

# THE HEALER WITHIN

Using Traditional Chinese Techniques  
to Release Your Body's Own Medicine

Movement

Massage

Meditation

Breathing

ROGER JAHNKE

Doctor of Oriental Medicine

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Illustrations by Karen Kuchar. Special thanks to Eben G. Jahnke for the hand, foot, and ear charts and the massaging hands positions in the massage chapter.

FIRST HARPERCOLLINS PAPERBACK EDITION PUBLISHED IN 1999

#### Library of Congress Cataloging-in-Publication Data

Jahnke, Roger.

The healer within : using traditional Chinese techniques to release your body's own medicine / Roger Jahnke.

Includes bibliographical references and index.

ISBN 0-06-251476-8 (cloth)

ISBN 0-06-251477-6 (pbk.)

1. Self-care, Health. 2. Alternative medicine. 3. Healing.

I. Title.

RA776.95.J34 1997

615.5—dc21

96-38129

05 ♦ / RRD(H) 20 19 18 17 16 15

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## Acknowledgments

My grateful acknowledgment for your support and encouragement is most sincere.

In the world of books: Andrew Weil for pointing out a way in what seemed like impassable complexity. Jeremy Tarcher for patient guidance, clear and benevolent. Larry Dossey for his pure ideals and his kind support, and for helping to shine the light of science on the human spirit. Muriel Nellis, my agent, for opening a door where none could be seen. Caroline Pincus, my editor, for gentle brilliance—an artist in the human realm as well as in literature. Now I know why authors adore their editors. The Harper San Francisco team—Paul, Sally, Amy, Greg, Rosana—practical, tireless, spirited.

In the realm of health enhancement, the self-healing arts, and medicine: To Taoist Master Chang Yi Hsiang (Dr. Lily Siou), who gave me entry into the beautiful mystery of Chinese Taoist Medicine and revealed Qigong (Chi Kung) as the source, heart, and essence of the Asian healing arts. To Weng Chi-Hsiu (Daniel Weng), who taught me the value of dedicated training in Kungfu through his own discipline and who gave me my first and favorite Taiji (Tai Chi). To Doctor Ernest Shearer, who transformed me from a student of medicine into a clinician with a powerful vision of the healer within. To the wonderful, open-hearted master teachers at the institutes, hospitals, and temples in China who have so freely shared the arts of self-healing with a hope for worldwide healing. To the members of the original Wednesday Practice Session, who helped to bring the health enhancement methods to a broader audience, and to the hospitals in Santa Barbara as well as the Adult Education program and the City Recreation program for helping to support the weekly practice session over the years.

*The information and suggestions contained in this book are not intended as a substitute for appropriate medical treatment. Please consult your health professional, preferably one with sound knowledge of the healer within, when you are dealing with serious health challenges.*

THE  
HEALER  
WITHIN





PRAISE FOR

THE  
HEALER  
WITHIN

“Some of the greatest miracles occur when people are informed and inspired. Dr. Jahnke does a splendid job—informing us of the marvel of the healer within, providing us with self-healing tools that are easy to use and then telling us the stories that provide the inspiration.”

—Jack Canfield, coauthor of *Chicken Soup for the Soul*® book series

“The most profound healing resources are produced within us. Dr. Jahnke has created a beautiful bridge to the mysterious domain of the Chinese self-healing arts. *The Healer Within* makes ancient mind/body secrets accessible to everyone.”

—Dr. Wayne W. Dyer, author of *Your Erroneous Zones*

“Roger Jahnke has provided us a practical, easy-to-follow, daily ritual for self-healing. He is a genuine modern-day Taoist with thorough, down-to-earth knowledge of both the East and the West. And he shares his experience and wisdom with insight, warmth, and tender loving care.”

—Chungliang Al Huang, Living Tao Foundation, author of *Embrace the Tiger, Return to Mountain*, and with Alan Watts, *Tao: The Watercourse Way*

“*The Healer Within* provides an effective view of one of the most overlooked pathways to health—simple self-healing methods that are easy to understand and easy to implement. Distilling his experience of more than two decades as a healer and teacher, Dr. Jahnke has used the ancient wisdom of Chinese medicine and developed it into an impressive set of methods for self-healing.”

—Clement Bezold, Ph.D., president, Institute for Alternative Futures

“Roger Jahnke’s gem of a workbook brings ancient Eastern modalities into our hectic Western lives.”

—Candace B. Pert, Ph.D., research professor, Georgetown University

“Nothing can guarantee your recovery if you lose your health. *The Healer Within* presents you with the opportunity to choose health over illness.”

—C. Norman Shealy, M.D., Ph.D., founder of the Shealy Institute for Comprehensive Health Care and founding president of the American Holistic Medical Association

“*The Healer Within* is a reflection of Dr. Jahnke’s sincere commitment to place the ancient wisdom of Chinese Qigong within the grasp of citizens at every level of our communities.”

—Effie Chow, Ph.D., R.N., certified acupuncturist and coauthor of *Miracle Healing from China—Qigong*

“In my role as an educator, *The Healer Within* is a call to action and a wonderful guide for all within the educational system who hold the vision of a better, healthier world. I imagine numerous applications for classrooms of all grade levels. I am continuing to incorporate many of these ideas in the curriculum I have already enthusiastically begun here at the college.”

—Ginny Ferreira, professor, Orange Coast College

“*The Healer Within* is a splendid book! Roger projects a powerful vision of optimal health for people and whole communities.”

—Leland R. Kaiser, Ph.D., president, Kaiser & Associates

## PREFACE Declaration of Health Independence

*When the people are even mildly enlightened,  
oppression of the body and mind will disappear.*

Thomas Jefferson,  
farmer, philosopher, social architect

Thomas Jefferson, the greatest revolutionary thinker in American history and the author of the Declaration of Independence, also wrote an innovative book on health self-reliance that urged people to free themselves from the need for medicine and doctors whenever possible. His close friend Benjamin Rush, who was a cosigner of the Declaration of Independence and the personal physician to George Washington, wrote, “The Constitution of this new republic must make special privilege for medical freedom as well as religious freedom.” Both of these great thinkers agreed that citizens must have the right and the responsibility to protect and enhance their own health and vitality in order to build and sustain the new nation.

Through the American Revolution, people rejected the tax on tea, eliminated their dependence on England and the king, and claimed their spiritual freedom. Now many Americans are feeling a new revolutionary urge to reduce their dependence on the health care system, cut the cost of medicine and achieve health self-reliance.

A great economic tide has shifted throughout the world. Once wealthy nations, the United States and other countries in the Western world are now terribly challenged economically. A major culprit in this indebtedness is the high cost of health care and a system that has created nationwide dependence on medical providers. Dozens of strategies have failed to heal this wound in health care. Until recently little was done to remind people that they can often avoid medical visits simply by engaging in health

enhancement and disease prevention practices. As we will discuss, Americans have the potential to save over half of what they spend every year on health care!

Every governmental body—from community leaders, to state governments, to nations, and even to the World Health Organization—has called for a concerted effort to protect and enhance health. However, governments seem trapped in their struggles for power, and the medical system is generally still focused on disease, rather than health. The insurance industry is really just that: an industry. Its product is, unfortunately, not health. People, it seems, will have to resolve this crisis on their own.

Transforming the health care system would seem an insurmountable task if it were not for one astounding fact: we produce within us a remarkable natural healing resource. It is the “healer within.” The human body comes with its own standard equipment for self-healing. Powerful yet simple self-healing methods will create a critically needed revolution in health care and medicine.

Genuine health care, because of the nature of the healer within, creates health independence. And such a rebirth of self-reliance is desperately needed, not only in America but throughout the world. Our knowledge of the healer within gives us the ability to declare our independence.

All the necessary biological components of self-healing have been in place for thousands of years. Both ancient and contemporary philosophers have pointed to it. Science has now confirmed it. (Simple discussion of the physiology of the healer within will accompany the practices in part 2. A more detailed discussion is in the appendix.) The most profound healer is within us—we produce our own internal medicine. It is easy to turn this medicine on. And it is absolutely free.

Learning and doing the self-applied health enhancement methods in the final years of the twentieth century may be as patriotic as joining America’s revolutionary army under General Washington in 1776, as following Joan of Arc in the French battle against the English in the fifteenth century, or as walking across India with Mahatma Gandhi in the 1940s. A multitude of self-reliant and healthy people creates a powerful force for change.

Entire communities have already begun to see the value of community-wide health enhancement. Dozens of communities

throughout the United States, Europe, and Canada have made it their goal to become the “healthiest community” or the “wellness capital” in their region. In Europe the “Healthy Cities” movement is supported by the World Health Organization. In the United States one of the most important annual meetings of hospitals and health care providers is called the “Healthy Communities Summit.”

Corporations and hospitals have already begun to encourage health independence strategies in order to increase productivity and improve the health of their communities. Teachers will be able to use this knowledge to encourage health self-reliance in our children, and physicians will be able to give this knowledge to their patients. Grandmothers will teach health secrets to their grandchildren again, as grandmothers have done throughout most of human history.

We each have the opportunity to participate as an independent agent in a dramatic transformation of human culture. Crime, poverty, environmental pollution, drug and alcohol addiction, and many other problems beg for a renewal of informed individualism and the pioneer spirit. For anyone, taking on these challenges seems immense, even impossible. But the first step toward improving the world is actually quite reasonable: simply, independently, and calmly improve yourself!

When people learn about the healer within themselves and then take action to care for their own physical, mental, emotional, and spiritual health, they are transformed. Victims of life’s problems become independent and empowered creators of better health, greater joy, and positive living. Instead of handing over the power to others, they retain the authority to make their own choices and to participate in an exciting era of change. Self-directed citizens are powerful leaders and role models for their children, grandchildren, and fellow community members.

You personally have only one responsibility. Simply apply the practices yourself. If you wish, share them with others. Your daily practice alone makes you a part of the solution by reducing the likelihood that you are a part of the problem. You become a participant in an exciting revolution. And as an added benefit, you will become a healthier, more productive, and more energetic person.



## Part 1

# T — E — E — ICI — E

*It is the primary role of the physician, whether the African witch doctor or the modern doctor, to entertain the patient while secretly waiting for nature to heal the disease.*

Albert Schweitzer,  
physician, philosopher

○

How strange that we would produce the most profound medicine within our own bodies and then, somehow, forget to use it.





# Your Power of Self-Healing

*Our body is a marvelous pharmacy that was designed and placed into our being by the universal architect produces most of the medicines that we need.*

Norman Cousins,  
editor, innovator, professor

YOUR BODY, IN COOPERATION WITH YOUR MIND AND spirit, is marvelously blessed with miraculous self-healing abilities. The body is the temple of your life. Mind and spirit are the dwellers within the temple. Mind and spirit maintain the temple. Mind's intelligence and spirit's inspiration vitalize and quicken the body. The three together—body, mind, and spirit—cooperate to produce the most profound medicine ever known in the history of the human race, right within you.

Any injury or illness is spontaneously cured when these naturally occurring self-healing resources are operating optimally. When you cut yourself, the wound heals automatically. When you have a sprain or bruise, it heals automatically. When you have a broken bone, the physician must set the bone correctly, but then nature heals it spontaneously. The famous sixteenth-century physician Ambroise Paré said, "I administered the treatment, but nature provided the cure."

I had a personal revelation of this early in my own life. Through a series of sports accidents, one of my front teeth was broken off to half its length. While the planning for a cap for the tooth was in process, the tooth actually began to grow. Over six months this tooth called on inner resources to grow past its normal size until it was as long as the other, unbroken front tooth. Some unexplained interaction of forces and elements caused this unusual healing event to occur. Science cannot explain much of what causes what we call healing. The “original cause” of healing, health, life itself, and the whole universe is unexplained. In ancient China this “original cause” is known as “mystery.”

An inside joke in medical circles reflects on the healing power of nature: “With a doctor’s expert care you should be better in a week, but without access to the marvels of modern medicine your recovery will require at least seven days.” With or without a physician, with or without medical intervention, the natural medicine that we produce—our healer within—is working to heal us and sustain our health.

A wondrous self-healing mechanism has been built into us by the architect of the universe from the beginning of human history. This remarkable gift belongs to every person from birth. Unfortunately, most people have not known about this gift; it has been a secret. You, however, have entered into the circle of individuals who will make this secret known. Freeing the potential of self-healing in your own life and sharing it with your family and community will have marvelous effects.

Once upon a time and for many thousands of years, humans did not have fire. Much later, when only a few had fire, it changed the course of human history dramatically. Keepers of the secret of how to produce fire had tremendous power. Then, in an extraordinary historical moment, fire became the property of the many, rather than the few. Now anyone powerful enough to ask for matches at the corner store can have fire for no cost.

You are involved in an equally extraordinary and historic moment. The period in human history around the year 2000 will be remembered as the phenomenal time when the secret of healing became the property of the many, rather than the few. Once, long ago, the secret of fire was known only to a few; later, people dis-

covered how to mass-produce matches. Now, the keepers of the secret of healing have made an equally profound discovery: the essential resources for healing, which are naturally occurring within each individual, can be activated purposefully at no cost.

When our natural healing ability does not function automatically, something is terribly wrong. Our spontaneous self-healing resources have become damaged or disordered. Formerly, we lived in a world where the only solution to this problem was thought to require physicians, hospitals, medicines, and tremendous expense. Now we know that the best, easiest, and least expensive cure is to rehabilitate the automatic healing capacity through self-healing methods. The simple practices of focusing on the breath, applying self-massage, gently moving the body, and deeply relaxing bring the natural relationship among the body, mind, and spirit back into balance.

In mild cases like stress headache, occasional constipation, colds and flus, aches and pains, insomnia, and anxiety, these self-healing methods can completely replace the need for medication. When medicine is necessary, self-healing methods complement and support the treatment. Most medications or medical treatments do not actually restore or fully heal our natural ability to sustain a high level of well-being. In addition, the possible side effects of many medications are frightening. If we really think about it, most of what we have come to call health care does not authentically and actually improve health.

Medical pain relief and medical reduction of symptoms are not typically accomplished by enhancing health. The surgical removal of a section of the colon or heart bypass surgery, for example, may save a life and reduce pain. Such procedures even improve quality of life and comfort level. But it would be false to say that these surgeries genuinely restore the original health of the person.

The use of pain medication does not actually eliminate pain; it only eliminates the *sensation* of pain while, we hope, the spontaneous self-healing ability of the body is actually improving health and eliminating the *cause* of the pain. Only rarely will physicians disagree with this idea. Unfortunately, until recently it has also been rare for the medical community to focus on and encourage self-healing practices.

Spontaneous self-healing ability is not a dramatic new scientific discovery. Nor is it a “New Age” phenomenon. Many techniques and methods for self-healing are quite ancient. As we learned from Patricia’s story, which demonstrated the healing power of the breath, relaxation, and faith, there are potent messages in the Judeo-Christian traditions regarding the healing resources that we have within ourselves. In China and India, as well as in Africa, ancient America, Australia, and Europe, rich traditions of self-care and self-healing have existed since long before written history. One of the first things I learned about in the study of traditional Chinese medicine was Qi (Chi), which is the name for the medicine within. The process of cultivating the medicine within is called Qigong (Chi Kung).

For decades, we in the modern Western world have believed that medical science would invent better medicines and healing procedures than those automatically born within us. Given that cancer, heart disease, stroke, and diabetes remain terrifying realities throughout our communities, we now know that the promise of medical science has been at least as much of a disappointment as it has been an inspiration. Exciting new scientific research and clinical experience show, however, that the most profound medicine is produced naturally within us through the collaboration of our own body, mind, and spirit.

Research of the U.S. Department of Health and Human Services, presented in the *Healthy People 2000* report, states that over 70 percent of all disease is preventable (DHHS, 1991). Recently, the *New England Journal of Medicine* reported that eight out of nine deaths occur from preventable causes (Fries, Koop, 1993). In 1996, on the eve of the one hundredth Olympic games, the office of the U.S. surgeon general confirmed that simple, mild exercise significantly decreases the risk of many serious diseases (DHHS, 1996). Sixty percent of adults were found to be insufficiently active, and 25 percent were found to be completely inactive. It was found that simply increasing physical activity a small amount has a powerful fitness-enhancing and disease-reducing effect.

It is obvious that self-care and prevention are preferable to medical intervention. Even our own folk traditions—the wisdom of our grandmothers—insists that “an ounce of prevention is bet-

ter than a pound of cure” and “a stitch in time saves nine.” When we take steps to sustain and enhance the mysterious “original cause” of vitality and health, medical intervention is necessary less often. Even in cases where health has been lost and where pain and disease have set in, self-care can lead to dramatic recovery.

Think of it: if 70 percent of each medical dollar were saved through self-reliance and prevention, the U.S. annual medical bill of nearly one trillion dollars would be cut to three hundred billion dollars. Perhaps 20 percent would become the cost of prevention, so the savings would amount to five hundred billion dollars. That kind of savings would be a huge step toward a more creative and reasonable economy, which could support other needs in education, repair of bridges and roads, research, and the renewal of our communities. Just imagine having access to five hundred billion dollars.

Here is a perfect place to take a deep, relaxed breath.

If it was extremely difficult or impossible to sustain health through the personal practice of self-care and self-healing, then perhaps we would have to live with these immense medical costs. It turns out, however, that the process of turning on the natural medicine within ourselves is not a difficult one. In fact, it is easy, user friendly, and free.

The naturally occurring self-healing ability of your own body, mind, and spirit is the world’s greatest healer. This means that you—not someone else, but you—can reduce your risk of disease. If you have lost your health and have become challenged by a disease or illness, this means that you can literally heal yourself. Or you can work as a partner with your physician to speed your recovery.

This also means that your best health insurance is to be sure that all of the self-healing mechanisms within you are operating optimally. This does not suggest that our physicians will no longer be needed. Nor does it suggest that the medical advances of the last one hundred years are any less remarkable. But it does mean that our physicians’ time could be used more effectively in dealing with the 30 percent of health problems that are not preventable. And when it is necessary to have expert medical care,