

A New MEDICINE for the 21ST Century

A Letter from ELSI founder:

Dear practitioners, dear patients and dear friends, and I name all three of you, in no particular order, but yes, individually as one. And this is apropos of the context of this story that I want to share of how a proposition, a dream that was presented to me by my teacher, Carlos Castaneda came to evolve over time, and arrive at this present moment of, maybe, an evolution, or a higher readiness to manifest, after developing gradually for almost 30 years.

As a young medical doctor, and coming from a family of doctors immersed in the premises of science, I came to meet Castaneda in the most unusual and unforeseeable circumstances. And that was an inflection point in my life, from where everything changed. My overall interest in understanding other forms of medicine and healing, in a way and up to that point, had just been driven by the desire for knowledge, and the fascination about human biology, human possibilities, and the world as a whole. But it all came to a sharp focus the moment I came to meet him. It was in the city of Los Angeles in the early 90's.

As soon as I met him, the following day, he invited me out for lunch. We went to a Cuban restaurant, that was his favorite. He arrived in a car driven by whom he called the *orange scout*, one of his close associates who he called that way, because when seen, from the perspective of energy, her energy field appeared with a tint of orange. In the lunch, I was fascinated to finally come to meet this enigmatic being who had been such an inspiration to me through his books.

I came to know, later on, that he was 'checking out my intelligence' in whatever way that meant in terms of energy. I know it because in other instances, after I became his apprentice, we would sometimes take someone out for lunch and he will tell me, precisely "Let's go and see if he's intelligent!" And, like, in other cases, he would talk all the time. And I would think How could he tell if the person is intelligent, if they're not even opening their mouth? But at the end, invariably, he would declare that they were, or were not intelligent, in the most certain terms!

As we finished that first lunch at the Versailles, I was walking out in the parking lot of the restaurant, and, at that moment, Castaneda approached inside his car, and when he passed by me, he stopped the car, rolled down the window, looked at me and said, "The reason why Infinity has pointed you out to me is one day, you are going to make a bridge between medicine and the knowledge of don Juan." After that, he rolled up the window and he left.

At that time, in me, that comment was dismissed by my logical mind, as merely a courteous attempt from him to be kind. Though later, I came to learn that he was never just saying things for the sake of saying things. He was extremely purposeful with whatever he stated.

Over the years, as I dived myself as his apprentice, I pursued the studies of Chinese medicine, something that was recommended by him and by my energy 'aunt', Taisha Abelar. Taisha was

closely linked to me, the nagual had told me early on, and indeed, she helped me and guided me. She explained me things about the world of energy and about how they lived, which I found to match to the letter the worldview that was depicted in their books. Castaneda—I always called him *nagual*, which denotes a teacher, much in the way a swami or a sensei would be. He would always tell me how fierce Taisha was as a martial artist, and that I was lucky that she had taken me under her wing, because I would have nothing to fear under her protection.

I learnt that there was a close relationship at many levels, between the tradition of the shamans from ancient Mexico and the studies of martial arts and Oriental Medicine. According to the oral tradition, in the 1700's, one of the *naguals* of the lineage of the time, bumped into a sailor in the port of Veracruz, and took that encounter as a sign to train that sailor as the new leader of the lineage. And that sailor happened to be a Chinese expert in martial arts. From that time on, the lineage encountered a lot of those Eastern elements, and I discovered there were uncanny similarities between both in many ways, in their the views and also in their way of dealing with energy.

Towards the end of his life, Carlos Castaneda began to talk specifically to me and a fellow doctor, who was his personal doctor, that we were going to open a clinic, a shamanistic clinic. A medical setting, but a place where the doors of the clinic would be opened by the Spirit. A new configuration of what someone like Vicente Medrano, represented: a tradition also of *curanderos* and healers, medicine men and medicinal plant *herboristas*.

One of the shamans who taught Castaneda, Vicente was the herbalist among them, and used plants to make medicines. He taught for example that "It doesn't matter what you say to a plant, what's important is the feeling of liking it, and treating it as an equal."

Castaneda stayed with the idea of our shamanistic clinic all the way until his death. And just a few years later, la doctora and I opened the clinic, where Western medicine, Eastern medicine and Shamanism would meet in some form. As years passed, that dream continued to evolve in different entities, as I continued to evolve. And, more recently, all those experiences and learning have come together in a way that finally, this integration can be articulated.

So, this is the context, and the [Energy Life Sciences Institute](#) is the vehicle in which, the world of Western medicine as I studied it, the world of Eastern medicine as I have understood it, and the world of Shamanism as I have experienced it, become one. Any separations of these tracks, which have developed in parallel, they are now under one umbrella; hence, I greeted you that way at the beginning of this story, because me as a Western doctor, me as a shaman, as a traditional Chinese doctor, me as a friend, all of those integrate moving forward. It is just like in the myth of *Quetzalcoatl*, which is at the heart of Mesoamerican culture: the plumed serpent is greater than just the sum of its individual parts.

In the lineage of my family name, my lineage of doctors, I came to the world as Paulo Rivarola. And then in my energy family, my energy lineage, that connect me through my teacher Carlos

Castaneda to his teacher, Juan Matus and through them and to the past, all the way to the shamans of ancient Mexico, I came as Miles Reid. The born Paulo, the dreamt Miles also unite.

The study and the understanding of human biology, of medicine and chemistry, the individual awareness of each organ contains, the relationship between our inner world and the outer world, the movement of energy and information throughout our body, our deliberate work with thoughts and images to influence function, the systematic practice to expand our perceptual lens, and, in the end, the understanding of consciousness, come together. A new stance, a new medicine.

For this time, for this 21st century, the complexities in the world are entering a speed of demands and change that is going to envelop us in the next 10 years. So fast, so big, we need this model: being in touch and aware of us as a physical entity, as a biological biochemical entity, as a energetic apparatus of perception, as a conglomerate of energy fields, and as an expression of infinity itself, moving through life. And my teacher, as a visionary, I believe that he saw all of this coming now, back then.

I enter this structure, where the shamanism of don Juan meets the medicine of the West -East, as a speck of grain, as an agent, for the lineage of the shamans of ancient Mexico, for my family lineage, for the planet as a whole, and for our evolution. And I'm excited to invite you to relate to yourselves within these parameters, and to access hopefully, higher states of wellness, of fulfillment, and of purpose. Let's do it.

Dr. Miles Reid