

CREATING A 21ST CENTURY INTEGRATIVE ACUPUNCTURE PRACTICE BASED ON 35 YEARS OF PRACTICE, RESEARCH AND ACADEMIC EXPERIENCE: FROM NEUROSCIENCE TO QUANTUM PHYSICS

Allen Schoen, MS, DVM, PhD (hon.), CVA
Center for Integrative Animal Health
Saltspring Island, B.C., Canada

A human being is part of a whole, called by us the ‘Universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty. ... Albert Einstein

Introduction

Veterinary acupuncture (VAP) has progressed and has been incorporated into conventional veterinary practice in many ways since its first introduction to the western veterinary community in the 1970’s. Initially, there was extreme skepticism of acupuncture due to the “foreign” language and abstract terminology of Traditional Chinese Medicine (TCM) as well as the lack of research and understanding from a western medical perspective. Through increased education, research and clinical practice of VAP over the past 45 years, it has been integrated into a number of veterinary school curriculums, numerous veterinary

specialty centers as well as hundreds of both large and small animal veterinary practices throughout the world. VAP continues to spread thanks to organizations such as IVAS and its affiliate national organizations, The Chi Institute for Traditional Chinese Veterinary Medicine as well as other training organizations.

Veterinary medicine in general has certainly continued to evolve over these decades as well. There is a greater understanding of physiology, pathology, diagnosis as well as improved treatment regimes. There has also been increased corporatization of the veterinary field through various veterinary corporations and pharmaceutical companies. This has offered benefits and challenges based on one's perspective. It is certainly changing the way veterinarians must abide by further regulatory guidelines. These as well as other shifts have also increased the level of stress and challenges for practicing veterinarians. These stresses and challenges are well described and acknowledged by the AVMA and other organizations.

The current state of veterinary medicine has created such high levels of stress, pressure and anxiety among veterinarians and their staff that veterinarians have reached the dubious notoriety of having the highest suicide rate of medical health care professionals, surpassing dentists who previously held that record. This is the current state of affairs in our profession.

The quote above by Einstein summarizes where I feel VAP practitioners can help evolve and co-create a new, more expansive view of what it means to be a veterinarian and where we can go in co-creating healing practices for the 21st century.

This paper offers a brief review of the history of veterinary acupuncture in the west and my perspective based on 35 years in practice, research and academic institutions on

how we can co-create healthier, happier veterinary acupuncture practices in the 21st century and thereby be part of creating a healthier, happier world.

Brief History of Veterinary Acupuncture in the Western World

The founders of IVAS, Dr. Grady Young, Dr. Marvin Cain and Dr. David Jaggar saw the need for a society to focus on and develop veterinary acupuncture in the west. From the beginning of IVAS in the 1970's introducing acupuncture to western veterinarians, there has been more scientific research documenting it based on western neurophysiology and anatomy. Dr. Sheldon Altman, one of the pioneers of veterinary acupuncture in the U.S. and my first teacher, began offering weekend introductory workshops through the Center for Chinese Medicine around the same time. This led many to pursue further studies and certification through IVAS. IVAS then began to expand by supporting the creation of acupuncture organizations and research throughout the world. This allowed for a greater acceptance within the western veterinary community. Dr.'s Luc Jannsens, Phil Rogers and Jan Still were instrumental in introducing VAP throughout the European veterinary community in the early 1980's. Dr. Ihor Basko, an IVAS instructor, was one of the first to introduce herbal medicine into the IVAS courses.

It has been a challenging, uphill journey to gain the level of acceptance that acupuncture now has. In 1982, after being certified by IVAS, I was invited to develop the first department of veterinary acupuncture outside of Asia at the Animal Medical Center in New York City, which was the largest animal hospital in the world at that time. Through the Animal Medical Center (AMC), numerous interns and residents were first exposed to clinical veterinary acupuncture cases and lectures and then began to spread the

word to the various veterinary schools and institutions that they became affiliated with. In 1982, at the AMC, I was asked where I saw veterinary acupuncture going and I predicted then that it would be accepted and incorporated into veterinary school curriculum, veterinary referral centers and practices throughout the world once we had a better understanding of its scientific basis and it was presented professionally. I am happy to say that those predictions have unfolded in a timely manner.

Dr. Alan Klide, an anesthesiologist at the U. of Pennsylvania veterinary school wrote the first book in the U.S. on veterinary acupuncture. After a few years at the AMC, I was then asked to edit a book on veterinary acupuncture (VAP) in the series “Problems in Veterinary Medicine” by Lippencott. This text then evolved into “Veterinary Acupuncture, Ancient Art to Modern Medicine”, the first and then second edition (Mosby, 1995 and 2001). This text offered a foundation for further courses and trainings in VAP. Professors at various veterinary schools then developed courses in veterinary acupuncture including Colorado State University, University of Florida, Tufts University as well as numerous others.

IVAS courses spread to even more countries beyond the U.S. and Belgium in the late 1980's when Scandinavia developed their courses with the help of Dr. Are Thoresen and Australia with the help of Dr.'s Ulrike Wurth, Chris Robinson and Carl Muller. IVAS courses continued to spread throughout the world after that.

The American Veterinary Medical Association (AVMA) stated in its guidelines on alternative veterinary medicine in 1982 that acupuncture is considered experimental. In 1996, I was on the AVMA committee to develop new guidelines on alternative therapies and we changed the title

to complementary and alternative therapies. After reviewing all the research presented and the advances made, the AVMA stated, “acupuncture is a valid scientific approach and an integral part of veterinary medicine”. Other international veterinary organizations quickly followed through by adopting the AVMA guidelines on complementary therapies. Then there followed quite a backlash from a vocal minority that were on the next evaluation committee in 2001 stating that veterinary medicine needs to be scientifically based, yet did not define what that meant. Where will these guidelines evolve to in the future?

Dr. Jen-Hsou Lin who pioneered veterinary acupuncture in Taiwan summarized a broader, more inclusive view of acupuncture when he stated:

“It matters not whether medicine is old or new, so long as it brings about a cure. It matters not whether the theories are eastern or western, so long as they prove to be true”.

One key suggestion I would like to share, based on pioneering VAP in practice, research and academia is to be an excellent, well-respected conventional veterinarian first and then professionally incorporate VAP based on the latest advances. This is key to gaining continued acceptance as an integral part of veterinary medicine. This is not meant to contradict or minimize the truth and value of Traditional Chinese Medicine (TCM) or Traditional Asian Medicine (TAM). They are an essential and invaluable foundation for understanding and practicing veterinary acupuncture. The beauty is that they provide centuries old evidence based medicine that is based on the language of naturally occurring phenomena and the cultural perspective of the area where they evolved. This provides for a more holistic appreciation and a more comprehensive perspective of

physiology and anatomy, than our limited understanding of neuroendocrinology and immunology. Yet, I have found that in order to have VAP be more easily and quickly accepted by colleagues, it is extremely beneficial to be able to explain it based on our conventional veterinary terminology.

Current State of Veterinary Acupuncture

Insights into VAP Techniques and Approaches

There are numerous techniques to stimulate acupuncture points, from the most traditional such as dry needle and moxabustion to the latest technologies such as laser, electromagnetic and radio frequency stimulation. I find that each technique has its indications and limitations, pro's and con's. I commonly prefer to use dry needle, electroacupuncture with needles and aquapuncture as my go to initial approaches.

A comprehensive review of techniques is discussed in (1).

I have found the latest state of the art laser acupuncture instruments such as the Multi Radiance ACTIVet PRO to be extremely beneficial when treating acupoints that animals do not particularly like or when a patient has serious needle phobia.

Current VAP Practice Options

It is a joy to see how VAP has spread globally, throughout academia and large and small veterinary practices since the 1970's. The practice of veterinary medicine and VAP continue to offer a unique and extremely rewarding professional life. They also offer many challenges that can create stress and impact on ones mental, physical and emotional health. Once one decides to go beyond conventional medicine and realizes that there is more to

healing than medicine and surgery, a whole new world opens up. There tends to be an initial euphoria as one is able to help animals that could not be helped with conventional medicine. Each VAP practitioner begins to incorporate VAP into their current practice in their own unique way. One then seems to further expand their approaches to incorporate additional complementary therapies. This adds to our repertoire of therapeutic options and allows us to help even more animals.

Sometimes I have been asked if there still is a future for acupuncture in veterinary medicine considering all the advances in medicine and surgery. I must admit that at times I have pondered that possibility as newer, safer nonsteroidal anti-inflammatory medications, new surgical procedures or new approaches in physical therapy or more advanced non invasive therapeutic modalities such as laser, electromagnetic or radio frequency instruments have been introduced.

Yet, each time a new medication or approach has been introduced and they have been clinically evaluated, their indications, limitations, potential side effects, etc. have been come to light. Acupuncture continues to demonstrate its benefits as a complementary therapy that still has so many beneficial indications and applications.

There are numerous approaches to developing your own veterinary acupuncture practice.

As one develops your own VAP practice, you choose how you want to integrate it into your career. Some veterinarians choose to simply add it as an additional therapeutic modality for certain responsive conditions within a conventional veterinary practice, either large or small animal. Other veterinarians choose to expand their current practice and make it more integrative, taking advanced training in a number of complementary therapies

and add a “bouquet” of alternative modalities to a conventional practice. Others choose to create a focused acupuncture or complementary medicine referral practice and limit what they do to acupuncture or a number of complementary therapies. Other veterinarians choose to develop a completely holistic approach to practice. I have seen some veterinarians that with a tinge of humor or cynicism share that they do not believe in acupuncture except for the use GV-26 for emergencies. Still other veterinarians limit their practice to only hopeless cases where conventional medicine and surgery cannot help. There is no right or wrong way, only your way for you at that moment in time.

Personally, my career followed a progression through all these options at one time or another. I initially began in my own conventional practice using it only when conventional medicine or surgery did not help. After seeing its tremendous benefits and gaining more confidence in acupuncture's potential, I then started offering it to more and more patients. At the time I had just opened my own integrative veterinary practice as well as working in one of the first 24 hour emergency centers created. I was then asked to develop the Department of Acupuncture at AMC and offer it as a referral option there. I then began to expand my knowledge base and training and offer a more expansive repertoire of complementary therapies within my multi-veterinarian practices. The word spread among my practice area and living near a number of equine communities, I was asked to return to equine practice as well and began seeing equine patients again. As my personal client base shifted to being 90% acupuncture and complementary therapies, I ended up selling my conventional veterinary practice to my business partner and chose to focus solely on creating a large and small animal referral holistic, integrative practice, still remaining on staff at the AMC, running their Department of Acupuncture as

well. I had a great deal of fear and trepidation realizing that a strictly holistic, integrative practice model did not exist in the 1980's. I was stepping off a cliff into the unknown, not sure if this was a financially viable veterinary practice model. To my elation and surprise, it was. It gradually evolved into the first large and small animal, four-veterinarian holistic, integrative veterinary referral practice. A few years later I then became an assistant professor at both Colorado State University veterinary school as well as at Tufts University College of Veterinary Medicine.

The practice philosophy was that no one form of medicine has all the answers and we should discuss all diagnostic and therapeutic options to assist animals under our care to be able to heal as much as possible. This practice model was based on having all clients maintain their primary care with their conventional veterinary practice and we would see them for complementary approaches. Overall, this model worked well since it was not in competition with surrounding veterinarians, but rather complemented what they did. This too changed as more local practices chose to have someone on their own staff offering acupuncture.

This nudged my practice to continuing to evolve, explore and integrate even more therapies that continued to make our mission more expansive. We did not become attached to a particular therapy, but were open to integrating all valid approaches. Clients were very appreciative of this approach.

I always try not to be adversarial with conventional medicine, avoiding any polarization.

I also would assist my clients in realizing that despite all efforts, sometimes there is nothing more one could do and to accept that with loving kindness and compassion. Not realizing it at the time, we had also started some practices that are now more commonly known as "hospice care".

Pioneering holistic integrative veterinary practice, being an assistant professor at two veterinary schools, writing the books as well as teaching throughout the world began to take its toll on me as I was becoming aware of the first signs of “burnout”.

As I studied other approaches I began to recognize the importance of mind/body medicine and took advanced training at Harvard Medical School in their Department of Mind/Body Medicine. I began to incorporate that into everything I did in my practice and my life. I continued to take further advanced trainings integrating mind/body medicine and integrating these approaches into the way I was with clients, patients, staff, colleagues and family.

As you can see, there are endless ways that we can integrate VAP into our careers and those options continue to evolve. I invite you to explore which ways you find rewarding for yourself and which complementary approaches you wish to study.

Future of VAP Practice: Mind/Body Medicine as an Integral Foundation

From my perspective, Mind/Body Medicine is an integral foundation for all integrative veterinary practices. As we incorporate more complementary therapies we are able to help a greater number of animals. Yet, it can also increase our stress by offering all these options and deciding which ones are most appropriate for each animal and their human. It can also be challenging to navigate state and national veterinary regulations on complementary therapies as well as any remaining skepticism by some colleagues and organizations. This is where I have found Mind Body Medicine (MBM) to be a foundation for maintaining our own healthy minds and bodies, allowing us to be of benefit

in even more ways. This is why I have been teaching workshops and seminars on MBM for veterinarians throughout the world since 2000. One of my favorite sayings is:

“There are many wonderful drugs in the world, but none as good as a peace of mind”

Mind Body Medicine (MBM) is an essential approach to dealing with the stress of being a health care professional in this time. It is being integrated into conventional human medicine in numerous hospitals and medical centers. It is beneficial for veterinarians to now integrate mind body medicine into their veterinary practices in order to be of benefit to their practice, themselves, their family, staff, clients and patients. The AVMA has recently recognized the importance of mental health for veterinarians and have established online programs and support (2).

I periodically offer a one or two day workshop where I review the scientific basis of mind body medicine and how you can use it to be of benefit for yourself, your veterinary practice, your staff, clients and patients. Integration of these beneficial techniques into your veterinary practice and daily life may be one of the most important shifts that you can make along your veterinary journey. These techniques will influence every thought, decision and action you make each day. The latest neuroscience continues to document the beneficial changes in our brain function and chemistry when we integrate these techniques.

Once one understands the neurochemical implications of stress on yourself and others and how you can change and manage that in your life, both your practice life and personal life can improve. Solutions, exercises and training based on the Relaxation Response as defined by the Mind/Body Medical Institute at Harvard Medical School

are discussed. I often joke that I teach what I most need to learn and after multiple episodes of burnout, this is a good part of what I end up teaching more now.

The concept of compassion fatigue and “burn-out” within the profession has been discussed much more openly and frequently during this past decade. There are numerous articles published regularly now on stress, burnout, and compassion fatigue in both the human medical and veterinary professions. The challenges, concepts and healthy mind body medical, wellness approaches to these conditions are discussed here. Techniques of mind/body medicine offer us opportunities to reflect on, rejuvenate and re-create our careers and lifestyles. These techniques and approaches will support you in creating the VAP practice of the 21st century in your own unique way. Approaches to integrating MBM and other innovative approaches into a new, more expansive approach to animal health care will be explored in these two lectures.

These lectures offer some basic experiential exercises that you can integrate into your veterinary practice and life immediately. These are time-tested and scientifically documented processes that help balance our brain chemistry, physical and emotional health and bring greater joy and satisfaction back into our lives.

“You already have the precious mixture that will make you well! Use it! ...Rumi

Scientific Basis of Mind Body Medicine (MBM): Current Challenges and Stressors

The practice of Veterinary Medicine offers a unique and extremely rewarding professional life. Veterinarians have many gifts to offer others. We bring knowledge and compassion into a healing profession that cares for the

helpless. The profession also offers many challenges that can create stress and impact on one's mental, physical and emotional health. The challenges of practicing progressive medicine, staff management, practice management, client relations, and balancing these with other parts of our lives can become overwhelming at times. The experience of "burnout" is a major risk factor for veterinarians involved in the demanding area of patient care. Substance abuse, crisis management and suicide appear to be on the rise as well. Many veterinary associations now offer substance abuse and suicide prevention support. Research in the UK has shown that veterinarians have a suicide rate around four times higher than the general population. Veterinarians reported a higher level of anxiety and depressive symptoms than a non-clinical normative in the UK population (3). Veterinarians self-reported stress 46 percent of the time in the UK and 36 per cent in New Zealand (4). A variety of reasons have been proposed for the increased risk of suicide in veterinarians including:

1. Easy access to drugs and knowledge and means
2. Attitudes towards death and euthanasia
Suicide contagion
3. Cognitive and personality factors
4. Work-related stressors
5. Complaints at work
6. Perceived stigma of seeking help for a mental health problem and stoicism
High levels of anxiety and depressive symptoms (3)

In addition, chronic long-term stress leads to depressed mental states and other physical health changes related suppression of the immune system and subsequent disease. Chronic stress impacts on the hypothalamic pituitary axis impacting on numerous neurochemicals and hormones including norepinephrine, cortisol, serotonin, dopamine, endorphins etc. Chronic stress can lead to insulin

resistance, systemic inflammation, hypertension, visceral adiposity and adverse cardiovascular responses. Chronic stress actually can cause remodeling of the hippocampus and amygdala. (5)

I might add that in the U.S. numerous veterinarians as well as human physicians feel that the increased litigious nature of society and malpractice liability has increased the levels of anxiety and depression. In addition, the recent economic downturn along with increased expenses appears to have increased stress levels throughout many health care professions.

“The medical profession is being bought by the pharmaceutical industry, not only in terms of the practice of medicine, but also in terms of teaching and research. The academic institutions of this country are allowing themselves to be the paid agents of the pharmaceutical industry. I think it’s disgraceful.” –

Arnold Seymour Relman (1923-2014), Harvard Professor of Medicine and former Editor-in-Chief of the *New England Medical Journal*

These challenges are not limited to the veterinary profession, but are seen in many healing professions. There is increased discussion regarding “compassion fatigue” in many health professions as well.

Burnout is often the undesired end-point of a career that began with the noblest of intentions. Burnout sufferers begin to feel cynical, depressed, alienated, and negative about their role as a veterinarian. Some veterinarians choose to leave the profession or explore alternative career pathways within the profession. One source of burnout may lie within the personality of the individual who may feel overly responsible for the welfare of others and use unrealistically high measures of personal performance in

evaluating themselves (6). When caregivers suffer disappointments in patient care, they may become emotionally depleted, lose touch with themselves and others, second-guess themselves and eventually sink into professional despair. Developing a way to prevent compassion fatigue is a necessary component of professional development according to Chaplain S. Bryant Kendrick, Associate Professor of Internal Medicine and Gerontology at The Bowman Gray School of Medicine (6). One other perspective on burnout is that it may correlate with professional stagnation as well. Continuing education and trainings are keys to maintain a stimulating career. As Albert Schweitzer stated:

“In everyone’s life, at sometime, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit”

I am grateful to all my teachers throughout my career, two-legged, four-legged and winged.

I have observed that many veterinarians pursue VAP after a period of disillusionment with the limitations of conventional veterinary medicine. Other veterinarians explore VAP after a period of burnout or compassion fatigue. These may occur earlier or later in ones career. Though I had a great interest in natural medicine prior to and throughout veterinary school, I became frustrated with the limitations of medicine and surgery after practicing in a mixed animal practice in rural New Hampshire within a few years after graduation.

There has been a great deal of dialogue on the impact of chronic stress and compassion fatigue in various medical fields including veterinary medicine. There are simple scientific techniques that can be incorporated into your

daily life based on research from Harvard Medical School and other research centers.

Mind/Body Medicine is a rapidly expanding field in human medicine and its applications for veterinarians are just beginning to be explored. In its simplest definition, Mind/Body medicine is the use of our mental activity, thoughts and feelings to help prevent and treat various “diseases”. Studies in mind/body medicine document the effects of thoughts on the release of various neurotransmitters and neurohormones and the impact that has on our physical, mental and emotional health. Many ancient traditions discuss the essential nature of our mind and its impact on our health. What we think directly impacts on our overall health. One key teaching in Buddhism is on training the mind and cultivating loving-kindness. In “The Art of Happiness, A Handbook for Living”, the Dalai Lama states, “The systematic training of the mind—the cultivation of happiness, the genuine inner transformation by deliberately selecting and focusing on positive mental states and challenging negative mental states—is possible because of the very structure and function of the brain (5).

The Mind and Life Institute has held numerous conferences and published numerous books on the health benefits of various mind exercises and meditation. These valuable resources can be found at the website:

www.MindandLife.org. (7) Dr. Jon Kabat-Zinn has developed a program called Mindfulness Based Stress Reduction (MBSR) that has been integrated into many hospitals and medical centers (9). Dr. Richard Davidson from the University of Wisconsin Neuroscience laboratory has documented the benefits of meditation through functional MRI's. Many of there findings on the healing power of Meditation are discussed with the Dalai Lama in “The Mind's Own Physician (8).

One essential mind/body exercise to practice in order to manage the challenges of our career is what Dr. Herbert Benson of the Mind/Body Medical Institute at Harvard Medical School calls “The Relaxation Response” (10). There are two basic steps necessary to elicit The Relaxation Response. The first is the repetition of a word, sound, prayer, thought, phrase or muscular activity. The second step is the passive return to the repetition when other thoughts intrude. The Relaxation Response has been found to decrease respiratory rate, heart rate, blood pressure and oxygen consumption. It has been demonstrated to be effective in the treatment of anxiety, hostility, depression, hypertension, insomnia, chronic pain, premenstrual syndrome, infertility and stress. In my longer workshops additional exercises are practiced.

Dr. Richard Davidson at the U. of Wisconsin Neuroscience Laboratory is investigating and documenting the cutting edge of the neuroscience of contemplative practice on the brain. He has demonstrated significant benefit to students who had no experience in meditation. He found that simply doing 10 minutes a day of meditation for two weeks showed demonstrable and beneficial changes in the brain through functional MRI’s. A discussion of these findings can be found through the website www.soundstrue.com under their free seminar on the compassionate brain (11). In addition, there are video’s of Dr. Davidson discussing his research available at these links—[Video of Dr. Davidson's lecture "Implications of Scientific Research on Meditation for Spiritual Care" at the University of Wisconsin–Madison. 2007](#) and [Video of Dr. Davidson's lecture "Cultivating compassion: Neuroscientific and behavioral approaches"](#). (12)

He has also found that mindfulness practice behavioral interventions were able to reduce emotional reactivity and

be of therapeutic benefit in chronic inflammatory conditions (9). Numerous studies are now documenting the health benefits of MBSR. One study documented the beneficial effects of mindfulness-based stress reduction (MBSR) on medical and premedical students. The paper states that the “ability to cope successfully with the enormous stress of medical education may lead to a cascade of consequences at both a personal and professional level” (14). They found that participation in MBSR effectively: (1) reduced self-reported state and trait anxiety, (2) reduced overall psychological distress including depression, and (3) increased empathy levels (8). I feel that veterinary students and veterinarians can relate to all of these. The stress of veterinary school only seems to increase upon graduation when one learns to work with difficult clients, staff, school loans and integration of a reasonable work/life balance.

Shapiro et al. also state “the literature is replete with evidence that the stress inherent in health care negatively impacts health care professionals, leading to increased depression, decreased job satisfaction, and psychological distress” (14). More articles are appearing in veterinary journals also acknowledging the toll that chronic stress is taking on veterinarians. Shapiro et al. examined the effects of a short-term stress management program, mindfulness-based stress reduction (MBSR), on health care professionals. Their results from this prospective randomized controlled pilot study suggest that an 8-week MBSR intervention may be effective for reducing stress and increasing quality of life and self-compassion in health care professionals (15). A Google search shows numerous studies documenting these benefits (16,17,18,19,20). Davidson has documented how meditation impacts on neuroplasticity (16). They also have found that Compassion training alters altruism and neural responses to suffering (19). In Dr. Davidson’s new book, “The Emotional Life of Your Brain: How its unique patterns affect the way you

think, feel, and live -- and how you can change them”, the neuroscientist describes various mental exercises that you can do to change your brain and how you feel and live (20). This is another approach that can be easily integrated both into veterinary school curriculum as well as into continuing education programs. Further details and an extensive review of the effects of thoughts on brain mechanisms and neurochemistry are described by Dr. James Austin, Professor Emeritus of Neurology at the University of Colorado, in his comprehensive text “Zen and the Brain” (21).

Dr. Davidson and The University of Wisconsin have actually established The Center for Investigating Healthy Minds (CIHM). CIHM conducts rigorous interdisciplinary research on healthy qualities of mind such as kindness, compassion, forgiveness and mindfulness which can be viewed at this website:
<http://www.investigatinghealthyminds.org/cihm>. (22)

The behavioral traits of kindness, compassion and forgiveness are often what have driven individuals to become veterinarians. Yet, for some veterinarians, somewhere along our journey, these traits have succumbed to the challenges and stresses of our veterinary profession. By integrating and practicing techniques to maintain a healthy mind, we can nourish those qualities within us again. The goal of CIHM is to create a world in which healthy qualities of mind are investigated and valued. My vision is to integrate these into an integrative approach to veterinary medicine.

Meditation and Mindfulness based stress reduction techniques (MBSR) are being integrated into numerous health care professions as well as major corporations. For example, mindfulness based meditation has been integrated into Google’s courses for their employees. One of

Google's first computer engineers and now their current Human Resource director, Chade-Meng Tan developed a course and book titled "Search Inside Yourself, the Unexpected Path to Achieving Success, Happiness and World Peace" (23). The key is mindfulness meditation. This book offers simple techniques that anyone can easily integrate into their lives. It is one of the most popular courses for Google employees. If it is beneficial for Google, I believe these simple techniques can be easily integrated into veterinary training programs as well. They can assist in making veterinary students and veterinarians calmer, more thoughtful, less stressed and thereby be of more benefit to our patients, clients and staff.

The key to rekindling the gift that we as veterinarians brought into this profession is in our thoughts and our mind. Dr. Joel Robertson, a psychopharmacologist, describes the impact of various neurotransmitters such as acetylcholine, norepinephrine, epinephrine, serotonin and others on our moods and performance. Through neurochemical evaluations, he offers simple approaches to maximizing our brain efficiency through nutrition, exercise and mental attitudes (24). By balancing our neurochemistry, we can enhance performance and prevent burnout. These nutritional, exercise and mental approaches will also be discussed.

Mindfulness Based Stress Reduction and meditation techniques will be an integral part of preventive veterinary medicine based on the One Health concept. One of the keys to quality veterinary medicine is the mental health and inner peace of the veterinarian and their staff. Mind Body medicine is one of the keys to a healthy mind and body. This will be recognized more and more in the next decade.

Throughout over thirty five years of clinical experience in veterinary practice, including emergency medicine, creating

and managing a number of multi-veterinarian companion and equine practices, referral practices and being a professor at various veterinary schools and teaching at numerous conferences, I have found these MBM techniques have been extremely beneficial in relationships with staff, colleagues, clients and animals.

Mind/Body Wellness Medicine for Veterinarians and Applications in Clinical Practice: Personal Burnout Prevention Plan

Chaplain Kendrick recommends developing a personal burnout prevention plan based on the effects that your thoughts have on your actions. It is based on realistic expectations, the ability to differentiate subjective from objective components of reality, appropriate self-love and support from others. Kendrick feels that this stewardship program “facilitates self-preservation and renewal so that you can adapt to the stresses of the modern health care environment without losing the capability of being there for others”(6). Often times we waste energy experiencing frustrations based on expectations that exceed what is really possible. We also tend to not experience the moment, always reflecting on the past or worrying about the future. Often there is a tendency to confuse stress with fear, fear of the past, fear of the future. To assist with this, Chaplain Kendrick also suggests simple mindfulness techniques that assist in regaining the ability to be in the present moment. Too frequently we also fall into the trap of basing our self-worth on someone else’s opinion of our professional performance, creating a performance based self-esteem system. We need to differentiate who we truly are from what we do.

Exercises and creative dialogues will assist us in reflecting on where we began our journey as veterinarians to where we have ended up at this particular point in our career.

Twelve approaches to creating a life and career that works better for us will be reviewed. Many of these approaches are based on mind training and MBSR techniques. These include the openness to change, self responsibility, feeling our feelings, accepting what is, establishing appropriate boundaries, transforming our self-talk, loving ourselves, exploring the power of choice, commitment, surrender, standing in our truth and re-experiencing joy (25).

Another approach to mind body medicine focuses on sound healing and the latest research on the effects of sound on brain function (26,27). Different binaural sound frequencies have been found to quiet the brain, stimulate alpha, beta and theta waves, decrease stress and increase sense of well being. These sound healing techniques can be very beneficial in decreasing stress at the end of the day.

Various sound frequencies and music have also been found to be of benefit to dogs. Veterinary neurologist, Dr. Susan Wagner, authored a book, “Through a Dog’s Ear” (28), on how sound can improve the health and behavior of dogs and created a cd of classical music that has been clinically demonstrated to soothe a dog’s nervous system (29). This CD seems to be quite beneficial for animal shelters, animal hospitals and for patients with separation anxiety.

Recent research on the need for quiet, contemplative time in a busy schedule and life and the implications are updated in the Book “Quiet, The Power of Introverts in a World That Cannot Stop Talking” (30). I sense that many veterinarians tend to be introverts. I know that personally, I related to many of the stories in the book.

Prescription: The Three Precious Pills

There are many potential variations on the theme of the Relaxation Response. One of my favorites that I have found personally quite beneficial is what Tenzin Wangdal

Rinpoche calls “The Three Precious Pills”. In his book “The True Source of Healing” he describes the three precious pills as three thoughts and intentions: Stillness, Silence and Spaciousness. (31) What I like about his approach is its simplicity, shifting language that can sometimes be foreign to westerners and translating the concepts into easy to understand terminology that can easily be integrated into your daily life with great benefit.

Rinpoche states, “All that is required is to be still within yourself, silence your internal chatter and open your heart”. (31) This is easier said than done in the midst of a busy veterinary practice and life. Yet, taking time for this T.I.D. or more, just like other pills, will have immense benefit. It is a good idea to consider meditation rather than medication.

I have found that ideally taking 10-30 minutes in the morning and the same in the evening can have immense benefit on your well being and through that, others. I also found that even simply bringing attention to the three precious pills periodically throughout the day helps shift me from a sympathetic action mode to a parasympathetic state.

Rinpoche states “thoughts and distractions will most likely continue to arise in your mind. Recognize them and host them without judging them. Embrace whatever arises in open awareness. As you do, your pain and distractedness will gradually dissipate, like clouds dispersing in the sky. Be aware of the natural warmth arising in each moment.

Stillness, silence and spaciousness – the three precious pills—are medicine for your pain identity that you can take at any time. These qualities lead you to your inner wisdom, your natural mind – and your true identity”. (31)

Whenever I see that someone might be open to taking the three precious pills, I share them. Whether I offer them to a friend, a staff member, colleague, client or others, I feel that

these are perhaps the most powerful medications I ever prescribed! I see an instant shift of relaxation, a sigh of relief, a gentle releasing of tension in their face and their eyes.

Quest for Ultimate Healing: Creating a 21st Century Integrative Veterinary Practice

In this section, the integration of MBM into the bigger picture and the future of veterinary practice and One Medicine Theory are explored. In a new documentary, “The Living Matrix, New Insights into Our Bodies, Mind and Health”, various scientists and holistic practitioners explain a new perspective on healing based on an intricate web of factors that determine our well-being based on quantum physics of the human energy field, heart coherence and informational healthcare (32).

In the epilogue of “Search Inside Yourself” Tan humorously shares on how we can save the world in our free time based on our thoughts and our mind (23). Loving kindness and compassion are essential to creating a happier, more peaceful world. We as veterinarians can play a major role in reintegrating compassion into the world, person by person, animal by animal, clinic by clinic, hospital by hospital, community by community. In a recent conference on creativity and compassion I was asked how I integrated creativity and compassion into my veterinary career. I shared on how I found some of these techniques beneficial in my interactions with patients and clients in a chapter “A Quiet Space with Animals” in the book “Creativity and Compassion” (33). As an extension of this conference, The Dalai Lama answered questions from honor students at the university regarding what they could do to help the challenging state of the world. He continued to repeat that one of the most important things one can do is developing our own inner peace, compassion and aspiration to be of

benefit to all beings. The Dalai Lama, Tan and Tenzin Wangdal Rinpoche reiterate that when inner peace, compassion and aspiration are all strong within each of us, strong compassionate action comes naturally and organically and thereby it is sustainable.

One of my passions throughout my veterinary career has been asking myself the question “What is ultimate healing”? . That question stimulated my veterinary journey from its foundational basis in conventional medicine, surgery and animal behavior to exploring complementary approaches such as acupuncture, ethnobotanical medicine, chiropractic and other manual therapies, nutrition and nutritional supplements, homeopathy, the human animal bond, MBM and quantum healing.

I realized that all these therapies together offered a comprehensive integrative approach to animal health care. I also realized that another key to ultimate healing is that we as veterinarians develop loving kindness and compassion for ourselves, our staff, our families, colleagues, clients and patients.

We as veterinarians are in a unique position as caretakers of animal companions which inherently assist in opening the hearts of our clients. I propose that veterinary medicine may be a much broader field than we ever imagined. Perhaps veterinary medicine can be even more expansive and that each animal care location can be a place for expanding compassion in each and every community and thereby be a vehicle for making the world a happier and healthier place. We have the ability to be of so much more benefit to the world by being and expressing loving kindness and compassion in every thought and action we take. This is how the integration of mind body medicine into our veterinary practices and lives can be of immense benefit to the entire world.

The future of veterinary practice continues to evolve. Stress appears to continue to increase in our practices as well as throughout the world. A new world view of how veterinary medical practice can be of benefit to all beings in our community and society based on the integration of mind body medicine is open to all of us to co-create. A new concept of how veterinary practices can become centers of compassion in society and be of practical benefit to all living beings can be shared and co-created between all of us.

I realize that this may be a complete paradigm shift for veterinary medicine, yet I feel that it is one real potential future that we can co-create together.

Through these various experiential processes we can begin to manage our challenging profession better, re-create our heart's desires and create a career and life style where we will enjoy each moment and each day to its fullest. We will then be able to be of the most service and benefit possible to all beings, two-legged, four-legged and winged.

There are a few questions that I periodically ask myself when figuring out what to do in a particular situation.

What would Jesus, Buddha, G-d, higher power, essence of loving-kindness and compassion or you fill in the blank...

What would they do? One can also ask oneself "What would a altruistic, board certified colleague suggest?" or "What would your VAP mentor suggest?" "What is best for this particular client and patient in this particular situation based on loving kindness and compassion for all?"

We can only offer suggestions and guidance and clients must make the final decision.

As Paracelsus (1493-1541) states "The main reason for healing is love". I continue to appreciate that the primal wound is the illusion of separateness as Einstein says.

Realizing that we are not separate from anyone else, recognizing who we truly are, our true self, which is part of all that is, that is beyond all names, the loving quiet peace and spaciousness that is within us and all around us, that is all that is. Remember that you are pure consciousness, free awareness, pure love manifesting as you! Experience turns knowledge into wisdom. Once this is recognized and experienced, then all is healed.

“Anything that divides is not G-d” ... Kabbalah

Combining our veterinary training, eastern and western, along with years of clinical experience along with compassion and loving kindness can support us in creating the healthiest and happiest veterinary practice possible. Visualize how you would like to see your VAP practice be. Feel the feelings within yourself as you visualize it. Write it down in a journal. Describe how it feels in all your senses. Create a future mind movie as Joe Dispenza suggests. Then go and create it! Create a healing environment filled with healing music, supportive, appreciative, pro-active staff and a loving client base will follow.

Create a healthy and happy Transpecies Field in your healing center. You can create your own centers based on The Transpecies Field Theory (TSFT) and The Compassionate Field Theory (CFT) as I discuss in my book “The Compassionate Equestrian” (34). I discuss steps that can be taken to create this in horse facilities. I am working on expanding on those concepts to help support creation of center based on healthy and happy Transpecies Field’s in animal hospitals and animal shelters.

Potential Future VAP Practice Options
Quantum VAP Practices

Dr. Kim Henneman presented exemplary and clear discussions of Quantum acupuncture in the 2015 IVAS proceedings. (35) I would suggest you read these as well for a foundation for creating what one could possibly call a “Quantum Veterinary Practice” based on the latest research in quantum physics. In order not to be redundant, her papers are available in these proceedings as well with permission from Dr. Henneman and IVAS. She offers specific examples of how Quantum Theory (QT) can be applied in veterinary practice. It is beyond the scope of this lecture to delve into the considerable research on quantum physics that documents the interconnectivity of all that is.

Simply stated, all the research leads to the realization that space is not empty and everything is connected.

The New Physics, Consciousness, Paradigm Shifts and Veterinary Acupuncture Practice

“If quantum mechanics hasn’t profoundly shocked you, you haven’t understood it yet.” pioneering Physicist Niels Bohr

“I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulating consciousness.”

Max Planck, Nobel Prize winning physicist who originated quantum theory,

“Space is just the construct that gives the illusion that there are separate objects” – Dr. Quantum

Recent research has taken quantum entanglement out of the theoretical realm of physics, and placed into the one of verified phenomena. One can review numerous replicated experiments documenting entanglement of single photons

seen at kilometers of distance. Dr. Elizabeth Rauscher, a world-renowned physicist, summarizes the implications of all the research stating “it’s a pre-cursor to realizing that everything is connected, and that everything in the universe is one. Dr. Rauscher states:

“What happens in what we call reality, is effecting something else in that same reality, it’s all “touching. Space is not empty, everything is connected” (36)

Quantum physicists Elizabeth Rauscher, former researcher at NASA and Stanford Research Institute, and Nassim Harrimen of the Resonance Foundation have published numerous papers on their groundbreaking Unified Field Theory essentially stating that consciousness is the foundation for everything.

Dr. Rauscher states “Space is actually not empty and it’s full of energy...The energy in space is not trivial there’s a lot of it and we can actually calculate how much energy there is in that space and that reality might actually come out of it. Everything we see is actually emerging from that space.”

Dr. Rauscher continues to state, “Physicists are being forced to admit that the universe is a “mental” construction. Pioneering physicist Sir James Jeans wrote: “The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter; we ought rather hail it as the creator and governor of the realm of matter. Get over it, and accept the inarguable conclusion. The universe is immaterial-mental and spiritual.” (37) (“The Mental Universe”; Nature 436:29,2005)

Dr. Nassim Harrimen leads teams of physicists, electrical

engineers, mathematicians and other scientists to explore the frontiers of unification principles and their implications. Harrimen's vision is shared through his Resonance Academy's scientific publications and educational programs. Currently Nassim is focused on his most recent developments in quantum gravity and their applications to technology, new energy research, applied resonance, life sciences, permaculture, and consciousness studies. His mission is to create positive change in the world based on his applied unified physics research.

Simply stated, Harrimen feels that consciousness is the field and the field is consciousness. Consciousness is the basis of everything. We are consciousness and our thoughts and intentions are continuously co-creating moment by moment our perception of reality. This offers us the opportunity then to question what we are choosing to create.

The Observer Effect and VAP Practice

“A fundamental conclusion of the new physics also acknowledges that the observer creates the reality. As observers, we are personally involved with the creation of our own reality.” ... Dr. Elizabeth Rauscher, world-renowned physicist

Quantum Physics has also found that the observation of a particle or wave actually impacts on its behavior.

Researchers are realizing that just the act of observation impacts on the experimental results. This too has significant implications for “science based” research.

If our observation impacts on the results, how can we emphatically say that something is true or valid? What does “science based” really mean? Throughout my career, as I was evaluating new nontoxic, innovative approaches to

animal health, my criteria were: 1. Is it safe? 2. Is it efficacious? And 3. Is it reproducible? If a particular approach met those criteria, I felt it was worthwhile pursuing it. Years later, one might finally see “peer reviewed” research documenting the approach.

Fortunately, in the meantime numerous animals were able to benefit from the therapies.

The “observer effect” states that just the act of measuring a particle or wave behaving in a certain way will alter the way that particle or wave is behaving. Essentially, once one pays attention to some action, your attention and intention impact on the action, whether that simply is your breathing or treating an animal. This is the foundation for the scientific basis of intentionality as well. It is the foundation for common statements such as “you create your own reality” and “you are what you think” as well as others.

The classic double split experiment is one of the first experiments to demonstrate how our consciousness and our physical world are intertwined in some way. Dean Radin, PhD, former President of the Institute of Noetic Sciences (IONS) published in the peer-reviewed journal *Physics Essays* explains how this experiment has been used multiple times to explore the role of consciousness in shaping the nature of physical reality. (40)

Dr. Bruce Lipton, a molecular biologist in his groundbreaking book “*The Biology of Belief*” reviews the latest research in the field of new biology and how our beliefs actually change our cells, our DNA and all of who we are. The field of epigenetics current focus is on how diet affects DNA. Dr. Lipton explores how our beliefs affect our DNA.

Your attention, intention, thoughts and feelings impact on everything in your veterinary practice. We create this

reality. One may ponder all the implications of this.

Questions that came to my mind when looking at all of this included “How do others thoughts and intentions impact on my veterinary practice and life then? How does this interaction impact on the outcome? Why do things not always happen the way I was hoping they would? This is where quantum entanglement theory comes in. Our thoughts and actions are entangled and impacted by others. That is why we do not always get the desired outcomes.

Results are impacted not just by our thoughts, but by our clients, staff, colleagues, and especially our animal patients.

When I reflect back on certain patients and clients with these new insights, I can appreciate why I might have thought that a particular therapy such as acupuncture should be of benefit and then the outcome would not be as successful as I had hoped. I can see how the clients’ perceptions and attitude also impacted on it. A classic example is “Munchausers” syndrome by proxy. Where the client actually wants your attention and does not really want the animal to improve. Another perspective is when I see a very optimistic client and the animal actually improves way beyond my expectations. Entanglement theory can become quite entangled when combining all the thoughts of everyone involved. This is also the basis of The Transpecies Field and Compassionate Field Theory.

The Transpecies Field (TSF) happens all the time in our hospitals, barns, animal shelters etc. as we discussed previously in the LCCC Theory paper. The optimistic view is that we can actually have an impact on that by choosing to radiate loving and compassionate thoughts and feelings into the field and train our staff to do this as well. This is The Compassionate Field Theory (CFT) in action. This will then have beneficial effects on our clients and patients.

The New Physics and You

“All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.” – Max Planck

In order to create and manifest a new reality for ourselves, we need to change our thought patterns and the way we perceive reality. What changes the way we perceive reality? Information does. When new information emerges it changes the way we look at things and as a result, our reality changes, and we begin to manifest a new experience and open our minds to a broader view of reality. Further insights from the new physics suggest that factors of consciousness are associated with the creation of our reality. That means change starts within. It starts with the way in which we are observing the outer world from our inner world. This touches on the earlier point of how we perceive our reality. Our perception of the external world might very well be a reflection of our inner world, our inner state of being. It might be beneficial then to ask yourself, are you happy? In each moment we have the ability to consciously choose whether we are coming from a place of love or fear.

One personal example of this is when I was going through a challenging time in life and was asking myself why this was happening to me. A friend suggested that I reframe my perspective and instead of asking why this is happening **“TO”** me, I ask why is this happening **“FOR”** me. By simply changing one word, from “to” to “for” changed my entire perspective which then changed my inner neurochemical balance and how I responded to all the shifts I was going through. All of these factors are associated with our consciousness, with our observation. The one or ones who are doing the “observing” might play a larger role

in what type of physical world the humanity manifests for itself than we realize. Another way of looking at this is to realize that our collective consciousness and collective unconsciousness impacts on the way we create our world. We are indeed the observers and can create the change and break patterns to open up new possibilities and change our direction if we wish. We can have an impact on the outer world by shifting the way we observe it.

It seems that the human race is going through some major shifts in consciousness at the moment, with some polarizations at each extreme. There appears to be some cognitive dissonance in the collective field.

I sense that the human race is in the process of waking up to a number of different realities, simultaneously. As a result, the way we perceive and “observe” the world around us on a larger scale is starting to drastically change. So if you want to help change the world, change the way you look at things, and the things you look at will change.

Choices: Creating Mind/ Heart/Body/Spirit Health Care for All Beings

The next evolutionary step for humankind is to move from human to kind – Sun

Based on these insights that the new physics and new biology offer us, we can choose how we wish to integrate veterinary acupuncture into our practices and lives. I have shared many options that I have chosen throughout my career. You may have chosen similar career paths or are currently considering change and some of these choices. As I have shared, “there is no right or wrong”. There is simply your choice in the moment.

The impact of corporatization on veterinary medicine is one example of how a particular focus of collective consciousness impacts on animal health care. It is certainly

having an effect on veterinary practice, both with some benefits as well as questionably beneficial effects.

There is no doubt that through pharmaceutical companies, nutrition companies and veterinary practice corporations, veterinary medicine will continue to evolve.

Future development in veterinary medicine will include advances in “apps” for clients helping them run blood tests and evaluate their own animals via “Dr. Google” or through “Deep Mind Health” (41) at Google as well as more innovations. As technology continues to rapidly evolve, how will advances in transhumanism, artificial intelligence, virtual reality, surgical robots, staff robots and advances in stem cell therapy, cloning, 3-D printed organs and appendicular prostheses as well as immunotherapy in cancer care, impact on veterinary practice. Will clients rely more on “apps” than veterinarians wherever possible?

These changes will all be confronting the veterinary profession sooner than we realize. There will always be a need for advanced veterinary referral centers as well as for smaller conventional veterinary practices. Will many of the upcoming shifts developing in Google, Facebook, and other technology companies replace the need for pets? Will technology changes shift humans away from requiring factory farming? Will the horse community continue to shift to a limited luxury for the ultra wealthy? How will the current political shift that seems to be supporting a level of bigotry and hatred impact on animal companions?

With all these rapid shifts in the way we live, is there a place for a new type of veterinary practice with a unique heart centered, healing perspective for all, both humans and non-human animals? Is there space for a new, yet to be created paradigm that truly nourishes the hearts, bodies, minds and spirits of all beings? What do you think?

The question for each of us is how we choose to practice in

this new environment. One can choose to be an integral part of corporate practice, offering acupuncture and other integrative therapies through their referral centers or individual practices. That can be so beneficial for the animals that need it. Yet, that choice may not resonate with some VAP practitioners that prefer a different approach. Sometimes I find the energetic metaphor of resonance to be beneficial, based on Tesla's perspective that everything is energy, frequency and vibration. I will ask myself "Do I resonate with the energy in a particular veterinary practice or horse barn or a way of practicing or not? Sometimes, I find that I make a particular choice only to later on question myself on why I chose it. What I realize is that sometimes that choice offers me a contrast to see whether I resonate with something or not. It may help me clarify my future preferences.

This thought has then evolved into considering what other options are there for future types of veterinary practice that I might resonate more with and might offer clients other options that they might prefer. This thought process led me to consider new trans-disciplinary and transpersonal options that do not exist as of yet, such as creating centers for mind/ heart/body/spirit healthcare for all beings. I initially rejected these thoughts when they first began showing up in my mindstream. I thought these ideas are too much of a stretch for veterinary medicine. Yet, I then remembered back to my early years at AMC and despite the skepticism at the time, how I shared the vision that acupuncture and complementary therapies would eventually be integrated into veterinary medicine. That has unfolded now. Perhaps, these ideas may not be too much of a stretch and may also be integrated into a more expansive and compassionate vision of veterinary medicine.

What I have noticed over the years is that so many clients choose to come for acupuncture and complementary

therapies to help their animals, but then realize how beneficial they find the time spent during their treatment is for them as well as their animals. Some evenings, I would find a reception area filled with clients waiting for acupuncture and I would begin to feel a bit overwhelmed and concerned that I was running late. When apologizing to the clients, they would often laugh and say that on the contrary they came early because they loved the camaraderie of the other people who were also there for acupuncture. It was a unique example of the transpecies and compassionate field in action. They would love to share how well their animal companions were doing.

As the world seems to be getting more agitated, filled with more anxiety, stress and anger, I sense that what so many animal lovers are searching for are spaces, sanctuaries where they can take some time out to rest and relax with their animal friends. That may be one reason that dog parks are so popular in cities. I saw that when clients would come early for appointments as a respite from their busy lives and would love sitting with their animals quietly during the acupuncture treatments.

This led me to ponder what it might be like to create healing centers for animals and their human caretakers that could offer such peaceful sanctuaries from modern day stress. I sense that a certain percentage of animal lovers would love to go to animal clinics that offered some quieter more peaceful setting. When lecturing at Cornell University Veterinary Specialists (CUVS) in Connecticut recently, I was impressed that they created a separate more peaceful area for their patients coming for acupuncture and physical rehabilitation services. There are endless possible variations on this theme, from quiet centers specializing in complementary therapies with separate areas for animals and their humans to settings like CUVS. Your unique integration of these insights will create your reality.

Conclusions: Creating New Paradigm 21st Century Veterinary Practices

“The atoms or elementary particles themselves are not real; they form a world of potentialities or possibilities rather than one of things or facts.” – Werner Heisenberg

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” Carl Jung

Based on this foundational awareness that your consciousness creates your reality, one can now appreciate how the latest in neuroscience and quantum physics validates many ancient philosophical and spiritual teachings on the universal interconnectedness of all life.

Hopefully this may stimulate thoughts and ideas within each of you on how this relates to creating a 21st century VAP practice? Perhaps it is limitless on how one can use this knowledge to create the practice of your hearts desire, your dream practice, your very own unique approach to creating a healing practice for animals, their human family and all beings.

I am currently consulting with veterinarians throughout the world and assisting them in co-creating new visions of veterinary healing practices. This has become the next step on my own personal journey with VAP, a consultation service to assist VAP practitioners to create 21st century integrative healings centers for all beings. This next step is to help other VAP practitioners create their hearts desires and new visions of veterinary healing practices. It is a joy to see the dynamic interactions of these insights with the hearts and minds of each individual veterinarian. Some are exploring creating centers limited to complementary therapies for animals and then having separate areas for

clients to experience similar approaches for themselves, or quiet areas to read, have tea and interact with other animal lovers before and after their acupuncture treatments. Some veterinarians are having their own medicinal plant gardens and having them available to their clients. Some are working with local farmers to offer organic kefir as a natural probiotic for their animal friends as well as themselves. The possibilities are as unique as each veterinarian's hearts desire. As this lecture concludes, let us play with and create a brief future mind movie of what would be your dream practice? If I can be of any assistance in supporting the creation of your dream practice, let me know!

It is a joy to share these insights and a new vision of creating 21st VAP practices. I look forward to hearing how these insights impact you on creating the next steps on your own veterinary acupuncture journey. Thank you so much being here and for being you!
Go forth and do good!

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