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PART I

ENERGY AND ENERGY HEALING

What is “energy anatomy”? Look beneath the surface of the world—the world that includes your clothes, toaster ovens, philosophies, your skin—and you will discover a universe of swirling and subtle energies. While we do not know exactly what these energies are doing or how they are doing it, we do know that they are “here,” forming the energies that underlie physical reality. They form *you*.

In this section we will examine the subtle energies that make up the world. We will define “subtle” versus “physical,” walking the boundary lines between the two to distinguish the immeasurable from the measurable, the invisible from the visible. We will learn some of the basic principles of energy—what it is and how it works—and present the idea of an energetic anatomy, or system, constructed of subtle energy fields, channels, and bodies. We will briefly discuss each of these separate anatomical structures.

We will then take a look at doing healing work, whether it is associated with allopathic, complementary, integrative, or other healing philosophies. There are unique factors involved in being a subtle energy healer: someone who sees, senses, hears, and works with the subtle and less substantive energies. Special considerations involve questions about ethics, boundaries, training, and the use of intuition.

This section is an introduction to—and a portal into—the world of energy. It is a fascinating world, the point of contact for making the unknown, known—and for discovering what we still do not know.

ENERGY IS UNIVERSAL

Take a close look at your skin. If you really saw it as the ancients might have, you would perceive subtle lines and patterns—more subtle than wrinkles and pores. Dr. Giuseppe Calligaris, whom you will meet later in this book, illuminated these patterns. If you were ill, he would interpret their shapes to help you diagnose your disease.

Speak a few words. Did you know that through a special process called *cymatics*, your words, when vibrated onto a special sounding plate, can take geometric form? They might appear as mosaics or mandalas, triangles or pentagrams.

These are only two examples of the types of proofs and processes involved in the study of the human energy system. We are made of energy. Everything in the world is made of energy, which can be defined most simply as “information that vibrates.” This energy—this manna of life—may express itself as patterns, sound, skin, thought, or even morning coffee, but it is all energy. We cannot see the subtler patterns of skin or the shape of our words, but they are there nonetheless. So it is with certain layers of the body and the world. Even though they are imperceptible to the five senses, they do exist.

This book offers insights into, research about, and explanations of the complex set of subtle fields, channels, and bodies that create the human being. These structures are made of subtle energy: energies that are too high or low in frequency to be easily measured. We can tell that they exist because they produce an effect.

We cannot talk about subtle energies without also examining *physical* or *gross energies*. The subtle cannot be separated from the physical any more than coffee can be pulled out of water and remain drinkable. Part of the proof that subtle energies exist, in fact, lies in the validation of physical energies.

WHAT IS SUBTLE ENERGY?

Thousands of years ago, our ancestors saw energy in ways that have been dismissed in recent times. They did not use special microscopes, spectrometers, or other tools in their investigations, as we currently do. Instead, they employed their inner senses.

Subtle energy is simply energy that cannot be accurately measured using current scientific methods. It is not supernatural, paranormal, or scary—it is just energy. It obeys some—but not all—of the same laws as does physical matter, its counterpart. As the information presented in “A Model of Subtle Energy” on page 12 suggests, subtle energies operate on a different plane or continuum than do physical energies. Yet they can be at least somewhat defined in comparison to physical energy, as in this definition based upon ideas expressed in *The Science of Homeopathy*.¹

Physical energy manifests in the positive timespace frame, is electrical in nature, and has positive mass. It travels slower than the speed of light and gives rise to gravity. This means that you can see it. Subtle energy, however, occupies the next timespace frame (or other timespace frames), manifests in the negative timespace frame and has negative mass. It is magnetic in nature and travels faster than the speed of light. It gives rise to what some call levitational force. This means that you can't see it—but can note its seemingly paranormal effects.

One reason that it is difficult to fully comprehend or explain subtle energies is that science still does not really understand energy—even in the classical sense.

TOWARD A DEFINITION OF ENERGY

In textbooks, *energy* is usually defined as the source of power that can be used to accomplish work or a goal, or to create an effect. In this book, we delve deeper to explain it as information that vibrates. Scientific research has proven that everything energetic contains information: data that tells an atom whether it should occupy a kidney or outer space.² Physical energy is structured by operating orders that instruct coffee, for example, to remain in the cup instead of flying through the cosmos.

Besides “being informed,” energy also vibrates. Science—the classical textbook kind—has verified that everything in the universe vibrates. Furthermore, everything vibrates at its own unique speed. A brain cell moves differently than does a hair cell. Like-minded organisms vibrate in similar ways, but each individual unit differs slightly from its sibling group.

Vibration is produced in the form of *amplitude* and *frequency*: oscillations that generate more energy. These oscillations carry information that can be

stored or applied. The information (as well as the vibrating oscillations) can also change depending on the nature of a particular interaction. All of life is made of information and vibration.

Energetics is the study of the components, principles, and applications of energy. Scientists are constantly changing their views about energetics, because the laws that apply macroscopically do not always work microscopically.

For example, according to classical physics, energy, which has mass (and therefore weight), cannot move faster than the speed of light. But as we will see in Part III, researchers have pulsed light *faster than the speed of light*. Perhaps we have not broken the classical laws here, but we have certainly stretched them.

In classical physics, a particle, which is a point of mass, can *only* exist in one place at a time. In quantum physics, a subatomic particle actually *has* to be in two places at once.³ And some of these places might be other worlds. These kinds of rules, which are revealed through quantum physics, are closer to those that explain subtle energy. They imply that though subtle energies and their structures cannot be seen, they can be shown to exist.

The truth is that we know subtle energies exist because, as we will see throughout this book, we can perceive their effects. Historically, the forms of energy behind traditional science and medicine were subtle. We could not see microorganisms before the invention of the microscope—but they killed people anyway. Studying subtle energies has always led to important, and practical, discoveries. The pursuit might accomplish yet another goal: combining Western and Eastern philosophies.

MARRIAGE OF WEST AND EAST

Many books about energy anatomy emphasize the differences between Western and Eastern medicine. There are many terms for each protocol. Western medicine is also called *allopathic* or *traditional* care. It relies heavily on empirical scientific concepts, assessing symptoms for underlying causes, and alleviating these symptoms with tested and verifiable methods, such as prescription drugs, surgery, or devices.

Eastern medicine is often labeled *alternative*, *complementary*, or *natural* care. It is a holistic approach, treating body, mind, and soul, and addresses underlying causes rather than just symptoms. Toward this end, treatment might focus on physical healing, but also emotional, mental, and spiritual concerns. *Energetic medicine*, one of the labels for working with the subtle energy system, is often placed in this category.

Integrative medicine combines Western and Eastern modalities. A newly coined term for this unifying thought is *nonlocal medicine*, which asserts that the basis of

physical reality does not lie within the physical universe, but rather, in the subtle planes and energies that run through everything. This philosophy universalizes medicine—and should, as all medical systems are actually energetic in nature.

There is not *and has never been* a true division between Western and Eastern thought. Asian and Hindu cultures (along with dozens of others around the world) performed brain surgery at least four thousand years ago.⁴ A crude version of brain surgery, called trepanation, existed almost ten thousand years ago in areas now considered devoted to Eastern medicine.⁵ Nearly three thousand years ago, the Egyptians, Chinese, and Central American Indians used mold as a progenitor to the antibiotics of today.⁶

Western medicine actually stems from the animism of shamanism. Shamans are “priest-healers.” While they employ protocol now associated with Western medicine, such as the use of herbs and plants, they also use spiritual guides and ritual to journey through the cosmos for purposes of healing. The integrative ideas of shamanism buttress modern medicine, psychology, psychiatry, explorations into consciousness, and even some quantum physics theories.

Energy medicine, and the rigors of energy anatomy, do not “belong” to West or East. They cannot. Because everything is energy, all medicines are energetic. The only reason that energy work typically falls into the “Eastern” category is that we have not compared them correctly.

For example, Western anatomy relies on charts that say, “The liver is there.” Cut into the body, and the liver *is* there. The East might track the liver through charts locating liver *energy* in a toe. Both are true: the physical liver *does* lie under the ribcage, and its subtle energies *do* flow into the toe.

These two modalities are actually one and the same. As energy expert and author James Oschman, PhD, writes, “any intervention in a living system involves energy in one form or another.”⁷ As Oschman defines it, energy medicine actually involves the study and applications of the body’s relationship to electric, magnetic, and electromagnetic fields, as well as light, sound, and other forms of energy.⁸ The body produces these energies and also responds to them in their natural and artificial (human-generated) states. The terms *energy medicine*, *energetic healing*, *biofield healing*, *bioenergetic healing*, *chakra healing*, *aura healing*, *energy work*, *meridian-based healing*, *energy anatomy*, *vibrational medicine*, *subtle energy healing*, and dozens of other similar labels simply refer to practices relating to a certain vibrational or frequency-based level of energy.

As Dr. Oschman points out, allopathic or traditional medical care *is* an energy-based practice, contrary to popular opinion. Most of us have experienced (or know someone who has experienced) the benefits of X-rays, MRIs, electrocardiograms,

and other testing devices. These practices all employ energy and make energetic changes in the body.⁹ Surgery can be seen as an energetic maneuver in that tearing tissue disturbs the body's vibrational field. Adding a device like a pacemaker provides new information to aid in heart function, assuring that it vibrates correctly instead of "skipping beats." Even prescription drugs work energetically, altering vibrations through chemical information that instructs cellular behavior.

The world might not be ready to completely link all medicines together under the umbrella of "energy"—yet. But in this book, we will attempt to do so, concentrating on the most unexplored area of energy medicine, that of subtle energies.

MEASURABLE AND SUBTLE ENERGIES: WORLDS KNOWN, WORLDS TO EXPLORE

Again, there are two basic types of energies: physical and subtle. The scientific terms for these are *veritable*, or measurable, and *putative*, or immeasurable. Many subtle structures are measurable, or at least observable, but the research demonstrating this has not penetrated mainstream newspapers (or medical schools) yet.

Throughout this book, you will find research documenting the existence of the various subtle energy structures. Some of this research was "lost" and is now "found," having been buried in the annals of time by accident or lack of public interest. More frequently, authorities who thought it challenging repressed the data. The core evidence for subtle energies in general includes the following:

- Use of various magnetic devices, such as the superconducting quantum interference device (SQUID), for perceiving electromagnetic energies beyond the bounds of the body. (This research is discussed in Part II.)
- A process that embeds a human intention onto a simple electrical device, thus showing the effects of thought on physicality.¹⁰
- Various experiments using inorganic, organic, and living materials that reveal a unique, secondary level of physical reality affected by human intention.¹¹
- Measurement of the meridian and chakra systems, representative subtle channels, and energy bodies, revealing that they operate at higher levels of electromagnetism than the rest of the body.¹²
- Experimentation that shows that the human biofield operates at a unique level of physical reality.¹³
- The determination of L-fields and T-fields, or electrical life and thought fields, which organize subtle energies. (The research appears in Part III.)
- Research by scientists including Dr. Björn Nordenström that shows that where there is a flow of ions there are also electromagnetic fields at 90

degrees to this flow. Dr. Nordenström's research has determined a secondary electrical system in the body, which explains the in-body presence of the meridian channels and the complex nature of the human energy field. (This research is discussed in Part IV.)

Why are we unable to see these subtle fields? Human senses operate within a narrow range on the electromagnetic spectrum, the measurable band of energy that produces various types of light. Our eyes can only detect radiation, the term for the noticeable energy emitted by substances, in the range of 380 to 780 nanometers. That is visible light. Infrared light, which we cannot see, has a wavelength of 1,000 nanometers, and far-ultraviolet operates at 200 nanometers. We cannot see what we are not physically capable of seeing—nor trained to see. If subtle energies actually do occupy a negative time-space continuum, move faster than the speed of light, and have no mass, we can determine that we do not currently have the equipment needed to measure them. This does not mean that what is invisible does not exist.

THE STRUCTURE OF THE SUBTLE ANATOMY

The subtle energy anatomy is more than legend, a legacy from our ancestors. It is a workable system that is constantly being defined and redefined by its practitioners, who number millions worldwide.

There are three basic structures in energy anatomy. They all attract subtle energies from external sources and distribute them throughout the body. They transform subtle energies into physical energies and vice versa, before sending subtle energies back into the world. These subtle structures also create, underpin, and sustain their physical counterparts. In both worlds—subtle and physical—the three basic structures are *fields*, *channels*, and *bodies*.

Barbara Ann Brennan, an expert on the human energy field, states that the subtle energy structure sets up a matrix for cellular growth; it is therefore present before cells grow.¹⁴ Dr. Kim Bonghan, a North Korean medical doctor and researcher, has concluded that one of the subtle energy structures, the meridian system, serves to link the etheric field (one of the subtle energy layers) to the developing physical body. (His work is further explored in Part IV.)¹⁵

Other researchers agree that the subtle energetic structures interface between the physical body and the subtle energies (and their domains). Subtle structures, however, differ in many ways from biological structures. For example, as husband-and-wife team of healers Lawrence and Phoebe Bendit explain, you cannot speak of a subtle energy structure such as the field as being located in only one place, such as out of the body. While physical bodies are restricted to place, the

subtle field penetrates every particle of the body and extends beyond it. This is how it provides a template for the growing physical body.¹⁶

Subtle energies operate by different rules than do measurable energies. The subtle energy rules for the subtle structures are encoded with ideas from quantum physics, the study of energetic interactions on the micro level. These theories are described throughout the book. Subtle energies, rule breakers that they are, can stretch—and sometimes completely ignore—time and space, change form at will, and occupy many places at once.

Another unique characteristic of subtle energies is that within the subtle structures, they not only *adjust* the physical world, but also *adjust to* it. The most noteworthy sign of adaptation is the existence of the *polarity principle*. *Polarities* are interdependent opposites. The physical plane is dualistic in nature. While the subtle energies enter the physical realm “whole” or unified, they then split into contrasting natures.

Physical fields, for example, are electrical or magnetic. Opposing charges cause electricity, and magnets have two poles. Opposites create life as we know it. Subtle structures, like the meridians, are paired in polarities under a traditional Chinese concept called *yin-yang theory*. *Yin* represents the feminine qualities, and *yang*, the masculine. Both must be balanced to create the homeostasis necessary for health. The subtle meridians, however, also carry a form of energy called *chi* that is considered “heavenly,” or unified.

Energy bodies often operate under the same dualistic principle. The Hindu chakra (subtle energy body) system describes a complex process called *kundalini*, in which feminine life energy rises to meet its complementary male energy. Upon merging these energies, the initiate achieves health and wisdom. This divine energy is conjoined, however, before entering the body and the physical universe.

THE KEY SUBTLE STRUCTURES

In this book, we will examine key subtle structures. The *subtle energy fields* are bands of energy that do not stop at the skin. These subtle (as well as physical) energy fields emanate from every living source, including human cells, organs, and bodies as well as plants and animals. There are also subtle fields in the earth and natural physical fields in the earth and skies that affect our subtle fields. In addition, there are artificially produced fields, such as those emitted from power lines and cell phones, that affect our subtle fields.

The main human subtle fields include the *auric field*, which surrounds the human body and links with the chakra energy bodies; the *morphogenetic fields*,

which connect organisms within a group; the *Vivaxis*, which links the human body with the earth; and various other energy fields that link us to different planes and dimensions, such as the *etheric* and *astral* fields. There are also fields on the body and fields produced by sound, magnetism, electromagnetic radiation, geometry, and other means.

In addition to fields, the ancients perceived *subtle energy channels*, rivers of light that transport life energy in and around the body. In the ancient Chinese medical system, these channels are called *meridians* and the pulsing vital energy, *chi*. Other cultures besides the Chinese have recognized and dissected energy channels, developing their own glossaries and systems. Modern science is now using thermal, electromagnetic, and radioactive materials to prove the existence and explain the functions of these subtle channels. We might not see these channels when we cut into bodily tissue, but they assure its health. In Part IV, we will look at the meridian system and the theories behind it.

Our forebears also observed *subtle energy bodies*, organs that convert fast-moving energy into slow-moving energy. There are dozens of such energy bodies; the best-known are called *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. The Mayan, Cherokee, and Incan systems join with that of the Hindu, the latter people usually being recognized as the creators of the energy body system. We will examine various chakra-based systems, traditional and contemporary, from several cultures, in addition to the ancient Jewish Kabbalah system, which poses distinct energy bodies. We will highlight the science of chakraology and examine the practices integral to these various subtle body systems, such as the rising of the kundalini, and a number of different healing systems dependent on energy bodywork.

WHY WORK WITH SUBTLE STRUCTURES?

Research cited throughout this book shows that subtle energies and structures actually create physical reality. By examining the fields, channels, and bodies of the subtle anatomy, you can potentially diagnose problems before they occur—or diagnose them accurately and holistically if symptoms are already present. Employing energetic diagnostics does not limit a practitioner or clinic to the subtle energy realm; modern medicine employs energetic protocol for both diagnosis and healing. Yet, detecting a problem in the subtle planes also invites holistic problem-solving. If you can fix a problem in the subtle structures, the subtle system can then share this solution throughout the entirety of the

body—subtle and physical. Humankind throughout the ages has known these ideas; it is time to take advantage of them.

A PRIMER ON ENERGY

This section explains some of the basic concepts of energy in both the classical and quantum physics systems and provides a framework for discussions throughout the book.

THE FUNDAMENTALS: PARTICLES AND WAVES

Particle theory explains that all matter is made of many small particles that are always moving. There are particles in solids, liquids, and gases, and all of them continually vibrate, in varying directions, speeds, and intensities.¹⁷ Particles can only interact with matter by transferring energy.

Waves are the counterpart to particles. There are three ways to regard waves:

- A disturbance in a medium through which energy is transferred from one particle within the medium to another, without making a change in the medium.
- A picture of this disturbance over time.
- A single cycle representing this disturbance.

Waves have a constructive influence on matter when they superimpose or interact by creating other waves. They have a destructive influence when reflected waves cancel each other out.

Scientists used to believe that particles were different from waves, but this is not always true, as you will see in the definition of wave-particle duality in this section.

Waves, or particles operating in wave mode, *oscillate*, or swing between two points in a rhythmic motion. These oscillations create fields, which can in turn create more fields. For instance, oscillating charged electrons form an *electrical field*, which generates a *magnetic field*, which in turn creates an *electrical field*.

Superposition in relation to waves means that a field can create effects in other objects, and in turn be affected itself. Imagine that a field stimulates oscillations in an atom. In turn, this atom makes its own waves and fields. This new movement can force a change in the wave that started it all. This principle allows us to combine waves; the result is the superposition. We can also subtract waves from each other. Energy healing often involves the conscious or inadvertent addition or subtraction of

waves. In addition, this principle helps explain the influence of music, which often involves combining two or more frequencies to form a chord or another harmonic.

A *harmonic* is an important concept in healing, as each person operates at a unique harmonic or set of frequencies. A harmonic is defined as an integer multiple of a fundamental frequency. This means that a fundamental tone generates higher-frequency tones called overtones. These shorter, faster waves oscillate between two ends of a string or air column. As these reflected waves interact, the frequencies of wavelengths that do not divide into even proportions are suppressed, and the remaining vibrations are called the harmonics. Energy healing is often a matter of suppressing the “bad tones” and lifting the “good tones.”

But *all* healing starts with oscillation, which is the basis of frequency. *Frequency* is the periodic speed at which something vibrates. It is measured in hertz (Hz), or cycles per second. *Vibration* occurs when something is moving back and

A MODEL OF SUBTLE ENERGY

STANFORD PROFESSOR Dr. William Tiller is a well-respected researcher, physicist, and expert on subtle energy. The model of subtle energy described here and its relationship to physical energies is based on several of his papers and books.¹⁸

Dr. Tiller says that we might not be able to measure subtle energies through physical means, but we can detect some of their signals. This is because, as they change one type of energy into another, they create a transducer signal at the magnetic vector. They also generate electric and magnetic signals that have observable effects.

Tiller’s research has led him to state the following about subtle energies:

- They are manifested by people, as revealed in experiments that show subtle energies can increase electron sizes and numbers.
- A person can direct the flow of this energy through intention.
- This mind-electron interaction is effective even over great distances.

Subtle energies follow a different set of laws than do physical energies, and radiate their energy with unique characteristics. There is not just one type of subtle energy, however. Tiller postulates 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 energy enters the next domain, it adapts—but also instructs. The laws differ on each of these levels because the energy gets denser.

Tiller’s levels of subtle reality range from the most to the least dense:

- Physical
- Etheric (also called bioplasmic, prephysical, or energy body)
- Astral