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FROM THE COMMUNITY:

Neurosurgeon Peter Hudoba, M.D Gives Readers a New Path to Health, Wellbeing and Happiness

By POSTED BY MARIA HERNANDEZ and COMMUNITY CONTRIBUTOR
JUN 07, 2019 | 7:37 AM



(Posted by Maria Hernandez, Community Contributor)

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Neurosurgeon," gives readers a new way to think about health and wellbeing. Dr. Hudoba is a neurosurgeon with a lifelong mission to provide people with a path to health and recovery. In Shen Medicine he combines his knowledge of western medicine with a new healing modality to give readers a path to health and happiness.

I was struck by the passion of your message. Can you explain to readers what Shen medicine is and why it is important to staying healthy?

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Shen medicine is the medicine of the soul, heart, and mind or consciousness. Western medicine focuses on the physical matter of the body and Chinese traditional medicine focuses on the energy in the body. Shen medicine complements both, adding the essential element of message. Soul or spirit is message or information and it is in every particle of matter, from the smallest to the biggest. The basic principle is the following: Proper functioning of everything in the universe depends on having a correct message. If the message is good, then the functions of energy and matter in any given entity are also good. If the message is not correct, then the energy and matter cannot function correctly.

Your book talks about changing the messaging around illness in order to embrace health. This is a powerful way of thinking. Can you talk a bit about how this works?

Fundamental to Shen medicine is the understanding of shen qi jing - shen is soul, heart, and mind; qi is energy or life force; jing is matter and includes all the tiny particles of our bodies and everything else on earth. When there is a flow of positive messages from soul to heart, heart to mind, and mind to body and matter, there can be health. Corrupted messages cause blockages and illness. Shen medicine helps remove the corrupted messages and adds this crucial element that goes to the root of illness and complements other modalities in a very important way.

How has exploring alternative methods of healing changed your life?

Exploring alternative methods of healing has always given a depth to my experience and helped me serve my patients better. Discovering the teachings of Dr. and Master Sha and Shen Medicine helped me make a huge leap in my own life and my ability to help others. I am happier and healthier than I have ever been. Through the practices I describe in Shen Medicine, I have found greater fulfillment than I could have imagined..

When it's time for you to take a break, what are you doing to keep yourself energized?

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well and energized. The practices are part of my daily life and keep energy flowing throughout my body and my life. If I take a break, I have more time to meditate which gives me even more energy, I enjoy playing music, and spending time in nature.

If you could have anyone living or dead read your book and then have an in-depth conversation with you about it, who would it be and why?

I am very grateful that my teacher Dr. and Master Sha read the book and wrote the foreword. If I could discuss Shen Medicine with Lao Tse, the author of the Tao classic Tao Te Ching, I would treasure hearing his understanding of how to follow Tao, the Way, and how to align soul, heart, mind, and body with nature and oneness.

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