

## **Stress & anti-stress: Holistic quantum-informational framework with anti-stress holistic recommendations**

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***Abstract** - In the report of United Nations at the beginning of 1990s stress was marked as a disease of 20th century, as its role in the development of numerous psychosomatic disorders was undoubtedly confirmed. On these lines, contemporary investigations of psychosomatic diseases imply the necessity of application of holistic methods, oriented to healing the person as a whole and not disease as a symptom of disorder of the whole, suggesting their macroscopic quantum origin. In the focus of these quantum-holistic methods are body's acupuncture system and consciousness – which (within the Feynman propagator version of quantum mechanics) have quantum-informational structure of quantum-holographic Hopfield-like associative neural network – with very significant quantum-holographic psychosomatic implications. In the context of quantum-informational holistic acupuncture-based and consciousness-based approaches and techniques, their goal would be a resonant stimulation of the electromagnetic psychosomatically disordered quantum state (acupuncture palpatory painful or psychologically traumatic, as one of hundreds possible disordered states) thus enabling that its initial memory attractor is bioresonantly excited (similarly to annealing procedure in artificial neural networks) becoming more shallower and wider on the account of deepening of the (energy-dominating) attractor of healthy quantum state (acupuncture palpatory painless or psychologically non-traumatic) – which is then altogether quantum-holographically projected on the lower quantum-holographic cellular level, thus changing the expression of genes. However, when this process is hindered by transpersonal entangled blockages in the energy-state space of EM field of the acupuncture system / consciousness (and numerous laboratory tests are revealing the evidence of entangled minds i.e. extrasensory experiences in a quantum reality) – then memory attractors of quantum-holographic network of field-related collective consciousness should be removed as well (via prayer or circular (psycho / energy) therapies from all relevant meta-positions included in the problem, thus performing spiritual integration of personality which initiate the process of permanent healing as suggested by experiences of volunteers in post-hypnotic regressions). So, all these holistic acupuncture-based and consciousness-based approaches and techniques can be treated as quantum-informational therapies, by imposing new healing boundary conditions in the energy-state space of the acupuncture system / consciousness. The above mentioned quantum-holographic psychosomatic framework provides better understanding of the nature of psychosomatic diseases as well as limitations of the healing methods,*

*which might help in developing strategies for psychosomatic integrative medicine in the 21st century. Finally, we hereby present the selected anti-stress holistic recommendations for regular balancing of the acupuncture system / consciousness. All this might be of significance for novel holistic prospects in improvement of verbal-emotional-cognitive development of children and their psycholinguistic functions, and of psychosomatic-cognitive status of children and adults.*

**Key-words:** *stress, anti-stress, psychosomatics, quantum-holographic informatics, integrative biophysics, integrative medicine, quantum-informational medicine, acupuncture system, individual consciousness, collective consciousness, anti-stress holistic recommendations, prospects for verbal-emotional-cognitive development.*

## **1. Introduction**

Stress is inevitable consequence of life. To some extent, which is individual, stress contributes to a better adaptation to daily life and work: stress itself is the life salt (Selye, 1974). However, when this boundary is crossed, prolonged stress becomes harmful and causes numerous psychosomatic diseases. This is the reason why stress has come into the focus of science and medicine since the beginning of 1960s, when Hans Selye, director of the Institute for Experimental Medicine and Surgery of the University of Montreal, introduced the notion of *general adaptation syndrome* as a group of mutually connected *non-specific stress-reactions* of the organism (Selye, 1974; Lindemann, 1982; Blagajac, 1992; Group of authors, 1999; Raković et al., 2009; <http://www.dejanrakovicfund.org>).

The different causes of stress (hate, anger, fear, frustration, noise, nicotine etc.) were named by Selye as *stressors*, to which an organism reacts always equally: injecting sugars, fats, and adrenaline (stress-realized hormone) into the blood, followed by growth of blood pressure, narrowing of blood vessels and increasing secretion of gastric acid – as a preparatory physiological reaction of the organism for the second phase of stress, of intense muscular strain for "fight or flight". As in contemporary life and work conditions the "fight or flight" as a normal reaction to stressful situations is missing, thus mobilized energetic and physiological potentials are returning against the organism, and with continuing (chronic) action can cause numerous *psychosomatic disorders*.

Although the problem of stress is now especially important in the Balkans, because of the increased interpersonal, interethnic, and interreligious conflicts the whole Balkan region has been facing during 1990s, with the culmination in NATO bombing of Yugoslavia, it is not less important in industrially most developed countries. At the end of 1980s the famous American magazine *Time* chose for its headline "Stress: Epidemic of Eighties", and Paul Rosch, president of the *American Institute of Stress*, pointed out that numerous studies showed that the problem was even amplified, and that 75-90% visits to physicians are related to stress. Also, the *World Health Organization* has recently described the job stress as a *world epidemic*, and in report of *United Nations* at the beginning of 1990s it was marked as a *disease of 20th century*; at the same time, it was estimated that 60-80% job accidents were caused by stress. Finally, recent investigations undoubtedly confirmed important role of the stress in development of different psychosomatic

disorders: cardiovascular, gastrointestinal, dermatological, rheumatic, immunologic, neurological, and psychiatric.

Further on the quantum-informational framework of psychosomatics will be presented, which enables better understanding of the *nature of psychosomatic disorders* from the fundamental viewpoint, as well as the *limits and methods of their prevention and healing*, including *optimization of the existing transpersonal programs within the family environment*.

## 2. Quantum-informational framework of psychosomatics

Contemporary medicine has put its emphasis on the *alopathic-dosed non-economic highly pharmaceutical-oriented* medicine technologies. On the contrary, in the past years more attention is paid to bioadequate *homeopathic-dosed economic bioresonant quantum-informational medicine* technologies, related to usage of such values of the field energy, appearing in normal functioning of human organism (Voll, 1975; Y. Zhang, 1987; Sit'ko and Mkrtchian, 1994; Devyatkov and Betskii, 1994; Group of authors, 1999; Bellavite and Signorini, 2002; Stambolović, 2003; Todorović, 2005; Samohin and Gotovski, 2007; Potehina et al., 2008; Raković, 2008, 2009, 2011; Djordjević, 2008; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; Gotovski et al., 2010; <http://www.dejanrakovicfund.org>; [http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc\\_asset\\_391689.pdf](http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc_asset_391689.pdf); <http://www.issseem.org>; <http://www.energy-medicine.info>). On these lines, contemporary investigations of *psychosomatic diseases* imply the necessity of application of *holistic methods*, oriented to *healing the person as a whole* and not disease as a symptom of disorder of the whole, suggesting their *macroscopic quantum origin* (Voll, 1975; Y. Zhang, 1987; Sit'ko and Mkrtchian, 1994; Devyatkov and Betskii, 1994; Group of authors, 1999; Samohin and Gotovski, 2007; Potehina et al., 2008; Raković, 2008, 2009, 2011; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; Gotovski et al., 2010; <http://www.dejanrakovicfund.org>).

In the focus of these quantum-holistic methods are body's *acupuncture system and consciousness* – which (within the Feynman propagator version of quantum mechanics) have *quantum-informational structure of quantum-holographic Hopfield-like associative neural network* (Peruš, 1996) – with very significant quantum-holographic psychosomatic implications (Group of authors, 1999; Raković, 2008, 2009, 2011; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; <http://www.dejanrakovicfund.org>). In this context, it should be noted that Resonant Recognition Model (RRM) of biomolecular recognition implies that on the biomolecular level information processing is going on in the *inverse space* of Fourier spectra of the primary sequences of biomolecules (Cosic, 1994, 1997; Keković et al., 2010), similarly to (quantum) holographic ideas that cognitive information processing is going on in the *inverse space* of Fourier spectra of the perceptive stimuli (Pribram, 1971, 1991), thus supporting idea on *quantum-holographic fractal coupling* of various hierarchical levels in biological species (Y. Zhang, 1987).

In the context of *acupuncture-based and consciousness-based approaches and techniques of quantum-informational medicine* (Voll, 1975; Fishman and Grinims, 1979; Y. Zhang, 1987; Sit'ko and Mkrtchian, 1994; Devyatkov and Betskii, 1994; Group of authors, 1999; Bellavite and Signorini, 2002; Stambolović, 2003;

Todorović, 2005; Samohin and Gotovski, 2007; Potehina et al., 2008; Raković, 2008, 2009, 2011; Djordjević, 2008; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; Gotovski et al., 2010; <http://www.dejanrakovicfund.org>; [http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc\\_asset\\_391689.pdf](http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc_asset_391689.pdf); <http://www.issseem.org>; <http://www.energy-medicine.info>; Paramahansa Yogananda, 1946; Lindemann, 1973; Orme-Johnson and Farrow 1977; Swami Satyananda Saraswati, 1982; Mantak Chia, 1983; Hay, 1984; Brennan, 1987; Chopra, 1989; Johari, 1989; Markides, 1990; Tart, 1992; Dossey, 1993; Vujićin, 1995, Callahan and Callahan, 1996; Milenković, 1997; Jerotić, 1998; Vlahos, 1998; Harris et al., 1999; Cohen, 1999; Hellinger and ten Hevel, 1999; Mihajlović Slavinski, 2000; Petrović, 2000; Pearl, 2001; Stibal, 2006; Master Choa Kok Sui, 2006; Murphy, 2007; Swami Sada Shiva Tirtha, 2007; Vitale and Hew Len, 2007; Kinslow, 2008; Bartlett, 2009; Øverbye, 2009; Grof and Grof, 2010; Milenković, 2010; Panajotović, 2011; Simonovska, 2011; Tomšić Akengen, 2011; Hadži-Nikolić, 2011; Bedričić et al., 2011; Grabovoi et al., 2012), their goal would be a bioresonant excitation of the electromagnetic (EM) microwave (MW) / ultralowfrequency (ULF)-modulated or radiofrequency (RF) / lowfrequency (LF)-modulated psychosomatically disordered state (acupuncture palpatory-painful or psychologically traumatic, as one of hundreds possible disordered states) thus enabling that its initial memory attractor is bioresonantly excited (similar to annealing procedure in artificial neural networks (Hecht-Nielsen, 1990)) becoming more shallower and wider on the account of deepening of the (energy-dominating) attractor of healthy (acupuncture palpatory painless or psychologically traumatic-free) state – which is then altogether *quantum-holographically projected* on the lower quantum-holographic *cellular level*, thus changing the *expression of genes* (Raković, 2008, 2009, 2011; Raković et al., 2009; <http://www.dejanrakovicfund.org>). Thus, all these acupuncture-based and consciousness-based holistic approaches and techniques might be considered as *quantum-informational therapies*, via *imposing new boundary conditions in the energy-state space of the acupuncture system / consciousness*.

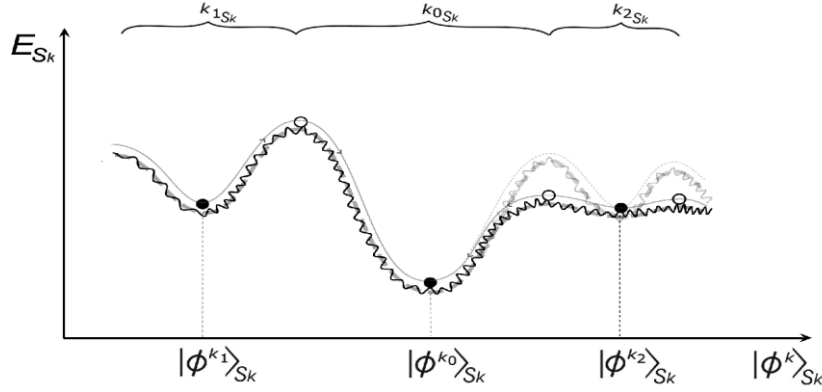
However, when this process is hindered by *transpersonally entangled blockages* in the EM field-related energy-state space of the acupuncture system / consciousness (on numerous laboratory tests revealing the evidence of entangled minds i.e. *extrasensory experiences* in a quantum reality, see (Jahn and Dunne, 2011; Radin, 2006)) – then memory attractors of quantum-holographic network of field-related *collective consciousness* should be removed as well (via *prayer* or *circular (psycho / energy) therapies* from all relevant meta-positions included in the problem (Markides, 1990; Tart, 1992; Dossey, 1993; Vujićin, 1995, Callahan and Callahan, 1996; Milenković, 1997, Jerotić, 1998; Vlahos, 1998; Harris et al., 1999; Hellinger and ten Hevel, 1999; Mihajlović Slavinski, 2000; Petrović, 2000; Raković, 2008, 2009, 2011; Raković et al., 2009, 2011; Vitale and Hew Len, 2007; Øverbye, 2009; Grof and Grof, 2010; Tomšić Akengen, 2011; Hadži-Nikolić, 2011; Bedričić et al., 2011; <http://dejanrakovicfund.org>), thus providing *spiritual integration of personality* which *initiates the process of permanent healing* as suggested by experiences of clients in *post-hypnotic regressions* (Newton, 1994). These transpersonal holistic procedures, alongside with working on all levels of *EM bioresonant (MW / ULF-modulated or RF / LF-modulated) therapies* (Voll, 1975; Fishman and Grinims, 1979; Y. Zhang, 1987; Sit'ko and Mkrтчian, 1994;

Devyatkov and Betskii, 1994; Group of authors, 1999; Bellavite and Signorini, 2002; Stambolović, 2003; Todorović, 2005; Samohin and Gotovski, 2007; Potehina et al., 2008; Raković, 2008, 2009, 2011; Djordjević, 2008; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; Gotovski et al., 2010; <http://www.dejanrakovicfund.org>; [http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc\\_asset\\_391689.pdf](http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc_asset_391689.pdf); <http://www.issseem.org>; <http://www.energy-medicine.info>) and *non-circular (psycho / energy) therapies* (Paramahansa Yogananda, 1946; Lindemann, 1973; Orme-Johnson and Farrow 1977; Swami Satyananda Saraswati, 1982; Mantak Chia, 1983; Hay, 1984; Brennan, 1987; Chopra, 1989; Johari, 1989; Markides, 1990; Tart, 1992; Dossey, 1993; Vujićin, 1995; Callahan and Callahan, 1996; Milenković, 1997; Jerotić, 1998; Vlahos, 1998; Harris et al., 1999; Cohen, 1999; Hellinger and ten Hevel, 1999; Mihajlović Slavinski, 2000; Petrović, 2000; Pearl, 2001; Stibal, 2006; Master Choa Kok Sui, 2006; Murphy, 2007; Swami Sada Shiva Tirtha, 2007; Kinslow, 2008; Bartlett, 2009; Øverbye, 2009; Grof and Grof, 2010; Milenković, 2010; Panajotović, 2011; Simonovska, 2011; Tomšić Akengen, 2011; Hadži-Nikolić, 2011; Bedričić et al., 2011; Grabovoi et al., 2012), might be the holistic clue for imposing healing boundary conditions in the energy-state space of the acupuncture system / consciousness of the patients, cf. Fig. 1.

### 3. On macroscopic quantum nature of acupuncture system and consciousness

It should be pointed out that on all quantum-holographic hierarchical levels of biological macroscopic open quantum systems  $S_k$  (local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / collective consciousness), there exist *two* (interacting) macroscopic quantum subsystems (Raković, 2008, 2009; Raković et al., 2009): first with *modifying many-electron hypersurface*  $E_e(\phi_e^{(k)})$  and second with *modifying EM multi-phonon hypersurface*  $E_v(\phi_v^{(k)})$ , as in Fig. 1.

It should be added that an energy hypersurface of multi-phonon quantum state might also include low-energy long-range coherent MW Fröhlich excitations (created as a result of interaction of electronic and phonon subsystems (Fröhlich, 1968; Keković et al., 2005)), of particular significance in microwave resonance therapy (MRT) of a dynamic modification of the EM multi-phonon (and related many-electron) acupuncture macroscopic quantum subsystem (Sit'ko and Mkrтчian, 1994; Devyatkov and Betskii, 1994; Group of authors, 1999; Potehina et al., 2008; Raković, 2008, 2009, 2011; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; <http://www.dejanrakovicfund.org>).



**Figure 1.** Schematic presentation of the adaptation of memory attractors in the energy-state ( $E_{S_k}(\phi^k)$ ) hypersurface of the quantum-holographic memory / propagator of various hierarchical levels of biological macroscopic open quantum systems  $S_k$  (local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / collective consciousness) (Raković, 2008, 2009, 2011; Raković et al., 2009; <http://www.dejanrakovicfund.org>):

$$G(r_2, t_2; r_1, t_1) = \sum_{i=1}^P \phi^{k_i}(r_2, t_2) \phi^{k_i*}(r_1, t_1) = \sum_{i=1}^P A_{k_i}(r_2, t_2) A_{k_i}^*(r_1, t_1) e^{\frac{i}{\hbar}(\alpha_{k_i}(r_2, t_2) - \alpha_{k_i}(r_1, t_1))}$$

It should be pointed out that Nature presumably has chosen elegant room-temperature solution for quantum-holographic information processing, permanently fluctuating between quantum-coherent

$$|\phi^k(t)\rangle_{S_k} = \sum_i c_{k_i}(t) |\phi^{k_i}\rangle_{S_k} \quad \text{and classically-reduced} \quad \tilde{\rho}_{S_k}^k(t) = \sum_i |c_{k_i}(t)|^2 |\phi^{k_i}\rangle_{S_k} \langle \phi^{k_i}|$$

states of the biological macroscopic open quantum system  $S_k$ , via non-stationary bioresonance interactions with out-of-body farther environment and through decoherence by bodily closer environment. Thus quantum neural holography combined with quantum decoherence might be very significant element of the feedback bioinformatics, from the level of cell – to the level of organism – and further to the level of collective consciousness, with backward dynamic influence on the expression of genes. This implies necessity of quantum-informational successive bioresonant balancing of all unwilling side memory attractors (like  $\phi^{k_2}$  in Figure), which would cause development of psychosomatic diseases on the individual level, and interpersonal fights in this and further generations on the collective level.

The mentioned quantum-holographic picture implies that quantum-holographic hierarchical parts carry information on wholeness, enabling subtle *quantum-holographic fractal coupling* between various hierarchical biophysical levels – including numerous acupuncture projection zones and corresponding organs and cells, with underlying *macroscopic quantum-informational control mechanisms of embryogenesis / ontogenesis and morphogenesis* and their backward influence on the *expression of genes*, starting from the first fertilized cell division which initializes differentiation of the acupuncture system of non-threshold electrical GJ-synapses ("gap-junctions") (Y. Zhang, 1987; Group of authors, 1999; Raković, 2008, 2009, 2011; Raković et al., 2009, 2011; Jovanović-Ignjatić, 2010; <http://www.dejanrakovicfund.org>).

This underlying quantum-coherent nonlocality might be of fundamental importance in understanding macroscopic (quantum) holistic very nature of *psychosomatic health and diseases* as well – implying also a *fuzzy borderline* between quantum coherent (nonstationary) and semi-classical decoherent (stationary) manifestations of the macroscopic quantum-informational *acupuncture system* and *consciousness* (as well as any macroscopic condensed-state physical (sub)system), and their *close relationship* with significant psychosomatic-cognitive implications (Raković et al., 2006, 2009, 2011, 2013; Raković, 2008, 2009, 2011; <http://www.dejanrakovicfund.org>).

The above problem is of fundamentally-theoretical physical significance, as it tackles the question of *universality of quantum mechanics*, i.e. the question of general validity of the quantum-physical laws for *macroscopic phenomena* as well, mostly treated by the methods of classical physics. Although this question was raised in the early phase of founding of quantum-mechanical theory (and temporarily put aside for very different reasons, being considered as a difficult scientific problem), in this respect the situation is not much better today, and it can be said freely that the problem of universal validity of quantum mechanics is still open (Leggett, 1980; Leggett and Garg, 1985; Ghirardi et al., 1986; Zurek, 1991, 2003; Penrose, 1996; Giulini et al., 1996; Raković and Dugić, 2002; Raković et al., 2004; Dugić, 2004; Kofler and Brukner, 2007, 2008; Vedral, 2010; Dugić et al., 2012).

On this line, it should be pointed out that Sit'ko with coauthors have revealed *necessary and sufficient conditions* for existence of *macroscopic selfconsistent potentials* (of so called Landau-Haken type) alongside acupuncture meridians, with EM MW *eigenfrequencies* of healthy and disordered states of the *acupuncture system* (Andreyev et al., 1982; Sit'ko et al., 1988; Sit'ko and Gizhko, 1991; Sit'ko and Mkrtchian, 1994; Sit'ko, 2012), pointing out that living systems are the fourth level of quantum ladder of Nature (nuclear-atomic-molecular-biological), governed by specific macroscopic quantum laws of the *Physics of the Alive*.

Also, it is worth pointing out that Umezawa with coauthors and Del Giudice with coauthors, by applying fundamental quantum-field theoretical formalism of *spontaneous symmetry breaking*, have pointed to biological room-temperature macroscopic condensates of virtual quasiparticles of the effective mass and charge, so called *evanescent photons in water* (nonpropagated / tunneling longitudinal modes of quantum EM field embedded by biological macroscopic ordered localizations of the electric dipole field of water), as a possible quantum basis of functioning of *cells* in general (Ricciardi and Umezawa, 1967; Stuart et al., 1978, 1979; Umezawa, 1993; Del Giudice et al., 1982, 1986, 1988, 1989; Preparata, 1995; Montagnier et al., 2010), while Jibu and coauthors have pointed to them as a possible quantum basis of *consciousness* in brain (Jibu et al., 1994, 1996; Jibu and Yasue, 1995, 1997).

According to such a theoretical concept, as evanescent photons in water are not related to propagating waves (in EM RF range (Del Giudice et al., 1982, 1986, 1988, 1989; Preparata, 1995; Montagnier et al., 2010)) they cannot be detected externally – so in the region of biological macroscopic ordered localizations of the electric dipole field of water special probes must be inserted, to enable embedded quanta of non-propagating modes of the EM RF field to be scattered in detectable

propagating modes, which were detected experimentally in the EM RF region (Ho et al., 1994).

On the other hand, Popp and coauthors have conducted EM optical measurements in darkness by specially designed detector and discovered that *biological systems*, from bacteria to biological tissues, *continuously emit ultra-weak photon emission* (mainly in the *visual range of EM spectrum*, of non-exponential attenuation and specific frequency and phase and amplitude modulation for all basic biological and physiological activities), so photons of such non-standard characteristics are called *biophotons* (Complete issue, 2003). It was discovered that biophoton emission reflects the following *important characteristics*: health as a symmetry between left and right sides of body; illness via disordered symmetry between left and right sides of body; light channels within body which regulate transfer of energy and information between different parts; biological rhythms such as 14-days, 1-month, 3-months i 9-months.

Especially, Sit'ko and coauthors have conducted EM MW measurements via specially designed radiometric system (on the level of inherent noises  $\sim 5 \cdot 10^{-23} \text{ W/Hz} \cdot \text{cm}^2$ ), which enabled obtaining of the following *important characteristics of the acupuncture channels and points* (Complete issue, 1998): *channels* have diameter of 3÷5 mm in their surface exits in the acupuncture points; *refraction index* within channels is  $n = 1$  as in the air, while being 5÷6 in the body outside channels; in case of functional disorders of channels, upon external EM MW flux of  $10^{-21} \div 10^{-20} \text{ W/Hz} \cdot \text{cm}^2$  the corresponding *acupuncture points* completely absorb radiation, while upon flux greater than  $10^{-19} \text{ W/Hz} \cdot \text{cm}^2$  acupuncture points completely reflect external EM MW radiation (so in natural conditions the effects of solar radiation on biological systems are neglecting in the very sensitive EM MW regulatory region, being intensely absorbed by atmosphere, which was presumably of evolutionary significance in natural selection of biological species).

#### 4. Anti-stress holistic recommendations

Finally, we present the selected review of some useful anti-stress holistic recommendations *for regular balancing of the acupuncture system / consciousness*.

(1) *Programmed Active Relief, for everyday physiological compensation of the second phase of stress* (when organism is prepared for "fight or flight", which is missing in contemporary conditions of life and work as a normal reaction to stressful situations, that causes the first phase of stress with mobilization of energetic and physiological potentials of the organism, through stress-realized hormones, sugars, and fats injected into blood)... These simple programs of kinesiologic / sport recreation *also soften undesired psychosomatic reactions* in daily stressful situations, contributing to improvement of overall health (<http://www.dejanrakovicfund.org/iasc.html>)...

(2) *Reflex-Segmental Massage, for everyday reduction of stress and fatigue* (via techniques of stimulation of the acupuncture system and projective microsystems, combined with aromatherapy, in prophylactic and therapeutic purposes for many psychosomatic disorders)... Massage acts spasmolytically and analgetically, and amplifies secretory activity of the tallow and sweat glands, thus providing *general relaxing and sedative effects*... For its simplicity, the *acupressure*



reflex-segmental massage is *prophylactically* recommended once a day as daily anti-stress self-aid, and in the case of already manifested psychosomatic diseases as a temporary self-aid on the disordered acupuncture meridian before visiting physician (<http://www.dejanrakovicfund.org/iasc.html>)...

(3) *Acupuncture Technologies, for regular half-year prevention and therapy of stress and psychosomatic diseases* (via traditional and contemporary methods of stimulation of the acupuncture system, as a synthesis of the traditional knowledge in Chinese medicine and recent quantum-informational discoveries in biophysics and bioengineering)... By successive *bioresonant acting* on several anti-stress acupuncture points, remarkable clinical results of the treatment are being achieved in *therapy of stress*... They are recommended for *half-year balancing* of the acupuncture system for *prevention of psychosomatic diseases* caused by prolonged stress, and in case of manifested diseases also for *therapy of numerous psychosomatic diseases* in acute and chronic phases (<http://www.dejanrakovicfund.org/iasc.html>)...

(4) *Homeopathy, for prevention and therapy of psychosomatic diseases* (via traditional and electronic methods, in case that regulatory system (*vital force*) of the patient is not unimprovably damaged)... As a second most spreaded curing method in the world, it is based on three principles: *principle of holism* (a person is considered as a wholeness of somatic, psychic and spiritual characteristics); *principle of similarity* (homeopic remedy obtained from the original substance which causes particular symptoms in a healthy person, is applied for healing of the sick person which has the same symptoms); *principle of minimal doze* (homeopic remedy so diluted that there are no molecular traces of the original substance it was obtained from) (<http://www.abchomeopathy.com>)...

(5) *Autogenic Training, for everyday autosuggestive anti-stress relaxation* (relaxation of muscles and blood vessels, recognition of the body feeling of breath and heart, and exercise for concentration, based on the idea of the equivalence of muscular and mental strain)... This *medically widely recognized* technique of relaxation is acting primarily from the state of alertness, but with careful sinking in deeper levels of consciousness, as autosuggestive short relaxing messages are *softening person's undesired psychosomatic reactions* in daily stressful situations... A prerequisite for the success of autogenic training is a short morning and evening *regularly exercising* at home (<http://www.dejanrakovicfund.org/iasc.html>)...

(6) *Reiki Positive Affirmations, for creation of new healthy habits* (based on idea of achieving harmony within self and environment): (i) *Just for today, I will not worry! Just for today, I will expect the best!* (ii) *Just for today, I will not be angry! Just for today, I will rejoice at everything!* (iii) *Just for today, I will be grateful for everything!* (iv) *Just for today, I will do my work honestly! I will work on myself!* (v) *Just for today, I will be kind to every living creature!*... The basis of these affirmations is the fact that we only really have "today", and if everyone lives "today" as the only possible one, harmony would be achieved... Reiki educations provide simple and efficient method of self-aid in energy-informational *revitalization of the person* on all spiritual-psycho-somatic levels (<http://www.reiki.org>)...

(7) *Yoga Rhythmical Breathing, for everyday revitalization of the organism* (in the morning and evening relaxing walks, in fresh air, with rhythmicity 6:6:12: during 6 steps deep inhale, next 6 steps keeping the breath, and following 12 steps

the full exhale)... In the same context, in closed environments a *microclimate bioengineering* can be recommended by applying *aeroionizers* (generators of negative ions)... In particular, according to *Swara Yoga*, rhythmical breathing through the nose is practiced, with pause for keeping the breath between inhalation and exhalation (in order to inhale as many as possible aeroions which are then redistributed within acupuncture ionic system)... For achieving deeper levels of energy-informational relaxation, some course of yoga is recommended (<http://www.swarayoga.org>)...

(8) *Control of Nasal Rhythms, for change of stressful mood* (via intermediate change of 2-hour ultradian brain rhythms, in order to keep energy and emotional balance of the organism)... According to *Swara Yoga* there is possibility for influence of the nasal rhythm on the brain one, by activating less active nostril through special breathing procedure: the more active nostril is closed by finger pressure, this being followed by forceful and short inhaling 10-15 times through the less active nostril (thus exciting previously less active channel through ionic nostril receptors, with subsequent influence on the limbic brain center to *switch the phase of ultradian rhythm*, which might be easily monitored by exchanged activity of nostrils)... The procedure is very simple and can be efficiently used to prevent development of cold in early phase as well (<http://www.dejanrakovicfund.org/iasc.html>)...

(9) *Contemplative Sense of Awareness, for removal of the deep roots of the latter reaction, projection or estimate* (spoken in itself): (i) *I experience a pleasant feeling* (for feelings of desire)... (ii) *I experience an unpleasant feeling* (for feelings of hostility)... (iii) *I experience a neutral feeling* (for neutral feelings)... In accordance with *Theravada Buddhism*, very quiet monitoring of pleasant and unpleasant feelings (with no emotional response) also weak and breaks the trend of desire and aversion (monitoring of pleasant feelings eliminates cravings and monitoring of unpleasant feelings eliminates aversion), while calm monitoring of neutral feelings removes ignorance (with humility toward all conditionalities) (<http://www.accesstoinsight.org>)...

(10) *Meditative Self-Suggestion Messages, for normalizing the body* (spoken in itself, with eyes closed, with visualization of the entire body placed in a golden-yellow light ball with inscription Norma): *Full normalization of health, here and now, for the physical, mental and spiritual level ...* It can be combined with visualization of similar small golden-yellow ball of light about 10 cm above the selected body part with its descent into the body, and with visualization of the circulation of vital energy in the clockwise direction in that part of the body, looking toward the body (this circulation can be occasionally applied on several energy chakras in the area of the genitals, abdomen, heart, throat, brow)... This normalizes the energy-information integration at all spiritual-psycho-somatic levels (<http://www.youtube.com/watch?v=DqeGYuNno6o>)...

(11) *Meridian Therapies, for fast removing of psychological traumas, phobias, allergies, post-traumatic stress* (via simultaneous effects of emotionally-involved visualization of the psychosomatic problems and tapping / touching of some acupuncture points; in associative array they also enable reaching to the deepest root of some permanent problem, i.e. finding and integration of clients's primeval polarities)... These psycho / energy therapies also demonstrate close relationship between consciousness and acupuncture system, and having in mind that for

permanent removal of traumas it is necessary to apply *transpersonal circular (psycho / energy) therapeutic processes from all relevant meta-positions of the trauma-involved persons*, they confirm that interactions between trauma-involved persons are deepening at the level of *collective consciousness* (<http://www.spiritual-technology.com>)...

(12) *Family Constellations, for transpersonal optimizing existing family relationships...* This *group psychotherapy method*, known also as *Order of Love*, includes an internal spiritual realm of the individual and transpersonal relationships within the family and social environment (transcending the boundaries of private and enabling insight into the trans-generational dynamics and their effect on the individual)... Group work in the field of transpersonal Family Constellations and comprehension of *trans-generational dynamics* at the level of collective consciousness provide insight into the relationship and a sense of family relationships, leading to very rapid progress and final resolution and *healing of family relationships* (<http://curezone.com/Hellinger>)...

(13) *Ho'oponopono, for transpersonal mental cleansing* (in case of some disease or conflict, spoken in itself to his soul and God): (i) *I am sorry*, (ii) *Forgive me*, (iii) *I love you*, (iv) *Thank you...* This ancient Hawaiian practice helps to balance the individual first and then the conflicting parties, removing the problem at a spiritual level with final manifestation at the somatic level... The effectiveness of this practice is to assume full responsibility *for any circumstance* in which we find ourselves, because all what occurs in our lives is *just a projection* of the existing transpersonally-entangled spiritual-psycho-somatic programs that cause disorders, diseases and afflictions ([http://www.thereisaway.org/Ho%27oponopono cleaning meditation.htm](http://www.thereisaway.org/Ho%27oponopono%20cleaning%20meditation.htm))...

(14) *Prayer, for transpersonal optimizing existing living programs* (lying in bed before going to sleep, eyes closed, spoken in itself): *My God, help me to forgive myself and others... Thank you for all the support and I pray to spare us of oversized further temptations...* In this prayer the first sentence is important for *optimizing* all existing spiritual and psycho-somatic (energy-informational) programs in themselves and in their environment, while the second sentence is important in *gratitude* for all current and future optimization of these programs... Prayer is *advisable* to all the family members, because of *optimization* of existing spiritual-psycho-somatic *transpersonally coupled programs in family* (<http://www.allaboutprayer.org/family-prayer.htm>)...

The order of the recommendations is given by the usual bottom-up hierarchy: physical, mental and spiritual (*In a healthy body is a healthy mind*)... but their order can be applied in the spiritually predestined top-down hierarchy: spiritual, mental and physical (*In a healthy spiritual environment is a healthy life*)... and also combined, according to personal preferences...

The mentioned choice is neither unique nor comprehensive, and therefore the selected anti-stress approaches and techniques with recommendations and alternatives are given in Table 1 below.

**Table 1.** Overview of selected anti-stress approaches and techniques with recommendations and alternatives, in the usual holistic bottom-up hierarchy: physical, mental and spiritual

Approaches and Techniques	Recommendations	Alternatives
Programmed active relief	Prevention, everyday	Recreation, Long walks
Reflex-segmental massage	Prevention, as needed	Anti-stress massage
Acupuncture technologies	Prevention, half-yearly Healing, as needed	Homeopathy, Reiki, Qigong, Reconnection
Homeopathy	Prevention, half-yearly Healing, as needed	Acupuncture technologies, Reiki, Qigong, Reconnection
Autogenic training	Prevention, everyday	Reiki affirmations, Meditative self-suggestion messages, Yoga, Qigong
Reiki affirmations Reiki	Prevention, everyday Healing, as needed	Autogenic training Qigong, Reconnection
Yoga rhythmical breathing	Prevention, everyday	Reiki, Qigong, Reconnection
Control of nasal rhythms	Prevention, as needed	Yoga
Contemplative sense of awareness	Prevention, everyday	Meditation, Meridian therapies
Meditative self-suggestion messages	Prevention, everyday	Reiki, Qigong
Meridian therapies	Prevention, as needed Healing, as needed	Reiki, Qigong, Reconnection, <sup>*</sup> Quantum entrainment <sup>†</sup>
Family constellations	Prevention, as needed Healing, as needed	Prayer, Meridian therapies, Theta, <sup>‡</sup> Shamanic techniques <sup>§</sup>
Ho'oponopono	Prevention, everyday Healing, as needed	Prayer Theta, Shamanic techniques
Prayer	Prevention, everyday Healing, as needed	Ho'oponopono Theta, Shamanic techniques

<sup>\*</sup> (<http://www.thereconnection.com>)

<sup>†</sup> (<http://www.kinslowsystem.com>)

<sup>‡</sup> (<http://www.thetahealing.com>)

<sup>§</sup> ([http://www.qim2011.org/papers/2011\\_Prog\\_B\\_Plenary\\_Papers/17\\_HadziNikolic\\_Plenary\\_&\\_RTable\\_Paper.pdf](http://www.qim2011.org/papers/2011_Prog_B_Plenary_Papers/17_HadziNikolic_Plenary_&_RTable_Paper.pdf))

Broader overview of the recommended anti-stress holistic approaches and techniques, with features placed in the context of the quantum-holographic psychosomatic framework presented above, is provided at [http://www.dejanrakovicfund.org/2012\\_DRF\\_Stress\\_&\\_Anti\\_Stress.pdf](http://www.dejanrakovicfund.org/2012_DRF_Stress_&_Anti_Stress.pdf)

For *anti-stress self-help* the following selection and order of the above approaches and techniques in *preventive-optimized* holistic top-down hierarchy is recommended: *prayer; ho'oponopono; meditative self-suggestion messages; contemplative sense of awareness; control of nasal rhythms; yoga rhythmical breathing; reiki positive affirmations; autogenic training; reflex-segmental massage; programmed active relief.*

## 5. Conclusion

The presented integrative quantum-holographic framework for psychosomatics might have significant holistic implications, providing fundamental quantum-informational framework for better understanding of the *nature of stress-induced psychosomatic diseases* as well as *limitations and methods of their anti-stress prevention and healing*, which might help in *developing strategies for integrative psychosomatic medicine in the 21st century.*

Thus, on the basis of integrative quantum-holographic framework it might be said that *three front lines of integrative psychosomatic medicine do exist: (1) Spirituality and circular (psycho / energy) therapies from all relevant meta-positions*, with possibility of permanent erasing of mutual memory attractors on the *level of collective consciousness*; (2) *(Quantum) holistic medicine and non-circular (psycho / energy) therapies*, whose efforts temporary erase memory attractors on the *level of acupuncture system / individual consciousness*, and prevent or alleviate their somatization, as a consequence of the indolence on the first level; and (3) *Conventional symptomatic medicine*, whose activities on the *somatic level* via immunology, pharmacology, biomedical diagnostics and surgery hinder or soothe somatized consequences of the carelessness on the first two levels.

Hence, it should be pointed out that *necessary activities* on the second and third front lines, with *neglect of the first front line*, might have a consequence of *further transfer of memory attractors* on the level of individual and collective consciousness in this and further generations, thus *accumulating quantum-holographic loads* which afterwards might cause not only illnesses, but also inter-personal fights, wars, and other troubles.

Finally, we presented the selected review of some useful anti-stress holistic recommendations *for regular balancing of the acupuncture system / consciousness.*

All this might be of significance for *novel holistic prospects* in improvement of verbal-emotional-cognitive development of children and their psycholinguistic functions, and of psychosomatic-cognitive status of children and adults.

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- <http://www.dejanrakovicfund.org>; Official website of Dejan Raković Fund (DRF) for Promoting Holistic Research and Ecology of Consciousness, with available relevant author's books, proceedings, papers, communications, and links to recommended websites.
- <http://www.energy-medicine.info>; Official Inergetix website with contemporary critical review of technologies in the wider field of quantum-informational medicine, including information on Rife's early research in the field of bioresonance medicine in 1930s, which was not recognized at that time.
- [http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc\\_a\\_sset\\_391689.pdf](http://www.imconsortium.org/prod/groups/ahc/@pub/@ahc/@cahcim/documents/asset/ahc_a_sset_391689.pdf); Official website of the Consortium of Academic Medical Centers for Integrative Medicine, founded by the end of 1990s, which includes over 50 highly esteemed US academic health centers and affiliate institutions, in order to

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