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# NEW HEALING CONNECTION™

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Use your power to change your life



CASSANDRA SCHAMBER, MD

## You have more power than you can imagine—power to heal yourself and change your life—starting from the inside out.

What is one thing in your life that you would like to change?

- Heal a physical or emotional illness?
- Resolve a conflict with another person?
- Find a more satisfying career or greater financial satisfaction?
- Have a sense of inner peace and enjoy each moment to its fullest?

The work you can do to accomplish changes like all these starts from the same place—your inner self. When you work to bring balance to your inner life, your outer life changes too—everything from your physical and mental health to your relationships, career, and financial situation.

The *New Healing Connection*™ presents a trusted approach with easy-to-learn concepts to transform your life. Learn to increase your energy and discover a revolutionary way to deal with emotions. Break unhealthy thought habits and recognize how your intuitive guidance can amplify your transformative power. Deal with dramas in your life to become free of them for good. And face unresolved thoughts and emotions surrounding traumas and other painful situations from your past.

This book offers an easy-to-read overview of the concepts in the *New Healing Connection*™ online course and includes practical exercises for using your power to change your life.



Cassandra Schamber, MD, is a pain specialist who focuses on mind-body medicine. She received her medical and undergraduate degrees from the University of Minnesota. In her solo practice in Duluth, Minnesota, she combines Western and complementary medicine as she helps patients get to the root of their pain and heal from within. She wrote the *New Healing Connection*™ for people who want to change their perspective on health and healing. Her special interest is in the power of emotions to heal both physical and emotional illness.



This book is part of the *New Healing Connection*™ online course and related resources.



[www.newhealingconnection.com](http://www.newhealingconnection.com)

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Piedmont Publishing  
Duluth, Minnesota

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Published by:  
Piedmont Publishing  
2820 Piedmont Avenue, Suite A  
Duluth, MN 55811  
[www.NewHealingConnection.com](http://www.NewHealingConnection.com)

Cover design by Tiffany Beth Larson, [www.TiffanyBeth.com](http://www.TiffanyBeth.com)  
Cover image from Adobe stock  
Interior design by Marti Naughton

*The New Healing Connection™ Use Your Power to Change Your Life* is accompanied by the *New Healing Connection™ Course Lessons* and the *New Healing Connection™ Course Companion Workbook*, which are part of the *New Healing Connection™* online course.  
ISBN: 978-0-9832283-1-8

Library of Congress Control Number: 2018904578

#### MEDICAL DISCLAIMER

The contents of this book are for informational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you have regarding a medical condition, and before undertaking any diet, dietary supplement, exercise, or other health program.

Printed in the United States of America



*For my mom*



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# Introduction

**B**y the time I finished my family medicine residency in the mid-1990s, I realized that although Western medicine can accomplish amazing things, it's often limited in how much it can help patients heal. This became even more obvious to me almost a decade later when I completed a pain fellowship and started treating chronic pain.

In order to find other healing solutions, I investigated complementary and alternative medicine. I studied herbs, supplements, and various diets. I explored different exercise programs and other healing techniques like meditation, hypnosis, and yoga. I recommended these therapies for my patients in addition to their Western medicine treatments. Many patients found these things helpful. But often the long-term benefits were limited.

I realized that although all these treatments were important for health and healing, more was needed. Over time, as I worked to understand what was limiting my patients, I compiled a group of concepts that I found to be vital to health and healing. As I worked with them, I realized that these concepts aren't just helpful for physical and emotional healing. You can also use them if you want to change another aspect of your life like a relationship or your career.

In this book, *New Healing Connection*, I will guide you to:

- Work on areas of your inner self that need healing.
- Bring healthy balance to your energy flow, emotional flow, and thought patterns.



- Heal your inner conflicts regarding relationships and the painful lessons life may have brought you.
- Follow your intuition as it guides you to change your outer world and bring it into alignment with your new understanding of your inner self.

Each of the seven chapters covers a new topic that builds on the previous one. You can skip around and read the parts you find especially interesting. But because the concepts build on each other, you'll get the most benefit from going back and reading the sections you've missed.

The energy chapter presents a practical way to view energy flow and how to be aware of it in your body. You'll learn to identify where you spend your energy and how to recognize when your energy expenditures are unhealthy for you. I'll help you use your new understanding of energy to explain why it's hard to change habits and how chronic disease can develop.

The emotions chapter discusses an important new way to view your emotions by focusing on the four key emotions—anger, sadness, fear, and joy. You'll learn how to feel them in a healthy way without hurting yourself or others. You'll learn to have a different perspective on the “negative” emotions. I'll teach you how to recognize and release emotional abscesses and how to clean out your emotional basement. You'll learn how to approach situations like depression, anxiety, and your emotions around trauma. I'll also discuss how drugs affect emotional flow.

The thoughts chapter explains the difference between thoughts and emotions. I'll help you see the mind-body connection in a new way and discuss the importance of having a healthy balance between your thoughts and emotions. You'll learn how your tribes and their messages affect you. You'll also learn how to recognize when you get caught on the thought treadmill in unhealthy thought patterns, including excessive planning, worrying, regretting, and judging. I'll share techniques to calm your hyperactive intellect and let go of these unhealthy thought patterns.

The shame chapter focuses on how to recognize this emotion and how to heal it. I'll also help you work with situations where you feel guilt or shame over having hurt other people.

In the intuition chapter, you'll learn how to recognize your intuition, and how to differentiate between your intuition, thoughts, and emotions. I'll teach you how to work with these three parts of yourself in a new way as you go through the journey of your life. You'll learn how to use your intuition to make important decisions about your healing and other aspects of your life.

The dramas chapter will show you a new way to work with your dramas and conflicts. You'll learn to use them as tools to understand yourself better. Instead of being just annoying situations you dread, dramas and conflicts can become important mirrors to show you areas of your life that are out of balance. You'll use them to guide you to know what changes you need to make as you're healing yourself and changing your life.

Finally, the life lessons and archetypes chapter addresses the important issue of the painful life lessons that we all experience. I'll help you identify different areas in your life where these lessons occur including with your archetypes, or life roles. I'll discuss a number of specific archetypes including the mother, the macho-man, the patient, the victim, and the addict. I'll help you look at your life lessons from a new viewpoint, and you can use the information you've learned from the other chapters to change the way you work to come to peace with them.

The concepts you'll need to understand are actually very simple. Sometimes they can be deceptively simple. The problem is that although the concepts are easy to understand, the work can be very challenging. At times it will seem like the hardest work you've ever done. You may be tempted to skip over the more painful work that needs to be done. But be aware that to get to the root of your problems, there are no shortcuts. You can't ignore some aspects of your inner work because they're difficult or uncomfortable.

The appealing thing about this work is that even if at times it can be difficult, most people start to see changes in their lives rather quickly. The changes might be small at first. But they grow with time. So

although you may not heal completely overnight, the improvements you see along the way will reinforce the fact that you're on the right path.

Don't stop seeing your physician because you're doing the work in this book. Instead, do your inner work while you continue to get your other medical treatments. Recognize that while your physician has his or her job to do, you're an equal partner in the job of healing yourself. You're the only one who can get to the root of many of the problems that cause you to be sick. It may be unrealistic for you to expect to cure congenital diseases or highly advanced diseases that have caused much physical damage. However, by doing the work in this book, you may find that even with those incurable diseases, you'll be able to find a sense of peace about the situation.

The people who are most successful at healing themselves and their lives using the concepts in this book are the ones who are diligent and give themselves time to do the work. Throughout the book there are many exercises for you to do, and you should give yourself time to work on them on a regular basis. Do the exercises that feel right for you. Then later go through the book again, and you'll discover other exercises that are applicable. The work of healing your life is like peeling an onion. There are many layers of your inner self that you'll need to expose and work with. Give yourself time to understand all the different layers so you can truly heal them.

# 1



Usually when we think of healing, we focus on our physical bodies and what we need to do to fix them. But our bodies aren't the only dimension of our health that's important. In addition to our bodies, we have our minds, spirits, and emotions. We also have our energy flow.

For thousands of years, Eastern healers have appreciated that underlying our physical existence is a vital life force that flows through us and supports our physical health. Different cultures refer to this life force with different terms. Practitioners of traditional Chinese medicine call this life force *qi* (pronounced chee). In India, Ayurvedic practitioners refer to it as *prana*. In Japan, it's called *ki* (pronounced kee). Western cultures call it *energy flow*.

This fundamental life force supports all the functions in our bodies and acts like an electrical current, giving us the energy to keep our appliances running, so to speak. This life force flows through our bodies the entire time we're alive. When we die it dissipates, and the body that remains is an empty shell. Think about someone you know who has died. As she was dying, her life force began to weaken. You could see her slowly change and become weaker and less energetic. Finally when she died, her vital life force completely left her body. Her body simply lay there and had none of the energy it possessed when she was alive.

Energy is constantly flowing through our bodies while we're alive. Some people think it comes from the sky, and some think it comes from the earth. For our purposes, the source doesn't really matter.

The important thing to know is that it's constantly flowing through us. Energy comes into us, flows through our bodies, and then flows out of us as we exchange it with the world around us.

When energy flows into your body, it acts as fuel to feed both your physical body and your mind. The cells in your body use energy to support their metabolism and perform their normal functions. Your body uses energy to fuel all its activities. Your mind uses energy to fuel its thoughts. You use energy when you relate to other people. You're constantly using your vital life-force energy to fuel your life.

In a healthy person, energy flows in a well-balanced way. The flow is continuous and unobstructed like water flowing in a stream and smoothly meandering along its natural path. Healthy energy flow is without blockages or leakages. When your energy is flowing in a well-balanced way, you feel energized and physically healthy.

Problems occur when your energy flow becomes unbalanced. The flow can become blocked the same way water in a stream does if it becomes obstructed by a fallen log. This impedes the energy flow and causes stagnation. Or the energy system may develop a leak and divert some of the energy out of the system like a tributary branching off from the main stream. This leakage decreases the strength of the energy flow downstream.

Blocked or leaked energy flow causes an imbalance in the energy system. Because your energy system is the foundation for your life, this imbalance in energy flow causes many problems, both physical and nonphysical. When your energy is out of balance, you may find yourself becoming more accident-prone, fatigued, anxious, or depressed. As the energy imbalance becomes more pronounced, it can cause physical illness.

My appreciation of the concept of energy flow grew when I started practicing acupuncture. For thousands of years, acupuncture has been used as one of the treatment modalities in traditional Chinese medicine. Acupuncture theory postulates that energy flows through our bodies in invisible channels called *meridians*. When energy is flowing freely through the meridians, the body feels balanced and healthy. But if the energy flow becomes weak or stagnant, the result can be physical or emotional ill health. There are many environmental,

emotional, and social factors that can cause an imbalance in energy flow, including an unhealthy living environment, the wrong diet, and physical or emotional trauma.

Acupuncturists use fine needles to stimulate specific points along the energy meridians to restore the balance of a patient's energy flow. As the energy flow improves, the patient's symptoms improve. Although acupuncture is limited in its effectiveness in healing advanced diseases such as cancer, it can achieve some rather amazing results for a wide variety of physical and emotional symptoms.

I had a patient with chronic low back pain who was a good example of how acupuncture can affect energy flow and the physical body. This patient's low back pain limited all aspects of her life. When she wasn't working, she spent all her free time resting and dealing with her pain. She had tried many different pain medications and had received cortisone injections in her back. But nothing provided relief. She was depressed and hopeless about her future.

When we started acupuncture, my patient didn't have great expectations for what it could accomplish. But after a few visits things started to change. Her pain improved. But the thing that changed most dramatically was her energy level. Acupuncture acted to jump-start her energy battery. She could be more active, and her life became much more fulfilling because she had the energy to do what she wanted. She still had back pain. But it stopped being the center of her life, and she could live quite easily with it. Of course not every patient responds this well. But success with patients like this one has helped me appreciate the importance of energy flow and how it affects the physical body.

It will be helpful for you to become familiar with the concept of energy and how it flows through your body as you work on healing yourself. Some people have the ability to see energy in the form of colorful clouds called *auras*, which encircle people's bodies. Other people can sense energy flow in a tactile way with their hands. When they place their hands on or near their body or someone else's, they can feel a vibration, heat, or pressure that lets them know what is happening with the energy flow.

Some people can see or feel centers of concentrated energy called *chakras*. Chakras are vortices or whorls of energy located on the body's midline starting at the base of the spine and extending to the top of the head. There are seven main chakras. The first is the root chakra, located at the base of the spine. The seventh is the crown chakra, located at the top of the head. The other five chakras are spread out between the root and crown chakras. Each chakra is a different color of the rainbow, starting with red for the root chakra and ending with violet or white for the crown chakra.

The function of each chakra affects the region of the body where that chakra is located. The health of the organs in that region depends on the energy balance in that chakra. For example, the fourth chakra is in the chest region. This chakra correlates with the heart, lungs, upper spine, and breasts. The health of these organs depends on the energy balance in the fourth chakra. If the energy flow in the fourth chakra is out of balance, the result may be a heart attack or breast cancer. We need to have healthy energy flow through all the chakras to be physically healthy.

The goal of many healing therapies is to bring energy flow into healthy balance. Acupuncturists do this by inserting needles along the energy meridians. Other healers use their hands to work with their patients' energy systems. They may put their hands directly on their patients' bodies. But often they don't touch the physical body at all. This is because the energy field isn't limited to the physical body and extends beyond it. As energy healers work with their patients' energy systems, they bring the energy flow into healthy balance, and their patients feel better. Some common therapies that involve this type of energy work include Reiki, Qigong, and Therapeutic Touch.

It would be nice to use a diagnostic test to evaluate energy flow, especially if you can't see or feel it. Unfortunately there isn't any generally accepted way to measure energy flow with a test or a machine. A process called *Kirlian photography* takes pictures of auras and energy using a photo-processing technique that's different from regular photography. But this technique is controversial, and it's not generally accepted as being a valid measure of energy flow. Because scientifically validated diagnostic tests for energy flow are lacking, it's not

possible to go to your physician, say your energy feels stagnant, and ask for a report about your energy level.

Since you can't measure your energy level with a machine, you may wonder how you can tell what's happening with your energy flow. If you can't see auras or sense energy flow with your hands, what can you do? Fortunately you don't need to be able to see or feel your energy flow to know what's happening with it. You can actually sense it very easily by paying attention to how your body feels. Your body is always giving you input on how your energy system is working. It's like a barometer that is constantly giving you energy measurements.

You'll know that your energy is flowing in a healthy and balanced way if you feel physically healthy. It's as though your energy battery is charged and feeding your physical body the juice it needs to function properly. Your muscles will be loose and your breathing will be slow and relaxed. You won't have uncomfortable symptoms like physical pain or an upset stomach. All your organ systems will feel as though they're running properly. You'll feel like you have plenty of energy to do whatever you need to do.

You can also pay attention to what's going on in your mind. When your energy is flowing in a healthy way, you won't be worrying or thinking too much. You won't feel depressed. You'll be able to sleep easily at night and wake up refreshed.

At the opposite end of the spectrum is stagnant, depleted energy. In this situation you may feel depressed, fatigued, or physically uncomfortable. Your muscles may feel tense and tight. When you pay attention to your breathing, you may notice that you breathe shallowly and rapidly. You may experience several physical problems when your energy is out of balance, including gastrointestinal upset, menstrual irregularities, infections, or physical pain. The physical pain may come in the form of headaches, back pain, joint pain, or other body aches. You may feel exhausted and irritable. You may catch yourself thinking that you have no energy. You may find that your mind is racing, and you can't stop worrying or obsessing. You may notice that you can't relax easily, and you don't sleep well at night.

By observing your mind and body, you can tell how your energy is flowing. You don't need to be able to see your energy to know what's



happening with it. You can simply stop and observe yourself, and you'll get an incredible amount of information about your energy health. Assume that your energy is flowing easily if you feel physically and mentally healthy. Assume that your energy is out of balance if you have any type of physical or mental ill health.

### EXERCISE

Spend a few minutes two or three times a day sitting or lying quietly and paying attention to how your body feels and how your energy is flowing. Take some slow, deep breaths and pay attention to yourself. Pay attention to the level of tightness in your muscles and to how deeply or shallowly you're breathing. Notice how fatigued or energized you feel. Notice any pain or discomfort you have. Be aware of how your organ systems, like your gastrointestinal tract and urinary tract, are working. Pay attention to your thoughts and how hyperactive or calm they are. Imagine what your energy flow looks like. Try to physically sense the strength of your energy flow and detect any imbalances in the system.

In addition to doing this exercise regularly every day, do it whenever you're feeling out of sorts or in pain. Use this exercise as your personal diagnostic tool to figure out how your energy is flowing. Don't judge what you're feeling as good or bad, and don't worry about how you're going to fix it. Your purpose now is to start listening to the messages your body is giving you and to think about your health from this new perspective. Don't just see your health as starting and ending in your body. Instead, recognize how your underlying energy flow directly affects your physical health.

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