

DEEP MEDICINE

Harnessing the Source of Your Healing Power

WILLIAM B. STEWART, MD; FOREWORD BY ANGELES ARRIEN, PH.D.



PHOTO BY BILL POSNER/ CALIFORNIA
PACIFIC MEDICAL CENTER

WILLIAM B. STEWART, MD, is cofounder and medical director of the Institute for Health and Healing at the California Pacific Medical Center in San Francisco. He has been voted by his peers as one of the best doctors in America for many years through the Best Doctors, Inc., organization. Dr. Stewart's work has been informed by medical volunteer work in India and more than thirty years of surgical practice.

His personal experiences have contributed to a profound perspective on the cycles of life and the principles and practices of mindful living. For more information about *Deep Medicine*, Dr. Stewart, or the Institute for Health and Healing, visit www.myhealthandhealing.org.

Finding the power to heal yourself

Every issue is a health issue, according to Dr. William Stewart, author of ***Deep Medicine: Harnessing the Source of Your Healing Power*** (New Harbinger Publications). Everything we think, feel, and do impacts our state of well-being in ways not yet fully understood by science. Without question, our ability to prevent disease, heal illness, overcome mental health issues, and maintain peak performance as we age is affected by our deepest inner beliefs and core values. In *Deep Medicine*, Stewart helps readers develop a personal plan for finding and using their own inner power to heal.

Praise

"*Deep Medicine* offers a free-spirited approach to exploring your innate health-building potential."

— **Mehmet Oz, MD**, heart surgeon and coauthor of
YOU: The Owner's Manual

"When it comes to our health, our choices are often our destiny. In *Deep Medicine*, Dr. Stewart supports our choices with the skill of a surgeon and the wisdom of a healer."

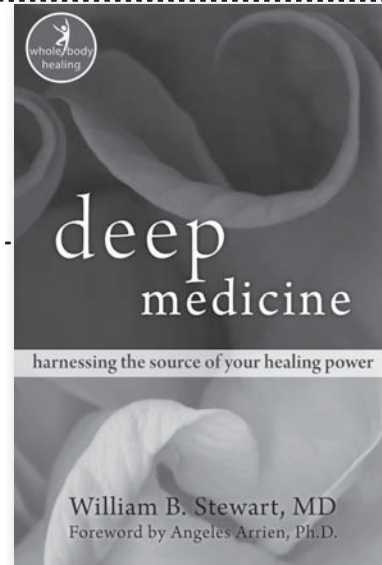
— **Rachel Naomi Remen, MD**, professor and author of
Kitchen Table Wisdom

"Dr. Stewart is a pioneer in holistic and mind-body medicine and was one of the first clinicians in America to build a firm bridge between holistic and conventional medicine."

— **Larry Dossey, MD**, author of *Healing Words* and
The Power of Premonitions

"Dr. Stewart has pioneered a new and effective approach to body/mind/spirit healing."

— **Justine and Michael Toms**, cofounders of New Dimensions World Broadcasting Network and coauthors of *True Work*



FOR INTERVIEW

REQUESTS or
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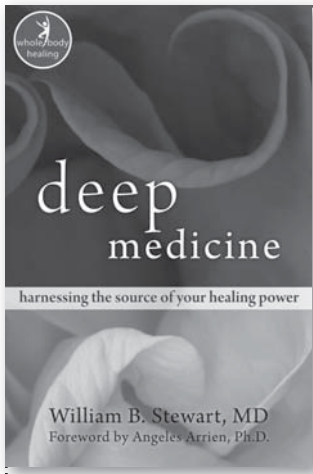


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Harnessing the Source of Your Healing Power

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Excerpt

A WORKOUT FOR INNER STRENGTH: Many of us spend a great deal of time and money working out: exercising, stretching, and working to shape and tone our bodies. Most of these activities are directed primarily at our outer strength. What about building our inner strength? How do we forge the endurance for inner challenges? How do we develop the flexibility, agility, and strength to deal with the various habits, behaviors, fears, and stresses that

trouble us? We need workouts, exercises, and practices for growing our inner resources as well as our outer, external strengths. Yet we must also stay alert to how these practices can become limitations, addictions, or obstacles—not just tools and aids—if they are misused. Interestingly, we often make choices that ultimately work against developing inner strength. We look for activities that allow us to distract ourselves from the necessary work, numb ourselves to the inner pain, or insulate ourselves from the emptiness or injury we may feel. Material goods, lofty ideals, or so-called spiritual practices in the absence of inner strength building cannot fill us, heal us, or protect us.

Here are some guidelines for building inner strength:

- ❑ Become aware of patterns, behaviors, habits, attitudes, beliefs, thoughts, feelings, and actions that are burdening, obstructing, poisoning, or deterring you.
- ❑ Bring your full attention and consciousness to your highest priority issues.
- ❑ Determine appropriate action steps to begin remedying those high-priority issues.
- ❑ Maintain curiosity, wonder, and awe at your progress (or lack thereof) and the unfolding of your life. Recall that the most common place for a major blockage to occur on your path to making health-creating changes is between knowing what you need to do and fully committing to action—that is, between deciding and actually doing.

Interview Questions

1. How do you define the concept of “health”? What aspects of physical and mental health are included in the Deep Medicine approach?
2. What are “vital signs”? Why is it important that people recognize vital signs and how stress affects their lives?
3. You emphasize that healing can happen without an expert, such as a therapist. If people have this capacity to heal themselves, why do you think they haven’t started the healing process already?
4. Why is it important to start addressing health on a personal level, rather than going immediately to an expert?
5. In one of your chapters, you discuss “Planetary Healing.” Can you talk about how one’s personal health can be tied to planet-wide health?

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