

# Healing Is About Love: An Interview with Dr. Tudor Marinescu

by Leslee Goodman, MPH

**D**r. Tudor Marinescu was born in Romania, earned an M.D. and Ph.D. in medicine in Germany, and completed post-doctoral internships in surgery and a three-year family medicine residency in the United States. Despite this superb training in western medicine, he chose to focus his practice on holistic healing, incorporating many techniques learned from indigenous healers. He has created a multidisciplinary system that empowers, educates, and assists people in achieving and maintaining vibrant physical, emotional, mental, and spiritual health. After years of private practice in Santa Monica, he and his wife Oshun, a spiritual healer, opened a satellite practice in Ojai, California, where they have created the Temenos Center for Wholeness. In the following interview he shares his philosophy of healing with us.

## Dr. Tudor, what is your philosophy of healing?

My philosophy is simple: the human organism doesn't make mistakes. To believe it does would deny its very journey of self-creation and conscious self-determination from one cell into the 50-trillion-cell organism we call the human body. The body that knows how to develop itself from one cell into 50 trillion cells obviously knows how to heal itself. We are dealing with the wisdom of evolution, billions of years old.

The body can and does malfunction, however — and it is not due to a Tylenol or chemotherapy deficiency. Dysfunctional or non-supportive mental and emotional patterns, limiting beliefs, stress, trauma, insufficient rest, inadequate exercise, depleted quality nutritional intake, accumulated toxicity, and so on will interfere with the body's own healing wisdom and mechanisms, resulting in dis-ease.

## Please describe your medical background and training.

I am a holistic physician specializing in family medicine with credentials in cranial and biodynamic osteopathy, functional medicine, prolotherapy, herbal cures and vibration/sound healing. I also studied and trained with traditional indigenous healers from North America, South America, and Africa. I graduated in the top 10 percent of my class at the J.W. Goethe University School of Medicine in Frankfurt, and I hold a Ph.D. in Medicine from the H. Heine University, also in Germany. I completed a one-year research fellowship in orthopedic surgery, followed by a surgical internship at UCLA. My desire to practice integrative medicine led me to continue my post-graduate training with a three-year family medicine residency at USC.

## Despite this superb training, your focus is not on western, or allopathic, medicine. Why is that?

An old Chinese proverb notes that “the superior doctor prevents sickness, the mediocre doctor attends to impending sickness, and the inferior doctor treats actual sickness.” So, having adopted this old wisdom, I don't want to limit my practice only to the inferior category.

I also want to be faithful to the Hippocratic Oath, which is “First,



do no harm.” The main modalities employed in western medicine today are all associated with a certain degree of harm. Barbara Starfield, a leading researcher at Johns Hopkins University School of Medicine, published in the Boston Review in 2005 the results of her research pertaining to the main causes of death in the U.S. By conservative estimates, medicine is the third leading cause of death, responsible for 275,000 deaths per year, following cardiovascular diseases and cancer.

## Isn't western medicine the best in the world?

The quality of medicine taught and practiced in the U.S. is undoubtedly the best in the world. However, the health of our citizens is ranked #38 in the world by World Health Organization criteria. The healthiest country is Japan, with countries like Costa Rica, Canada, and Chile ahead of us. Health wise, we are at the bottom of all so-called First World countries. We lead the First World in infant mortality, maternal mortality, death from child abuse, childhood injuries, homicides, teenage births, healthcare expense, etc.

The U.S. accounts for half of all global expenditures on healthcare, even though we represent only five percent of the world's population. That equals \$1.94 trillion, or 15.6 percent of our GNP, or \$7,000 per person per year. Despite all that money, healthcare as we practice it today is not buying us health. Our system doesn't deliver health care; it's disease care.

## What have you learned from indigenous healers?

In the indigenous world sickness is looked upon as a manifestation of health. Furthermore, there is no such thing as an exclusively

physical disease as all disease originates in the invisible realm, at the soul level. If not properly addressed there, the imbalance becomes louder and expresses itself in the realm of the mind and emotions. Again if not mended here, the imbalances become even louder and start manifesting themselves in the physical realm as symptoms and signs of “dis-ease.” Disease is therefore looked upon as the language of the soul becoming louder and louder in its journey to seek healing.

The body is whole from the very beginning of its development and its well-being depends on the balance between the microcosm (its internal environment) and the macrocosm (its external environment). A community is as healthy as the health of its individuals. That's why in Africa they say that your healing is my healing. And my healing is your healing. Healing is a communal event.

## You have extensive credentials in cranial and bio-dynamic osteopathy. Why are these practices important?

In the physical realm, there are only three causes of disease: trauma and/or stress, accumulation of toxicity, and inadequate nutrition at the cellular level. At the fluid and cellular level, trauma manifests as compressions, obstructions, distortions, etc., interfering with the proper flow of the essences of life — i.e. blood, lymph, nervous system conduction, and energetic midlines and meridians — thus preventing the body's own restoring and healing mechanisms from fully expressing themselves.

In osteopathy we use our hands to “listen” to the patient's living anatomy — its flow of fluids and structural build-up of tension, compressions, distortions, and other obstructions. To restore normal function, we then apply a gentle and precise amount of

power and intention to remove the obstructions in the flow of fluids, dysfunctions in the motion of tissues, and release compressed bones. We help “set up” the body so it can heal itself. Treatment is aimed at the structural problems present, not the disease entity or symptoms. By removing obstructions to the healthy flow of fluids and energy in the body we support the body in healing itself. Our philosophy is that the body is a unit whose parts integrally affect each other. Therefore, dysfunction in one area affects other areas as well.

## When do you prescribe sound or vibrational healing and what are its benefits?

Vibrational healing is an integral part of our treatment. It is scientifically accepted that traumatized tissue vibrates at a lower frequency than healthy tissue. By creating a vibrational field corresponding to the frequency of health, the traumatized parts will “up” their frequency to match the “health” frequency, thereby eliminating the trauma.

Sound healing in the form of certain vowel sounds and chants is used to further inform the body and realign it to the foundational frequencies of the universe, knowing that at the subatomic level, as string theory tells us, everything is frequency; everything vibrates.

## If you could make only one health recommendation to America, what would it be?

Know that the true causes of disease are not only mental, emotional, physical and spiritual, but in our culture, socially and economically. In other words, we must take better care of our inner and outer environments. Health is dependent on the relationship between the inner and the outer.

Today we have “medicalized” our thoughts, feelings, emotions and actions for the purpose of constricting them to an ICD 9 (International Classification of Diseases) code and thus “matching” them with specifically engineered drugs and designed procedures. Furthermore, we have militarized the language of medicine so it is not about love anymore, but rather about fear. The contemporary language of medicine sounds like this: the sperm penetrates the egg...the embryo invades the uterine wall...the genes rule, immune cells destroy, etc. We fight disease, wage a war on cancer, prescribe antibiotics (a word that literally means “anti- life”) to kill bacteria and chemotherapy and radiation to kill cancer cells. It's all militarized language.

Medicine is about love. Life is about love. Evolution is about love. But in today's world, medicine has become about fear, as have so many aspects of our life. Health is not about health anymore, it's about wealth. For-profit transnational drug corporations are controlling and dictating medical education, research and practice. Similarly, medical practices — i.e., diagnostic investigations and therapeutic approaches — are controlled and dictated by for-profit insurance companies. The sole responsibility of these corporations is towards shareholders who have only one expectation: to increase the

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value of their shares.

All mystics throughout time, including contemporary spiritual leaders, teach that we cannot achieve peace through fighting and we cannot achieve love through fear. It is a universal spiritual law. Applying these universal concepts to medicine, we realize that we cannot achieve and maintain health by means of “fighting disease” but rather by supporting and promoting the body’s own healing mechanisms.

***Of what importance do environmental toxins and general environmental degradation play in western health?***

We have forgotten the words of Chief Seattle. For decades, scientists have studied the pollutants in our air, water, food, and soil. U.S. industries alone manufacture over six trillion pounds of 9,000 different chemicals a year. They dump billions of pounds of industrial chemicals into our air and water year after year. According to the nonprofit EWG, the Environmental Working Group, public water supplies in 42 U.S. States are contaminated with 141 unregulated chemicals for which EPA safety standards have not been established. 45% of all stream miles, 45% of lake acreage, and 32% of bay and estuarine miles are classified as polluted.

According to another report released in July 2005 by the EWG, American babies are born with an average of 287 chemical contaminants in their bloodstreams. The report says: “Of the 287 chemicals we detected in umbilical-cord blood, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.” The research proves our bodies are not capable of fully eliminating all the different toxins and chemicals we inhale and ingest every day. They accumulate in our cells (especially fat cells), tissues, organs (such as the colon, liver, brain, etc.) and blood and remain stored for an indefinite length of time causing degenerative disorders that can lead to cancers.

***Does it make any sense to practice “natural medicine” when the way we live is so unnatural? How can we change the systems we are caught in?***

Of course it makes sense, because it is the only way to experience any level of health. We need to return to obeying the natural laws of living. This wisdom is thousands of years old and perhaps best expressed by Leonardo di Vinci: “Vitality and beauty are gifts of nature for those who live according to its laws.” Paracelsus, the father of pharmacology, put it this way: “Medicine is not only a science; it is also an art. It does not consist of compounding pills and plasters; it deals with the very processes of life, which must be understood before they may be guided. The physician is only the servant of nature, not her master. Therefore, it behooves medicine to follow the will of nature.”

The way to change the system is to stop feeding it by reducing our dependency on non-sustainable means. That calls for each of us to assume responsibility for our own life and health, and to replace non-supportive habits with health promoting ones.

***You sometimes refer to the role of the “physician-priest.” What do you mean by that?***

Since the beginning of recorded time, the healer function was also the priestly function; physician and priest were one. The physician-priest was the ceremonial facilitator, the healer/shaman, the one who allied with the forces of nature. In my daily practice I strive to embody this ancient archetype in order to help facilitate the natural restoration of health in my patients.

***What is the role of spiritual healing in physical health?***

Spiritual healing is as important as physical, mental and emotional healing. “The biggest mistake in Hellas [Greece] today is that we have doctors for the body and doctors for the mind, although the two cannot be separated.” Plato wrote that in 400 BC, and it’s still true today. Indigenous traditions and recent western spiritual teachers hold the common belief that we are spiritual beings having a physical experience. We are Souls incarnated in three-dimensional physical bodies. The Soul is the Source, it is the Cause, therefore that is where we need to pose the questions. Here we find answers to who we are, what we are, how and why we express

ourselves the way we do, as well as the relationships, conditions, circumstances and situations we attract in our lives. Life starts at the Soul; imbalances start here, and therefore healing must also start here.

***How do you and your wife and partner, spiritual healer Oshun, work together?***

As patients become familiar with our philosophy and practice, they are encouraged to explore the true causes of dis-ease that are found at the soul level. That’s when they seek Oshun’s work, whose expertise is in the more subtle energetic bodies. In our work together we address the denser/visible energies represented by the physical body as well as the lighter/invisible energies represented by the mind and soul.

***How did the two of you meet?***

Very appropriately — at a Native American healing ceremony called the Bear Dance. When we first saw each other in the distance, a strong feeling never experienced before came over both of us. In our hearts we knew that we had just met our twin flame soul mate. I had no prior conception of soul mates, not even theoretical, but when I experienced the overwhelming heart opening — equivalent to the sun melting the stubborn overcast of a June gloom day in Santa Monica — I simply knew. Life circumstances kept us away from each other for another three years until finally we acknowledged the obvious and allowed our love to come fully into manifestation.

***Tell us more about the Temenos Center for Wholeness.***

Temenos is a Greek word meaning “sacred space.” The Temenos Center for Wholeness refers to our property in Ojai, California, where Oshun and I see clients for physical and spiritual healing and where we hold retreats and workshops, like the one earlier this year with West African shaman Malidoma Somé on grief and loss. We also perform ceremonies, such as Oshun’s monthly full moon ceremony for women, and sweats in our sweat lodge. As we become more acquainted with the needs of our Ojai community, we will tailor our offerings to those needs.

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*Man did not weave  
the web of life —  
he is merely  
a strand in it.  
Whatever he does  
to the web,  
he does to himself.*

Chief Seattle