

皮特·肖伍德(澳) 著

PERTER SHERWOOD

蒋基昌 译

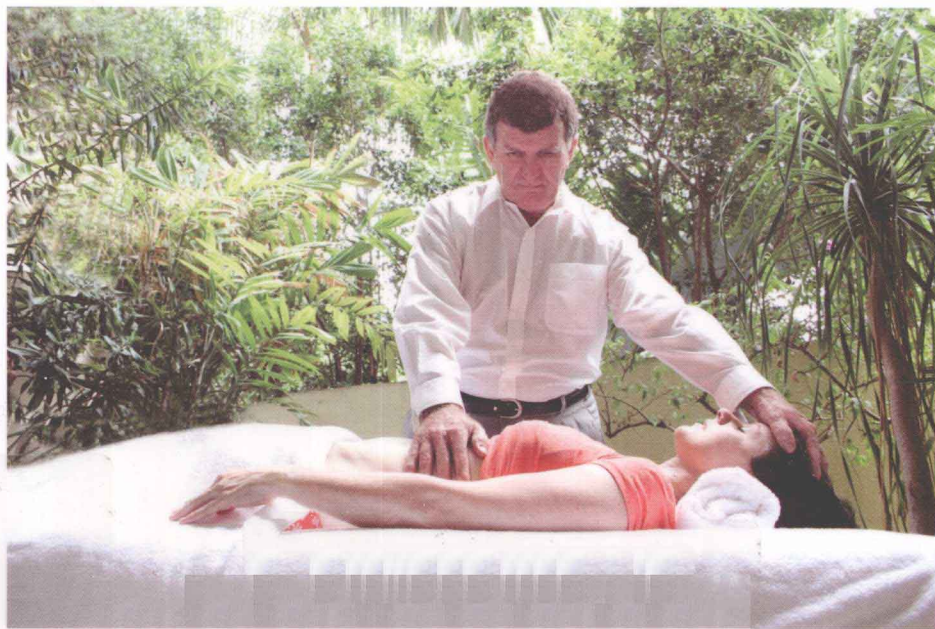
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能治病的

——从中医和气功到西方精神治疗

HEALING HANDS

From Chinese Medicine and Qi Gong to Western Psychic Healing



肖伍德教授的治疗看起来很简单,但疗效神奇,
使成千上万的人受益。

——针灸师、顺势疗法及自然疗法工作者 克莱夫·鲍威尔(Clive Powell)

全国百佳图书出版单位
中国中医药出版社

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北京

图书在版编目 (CIP) 数据

能治病的手：从中医和武功到西方精神治疗：汉英对照/（澳）
皮特·肖伍德著；蒋基昌，译.—北京：中国中医药出版社，2013.2
ISBN 978-7-5132-1168-0

I. ①能… II. ①皮…②蒋… III. ①纪实文学—澳大利亚—
现代—汉、英 IV. ①I 611.55

中国版本图书馆 CIP 数据核字 (2012) 第 230084 号

中国中医药出版社出版
北京市朝阳区北三环东路 28 号易亨大厦 16 层
邮政编码 100013
传真 010 64405750
三河市西华印务有限公司印刷
各地新华书店经销

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开本 880 × 1230 1/32 印张 10.75 字数 357 千字
2013 年 2 月第 1 版 2013 年 2 月第 1 次印刷
书号 ISBN 978-7-5132-1168-0

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定价 29.00 元
网址 www.cptcm.com

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社长热线 010 64405720
购书热线 010 64065415 010 64065413
书店网址 csln.net/qksd/
官方微博 <http://e.weibo.com/cptcm>

本书的目的是：

- 帮助人们找到治病的途径。
- 协助自然疗法从业人员从不同的角度来思考病人的病情。
- 帮助病人更好地了解治疗过程，特别是非常重要的治病理念。
- 详细的病例报告、治疗理论和实践会使学生和学者受益匪浅。

The purpose of this book is:

- **To assist people to commence their healing path.**
- **To assist health practitioners to consider their clients from a different perspective.**
- **To assist clients to better understand the healing process; especially the notion that they are the most important part of that process.**
- **To assist students and academics as it contains Case Studies, and healing theories and practices, which are described in detail.**



鸣 谢

我从事的治疗工作中，我的所有知识是以文献资料、实践经验和他人的范例为基础的。这些人，有的生活在几千年前，有的至今依然生活在世界各地。

这本书的写作，首先得到了王乃平和蒋基昌两位教授的鼓励；王乃平教授是广西中医药大学原院长、我的第一本中文书《医源》（2010）的译者。其他一直鼓励我的人有韦贵康教授、韦坚医生和江漫教授。

在我的治疗实践中，有些人对我产生了重要的影响，他们是已故昆士兰非营利休闲保健中心的波特·维尔（Bert Weir）和莱昂内尔·费菲尔德（Lionel Fifield）、澳大利亚精神治疗师大卫（David）和海伦·埃利扎尔德（Helen Elizalde）以及我已故姐姐朱恩（June）。自然疗法的同行，特别是盖尔·卢瑟福（Gail Rutherford）、克里夫·鲍威尔（Clive Powell）、丽蒂亚·德美罗（Lydia D'Mello）、基恩·特力恩（Chiem Trinh）和玛丽安·马登

(Maryann Madden)，以及许多不胜枚举与我探讨健康问题的人们，他们增强了我的写作信心。然而，就自然疗法的理论与实践而言，当读者与他们意见相左时，他们不承担任何责任，一切责任由我承担。

我要特别感谢蒋基昌教授在百忙中翻译这本书。同时也感谢盖尔·卢瑟福 (Gail Rutherford)、克里夫·鲍威尔 (Clive Powell) 和彼得·马厄 (Peter Maher) 提供相关材料。

皮特·肖伍德
2012 年 5 月



Acknowledgements

In my healing work, all of the things that I know and do are based on the writings, practical experiences and examples of others. Some of these people lived thousands of years ago; some are still living in various parts of the World.

In more recent times, the encouragement of the former President of the Guangxi Traditional Chinese Medical University, and my co – author of *Yi Yuan* (2010) and this book, Professor Wang Naiping, and Jiang Jichang was crucial. Others who were continually encouraging include, Professor Wei Gui-Kang, Dr. Wei Jian and Professor Jiang Man.

There have been many major influences on my healing work. These include the late Bert Weir and Lionel Fifield from the not – for – profit Relaxation Centre of Queensland, the amazing Australian psychic healers David and Helen Elizalde, and my late sister June. My fellow health practitioners, especially Gail Rutherford, Clive Powell, Lydia D’Mello,

Chiem Trinh Gaele Arnott and Maryann Madden and the countless people who have come to me to discuss their health challenges, were also inspirational. However, none of these people ought to be deemed responsible for the evolution of my healing theories and practices, particularly if the reader disagrees with them. I take full responsibility for it all.

I am grateful to Professor Jiang Jichang for the translation of this book. They are such busy people, I do not know how they find the time to produce such quality work. The encouragement and support of staff at China Press of Traditional Chinese Medicine, Beijing is also much appreciated. Thanks also to Gail Rutherford, Clive Powell and Peter Maher for suggestions relating to the text.

Peter Sherwood
May, 2012



序

在 20 世纪 80 年代后期，我与皮特·肖伍德教授一起去马来西亚旅行，第一次亲眼看到他出国为病人治病。那是在吉隆坡的一间清真寺里；他以前曾被邀请到过那里好几次，专门治疗老年人的头部、身体和四肢疼痛。大约有 20 个邻居、朋友和亲戚也挤在大堂里观摩。

肖伍德开始与躺在大堂里的病人交谈，询问他们的病史，不时有围观者帮助回答。然后他叫病人用手指明疼痛的部位，尤其是最疼的地方。

他双手抹好油，把手放置于病人身体的不同部位，并停留几分钟。然后他把手拿开，问病人有什么感觉，有什么变化。他会鼓励病人几句，并把手又放回到病人身上。几分钟后治疗就结束了，那些年老的病人被人搀扶到椅子上坐下。围观者急于知道治疗效果，也去问病人感觉如何。7 个病人中，每个都说效果很好，或者疼痛减轻了许多。围观者非常惊奇，七嘴八舌地议论到底是

怎么回事。一些人说客厅里有一股能量在涌动，另外一些人说在病人的周围看见了五光十色的东西。

肖伍德教授的治疗看起来很简单，但疗效神奇，使成千上万的人受益。几年来，我一直恳求他写一本书来详细介绍他的理论、实践和理念，以供他人学习。在准备写这篇序言时，我非常幸运，有机会了解肖伍德教授的个人履历。从与他一起旅行的经历和他个人履历中，可以清楚地知道来自澳大利亚、中国、马来西亚、印度、泰国、美国、英国和其他地方的同行和病友都恳求他写这样一本书。这些人有信仰基督教、伊斯兰教、犹太教、佛教、道教、索罗亚斯德教、印度教的；有身体健康的、身体有病的；有持怀疑态度的、持肯定态度的。这些人——肖伍德教授为我们描绘了一幅幅惹人喜爱的画像——当现代科学还无法做出令人信服的解释时，他们也不能完全相信这些都是真的。

这本书语气诚恳，简明易懂，令人耳目一新。肖伍德教授甚至还阐述了个人独到的想法和理念。这本书极富创造性，学者和学生们会从中找到肖伍德教授治病的实践经验和理念，将获益匪浅。

克莱夫·鲍威尔 (Clive Powell)
针灸师、顺势疗法及自然疗法工作者
2012 年 5 月于澳大利亚斯坦普



Foreword

In the late 1980s, I travelled to Malaysia with Professor Peter Sherwood and saw his international healing work for the first time. He was in a Moslem house in Kuala Lumpur which he had visited on previous trips and by invitation was treating elderly males and females for head, body and limb pain. About 20 neighbours, friends and relatives had crowded into the large lounge room to observe.

Professor Sherwood commenced by talking with the clients (as they lay on the lounge) about the history of their pain, sometimes receiving helpful comments from the audience. He would then ask the clients to indicate with their fingers where their pain was located and particularly the precise location of the most painful area.

He would place his oiled hands on various parts of their bodies for a few minutes. He would then withdraw his hands and discuss with them what they had felt and whether changes had occurred. He would

give further encouragement and then his hands would return to the body. After a few more minutes, the treatment would finish and the elderly client would be assisted from the lounge into a chair to be questioned by the observers who were keen to know more.

Each of the seven clients said that the treatment was successful in eliminating or greatly reducing their pain. They all felt much better. The observers were enthralled and noisily discussed various theories as to what had happened. Some claimed to have felt healing energy throughout the room while some others claimed to have seen various lights or colours around the participants.

Professor Sherwood's healing work seems so simple, yet the results are incredible. Thousands have benefited. I have been pleading with him for years to write a book detailing his theories, practices and philosophies so that others can learn.

In preparing to write this foreword, I have been fortunate to have access to Professor Sherwood's personal files. From my travels with him and from these files, it is clear that his academic, practitioner and client friends in Australia, China, Malaysia, India, Thailand, the US, Britain and elsewhere have also pleaded with him for years to write such a book. These people include Christians, Moslems, Jews, Buddhists, Taoists, Zoroastrians, Hindus, the sane, the insane, the confused and the certain; and those — like an image often endearingly portrayed by Professor Sherwood about himself — who, when science does not have convincing explanations, are not sure about much at all.

The book is easy to read and refreshingly honest. Professor Sher-

wood even describes his private thoughts during the healing treatments. Students and academics will find the descriptions of healing theory, practice and philosophy in this groundbreaking book more than useful.

Clive Powell
Acupuncturist, Homeopath, Naturopath
Stanthorpe, Australia. May, 2012



引言

50 年来，我一直为许多国家的病友治病。我所做的一切是为了培育一种包括理论和实践的治疗康复模式来指导我的工作，也许还能指导其他人的工作。就像生活中大多数事情一样，这些理论和实践也许不适用于所有的人，也并不是每次都疗效神奇。

能改善一个人身体、心理和情感的健康，是一件非常快乐的事情。我的经验告诉我，这种改善有赖于有人能帮助病人使能量在他体内运动，在他的头脑里能转变有害的思维模式。

我的治病理论来源于他人经验的积累，我并没有什么秘方或超人的能力，我只是一个普普通通的人。每次取得神奇的疗效时，我都感到特别惊喜。

◆世界有太多的疼痛和苦难

在我的旅行中，很容易看到世界上有太多人在遭受疼痛和苦难，但是很少有人有能力，甚至是意向，去帮助他们。我看到生了病的人感到绝望，很容易失去他们的钱财，甚至放弃他们的信

仰。发生这样的事，是因为疾病本身失去了平衡，失衡的身体、情感和心理状态使得骗子有机可乘。

世界的每一个角落总有一些人诈取病人的钱财，以包治百病的承诺坑骗病人支付一大笔钱财，甚至倾家荡产。这些骗子好像总有一连串动听的故事，花言巧语地说有几千年的祖传秘方，或者信誓旦旦地宣称通过他们的宗教，能直接与上帝对话。

◇目的

本书的目的是为了表明，善良的人们在相对较短的时间内是可以学会为病人治病的，根本不需要去借助宗教。这本书也描述了中医理论与西方治病康复理论的融合，以便形成一种非宗教的“用手治病 / 看得见的”精神康复疗法，供人们学习使用。该书的前面部分阐述了治疗康复与宗教没有任何瓜葛的理由。

◇内容

第一章详细介绍了我从事治疗康复生涯非常重要的一步，因为 20 世纪 70 年代后期在菲律宾我学到了非常珍贵的经验。虽然这一章与该书后面部分的病例报告有交叉的地方，把这些内容放在这里是为了表达本书的一些基本理念。在这一章里，我尽量使用柔和的语气，力图表达关爱之情，与后面三章形成鲜明对比，是有意这样设计的。

第二章讨论了精神和宗教信仰在西方是如何形成的，以及这些信仰也并不总是造福于人民，这说明为什么几千年来人们对宗教怀有畏惧之感。

第三章讨论了西方政治是如何允许宗教泛滥，机会主义者如何利用无辜的人们。这一章还讨论了中医如何融入西方治疗康复

模式，也解释了为什么我不希望我的治疗康复工作与宗教有任何瓜葛的理由。

第四章简要讨论了现代社会对宗教的态度；第五章详细地介绍了治疗康复的理论和实践。

第六至九章是病例报告，所选病例来自我 30 多年来治疗的真实案例。

第十章总结了书中的一些主要观点，也对读者如何学习治疗康复提出了建议。

◆说明

读者会发现，这本书有两个独立的主题。正主题讲的是我的心理治疗模式的演变过程，以及他人如何学习心理治疗。这就是为什么病例报告的章节（第一、六、七、八和九章）语气比较柔和，显示关爱之情的缘故。

副主题旨在解释为什么我不希望我的医治工作与宗教有任何牵连的理由。这些章节（第二、三和四章）带有批评性和哲理性的语气。我相信如果能表达出一些自己针对宗教的一些看法，而不是遮遮掩掩，这样也能给中国读者一些启示。

人类生来就幸运地拥有一些急救本领。

我们通常把这叫做能治病的手。

而这双手的作为治疗手段的潜能，

却远远没有被认识和开发。

皮特·肖伍德

2012 年 5 月



Introduction

In the past 50 years, I have been involved in healing work with people in many countries. What I seem to have done is to evolve a healing paradigm comprising philosophies, theories and practices which work for me and seem to work for many other people; practitioners and clients. Like most things in life, these theories and practices may not work for everyone.

I am fascinated by the concept of assisting people to bring about change in their physical, mental and emotional health. From my experience, it seems that such change is facilitated if clients can be assisted to move energy within their body and to change damaging thought patterns within their mind.

As my work has merely evolved from that of others, I do not believe that I have any mystical *healing secrets* or extraordinary *physical or psychic powers*. I am an ordinary person and I am thrilled every time I