

BOOK REVIEW

The Symptom Path to Enlightenment

by Ernest Rossi, Ph.D.

Edited by Kathryn Rossi, Ph.D.

1996, Palisades Gateway Publication
Pacific Palisades, CA

365 pages

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In *The Symptom Path to Enlightenment*, the nonlinear dynamics of organization and adaptive theory are proposed as a new orientation that can help achieve a more comprehensive understanding of the essence of problem solving and healing in hypnotic work. This is a big task for a single text, but Katherine Rossi's careful preparation and editing of

these complex concepts invite readers to reach beyond the customary limits of their own thinking.

Ernest Rossi's central perspective is that profound healing occurs when one taps into one's own biological and psycho-sociological rhythms, which allows spontaneous phase transitions that occur from within the individual. This approach contrasts with the more commonly held views of health care—that effective interventions come from external sources. The overall orientation of his approach is to identify and then learn to work in harmony with the adaptive rhythms that self-regulate the body. Rossi believes that within these rhythms there are distinct phases including those more open to creativity. He posits that rhythms are pre-

sent and central in individual well-being on every level of functioning from basic molecular and genetic systems to complex social interactions. Rossi's insights provide the reader with a conduit to facilitate tapping into one's own bio-rhythms and creative phases.

Organized in two parts, the first portion presents Rossi's own vision of health and healing. He discusses his insightful views as they pertain to health and healing in general, and to hypnotherapy in particular. He points out how little is understood physiologically about hypnosis even though there is general agreement among researchers that hypnosis is a valid state. He also discusses chrono-biological aspects of hypnosis and how they offer new possibilities for exploration and research.

Despite editorial efforts to make the text easily understood, it requires, and richly deserves, focused concentration. To keep the reader oriented, bold print and italics were used to highlight important details. Key concepts are illustrated in lists at the end of some of the chapters. There are numerous illustrations including figures and tables. Many of the more

complex ideas are annotated. The book includes an extensive list of references and a sophisticated glossary.

The strengths and weakness of the book are the same. Rossi's thinking extends beyond that which is easily understandable. He challenges the fields of hypnosis, bio-rhythms, health care delivery and psychotherapy. He also challenges readers to reach within their own frames of reference to broaden their own understanding. This is a serious book filled with complex ideas about hypnosis and healing.

The Symptom Path to Enlightenment opens new avenues of research and thinking, areas which have long been ripe for exploration and study. Rossi, a serious scientist with impeccable credentials, is known for thinking creatively in ways that stretch familiar patterns. His work may lead to an entirely new, nonlinear understanding of the physiological basis of hypnosis and establish new links between psychology and physiology.

Reviewed by:

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