



Energy Medicine

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Sometimes the most vital aspects of life are the ones easiest to overlook, or at best, leave undefined. I remember thinking this when my oldest son was in pre-school and had plumb worn me out. Ready for another adventure, he tugged on my skirt and said, "Let's go play baseball again!"

That would have been the sixth game of the day.

"Michael, I'm too tired," I groaned. "I don't have the energy."

He looked at me with confusion and said, "Why don't you put in a new battery? That's how that pink bunny on television keeps going."

Michael was referring to the "Energizer Bunny" commercial, in which a pink toy bunny runs out of fuel and is instantly replenished with a battery. While we humans are not mechanically equipped for a battery insertion (darn it), we are energetic beings. We are made of energy. We require energy, emanate energy, nourish ourselves with energy, and fix our problems with energy. Because of this, our medicine should reflect this fact.

With the advent of "energy medicine," we can finally



call upon a modality that might equate to playing the Energizer Bunny. Ready to catapult us into the future, energy medicine is an especially attractive body of knowledge for Healing Touch practitioners. In fact, Healing Touch is an energy medicine specialty, as are many other healing modalities. Understanding the facets of energy medicine, including definitions, can only invite more effective client practices and gains.

So, what exactly is energy medicine? Generically, it has been explained as a collection of holistic healing therapies that access "life force" to create balance and wellness.¹ Life force has been known by dozens of names over thousands of years. It is called *chi* in China, *ki* in Japan; *prana* among Hindu and Tibetan cultures; *mana* in Polynesia; and *baraka* in North Africa. While traditionally ascribed to mystical events including psychic interactions, miraculous healing, levitation of objects, and mind power, our ancestors saw no discrepancy in assuming the co-existence of this magical property and the solidity of the perceptible world. They toiled in the soil to plant their crops - then prayed them into being.

The word "holistic" refers to the treatment of the entire or whole being. One division of our sub-aspect is physical, emotional, mental, and spiritual. Then again,



we can create categories such as body, mind, soul, and spirit. No matter the groupings, we are multi-faceted and complex, as is the healing process.

For instance, a simple cold might be caused by any number of factors. Maybe we are sick because we are stressed at work. That very stress could be the tip of an iceberg composed of childhood wounds, dysfunctional beliefs, unmet emotional needs, or a fear of our own divinity.

It could involve a traumatic situation or indicate the beginning of an autoimmune condition. Maybe our

Western society drew a line in the sand and separated “Western” and “Eastern” medicine. Western was traditional and allopathic. Eastern was holistic and could include shamanic and folk remedies, as well as complementary medicine (modalities used to bolster allopathic care) and alternative medicine (approaches used as substitutes for allopathic care). A better understanding of energy, however, urged us to conjoin Western mainstream and Eastern alternative practices, and apply the concept of “integrative” medicine. Basically integrative medicine emphasizes our holistic nature and allows us to use what works.

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soul never quite dealt with a past life or energy it picked up from mom in the womb...or...

It is the “or’s” and “and’s” that make energy medicine so exciting, and yes, hard to pin down. Everything is made of energy and there are hundreds of energy medicine therapies. These include the use of natural products, such as herbal supplements; and mind-body practices, including acupuncture, meditation, Pilates, guided imagery, chiropractic, hypnotherapy, and Healing Touch.² To this list I would add age-old and cross-cultural healing methods such as chakra balancing; spirit release; color, shape, and sound remedies; crystal stone layouts; soul journeying; and more, to basically enfold nearly every type of creative healing.

Energy medicine examples also embrace tried and true Western practices. If everything is made of energy, so is surgery and prescription medication. An instrument is energetic, as is the focus of a surgeon. Chemicals are energy, which means Prozac and Xanax qualify as energetic medicines.

How did we get here, at a point where pretty much anything could be considered medicine? Decades ago,

These days, the term “integrative medicine” is being replaced by “energy medicine,” which recognizes that the core unit of reality is energy. The addition of “energy” suggests that a healing practitioner’s job is to decrease or eliminate harmful energy and increase life-enhancing energy.

How can we wrap our heads around this concept and make use of it? Let us take a further look at energy and then at medicine to answer the question.

Classically, energy is defined as the ability to do work.³ However, I use an expanded definition of energy that exponentially empowers the healing process. I understand energy as information that vibrates.

As explained by Paul Pearsall, M.D., in his book **The Heart’s Code**, science has determined that information and energy are the same.⁴ Everything that exists has energy, which is full of information. Even the mind or consciousness is a manifestation of information-containing energy.⁵

Energy—information—is not stagnant, a point made by most scientists. Even decades ago, French physicist



Louis de Broglie proved that matter actually consists of waves, which have movement. Albert Einstein then showed that photons, which are weightless, are still energy and therefore vibrate; in fact, their momentum is entirely dependent on frequency. We have also discovered that at the most minute level, that of quantum units, we find continual frenetic activity.⁶ Since everything holds information and moves, energy is vibrating information.

There are many forms of standard energy, including chemical, electrical, magnetic, thermal or heat, radiant or light, and more. In classical physics, which explains how the mechanical world works, energy is rational. It slows down at yield signs and obeys the traffic cops of the universe. For instance, if you tell “regular” energy to “sit,” it will—unless the command is given to my dogs, which requires added incentive of bribes.

Most of the formal healing provided in the West has relied on this type of energy, or physical energy. In this context, “medicine” is the use of physical activities and substances that diagnose, treat, and prevent disease. But energy medicine practitioners have opened the door to an energy considered just as real as physical energy, if not more prescriptive and powerful. This is “subtle energy.”

Subtle energy could also be called spiritual or psychic energy - or - chi, prana, or mana; words we have already introduced to describe the universal leavening. In contrast to physical energy, the subtle seems enchanted. Let me give you some examples.

In the modern world, the study of subtle energy lies in the realm of quantum physics, the analysis of micro-size energies. In the quantum universe, a particle or object does not exist unless it is perceived. This means that a healer could potentially invite an illness out of existence by just plain ignoring it.

Of course, life is seldom that simple. A subtle energy medicine specialist understands we must also release the subtle energy anchoring an illness and then, focus on a healthier state. We must replace the undesirable

by something more desirable, or the “empty space” will fill again.

There are several other quantum corollaries important to the energy medicine aficionado. As already hinted, an observer affects what they are watching. This means that as a healer, you can possibly alter the trajectory of an illness, idea, thought, or outcome. Another vital quantum observation is that once two objects or people have met, they remain forevermore entangled or connected, and continue to react to each other. This means that when we are working on a client, everyone we have ever known can also lend a hand; the same is true for our client.

How does subtle energy really work? One explanation is that it is tied into what we call “virtual reality.”

On the atomic level, more than 99 percent of the mass of the visible universe is made of protons and neutrons. The heaviest ingredients of these atomic particles are quantum units, mainly quarks and gluons. However, these atomic particles are far heavier than the weight of their perceivable sub-atomic particles. These and other observations have led scientists to suggest that much of the universe is made of “virtual particles,” particles that exist for only a short amount of time. They add weight and then disappear again. Virtual particles are actually fluctuations of vacuum energy. In other words, they come from a vacuum, which has led scientists to wonder if matter is really made of vacuum fluctuations.⁷

In my high school science classes, I was taught that a vacuum, the lowest ground state of all fields in space, is empty. Not so. Even the seemingly empty areas of space between galaxies contain matter, or energy that can potentially become matter. This theory, decades old, was recently confirmed by a 2011 experiment at Chalmers University in Gothenburg, Sweden, in which scientists turned “virtual” light particles, which flicker in and out of existence in a vacuum, into measurable, material particles.⁸



As explained by Dr. Richard Bartlett, the creator of the consciousness-building program called “Matrix Energetics,” virtual particles do not exist until they do. They show up out of “seemingly nowhere” and turn into material particles when we want them to or think they will. The observer, whom I would also call the dreamer, makes the difference.⁹

That is “we.” We, the healers, are the dreamers. Part of our job is teaching our clients to create new dreams, dreams that bring them to the horizon of wellness and help “vote” what should appear out of the vacuum energy.

“...energy medicine is an expression of the miraculous nature of life itself.”

In order to gain better control over subtle energy, an energy medicine practitioner works with the body and its obvious statements of need, such as the presentation of imbalance or stress, but also a subtle body. Called the subtle energetic anatomy, this three-part structure enables the oft-intuitive practitioner to sense disparities and analyze for cause, as well as release, shift, and attract subtle energies that will correct problems.

Humankind has known about these subtle structures for thousands of years. In a nutshell, they are energy channels, such as meridians and nadis, which distribute subtle energy throughout the body; energy bodies, often called chakras, which hold, analyze, and emit subtle knowledge; and energetic fields, such as the auric fields, which surround and protect the body energetically. These three structures interact, creating a system of subtle energy flow. In a nutshell, shift subtle energy and physical reality will transform.

The existence of subtle energy is the basis for the strange and awesome effects of Healing Touch and other holistic venues. It also bends the “old Western” definition of medicine into a pretzel. Yes, our ability to sense and manipulate subtle energy, the quick

acting, slippery, and jet-setting quantum particles, waves, and perceptions, allows us to label medicine for what it really is.

How might I define medicine? I answer with a quote about miracles by theologian C.S. Lewis:

“A retelling in small letters of the very same story which is written across the whole world in letters too large for us to see.”¹⁰

In other words, energy medicine is an expression of the miraculous nature of life itself. It is the means to

vote for the highest possibilities, which already exist, at least in potentiality. The medic, the medicine-maker, is the dreamer who makes this transformation possible. You could even say that the energy medicine practitioner is a magical pink bunny with the most interesting set of batteries ever invented. (Now that makes the job sound as enjoyable as it really is!) €

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