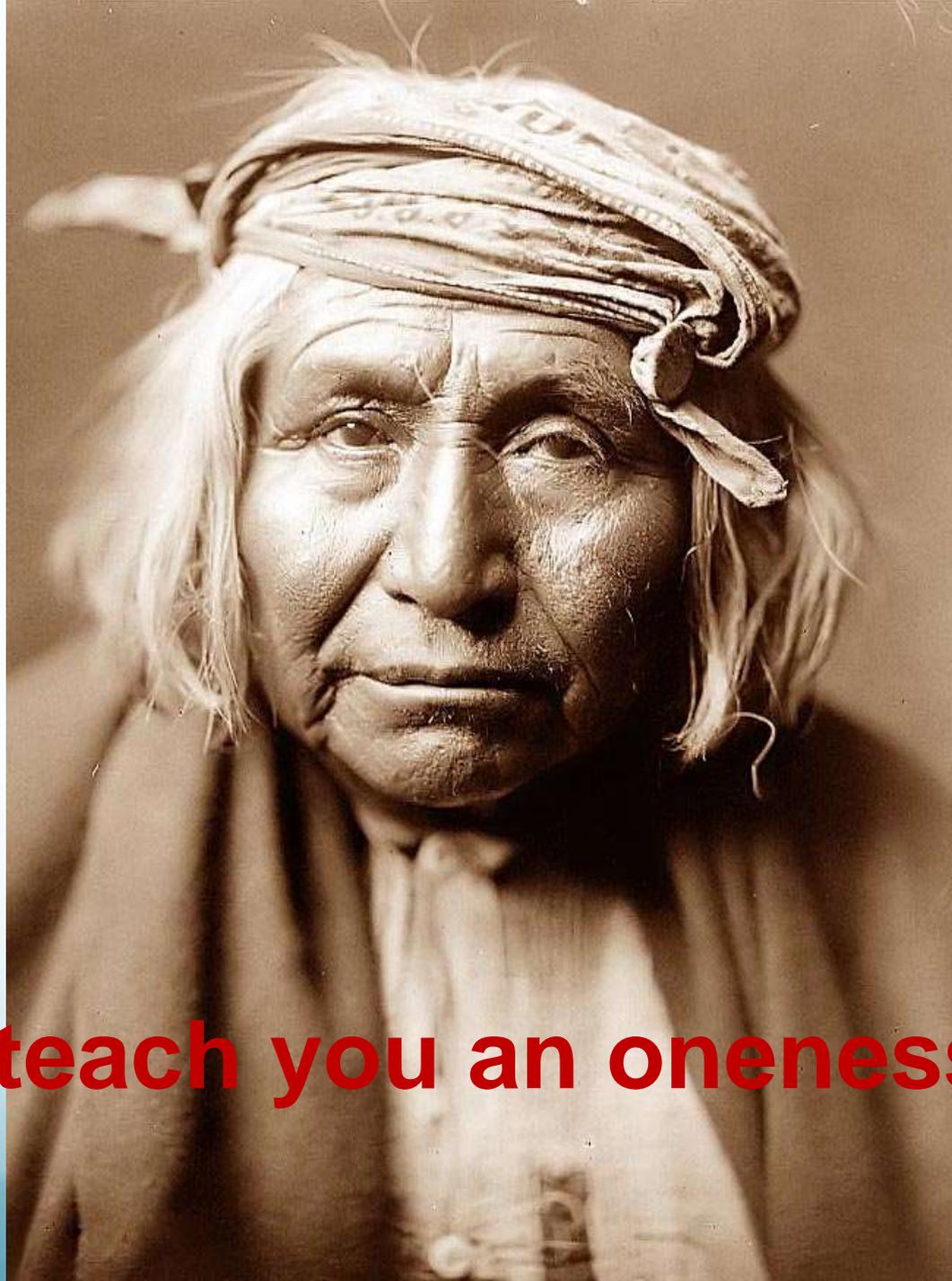
The things that have happened to
use in the past are still happening
to us every day."

-Dave Elman, Hypnosis Pioneer

www.tfi.ch.com



"The soul always knows
what to do to heal itself.
The challenge is to
silence the mind."
-Carolyn Myss



Let me teach you an oneness story

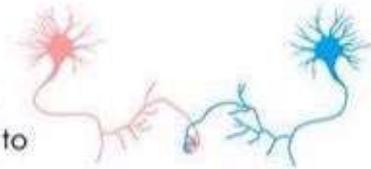
Why stories are powerful
healing tools?

The power of myth

HOW STORYTELLING AFFECTS THE BRAIN

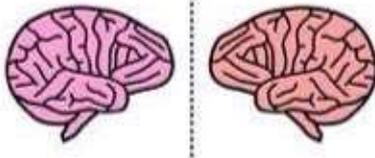
NEURAL COUPLING

A story activates parts in the brain that allows the listener to turn the story into their own ideas and experience thanks to a process called neural coupling.



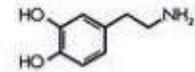
MIRRORING

Listeners will not only experience the similar brain activity to each other, but also to the speaker.



DOPAMINE

The brain releases dopamine into the system when it experiences an emotionally charged event, making it easier to remember and with greater accuracy.



CORTEX ACTIVITY

When processing facts, two areas of the brain are activated (Broca's and Wernicke's area). A well-told story can engage many additional areas, including the motor cortex, sensory cortex and frontal cortex.



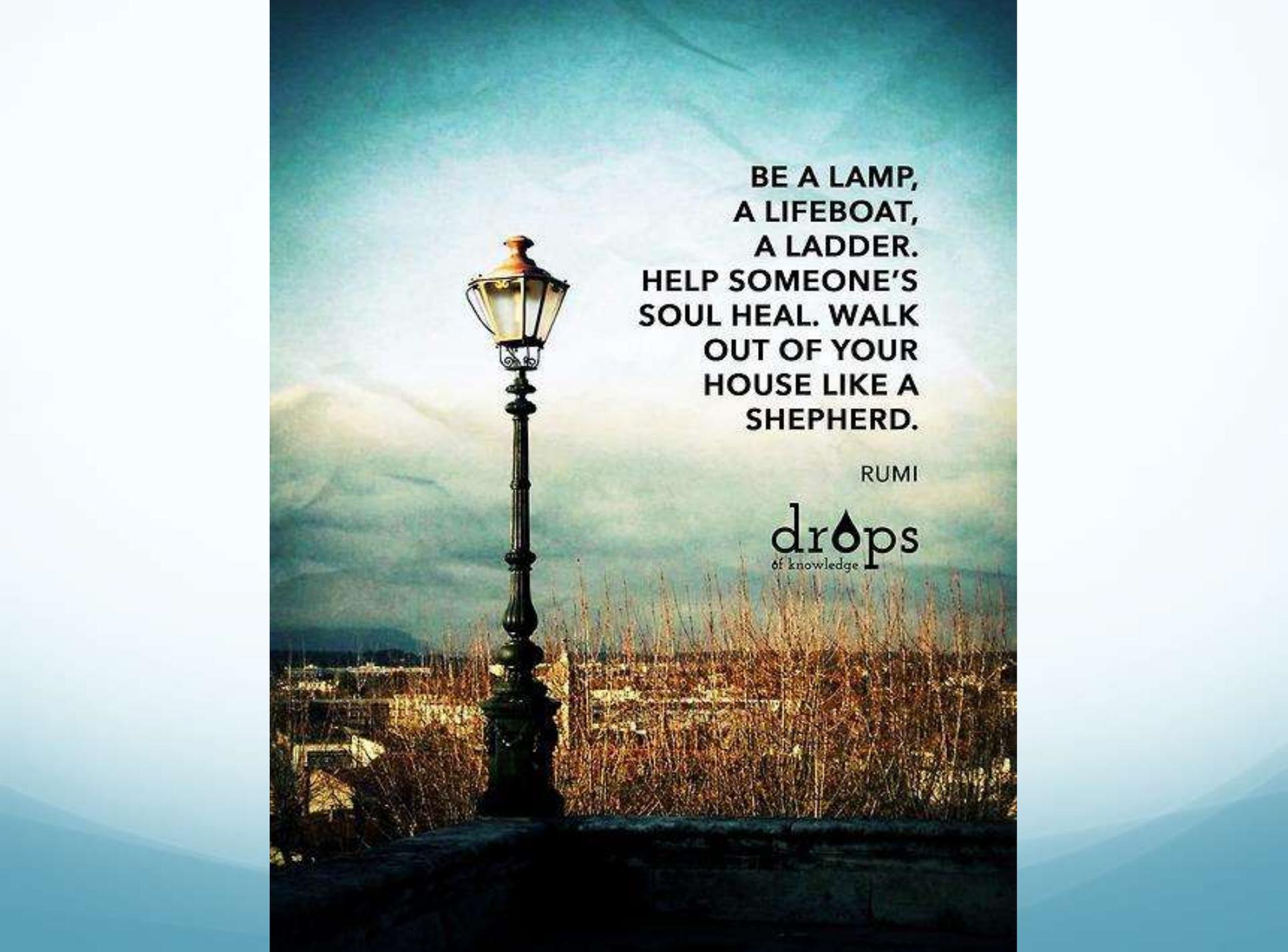


The healer

Physician heal thyself

Jesus said to them, "Surely you will quote this proverb to me: 'Physician, heal yourself!' And you will tell me, 'Do here in your hometown what we have heard that you did in Capernaum.'"

Luke 4:23



**BE A LAMP,
A LIFEBOAT,
A LADDER.
HELP SOMEONE'S
SOUL HEAL. WALK
OUT OF YOUR
HOUSE LIKE A
SHEPHERD.**

RUMI

drops
of knowledge

"In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence?" -

Gabrielle Roth

Behave as if you have been watched, because you are by your ancestors, your helpers, your angels, you are ... all being watched all the time



Dr Wes Rocki

www.selfhealingcare.com

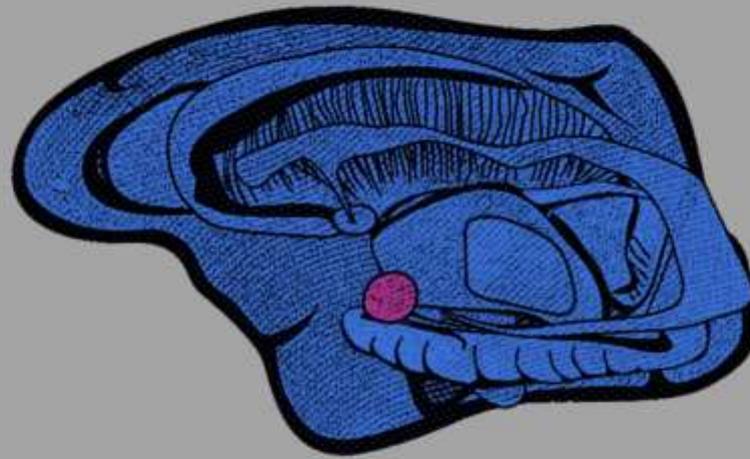
I will be good for you!

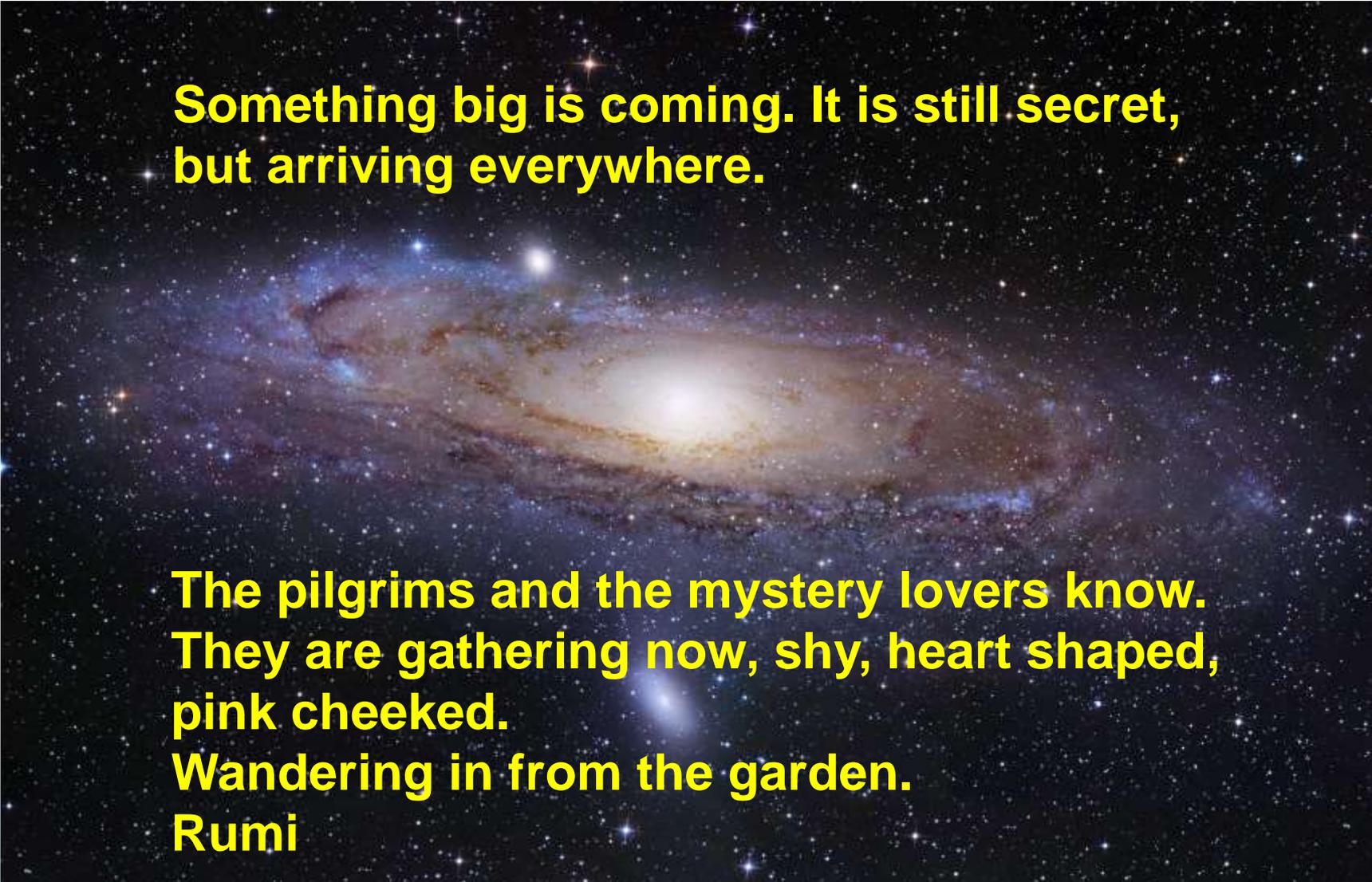




Thank you

Amygdala



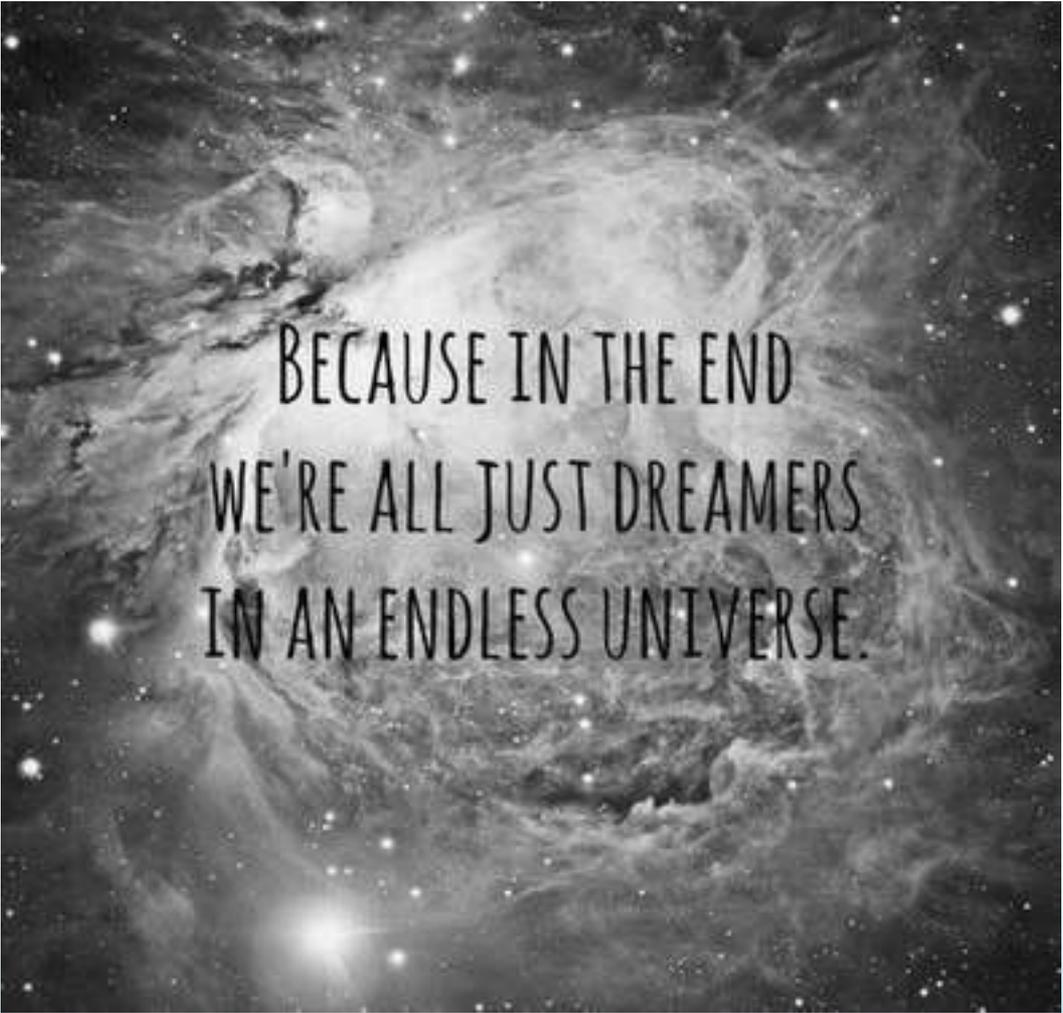


**Something big is coming. It is still secret,
but arriving everywhere.**

**The pilgrims and the mystery lovers know.
They are gathering now, shy, heart shaped,
pink cheeked.
Wandering in from the garden.
Rumi**

How crazy it getz

- Md computer specialists crazy believien that talksin to computer mwill heeal disesase
- Mediterrain diet

A black and white photograph of a spiral galaxy, likely the Whirlpool Galaxy (M51), set against a dark background filled with stars. The galaxy's structure is clearly visible, with a bright central core and several distinct spiral arms. The text is centered over the galaxy's core and arms.

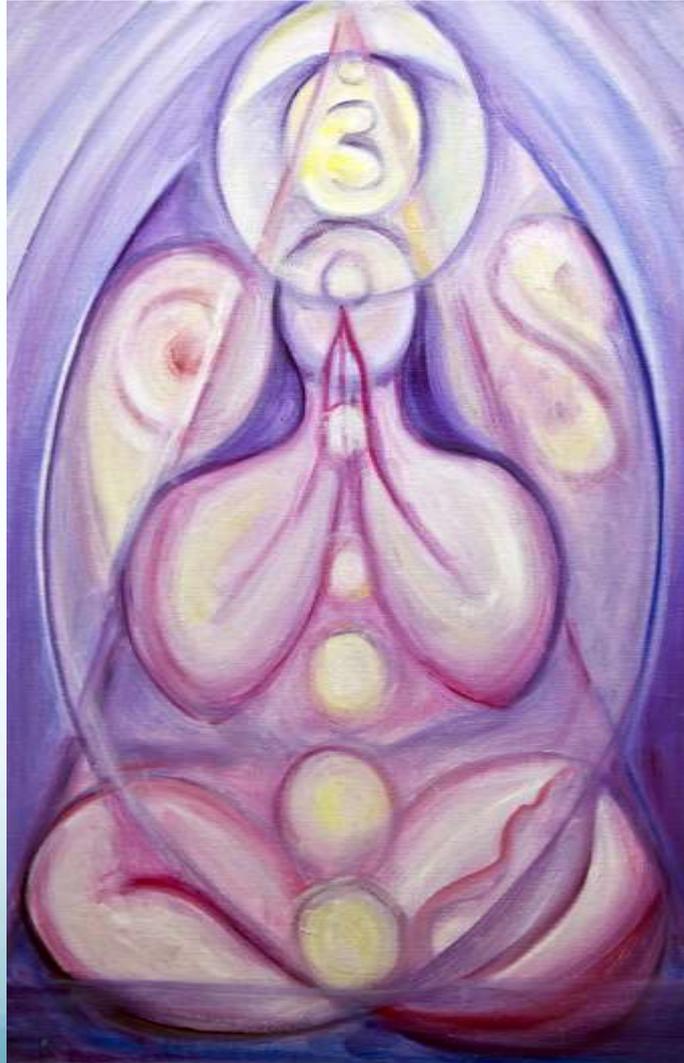
BECAUSE IN THE END
WE'RE ALL JUST DREAMERS
IN AN ENDLESS UNIVERSE.

We **thrive** as we **revive**
the bridges we built

Medical Hypnotherapy
services are poised to
be integrated into
Medical Services
fulfilling each other
unmet needs



Oneness starts with the integration within



We **thrive** as we **revive**
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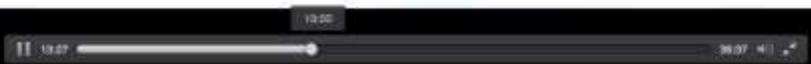


The
**LONGEVITY
& ANTI-AGING
PROJECT**



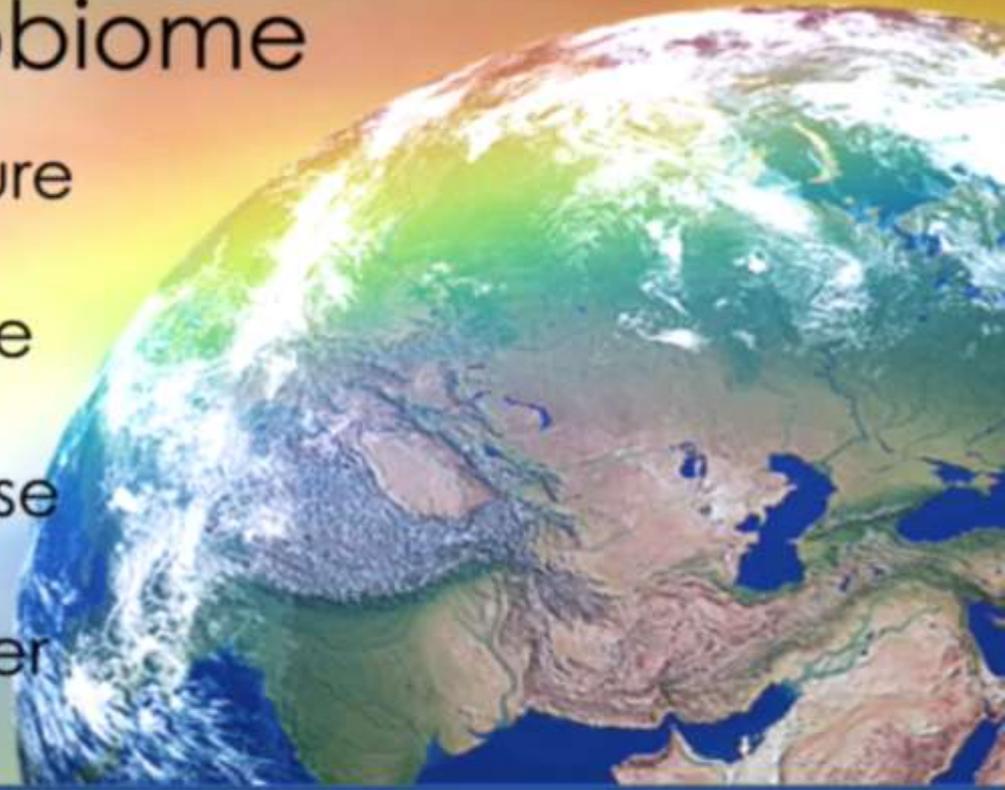


The
**LONGEVITY
& ANTI-AGING
PROJECT**



More on the Microbiome

- Can't secede from nature
- We are part of the whole
- Giving, symbiotic universe
- Microbiome as a teacher

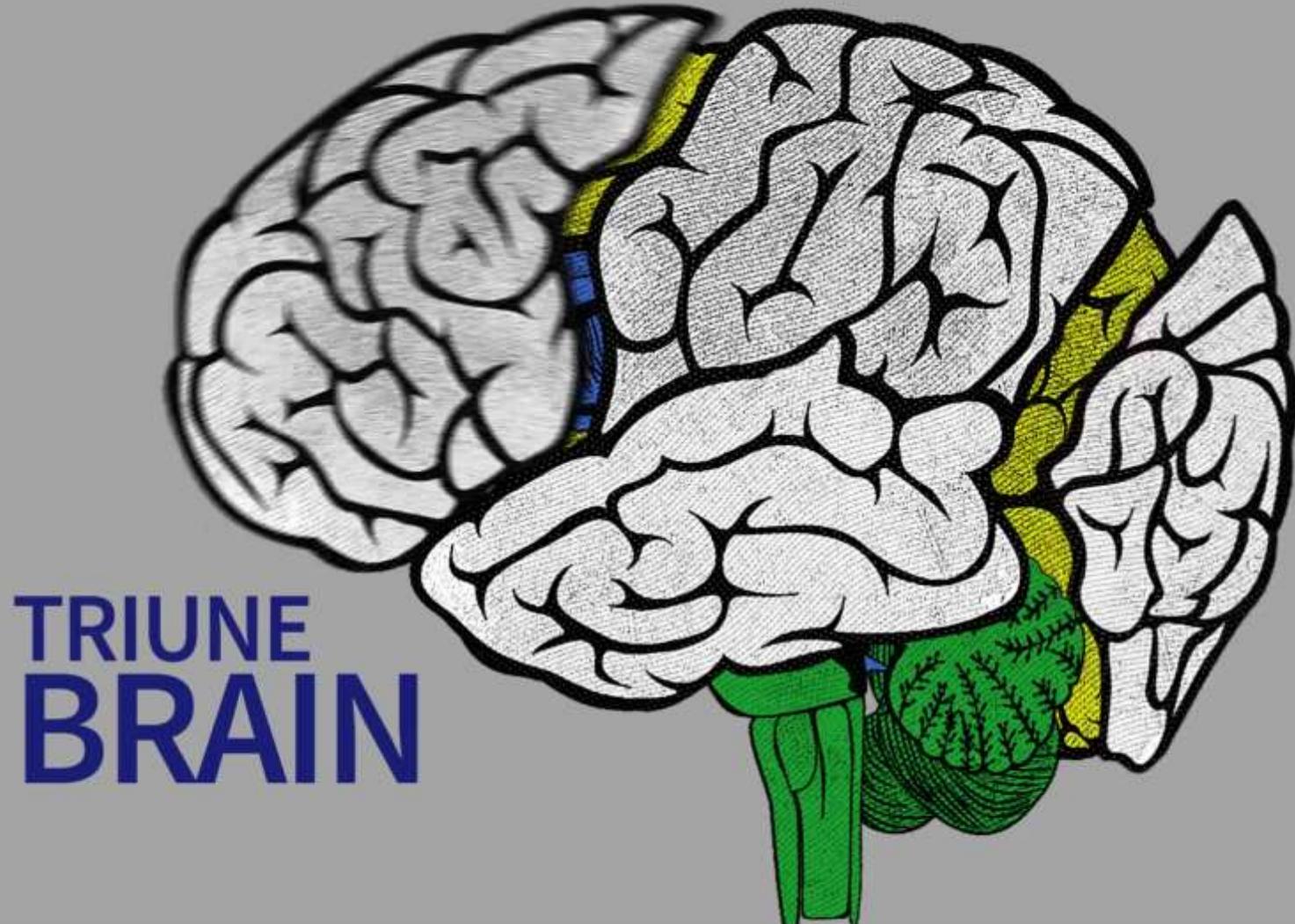


The Microbiome 101

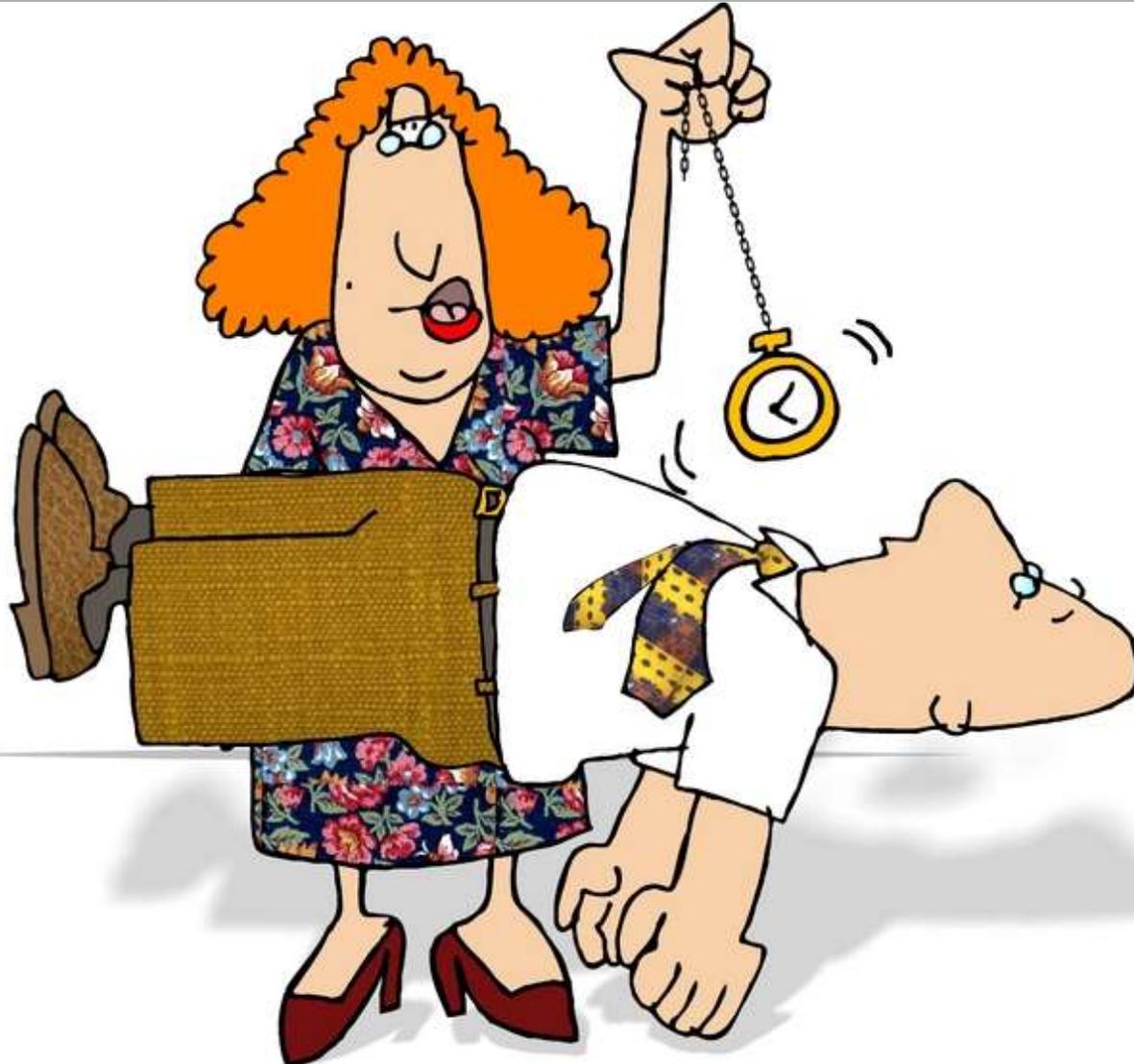
- Organ in and of itself
- Carries the essence of life
- Impact whole-body health
- Metabolites in bloodstream



Oneness at the brain level



We are desired partners to medical services



Medical Hypnotherapy incorporated into Medicine

- Making proper diagnosis – discovering root causes
- Exploring patient's individual subconscious makeup to select, monitor, adjust and complete treatments
- Enhancing placebos, avoiding nocebos
- Addressing psychosomatic (mind-body) aspects
- Transforming the trance of disease to trance of self-healing
- Inspire, motivate to ongoing self-care (adherence, compliance)

80% negative? Am I just an old grumpy man?

- We are wired for survival
- Looking for troubles
- Basic functions are compellingly automatic
- Free will is a new phenomenon
- Whatever we reprogram get wired – neuroplasticity

Prety brain ..no

Both the hotel and indigo
of my head are illusion

- Einstein

More to integrate into onenes

- Five brans
- microbiome

Your edge over medicine

- No documentation
- No billing code
- May not know
- No exact information result
- Safe
- Less responsibility education wellness self help
- Closer to the patient each

Why to focus on oneens to complanet mediacin

- Unmet needs , don't need to compete
- Medicicne is frfamgmenr

Bridges are built

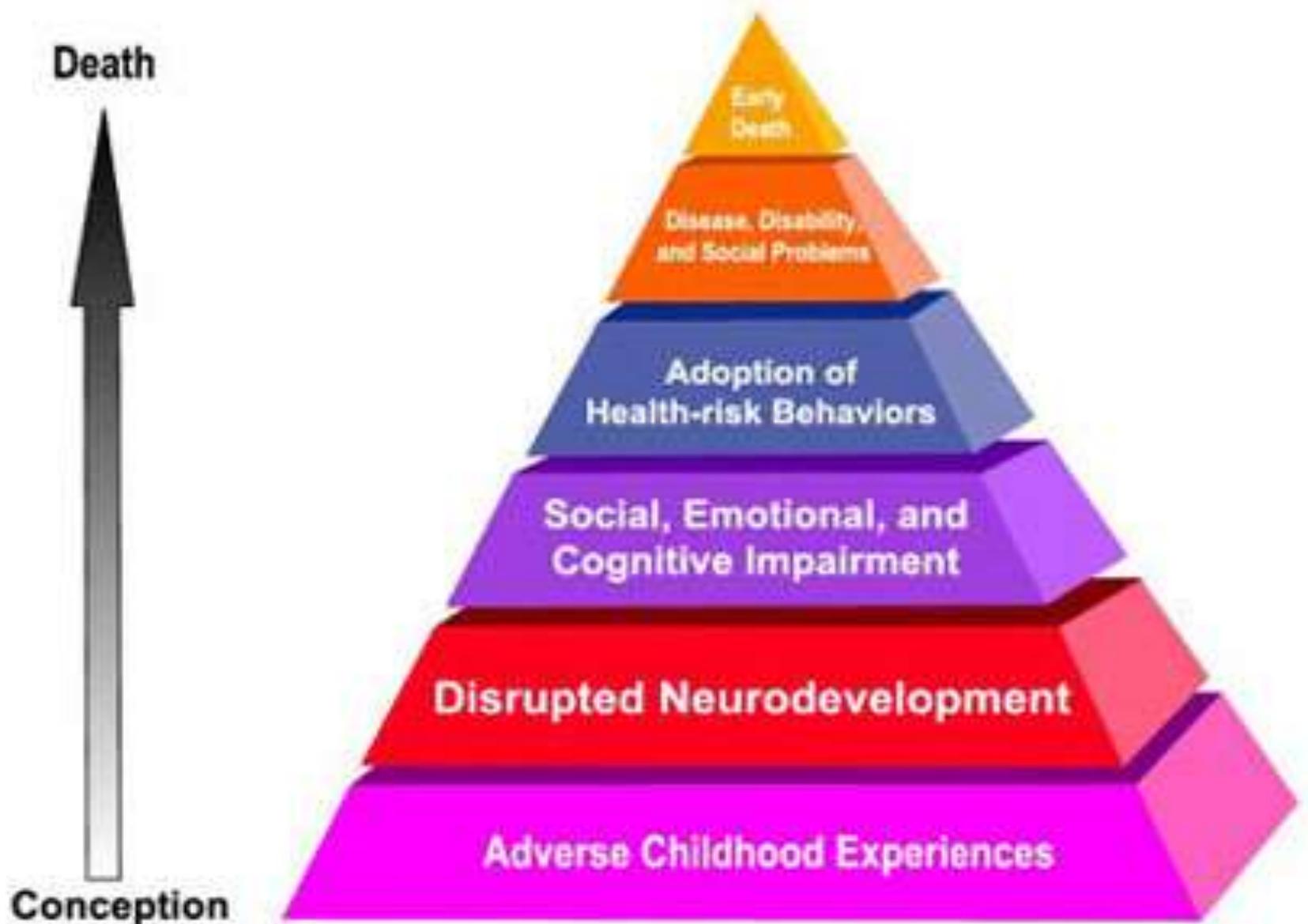
Medical Hypnotherapy
services are poised to
be integrated into
Medical Services
fulfilling each other
unmet needs



Basic flow of medicine

- In the outcome , not the cause

fast diagnosis



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Trivia points on not a trivial subjects Disease and Healing

- No single cause for and no common presentation
- Long time of interference with self-healing
- Symptoms = failure of body's compensation
- Exhaustion of the compensatory mechaniss

Paradox of chronic diseases

- Stem cell arrivien

Healing

- All self-healing
- It is not a one-time event
- Changing the trance of disease to trance of self-healing



Origins of diseases

- Emotional virus of unfinished business
- Accumulated trauma (PTSD-like)
- An attitude of chronic stress
- A call for love
- Trance of entitlement and ignorance
- Religion of science and high tech
- Wo-doo of nocebo

Etiology of diseases p.2

We have no problem to admit that the discontent, frustration, self-hate, inner-conflict, self-abuse are entirely our own creation

Yet we refuse to admit that our disease is also our creation

We are desired partners to medical services



Healthcare reacting - *more of the same* or Revive & Thrive

- Guessing game how to thrive with more chefs and fewer cooks
- Create elaborate, post-discharge education
- Profits based on patients' retention may have to be changed to be based on health outcome
- Financial incentives for the quality of care
- Reimbursing for the outcome of procedure rather than number
- Openness to prevention

Prevention

- Turn to wellness

Medical Unmet Needs in Chronic Diseases

- Hi-tech, protocol based, smart people
- “Wack-a mole” strategy of symptoms management
- Minimal impact on the natural history of diseases
- Dx paradox; unknown etiology, yet life style related
- “Psychosomatic” aspects not addressed
- Fear and convenience based codependence

Healing Happnes when:

Self-healing becomes the main option

Self-realization leading to rise in consciousness

One surrenders, accepting circumstances

One acts on the heart's desire (bucket list)

Prayer

- Prayer not that my condition would change, rather that condition would change me
- "Thy will be done"
- Claiming rather than begging

Disease – Beyond Secondary Gains

- Identity
- Relief from anxiety
- When sick we have no desire and energy to put up with people who don't contribute to our life
- When we are in the darkest moment- we are the most receptive to light
- To accept the human and human's conditions is to see the face of God, it is to feel the Divine

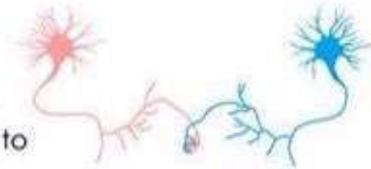
Einstein's theory ($E=MC^2$) is now being proven by research from the Hubble Space Telescope; everything in the universe is energy, matter, light, sound. Protons are a frequency; electrons are a frequency.

Albert Einstein, "The field (energy from everything in the universe) is the sole governing agent of the particle (matter)."

HOW STORYTELLING AFFECTS THE BRAIN

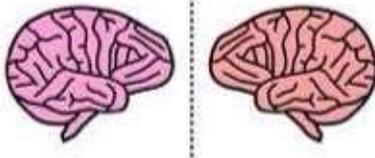
NEURAL COUPLING

A story activates parts in the brain that allows the listener to turn the story into their own ideas and experience thanks to a process called neural coupling.



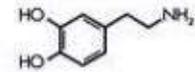
MIRRORING

Listeners will not only experience the similar brain activity to each other, but also to the speaker.



DOPAMINE

The brain releases dopamine into the system when it experiences an emotionally charged event, making it easier to remember and with greater accuracy.



CORTEX ACTIVITY

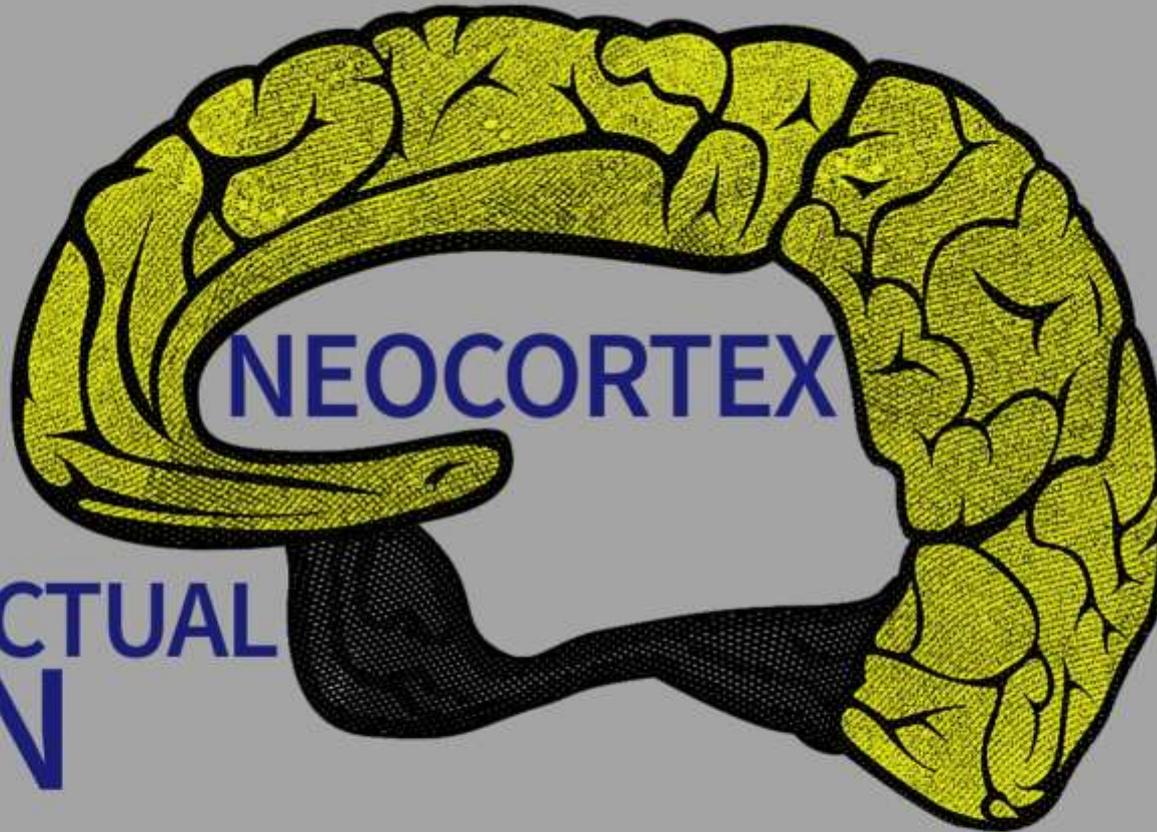
When processing facts, two areas of the brain are activated (Broca's and Wernicke's area). A well-told story can engage many additional areas, including the motor cortex, sensory cortex and frontal cortex.



Om Mani Padme Hung

*... may all sentient beings be free
from suffering and its causes..*

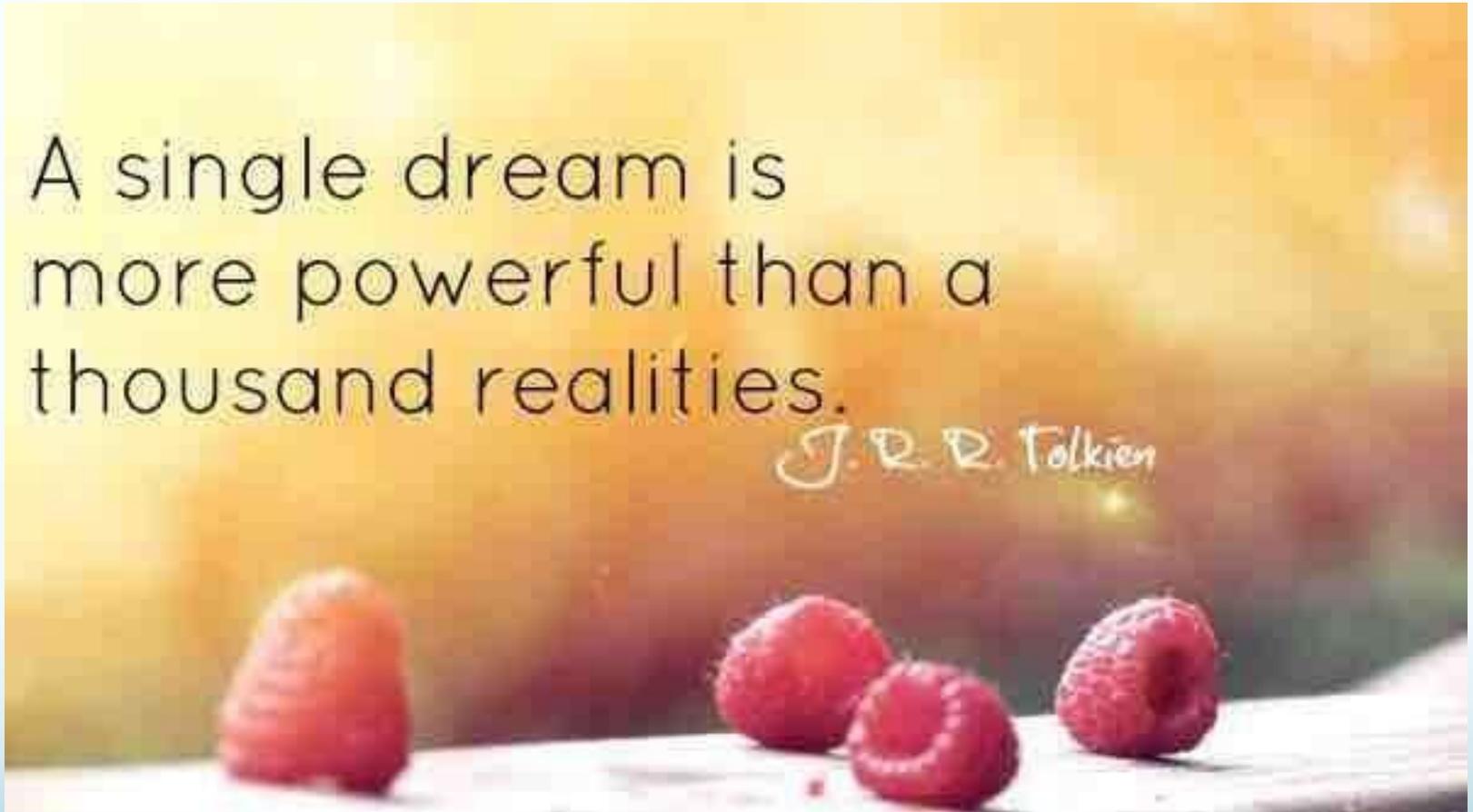


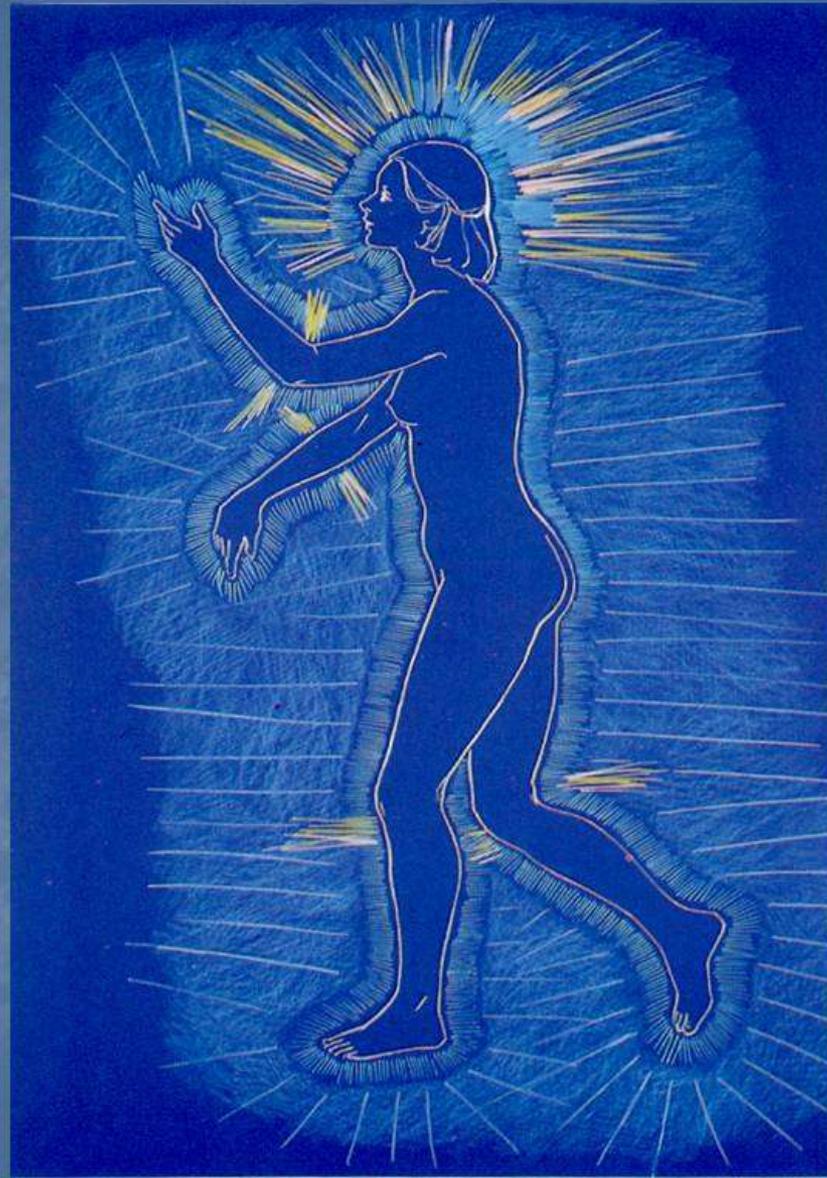


**INTELLECTUAL
BRAIN**

A single dream is
more powerful than a
thousand realities.

J.R.R. Tolkien





Do you have a problem in your life? → No.



Yes.

Then don't worry.



No.



Can you do something about it? → Yes.



I am sorry

Please forgive me

I love you

Thank you

Consciousness Calibration – by Dr. David Hawkins

Calibration	Happiness %
20 Shame	1
30 Guilt	4
50 Apathy	5
75 Grief	9
100 Fear	10
125 Desire	10
150 Anger	12
175 Pride	22
200 Courage	55
250 Neutrality	60
310 Willingness	68
350 Acceptance	71
400 Reason	79
500 Love	89
540 Joy	96
600 Peace	100
700-849 Self-Realization	100
850-1000 Enlightenment	100

Healing is Love

- Love is the most powerful vibration in the Universe
- Effective healing modalities are carries of love
- Rather than patients and healers are those who give/ coach love and those who ask for love not necessary in this order
- Love cures receiver and the giver
- Self- love is the first to go in chronic disease and the first to be re-experienced in self-healing



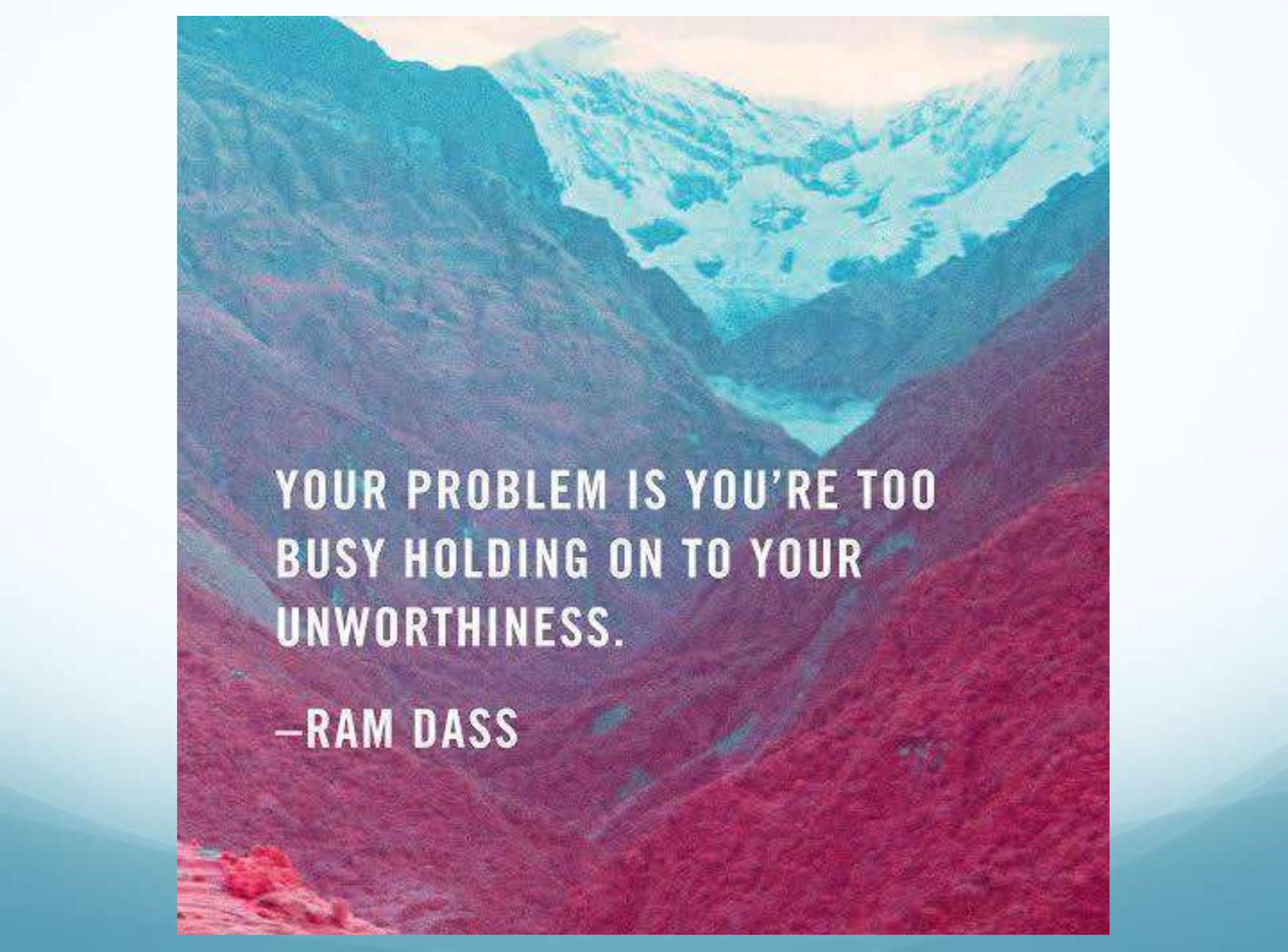


BUSY IS A CHOICE.

STRESS IS A CHOICE.

JOY IS A CHOICE.

choose well

A scenic view of a mountain valley. The foreground shows a river winding through a valley floor covered in green vegetation. In the background, there are steep, rocky mountains with patches of snow or ice. The sky is a mix of blue and white, suggesting a clear day with some clouds.

**YOUR PROBLEM IS YOU'RE TOO
BUSY HOLDING ON TO YOUR
UNWORTHINESS.**

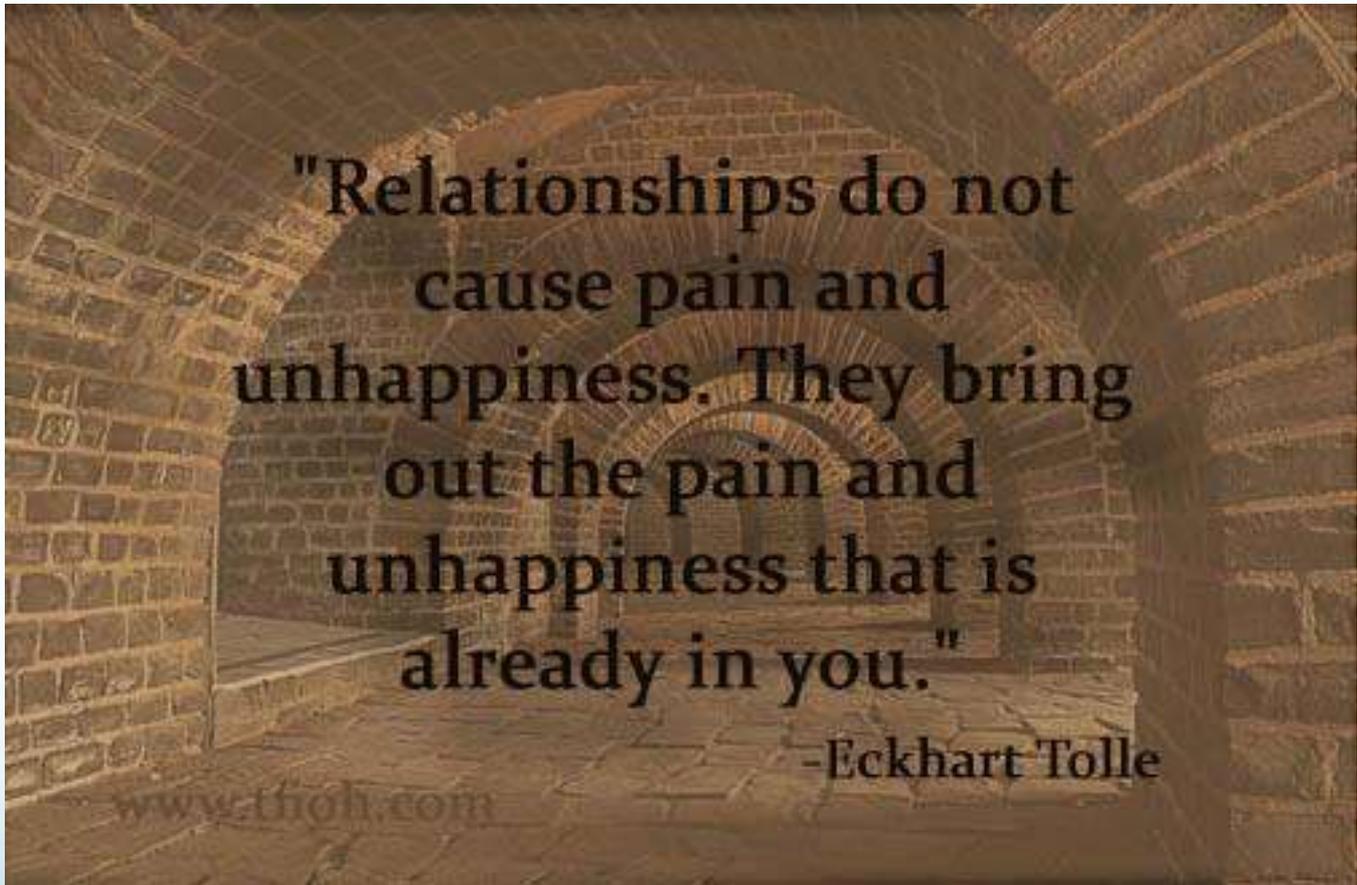
—RAM DASS



When someone is going
through a storm,
your silent presence is
more powerful than a
million empty words.

<http://www.annetapowell.com>

Root causes

A photograph of a stone archway leading to a courtyard, with a quote overlaid on it. The archway is made of dark, textured stone blocks. The courtyard beyond the arch is paved with similar stone tiles. The lighting is warm, suggesting a sunset or sunrise. The quote is centered over the archway.

"Relationships do not
cause pain and
unhappiness. They bring
out the pain and
unhappiness that is
already in you."

-Eckhart Tolle

www.thoh.com



When someone is going
through a storm,
your silent presence is
more powerful than a
million empty words.

<http://www.annetapowell.com>

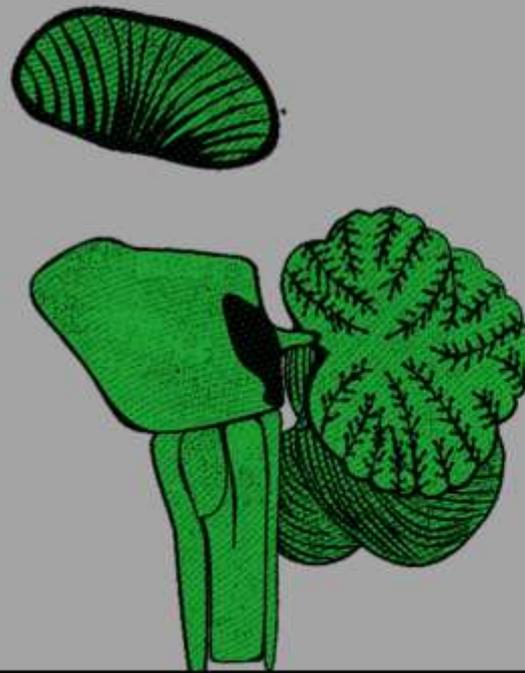
You don't know pain until you're staring at yourself in the mirror with tears streaming down your face and you're begging yourself to just hold on and be strong.

That is pain.

the things we say

THE THINGSWE SAY.COM

REPTILIAN BRAIN



Morning has broken

- Woke up to feel a familiar feeling in our heads
- Whenever you go you take yourself with you
- Sounds familiar
- Woke up to the thought in my head
- Like movieyou are on TV



Attuned to
oneness
Hypnotherapy
diagnoses
“root causes”
of diseases



Diagnosis