

IN MEMORIAM – REV. DR. DAVID JOHN CARMOS, Ph.D

October 6, 1941 – February 8, 2014

By Dr. Shawn Miller with Shicana Allen

“My job is to love, their job is to love – that’s what we are here for: to love. And just because someone else is not doing their job, doesn’t mean I shouldn’t be doing mine!” – DR. DAVID CARMOS

On February 8, 2014, at 7:44 pm, the Planet sighed as it lost a world-class healer and teacher, acupuncturist, unsurpassed master Yogi, Essene archbishop, university professor, prolific author, public speaker, and unceasing advocate for world peace and unconditional love. Rev. Dr. David John Carmos, Ph.D, resident of La Jolla, California, transitioned out of a strong, powerful, miraculous body that no one would guess could ever fail him. From what anyone could see, his teachings on how to reverse the aging process were most successfully embodied in his own vibrant, energetic frame and demeanor. David led by example: He was the picture of health, youth, and physical perfection.

For many years, it appeared that Dr. Carmos lived a charmed life of his own intentional creation. Although elfin in stature, his positive outlook, engaging and witty personality, radiant smile, and keen sense of humor towered like benevolent giants over his every endeavor and achievement. Back in the mid-1960s, he taught the first accredited class at a major university (Boston University) on the therapeutic aspects of yoga (his signature “12 Master Moves”), and then became a founding member of the Yoga Teachers of America. His own repertoire of yoga moves consisted of between 600 and 800 postures, many exceedingly difficult. David also attended chiropractic college, received a doctorate in the Allied Health Sciences, and was mentor and lecture associate to health pioneer Paul Bragg for over a decade. He expertly wrote more than 25 books, each a masterpiece of the healing arts. His students, many of whom were leading doctors and icons in assorted fields of medicine, recognized Carmos’ masterful understanding of human physiology and the nutritional requirements of the body.

David Carmos was well-rounded in every sense of the word. He emphasized his studies and teachings about human development and spiritual awareness as much as his hands-on healing work. His first impulse was to become a Catholic priest – from ages 7 to 22, he went to Mass every single day – and attended a seminary in Boston toward that purpose. Later, he developed a philosophy of life adapted from the ancient Essene community of ministers, the writers of the Dead Sea scrolls. It was their sacred healing techniques and plant-based diet that Carmos most valued.

During the mid-1990s, what would seem like a horrible and undeserving blow and travesty of justice descended upon the life of Dr. Carmos. While en route through Mexico, he was



falsely accused of a crime he didn’t commit and became a victim of Napoleonic Law, whereby one who is arrested is automatically guilty – until proven innocent. Landing in a Third-World Mexican prison, he spent five and a half years with murderers and rapists in a facility meant to hold 1200 inmates, but which housed upwards of 5,000. The toilets didn’t flush, cold water flowed one hour a day, and ten people commonly occupied a ten-by-ten cell, having to

sleep crouched in squatting fetal positions due to lack of space.

But David Carmos was not bitter at having to endure this nightmare; despite the chaos, abuse, depravity, and corruption – which he later described as a cross between the film *Midnight Express* and a Mel Brooks movie – Carmos realized he was there to get a job done. He did what any other saint would do under the most horrific of circumstances – he served! He gave of himself, healed inmates and jail officials alike, touched hearts, and loved unconditionally. While in captivity, he officially gave over 18,000 treatments, wrote twelve books, and held workshops for over 100 medical doctors who visited the prison each week. What’s more, Dr. Carmos put his own life on the line by smuggling press into the facility to witness firsthand the inhumane conditions. After scathing exposes on the front pages of *The Washington Post* and *New York Times*, corrupt administrators were forced to resign. Upon his release and return to the United States, Carmos described his extended stay in Mexico as the greatest challenge and most rewarding experience of his life thus far. He would have made Gandhi proud.

Many souls knew and loved David Carmos for a very long time. I met him on Earth Day in April 1998, and eventually became his longtime business partner. It was common for many lives to be forever and uncommonly transformed in making his acquaintance – David’s wisdom, guidance, and inspiration took each of us in more elevated directions than we could have ever imagined. There was just something about this great doctor you could immediately trust and respect: a childlike innocence and enthusiasm coupled with the divine, eternal spirit of a shaman. Rev. Dr. Carmos was a million candles burning on a million points of awareness. His light was so bright that many travelers would have lost their way without it. Even Yoda would have recognized – *the force is strong with this one*. There is no way to express how much this holy, yet down-to-earth man will be missed; no way to explain what humanity will be missing out on in his absence.