

LIVING SYSTEMS: AN ENDO BIOGENY PERIODICAL

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realing, 1993, by Kamyar M. Hedayat

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Manuscripts may be sent to: livingsystems@learnendobiogeny.com.

We are accepting contributions for all upcoming issues.

About this journal

Living Systems: An Endobiogeny Periodical is a regular publication of Learn Endobiogeny (www.learnendobiogeny.com), an educational project of Systems Biology Research Group (SBRG). The periodical is dedicated to advancing discussions and applications of complex living systems and integrative physiology based on the theory of Endobiogeny. Our goal is to develop a community of knowledge and collective intelligence that improves the practice of medicine, the art of healing, and the lives of individuals and the planet.

About the cover

The summer before medical school, I traveled to Iran to uncover my Iranian roots. Traveling to the mountains around the Caspian Sea with family, I stayed in wooden cabins without electricity. By the light of kerosene lamp an impish boy revealed himself. I saw my moment and snapped the photo to capture what was obscured in darkness.

Clinical Endobiogeny works in a similar way. In addition to the chief complaint, there is something deep within that patients seek to uncover. Something simple and raw. Something innocent yet impish and often beyond conscious awareness. It may be a wounding, or, the need to be seen, heard and understood in the *experience* of suffering. The endobiogenic anamnesis is a revealing of the throughline of organic illness within the intangible story of the dreams and disappointments that make a life. Deep listening, rational analysis and creative problem solving open space for healing to occur. Healing is a return to wholeness—something well beyond symptom reduction. Let us light a flame of knowledge and see what it reveals.



THE HERO'S JOURNEY IN ENDOBIOGENY

Kamyar M. Hedayat, MD
Adam Johnson, MD

Shall I say it again? In order to arrive there, To arrive where you are, to
get from where you are
not,
You must go by a way wherein there is no ecstasy.
In order to arrive at what you do not know
You must go by a way which is the way of ignorance.
In order to possess what you do not possess
You must go by the way of dispossession.
In order to arrive at what you are not
You must go through the way in which you are not.
And what you do not know is the only thing you know
And what you own is what you do not own
And where you are is where you are not.

Four Quartets, East Coker, part III, p.29¹

TS Elliot's *Four Quartets* is perhaps one of the most important poetic works on the 20th century in the English language. It is a meditation on Time and Timelessness, of movement and stillness, gain and loss. The above excerpt from the section *East Coker*, encapsulates the challenge faced by every physician who seeks to become an endobiogenist. This journey is the hero's journey, formalized in Joseph Campbell's *Hero with a thousand faces*², which became an indelible fixture in popular imagination thanks to George Lucas' *Star Wars* saga.

The hero's journey has 12 steps. As I (KMH) reflected on the challenges faced by every physician who becomes an endobiogenist (myself included), I realized that the 12 steps of the Hero's journey perfectly describe this journey, divided as it were into three "acts," (figure 1, right). As Shakespeare noted, "all the world's a stage / and all the men and women merely players." (As *you like it*, Act II, scene VII).³



Source: https://blog-cdn.reedsy.com/directories/admin/attachments/large_reedsy-heros-journey-graphic-1-c26a59.jpg

ACT ONE

1-Ordinary World: You believe in the standard medical teachings. It's the only truth and only way to practice medicine.

2-Call to Adventure: You run into failures and question if standard biomedicine is the ultimate truth. You need something more. You need an approach to clinical medicine that is large enough to

accommodate anomalies and explain what appears unexplainable.

3-Refuse the Call: You try to suppress the urge to learn Endobiogeny because you may lose the respect of your peers, or, lose income.

4-Meet the Mentor: Endobiogeny shows you the way, through the instructors, books, videos and colleagues already trained and practicing.

ACT TWO

5-Cross the first threshold: You decide to study Endobiogeny.

6-Tests, Allies and Enemies: You start applying the knowledge of Endobiogeny to yourself (tests), then family and open-minded patients (allies). You believe you can make this work with standard insurance reimbursement models (Enemies).

7-Innermost Cave: You realize you cannot

continue to straddle two competing worlds—Standard Biomedicine and Endobiogeny. Which way will you go? You must retreat into your heart (the cave) and confront your own fears. In the meantime, you keep trying to make both worlds live together in harmony.

8-Ordeal: You are faced with a personal or professional crisis: burn out, domestic stress, realizing you have missed important moments in the lives of your loved ones, etc. You decide to make the leap to a fuller Endobiogeny practice. You lose patients, income, and perhaps reputation amongst peers.

ACT THREE

9-Reward: Soon, you once again have a thriving and growing Endobiogeny practice. You experience the reward of a satisfying practice devoted to deep listening, compassionate caring, and rational treatment choices

10-The Road back: Your practice and income rebounds as new patients enter your practice who share the spirit of participatory and collaborative medicine with you.

11-Resurrection: You are a new doctor, an endobiogenist and you are gaining mastery of endobiogenic concepts. If you doubt yourself from time to time, you are “going in a good way,” as Jean Claude Lapraz used to remind me (KMH).

12-Return with the Elixir: You return to your peers with an Elixir—the [GEMMA biomarker analysis system](#). You treat patients in person and remotely thanks to GEMMA, gaining insight and helping empower yourself and your patients in mastery of health.

-End of the cycle of a journey without end-

Another way the hero’s journey unfolds is the movement from simplicity (act 1, stage 1) to complexity (act 1, stage 3) to perplexity (act two) and finally to harmony (act three). Like rings of a tree, each level requiring the former before it can be reached...but the perplexity stage is the ordeal (act 2, stage 8), and there is initially an allure to go back from complexity to the safety of simplicity (an attempt to return to a false Eden).

Similarly, Nietzsche describes the stages of camel to lion to infant.⁴ The camel is the burdened mind (act 1). The camel transforms into the lion by going into the desert (the cave in our analogy) and developing the strength of will to resist conventions and blind obedience of authority. The lion has creative will but lacks purity of mind to create a new value-based system (act 3). Thus, the spirit of the infant, the spirit of openness, is the ultimate state of learning and doing, according to Nietzsche.

Alternatively, Kierkegaard describes being suspended between the finite and the infinite. The only rational choice is to not use reason, rather to make a “qualitative leap” (end of act 1). Reason alone cannot help us understand what we have not yet empirically experienced.

Both these philosophical concepts are grasping at the same developmental processes articulated in the hero’s journey. Any way we consider the journey, it is one that you are invited to explore. To paraphrase a Sufi saying, “Not all who venture become endobiogenists, but all who became endobiogenists ventured to learn it.”

The objective of this periodical *Living Systems* is to introduce you to the concepts and practice of Endobiogeny. Other resources include www.learnendobiogeny.com where you can watch lectures and learn from other endobiogenists in our forum. For those who are ready to go deeper, check out *The Theory of Endobiogeny*, volumes [1,2,3](#) and [4](#). We recommend starting with [volume 4](#), which is a concise summary of the first three volumes. In French, this corresponds to [volume 2](#). ✱

References

1. Eliot TS. *Four quartets*. Faber and Faber; 1944:44 p.
2. Campbell J, Bollingen Foundation Collection (Library of Congress), Ralph Ellison Collection (Library of Congress). *The hero with a thousand faces*. Bollingen series,. Pantheon Books; 1949:xxiii, 416 p.
3. Shakespeare W, Shakespeare Memorial Company., Theater Playbills and Programs Collection (Library of Congress). *As you like it*. 1932.
4. Nietzsche FW, Common T, Sweet D. *Thus spoke Zarathustra : a book for everyone and for no one*. Cambridge texts in the history of philosophy. Barnes & Noble; 2012:xli, 350 p.

About the Authors

Kamyar M. Hedayat is co-founder and Chief Scientific Officer of Systems Biology Research Group, a research company dedicated to promoting research, education, publication, product formulation and development of commercial clinical tools based on the theory of Endobiogeny. He was trained by the co-developer of the Endobiogenic teachings, Dr. Jean Claude Lapraz, and is a leading international proponent of integrative physiology and Endobiogeny. He is the author of the definitive four-volume series [*The Theory of Endobiogeny*](#).

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