

Lesson 1

An Introduction to Energy Medicine

A Brief History of Energy Medicine

Much of alternative medicine is grounded on vitalism, the notion that living organisms possess some unique quality, an élan vital that gives them that special quality we call life. Belief in the existence of a living force is ancient and remains widespread to this day. Called prana by the Hindus, qi or chi by the Chinese, ki by the Japanese, and 95 other names in 95 other cultures, this substance is said to constitute the source of life that is so often associated with soul, spirit, and mind.



In ancient times, the vital force was widely identified with breath, which the Hebrews called ruach, the Greeks psyche or pneuma (the breath of the gods), and the Romans spiritus. As breath was gradually acknowledged to be a material substance, words like "psychic" and "spirit" came about. These words refer to the assumed nonmaterial and perhaps even supernatural medium by which organisms gain the qualities of life and consciousness. The idea that matter alone can do the job has never proved popular.

Mystical energy forms are everywhere in alternative medicine. "Chi" or "qi" remains a concept in traditional Chinese medicine, still widely practiced in China and experiencing an upsurge of interest in the West as part of the curiosity surrounding acupuncture. Chi is a living force that is said to flow rhythmically through so-called "meridians" in the body.

The methods of acupuncture and acupressure are said to stimulate the flow of qi at special acupoints along these meridians (of course, this overlooks the fact that their location has never been consistently specified). Furthermore, the qi force is not limited to the body, but is believed to flow throughout the environment. For example, when building a house, many believers rely on a feng shui master to decide on an orientation that is well-aligned with this flow.

As modern science developed in the West and the nature of matter was gradually uncovered, a few scientists looked hard for scientific evidence for the nature of the living force. After Sir Isaac Newton had published his laws of mechanics, optics, and gravity, in the 1700s, he spent many years looking for the source of life in alchemic experiments. His search made perfect sense, given what was known at the time. Newtonian physics couldn't explain the complexity that is necessary for any purely

material theory of life or mind. (This requires quantum physics.) Furthermore, Newtonian gravity had an occult quality about it. Gravity is a mysterious, invisible action that happens at a distance. It seems to be transmitted across space. Newton (and many others) thought that the forces of life and thought had similar immaterial properties. Still, Newton and others who followed the same trail have never managed to uncover a signal for a special substance of spirit or life.



In the eighteenth century, Anton Mesmer imagined that magnetism was the universal living force. He treated patients for a wide variety of ills with magnets, a therapy still being promoted today. He believed that a force called "animal magnetism" resided in the human body and could be directed into other bodies. Indeed, patients would exhibit violent reactions when Mesmer directed his energy toward them by pointing his finger, until the flow of "nervous current" would re-balance the patient's energies. Today, "mesmerism" has become associated with hypnosis and has been disconnected from animal magnetism or other notions of a living force. Mesmer's ideas have survived in various modern "holistic" theories that contradict conventional science.

In the late nineteenth century, prominent scientists including William Crookes and Oliver Lodge sought scientific evidence for what they called the "psychic force" that they believed was responsible for the mysterious powers of the mind being exhibited by the mediums and spiritualist hucksters of the day. They thought it might be connected with the electromagnetic "aether waves" that had just been discovered and were being put to amazing use. If wireless telegraphy was possible, why not wireless telepathy? While this was a reasonable question at the time, wireless telegraphy thrived but wireless telepathy made no progress in the full century of poorly conducted experiments in "parapsychology" that followed.

Conventional medicine follows conventional biology, conventional chemistry, and conventional physics in treating the material body. The body is a complex system assembled from the same atoms and molecules that constitute (presumably) nonliving objects such as computers and automobiles. In some sense, equine veterinarians are glorified mechanics, who repair broken parts in the equine machine. Indeed, even a brief look at all of the diagnostic gadgets available to a veterinarian - ultrasound, X-rays, bone scans and the like - reinforces this image. Drugs are designed to alter the chemistry of the horse's body. Even when the horse gets better it's easy to get a negative view of the whole experience.

It's no surprise, then, that alternative practitioners find many eager listeners when they announce that they go beyond materialism and mechanism and treat the really important part of the horse - the vital substance of life itself. Perhaps it's a lot more comforting to believe that a horse is far more than an assemblage of atoms, that the horse possesses a living field that is linked to both God and cosmos. Furthermore, if a horse has a condition that can't be identified - or worse, one that can be identified but can't be fixed - it's quite natural to seek out hope wherever it can be found. So a ready

market exists for therapists who claim they can succeed where medical science fails. A brief glance at just about any horse magazine will direct you to any number of them.

Energy medicine is both a complement to other systems of medical care and, in itself, a complete system for self-care and self-help. It can address physical illness and emotional disorders, and it can also promote wellness and peak performance.

Energy Medicine is both an independent approach to self-care and a complement to medical care.

A key concept in energy medicine is that the words "diagnosis" and "treatment" have a different meaning than they do in conventional medicine. In conventional medicine you *diagnose* and *treat* an illness. In energy medicine, you *assess* where the energy system needs attention and *correct* the energy disturbances. Physical symptoms may be a clue, but they are not the focus. For instance, the same stomachache might trace to an imbalance in heart meridian in one person, in liver meridian in another, and in stomach meridian in a third. The same physical symptoms can reflect many kinds of problems in your energy system and call for different kinds of attention.

In energy medicine, you *assess* where the energy system needs attention and *correct* the energy disturbances.

In order to get a good, all-round view of energy medicine, it may be an excellent idea to watch Donna Eden's video entitled [Introduction to Energy Medicine](#) - (1 hr 54 min)

While watching the video if there is anything that impresses you, write it down in your diary and then we will revisit it in more detail.

TWO WAYS ENERGY MEDICINE CAN HELP

There are TWO LEVELS where energy medicine might make a difference with a health condition:

1. THE FIRST has to do with getting your body's energies into a good flow, harmony, and balance. While not focusing on your health issue directly, this can create within your body an energetic environment that supports your overall health, vitality, and healing.

This is the place to start, even if you are also taking additional steps, such as assessing and working with specific vulnerabilities in your energy system or consulting with an energy medicine specialist. Unlike treatments that offer pills or surgery, energy

medicine focuses on the entire body as a system. Before doing more specific treatments, energy medicine practitioners routinely help people get their body's *overall* energies into a strong and healthy flow.

Over the years, Donna Eden designed a five-minute [5-Minute Energy Routine](#) - (7 minute video) that combines the most potent techniques we know that are able to help the greatest number of people to stimulate each of the vital energy systems and bring them into harmony and balance.



Watch the video now and get an idea of what techniques are used. There will be much more detail given in Lesson 3 of your course.

In the Daily Energy Routine are some of the methods an energy medicine practitioner might give to you after an initial consultation to help you strengthen and balance your own energies. You can do much for yourself through the Daily Energy Routine alone. The Daily Energy Routine takes about five minutes, and then also dedicating five additional minutes for experimenting with other methods can make a real difference in your health and vitality.

2. THE SECOND LEVEL by which energy medicine might make a difference with a health concern involves an assessment of your body's energies and the ways they are related to the condition.

Based on that assessment, individualized treatments can be designed to make your energy system more robust, specifically in the ways that will help with the health condition.

Energy Medicine *first* approaches a health condition by strengthening the person's overall energy system and *then* by working with specific energies that are involved in the problem.

PRINCIPLES OF ENERGY MEDICINE

Energy medicine recognizes energy as a vital, living, moving force that determines much about health and happiness. In energy medicine, energy is the medicine, and energy is also the patient. You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out

of balance. Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance. The essential principles of energy medicine include:

1. Energies—both electromagnetic energies and more subtle energies - form the dynamic *infrastructure* of the physical body.
2. The health of those energies - in terms of flow, balance, and harmony - is reflected in the health of the body.
3. Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and treated.
4. To overcome illness and maintain vibrant health, the body needs its energies to:
 - a. *Move* and have space to continue to move - energies may become blocked due to toxins, muscular or other constriction, prolonged stress, or interference from other energies.
 - b. *Move in specific patterns* - generally in harmony with the physical structures and functions that the energies animate and support. “Flow follows function.”
 - c. *Cross over* - at all levels, from the microlevel of the double helix of DNA, extending to the macrolevel where the left side of the brain controls the right side of the body and the right side to the left.
 - d. *Maintain a balance* with other energies - the energies may lose their natural balance due to prolonged stress or other conditions that keep specific energy systems in a survival mode.

5. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by:
- a. *tapping, massaging, pinching, twisting, or connecting* specific energy points on the skin
 - b. *tracing or swirling* the hand over the skin along specific energy pathways
 - c. *exercises or postures* designed for specific energetic effects
 - d. *focused use of the mind* to move specific energies
 - e. *surrounding an area* with healing energies (one person's energies impacts another's)

THE EIGHT PRIMARY ENERGY SYSTEMS



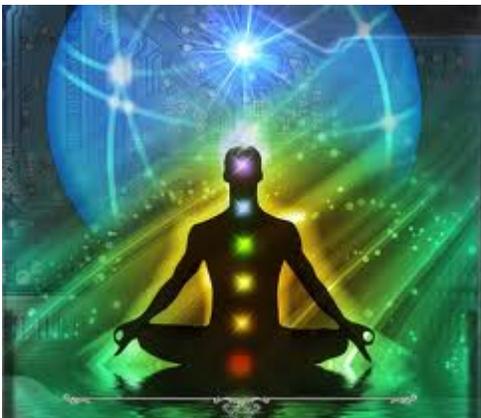
People who “see energy” can describe with some precision the *anatomy* of the energy body, and their descriptions tend to corroborate one another. These descriptions are now backed by electromagnetic measurements, and they also correlate with descriptions of subtle energies found throughout the world, understood in each culture’s own terms and concepts. The meridians, chakras, and aura are three terms that have entered our language, but other energy systems have been identified as well. One of the individuals known for being able to “see” or clairvoyantly read the body’s energies, Donna Eden, describes eight energy systems that impact body and mind. The eight systems include:

- 1) Meridians
- 2) Chakras
- 3) Aura
- 4) The Basic Grid
- 5) Celtic weave
- 6) The Five Rhythms
- 7) Triple Warmer
- 8) Radiant Circuits



1) **THE MERIDIANS:** In the way an artery carries blood, a meridian carries energy. As the body's *energy bloodstream*, the meridian system brings vitality and balance, removes blockages, adjusts metabolism, and even determines the speed and form of cellular change. The flow of the meridian energy pathways is as critical as the flow of blood. No energy, no life. Meridians affect every organ and every physiological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each system is fed by at least one meridian. If a meridian's energy is obstructed or unregulated, the system it feeds is jeopardized. The meridians include fourteen tangible channels that carry energy into, through, and out of your body. Your meridian pathways also connect hundreds of tiny, distinct reservoirs of heat and electromagnetic energy along the surface of the skin. These are your acupuncture points, and they can be stimulated with needles or physical pressure to release or redistribute energy along the meridian pathway.

Lesson 4 which is chapter 4 of your book will review the Meridians in a lot more detail.

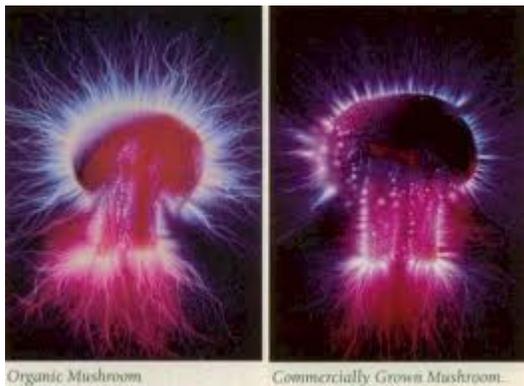


2) **THE CHAKRAS:** The word chakra translates from the Sanskrit as disk, vortex, or wheel. The chakras are concentrated centers of energy. Each major chakra in the human body is a center of swirling energy positioned at one of seven points, from the base of your spine to the top of your head. Where

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the meridians deliver their energy *to* the organs, the chakras bathe the organs *in* their energies. Each chakra supplies energy to specific organs, corresponds to a distinct aspect of your personality, and resonates (respectively, from the bottom to the top chakra) with one of seven universal principles having to do with survival, creativity, identity, love, expression, comprehension, or transcendence. Your chakras also code your experiences in their energies, just as memories are chemically coded in your neurons. An imprint of every emotionally significant event you have experienced is believed to be recorded in your chakra energies. A sensitive practitioner's hand held over a chakra may resonate with pain in a related organ, congestion in a lymph node, subtle abnormalities in heat or pulsing, areas of emotional turmoil, or even tune into a stored memory that might be addressed as part of the healing process.

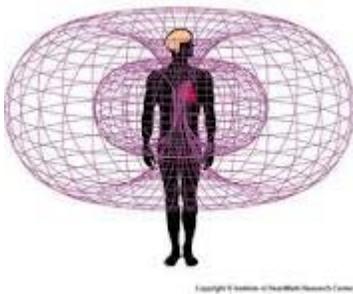
Lesson 5 or chapter 5 of your book will look at the Chakras in a lot more detail.



3) ***THE AURA:*** Your aura is a multi-layered shell of energy that emanates from your body and interacts with the energies of your environment. It is itself a *protective atmosphere* that surrounds you, filtering out many of the energies you encounter and drawing in others that you need.

Like a space suit, your aura protects you from harmful energies. Like a radio antenna, it brings in energies with which it resonates. The aura is a conduit, a two-way antenna that *brings in* energy from the environment to your chakras and that *sends* energy from your chakras outward. When you feel happy, attractive, and spirited, your aura may fill

an entire room. When you are sad, despondent, and somber, your aura crashes in on you, forming an energetic shell that isolates you from the world. Some people's auras characteristically reach out and embrace you. Others keep you out like an electric fence. A study conducted by Valerie Hunt, a neurophysiologist at UCLA's Energy Fields Laboratory, compared "aura readings" with neurophysiological measures. The auras seen by eight practitioners not only corresponded with one another, they correlated with wave patterns picked up by electrodes on the skin at the spot that was being observed. Lesson 6 or chapter 6 of your book will examine auras in a lot more detail.



4) **THE BASIC GRID:** The basic grid is your body's foundational energy. Like the *chassis* of a car, all the other energy systems ride on the energy of the basic grid. For instance, when you are lying down, it would appear to a seer such as Donna that each of your chakras sits upon this foundational energy. Grid energy is sturdy and fundamental. But severe trauma can damage and deform the grid, and when this occurs, it does not usually repair itself spontaneously. Rather, the other energy systems adjust themselves to the damaged grid, much as a personality may be formed around early traumatic experiences. Repairing a person's basic grid is one of the most advanced and intense forms of energy therapy. If a grid's structure or a car's chassis is sound, you never notice it is there; if it is damaged, nothing else is quite right.

Lesson 6 or chapter 6 of your book will examine the Basic Grid in a lot more detail.

5) **THE CELTIC WEAVE:** The body's energies spin, spiral, curve, twist, crisscross, and weave themselves into patterns of magnificent beauty. The equilibrium of this

kaleidoscope of colors and shapes is maintained by an energy system known by different names to energy healers throughout the world. In the East, it has been called the “Tibetan energy ring.” In yoga tradition, it is represented by two curved lines that cross seven times, symbolically encasing the seven chakras. In the West, it is seen in the caduceus, the intertwined serpents-also crossing seven times-found on the staff that is the symbol of the medical profession. Donna uses the term *Celtic weave* not only because she has a personal affinity with Celtic healing, but also because the pattern *looks* to her like the old Celtic drawings of a spiraling, sideways infinity sign, never beginning and never ending and sometimes forming a triple spiral. Like an *invisible thread* that keeps all the energy systems functioning as a single unit, the Celtic weave networks throughout and around the body in spiraling figure-eight patterns. The double helix of DNA is this pattern in microcosm. The left hemisphere’s control of the right side of the body and the right hemisphere’s control of the left side is this pattern writ large. Lesson 6 or chapter 6 of your book will examine the Celtic Weave in a lot more detail.



6) **THE FIVE RHYTHMS:** Your meridians, chakras, aura, and other essential energies are influenced by a more pervasive energy system. Donna does not see it as a separate energy but rather as a *rhythm* that runs through all the others, leaving its vibratory imprint on physical attributes, health patterns, and personality traits. Mapped long ago in traditional Chinese medicine, all of life was categorized into five “elements,” “movements,” or “seasons” (there is no perfect translation-all three terms have been

used, suggesting qualities of being both cyclical and substantial). These energies were considered the building blocks of the universe, providing a basis for understanding how the world works, how societies organize themselves, and what the human body needs to maintain health. Metaphors for describing these five distinct rhythms have drawn from concrete, observable elements of nature (water, wood, fire, earth, and metal) and from the seasons (winter, spring, summer, Indian summer, and autumn). Like the background music during a movie, the person's primary rhythm, in combination with the changing rhythms of life's seasons, directs the tone and mood of the entire energy system and sets the atmosphere of the life being lived.

Lesson 7 or chapter 7 of your book will examine the Five Rhythms in a lot more detail.

7) ***THE TRIPLE WARMER***: Triple warmer is the meridian that networks the energies of the immune system to attack an invader, and it mobilizes the body's energies in an emergency for the fight-or-flight-or-freeze response. In carrying out these critical functions, it operates in ways that are so beyond the range of any other meridian that some consider it a system unto itself. Although the exact reasons for the term "triple warmer" are lost in antiquity, its energies work in conjunction with the hypothalamus gland, which is the body's thermostat. The hypothalamus is also the instigator of the body's emergency response. Like an *army*, triple warmer mobilizes during threat or perceived threat, coordinating all the other energy systems to activate the immune response, govern the fight/flight/freeze mechanism, and establish and maintain habitual responses to threat.

Lesson 8 or chapter 8 of your book will examine the Triple Warmer in a lot more detail.



8) ***THE RADIANT CIRCUITS:*** The radiant circuits function to ensure that all the other energy systems are working for the common good. They redistribute energies to where they are most needed, responding to any health challenge the body might encounter. In terms of evolution, the radiant circuits have been around longer than the meridians. Primitive organisms

such as insects move their energies via the radiant circuits rather than through a meridian system, and the radiant circuits can be seen in the embryo before the meridians develop. As in the way that riverbeds are formed, it is as if radiant energies that habitually followed the same course became meridians. Where the meridians are tied to fixed pathways and specific organs, the radiant energies operate as fluid fields, embodying a distinct spontaneous intelligence. Like hyperlinks on a website, they jump instantly to wherever they are needed, bringing revitalization, joy, and spiritual connection. If triple warmer mobilizes your *inner militia*, the radiant circuits mobilize your *inner mom*, showering you with healing energy, providing life-sustaining resources, and lifting your morale.

Lesson 8 or chapter 8 of your book will examine the Radiant Circuits in a lot more detail.

VIDEOS

Re-programming using the Temporal Tap -

<http://www.youtube.com/watch?v=f6yH0gdyu8Q&feature=related>

(16 minutes)

Chakra Clearing and Energizing -

<http://www.youtube.com/watch?v=C5StykI0X6w&feature=relmfu>

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(30 minutes)

Energy Healing – The Three Thumps -

<http://www.youtube.com/watch?v=TOnsfIX2kmU&feature=related>

(8 minutes)

Connecting Heaven and Earth -

http://www.youtube.com/watch?v=U6Yg_yRvmrg&feature=related

(4 minutes)

The Balancing Act - <http://www.youtube.com/watch?v=-0CSNQC2jAM&feature=related>

(4 minutes)

Lymphatic Flush - <http://www.youtube.com/watch?v=-0CSNQC2jAM&feature=related>

(10 minutes)

Wolf Auras - <http://www.youtube.com/watch?v=8aI7cT4QyWg&feature=related>

(2 minutes)

Triple Warmer Stress-reduction Technique -

<http://www.youtube.com/watch?v=2HwQjINWP4A&feature=related>

(1 minute)

Neuro Vascular - <http://www.youtube.com/watch?v=DXKIGk8Zuuc&feature=related>

(7 minutes)

Energy Medicine Hook-Up Exercise -

<http://www.youtube.com/watch?v=Djyf0Wxnpfg&feature=related>

(3 minutes)

Exercises for Children - <http://www.youtube.com/watch?v=Djyf0Wxnpfg&feature=related>

(4 minutes)

The Cross Crawl - http://www.youtube.com/watch?v=iveP_cEKmWA&feature=related

(5 minutes)

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Energy Medicine for Women -

http://www.youtube.com/watch?v=iveP_cEKmWA&feature=related

(1 minute)

Using Magnets in Energy Medicine - <http://www.youtube.com/watch?v=1K4D0-zdryY&feature=related>

(10 minutes)

New Techniques in Energy Medicine -

<http://www.youtube.com/watch?v=kWiIb8QZ87M&feature=related>

(3 minutes)

The Power of Energy Medicine - <http://www.youtube.com/watch?v=-gnwbbXl0ug&feature=related>

(8 minutes)

Cross Overs - http://www.youtube.com/watch?v=GDvB9Kg_vsA&feature=related

(9 minutes)

Your Aura – Part 1 - <http://www.youtube.com/watch?v=BfaV9ADD6Ns&feature=related>

(2 minutes)

Your Aura – Part 2 - http://www.youtube.com/watch?v=ErIp2A_-2Ts&feature=related

(8 minutes)

Tracing Your Meridians - <http://www.youtube.com/watch?v=dW4CPIrbmJU&feature=related>

(8 minutes)

The Lymphatic Flush - <http://www.youtube.com/watch?v=e5uPv7qUvBI&feature=relmfu>

(10 minutes)

The Zip Up - <http://www.youtube.com/watch?v=Zefjc9kYPRE&feature=relmfu>

(6 minutes)

The Crown Pull - <http://www.youtube.com/watch?v=fcMT0a1HziM&feature=relmfu>

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(3 minutes)

Thumps and Homolateral Version of Cross Crawl - <http://www.youtube.com/watch?v=z1KpDhNfiVA>

(7 minutes)

The Three Thumbs Explained - <http://www.youtube.com/watch?v=EWAu7bdiT-8>

(4 minutes)

The Wayne Cook Posture Explained - <http://www.youtube.com/watch?v=Hxq1bR6gwC8>

(10 minutes)

The Wayne Cook Posture - <http://www.youtube.com/watch?v=iZo43BRVf-U>

(10 minutes)

Tension Headache - <http://www.youtube.com/watch?v=Es-JRU2qf7A>

(9 minutes)

Energy Testing - <http://www.youtube.com/watch?v=FX0iY6zuBHc>

(4 minutes)

ENERGY MEDICINE RESEARCH:

2008. QEEG studies of the effects of Ayahuasca.

2007.

QEEG and HRV studies of healer D. Corey Sondrup (www.optimalhealthdynamics.com).

QEEG studies testing the Erchonia EB-PRO ion therapy footbath system (www.erchonia.com).

QEEG and HRV studies with healer Richard Bartlett (www.matrixenergetics.com).

QEEG study of the effects of the plant entheogen *Salvia divinorum*. *J. Neurotherapy* 12(1), 2008.

2005-2006.

EEG and HRV research on Indian Master Meditator and Healer Paramhansa Swamiji Nithyananda.

Second Annual Research Symposium on Energetic and Spiritual Processes of Healing, ISSSEEM, Colorado Springs, June, 2005.

"Energy Transaction Between Healer and Client Measured by Heart Rate Variability (HRV) Analysis." Juan Acosta-Urquidi, PhD. and Ann Trechak, CME, LHMP, Sound Health Designs LLC.

2004.

1st Annual Research Symposium on Energetic and Spiritual Processes of Healing, ISSSEEM, Colorado Springs, June, 2004. "EEG Brainwaves and Heart Rate Variability (HRV) Analysis of Bioenergetic Healers." Juan Acosta-Urquidi, PhD., BRAIN-TOPOS, 2208 NW Market St. suite 501, Seattle, WA 98107, jacostau@yahoo.com
JACM, 2004, Vol. 10, no. 4, p. 728.

Research collaboration with Dr. Harold Moses, director of the Institute of Harmonic Science, Phoenix, AZ. Preliminary studies of the effects of toning measured with HRV analysis.

Study of the effects of Cranio-Sacral Therapy treatment on EEG.

Collaboration w/ Anne Frager, D.O. Brain-Topos, Seattle, July, 2004.

2003.

TITLE: "Brain Mapping of Bioenergetic Healers". Presented at 28th SSF-IIIHS International Conference: "Heaven & Earth Connection, 2003", Montreal, CAN., May 23 - June 1, 2003.

2002.

Research scientist consultant for WINDS Enterprises (Seattle based company).

Project consisted of design and testing of magnets for sports performance enhancement.

2001- present.

Effects of 7.8 Hz Electromagnetic Scalar Field on EEG, (manuscript in preparation). Project consisted of testing Synchroton (Optimox, Torrance, CA) on EEG entrainment. Devices are proving effective in the treatment of patients with CFS and subjects with high sensitivity to ambient electromagnetic fields (EMFs).

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Consultant in EEG; member of an NIH/NCCAM funded study: Neural Energy Transfer (NET), UW-Bastyr University Joint Research Project. Transference of brainwave signals between two empathically connected subjects. Involved in early phase of project, design and signal detection analysis, research assistants training and recording all visual evoked potentials (VEPS).

1995-99.

Research Scientist, Radiology Department, University of Washington Medical Center (UWMC). Member of an NIH funded team researching alternative treatments for multiple sclerosis patients. Conducted QEEG studies on the effectiveness of pulsed magnetotherapy device. Initiated project working with Energy Healers.

1994-95.

Director of Research, Synetic Systems, Seattle, WA. Brain mapping QEEG studies of photic and auditory driving, testing stimulation programs for light/sound machines.

PUBLICATIONS in ALTERNATIVE MEDICINE:

Richards, T. L., Lappin, M.S., Acosta-Urquidi, J., et al. (1997). Double-Blind Study of Pulsing Magnetic Field Effects on Multiple Sclerosis. *The Journal of Alternative and Complementary Medicine*, JACM 3(1), 21-29.

Richards, T.L. and Acosta-Urquidi, J. (1998). Pulsing Magnetic Field Effects on Brain Electrical Activity in Multiple Sclerosis. *Biologic Effects of Light 1998*. Eds. M.F. Holick and E.G. Jung. Kluwer Academic Publisher.

Acosta-Urquidi, J. and Richards, T.L. (1998). Bioelectric Correlates of an Energetic Healing Session. Abstract No. 343, Tucson III, Towards a Science of Consciousness.

Acosta-Urquidi, J. (2004). EEG Brainwaves and Heart Rate Variability (HRV) Analysis of Bioenergetic Healers. *JACM*, Vol. 10, No. 4, p.728.

"In every culture and in every medical tradition before ours,
healing was accomplished by moving energy".

Albert Szent-Gyorgyi
Nobel Laureate, 1937