



Campaign for Health Consciousness

Registered Charity 1052731

“Unless we change individually no one is going to change collectively. For generations we have been waiting for the other person to change first. We must be the change we wish to see. A change of heart cannot be legislated. It must come out of conviction”.

Ghandi (1869 – 1948)

BIO means life. Although it may sound like metaphysical speculation, life does seem to have its own agenda, specifications and purpose. Health is a condition that provides the best manifestation of life. Since human life is expressed on physical, intellectual, emotional, spiritual, social and environmental aspects – anyone’s life manifests the best in a healthy body, a healthy mind, a healthy soul and a healthy world. Consequently, general creators and indicators of health have always been: love, creativity, beauty, spontaneity, community and nature; or put simply – the **art of living**.

Biomedic Foundation is dedicated to the research and contribution of all aspects of human health. Originated by two doctors who pioneered the concept of Bioregulatory Medicine, the Foundation has a unique purpose and structure. It has been founded upon the reality that consciousness in all its manifestations has a profound effect on both individual and collective health. The foundation **launched *Campaign for Consciousness (CAC)* to actively contribute towards manifesting a healthier reality.**

Early 20th century quantum physics explained a remarkable discovery of how the intentions of researchers affect the outcome of the experiment. Since then, this quantum dictum has already become common knowledge in the scientific world, which has also given an additional validity to the biblical statement ‘*thinking is becoming*’. As achievements of Quantum physics

provided scientific proof that our **intentions define our reality** – this became the foundation for C4C.

The campaign serves to guide people towards **purification of intentions, as a matter of psychological hygiene and preventative lifestyle – for personal health benefits and benefits of society as a whole.**

The state of dis-ease has historically been regarded as ‘an entity that makes us ill’, something that must be fought against, and protected from. A vast majority of people overlook that our immune system can and does keep us healthy, assuming it is not utterly undermined by stress, neglect and other health disruptors, which is why we need to learn how to take care of it.

These so-called ‘evils of the world’ have long been considered an *outside force*. It is always someone else who is violent, someone who is a tyrant, who is bad. Nobody considers themselves as evil, or as the source of negative intentions – as the Dalai Lama said: *‘...everyone is acting out of a desire for his or her own happiness, however misguidedly they may go about achieving that happiness.’*

Yet, we all are capable of creating our diseases and ‘evils of the world’. Unhappiness, confusion, despair, suffering and wars create boundaries that separate our bodies and minds, separate us from each other, and from the world; raising boundaries that cause stress on the mind, in the body and in the world. Stress and separation create further illness in the mind, body and world, which is when this entire ‘system of suffering’ is further reinforced by cyclical feedback processes. These feedback loops manifest both on individual and collective levels, as illnesses, diseases, wars or acts of violence and terrorism.

The process of consciousness expansion is a common denominator for both human health and the evolution of homo sapiens. The current stage of human evolution is taking a quantum leap towards a higher level of consciousness, a process which demands **more proactive individual initiative towards personal and collective positive changes and growth.** Being an open biological system, we should all chose to be healthy and whole, and for our world to be healthy and whole – just like the very root of the word ‘health’ implies wholeness, oneness and holiness. **By promoting a bioregulatory paradigm shift, Campaign for Consciousness calls to stop projecting our problems outside of us, and to take our own individual ‘response–**

ability' for personal and collective health and harmony. Any positive action towards community life, however small, benefits the health of an individual. Knowing that we are doing something beneficial to others, actively contributing something positive in a struggling world is beautifully just as good for us, as it is for those who benefit from our action.

On a larger scale, the more we do in response to the many problems of the modern world, the greater the critical mass of consciousness will lead to positive lasting changes on our precious planet earth. **In this fascinating biofeedback loop, the more positive change there is in the world, the greater the health of an individual; where our individual health and wellbeing is both a catalyst to, and catalysed by our collective reality.** Campaign for Consciousness is therefore proposing to address the reality-constructing systems of global communication and organisation networks that already exist in the decaying systems of power in the 21st century; and to **use joy to bring joy, love to bring love, happiness to bring happiness; to look at the world with fresh eyes and a new heart, and to re-member that WE ARE ALL ONE.**

MAY THE CREATIVE FORCE BE WITH YOU ALL- WAYS.

If you are interested to join or support Campaign for Consciousness, please contact Biomedic Foundation on 020 7935 6866. Your feedback or donations would be greatly appreciated.