There is no greater food than love.

- Deanna Minich

Celebrating Our 10th Anniversary!
Dear Readers,

As I sit here at the computer, the rain is coming down, nourishing the new seeds and plants I just planted. A rainy day is good for reflecting on all of the early Energy Medicine pioneers. These people devoted their lives to exploration of energy healing, many with an impact to their livelihoods and acceptance by colleagues. Many names are not well known except in certain circles, such as Samuel Hahnemann, Bernard Grad, Joseph Banks Rhine, Albert Szent-Gyorgyi, Dora Kunz and Delores Kreiger, to name some. Some names such as Royal Raymond Rife and Wilhelm Reich are controversial.

The bottom line is that change is difficult, new thoughts and ideas threatening. It threatens the status quo and our identities, upsets our tidy, well laid out lives and plans. I think that even the most open minded of us reach a “line”—a place where our minds and worldview cannot cross. A place we are not willing or able to enter, at least not without some difficulty. I think that each of us has this place. I have witnessed it in myself and in some close friends and colleagues. For some, Energy Medicine still is a place they cannot enter.

For us, Energy Medicine is valid and has value; we have seen the results. As practitioners, we witness these results every day. We keep working diligently to share results, do research and spread the word about the effectiveness of energy healing in order to let others receive the benefit. Our worldview has changed to include what was once a new paradigm and we work hard to change the worldview of others. I would hope that we are also open to new ideas and paradigms when we come across them.

When I reflect on the early pioneers, we have come a long way. Acceptance has grown. Modalities such as Acupuncture, Reiki, Healing Touch, Guided Meditation and others are now offered in hospitals. As I speak to young people, they have had “experiences,” they accept Energy Medicine and do not understand why it is
Margaret

even in question. They are busy reaching for the next new paradigm. Yet in the scientific and medical realms, there is still resistance and obstacles to overcome.

In this issue we touch on some of the great pioneers, we look at new thoughts and where science is taking us, we consider modalities and what they offer, we reach toward understanding the energy body and we read what current pioneers are offering.

I hope you enjoy this issue’s offerings.
William F. Bengston, PhD is a professor of sociology at St. Joseph’s College in New York, and President of the Society for Scientific Exploration. His areas of specialization include research methods and statistics. For twenty years, Dr. Bengston has been doing research into anomalous healing and has numerous publications. His research has produced the first successful full cures of transplanted mammary cancer and methylcholanthrene induced sarcomas in experimental mice by laying-on-of-hands techniques that he helped to develop. www.BengstonResearch.com

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Cyndi Dale is the author of The Subtle Body: An Encyclopedia of Your Energetic Anatomy, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.CyndiDale.com.

Franny Harcey, HTCP began formal study of energy work in 2000. She has studied Healing Touch, Shamanism and Energy Psychotherapy. Franny has two private practice locations in the Denver, Colorado area. She has “co-created with the Divine” workshops in supporting the Back Side of the Chakra System and Energetic Awareness and Boundaries that she teaches throughout the US and Canada. Franny’s greatest passions are teaching and being a mentor. www.GoldenShadowHealingCenter.com

Nancy Murphy—Muse, Catalyst + Business Consultant Nancy has a passion for all things business, and it is contagious! For the last 12 years, she has helped hundreds of small businesses engage more clients, become more profitable and work smarter (not harder!). Before turning her talents to small businesses, she spent 25 years developing innovative marketing strategies for global brands including BMW, Benetton and the Olympics, as well as, several nonprofit organizations. www.InertialCombustion.com
Rupert Sheldrake, PhD, is a biologist and author of more than 80 technical papers and 11 books. His most recent book is *Science Set Free* (called *The Science Delusion* in the UK). His web site is www.Sheldrake.org.

Karin Ogren, HTCP, is on staff at Energy Magazine and owner of Healing Touch Studio of Seattle. Previous to her new career in energy medicine, Karin worked in theatre administration and social services. Her passion for service to humanity and creativity continues in her Healing Touch practice.

Jim Oschman is a biophysicist and Nora Oschman is a naturalist. Since 1993 they have collaborated on 18 articles related to complementary and alternative medicine, and one United States patent on a method for protecting dolphins during tuna fishing.

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Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall. Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Rising strong after a fall is how we cultivate wholeheartedness. It’s the process, Brown writes, that teaches us the most about who we are. We live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives.

This book has a universal message—we get to choose the path between Should and Must. It gives every reader permission to embrace this message. It is about the difference between jobs, careers, and callings—the difference between going to work and becoming one with your work—why knowing what you want is often the hardest part. It gives eye-opening techniques for reconnection with one’s inner voice. It explains the importance of mistakes, of “unlearning,” of solitude, of keeping moving, of following a soul path.

The Map of Heaven takes the broad view to reveal how modern science is on the verge of the most profound revolution in recorded history—all around the phenomenon of consciousness itself! Dr. Alexander shares stories people have told him and shows how they are echoed both in the world’s faiths and in its latest scientific insights. It turns out there is much agreement, across time and terrain, about the journey of the soul and its survival beyond death. In this book, Dr. Alexander shows how we have forgotten, but are now at last remembering, who we really are and what our destiny truly is.

Many people believe in angels, but few can define these enigmatic spirits. Now visionary theologian Matthew Fox and acclaimed biologist Rupert Sheldrake—pioneers in modern religious thinking and scientific theory—launch a groundbreaking exploration into the ancient concept of the angel and restore dignity, meaning, and joy to our time-honored belief in these heavenly beings.

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Energy Medicine Research: A Call to Action, Part 1

As an Energy Medicine (EM) practitioner, my focus is to do all that I can within my Scope of Practice to partner with my clients on their journey to heal from pain and chronic suffering. Consequently, I am concerned when my clients use prescription and illegal opioids, alcohol and psychotropic drugs to sustain relief from chronic pain symptoms. In our country, ill-managed pain has reached epidemic levels. If the health and well-being of the nation’s citizenry is the center of gravity of national strength, then the high prevalence of poorly managed pain even represents a threat to national security.

National security? You bet. Schoonmaker was issuing an all-encompassing call to action, a clarion call to healthcare professionals willing to step forward in service to our nation’s greater good. I found myself listening…and thinking. What could I, as an EM practitioner, contribute? Chronic pain was clearly debilitating the lives of many of my clients. Then I wondered, how could we, as an organization of EM professionals, make use of our skills and understandings to improve our national health profile?

We could commence a focused effort to conduct chronic pain research via EM modalities. My call to action invites each of you to consider the unique experiences presented to you by your clients. Next, design, develop, conduct and publish a research study that reflects your passion to heal energetically and supports your practical knowledge of the bioenergetics effects of chronic pain with published evidence-based data.

Conducting research can be fun! Once you decide on an EM modality and an area of interest (e.g., Healing Touch and breast cancer), hone in on a problem that needs solving or illumination (e.g., nausea or fatigue). Gather information in a systematic way and follow a plan. Results will then generate new understandings or validate existing knowledge. Just make sure your project has clinical relevance.

Clinical relevance means your project has measurable outcomes (e.g., percent of pain reduction) based on federally mandated standards of safety (www.hrsa.gov/publichealth/clinical/humansubjects/) and accuracy, and reflects client perspectives (e.g., values or themes). Evidence-based research, especially in the field of EM, should incorporate what our clients find important to their health and well-being.

To increase your work’s acceptance within the allopathic community, your research plan should adhere to the scientific method. The scientific method is generally described as a six-step process in which you 1) ask a question about the problem you have identified that needs solving, 2) do background research to find out what, if anything, other researchers have determined about your problem, 3) construct a hypothesis (i.e., theory) that reflects what you think might shed light on the answer to your question, 4) test your hypothesis by collecting data, 5) analyze your data such that you understand your results and then 6) communicate those results by presenting and/or publishing your research.

Though we do not all have access to a university lab or a hospital’s patient-base, we can still conduct a rigorous high-quality study in the field of EM. First, you need to choose a research category that suits your experience, interests and access. Though there are others, the three most commonly used research categories are applied research, quantitative research and qualitative research.

Applied research investigates practical solutions to everyday problems like what type of treatment approach would be most effective for reducing a chronic pain response, see Zangi et al. (2012). It is often conducted in less restrictive environments than hospitals. Quantitative research projects collect numerical data in a formal and very systematic way...
to determine cause-and-effect interactions and relationships between features or factors (variables) of interest, see Karatzias et al. (2011). Qualitative research projects employ study participants’ reasons, opinions and motivations to develop themes, categories of understanding and theories of behavior, see Bishop and Lewith (2013).

Once you have chosen a research category, you need a research method. Two broad classifications exist, namely, descriptive and experimental. With the first, you focus on recording observations, conducting surveys or examining whether there is a correlation (e.g., a mutual relationship) between interesting conditions (e.g., whether clients with osteoarthritis of the knee or hip are more likely to sustain Healing Touch treatment benefits). With the second, you focus on understanding cause-and-effect using manipulation, control and random assignment (e.g., some clients receive Healing Touch whereas others receive a friendly visit). Whatever your method, let your passion to help others guide you to an interesting research question.

In Part 2, we dig deeper into the Energy Medicine Call to Action. We shed light on what constitutes a good topic, outline how and where to find scientific papers dealing with your topic, and how to read and evaluate them with a critical eye.

Ramona Rolle-Berg, Ph.D., a partner at Rolle Integrative Healing Solutions, provides mind-body medicine solutions in support of client-driven healing and health care. A certified Healing Touch Practitioner, she serves a growing distance-healing community. She also conducts research into the connections between quantifiable physiology and integrative healing approaches. www.RolleIntegrativeHealingSolutions.com

References
Harness the Healing Green
Energy of Love

There is no greater food than love. Human beings thrive on it. We feed ourselves with symbols of the heart plastered on t-shirts, bumper stickers, books and cards. In several cultures, food is used to show love. The message being delivered on many levels is that if we care about someone, we share food with them, whether preparing it for them, serving it or even eating with them. Frequently, love travels through the conduit of food. Also, we may overlook love for ourselves, but it is through the act of eating that we show we value and love our bodies.

Religious traditions have used the phrase “Your body is your temple.” Indeed, loving and caring for ourselves implies providing our bodies with quality nourishment. The heart is the inner fulcrum that aligns to our eating experience. Without a solid foundation of love of self and a free, open heart, we may not be lovingly tapped into the foods we need for our bodies in any given moment. A healthy, balanced sense of expansion in the heart can harmonize feelings and love for others without compromising the expression of feelings and love of self. Those who are truly tapped into their wellspring of self-love will let their passions be their guiding principle for decision-making or, in other words, they will “follow their heart,” connecting in the highest way to related qualities of forgiveness, gratitude, love and service.

Promote Healthy Love Through Eating - Grow, Eat and Serve Food with Love

There is a good chance that you have had a meal made with love or had a meal carefully, lovingly created, prepared and served to you. It is quite a treat to have nurturing baked into your nourishment as it feeds the body along with the spirit. When food marinates in love and positive intention, it is saturated with a high vibration, making it taste sweeter and more flavorful.

People who buy organically grown food claim it tastes better than conventionally-grown food when compared side by side, even when they do not know which one is which. There certainly is an element of “love” that appears to go into organic gardening that you do not find in mass, industrial farming. And when we make the selection for organic food, we are actively tapping into the energetic lineage of love that has grown into the food imparted from the earth, sun, stars, moon, sky, farmer, harvester and grocer.

An easy exercise to cultivate more love in the food you eat is the following: before starting to eat a meal, shift your consciousness from your head into your heart; imagine your heart being filled with love; to come into this place, you may need to “feel” love from a previous memory or experience, or simply conjure it up; allow your food to bask in this feeling of love for 20 to 30 seconds. You can also eat from heart-shaped bowls or put heart stickers on your refrigerator, blender, kitchen cabinets, drinking container, etc., to keep the spirit of love alive in your food surroundings!

Give Thanks for a Meal

Gratitude is the nourishment of the heart. When we give thanks for a meal, our heart expands in kind, like a rose coming into full-spiraled blossom, extending to reach its petals as far as they can go. Allow for more expansion in your heart by giving thanks for your meals, to the person who prepared it (even if it is yourself!), to the animals and plants that gave their lives so that you would be nourished and to all the elements of nature – the earth, soil, wind, rain, sun, stars and moon – for gracing your meal with the necessary natural elements for growth. You may want to create a “gratitude prayer” or “grace” to accompany your meals in a more ritualistic way.
Share Meals with Others
Love grows exponentially when it is shared. By loving others, we never become depleted of love. In fact, quite the opposite! However, that said, it is important to balance love of others with love of self. Our wellspring of love comes from our healthy self-love and self-esteem first. In much the same way, sharing meals with others feeds our heart. The more we share, the more nourishment that is available to all. Try inviting others over to eat and experiment with new recipes — this is the perfect meal for inviting expansion into the realm of the heart. Eating in a communal setting is important for us as human beings as we are interdependent on each other.

Our lives at their essence are truly about giving and receiving love. When we build walls of isolation or separation around us, we close off the heart and our ability to expand into the moment. Eating with others blossoms the heart with joy, especially when the meals are prepared and eaten together. Sharing with others could also mean donating food to a food bank or volunteering in a soup kitchen.

Specific Foods for Love - Vegetables
The heart field expands in the presence of plant foods and, in particular, vegetables. Vegetables contain the grounded energy of the earth combined with an expansion or blossoming into the world in the form of a flower, bud or vegetable. On the whole, they provide the heart with the nutrients we need to extend the heart energy, including a number of minerals (like magnesium, potassium and calcium), vitamins (such as folate and vitamin K1), as well as an array of plant compounds like phytosterols which help to block the absorption of cholesterol and phytoestrogens which may help interfere with some of the harmful effects of hormones.

Cruciferous Vegetables
Cruciferous vegetables, such as broccoli, cauliflower, collard greens, mustard greens, cabbage, bok choy, arugula and Brussels sprouts, are especially balancing for the heart and serve our body through their protective mechanisms against conditions like cancer and inflammation. The cruciferous vegetables share a common stinky smell, indicating that they contain sulfur, a key compound for effectively guarding the body from toxins. Sulfur-containing compounds such as sulforaphanes found in broccoli act as detoxification agents in the body. They work together with the intestines and liver to rid the body of contaminants.

Sprouts and Leafy Greens
The live, active components and nutrients of young sprouts, whether broccoli, alfalfa or mung, along with leafy greens such as romaine, red leaf, butterhead, escarole, iceberg and spinach, provide us with the vital, soothing and healing elements that move us into expansion. These foods offer our body substances that assist with circulation of blood throughout the vascular system in addition to protective compounds.

Green-Colored Foods
The color green is symbolic of healing and expansion — it represents an unfolding of love, service and gratitude from within, similar to leaves on a tree that are green and open to the rays of the sun. The color itself is very nourishing and healing, and is found extensively throughout the plant kingdom. On a nutritional level, green foods usually contain relatively high levels of plant compounds, such as antioxidants like chlorophyll, which is “king” of the plant-based antioxidants. High chlorophyll foods such as spirulina, wheat grass, alfalfa grass, barley grass, and chlorella are claimed to be cleansing for the blood and circulation.

In addition, green foods contain an essential nutrient known as folate. This nutrient, along with vitamin B6 and B12, is needed to lower levels of a reactive compound known as homocysteine in the blood. Studies indicate that there is a correlation between blood homocysteine levels and the incidence of heart disease. Examples of green-colored foods include asparagus, broccoli, cabbage, chard, greens (dandelion, mustard, kale, spinach, etc.), watercress, avocado and zucchini.

The heart is an endearing, tender place for all of us in a physical and emotional sense. With these tips, you will be able to expand into love through every bite of your eating experience.

Dr. Deanna Minich is a health expert and functional nutritionist with a unique approach to healing that combines physiology and psychology. Her academic background is in nutritional science, including a Master’s Degree in Human Nutrition and Dietetics, and a Ph.D. in Medical Sciences. She is the author of five books on nutrition, wellness, and psychology, and is passionate in helping others to live well using therapeutic lifestyle changes.

www.FoodAndSpirit.com
Energy Magazine was born at “the kitchen table” in 2006 by Lisa Mentgen Gordon, CEO of Healing Touch Program, and Billy Courtney, Energy’s Graphic Artist. They had a dream of spreading the word about Healing Touch and Energy Medicine. The magazine started small, a glorified newsletter for the Healing Touch community, but over the years has expanded its scope to include all forms of energy medicine and related topics. While some aspects of the magazine have changed over the years, the purpose has remained the same: to provide thought-provoking, relevant, inspiring and ultimately applicable information to those interested in the field of Energy Medicine.

The number of subscribers has grown along with us and each issue is sent to over 23,000 people. Our subscribers are students, starting a practice, veteran practitioners or simply read the magazine because they are interested in the field of Energy Medicine. Subscribers encompass practitioners from a variety of modalities, some ancient and some more recently developed.

Our contributing authors, including those writing columns, are growing and we are grateful to them for the wisdom, guidance and information they bring. These articles help our subscribers grow their practice and grow personally. Although we may be Energy Medicine practitioners dedicated to healing others, it is also equally important to support ourselves—self-care is key to our well-being and to that of our clients.

We have arranged for individual printing of Energy Magazine through MagCloud and many of you have taken advantage of this. On our website we have an active blog, a new Tips and Tools section and free downloads. We continue to take strides.

Our anniversary causes us to reflect not only on our past and what we have accomplished, but also on how we might better meet the needs of our subscribers. We need your feedback! Please fill out the Energy Magazine Survey at this link www.surveymonkey.com/r/G57N8SG. It will only take minutes and help us guide the direction of the magazine.

We are deeply grateful for our subscribers and authors. Thank you for your support. We look forward to hearing from you.
Edgar Mitchell is best known as one of the astronauts who piloted Apollo 14 in the lunar expedition of 1971 and the sixth person to walk on the moon. He and his team expanded our view of humanity’s place in the universe through their extraordinary space exploration. But lesser known is his passion for exploring the frontier of human consciousness. While gazing at the beauty of planet Earth during the return voyage, he was overcome with a profound sense of Oneness.

“I realized that the story of ourselves as told by science—our cosmology, our religion—was incomplete and likely flawed. I recognized that the Newtonian idea of separate, independent, discreet things in the universe wasn’t a fully accurate description. What was needed was a new story of who we are and what we are capable of becoming.”

This new awareness would guide his future mission and in 1973 he founded the Institute for Noetic Sciences (IONS). The organization is “dedicated to supporting individual and collective transformation through consciousness research, transformative learning, and engaging a global community in the realization of our human potential.” IONS served as a venue for Mitchell to explore his interest in paranormal experiences, telepathy, intuition and related subjects. Their goal is no less than a shift in consciousness worldwide toward understanding that we are all connected. With this shift in consciousness, they hope to inspire action that will help humanity and the planet thrive.

IONS’ research into the role of consciousness in healing has significantly contributed to the scientific understanding of how the mind influences health. This work helped to transform mind-body medicine from a fringe idea into a well-recognized, integrated approach throughout healthcare in the United States.

Those of us at Energy Magazine are deeply grateful for Edgar Mitchell’s vision and the resulting research that has pushed the boundaries of scientific inquiry into human consciousness. The work he inspired at IONS has supported the field of Energy Medicine in ways that are unprecedented in their influence and scope. May we all continue to manifest his vision of awareness of our shared connection.

References
I remember exactly where I was in 1970 when, as an undergraduate student in upstate New York, I first encountered the pioneering work of Bernard Grad. I had journeyed to Buffalo to hear some lectures on healing by the well-known parapsychologist Douglas Dean. I had already done a reasonable amount of reading on the subject of healing, at least in the popular literature. Most of it was disappointing, being either abstract discussions of human potential or series of anecdotes about supposed miraculous healings. Story after story, it left me – a natural skeptic – unsure about what to believe. I was intrigued by some of these anecdotes, but not persuaded.

Worse, at least to me, was that most of the anecdotes implied that “belief” was somehow central to healing. I was left with the nagging thought that perhaps healing was more of a psychological phenomenon than a natural biological process. The idea that healing efficacy required a psychological “buy-in” on the part of the person being treated left me uneasy. The logical inference of this way of thinking would be that unsuccessful healing must somehow be related to lack of faith. Blaming the victim wasn’t my thing.

So I wasn’t surprised that Professor Dean’s introduction to healing took off on the usual track, with entertaining stories about healers allegedly producing remarkable results with a variety of ailments. After some minutes of this, I was about to drift off when Dean suddenly shifted to a slide of a plant-growth experiment with precisely measured comparisons of the effects of a healer’s intentions. Here was a straightforward presentation with healer X giving Y minutes of intention directed at plants, with results Z. These data compared growth rates of randomly selected plants and seeds to plants and seeds in a control group.

I sat straight up in amazement. Finally, real data! Presumably, I thought, the plants didn’t “believe” in healing (sometimes now I’m not so sure), yet here was an obvious and measurable effect. The statistics were straightforward, and the pictures spoke for themselves.

Slide after slide of data followed, some involving healthy plants and others involving plants that had been “shocked” by saline solution. Then, to my amazement, there followed some animal data. Experimental mice with skin wounds were treated for precise intervals by healers and compared to control mice with skin wounds which hadn’t been treated with healing. The surface areas of the wounds were precisely measured over time; the statistical and visual results were unquestionably favorable. Mice with induced goiters were randomly treated by healers and compared to those that were not treated. And so it went, on and on. My skeptical, non-believing-self became overwhelmed with the inevitable conclusion.
of these astonishing data: healing is real!

As my mind reeled from the implications, I learned that the researcher was Dr. Bernard Grad, a biologist at McGill University in Montreal. Grad had performed experiments that would almost single-handedly change the way that we look at healing. Prior to Grad, the relevance and efficacy of whether or not a patient “believes” in healing was perhaps the biggest question about healing, when – if ever – it was discussed scientifically. After all, the pre-Grad era consisted mostly of collected cases and haphazard anecdotes. But what could be said in this regard about research in the post-Grad era? That’s easy: that the question of “belief” in healing has been completely transformed. While it was still reasonable to believe that faith or belief could still influence the efficacy of hands-on healing, the efficacy itself can no longer be claimed to be only attributable to a patient’s faith or lack of faith. Clearly there is a biological and energetic basis to healing. How healing works is still open to question and is being explored. Whether healing happens, in a post-Grad era... well, that’s a no-brainer. The door was flung open forever. An entire new field of healing research had been created.

My intellectual framework changed from this exposure to Grad’s work. He became for me (and still remains) simply “the Great Grad,” the scientist who changed the way we can know about how the world of healing works. Half a dozen years later, when I began my own healing experiments, they were modeled on the protocols of Bernard Grad. Decades later, I and many others are still following in his footsteps. I would take this further – I don’t know of a single line of healing research that can’t be traced back to Grad.

It would be a full thirty years after I came upon his work that I would finally have the opportunity to meet him in person. A mutual friend from the Society for Scientific Exploration arranged for me to see him in New York at the American Society of Psychical Research (ASPR), where Grad was on the board of trustees. With some trepidation—this was, after all, “the Great Grad”—I met him in the ASPR lobby. We skipped the small talk and immediately adjourned to the library where we paced around a large table while rapidly exchanging ideas about healing. It turned out that we fundamentally disagreed on some points, and I found myself blurting out, “Grad, you just don’t understand anything about healing!” He stopped suddenly and burst out laughing at my sheer audacity. A friendship was born.

Bernie (he never wanted me to call him Dr. Grad) turned out to be a very special friend, as well as an invaluable colleague and mentor. In multiple experiments in different labs, I had been able to produce full cures of cancerous mice using skeptical volunteers. This intrigued Bernie to no end. Some of the patterns of remission were confusing, and both of us would literally work on possible explanations for years. Sometimes, when I finished an academic paper, I would drive to Montreal from Long Island just to show him a draft, knowing that his keen mind would find any weaknesses in either the data or the arguments. He was a relentless and wonderful taskmaster for precision.

Once when I was staying with Bernie and his wife Renee at their home in Montreal, I discovered by accident a huge trove of papers and data stored in various rooms. Since Bernie’s attention was always focused on whomever was visiting him rather than on himself, he had never brought up the research treasures that lay around from his many decades of work. With some prodding, he showed me the equivalent of ten four-drawer file cabinets worth of published and unpublished data.

To say that Bernie was prolific and relentlessly curious is to grossly understate matters. Let me give you just one example. On one of my visits, he showed me some “mummified” bananas that had been hardened after having been “treated” by a healer in the mid-1980s. They looked like shrunken and darkened versions of normal bananas, except that they were hardened like wood – hard enough, in fact, that they could be sawed. Grad found that these treated bananas never rotted.
I asked him if he had any experimental data on the phenomenon, and he showed me pounds and pounds (I weighed them!) of unpublished lab data where he had systematically exposed bananas to various healers over an extended period of time. He weighed them daily with great precision – to within a tenth of a gram – in order to track the mummification process. As I poured over these lab data for a few hours, I began to fully appreciate his masterful mind at work. It was a beautiful mind.

The catalogue of unpublished data that he never got a chance to write up far exceeds the normal output for any typical scientist for an entire career. Bernie wasn’t typical, either professionally or personally. Professionally, he pioneered healing research despite incredible obstacles. Personally, he inspired so many to pursue their passions. And he did it all with deep humility, a twinkle in his eyes, and an infectious curiosity.

The forthcoming memoir contains only a fraction of his research. This is probably good, as a comprehensive recitation would only overwhelm most readers. Instead you will find the recollections of a true pioneer, one of the rare giants who opened up a new field of research. From our current vantage point in the 21st century, when there are now academic journals and societies devoted to healing research, it may seem incomprehensible that there was a time when just asking the questions that Bernie asked could mean professional ruin. You will come away with a feeling of awe and gratitude that Bernie Grad lived the life that he did.

Bernard Grad, Ph.D. was an Associate Professor of Psychiatry at McGill University in Montreal. During his thirty-six year tenure, he engaged in both conventional studies on aging and cancer, and also in studies of bioenergy. Dr. Grad is the author of more than 130 articles, many of which are about healing.

Author William F. Bengston can be found at www.bengstonresearch.com
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The Structure That Carries Consciousness

Marisa Chadbourne, LMT, JFB Myofascial Release Therapist

Many scientists and bodywork therapists believe consciousness is tangible and can be touched. The fascial system, a super network of connective tissue is the physical doorway we can use to enter into consciousness. Fascia permeates our entire being three dimensionally, uninterrupted from head to toe—through every organ, muscle and bone, precisely infusing into each and every cell. Within this extraordinary system lies a network of communication that is comparable to the operating system of a computer. The brain acts like the hard drive as it signals our bodies to move, organs to function, and holds astounding intelligence all on its own.

At the same time, the operating system’s wondrous intelligence lies within the fascial system and is constantly reacting to our surroundings. Our entire being holds amazing brilliance and inner wisdom separate from the brain, resonating throughout the fascial system. This boundless connective tissue is constantly responding to our environment, thoughts, and feelings and has natural awareness of exactly what it needs to heal itself.

First, let us review some of the science proving the mind-body connection. In her book *Molecules of Emotion*, Dr. Candace Pert reveals this connection at work through the study of neuropeptides and their receptors. Every cell has its own receptors whose function is to receive messages. Neuropeptides are the messengers telling the cell how to react. While conventional science viewed the release of neuropeptides traveling a direct path solely from the brain to the cell receptor, Dr. Pert and others discovered differently. In fact, the chemical release of neuropeptides happens simultaneously throughout the body in the immune, nervous, endocrine, and gastrointestinal systems, in response to thoughts and feelings. Each of these systems formed what Dr. Pert called “nodal points on a vast superhighway of internal information exchange taking place on a molecular level” proving that the brain is not the only communicator or the seat of consciousness.1 Instead, this study shows the body has its own consciousness, which reacts to its environment, thoughts and feelings. Consciousness lies within our entire being.

Now, we can take a closer look at where this information exchange between cells takes place. The work of Dr. James Oschman reveals that cell communication happens throughout the connective tissue or extracellular matrix, which he refers to as “the living matrix”. This fascinating fascial system is comprised of elastin fibers, collagen fibers and a gel-like material called ground substance, giving the body its biotensegrity or structure and flexibility.
The Structure that Carries Consciousness

More importantly, the connective tissue is a continuous system that exists throughout the entire body. This living matrix is an intricate web of tough yet flexible fibers, weaving together like vines permeating each and every cell. The cytoskeleton of the cell, also called the cellular matrix, consists of microtubules filled with fluid and surrounded by ground substance. So one could say, each and every cell of the body has its own mini fascial system. A histological view would show a nuclear matrix, within a cellular matrix, within a connective tissue matrix. Dr. Oschman explains, “As a hands-on therapist, what you touch is not merely the skin - you contact a continuous interconnected webwork that extends throughout the body.”

This continuous network of fibers appears to extend throughout the body, suggesting that we need to rethink our understanding of the way in which living matter is organized. We can no longer view the body as a collection of cell-based organs held together by connective tissue. Instead, we must now see it as a constitutive fibrillar framework in which the organs are but local functional adaptations. Groups of cells with specific, specialized physiological functions are assembled within a multifibrillar network to form the organs. The cells are embedded in and supported by the fibrillar framework. This basic architectural pattern is the same for all the organs, as well as for the skin, fat, muscles, bones, tendons, nerves and vessels.

Therefore, the body is not a system of separate parts, but rather a continuous structure of sophisticated tissue containing connections that coordinate a beautiful symphony of communication.

Renowned Physical Therapist John F. Barnes, known as “The Father of Myofascial Release,” has been teaching this concept of the fascial system’s structure for many years. JFB Myofascial Release is a combination of structural and subtle energy work, which facilitates the body’s innate wisdom to heal itself while releasing fascial restrictions. As the therapist applies direct sustained pressure of five minutes or more into the tissues, the wonder of piezoelectricity (electricity or electric polarity due to pressure) occurs.

When piezoelectricity takes place, it leads to mechanotransduction, phase transition, and finally release or resonance. In other words, when the fascia is stretched or compressed, it stimulates the piezoelectric properties of the tissue, resulting in the production of electrical fields. The collagen fibers that are embedded in the ground substance of the fascia act as a semiconductor and allow an electrical broadcast of information to be spread throughout the organism.

Another profound phenomenon called fascial unwinding occurs, which releases tissue memory that has been stored within the fascial system. The release of this tissue memory allows for new neural pathways to be created and thus the shifting of electromagnetic energy, transforming energetic patterns. This all occurs when we allow the body’s intuitive wisdom to lead the healing process. Myofascial Release facilitates this healing process with compassionate touch in a loving and supportive environment, allowing the body to self-correct.

The fascial system is a sophisticated three-dimensional web of consciousness or awareness that is constantly responding to thoughts, feelings, and surroundings.
Its magnificent structure orchestrates a symphony of communication and innate intelligence that is capable of self-healing. Listening to the fascial voice creates awareness in the mind and body, which makes quantum mind-body shifts possible.

Author Marisa Chadbourne can be found at www.touchofhealthny.com

References
In the 1980’s, Albert Szent-Györgyi, MD, Ph.D. began to explore the nature of cancer, which he decided must be caused by disturbances of subtle energetic communication systems that regulate cellular behavior. Unfortunately he had no knowledge of subtle energies as we are beginning to understand them today. The historical reason for this is that Hertz, Gibbs and Heaviside in the late 1800’s decided to reduce the original Maxwell equations, originally formulated in 1865, from 20 to 4, deleting the electromagnetic potential fields that were actually the centerpiece of Maxwell’s theory of electromagnetism. These potential fields are a likely basis for subtle energies, but physics and biology were kept virtually in the dark about them for nearly a century. (We are grateful to Karl Maret, M.D. for summarizing the history of this important subject.) Here we propose that Maxwell’s original potential fields contribute to subtle energetic communication networks within the body (the ‘whispers’ referred to by W. Ross Adey) that regulate diverse cell behaviors, and that cancer and other disorders arise when these networks are disturbed. These communication networks may represent the major gaps in our basic knowledge referred to by Albert Szent-Györgyi, and therefore deserve careful study.

The first author of this report (James Oschman) became fascinated with the unsolved problems in this field in the 1980’s due to the influence of Albert Szent-Györgyi who was affectionately known to his colleagues as “Prof.” at the Marine Biological Laboratory in Woods Hole, Massachusetts. The loss of a beloved wife and daughter to cancer made him determined to find a solution to the cancer problem.

Who was this great man? Most people know of the Krebs cycle, citric acid cycle, or tricarboxylic acid cycle. However, it is not as widely known that this was originally called the Szent-Györgyi cycle, due to studies he did at the University of Szeged in Hungary in the 1930s. Those studies led to his 1937 Nobel Prize for Physiology or Medicine, “...for his discoveries in connection with the biological combustion processes, with especial reference to vitamin C and the catalysis of fumaric acid.” By 1937, Szent-Györgyi had identified several key parts of the key biochemical cycle that generates adenosine triphosphate (ATP), the energy-carrying molecule in all cells.

In the spring of 1933, Szent-Györgyi arranged for Hans Krebs to move from Germany to Cambridge, England, because of the growing political difficulties arising in Germany. It was in Cambridge that Krebs found that the key missing link in the cycle was citric acid, and the “Szent-Györgyi cycle” became known as the Krebs-Szent-Györgyi cycle, and later, the citric acid cycle or Krebs cycle. Krebs won a Nobel Prize in 1953 for his discoveries.
Krebs remained forever grateful to Szent-Györgyi for arranging the position in Cambridge at a time when Krebs’ life and career were in grave danger. Krebs expressed this in an emotional talk at a symposium honoring Szent-Györgyi that was held at Boston University School of Medicine and published in 1977. Krebs and a series of other famous scientists described how Prof had profoundly and generously influenced their lives and their work: Linus Pauling, Fritz Lipmann, Hugh Huxley, George Wald, and many others. Szent-Györgyi capped two days of engrossing lectures with an astounding and energetic presentation of his own life’s work.

At the end of the symposium there was an opening for questions, and, assembling my courage, I stood and asked if he thought the large molecules in connective tissue, such as collagen, might be part of the energetic system he was seeking. He responded that collagen and connective tissue were far too large for his studies, as he had quite enough to do with tiny electrons. Later he told me privately that it was a topic worthy of study, and that I should continue to explore it. And he and his colleagues eventually found that collagen is, indeed, a semiconductor, as he had predicted in 1941 in his historic Korányi Memorial Lecture in Budapest.

After the symposium closed, two young men rushed over to me. They were materials scientists Ron Pethig and Peter Gascoyne, freshly arrived from Bangor, Wales to work with Prof. They told me they were puzzled to find so few people in the US who were interested in Prof’s work. Most were ready to dismiss it as unimportant, but if pressed, had to confess that they did not understand it. The reason was that Prof had taken a deep dive into quantum physics, and at the time few biologists had the interest to follow him. For example, at the age of 64 Szent-Györgyi spent a year at the Institute for Advanced Studies in Princeton learning quantum theory. There he was able to rub elbows with the great atomic physicists and mathematicians who had founded quantum physics.

During the last decade or so of Szent-Györgyi’s career he worked with biophysicists and others who could research his theories about energy flow and cancer. Much of the work involved using electron spin resonance (ESR) technology to detect free radicals in structural proteins, and demonstrate that proteins could act as semiconductors.

Sometime after the Boston University symposium, Gascoyne and Pethig approached us about trading laboratory spaces. Prof had obtained a new state-of-the-art electron spin resonance spectrometer, and they needed a firm foundation for it – they needed a lab on the ground floor. So we moved up to the third floor lab across the hall from Szent-Györgyi’s main lab, and Ron and Peter set up in our former basement lab. For

Most human suffering, at present, is caused by the so-called “degenerative diseases” – the name standing for “diseases we don’t understand and, consequently, can do nothing about.” The existence of such a closed group of diseases also points toward some major gap in our basic knowledge. Possibly, all these gaps, may they relate to normal function or to disease, have one common denominator, some process which, hitherto, eluded detection. Some fundamental fact, if not a whole dimension, is missing from our biological thinking.

~Albert Szent-Györgyi, 1957
several years, I saw Szent-Györgyi almost every day as he came into his lab, and had some memorable conversations with him. I became fascinated both with his ideas and with the reasons his work was met with such resistance from other scientists. I became close friends with Gascoyne and Pethig and learned a lot about Prof's work from them and from the other distinguished visitors who came from all over the world to talk to Prof and work with him. These were exciting times.

To paraphrase Szent-Györgyi's perspective on cancer: In spite of its many advances, using biochemical and molecular approaches, (many of which Szent-Györgyi had pioneered) modern medicine had not been able to come to grips with the most serious chronic diseases of our times, such as cancer and heart disease. He thought a main reason was that energy had been left out of consideration, even though, “In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

We became fascinated with this “blind-spot” in modern biomedicine and why modern medical researchers gave no consideration to successful medical traditions of the past. Eventually we learned that one reason for this is that physicians are not taught basic physics in medical school, and are therefore bewildered when we try to talk to them about energy fields. Thus began a lifetime project of attempting to put the pieces of this puzzle together and explain it in a way that could be understood by anyone. There was no doubt that it was a problem worthy of sustained inquiry, and this is a progress report.

Szent-Györgyi thought cancer research was going in the wrong direction in its single-minded search for the “magic bullet” cancer cure. His perspective:

- The problem is not what causes cancer cells to grow.
- The problem is to determine what prevents cells from growing except when needed.
- The mechanism has to be very old in terms of evolution.

Szent-Györgyi thought the many subtle processes in living systems must depend not just on “clumsy macromolecules” that make up body structures, but on small, highly mobile and responsive entities: delocalized electrons and protons. He thought that the key was energy transfers between molecules. Anything that disrupted energy or charge-transfer in the body might push cells into proliferation.

A grant from some therapists enabled me to write a review of the microscopic fabrics of the body known as ground substances. I presented my summary at a meeting of the American Society of Zoologists held in Louisville, Kentucky in 1982. I dedicated the resulting essay, published in 1984, to Albert Szent-Györgyi to commemorate his 80th birthday. The point of the review was that all of the major compartments in the body, the extracellular matrix, the cells and the nuclei within them contain microscopic protein-polysaccharide web-works, all of which have been referred to as ground substances. A key discovery had been made by Mark Bretscher in Cambridge, England – the cytoplasmic fabric was directly linked to the extracellular fabric by trans-membrane proteins that later came to be known as integrins.

Others had described connections between the cytoskeleton and the nuclear matrix, nuclear ground substance, or karyoskeleton, a non-chromatin network that provides the immediate environment of the genetic material and the products of transcription. Taken together, these interconnected fabrics are an excellent candidate for a system with ancient roots in terms of evolution. Single celled organisms including bacteria and protozoa are able to sense their...
environments and carry out sophisticated behaviors even though they lack neurons and synapses. Of this remarkable fact the distinguished British neurophysiologist, Sir Charles Sherrington (1951) said, ‘of nerve there is no trace. But the cell framework, the cytoskeleton might serve.’

We became fascinated with the idea that this continuous fabric in the organism might be a semi-conducting electronic network conveying energy and information between all parts of the organism. It turned out that Alfred Pischinger (1899-1982) and Hartmut Heine, had already described this system, which they termed the “ground regulation” system in a famous book, Matrix and Matrix Regulation: Basis for a Holistic Theory in Medicine.

This seminal work was the culmination of some 40 years of Pischinger’s basic and clinical research as professor of Histology and Embryology in Vienna, and continued by Professor Heine and his colleagues at various universities in Germany. Pischinger and Heine referred to this as the largest system penetrating the organism completely because it is the only system that touches all of the other systems (see Figure 1).

The global continuity of this system and its electronic properties as studied by Albert Szent-Györgyi and others have helped us understand the multitude of beneficial effects of Earthing or grounding the human body. After some 15 years of research by a dozen scientists, we have developed a new understanding of how the immune system can mal-function to create inflammation, chronic inflammation and chronic diseases.

Grounding or Earthing naturally drains static electrical charges, emotionally charged stress, and greatly reduces the side-effects of the inflammatory response: pain, swelling, redness, heat, and loss of function. These are the five “pillars” of inflammation recognized by the Greek physician, Galen (AD 129-217). The simple process of touching the earth with our bare feet enables free mobile electrons from the surface of the earth to enter the acupuncture meridian system via Kidney 1 and other acupoints on the bottoms of our feet. The entire meridian system and associated living matrix/ground regulation system instantly equilibrates every part of the body with the electrical potential of the earth. At the same time, the matrix and polyelectrolyte ground substances throughout

Figure 1. The living matrix/ground regulation system is the continuous fabric of the human body described by Pischinger and Heine as the largest system penetrating the organism completely, because it is the only system that touches all of the other systems. While it forms the various fascial systems shown to the right, it also extends across cell surfaces, through the cytoskeleton, across the nuclear envelope, and into the nucleus.
Subtle Energies, Biophotons and Information Metabolism

the body become saturated with electrons that play a crucial role in preventing the “collateral damage” to healthy tissues that occurs when the ungrounded body is injured. These electrons are the ultimate antioxidants. The rapid reduction of inflammation produced by Earthing can only be accounted for by high-speed charge transfer through the living matrix, the very process that preoccupied the attention of Albert Szent-Györgyi during the last decades of his long scientific career.

Our findings in relation to inflammation have therefore provided substantial verification of the concepts Albert Szent-Györgyi was attempting to put forward. As an example of the benefits of Earthing, every aspect of cardiovascular disease, which has been the number one cause of death in the USA for the last century, is associated with elevated blood viscosity. Earthing rapidly and dramatically reduces blood viscosity.

In separate articles we look closely at the vibrating “signal molecules” such as hormones or neurotransmitters or growth factors or neuropeptides. We also examine details of the propagation of biophotonic signals through the body, and their interactions with receptors on cell surfaces.

When any molecule vibrates, it emits classical electromagnetic fields. However, these fields will be blended with subtle energies of various kinds and in various proportions, depending on conditions. We believe these subtle energies derive from Maxwell’s original potential fields that were deleted by Hertz, Gibbs and Heaviside, as described at the beginning of this article.

The layers of water surrounding molecules have been viewed as having roles in impedance matching between the molecules and the surrounding space and in the opposite direction. We support consideration of the morphic field concept of Sheldrake as a possible source of morphogenic information.

We recognize that any molecule’s vibratory “signature” can be intricate because of modulation:

• by internal fields such as those produced by the functioning heart, brain, and other organs.
• by external electromagnetic fields such as those produced by Wi-Fi, appliances, and countless other unnatural sources.

We believe subtle energies are an as yet unexplored part of this story. We believe this is part of the major gap in our basic knowledge, part of the “whole dimension missing from our biological thinking” mentioned by Albert Szent-Györgyi more than half a century ago.

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Subtle Energies, Biophotons and Information Metabolism

Conclusions
When you leave the store and head into the parking lot, you can press a button on your electronic car key and your car door will unlock. There may be hundreds of cars in the lot, many of which have electronic locks, but only your car unlocks. This is the power and specificity of electromagnetic resonance. We believe the human body has a variety of even more sophisticated resonant information transfer mechanisms that enable cells and molecules to talk to each other in very specific ways. We believe subtle energies are an as yet unexplored part of this story. We believe this is part of the major gap in our basic knowledge, part of the “whole dimension missing from our biological thinking” mentioned by Albert Szent-Györgyi more than half a century ago.

These concepts relate to some of the most pressing issues in contemporary medicine: understanding the astonishing sensitivity of living matter to very tiny amounts of electromagnetic energy, as involved in various conventional and alternative healing practices (Reiki, Therapeutic Touch, Healing Touch, Polarity Therapy, Exogenous Homeopathy, BodyTalk, Frequency Specific Microcurrent, pulsing magnetic field therapy, etc.). The concepts also help us understand why some sensitive individuals are adversely affected by energy from power lines, Wi-Fi, cell towers, etc. Delicate and sensitive biological regulatory systems and feedback loops involving electromagnetic interactions between cells can be thrown into chaos by extremely low levels of environmental electromagnetic fields, including their subtle energy components. The concepts also relate to the action of chemical messengers of all kinds, which are generally assumed to follow a random-walk trajectory within the body to interact with receptors. In considering the mechanisms of action of pharmaceuticals, frequency aspects are rarely mentioned.

Authors James and Norma Oschman can be found at www.energyresearch.us

References
7. Use of the first person singular in this article refers to the first author.
11. At the time JLO was working with Dr. Betty J. Wall.
13. I am grateful to Dr. Marilyn Thursby, Myron M. Kaplan, and Dr. Annette Hollander for supporting this writing project.
19. For research articles on Earthing, go to www.earthinginstitute.net


In traditional societies, telepathy was generally taken for granted, and was the only means of rapid communication at a distance. In modern societies we have telephones, but telepathy has not gone away. Someone’s intention to make a call often seems to be picked up telepathically before the call itself. Most people have had the experience of thinking of someone who calls soon afterwards, and remarking, “I was just thinking about you!” Surveys in Europe and America show this is by far the commonest kind of apparent telepathy in the modern world.

But could there be a more mundane explanation? People may think of others from time to time for no particular reason, and if someone they are thinking of then calls, this may be a matter of chance. People may simply forget all the times they think of someone who does not ring.

This is a reasonable possibility, but there is no evidence for it. The only way to resolve the question scientifically is by experiment.

I have developed a simple procedure in which subjects receive a call from one of four different callers within a prearranged period. The subjects nominate the callers themselves, usually close friends or family members. They do not know who will be calling in any given test, because the caller is picked at random by the experimenter by the throw of a die. Subjects have to guess who the caller is before picking up the receiver. By chance they would be right about one time in four, or 25% of the time. In many of these trials, the participants are videotaped continuously to make sure that they do not receive any other telephone calls or emails that could give them any clues.

My colleague Pam Smart and I conducted hundreds of trials. The average success rate is 45%, very significantly above the chance level of 25%, with statistical odds against chance of billions to one. I also carried out an experiment for television, starring the Nolan sisters, whose hit rate was 50%. A 5-minute clip showing this experiments is online on YouTube, with a link from my web site. http://www.sheldrake.org/videos/telephone-telepathy-with-the-nolan-sisters

Pam and I also carried out a series of trials in which two of the four callers were familiar, and the other two were strangers, whose names the participants knew, but whom they had not met. With familiar callers, the success rate was more than 50%, highly significant statistically. With strangers it was near the chance level, in agreement with the observation that telepathy typically takes place between people who share emotional or social bonds.

In addition, we have found that these effects do not
fall off with distance. In some of our tests the callers were in Australia or New Zealand, but the subjects identified them just as well as callers nearby. The details of these experiments are published in scientific journals and can be read online on my web site (http://www.sheldrake.org/research/telepathy). Our positive findings in telephone telepathy tests have been replicated at the universities of Amsterdam and Freiburg.

Telepathy continues to evolve. One of its latest manifestations is the telepathic email or the telepathic SMS message. People think of someone who shortly afterwards sends them an email or a text. We have done hundreds of tests on email telepathy and SMS telepathy, following a similar design to the telephone tests, with hit rates very significantly above the chance level. Again, the results have been published in a peer-reviewed journals and are available on my web site.

The latest experiment of this kind is an automated telephone telepathy test that works through mobile phones, making it possible for anyone to take part wherever they are (as long as they are in the US, Canada, India or the UK). For this test, each subject needs only two contacts, who should be familiar people like friends or family members. The results so far are way above chance and highly significant statistically. I have recently launched a new, improved version. Please try it for yourself! www.sheldrake.org/participate/telephone-telepathy-test

Author Rupert Sheldrake can be found at www.sheldrake.org

ENTREPRENEURSHIP: HAVING THE RIGHT IDEA AT THE RIGHT TIME IS THE HARD PART.

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Why is it that so many holistic healers and alternative health practitioners feel guilty about charging for their services?

As we say in the business world, if you are making money doing the thing you do, you have a business. If you are not, you have a hobby. So what do you have? A business or a hobby?

Let’s face it, both “money” and “business” are dirty words among some segments of the population. But why? Have you ever stopped to think about all the positive ways money and business make a positive impact on your life—making our lives easier - providing necessities we would not have otherwise - creating the things we are not willing to live without or bringing so much beauty into the world? After all, it is all energy! Right?

Sometimes it is easy to forget that money is just energy—nothing more, nothing less. It is the meaning we give it and our belief systems around it that can really trip us up.

Some healing practitioners feel money is so bad that they create negative energy around it. That icky, nasty stuff we do not like and which makes us feel uncomfortable. It is the stuff the media loves to throw in our face every day, every hour, every minute. But do we not inadvertently create more bad energy by giving it so much attention or trying to avoid it? Either way, our negative thoughts have hijacked our emotions and created an internal frenzy. You see that in your clients, but can you see it in yourself? Isn’t that happening when you look at business and money from such a dark place?

No one knows better than you the importance of balanced energy flow in maintaining a healthy body. The same is true with money. When you refuse payment for your service, you stop the flow of money. You give energy through your service, but when you do not allow that energy to return to you in the form of payment or money, you stop the energy flow. Just like that, the energy falls into a chasm somewhere between you and your client. As you know, it is all about keeping the channels open for energy to flow.

In business, there is a wonderful little tool called the cash flow statement that allows us to witness the flow of money right before our eyes. If you work with an accountant, you may have already heard the term or seen it in action. The operative word is “flow.” Cash flow tracks the movement of cash into or out of your business. It is a great tool that allows you to watch money (which is also energy, remember!) “flow” through your business.

Nancy Murphy

The Money Side of Your Practice: It’s All Energy!
Like the flow of energy, the flow of money through your business is a natural process. It comes in and it flows out—in and out. Like energy in your body, it is important to hold what you need and release what needs to be released. The key is keeping that flow in balance—not holding too much or releasing too much.

Take all those beautiful details you know about healing and optimizing energy systems and apply them to your business.

You may already operate on a budget and you are wondering how cash flow is any different. Basically, they are the same thing. The two main categories are income and expenses—just like a budget. The only difference is that cash flow allows you to project that income and those expenses into the future. So why would you need that? Have you ever experienced a month when you could not meet all your expenses? You may have a budget in place and for eight months out of twelve you totally rock it! But somehow you came up short in your bank account the other four months. How does that happen? There are two quick reasons you may be experiencing a shortfall: 1) It may be difficult to hold to a specified budget because your income fluctuates from month to month. You do not know how many clients you will have in a specific month, so you just wing it. 2) Your expenses may be higher in one month than another—did you submit your quarterly tax payment or do you pay annually for some services (web hosting, etc.)? Those two things alone can wreak havoc on your basic budget where income and expenses are averaged across 12 months, and that is why it helps to look at cash flow budgeting.

Creating your own cash flow worksheet is really easy if you have a basic understanding and knowledge of how spreadsheet software (i.e. Excel or Numbers) works. Here is what you will need to get started:

- Total income generated by services for the months of January-April—each month individually, not averaged, the exact amount each month.
  - Income generated by services provided
  - Any money you may have contributed to your business (from your personal checking account or a loan you may have secured)

- Now get out your bills for January - April and record:
  - Rent
  - Utilities
  - Phone
  - Marketing—that includes your website, website hosting, business cards, brochures, signs, etc.
  - Supplies
  - Large purchases for your business—massage table, table warmer, sheets, etc.
  - Anything else I am forgetting?

It is best to record this information on an Excel or Numbers spreadsheet. If spreadsheets are not your thing, you can download one at www.inertialcombustion.com/cashflow where I have already built one for you. All the formulas are included. All you need to do is input your income and expense numbers.

Remember, you want to use the actual numbers for each month and not an average across all months unless it is for something that is the same amount each month like rent or a loan repayment. If you purchase something that advertises a monthly rate but it bills annually, be sure to include the annual amount in the month it hits your checking account or credit card. Doing this cash flow exercise is well worth your time and effort. By inputting real numbers into your
spreadsheet, you will begin to see how money moves through your business. It will also give you a deeper understanding of your business.

Your cash flow worksheet will become a trusted tool that will help you make better business decisions—like how much you can afford to pay yourself each month, how many supplies you can afford to buy in a given month, when you can make large purchases or when you need to ramp up your marketing effort to generate more income to cover expenses. It is like a crystal ball for your business!

Fine tuning your cash flow is like fine tuning a chakra system. You ensure a clear path for what is flowing properly and you open up what is muddled or clogged. When everything is balanced, aligned and flowing, life gets a whole lot easier.

So take all those beautiful details you know about healing and optimizing energy systems and apply them to your business. It is all energy - and it is all connected!

Author Nancy Murphy can be reached at www.inertialcombustion.com

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Facets of Intuition: The Key to Connection

Cyndi Dale

Intuition is one of the most often used words in modern conversation. Energy healers employ the word even more than others do, as it is an integral part of the healing equation.

Here are a few ways I used the word only yesterday:

*With client number one:* “This is the image my intuition is showing me about your situation.” (Let’s skip the fact that the picture was of a frog. All I could hope was that it did not relate to her new boyfriend, who did not exactly sound like a prince.)

*With client number two:* “My sense is that you might want to abstain from alcohol.” (You can only guess how well that went over with a six beer-a-day alcoholic.)

*With my son:* “I have a gut sense that you have not eaten anything but pizza for two days.” (He denied my intuition until I found the five empty pizza boxes in the recycling.)

*With my dogs:* “I knew it! You were only sitting quietly to get something out of me.” (Imagine, I had not remembered that there was a candy bar in my purse.)

It is intuition that informs us about our clients’ aches and pains, the causes of their issues, their passions and joys, and potential solutions. Intuition nudges us forward, sometimes lovingly reminding us what happened the last time we ignored it.

Intuition reveals clues about another’s true nature and tells us what to say when we are dumbstruck. It affirms a link to a higher presence and alerts us to dangers and opportunities. Baseline, intuition connects us—to information, possibilities, healing energies, Nature, loved ones and mystical sources of knowledge, guidance and healing. But this does not exactly explain what intuition is.

In this article, we will explore several facets of intuition. We will examine intuition as a mental and a psychological construct. We will dive deeply into the physicality of intuition and why we are biologically front-loaded for its interconnectivity. Rounding the curve, we will survey intuition from a spiritual point of view. Then I will present my own view of intuition, which is as an energetic vehicle for bonding. As you travel through these considerations, keep uppermost your own personal experiences of intuition, for these are the ones that ultimately instruct about this incredible “tuning fork” to Spirit.

Before jumping in, I want to present the most accepted definition of intuition. Noah Webster of the
Merriam-Webster's dictionary fame, who clearly sat around and pondered the issue for decades, suggests that intuition is a “natural ability or power that makes it possible to know something without proof or evidence.” We have all experienced the chimeric nature of intuition: it’s imaginative quality, sometimes lack of congruity and magical, if not curious, side effects. While we instinctively know that we are intuitive, the mercurial nature of intuition makes it hard to define or grasp. This makes a broad-based investigation even more interesting and important.

One theory asserts that intuition, or rather, “intuitions,” the messages that our intuition provides, relate to mental states. In short, intuitions tell us more than what we think; they tell us what is best to think. Frequently an intuition or knowing is contradictory to what we think we should believe. That is one of the reasons that some people consider intuition enchanting, confusing or illogical. And yet, over and over again, our intuitions prove themselves “right.” Case in point, I was raised to “be a lady.” That was probably my father’s favorite directive. So what did my intuition indicate I should do when my car tire blew and I was out in the middle of nowhere alone? It certainly did not enforce “lady-like behavior.” I stripped off my dress, pulled on a pair of overalls stuck in the backseat and got my hands greasy. I am sure you have had equivalent experiences with intuition, which frequently prompts actions that differ from our established programming.

Psychologically, intuition can be defined as a process that invites knowledge without analytical reasoning. It is distinct from instinct, which is an inborn inclination, in that it is more cryptic. Some psychological experts believe it is an “explainable” process involving quick deductions that integrate, or draw upon, our subconscious, unconscious and conscious selves. These deductions also rely on the ability to search the past, present and future.

This point of view suggests that intuition is at least partially natural rather than (only) supernatural or extraordinary. I believe this is true, as long as we acknowledge that it is “natural” to be “supernatural.” We all know that the intuitive faculty can access forgotten memories, events occurring in present time that we do not actually know about and possible future events. These types of insights are explainable via quantum physics, which shows how the smallest energies in the universe work.

Quanta, subatomic particles and waves, can compress time, leap across space and collapse the present day so we can sense, see or hear what others cannot. It is our soul or psyche—hence the study of “psychology,” that explains these fantastical capabilities. Our soul, which spans lifetimes, can best explain itself and communicate its perceptions through intuition, the language of time-space. Literally, intuitions connect our soul and body and instruct our mind.

From a purely physical point-of-view, intuition involves our basic chemistry and neurology, using these mediums to link us to the world. One particular set of cells, the glial, describes how intuition empowers creative leaps, providing insights our turtle-slow mind simply cannot.

Glial cells are non-neural cells. Classical science says that these cells support the nerves. Nearly 90 percent of the cells in the brain are glial cells and are associated with...
Facets of Intuition: The Key to Connection

with dreams, creativity, vivid thoughts and imagination. So important are they that it is suggested that the nerves actually support glial actions, not the other way around.4

The higher the ratio of glial cells to nerves, the more intuitive the brain. Einstein, for instance, had an incredible number of glial cells, as compared to regular neurons.5 To what did he credit his genius? He applauded his creativity and intuition.6 I believe that most of us have experienced intuition as an illuminating awareness leading to innovation and creativity. Complicit in this process are our glial cells.

Yet another group of cells, called mirror neurons, are related to intuition’s empathic capabilities. Empathy, the ability to sense what another is experiencing, has long been labeled a form of intuition. Because of these neurons, we can watch another in pain and feel pain ourselves. We can therefore intuit what another needs.7 Our tendency toward compassion, altruism and bonding are themselves products of intuition.

Spiritually, intuition has always been key to knowing God, by whatever name. In the Old Testament, it is considered the conduit for receiving godly messages. We must cultivate our awareness of intuition, for it is not always apparent. It does not always shout with a megaphone or wear a loudly checkered shirt. As is revealed in the first book of Kings, God spoke to Elijah, a prophet, not in the wind, earthquake or fire, but with a “still small voice.”8 Other forms of intuitive connections, per the Bible, include healing, dream interpretation, speaking in tongues, divination and foretelling. One can therefore intuit what another needs.9 We can therefore interpret these insights.

Visiting the East, we ask Swami Sivananda, a well-known Hindu guru, about intuition. He responds that intuition is an “active awareness.” A form of knowing, its subject is the “immortal internal self.”10 Hence, we can consider intuition a vehicle for self-connection, a channel to know and become our best selves, as well as a higher power.

For me, the energetic explanation of intuition incorporates the mental, psychological, creative, physical and spiritual aspects of intuition, and goes one further. It also clarifies how intuition works.

Energy is information that moves or vibrates. Everything seen and unseen, concrete and insubstantial is made of energy. The difference between types of energy is basically one of mode. Simplistically, there are physical and subtle energies. Physical energies are measurable and subtle energies are immeasurable. These lay on the same continuum, however, which means that a physical object exists physically but also subtly, and vice versa. Something subtle can, at least potentially, also show up physically.

Physical information is mainly shared through light and sound. (I have already recognized the biological, or neurological and chemical, aspects of information sharing. These functions also involve light and sound.) Light is a product of the electromagnetic spectrum or electromagnetic field (EMF), and is one of the most interesting mediums for energetic transference, at least in regard to examining how intuition works.

Every aspect of us, including our DNA, cells and organs, generates electromagnetic frequencies (EMFs). These EMFs carry information from one part of the inner self to another, but also exchange information with the greater world. Carried on these fields are perceptions, cognitions and emotions—in other words, intuitions. While all parts of us generate EMFs, the heart is an especially powerful expresser. With an amplitude at least sixty times greater than that emanating from the brain, the heart’s EMF has been proven to pulse messages internally and externally, thus promoting intuitive insights and connections.10

Sound also shares information. As mechanical waves, sound waves require a medium, while light waves do not. Every part of our being, however, emanates and is affected by sound. While light and sound differ, both are complicit in intuition, which can manifest as sensation, awareness, seeing, hearing, smell and more.
Subtle energy-information is carried through physically measurable light and sound waves but also on frequencies we cannot measure. Subtle fields, called biofields when emanating from a body, interact with others’ subtle fields, swapping information. It is these fields that create the most profound and extraordinary intuitions.

As a physical being, you can walk into a room and sense the physically measurable EMFs, which are light, or sound bouncing off an object or person. These intuitions might relay colors, smells or tones. But you can also sense the subtle information, which is quantum in nature, meaning less measurable but extraordinarily powerful. Because you are a subtle being, the simple act of stepping into a room can illuminate a ghost, the pain of the long-lost friend or the image of the room being reduced to rubble in fifty years.

Subtle energies are exchanged through the body proper but also through the subtle energetic anatomy. This anatomy consists mainly of energy bodies, such as the chakras; energetic fields, to include the auric field; and energy channels, including the meridians and nadis. Pictorially, chakras are like islands inside the body. Most are anchored in the spine and all are associated with an endocrine gland. The physical connectivity assures an integrative relationship with measurable EMF, sound, and chemical and neurological processes. The subtle energy channels serve as river ways that transfer physical and subtle energy packets to and from the chakras. And the chakras expand into subtle energy fields, such as the auric fields, which form colorful circles of light around the body. These fields send messages from the chakras into the world and deliver information, which might be physical or subtle, from the world to the chakras. This information is the foundation of intuition.

In other words, intuitions occur as we decipher the information that enters through physical and subtle fields. Intuition also involves sending information to all parts of the self—body, mind and soul—and into the world. The chakras are the “brains” or command centers that create understandable communiqués.

Each chakra operates on a band of frequencies that attract, store, interpret and communicate specific physical and subtle data. I work with a twelve-chakra system, with seven chakras aligned with the spine and five linked in other ways to the body. These frequency bands are frequently described as color and sound in nature, meaning less measurable but extraordinarily powerful. Because you are a subtle being, the simple act of stepping into a room can illuminate a ghost, the pain of the long-lost friend or the image of the room being reduced to rubble in fifty years.

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## Chakra-Based Intuitive Gifts

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Location</th>
<th>Color</th>
<th>Intuitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Hips</td>
<td>Red</td>
<td>Physical empathy: Ability to sense external physical sensations in own body. Enables manifesting.</td>
</tr>
<tr>
<td>Second</td>
<td>Abdomen</td>
<td>Orange</td>
<td>Emotional empathy: Ability to feel others’ feelings and transform emotions through creativity.</td>
</tr>
<tr>
<td>Third</td>
<td>Solar plexus</td>
<td>Yellow</td>
<td>Mental empathy: Awareness of others’ motivations and thoughts. Can lead to administrative success.</td>
</tr>
<tr>
<td>Fourth</td>
<td>Heart</td>
<td>Green</td>
<td>Relational empathy: Can sense love-based needs. Home of healing abilities.</td>
</tr>
<tr>
<td>Fifth</td>
<td>Throat</td>
<td>Blue</td>
<td>Verbal empathy: Can hear and share verbal messages.</td>
</tr>
<tr>
<td>Sixth</td>
<td>Forehead</td>
<td>Purple</td>
<td>Visual empathy: Sees images for others; leads to strategy and foretelling.</td>
</tr>
<tr>
<td>Seventh</td>
<td>Top of head</td>
<td>White</td>
<td>Spiritual empathy: Senses spiritual truths; leads to prophetic abilities.</td>
</tr>
<tr>
<td>Eighth</td>
<td>An inch over head</td>
<td>Black</td>
<td>Mystical empathy: Shamanic gifts.</td>
</tr>
<tr>
<td>Ninth</td>
<td>A foot over head</td>
<td>Gold</td>
<td>Soul empathy: Awareness of others’ soul capabilities; leads to harmonizing and global transformation.</td>
</tr>
<tr>
<td>Tenth</td>
<td>A foot under ground</td>
<td>Brown</td>
<td>Natural empathy: Can relate to natural beings and objects; leads to natural based healing.</td>
</tr>
<tr>
<td>Eleventh</td>
<td>Around body</td>
<td>Pink</td>
<td>Force empathy: Can sense natural and supernatural forces; can also direct them.</td>
</tr>
<tr>
<td>Twelfth</td>
<td>Around eleventh chakra</td>
<td>Clear</td>
<td>Everyone carries at least one unique gift in this chakra.</td>
</tr>
</tbody>
</table>

Author Cyndi Dale can be found at www.cyndidale.com
Facets of Intuition: The Key to Connection

References
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When we begin to take the time and a bit of effort - meaning due diligence in focusing on our own energy body - we can understand ourselves at a deeper level. This understanding is important as it can help us clear stuck (sometimes very old) patterns of energy that inhibit us from living our truest potential. As we utilize tools to support us on all levels—physically, emotionally, mentally and spiritually—we can be more vibrant and full of life first and foremost for ourselves, and then for others. Deeper understanding of our own energy system can result in deeper understanding of another.

Let me share a self-care tool with you to assess your own energy system and how this assessment might support you.

Utilize your “6th Sense” to assess your energy centers (touch/kinesthetic, emotions, intuition, sense, taste, smell, hearing, seeing, direct knowing).

This exercise will support you in beginning to experience the levels of the energy field. You are invited to utilize your sensing and visualization skills. Trust what you sense, even if you do not quite understand, as sometimes we may not always “get” something cognitively. However, your other senses may pick up information. Just allow yourself to be your own “personal observer.” You may want to have a note pad handy to jot down any information you receive or invite your mind to “remember” what pertinent information will be useful to you at this time.

You will be assessing all levels of the energy field, beginning with the first level and working out to the seventh level. Remember, each level of the energy field has a corresponding chakra. That chakra is the “doorway” to the level of the energy field.

First, we begin to assess our energy system by physically tuning in with our hands to the levels of the human energy field. Place the palm of one or both hands at the thigh between the knee/s and the hip/s, making sure you are not hovering over a major or minor chakra as you may get a skewed reading. As we move through this self assessment exercise, our hands will stay in this same location, while moving outward through the energy field. Allow yourself to be present for “YOU.” Invite yourself to “explore” without self-judgment what might want to be understood at this time. As you assess each level of the field, move your hand/s out away from your physical body, following the instructions.

In the instructions below, I have offered a few suggested questions, but allow yourself to expand your inquiry as you see appropriate for you.

~The 1st level of the field (about 1” to 4” from your physical body) is directly related to your physical

Franny Harcey, HTCP, QM
body. The 1st chakra is the doorway to the first level of the field—the Etheric Body. Do you get information that there is a physical pain, challenge or does your field feel clear? Is it easy for you to be in your body and stay grounded? Is there “stuck” energy here?

~The 2nd level of the field (about 3” to 9” from your physical body) is the emotional level. The 2nd chakra is the doorway to the second level of the field—the Emotional Body. Do you receive information or feel a particular emotion with your hand in this level of the field? Are you strong in your own sense of self and hold deep compassion for yourself? Is there “stuck” energy here or does it seem “clear”?

~The 3rd level of the field (about 7” to 12” from your physical body) is the mental level. The 3rd chakra is the doorway to the third level of the field—the Mental Body. Do you receive mental images relating to yourself? What might your “gut” be telling you? Is there “stuck” energy here or does it seem “clear”?

~The 4th level of the field (about 1’ to 2’ from your physical body) is the spiritual and compassion for another level. The 4th chakra is the doorway to the fourth level of the field—the Astral Body. Is there information here that could support you? Is there a deeper understanding waiting to be felt as it relates to being in healthy relationship with another? Is there “stuck” energy here or does it seem “clear”?

~The 5th level of the field (about 2’ to 3’ from your physical body) is speaking your Divine truth. The 5th chakra is the doorway to the fifth level of the field—the Etheric Template. What manifests in the physical begins here. What might you glean from this level? Is it safe for you to “speak your truth”? Is there “stuck” energy here or does it seem “clear”?

~The 6th level of the field (about 2 ½’ to 3 ½’ from your physical body) is unconditional Divine love. The 6th chakra is the doorway to the sixth level of the field—the Celestial Body. What information might be here to support you on your path? Is it okay for you to embrace the Divine light that you are? Is there “stuck” energy here or does it seem “clear”?

~The 7th level of the field (about 3’ to 4’ from your physical body) is Divine Mind. The 7th chakra is the doorway to the seventh level of the field—the Ketheric Template. Is this outer edge of the energy field smooth, tight, diffuse? Is there information at this level of the field that can support you more deeply on your healing path? Is there “stuck” energy here or does it seem “clear”?

Once you have practiced and learned how to assess and “tune in” to the energy field levels with your hands as a tool, you can connect with the levels through intent. Bring your awareness to each level and receive information from that level of the field without using your hands. Energy follows intention, trust yourself!

So, why do we assess the levels of the energy field? Assessing your energy field on a regular basis can help you become more aware of your own energy system and clear stuck energy in all levels of the field, which can support you in your personal healing path. Sometimes, just having a “knowing” of what is stuck can shake it loose and clear. Alternately, if we do not bring awareness to a deeper, ever-expanding level of our consciousness, it might inhibit our stepping into our deepest healing potential. This awareness invites us to have a clearer energy system and be a more open channel when providing healing sessions for others as well.

To support deeper clearing, journaling can be a great tool to expand on the information you received in your energetic self-assessment. The more deeply we are in contact with ourselves, the deeper we can be in contact with others.

My wise Mentor/Teacher Janet Mentgen shared with me over 10 years ago—“Our job is to be diligent at clearing our own energy system so that we may be a clearer vessel for another. Thus, supporting our own clearing can support raising the consciousness of all humanity.”

Author Franny Harcey can be found at www.goldenshadowhealingcenter.com
Charlie Goldsmith: Crusader for Energy Medicine

Karin Ogren, HTCP

Charlie Goldsmith is a one-man tour-de-force whose mission is the acceptance of energy healing into mainstream medicine—and he wants you to join him. In the January/February 2016 issue of Energy Magazine, we reprinted an article entitled “Feasibility of Energy Medicine in a Community Teaching Hospital: An Exploratory Case Series.” The study discussed in the article recorded the results of one specific Energy Medicine practitioner applying his unique technique to patients in a community hospital setting. That practitioner was Charlie. Our interest was piqued. How did an Australian sole practitioner, who does not practice a specific, structured energy medicine modality, land himself in the middle of an American research study? Energy Magazine Assistant Editor Karin Ogren interviewed him to learn how.

When asked how he became the subject of a study on energy healing, Charlie responded that it took 15 years until someone gave him the opportunity. During the intervening years, he focused on finding a doctor or scientist who would help him gather evidence of his abilities. But what he claimed he could do was too unbelievable to comprehend, so he was turned down time and again. Meanwhile, he healed people through word of mouth and his anonymous Facebook page. He finally realized his best course of action was to publicly connect with patients in need, believing that once he demonstrated his remarkable talent, connections to research would materialize. “So I went from handing out my CV directly to companies to singing on the street corner.” He offered to work in a support group for people suffering from herpes in Los Angeles and an acupuncture clinic in New York City.

Connections from both organizations did indeed materialize. Even the toughest cases of herpes are cured within minutes by Charlie, sometimes within thirty seconds. Such a strong result is difficult to dismiss. His contact at the acupuncture clinic told the hospital, where she once worked, about him and the hospital invited him to collaborate. The head of research at Lutheran Medical Center in Brooklyn, New York agreed there was something to be learned from Charlie’s method of healing. Approval for the study was easily granted, but Charlie acknowledges the courage it took for the head of research to risk his reputation with his Institutional Review Board and fellow doctors by championing such an unconventional healing method. “Arguably, that was the most important thing that happened to me.”

The patients Charlie was given were either not responding to normal interventions such as morphine or antibiotics, or the doctors could not determine the cause of the problem. The previous unsuccessful
treatments acted as the control group. Of 50 complaints of pain, 38 (76%) showed marked improvement with Charlie’s energy healing. Of 29 non-pain-related problems, 23 (79%) showed marked improvement. His results far exceeded those of the traditional medical interventions the patients had already received. A second study followed that will soon be published. Elle Magazine heard of Charlie’s research work and featured an article about him in the September 2015 issue of the magazine. For more of the human-interest side of Charlie’s story, you can find the article at www.elle.com/beauty/makeup-skin-care/news/a30626/energy-healer-charlie-goldsmith.

Charlie’s self-made style of healing— he gets results within about thirty seconds, several minutes at the most—was well-suited for the research study in which he participated at Lutheran Medical Center where multiple doctors were observing him. Other factors can contribute to the outcome during an hour-long session, but receiving positive results within seconds is nearly impossible to ignore. Charlie comes from a family of entertainers and he believes putting on an impressive show, such as alleviating pain in seconds, is required for mainstream medicine to make the enormous shift toward accepting energy healing as legitimate. He believes this sort of in-your-face healing is required for mainstream medicine to make the enormous shift toward accepting energy healing as legitimate. “It’s going to take humbling medicine by showing results that medicine cannot achieve,” says Charlie. For this reason, he focuses on the most difficult requests he receives. “Medicine cannot take away someone’s pain in twenty seconds. It cannot cure an infection in the same amount of time. It cannot fix food allergies in a minute.” But Charlie claims he can—and he is building a body of evidence to prove it.

At eighteen years old, Charlie was gifted with healing abilities in a sudden, dramatic and frightening event in which he “accidentally” healed a woman’s finger—accidental in that he had no control over the energy and did not understand what was happening. It simply poured from him and surprised them both—Charlie had been unaware that there was a problem with her finger. In the ensuing days and weeks, he experimented with this healing ability and realized it was not a one-time anomaly, but a newfound gift that he learned to control over time. Some of his friends and family reacted harshly to the news of his healing gift. He was surrounded by people whose beliefs reflected mainstream thinking and who were suspicious of energy healing. Charlie says, “I had a lot of practice opening minds. I needed my own circle to know who I am.”

Without touching his clients, he concentrates intensely on the issue for thirty seconds, either adding energy or removing energy as he intuits. Then he checks in with his client and if the problem has not resolved, he tries again for another thirty seconds. He may go through a few more rounds, but if marked improvement is not forthcoming within a few minutes, he determines he is not able to address the problem. However, eight out of ten of his clients see improvement in their symptoms.

According to Charlie, consistently demonstrating profound ability such as this is the key to capturing the attention of people in the position to create studies. Not only do strong results make for good evidence, they also encourage other healers to push their own limitations of what they think is possible. If one person can reduce pain to zero on a pain scale in thirty seconds, others might be able to as well. “It is like the four-minute mile—at first, no one could break it. One person broke it and then everyone did.”

Charlie’s passion for research stems from his desire to see energy medicine given the credibility he believes it deserves.
Charlie Goldsmith: Crusader for Energy Medicine

Charlie’s passion for research stems from his desire to see energy medicine given the credibility he believes it deserves, and its rightful place in hospitals as an alternative to medications and even surgery. His commitment to this mission is apparent—he paid his own expenses during the three-week hospital study and paid for the resulting article to be available in the public domain. He was “in heaven” working in the hospital for the study, doing what he feels he is meant to do. Because no career exists for energy healers in hospitals who do not serve in another role such as a nurse, he has created a life for himself that is separate from his healing work. He runs his own successful businesses, managing fifty employees, and heals people on the side. But if there were an opportunity to do energy work in a hospital as a career, he would drop everything to do it. This longing fuels his mission to shift the dominant perspective so that not only he, but also the up-and-coming generation of healers, can envision a viable hospital career.

He offers several practical pieces of advice to fellow healers who also want to move the field of Energy Medicine forward into the mainstream. Charlie believes that first healers need to place a high priority on personal development. Heroically saving other people while not addressing your own needs limits your capability. For Charlie, the more physically and mentally healthy he is, the more adept he becomes. This includes eating healthfully and exercising. In addition, working through emotional issues is paramount.

Healers need to look at their behavior patterns, change the unhelpful ones, learn to react positively and strengthen their coping skills. This allows them to be clear channels for energy. “As I evolve as a human, the gift becomes stronger because I can handle more.”

Secondly, Charlie feels that healers need to communicate simply and tangibly about energy healing. Otherwise people new to the idea may detach from the conversation. Who has not encountered at some point the glazed eyes and the numbly nodding head when talking to people unfamiliar with Energy Medicine? For example, theories and methodologies do not matter to people in pain. They want the problem resolved and they want to know if Energy Medicine will work.

Finally, Charlie believes practitioners with powerful healing abilities need to step forward to be studied. Seeing is believing! Therefore, exceptionally gifted healers need to help prove the efficacy of energy healing. Consistently demonstrating that Energy Medicine can produce similar or even better results than pharmaceuticals and other mainstream interventions will shatter the current belief system. Charlie envies energy healers already working in hospitals as nurses or other healthcare professionals. From his perspective, they have everything they need to create a study—all that is necessary is the courage to approach the hospital’s head of research.

Many of us in the field of Energy Medicine can resonate with Charlie’s passion for collecting empirical data to demonstrate the power of energy healing. We know the relief this work can offer people who are suffering. We know traditional medicine requires proof of efficacy before adopting new interventions. Charlie’s call to action challenges us to participate in research studies in order to bring energy healing into mainstream medicine.

To learn more about Charlie’s work or to contact him, please go to www.charliegoldsmith.com.

Author Karin Ogren can be reached at karin@healingtouchprogram.com
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