



6 Pillars of Energy Medicine

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In the ten years since the publication of our first book together, **Energy Medicine**, we have seen the world begin to re-embrace the ancient art of energy healing. More than three hundred practitioners have completed our two-year Certification Program in the past three years and tens of thousands of individuals have taken classes from us this past decade. What was seen as strange and woo-woo is becoming the respected cutting edge of health care -- and for good reason.

Energy Medicine (EM) is accurate, efficient, and cost-effective. It is based on a different model than conventional medicine, which focuses on the biochemistry of cells, tissue, and organs. EM focuses, instead, on the *fields* that organize and control the growth and repair of *cells, tissues, and organs*, and on ways of influencing those fields. This leads to six distinct advantages of EM in comparison with the conventional medical model. These strengths are the pillars that establish EM as such an exceedingly important development in health care that Mehmet Oz, M.D., Chief of Cardiology at Columbia, has called energy medicine “the next great frontier in medicine.”

Pillar 1. REACH : *Energy medicine can address biological processes at their energetic foundations so it is able to impact the full spectrum of physical conditions.* EM optimizes the energies that surround, permeate, and support the body's structure (e.g., its

cells, organs, blood, and lymph) and the body functions (e.g., immunity, respiration, cardiovascular). EM methods also influence gene expression -- the cutting edge discovery that the energetic and environmental factors that determine how a gene's potential influences are expressed -- are as important as a person's genetic inheritance.

For example, with multiple sclerosis, disturbances in a patient's energy flow can be corrected by holding, tapping, or massaging specific energy points. Rather than the symptom *suppression* seen in most MS treatments, this can bring about *changes* in the person's nervous system that begin to reverse the disease process. You change the energetic environment and the physical body follows.

Pillar 2. EFFICIENCY : *Energy medicine regulates biological processes with precision, speed, and flexibility.* EM techniques address systemic as well as specific disease factors - fighting disease by strengthening the entire body. Signals are sent that are hundreds of times faster than chemical signals. In addition, they provide instant feedback to the practitioner so interventions can be adjusted for intended outcomes.

For example, balancing and strengthening the energies that surround and permeate the heart of a post-coronary patient leads to an internal environment



that better supports healing and repair. The practitioner can utilize energy testing to monitor the effects of the interventions and adjust them accordingly. Meanwhile, more specific goals, such as lowering the blood pressure, can be pursued.

Pillar 3. PRACTICALITY : *Energy medicine fosters healing and prevents illness with methods that can be readily, economically, and non-invasively applied.* EM utilizes specific movements, postures, and hands-on approaches that do not require high-tech equipment and do not result in unintended side-effects.

For example, assessing disturbances in the energy flow to the kidneys of a patient with renal failure allows interventions that are more flexible and precise than medication or surgery and can be used preventively, circumventing damage to a vulnerable organ.

Pillar 4. PATIENT EMPOWERMENT : *Energy medicine includes methods that can be utilized on an at-home, self-help basis, fostering a stronger patient and practitioner partnership in the healing process.* EM procedures can be self-administered to assess systems that are out of balance, implement corrective actions, and build resilient energy patterns throughout the body. People can readily learn them, often enjoy utilizing them, and can practice them individually or as part of a support group.

For example, on a daily basis cirrhosis patients can utilize techniques that balance the energies that impact the liver and enhance its ability to heal. They can be part of a group of patients at their health-care facility who meet on a weekly basis to reinforce the back-home exercise.

Pillar 5. QUANTUM COMPATIBILITY : *Energy medicine adopts non-linear concepts consistent with distant healing, the healing impact of prayer, and the role of intention in healing.* New

concepts such as “macroscopic quantum interactions” have been gaining credibility in explaining how intention and expectation can impact physical events, as illustrated in the placebo effect and distant healing. EM explores “fields” that influence health and consciousness and that work over distance.

For example, cancer patients can be shown how the energies of their thoughts and imagery affect their healing, and they can be taught techniques which engage the healing power of focused intention and guided imagery. Using additional methods from energy psychology, they can reduce their fear and anxiety and bolster their confidence, all in ways that promote healing.

Pillar 6. HOLISTIC ORIENTATION : *Energy medicine strengthens the integration of body, mind, and spirit, leading not only to a focus on healing, but to achieving greater well-being, peace, and passion for life.* EM is based on the principle that the body, mind, and spirit are integrally connected, and it promotes their harmonious integration. By visualizing a person’s energy system, body, mind, and spirit all benefit.

For example, where conventional medicine treats kidney disease by focusing on the organ itself (thus leaving medication and surgery as the most obvious choices), in energy medicine, the treatment focuses on the energy systems that impact the kidneys. Patients can also be shown how psychological conflicts or spiritual emptiness may exacerbate their symptoms and can be provided therapies which quickly engage the energetic foundations of those challenges.

Closing. An essential difference between energy medicine and conventional medicine involves the concepts of diagnosis and treatment. In energy medicine, “diagnosis” focuses on disruptions and imbalances in the body’s energy system. “Treatment” is not of the disease or its symptoms per se. It is rather

designed to correct the energetic imbalances. Symptoms provide clues for determining the nature of the imbalances and a measure of whether the treatment is succeeding, but they are not the primary focus.

For instance, there is some evidence that, with cancer, the energies tend to be disorganized and lacking in coherence, while with multiple sclerosis, they tend to be so highly ordered as to lack flexibility. Energy medicine practitioners assess and correct such disturbances in the energy field. €

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A much longer and more detailed version of this paper, with academic references, can be found at www.EnergyMedicinePrinciples.com.