

About the Author (<http://www.dornfinder.org/zudrell>)

Thomas Zudrell, born 1962 in Germany, lived in the Philippines since 1995 where he worked as a Scuba Diving Instructor and Dive shop Manager on the beautiful resort island of Puerto Galera in Mindoro Oriental Province until 2005 where he is also awarded 'Adopted Son of Puerto Galera for his contributions to Environmental awareness'.

He enjoys life with his wife Josie and their children Chester Alan, Charice Jean and Amanda Joleen.

Now on an international level like before in Manila, he uses his talents to help people find their 'Inner Healer', giving seminars and lectures and treating people with health problems by applying the **DORN METHOD**, Reiki and other alternative healing methods.

Since his late school years beginning in the 1980's he has cultivated a deep interest in medicine, anatomy, physiology, healing, spiritual healing, manual therapy incl. diff. Massage Techniques, Chiro-Therapy, Osteopathy, Acupressure, Shiatsu, Hilot, CST, EFT, Hypnosis, eastern philosophies including diff. martial arts, and attended many trainings, lectures and workshops concerning these fields studying in different countries.

He complemented his knowledge with various home study and vocational training including basic paramedics in the German Air Force. He is also an experienced Medic First Aid Instructor.

He never imagined himself doing work as a healer, but was slowly drawn into it in recent years by a increasing demand for his skills and counseling after becoming a Reiki Practitioner in 1994, which found its peak in 2003 with the **DORN METHOD** which he studied with different teachers like Dieter Dorn, Hildegard Steinhauser and others.

He enjoys sharing with people all he knows and realizes that, by helping others, he also receives many positive feedback himself.

He hopes that one day humanity can realize the connection to all and everything in this universe and therefore stops to constantly destroy their valuable assets.

He works hard to make alternative medicine, specially the **DORN METHOD** recognized in the world and by the medical community. He wishes that conventional medicine and alternative medicine can start to cooperate more closely rather than compete in their 'mission' to help people with health concerns.

He was awarded a certificate as MD (AM) by the OIUAM in 2007 (under the Indian Board of Alternative Medicines) and currently works on his thesis for a PhD (A.M.) and is doing intensive research on Back Pain and Manual Therapy.

He hopes that, maybe, one day he will be able to combine his skills and talents and interests and offer all these in a beautiful resort setting where people can come and enjoy leisure activities, healthy food, relaxation and healing.

Also, he dreams of traveling throughout the world and sharing his knowledge by conducting seminars and workshops all over the planet.

Furthermore, he is constantly on the look-out for people to help him on this 'mission' and 'vision', to make it more widely available for everyone interested.

Since he brought the Dorn Method to the Philippines 2003 an incredible development took place:

Founding of [AWHAI \(Academy for Wholistic Healing Arts, Inc.\)](#)

Training of many Students in the Dorn Method (incl. Medical Professionals),

many of which are running their own successful Therapy centers and clinics now!

Treatment of thousands of satisfied patients (from medical missions for the less fortunate to ordinary people

around the country to VIP´s including senators, congressmen, doctors, lawyers up to the former

President Joseph E. Estrada (Erap).

Several appearances in TV, Radio, Newspapers and Magazines

Guest and Resource Speaker at many events like:

PCAM, Philippine College for the Advancement of Medicine Foundation, Inc.;

PANHHP, Philippine Association of Natural Holistic Health Professionals, Inc.;

IMAP, Inner Mind Association of the Philippines;

RIAM, Remnant Institute of Alternative Medicine (Medicina Alternativa);

Health and Wellness Fairs and Exhibitions etc.; and others

The Dorn Congress (Germany)

Healing Congress of the DGH (German Umbrella Organisation for Spiritual Healing)

Recognized at DOH, PITAHC (Philippine Institute of Traditional and Alternative Health Care)

Conducts Training outside the Philippines on an International Level (Worldwide)

Well visited website as general information platform www.dorn-method.com

and a Dorn Method Forum at: www.curezone.com

Currently working on his Thesis for a PhD (A.M.)

Invention and development of the Spynamics Sacro Aligner TM a Self Help / Self Therpay Tool for Back Pain

Check: www.spynamics.com

Published the first English book about the Dorn Method.

Note the Foreword of the book:



SENATE

FOREWORD

My family and I have had the opportunity to be Thomas Zudrell's patients and can attest to the amazing results.

Many times surgery is prescribed by doctors for cases which can be permanently cured by the Dorn Method. Therein lies the beauty of the technique which is non-invasive and does not use force. Although miracles happen (headaches cured, back aches relieved, stiff necks relaxed, etc.), there is no mystery to this healing therapy which works in harmony with the natural healing forces of the body, without using abrupt movements. The body is allowed to heal and re-align gradually.

This book is the fruit of Mr. Thomas Zudrell's passion to propagate the Dorn Method. We are fortunate that he has chosen the Philippines as his home. He has earned the gratitude of the thousands helped by his mission to heal.

Finally, a safe alternative to surgery is now available to many in the Philippines.

Hon. M. A. MADRIGAL
Senator

Thomas lives following the Motto:

The most important time is always the present

The most important person is always the one in front of you

The most important deed is always Love

One of my favorite Texts: [Desiderata](#)