

# A Study of the Human Energy Field



Karen O'Dell, BA, HTP-A

Recent scientific evidence suggests that the varying energies produced by the human organism - resulting from alternating states of coherence within the heart - can have a profound effect on its own physical reality as well as the physical reality of others, creating very real and scientifically measurable changes within the body.

This literature review will first begin by discussing the heart's role in executive cognitive functions, such as emotion and memory, as well as its function in generating an energetic field. Further studies will be cited noting how the quality or coherence of this field has a direct effect on overall health, human cognitive function, emotion and behavior. Additional research will provide supporting evidence that the psychological state of individuals, which is directly effected by the coherence of their energy fields, affects not only their psychological and physical health, but those of surrounding individuals as well.

### Heart-Brain Communication

The origins of human emotion, along with the physiological and psychological effects, have long been a topic of research and debate. The brain has been given sole credit in executive cognitive function for



far too long and recent discoveries have revealed that the heart plays a major role in these functions as well. Evidence provided by scientific research indicates that the heart generates more energy than any other organ in the body, producing an electromagnetic field that is 5,000 times more powerful than that emitted by the brain.<sup>1</sup>

Additional research suggests that the human heart has a working conscious memory. This enables it to have a huge influence on cognitive function, because the heart is equipped with a nervous system comprised of neurons, neurotransmitters, proteins and support cells like those found in the brain. This circuitry allows it to function separately from the brain - enabling it to learn, sense, feel and remember. The numbers of neurons that stem from cognitive and emotional centers, such as the heart, are far greater than those traveling the other way. The heart communicates information about the emotional state of the organism through varying heart rhythm patterns, each producing unique vibrational frequencies, which are received by the medulla and amygdala. These areas of the brain are connected to the frontal lobes, which are responsible for cognitive executive functions such as reasoning and decision making. So,



these varying heart rhythms not only affect the heart, but have an effect on the psychological and physiological state of the brain as well.

Studies show that the messages the heart sends can alter brain wave patterns modifying brain function. In addition, when heart rhythms are coherent or in a state of balance and harmony, the messages sent to the brain can initiate clarity of mind. This increases creativity, improves decision making, and influences

spreads throughout the body. Study of the Human Energy Field can provide information on the processes of human consciousness, which is described as the operation of interaction between an individual and a collective field. Dr. Konstantin Korotkov has created an instrument known as a Gas Discharge Visualization (GDV) camera, that can be used to view this field. This instrument works by measuring the electron densities within the various systems and organs in the body and provides a colored image displaying the

*A state of coherence of the heart is described by researchers to be a condition in which the individual is in psychological balance, both feeling and exuding positive emotions of gratitude, love and happiness."*

positive states of emotion which, in turn, improve overall health.<sup>2</sup> A state of coherence of the heart is described by researchers to be a condition in which the individual is in psychological balance, both feeling and exuding positive emotions of gratitude, love and happiness.<sup>3</sup>

### **Effects of the Human Energy Field (HEF)**

The base for all biological life forms is light and energy, which every life form produces and emits. Current research has found that these light and energy emissions, also known as the human aura or energy field, are reflections of an individual's state of physical and psychological health. Thus, mental and emotional activity experienced by an individual creates an immediate reaction in this field, which is then relayed to the brain. Through the use of advanced imaging devices scientists were able to view which areas of the body were affected by specific emotions.

In images of individuals in a state of coherence or happiness and love, the heart center in the body is brightly aglow with a warm radiating golden light that

shape and size of the field. The color, shape and size of the HEF vary depending on the individual's physical and psychological state of health.

For example, images provided by Dr. Korotkov display that stress has an intense impact on this field and causes it to become distorted and hollow in appearance. Further research shows that when individuals are in positive states of emotion, the field appears much more whole and vibrant. These findings confirm that energy activity emitted by the human body can change states of mental and physical health as well as the structure of space. The expansion and retraction of the field into the surrounding area has been shown to be anywhere from three feet to an infinite distance. These findings also display that the majority of energy influencing this field is emanated by the heart. This ability to view the energy emissions and determine the effects that varying mental states have on the HEF make the study of human energetic fields particularly applicable to the fields of medicine, neurology and psychology.<sup>4</sup>



Not only does the energy emitted by the body change and vibrate in varying frequencies depending on the individual's physical and emotional state – it also permeates every cell within the body. When the energetic components of this field are not functioning properly, illness and disease can occur. Science is now finding that a disease such as cancer cannot occur unless this vibratory field is disrupted by a negative emotional state within the body. Evidence provided by Forrester (2013), indicates that everything in the world, and in the human body, be it physical or incorporeal, vibrates at varying frequencies and these vibrational frequencies have a direct effect on an individual's psychological and physiological state of health.

Out of these vibrational frequencies, thought-vibration is the strongest and carries with it a huge impact on physical and emotional health. When there are negative feelings and emotions within the individual's thought-vibration it can cause sickness and disease. Therefore, the creation and development of disease within an individual stems from an unaddressed state of continued negative thought-vibration. Further research supports these findings - stating that an individual's heart rhythms, which also vibrate at varying frequencies, change depending on his or her physiological and psychological state of health. These changing heart rhythms, which are greatly influenced by emotion, produce varying energetic and electromagnetic waves, which can be detected not only by the individual's brain, but by the brains and nervous systems of those nearby. Upon interaction, an individual's brain waves could synchronize with another person's heartbeat. This is known as entrainment (which is discussed in greater detail below). These findings suggest that the electromagnetic fields produced by the heart are another source of communication.<sup>5</sup>

### **Effects of One Individual's Human Energy Field (HEF) on Another**

As an individual's HEF flows outward and fills the space around the body -- it can be felt by other individuals as well. Emissions of the electromagnetic

and bioenergy fields of an individual's heart and body have an effect on those of others - causing changes to occur on a genetic level which may help to improve, cause harm or injury and deterioration to physical and psychological health of another. When energy is defined as the aptitude to cause effect, then it becomes evident that the qualities of one person's energy waves can have an effect on those of another during communication.

Therefore, when individuals communicate, there is a constant underlying exchange of energy occurring. The energy emitted by one individual is received by another and can have a direct influence on the other individual's energy qualities, or state of coherence. When individuals are in close proximity to one another, a phenomenon known as entrainment or entanglement can occur which is the process whereby one individual's energies synchronize with another's to where each can receive subtle messages and stimuli through shared affected brain wave patterns. The possibility of entrainment is especially strengthened when there is intent to do so.<sup>6</sup>

It has been found that conscious direction of intent of positive emotional states that create heart coherence within an individual, such as those used by Energy Medicine practitioners, have an effect on the psychological and physiological state of another. In an experiment conducted by Tiller and Dibble (2009), two subjects meditated together for ten minutes. After this time one subject was taken to a separate room where researchers stimulated the subjects' eyelids with light. The brain wave signature that appeared in the subject that was stimulated also appeared in the other subject. This evidence demonstrates that individuals can have a direct influence on each other's brainwaves. When energy is positively influenced and consciously directed with intent, as in the practice of an Energy Medicine therapy, it can be delivered to another, producing positive effects within their energy fields.



## Effects of Coherence

Research findings display that the states of human consciousness have a direct effect on physical reality. As a result, consciousness is quickly becoming a significant experimental variable in the study of psychological and physiological health and human function and response. Tiller (2009), defines consciousness, as *"the unique quality of nature that is ultimately convertible to energy."* (P. 5). This evidence suggests that there are two levels of physical reality, one being the body's physical state and the other being the energy state of the varying energetic fields produced and emitted

cognitive awareness from one state of emotion to another, alternate synaptic circuits in the brain are activated. With routine use of cognitive shifting in this manner these synaptic vesicles, ions and neurotransmitters become strengthened. For example, when positive thoughts patterns are repeated again and again, this repetition strengthens the synaptic pathway and rewires the brain's circuitry to the favored pathway. This process of rewiring within the brain is known as neuroplasticity. Through the process of awareness, and conscious, willful direction of cognitive thought, an individual is able to


*Research findings display that the states of human consciousness have a direct effect on physical reality.*

by components of consciousness. These components include thought and emotional vibrational waves through various organs of the body, which have a large impact on the body's physical and psychological state of health.

Other scientific studies found that when positive emotional states are sustained, coherent thought-vibration frequencies are maintained, which in turn improves psychological and physiological health. Further research and experimentation findings concur with this - demonstrating that the emotional state of the individual has a direct effect on the quality of the electromagnetic energy field emitted by the heart. For example, when an individual's inner emotions are in a positive state of sincere appreciation, love or caring, this is reflected within the field, and the body, as a state of increased coherence. When coherence is present, bodily organs and functions become synchronized and balanced, acquiring the ability to perform at their optimum capacity due to the positive vibrational quality of the heart's electromagnetic field.

If an individual is experiencing a negative state of emotion and consciously shifts the direction of their

use the transformative capacity of thought to shape the brain, thus affording humans the opportunity to raise the vibrational frequency of their energy field to a state of coherence which, according to research findings, leads to drastically improved physical and psychological health.<sup>7</sup>

The implications of these findings suggests that any further research into the fields of physiology, neurology and psychology needs to consider the entire human organism, taking into account the scientifically proven effects of the energies of consciousness in order to increase understanding in this field. Obviously, much more research, experimentation and implementation of these findings are needed to ascertain the extent of which cognitive redirection of thought energies has on the capacity to heal and maintain optimum health-not only within one's self, but within others as well. My own practice of providing Healing Touch therapy to others, both human and animal, has afforded me eyewitness evidence that these energies play a monumental role in physical and psychological healing and has led me to pursue further implementation and investigation into this field of research and healing. 



## References

1. Caviness, L., McCarthy, W., McCraty, R., and Atkinson, M. (2012). Mother-Baby Study Supports Heart-Brain Interactions. Retrieved from <http://www.heartmath.org/free-services/articles-of-the-heart/mother-baby-study-supports-heart-brain-interactions.html>
2. Forrester, M. (2013). The Number One Cause of Health, The Number One Cause of Disease. Retrieved from [http://preventdisease.com/news/13/090613\\_The-Number-One-Cause-of-Health-and-Disease.shtml](http://preventdisease.com/news/13/090613_The-Number-One-Cause-of-Health-and-Disease.shtml)
3. Korotkov, K. (2012). Report of the Experimental Results of the Educational Sessions of the International Academy for Scientific Mental Healing (Drossinakis IAWG) under the direction of Prof. Dr. Konstantine Korotkov. Retrieved from [http://iumab.org/images/report\\_of\\_drossinakis\\_korotkov12.pdf](http://iumab.org/images/report_of_drossinakis_korotkov12.pdf)
4. Long, W. (2006). Quantum Theory and Neuroplasticity: Implications for Social Theory. Journal of Theoretical and Philosophical Psychology. (P. 78-94). Retrieved from <http://search.proquest.com.libproxy.edmc.edu/docview/614491122/fulltextPDF/C0A27B1611447F2PQ/3?accountid=34899>
5. McCraty, R., Atkinson, M., and Tomasino, D. (2001). Science of the Heart: Exploring the Role of the Heart in Human Performance. Retrieved from <http://www.heartmath.org/templates/ihm/downloads/pdf/e-books/science-of-the-heart.pdf>
6. McCraty, R., Atkinson, M., Tomasino, D., and Tiller, W. (2013). The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People. Retrieved from <http://www.heartmath.org/templates/ihm/downloads/pdf/research/publications/electricity-of-touch.pdf>
7. Tiller, W. (2009). It Is Time for a Consciousness-Inclusive Science. Retrieved from <http://www.tillerfoundation.com/White%20Paper%20IV.pdf>
8. Tiller, W. and Dibble, W. (2009). What Is Information Entanglement and Why Is It So Important to Psychoenergetic Science? Retrieved from <http://www.tillerfoundation.com/White%20Paper%20VIII.pdf>