

An Interview with Michael Wayne, author of ***QUANTUM-INTEGRAL MEDICINE***

1. Even though billions of dollars fuel the modern healthcare system, people are not getting healthier. Why?

Because modern biomedicine has a very poor track record with chronic disease. The reason for this is that biomedicine is based on a mechanistic view of the world, one that sees things in black and white terms. But the truth is life is far more complex than that, and much of life, including the human body, is unpredictable and turbulent. This is why the laws of complexity give a greater picture of the human body than the mechanistic worldview that modern medicine adheres to. Until biomedicine learns how to adapt the laws of complexity into their paradigm, if that day will ever come, the modern healthcare system will continue to come up short, no matter how much money is poured into it.

2. For many centuries science and religion have had an adversarial relationship. Does your "integral worldview" unite these two old foes?

It is essential that in our modern age, science and religion (or perhaps more correctly, science and spirituality) find a way to come together. There is a historical reason for this adversarial relationship: the Age of Enlightenment allowed for reason and rational thought to overcome the tight hold that the Church maintained on common thought. For instance, during the Inquisition, people were burned at the stake for having the audacity to question Church dogma. But now the pendulum has swung fully in the other direction, and we now have the dogma of science maintaining a hold on common thought. Science is important, as is spirituality, and in an integral worldview, they can be married together.

3. Modern medicine views the body as a machine that occasionally breaks down and can be fixed with the proper diagnosis and treatment. What is wrong with this approach?

The problem with this approach is that the body is not a machine, nor is it a plumbing system where all you have to do is change parts or clean out the pipes. The mechanistic approach is based on seeing the body, and life in general, as a linear and closed system. But life and the body are quite the opposite - they are nonlinear and open-ended. A mechanistic approach to medicine believes that if something is wrong, all that is needed is to either take out the part causing the problem, or give a drug that will eradicate the problem. But this approach screws

up the dynamics of the body and ends up causing more problems. Instead we need an approach that respects the dynamic nature of the body and its innate capability to heal.

4. How does self-healing work?

Hippocrates, the father of Western medicine, viewed the treatment of disease as having two realms: one was physical medicine—a substance or procedure used—and the other was the full activation of the person’s own innate healing system. One traditional healer was once quoted as saying that medicine is 80% spiritual and 20% medicine. I believe the spiritual aspect of medicine and healing occurs when the full activation of a person’s innate healing capacity transpires.

My belief is that this self-healing occurs through the process of emergence, and emergence occurs when we get in touch with the open-ended nature of the universe. Herbert Benson once wrote that the reason the placebo effect works is that it allows the body to get in touch with a “remembered wellness” that it has stored in the central nervous system.

When we allow the process of emergence to activate this remembered wellness, self-healing can occur. Norman Cousins, in his book *Anatomy of an Illness*, wrote eloquently how he created an emergence of his self-healing system through rest, laughter and Vitamin C, and cured himself of a life-threatening disease.

5. You dispute Darwin's theory that evolution is purely random. Instead, you state that there is a spiritual force involved in evolution. What do you mean? Are you a supporter of intelligent design theory?

Chaos and complexity theories tell us that out of the sheer randomness of chaos, a new order occurs. There are times when things do happen randomly and you can’t read deeper meaning into it. But most of the time randomness does lead to a new order. I think evolution follows that rule: some of evolution occurs for random reasons, whereas most of evolution occurs as a process of emergence—of creating a new order.

The emergence of a new order is considered a creative process, and in that creative process of emergence it is hard to exactly predict where the new order will lead. I believe the process of emergence has a spiritual force behind it, a guiding force if you will; scientists call this the self-organizing principle, because it has been found that all living systems have an inherent drive towards perfection and higher states of order and

organization. That is why things usually have a way of working themselves out, though they don’t always meet our expectations of how we wanted them to.

I believe there is too much turbulence and unpredictability in our world to say that when “x” happens, “y” will then absolutely occur. Oftentimes, things take left

turns at the most inopportune time, and it is not necessarily because of an intelligent design that this occurs. It is because of chaos, randomness, order, the self-organizing principle and creative emergence, and the intersection between them all. This is what I believe is the explanation for evolution.

6. Do You Believe in Medical Miracles?

I absolutely believe in medical miracles. I think the body has a tremendous wellspring of healing potential that is innate, and this healing potential is a subset of our greater human potential. All we have to do is cultivate this healing potential. That is not to say that there is not a place for modern medicine, because that would be foolish. Modern medicine has played an important role in many situations. I think modern medicine also wants to believe in medical miracles; its problem is that it has no logical explanation for it, and instead dismisses them as “spontaneous remissions,” as if it were some random occurrence that occurred for no apparent reason. We have to take it more seriously than that, because medical miracles do occur, and if we can figure out why, we could initiate a new beginning in the fields of medicine, healing, and human potential. Larry Dossey once said that to unravel the mystery of miracle healings may take a Manhattan Project for Miracles, or a National Institute of the Miraculous. I would wholeheartedly concur with him.