



Energy

magazine

Sharing Energy - Transforming the World

July/August 2021 - Issue 116

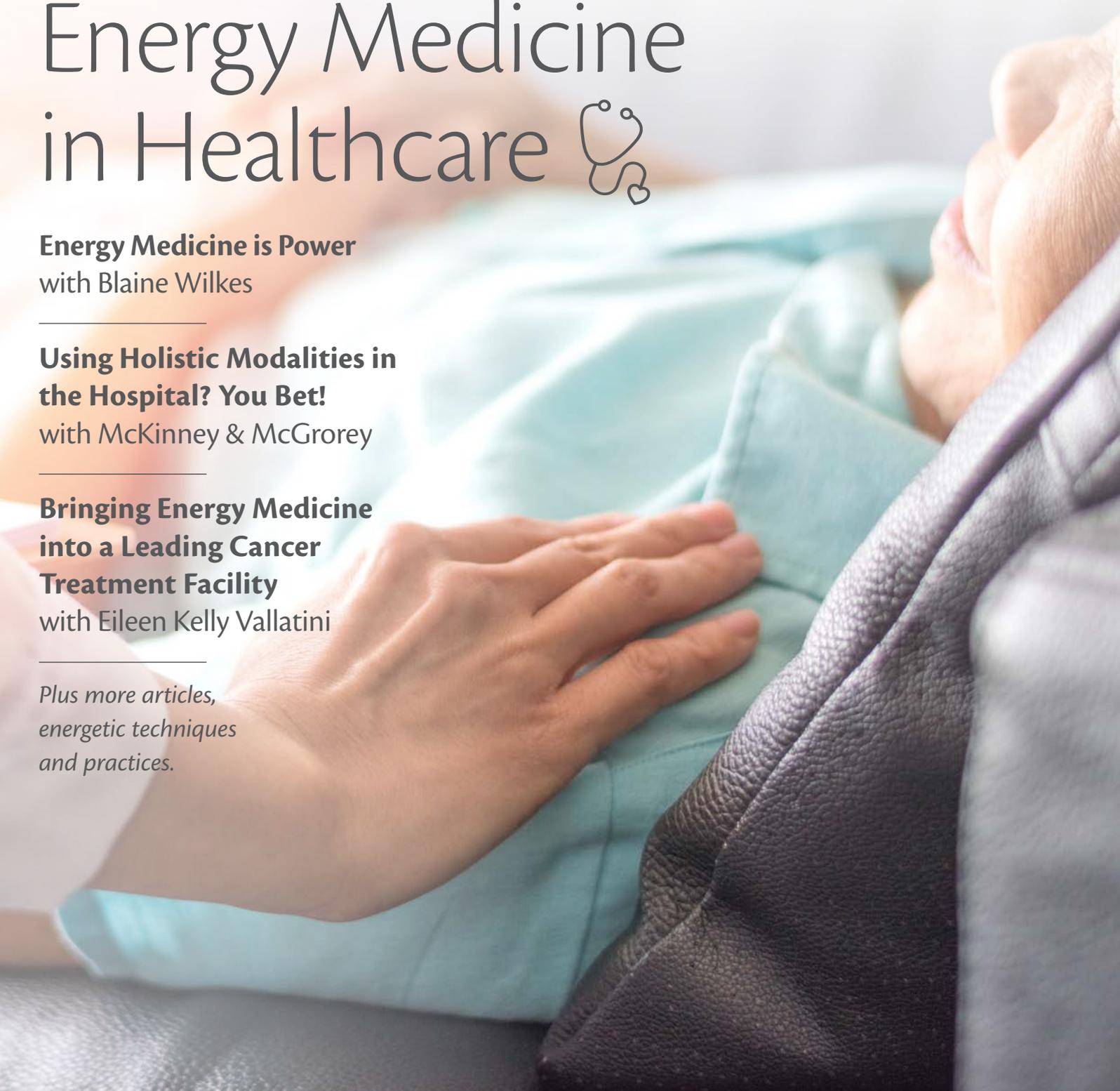
Energy Medicine in Healthcare

Energy Medicine is Power
with Blaine Wilkes

**Using Holistic Modalities in
the Hospital? You Bet!**
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**Bringing Energy Medicine
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*Plus more articles,
energetic techniques
and practices.*





Energy Medicine is Power

HOW TO MAKE HEALTHCARE A
TWO-WAY CONVERSATION

“When you are sick, your body is ripe for finding another strategy than the one it has been using to maintain its equilibrium. Energy Medicine is the art of helping it find such a strategy.” – Donna Eden

Blaine Wilkes

I started my healthcare career in the early 90s. As a pre-med undergraduate, I knew it was hard to get into medical school...so to make my application more desirable, I got a job at a local hospital.

That very job as a hospital receptionist changed my life!

It was in my clerical role — registering patients, filling out insurance forms, filing medical records — when I decided with 100% certainty that I would *never* become a doctor. Let me paint a picture for you...

It was 1991, and HMOs were proliferating across America. HMOs (Health Maintenance Organizations) were created so hospitals and healthcare systems would take financial risk for treating patients; it effectively put them at the front line for cost cutting. The hospital where I worked created a special urgent care (but not really urgent care) space in the building for after-hours use. They built it because they needed a place for patients to see a doctor between 5–10pm, outside normal business hours with issues that

couldn't wait another day, but didn't need the high-cost ER (think allergic reactions, stitches, asthma attacks, etc.). That not-quite-an-urgent-care area is where I worked.

Although I kept busy, there was often a lot of downtime when I got to know the doctors as they waited for a patient to arrive. Over the course of my three-year tenure in this position, they talked...a lot. The biggest thing I learned? Doctors were losing control of their time. Turns out, the number of minutes they could see a patient was being controlled by administrators and scheduling software — those schedulers were out of touch with what patients (and doctors) needed. Thus, doctors weren't happy.

To make matters worse, they had to get vacation time approved by these same administrators. On a weekly basis, doctors received reports about their average number of patients seen per day. New targets were always being set with financial incentives to reach these goals. I actually heard them refer to themselves as “production workers.”



By the time I was done with undergrad, I'd heard enough and changed my major to Healthcare Administration because that actually seemed *interesting!*

After graduation, I got an administration job at that same hospital and, I kid you not, within a year I was the one delivering the doctors those productivity reports and approving their vacation time. After that, I got into clinical decisions. Based on metrics mostly driven by cost, we created "approved lab work" that doctors could order based on diagnosis. In other words: It was my job to tell doctors what labs they could and could not order.

I was 22 years old with no material clinical education or experience. (A doctor did once tell me I could go straight to hell.)

I worked there 7 years total. Then I worked another 20 years for other hospitals and consulting firms covering all aspects of healthcare administration. If I had to pick one word to describe the problems I was hired to wrangle, it would be: *Power*.

Insurance companies, healthcare providers, administrators, pharmaceutical and medical device companies, suppliers, the government, and everyone else in that soup-of-a-system are jostling, negotiating, and stepping on each other for power.

And yet, where is the patient, you might wonder? Powerless, and completely left out of the conversation.

I'm guessing you've felt this powerlessness as a patient at one time or another. I remember when my Mom took me to the doctor as a child and we did whatever the doctor said, no questions asked. When Grandma was sick, she did the same thing. Even though these doctors had never met us before, and spent less than 5 minutes with us, we just described our symptoms, watched them scribble, and dutifully handed over our power — especially back then, without the Internet as a tool for research! We just took the pills, had the

surgeries, followed instructions, and paid the bills.

The patient hands power to the doctor, the doctor hands power to the system- and the system? It's a total mess.

In all my years in hospitals and healthcare settings, I never once heard a doctor say, "Well, you have lived in your body your entire life and you know what you eat, how you spend your time, and what feels right or wrong to you...what do you think? What does your intuition tell you?"

I also know why they don't ask those questions. Sadly, most patients would likely respond with three simple words: *I don't know*.

Enter Energy Medicine.

Energy Medicine brings the power to the patient to engage in a two-way conversation.

I started learning Energy Medicine Yoga from founder and creator Lauren Walker in 2017. Energy Medicine Yoga takes the work of Donna Eden and weaves her teachings and techniques into a yoga practice. In other words, you practice Energy Medicine on yourself. The more you practice, the more you learn about your own body, and with time, you develop a special, intimate relationship with your own health that can't be understood by anyone but you. And the more you know and understand about yourself, the more you try out different things. The more things you try, the more you have your own ideas and experiences about what works for you and what doesn't, and the more you can contribute to the conversation with your healthcare provider.

Where I think Energy Medicine is most impactful is the power it brings to the doctor/patient conversation in a real and authentic way. I see Energy Medicine as a tool that patients can use to get to know their own body and their individual "normal". The more a person taps and traces, holds and breathes, meditates and practices yogic principle of



svadhyaya (getting to know yourself), then the more knowledge about their own body a person brings to the doctor/patient conversation from a place of well-informed insight. With an engaged healthcare provider, the conversion becomes less adult-child and more adult-adult. The patient shows up ready to participate and if the doctor isn't a good fit, the patient is empowered to keep looking until they find the right partner.

Then when the doctor/partner says “what do you think?” the patient is ready to answer, because through their experience of Energy Medicine, they are in tune with the nuances of what their body needs in a deep and meaningful way.

We know our thumbprint is unique, right? What I find fascinating is that we all were told that at one point in our life...but we might have missed the fact that

our **whole body** is unique, too. And through the deep inner work of Energy Medicine, we can take power back, control what goes into our body, and how we take care of it throughout our lives. Even when something goes wrong, we can rest easy knowing we understand our body best.

Modern medicine offers some miraculous work and discoveries. Creating an equal partnership with our doctors and opening a conversation about our bodies and our health is possible when we do our part.

Donna Eden says it best: *“When you are sick, your body is ripe for finding another strategy than the one it has been using to maintain its equilibrium. Energy Medicine is the art of helping it find such a strategy.”* 



To learn more about author Blaine Wilkes visit BlaineWilkes.com

