



magazine™
Sharing Energy - Transforming the World

Subscribe At
www.energymagazineonline.com



Energy Medicine: Perspectives of a Physician Mystic

Dr. Jacqueline Chan

Most people walk into the doctor's office seeking a physical examination, blood pressure check, x-ray or other medical imaging, lab work and a prescription. The body is managed as a mechanistic organism; its functions are measured and treatment (frequently pharmaceutical) is administered. The pharmaceutical, often derived from plants in nature, has been proven through rigorous scientific study to be more than placebo. A fully explainable logical action has been identified, which "fixes" the aberrant function of the human body. The patient completely trusts this chemical treatment as the best course of action due to its scientific underpinnings and expects rapid relief, which is often achieved. Why not stop there? Physicians can put a stent in a cardiac vessel to save a person's ailing heart, place pins in a broken bone and replace joints to create longevity. Indeed, modern medicine has succeeded in prolonging and enhancing our lives.

Yet there is something amiss in modern medicine. We are being "shortened" in our quality of life by chronic degenerating diseases. For all our "knowledge" we have not won the war on cancer and these additional statistics are cause for significant concern:

- 44% of adults in the U.S.A. between ages 75-84 have Alzheimer's¹
- Deaths from heart disease decreased 11% in 2018 but deaths from Alzheimer's increased 123%¹
- Data from 2016 reveal that 9% of children between ages 2 and 17 are diagnosed with Attention Deficit Disorder²
- 1/59 children had a diagnosis of Autism by age 8 in 2014, a 15% increase compared to 2012. Autism rates have increased eleven-fold over the last decade.³
- Learning disabilities in children have increased 16% from in the past decade⁴
- Mental Illness effects 26% of Americans⁹

Modern medicine is based on an outmoded science, one in which we split the body into organ systems and parts. The modern medical model sees human anatomy as an intricate biological machinery with the role of emotions, feelings and thoughts removed. Who is looking at the whole person? What is the individual's quality of life? What is their diet? What is their stress level and how do they react to stress? What kind of ancestry do they have? How well are the physiological systems working, such as hormones, blood sugar regulation and detoxification?



Integrative holistic medicine looks at answering these questions to address the whole person. Integrative holistic medicine developed from a group of physicians seeking to treat the body as a collective and to optimize physiology so that disease states could be prevented before they manifested. To quote John Muir “When we try to pick out anything by itself we find it hitched to everything else in the Universe.”¹⁰ Integrative medicine looks at how imbalances in the physical body, nutrition, hormones, immune function, digestion, detoxification, genetic expression, energy metabolism and mind-body all play a role in a disease state. Our entire body, and all the core systems in it, interact as a single sophisticated symphony. It is often within this whole person view that the root cause of dis-ease is discovered.

Our entire body, and all the core systems in it, interact as a single sophisticated symphony.

This misalignment between western and holistic medicine became intensely apparent to me upon completing medical school, nearly 22 years ago. And it pushed me to begin practicing the best form of medicine — holistic medicine. Over time, a realization began to develop that there is even more to the story. Another aspect to our anatomy — the bio-field — entered my awareness and holistic medical practice. Most physicians do not know how to measure, diagnose or treat the bio-field, yet the bio-field has a profound effect on our health.

What exactly is the bio-field?

The collective energy generated by the body and mind can be referred to as the bio- field. The bio-field is described in terms of three fundamental energies enfolded within each other: quantum fields,

potential fields and classic electromagnetic fields (EMFs). In disease states, the energy flow is impeded and disorganized. Energy Medicine works on a very different set of principles. It involves reading the invisible energy force that surrounds the body and interconnects with the chakras, which are areas of condensed bio-photon energy that correlate with certain emotions, life themes and organs, to re-establish harmonic balance. It is a mutual effort between client and practitioner and goes deeply into the body's subtle energies. This process of reading the holographic patterns offers a fuller understanding of what “body consciousness” means. It is an entirely different, yet equally important form of treatment. Quantum physics set the stage for this approach.

Taking a broader view, we are not just a mechanistic bag of molecules and organs bouncing against each other to either form health or disease. We are also emotional, intuitive, feeling and thinking beings. In fact, our emotions, feelings and thoughts make up most of our experience of the world. This is where the power of Energy Medicine plays a role.

Modern Shamanism (Shamanism without the jungle or drug)

Energy Medicine is a contemporary manifestation of a universal and ancient sacred knowledge. Evolution has endowed our brains with the ability to rapidly download an unimaginable number of behavior and beliefs into our memory. Fundamental behaviors, beliefs and attitudes we observe in our parents become “hard-wired” as synaptic pathways in our subconscious minds. When we evolved from simple unicellular organisms to more complex animals, specialized cells took over monitoring and organizing the flow of behavior. The brain became the ultimate authority — each cell had to acquiesce control to the brain. The subconscious mind processes more than 20,000,000 environmental stimuli per second versus 40 environmental stimuli interpreted by the conscious mind.¹¹ Between conception and 6 years, the brain is more susceptible to outside programming because it is more frequently in delta



and theta wave states. These wave states are slower and allow for more information to come into the subconscious mind. By age 12, the brain transitions to primarily beta and alpha wave states, which are used during wakefulness, concentration and higher mental functioning. Therefore, as adults, we are in part the product of our early childhood and to liberate ourselves from the confines of the self-limiting beliefs we established, we must first identify the false beliefs and second create new ones. To quote Buddha.¹²

“We are what we think. All that we are, arises with our thoughts. With our thoughts we make the world.”

The field of psychology has begun to unravel the net effect of our childhood experiences. However, never have the emotions been identified as a part of the human anatomy. Energy Medicine bridges that gap. Ironically, Energy Medicine is not new; it has been practiced by many other cultures and utilized as a form of treatment for disease. Commonly known as Shamans, these people were healers who used “magic” or altered states of consciousness to help someone who had dis-ease. Just as acupuncture has been performed for >5,000 years, yet only within the past century has modern science uncovered the neurological bundles at acupuncture points and the resulting post-treatment change of spinal fluid substance P; we are on a similar threshold with Shamanism and the scientific proof of an energy system within the human anatomy which elucidates the interface of the physical body with the emotional, mental and spiritual aspects of a person.

*“We are what we think.
All that we are, arises with
our thoughts. With our
thoughts we make the
world.”*

The Science

We are living in an era, in which the current predominant medical practices of our times are based on an outmoded understanding of science. From years of medical practice, my personal belief is that Energy Medicine is one of the most advanced forms of the healing. This belief is due, in part, to the derived philosophical and empirical underpinnings from a profound scientific breakthrough that started from the work of Max Planck, one of the first scientists to mathematically demonstrate the validity of quantum physics.

Sir Isaac Newton’s Laws of Motion in the second half of the 17th century supported the view of Descartes’ philosophy that the body is analogous to a machine and the mind is ‘housed’ in it as a separate, abstract entity. There had been a long tradition in philosophy asserting that the mind is separate from the body. This belief was the origin of dualism in Western culture and it took over two hundred years of mathematical progress before a shift occurred. When the shift finally ensued, at the beginning of the 20th century, it was incredibly profound. Albert Einstein’s Theory of Special Relativity established a fundamentally new way of thinking and it literally changed the nature of reality.

Within a short period of time, the universe was newly viewed as a dynamic web of interconnected subatomic particles and energy fields which are constantly changing. From a medical perspective, living organisms can now be thought of as holographic wave patterns of photonic light energy. Modern research is now showing bio-photons (ultra-weak photon emissions) are released by all biological systems. These electromagnetic waves are in the optical frequency range, meaning they manifest as light.

The collective energy generated by the body and mind can be referred to as the bio-field. The bio-field is described in terms of three fundamental energies enfolded within each other: quantum fields, potential fields and classic electromagnetic fields (EMFs). In disease states, the energetic flows



become impeded and disorganized.

For example, a normal cell has an electrical potential of 90 mV, an inflamed cell has 120 mV and in a degenerative cell 30 mV. In the 1960's, the German physicist Fritz-Albert Popp, discovered cancer cells have a common feature of scrambling light in a chaotic way. Prior to the manifestation of a disease state, photonic light loses its rhythm as a harmonized flow of energy in the body. Re-establishing this rhythm brings your body back into its highest vibrational alignment emotionally, mentally, physically and spiritually.

Energy Medicine is aligned with what we know in modern science. Einstein's revolutionary equation of relativity $E=mc^2$ explains energy and matter are dual expressions of the same universal matter. All organisms depend on the vital force to create a synergistic sympathy to keep the structure going and renewing. Energy Medicine treats with pure energy, understanding the molecular arrangement of the physical body is actually a network of interwoven energy fields and systems.

Einstein's revolutionary equation of relativity $E=mc^2$ explains energy and matter are dual expressions of the same universal matter.

Energy Medicine was well understood in more ancient cultures, such as India or in Mexico with the Mayan Indians, but in the Western world it first became written about by Edwin Babbitt in 1873 who published "The Principles of Light and Color" after secluding himself in a darkened room for several weeks and discovering later that he could see energy fields around human bodies. One century later, it was discovered that Babbitt's observations of neuro-currents around the head are accurate to the anatomy of the inter-hemispheric fibers and corpus callosum. Later, Harold Saxton Burr, full professor at Yale School of Medicine in 1929 published 93 papers on the "blueprint

of life." He was convinced all living things from mice to humans and seed to trees are formed and controlled by fields that can be measured with standard detectors. These fields reflect physical and mental conditions. James Oschman elucidates¹³, "in a few decades scientists went from the conviction that there is no such thing as energy fields in and around the human body to an absolute certainty that they exist."

At a physiological level in the human body, we need to understand ourselves as electromagnetic beings. Biological electricity is the phenomenon arising from movements of charged ions such as sodium, potassium, chloride, calcium and magnesium that exist in our body and move across the cell membranes. Electricity arises because of a polarity across the cell membranes, giving rise to nerve conduction. Depolarization and repolarization allow nerves to conduct signals from place to place in the body.

The entire living matrix is simultaneously a mechanical, vibrational, energetic, electronic and informational network. This realization lead Stanford University professor and well respected researcher, physicist and expert on subtle energy, Dr. William Tiller, to outline the following truths:

- People are capable of increasing electron size and number in their subtle energy body
- A person can direct the flow of energy through intention
- This mind-electron interaction is effective even over great distances

Subtle energies follow a different set of laws than physical energies and radiate their energy with unique characteristics. And there is not just one type of subtle energy. Tiller postulates there are several subtle substances, each of which occupies a different time-space domain. These domains are different levels of reality. Subtle energy flows downward from the highest, which Tiller calls "the Divine." Each level provides a template for the level below. As the subtle reality range from the most to the least dense: physical, etheric, astral, instinctive, intellectual, spiritual and divine. According to Tiller, etheric subtle energy penetrates all levels of material existence, and through the polarity



principle forms atoms and molecules that make matter.¹⁴ Our mind interacts with the etheric energy to create patterns in the physical dimension. Tiller's explanation of the physical reality is that it occupies a positive time-space frame that is mainly electrical, in which opposites attract over time, potential decreases and entropy (chaos) increases. The etheric realm, conversely, is a negative time-space domain that is highly magnetic: like attracts like. As time passes in this realm, potential increases and entropy decreases; therefore, more order is established. Within Tiller's model, the meridians and chakras operate like antennae to detect and send signals from the physical into the upper domains. These subtle structures interact between the physical body and the etheric realms, illuminating higher orders so that we can perceive them from the physical plane.

Research

In 2013, my work focused on observing the subtle energy bodies and organs that convert fast-moving energy into slow-moving energy, named the Exploratory Functional Medicine Study. There are dozens of subtle energy bodies; the best-known are chakras, which interface between the subtle energy structures and physical organs. Connected through a network of energy channels called nadis, the chakras appear in hundreds of cultures across the globe. In this study, photon light emission was measured from the three major chakras in the body: second, fourth and sixth. Light is one type of energy, amongst others of electric, magnetic, mechanical, chemical and thermal energy. Light is an oscillating disturbance or electromagnetic wave within an electromagnetic spectrum, a continuum of different photons. A photon carries all electromagnetic radiations for every wavelength. Unlike many other elementary particles, it has no mass or weight, no electric charge, will not decay in empty space and travels in a vacuum at the speed of light. Like all quanta, it is both a wave and particle. Photons are created when a charge is accelerated, and a molecule, atom or nucleus shifts to a lower energy level.

As part of the 2013 research, the laboratory at The Institute of Frontier Science, under the auspices of Beverly Rubik, PhD, was used. This was an incredible opportunity as this laboratory housed the first innovation of a bio photon chamber by Harry Jabs. The ability to measure bio photon emissions, not from ambient light but from the human

chakra system, was incredible. Because the bio photon chamber was completely dark, the only photon emission recorded was from the chakras. This measurement was then compared to the subject's heart rate variability, its effect on the autonomic nervous system and track symptomatology. In addition, lab work was utilized to assess how the chakra system and energy medicine techniques could be helpful to overall healing. The study was limited, due to a small number of subjects: Five in total and only four could receive chakra bio photon emission testing. The bio photon light emission was measured in each subject before and immediately afterward the Energy Medicine session. During the Energy Medicine session, the subject sat in a chair and the practitioner was approximately seven feet away. The same healing protocol was utilized in each subject, as taught by Francesca McCartney, PhD at The Academy of Intuition Medicine. Per the healing protocol, hands were passed in front of each chakra to clear and balance the chakras, which took 20-30 minutes. In all four cases, the following results were identified:

1. The parasympathetic and sympathetic nervous system balanced
2. The heart rate variability balanced
3. The chakra bio photon emission normalized. If it was over-expressed, it came into a more balanced lower level, and if bio photon emission was low, it increased to an average level.

An Energy Medicine Treatment

This treatment protocol is derived from a degree in Cranial Osteopathy in 1997, a Master's Certification from the Academy of Intuition Medicine in 2014 and Board Certification in Integrative Holistic Medicine in 2014.

Health means more than the absence from dis-ease. Optimal health includes operating out of the highest expression of our soul's purpose. The body intuitively wants to heal itself. As Energy Medicine practitioners, it is our primary responsibility to empower the client or patient through supporting their natural biochemical processes and identifying other issues preventing optimal physiology, such as toxin build-up in the body, stress, pathogens and hormonal imbalances. Psychic phenomenon can also cause stress in the body. Issues such as energetic



cording from a family member, work colleague or intimate relationship can deplete the natural flow of the bio-field, as well as stuck energy from trauma, emotional distress or unmanageable build up from years of unprocessed emotions. Harder to validate and yet profoundly influential when addressed, are biofield imprints from past lives, karma, family lineage or archetypal structures such as “abuse against women” or “religious authority” or “condemnation for threatening the tribe.”

This treatment approach addresses these imbalances in the body with therapeutic touch and hands-on healing, which has been proven to effectively treat maladies like hypertension, general body pain, headaches, mood and anxiety disorder osteoarthritis.

Using this philosophy and model, an Energy Medicine treatment might look like this: The client starts by lying on the massage table, fully clothed. The practitioner places one hand under the client’s pelvis and the other hand under the neck. Using a very gentle form of cranio-sacral touch, wait until the “fluid drive” is felt. This technique helps put the client into a receptive and relaxed state. Next, the practitioner pass their hands over the client’s body, about one foot away, to assess the seven major chakras of the body, which correlate with certain emotional and life-circumstance themes.

Using psychometry, a skill in which the practitioner can “see” energy through their palms, areas of restriction and confused light are lifted from the chakras. The ‘confused light’ can be seen in the form of grey or dark light instead of the naturally radiant chakra colors. The chakras are then assisted to spin in the correct direction and work to create harmony in the entire auric field. Sometimes the consciousness of the person’s body will communicate a problem that needs to be resolved. When this happens, the practitioner can go to this problem and identify it. The goal is to create an upgraded soul contract and establish a healthy, fresh dynamic in the body that is freed from lower vibrational patterning and faulty beliefs from past trauma. This healing treatment can also be given long-distance.

Patient stories are numerous! To provide an idea, here are several examples (with anonymous names):


Lucy came with chronic dizziness and an autoimmune condition called “Linear Scleroderma,” which created a scar from her scalp through her face and across her eyebrow. There was no hair growth where the scar existed. This autoimmune condition began at age 18. When Lucy was 18, she fell off a horse and was hospitalized with a severe concussion. We agreed to proceed with an Energy Medicine session, focusing on this area. About 5 minutes into the session, Lucy began to have profound dizziness and her eyelids were trembling. Using psychometry, the image of a horse and strong emotional distress appeared over her eyes. Upon asking Lucy “did you forgive the horse?”, she began to cry. She said, “no, the horse died while I was in the hospital and it was my favorite horse.” Her whole body began to tremble, emotions rose then subsided and all her dizziness left. This client session demonstrated the release of trauma from the membranes and bones of her concussed head, that were impairing circulation to the part of the brain that supports balance.

Janet came in the night before a nasty divorce case. Her husband had started a very successful company with multiple franchises across the nation and Janet had helped him, as his wife, in many secretarial duties. However, 100 percent of her income came from her husband and she had no degree or specific career. She was left with three children to raise and the threat of losing much of her financial support. She explained her husband had hired a “bulldog attorney”, who was fiercely set on leaving her very little. During the session, Janet was asked to tune into the spirit of her husband. Janet confided that she had a sexual affair during their marriage. Upon conveying this information, an image appeared, showing her husband’s manhood had felt threatened by her sexual betrayal. Very specific wording came through, which were the exact words he needed to hear to feel his manhood would remain intact and receive a sincere apology from her. Janet did not want to use these words; however, after further explanation, she understood he needed to hear them from her. She texted him the words. The next day, in the courtroom, Janet’s husband did not show up. Instead the lawyer told the judge, “give Janet whatever she needs financially.” There was no struggle and Janet had an amicable divorce.



Amy came in with pain in the right side of neck and tightness for three months. She had tried acupuncture and chiropractic adjustments twice a week, which had helped somewhat. The pain was constant and sensitive to touch. She did daily soaks in the bathtub. The severity of Amy's pain was a 5 out of 10 when sitting up and went up to a 7 out of 10 when laying down. She often wakes up in the middle of the night feeling nauseated and sweaty; it even evolved into a panic attack a few times. Over the past week, she saw the chiropractor twice and her symptoms got worse. When Amy laid down on the table, a strong energetic cord appeared on the right side of her neck. It was black and it came from her husband. Amy was asked if there was something she wanted to say to her husband and she laughed "yes, I am very upset at him." After further discussion about her emotions, a message from her higher guidance and his spirit self came through. He was exhausted from work and needed ease and lightness during their free time together, rather than the heaviness and demands she had been putting on him. Amy was encouraged to focus simply on ease and play when they had their next weekend away together. Amy returned two weeks later and shared that her neck pain had left since the session and she and her husband were doing very well.

Energy Medicine is the new frontier of medicine that allows for multiple forms of healing emotional, spiritual and physical dis-ease. There are specific energetic practices that a person can do on their own as part of a daily practice to optimize their own biofield for an enhanced quality of life. €

 To learn more about Dr. Jacqueline Chan go to: www.DrJacqueline.com

References

1. 2019 Alzheimer's Statistics. *Alzheimer's.net*. Retrieved from <https://www.alzheimers.net/resources/alzheimers-statistics/>.
2. Data and Statistics About ADHD. (2019). *Centers for Disease Control and Prevention*. Retrieved from <https://www.cdc.gov/ncbddd/adhd/data.html>.
3. Autism and Developmental Disabilities Monitoring (ADDM) Network. (2019). *Centers for Disease Control and Prevention*. Retrieved from <https://www.cdc.gov/ncbddd/autism/addm.html>.
4. Childhood Disability Rate Jumps 16% Over Past Decade. (2013). *American Academy of Pediatrics*. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Childhood-Disability-Rate-Jumps.aspx>.
5. Mental Health By the Numbers. (2019). *National Alliance on Mental Illness*. Retrieved from <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>.
6. John Muir Misquoted. (2019). *Sierra Club*. Retrieved from http://vault.sierraclub.org/john_muir_exhibit/writings/misquotes.aspx.
7. Carevic, B. (2018). The Difference Between Conscious and Subconscious Mind – Which One is More Powerful? *Power of the Open Mind*. Retrieved from <https://powerofanopenmind.com/the-difference-between-conscious-and-subconscious-mind/>.
8. Buddha Quote. (2019). *Brainy Quote*. Retrieved from https://www.brainyquote.com/quotes/buddha_101169.
9. Oschman, J. (2000). *Energy Medicine, The Scientific Basis*. Churchill Livingstone.
10. Tiller, William. *Wikipedia*. Retrieved from https://en.wikipedia.org/wiki/William_A._Tiller.