

## FOREWORD by Alan Hymes, MD

**"What we need are more people who specialize in the impossible."**

**Theodore Roethke**

**I met Sid Levinsohn** briefly when I was a pre-med student at the University of Minnesota in 1940. Thirty-six years later, our paths crossed again and we discovered that we both had been practicing meditative techniques for many years and shared many common interests. Seasoned by many similar life experiences, we renewed and deepened our friendship.

Sid has many wonderful and brilliantly insightful facets to his personality. He is one of the smartest people I know and a keen observer of human nature. He approaches the totality of life with a calm, curious fascination. He tackles adverse events as a personal challenge and sees in them the opportunity to understand life's lessons and to learn and grow. He is a man intent on tuning life's lemons into lemonade.

*In Quiet Miracles*, Sid describes his self-healing journey and the lessons he learned from talking to long-term cancer survivors during his bout with cancer. Out of these experiences, he has created a transformational "blueprint" developed for coping and overcoming the disease—a strategy that will, in all likelihood, help him remain a long-term cancer survivor himself. The step-by-step techniques that he developed from his research and interviews are so simple that anyone can learn them.

As Sid reveals in his writings, "My lifelong interest in nontraditional healing practices, has given me valuable information too often ignored by our healthcare system. When combined, the unconventional and conventional medical systems offer a holistic approach to successful healing. Sid asserts that if practiced faithfully with positive imagery, mental visualization (where healing first takes place), can destroy cancer cells. Sid's purpose in writing about his healing journey is to give a message of hope to others. In his own words, he says, "This book provides the reader a clear, empowering formula that can pave the way to your taking charge of your own healing journey."

As a physician, I've observed firsthand the benefit of a positive mental outlook in patients coping with a serious disease. Yet, the practice of self-healing imagery to initiate and sustain a physiologic process that can result in the destruction of cancer cells, runs counter to conventional scientific and medical wisdom. However, as Sid points out, scores of physicians are becoming open to using some unorthodox therapies, in light of anecdotal testimonies to their success.

Still, the very idea that mental imagery could actually harness external or internal energy forces to help the body destroy cancer would be absolutely rejected as "hocus pocus" by the vast majority of medical scientists and allopathic physicians. But I know Sid Levinsohn. He's sincere and he's credible. If mental imagery and the healing

factors he describes worked for him and long-term cancer survivors, I want to know more.

As a medical specialist in general thoracic (chest) and vascular surgery, I always practiced within the orthodox standards of my specialties. During my training, I was involved in clinical investigations of the effects of chemotherapeutic agents in patients with terminal cancer, as well as in experimental surgical projects in animals. As a product of Western scientific culture and methods, I believed in the scientific method, which states basically that for something to be accepted as true, it must satisfy the scientific principles of study. In addition, experiments and testing have to produce statistically significant results. Therefore, if an event under study is predictable by statistics and repeated verification, it is deemed true. On the other hand, if results of a study or elements of experience are not of statistical significance, or if they cannot be reproduced, they are considered untrue.

Deep down, I was troubled by this narrow definition of truth. For example, suppose you tell me that you often dream in color and I reply, "Prove it or else it simply isn't true." Does my statement make your dreams less colorful?

Fully steeped in the scientific culture, I became rigid and "hard-nosed." Incidentally, I was also an agnostic. Well, one day while "traveling to Damascus," I had a very personal experience. Firsthand, I suddenly realized that mental telepathy, telekinesis (moving objects either directly or from a remote distance by thought process) and other paranormal phenomena, were not necessarily fairy tales, but real. My scientific paradigm was instantly shattered. I was depressed for days, until I had a sudden awe-inspiring realization that the universe is unbelievably more complicated and wonderful than science could validly establish by evidence or demonstration. I concluded that the accepted paradigm or archetype of scientific investigation required a radical redefinition. For me, agnosticism had to go. Truly, there was a magnificent God. Today, I consider myself a "holistic" physician.

All of us have experiences or heard of events that appear to have no logical or scientific explanation, so we call them coincidences. Yet, they seem to happen rather regularly, which leaves us wondering whether all these "accidental" occurrences are not somehow connected. Can they be the result of the same kind of energy force? Can mental imagery focus these energies to conquer other life-threatening diseases? I suspect so.

How many of us have had witnessed the astonishing healing power of prayer? I have observed that when we pray alone or as a group, happy outcomes that beat the odds against conventional wisdom happen far more commonly than one would expect by chance alone. Yet, the tendency to pass off the results as a coincidence rather than viewing them as a miracle is all too common.

Do we subliminally communicate with each other through these energies via a sixth sense? How many of us have been thinking about a friend or close relative, and

several hours later have received a call from him or her?

Not long ago, I saw a human-interest TV program that related a remarkable story. A U.S. Army serviceman, when stationed in Thailand years ago, had a son with a Thai woman. A few years after his return to the United States, the serviceman lost contact with the boy. Not long ago, for some unknown reason, he felt compelled to stop at a neighborhood convenience store for gasoline, even though he had never stopped there before. When he went inside to pay the bill, the clerk recognized his name on the credit card. After the clerk asked several leading questions, they discovered that they were father and son!

The inherent energy forces obviously used by the long-term cancer survivors described in Sid's book, are not considered energy by traditional physicists. About 20 years ago, I had the pleasure of meeting Dr. Otto Schmidt, a world-renowned physicist and professor emeritus of biophysics at the University of Minnesota. Dr. Schmidt has written hundreds of scientific articles and lectured worldwide. He is the creator of hundreds of inventions, including the three-dimensional electrocardiogram and the Schmidt Trigger, a very rapid electrical switching system without which all modern computers could not function.

During one of our conversations, I asked him about his thoughts regarding mental telepathy and psychokinesis. He said that if these phenomena were real, the basic tenets of physics would have to be altered. His response, surprisingly, was that he believed such phenomena exist. Michael Crichton, author of *Jurassic Park* and a graduate of Harvard Medical School, has also written *Travels*, a book in which he reveals his real-life experiences in exploring many different psychic practices and avenues of paranormal activities -- similar in nature to the healing miracle Sid describes in this book. In the final chapter of his book, Crichton summarizes his thoughts and poses the questions he would like to ask scientists regarding paranormal phenomena. I highly recommend that this book be required reading for all first-year medical students.

Sid Levinsohn may appear to some to be presenting exercises in wishing, while awaiting his death from cancer. However, I believe the real truth of the matter is that he has laid out a formula that actually links to a source of internal healing energy, which is accessible to all. By using Sid's techniques, anyone has the potential to become a long-term cancer survivor. I personally believe that the healing energy exhibited by those who defy all scientific odds is part of creation that stems from God in part or in whole. Be that as it may, the practical selfhealing practices described by Sid can work for virtually all patients, regardless of their personal beliefs or religious preferences. After all, mind and body are not separate entities, but one. For proof, simply ask long-term cancer survivors. Who among us can argue with their success?

To those of you reading this book who have a life-threatening disease, my best healing prayers go out to you. May this book give you a way to stay hopeful and retain a vision of a healthy outcome. I am reminded of an ancient proverb that says a happy

heart is good medicine and a cheerful mind can work wondrous healing. In all areas of healing, combining that advice with conventional medicine may be the best science of all.

Willfully stay happy and healthy!

Alan Hymes, MD.