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Our Organs Have Their Own Consciousness And We Can Talk to Them

Posted on January 10, 2018 by [Dr. Reid](https://energylifesciences.com/author/milesreidbeingenergy-com/) - [Ancient Wisdom](https://energylifesciences.com/category/ancient-wisdom-5/), [Community's Blog](https://energylifesciences.com/category/our-community/), [Movement + Mindfulness](https://energylifesciences.com/category/movement-consciousness/), [News](https://energylifesciences.com/category/news/)



My teacher Carlos Castaneda taught me this:

Our Organs Have Their Own Consciousness And We Can Talk to Them

This year marks the 20th anniversary of the departure of my dear teacher and guide Carlos Castaneda. I met him in the mid-nineties as a young doctor looking for a deeper meaning in my path as a healer to people.

My life brought me to him without looking for it.

Not long before, as a medical resident in Bariloche, Argentina, I had wanted to go in all the way into the medical knowledge. I come from a family of doctors and scientists, where hard work and dedication to the ethics of truth was a strong value.



Thanks to high grades, luck and daring, I managed to get into a unique and prestigious program where I was left as the front person in charge of the ER (Emergency Room) every four nights. It was an exciting and also daunting all-in immersion into hospital life that got me dealing with all kinds of medical issues and emergencies. I practically lived in the clinic, and assisted in trauma, strokes, heart

attacks or child births.

I had the experience of dealing with life and death decisions, of seeing the mystery of the body healing miraculously and the humbling presence of death in my hands. Life was fast, and surprising. Yet, I missed the touch of a larger, more encompassing view.

In many occasions, the tools I had been given as a Western MD couldn't help me; It could only take me so far and a more holistic view became a necessity.

One such day, during my night shift, a patient died on my watch.

He was staying overnight after a minor surgery and he developed an acute pulmonary edema that led to him to going into arrest. I moved him into the Intensive Care Unit (ICU) and tried to resuscitate him, but I couldn't. It later turned out that a key heart medication the patient needed

had not been logged into his chart and was never given to him. He shouldn't have died. The event caused me to deeply re-evaluate the meaning of my profession and life in general. Medical school did not give me the container for these situations. I even considered to quit medicine.

I left Argentina back to USA, my country of birth. Then, there, serendipity and fate made me meet Carlos Castaneda and everything changed in my life.

When I first met him, he invited me to lunch, at a local Cuban restaurant called The Versailles which he frequented. I remember that, when he invited me, he had said he wanted to know more about me, but I barely opened my mouth during lunch. He was very animated the whole time, and made me laugh so hard with his storytelling that my belly muscles ached badly. He had such a mesmerizing and charming presence and it absorbed me completely.

At the end, as we were walking towards the car in the parking lot, he came close and **almost in a whisper** said that the reason we were there that day was because I could be a bridge between the shamanism he had learnt from his teacher, don Juan Matus, and the world of health and medicine.

At the time, I had no idea what this meant, but his message of a higher intelligence and energy at play in everyday life came to fill exactly the void I had found in my regular medical life. I was hooked.

A direct apprenticeship that meant being open to new ideas.

Over time, Carlos Castaneda became a mentor and guide. He said I could not run away from my destiny and encouraged me to return to medicine. But he gave me the larger container, he opened up what was to me a new paradigm at the time, one which today, decades later, has emerged in science and in our collective understanding: that **there is no such distinction between the mind and the body;**

rather, that we are a network of energy and information crisscrossing in all directions between the mind and the body. Peptides and other biochemicals carry the messages of our thoughts and our emotions everywhere, perception affects behavior and behavior changes the very

physicality of our brain and body, memories from our life experiences are stored in the organs and in our fascia and,

more than a defined, isolated individual, we are more like a cooperative of many voices including a majority of foreign DNA from a microbiome which gives us fundamental aspects of our identity such as our very personality traits, as a pioneering study from the University of California, Los Angeles (UCLA) recently showed.

Everything in us is changing and evolving, not isolated, but in deep resonance with our environment, such as the quality of the electromagnetic field emitted by our hearts which can cause specific changes in the brains of the people around us.



We now know that it is a fact from research we can enter deep meditation states through practice and then these states can cause definitive changes in all our major regulatory mechanisms such as telomere length (a key biomarker for cell lifespan), inflammation cascades and cell repair. These and other behaviors can change the very expression of our genome through the epigenetic landscape that we now recognize as a **highly fluid pluripotential environment in which our body lives.**

What my teacher Carlos Castaneda introduced me to was this same viewpoint. It used different language but its syntax carried the same implications and conclusions. It enlarged the scope of possibilities of my human experience, and that of my patients. Modern science and ancient shamanistic principles and practices came together into a similar unit of life: Our internal body-mind world.

What it means 'I can talk to my internal organs.'

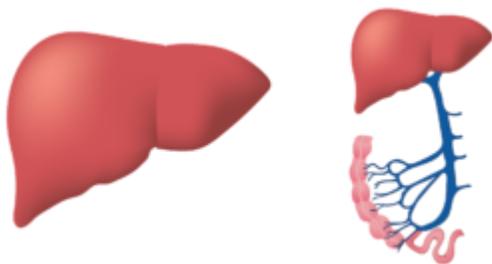
One practice that Carlos Castaneda taught me was "talking to my organs." The idea was simple: just as there is the overall *me*, there are also many smaller individual aspects of that me, represented in my tissues and organs themselves. In the

dynamic world of information within my body, there is a distinct consciousness in each of my organs. Our organs store memories and also contain information. **And** they can talk to us. The big *me* can go in and establish a dialogue with the different organs and tissues.

In over twenty years of teaching workshops and clinical practice, I have found this to be very accurate and of highly practical value to understand ourselves and what our bodies are experiencing.

At times, I would see Castaneda 'talking to his liver', for example. He would talk to it in a very kind way, thanking it for all the work it took on. He would caress his ribs right where the liver is, and also pause and take a moment to 'listen' to it.

More than 500 vital functions have been identified in each liver cell, 24/7. It is the organ that organizes and distributes our internal nutrients and resources. In our busy modern lives, it tends to get overburdened. It stores 'excess' material, not only physiologically but also in our Consciousness.



Our stressors are 'stored' in the liver.

When our liver gets overwhelmed, it also gets tight, and interferes with other neighbor organs, such as our stomach and intestines, or our sense of calm in our heart.

Our organs can tell us a lot of things. For instance, a patient who came to treatment for severe constipation, had received standard help from doctors such as increasing fiber and exercise, stool softeners and even antidepressants, with weak results. During the consult, using guided imagery, we established a conversation 'between his higher self and his colon', and his colon told him that the reason *it* was holding its movement was because *he* was feeling stuck at work. He had a long term dispute with his business partner that wasn't being resolved.

The colon was storing that emotional and perceptual component of his inner life.

He realized then that he had been very rigid in his position about the dispute and needed to move on. The day after he signed the dissolution papers he had a bowel movement and within a month he had his regular rhythm restored.

Another fascinating example of how our organs store information and life experiences, even highly specific and detailed stuff, was reported by Paul Pearsall, Ph.D., in his book *The Heart's Code*. I heard about this account by Ron Hulnik, Ph.D., one of the founders of the prestigious program in Spiritual Psychology at the University of Santa Monica, where I am so excited to be currently taking a Certification. Pearsall, a clinical neuropsychologist in the Transplant Donor Department at the University of Arizona, describes how organ recipients take in memories and personality traits from the donor. He tells the case of a girl who had received a heart transplant from another girl who had been murdered. She soon began to have dreams and flashbacks of being murdered herself that eventually became so vivid and detailed that her mother reported it and it led the police to identify the actual murderer and prove the case in court. The implication of such an unequivocal event makes it undeniable that **the organs themselves, independently, are capable of storing a high level of specificity of information.**

How do I talk to my organs?

There are two steps and one rule to do this.

The first step is doing something to quiet the mind chatter and be present. This can be one minute focusing on our breathing, or even just one breath!

The second step is to turn our attention to a particular organ with an attitude of inquiry and establish a dialogue.



The rule is that when we ask a question, we have to be direct, as if we were talking to someone right in front of us, and then pause and wait for the very first thing that comes to mind, without preconditions. It might be a thought, an image or a memory. It might be the feeling of something that could become clear at a later time.

The rule means that it is spontaneous information that formulates in our Consciousness in the pause immediately after we address the question to the organ.

Sometimes, there doesn't need to even be a question; all that seems to be needed is to turn our attention to the organ with the intention to see it and listen to it.

The Practice.

For the next moment, close your eyes and **let your attention shift from the outer world to the inner world.** You can simply let your body release any tension that it doesn't need, right now.

In one sweep from head down to toes, just scan across your whole body with your attention and let each muscle relax, let each joint soften, letting all the nerves just open, the circulation and the skin open. And let your body do this at its own pace.

Now, open *your inner* eyes and go with your attention to the organ you want to talk to, listen to, or just hold space for. Allow yourself to use your full imagination and live it inside of you.

Have you been having any issues with the health of this organ?

Connect to these symptoms, and specifically to the emotions that these symptoms arise in you. Stay attuned to these emotions for a moment. Don't judge them or try to change them, just be with them.



Now, begin to talk to the organ, as if it was a person you are talking to. A person that is also you, or an aspect of you. Hold an attitude of appreciation, companionship and support. This part of you has been suffering and you want to be there for it. Lovingly express to the organ your support at this time. Talk to the organ as if it was your own 5-year old kid.

Ask simple, direct questions such as:

“Why are you in pain?”

“How does this relate to my life right now?”

“How can I help for you to feel better?”

“Is there anything I can do for you to stop this symptom?”

Remember, don't prejudge or discard whatever arises when you ask. Spend a moment or as long as you feel is right in this dialogue, or simply sit in the presence of the organ, holding your Consciousness there.



When you are ready, say thank you to your organ for being available to you. Ask permission to further dialogue in the future. Come out at your own pace and immediately take count of the experience and of any information that came from it.

I highly recommended to write down this information.

That's it.

Simplicity itself!

80 comments on "Our Organs Have Their Own Consciousness And We Can Talk to Them"



Nilou on [January 11th, 2018 - 10:22am \(https://energylifesciences.com/organs-have-their-own-consciousness/#comment-2484\)](https://energylifesciences.com/organs-have-their-own-consciousness/#comment-2484).

Greetings to Aerin and Miles,
Thank you for your teachings which comes at a perfect time: I am fearing the result of a test. How funny that I had the thought of "talking "to my breats as a living partof me recently. It is time for me to change directions and Awareness.
I wish both of you and your young warrior a happy 2018.
with gratitude
Nilou

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