

A CONSCIOUSNESS, THE AFTER LIFE, AND THE SPIRITUAL WORLD

*Techniques of alternative and complementary medicine as explored by
physicist and neurosurgeon, Dr. John L. Turner*

DO FREE WILL AND FREE CHOICE DEFINE OUT DESTINY? As a child, my mother consistently pointed out that it is not one's IQ level that counts, but it is the "I Quit" level that steers a person toward the future. Her attitude, as the first African-American child psychologist in the state of Ohio, was one that steered me toward my destiny as well. But other factors shaped my experiences along the way, so that my initial dream of being an aeronautical engineer curiously switched to engineering physics, medicine and eventually neurosurgery. Understanding those factors and how they affect the destinies of others was what led me to write *Medicine, Miracles and Manifestations: A Doctor's Journey Through the Worlds of Divine Intervention, Near-Death Experiences, and Universal Energy*.

I became the first brain surgeon on the Big Island of Hawaii. Outside of Honolulu on the island of Oahu, Hilo—on the Big Island—is Hawaii's second largest city. The island had always lacked one essential element: a neurosurgeon. I was not in practice very long before I realized that I too lacked something essential: a spiritual path.

My edification began with a dramatic example of complementary healing: the Power of Prayer. But this was far different from the Spindrift experiment with soy beans—highly interesting in its own right—or, with remote healing and prayer as observed in the mid-1980s with roughly 380 patients in a San Francisco coronary care unit where a group of them responded to prayer. No, my first experience happened in the operating room as a patient lay dying. From there, I experienced many spiritual and consciousness-related pathways starting with the born-again Christian experience at a local Pentecostal church, progressing through A Course in Miracles, Eckankar, evangelistic Buddhism and Zen Buddhism, Remote Viewing as taught by the U.S. Army and culminating with three types of energy healing: Qigong, Johrei and Reiki.

I have been able to not only observe the effects of healing with universal energy, but to put these techniques into practice thereby blending Eastern with Western medicine. Hawaii was a place that allowed me to do this unimpeded by social mores or professional ridicule. I was able to do what I thought best for my patients.

What did I learn? I became obsessed with finding the spiritual world, a quest that began many years before in graduate school when I was given the book by Jess Stearn, *The Sleeping Prophet*. This described the life of Edgar Cayce, a gifted man who, from a trance state, could download information that in 85 percent of cases, led to a holistic medical cure. This precipitated a sudden and dramatic switch from physics to medicine and eventually to metaphysics.

The first case in Hilo was hampered by a tug-boat strike: my neurosurgical instruments did not arrive in time to allow me to save the life of a young man with a subdural hematoma. However, in the brain-dead state, this patient somehow made a dream contact with me which prompted his Hawaiian father to explain his beliefs in the afterlife. As a result, I reignited my earlier interest in near death experiences, out of the body experiences, astral projection and the afterlife. Along the way, alternative and complementary medicine came along for the ride.

What did I learn? I learned, through a study of the Jewish Kabbalah, that perhaps the so-called universal energy is actually a powerful force called unconditional love. What is the highest form of giving? Is it better to give in an unconditional manner with no strings attached, or is it more effective when a great deal of goal directed intent is attached to it? The afore mentioned Spindrift experiments by the father and son team of John and Bruce Klingbeil (*A Journey Into Prayer*, by Bill Sweet) would agree with the Kabbalistic thinking that a non-goal directed approach is more effective.

Primordial Qigong is a method of directing energy to various chakras and energy channels of the body. It can be used for healing. Reiki (meaning spirit life force) is a method of laying on hands to direct the universal energy force where needed for healing. Finally, Johrei (uplifting of the spirit) also directs a form of universal energy but without adding intention of the practitioner. Johrei utilizes the energy from a person who lived from 1882–1955, Mr. Mokichi Okada who now resides in the spiritual world. Nevertheless, I found Johrei to be an effective adjunct to healing. And how might all of the energy healing modalities operate? I believe it is closely connected to giving and giving love unconditionally.

A neurosurgeon deals with life and death as a matter of routine. As the only such physician on the island, while costly to having a normal personal and family life, I was allowed to be privy to life and death in a most extraordinary manner and in ways not usually afforded to the average neurological specialist. Not having residents, medical students or other similarly-trained physicians to aid me, I found myself doing it all for the patient and family, from initial meeting, through either recovery or death, and often helping the family through the process of grieving. I realized early on that many cases that during my training I would have felt to be hopeless were pulling through with remarkable results. Was it Hawaii which allowed this to happen or was it something that, over the years, had changed within me?

In my book, I relate my learning experiences with these issues and discuss the enigmatic questions of consciousness and the seat of the soul. Are there areas within the brain and human body where these functions are located? Do consciousness and spirit persist beyond the death of the brain and physical body? You will find the answers in my book as I discovered them, in a series of travels and spiritual adventures that showed me that everything we encounter was planned before birth and all of it is designed to teach and lead us to an understanding of unconditional love.

*Dr. Turner is the author of *Medicine, Miracles and Manifestations: A Doctor's Journey Through the Worlds of Divine Intervention, Near-Death Experiences, and Universal* (New Page Books: March 2009) ISBN-13: 978-1601630605 is available at your local bookstore and online at Amazon.com, Target.com, and others.*