

Review of Active Consciousness: Awakening the Power Within

Reviewer:

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Having read Amy Lansky's first book, *Impossible Cure: The Promise of Homeopathy* — a brilliant introduction to Homeopathy that includes a passionate account of the cure of her son's autism by Homeopathy — I was naturally drawn to read her new book, *Active Consciousness: Awakening the Power Within*.

I see this book as the fruition of a personal quest Amy embarked upon while she was musing over the metaphysical aspects of Homeopathy that are beyond the ability of current science to prove or disprove. She describes this personal quest in Part I of *Active Consciousness*. Then, in Part II, Amy explores a rich and varied range of esoteric topics and suggests that we do not have to give up our rational mind, but only expand it so that we can come to grips with unexplained phenomena. These include psychic phenomena that have been tested scientifically, like remote viewing, telekinesis, and out-of-body experiences, the ideas of Ervin Laszlo about the Akashic field, and those of biologist Rupert Sheldrake about the morphic field. As Amy points out, the mechanism of many of these phenomena depend upon resonance or similarity in vibration. She also points out that principles of quantum physics are consistent with the principle of synchronicity — a phenomenon in which events within the similar fields of meaning occur simultaneously. Likewise, a fundamental principle of Homeopathy, the Law of Similars, operates on the basis of a synchronicity between the vibration of a medicinal substance and that of a patient. When these vibrations match, cure happens.

As the title indicates, an important topic of the book is the power of "active consciousness" — that is, the ability to use the power of human consciousness to create change in the outer world. In other words, consciousness is not only a passive phenomenon, but an active one. We are introduced to this notion on the first page of the book, which shows a sketch with a quote from Yogi Berra, "If you come to a fork in the road, take it." On reading further, it becomes obvious that the book is intended to create a state of active consciousness so that a fork in the road can be taken with certitude and joy. Just as computers run on the basis of software, Amy — a former computer scientist and researcher of artificial intelligence — points out that our body, brain, emotions, and mind are run by the soul, the spirit, or the inner, higher Self. If we wish to stop marching like slaves to our ego or personality, we need to wake up from sleep, connect with our Self and become masters of our fate. Such mastery is not left to chance, but can be attained by mindful-meditation exercises that Amy has learned from her own teacher, Gary Sherman, and which she introduces to the reader with exercises scattered throughout the book. In Part III, Amy introduces a theory she has developed that our inner Selves are actually higher-dimensional entities that can affect our trajectory through three-dimensional space and time. In Part IV, she then relates this material to the esoteric wisdom of teachers like Rudolf Steiner, G.I. Gurdjieff, and the Kabbalah, with a particular focus on the higher energy bodies.

In her recommended meditation exercises, Amy encourages us to open up to a method for dissipating troublesome physical sensations and emotions, yielding the onset of clarity. In the state of "NOW+" — a state of being "in the Now" combined compassion and loving-kindness — Amy argues that we can most effectively use the subtle force that underlies the power of active consciousness. She describes a method for utilizing this power that enables us to tap into our inner consciousness, activate it, and

realize for ourselves that we are multi-dimensional beings that can evolve. As we do so, the mystery that surrounds our incarnated being can become clear, the forces and fields that this consciousness traverses in its journeys through lifetimes and space can be demystified, and a heightened state of awareness can be achieved so that we can feel good, healthy and happy in spite of ourselves. Parts V and VI of *Active Consciousness* focus on developing this state of inner awareness and include additional exercises and experiments. We are called upon to make a commitment to feeling good by being proactive, calling up happy feelings, entering a situation with happiness, gratitude, appreciation and trusting, allowing a more expansive view of life, and opening our hearts to giving and receiving love.

When I finished reading *Active Consciousness*, it occurred to me that as practitioners of an energy medicine like Homeopathy, we encounter the complex issues our clients on a daily basis. More often than not, we come to a fork in the road as we contemplate how to help our clients or how to solve a case. We pause a moment, look left then look right, think and wonder. But we can't stop. We must move on because life is but movement. And for some reason, sometimes known to us and sometimes not, we choose one arm of the fork over the other and take a step toward it. We take the fork, just as Yogi Berra said. After reading this book, it became obvious that in essence, we have found a way of tapping into active consciousness and that this power can help us make our decision about which arm of the fork to take. Moreover, we can do so in a wakeful, aware, joyful state — as if we know exactly what we are supposed to be doing. Uncertainty will be left by the wayside as you proceed in your chosen direction. You will walk on confidently by allowing yourself to be open to and accepting of the mysteries of life.

For this and many other reasons, I recommend this book to homeopaths and all seekers of deeper awareness and consciousness. In fact, much of the content of Chapters V and VI can be useful tools to suggest to our patients. Another strong aspect of this book is the list of references tracing back the source material in connection with every chapter, as well as a useful index.

Many others in alternative medicine must have wondered, like Amy Lansky has, about the mysterious nature and dimension of the healing work they engage in. For all those wondering, thinking individuals, this book is gift — well written, coherent, purposeful and clear. It encourages us to continue to think and wonder albeit joyfully, and as the author commands in the very end, to "CHOOSE JOY".