



Role Of Feed The Soul (FTS) Energy Healing Techniques In Successful Distal Healing Treatment Of Hemorrhagic Contusions: A Case Study

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ABSTRACT

Introduction: This paper presents the case of a 45-year-old female residing in India, whose NCCT of the head area revealed two Hemorrhagic Cerebral Contusions. She had availed distal FTS energy healing sessions for the treatment of her condition.

Method: The case records from both the healer and the patient are examined in-depth in this research using a case study methodology.

Results: Healings were started 2 days after the injury was incurred. On the third day of healing, the necessity for analgesics was reduced. The second NCCT of the head revealed resolution of the patient's contusions up to 50%, with persisting edema. Upon re-evaluation of her condition, the amount of medication was reduced. The following week went by without any need for painkillers and no NCCT scans were taken further. A full recovery was observed within a span of one month, without the need for hospitalization.

Conclusions: FTS energy healing protocols are as effective in successful treatment of a variety of diseases, irrespective of the proximity between the healer and patient, while being a complementary and alternative medicine (CAM). It is necessary to conduct continued study of this occurrence utilising the right sample group and methods. Also, it would be of great help if healthcare professionals and associates were to be trained in holistic and touch-free energy healing methodologies, thus making treatment procedures more affordable to patients.

Keywords: Traumatic Brain Injury (TBI), Hemorrhagic Cerebral Contusion, Feed The Soul (FTS) Energy Healing System

1 | INTRODUCTION

Hemorrhagic Cerebral Contusions:

Traumatic brain injury or TBI comprises different kinds of damage to the brain's parenchyma. Hemorrhagic Cerebral Contusions are one of the most severe forms of TBI, and they are closely associated with disability and death. The risks of impairment and mortality in TBI patients are increased by contusions of the brain. [1]

Brain tissues are permanently harmed by Hemorrhagic Cerebral Contusions. The severity of an injury is associated with the initial damage, initiated by the absorption of kinetic energy generated by the collision and the subsequent chain reaction of secondary injuries that enhance the primary injury. The hemorrhagic lesion develops immediately following the head injury. [2][3]

The size and scope of a contusion can change over time. Hemorrhagic cerebral contusions usually protrude through the parenchyma of the brain with impaired function. They are typically identified on CT as hyperattenuating foci in the temporal poles and the frontal lobes close to the floor of the anterior cranial fossa. [4] Also, since blood is quite toxic to healthy brain tissue, brain contusions are among the most severe secondary damage types encountered in TBIs. Blood loss from the ongoing injury to microvessels during the initial traumatic incident has been linked to brain contusions. According to this theory, the development of a contusion may be caused by an underlying or obvious coagulopathy. [1]

The symptoms of a cerebral contusion range from severe to minor based on the site of impact on the brain, thus affecting memory, speech, vision or hearing. Several of these symptoms may include light-headedness, confusion, headache, and lack of coordination & movement. [5]

Most often, a cerebral contusion may be caused to to a blow to the head, which could result from either vehicular accidents or falls. Also, the most frequent sports-associated injuries requiring visits to the urgent care department are superficial wounds and brain contusions. [6]

Contusions, that are usually associated with edema (swelling caused due to excess fluids trapped), are very likely to cause an increase in intracranial pressure, and the treatment for such cerebral contusion often focuses on preventing the swelling resulting from the edema, since cerebral swelling puts the patient at risk [7]. Avoidance of hypotension (low blood pressure), hyponatremia (insufficient sodium), and hypercapnia (increased carbon dioxide in the blood) are steps to prevent swelling. Due to the risk of increased intracranial pressure, certain cases may require surgery to lower it. [8] Individuals with cerebral contusions may require close monitoring and intensive care.

Feed The Soul Energy Healing System

Feed the Soul (FTS) Energy Healing is a holistic system that has been scientifically derived from ancient texts. This holistic system is integrative in approach, and is easily adaptable to the current lifestyle, in spite of its ancient roots. This holistic system is based on two important principles. The first principle is, the physical body is capable of healing itself. For example, a minor cut won't require urgent medical treatment, instead, most of the times, we just apply an ointment to it, and let it heal on its own, the same self-healing mechanism works in cases of severe physical ailments as well, but there may be delays in complete recovery based on the severity of the ailment. The second principle is, for healing to take place, the body requires life energy or prana. Increasing life energy on the damaged area(s) and the entire body might hasten the healing process. This life energy is present all around us and can be synthesised by a skilled energy healer who can then channel it to the patient.

Apart from the underlying principles, the FTS energy healing system comprises three elements. The first element is a set of modules to be practiced independently, by oneself. The three modules are: Rhythmic Abdominal Breathing, Forgiveness Sadhana, [9][10] and The Meditation for Peace, Awareness & Illumination. The second element is energy healing, given to a patient by a trained healer, or alternatively, self-healing can be performed by the patient on oneself upon learning the energy healing techniques through a certified FTS Trainer. The third element is character purification, which is driven by the motive of bringing peace and bliss upon earth. FTS energy healing can be administered either through the proximal/direct mode or the distal/distant mode. In case of the proximal/direct mode the trained healer acts as a channel for the healing energies, while being in front of the patient (in the same place). Whereas, in case of the distal/distant mode the trained healer acts as a channel for the healing energies, while being separated by the patient by a significant distance, ranging from hundreds or thousands of Kilometres, by making use of the earth's energy field as a medium.

Experience-based data that is supported by documentation demonstrates that it is successfully used as an alternative and supplemental medication for a variety of ailments. The FTS energy healing method has been employed as a technique to address emotional and psychological problems as well as to relieve the strains of daily life associated with work and finances. It is primarily utilized in conjunction with other healing techniques like Homeopathy, [11] Allopathy, and Ayurveda, [12][13] as a contact-less, and drug-free, therapeutic system. There are, however, many occasions when the use of FTS energy healing alone has been sufficient to treat the condition or disease (be it psychological or physical).

This paper presents the case of a 45-year-old female residing in India, whose NCCT of the head area revealed two Hemorrhagic Cerebral Contusions, one in the right basifrontal lobe, measuring approximately 2 x 1.2 cm and another in the left basifrontal, parasagittal frontal lobe, measuring approximately 1.5 x 0.6 cm. She availed distal FTS energy healing sessions.

2 | METHOD

The case records from both the healer and the patient are examined in-depth in this research using a case study methodology.

CASE REPORT

A 45-year-old female patient Poonam (Pseudonym used to conceal identity) based in India is a well recovered patient of Epilepsy. However, she continues to take the medication for epilepsy, upon her doctor's advice.

Brief account of Incident

Poonam travelled to Leh for her family vacation. Set amidst the epic Himalayas, Leh is a rustic and heavenly beautiful travel destination at an altitude of 10,000 feet above sea level. Leh has an oxygen concentration of about 20.9 %. While vacationing in Leh she suffered a head injury on 19th June 2022 after a fall on the road. For about two days, she dealt with severe headaches and dizziness. The headache did not seem to recede, because of which she traveled back to Delhi for medical treatment.

Upon the doctor's advice she underwent a NCCT for the head region on 22nd June 2022. The study revealed an internal bleeding which was the cause of two hemorrhagic cerebral contusions measuring approximately 2×1.2 cm (in the right basi-frontal lobe) and 1.5×0.6 cm (in the left basi-frontal, parasagittal frontal lobe). [Appendix 1A [click here](#) & 1B [click here](#)].

Upon evaluation of her condition after the NCCT of the head, she was prescribed certain medications on 23rd June 2022. [Table 1] Also, she was kept under observation in the hospital on the same day.

Table 1 - Medication prescribed on 23rd June 2022

Medication	Mode of administration	Dosage and frequency	Effect
Mannitol	Injection I/V	100 ml three times a day.	To reduce cerebral swelling.
Pantocid	Oral	40 mg once a day	To reduce stomach acidity.
Emset	Oral	4 mg three times a day.	To control vomiting.
Voveran	Oral	50 mg as and when needed.	This is for analgesia.
Lamitor	Oral	100 mg twice a day.	To control any possible epileptic seizures (as stated earlier, she has a medical history of epilepsy).
Normal Saline	I/V	60 ml/hr	To avoid dehydration

Feed The Soul Energy Healing Interventions:

Poonam was introduced to energy healing through an introductory session on FTS Energy Healing, conducted by a Delhi based FTS energy healer and trainer, in the year 2015. She was intrigued by the subject and decided to explore more. Thus, she learnt FTS Energy Healing Level 1 in the same year.

Upon understanding the severity of her health condition after the fall in Leh (19th June 2022), she contacted a FTS energy healer in, who started channelling healing energies towards her on 24th June 2022.

Distal Healing Protocols

Poonam was given one healing session a day, which lasted for 45 minutes to an hour. The healings went on for about a month, but significant change was observed within the first week.

The FTS energy healer conducted an intervention which consisted of the following Energy healing protocols:

- General cleansing with Green and Brilliant Violet Pranas.
- FTS Psychological energy healing protocol was applied to normalise the emotional condition of the patient. It includes cleansing and energizing the Heart chakra, Throat chakra, Ajna chakra and Crown chakra with Brilliant Violet Prana.
- Also, Spleen chakras were cleansed and energised with Green and Violet Pranas.

**Table2 - Prescription Medication revised
on 30th June 2022**

Medication	Mode of administration	Dosage and frequency	Effect
Lamitor	Oral	100 mg twice a day.	To control any possible epileptic seizures
Syrup Glycerol	Oral	10 ml thrice a day for 3 days, then twice a day for three days, then stop.	To reduce residual oedema in affected area

- The Basic chakra was cleansed with Green and Orange Pranas, and energised with Red Prana.
- Affected areas of the brain were localized with Blue Prana, and then soaked with Green, Blue and Violet Pranas, then after a while compassionately punctured with Pink Prana. Cleansing was done with Green-Violet and Brilliant Violet. Then energised with Blue-Green, Violet and Gold Pranas.

Simultaneously, during the treatment the patient was doing Rhythmic abdominal breathing practices, 4 times a day. Also, she practiced forgiveness sadhna and the Meditation for Peace, Awareness and Illumination (blessing the earth with peace and love). Also, she was taking a low salt, protein rich vegetarian diet. She made sure to have sufficient rest for at least 8 to 9 hours a day. She was advised to stay calm and positive.

3 | RESULTS

The FTS energy Healer started channeling healing energies to Poonam on 24th June 2022. On the third day of healing, the necessity for analgesics reduced. The intensity of pain had reduced on the right side of her head, but the pain on left side of the head still persisted.

She was advised by the doctor to undertake another NCCT of the head on 29th June 2022, which revealed that up to 50% of Poonam's contusions had been resolved, with some persisting edema. [**Appendix 2A** [\[click here\]](#) & **2B** [\[click here\]](#)]. Upon re-evaluation of her condition, the medication was revised by her doctor on 30th June 2022. [**Table 2**]

All other medications mentioned in **Table 1** were stopped by then.

The following week went by without any need for painkillers and no NCCT scans were taken further. Thus, she had completely recovered from her condition within a span of one month with no need for hospitalization. However, she was kept under observation for some time on 23rd June 2022, in order to make sure her condition wasn't very severe.

To quote Poonam's words: *“Honestly, I do not know about the healing process but being in touch with Dr. Uma helped me float through the crisis. She is such a kind & gentle soul, that you feel strong listening to her compassionate words.*

Much appreciation & sincere thanks to you Dr. Uma for healing me.”

Follow up:

The FTS Energy Healer met Poonam in the month of September 2022 for follow up. She observed that Poonam was quite healthy and Poonam informed the Healer that she was following her normal routine and had been traveling as well. Overall, everything was good. Poonam practices the Meditation for Peace, Awareness and Illumination, though not very regularly, but as often as possible. She even practices the forgiveness sadhna and takes salt water baths as and when it is possible. She follows a diet consisting of more raw foods (fruits and vegetables), virgin coconut oil, and less cooked food.

4 | DISCUSSION

Hemorrhagic Cerebral Contusion is one of the most severe kinds of damage following a TBI, and increases the probability of disability or death. These are mostly a result of falls or vehicular accidents. The most common way for medical professionals to control the condition is to control the symptoms. The most common symptoms of such a condition are dizziness and headache. Analgesics or painkillers are commonly prescribed to provide relief to the patient, but increased frequency and prolonged intake of NSAIDS (Non-steroidal anti-inflammatory agents) may cause damage to the liver & kidneys, heart problems, nausea, and allergic response in certain cases.

This FTS energy healing case study provides an account of successful reduction in the frequency and dosage of medication followed by a complete recovery from hemorrhagic cerebral contusions caused due to a fall. It shows that application of regular healing treatments using FTS energy healing system along with a disciplined lifestyle, over a short period of time can help recovery from such a severe condition successfully.

However, care must be taken that persistent effort is the most important factor. Also, the time for complete recovery might vary upon the severity and term of the disease or disability.

5 | CONCLUSIONS

FTS energy healing protocols are as effective in successful treatment of a variety of diseases, irrespective of the proximity between the healer and patient, while being a complementary and alternative medicine (CAM). It is necessary to conduct continued study of this occurrence utilising the right sample group and methods. Also, it would be of great help if healthcare professionals and associates were to be trained in holistic and touch-free energy healing methodologies, thus making treatment procedures more affordable to patients.

Acknowledgements

Grateful acknowledgements to Feed the Soul Energy Healing System, and to the patient for sharing case details on condition of anonymity.

Conflicts of Interest

None

Funding

Nil

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