

# The Science of Energy Healing - An Overview



## What is Energy Healing?

An energy practitioner typically accesses a kind of Universal Life Force Energy and channels that energy into a client using various techniques based on numerous traditions & teachings. The energy is then used where it's needed most, whether it be a physical, emotional, or spiritual healing, by creating conditions within the body so that the body can heal itself. The practitioner is merely a conduit for the energy flow.

## Health Benefits

The health benefits of energy healing are innumerable & may include:

Stress and Anxiety Reduction

Better Emotional Control

Reduced/Extinguished Pain

Ease of Physical Symptoms

Improved Spiritual, Emotional, and/or Mental Health



## We are all just energy...

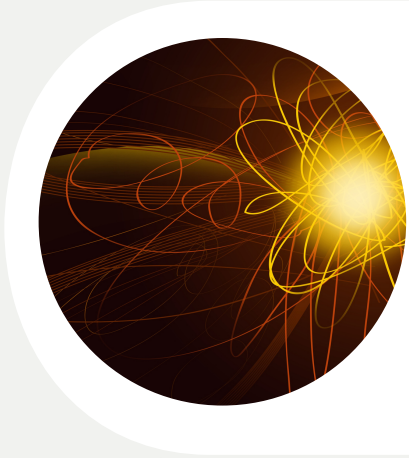
Transition from Body to Organ to Cell to Molecule to Atom to... When it all boils down, we are nothing but a conglomeration of positive and negative electrical charges oscillating with a magnetic field.

Repulsion between EM forces is what makes us think we have physicality, but in reality, we are nothing but a little bit of energy contained within a lot of empty space (or "quantum foam"). If you removed that space, all of our mass would fit into a teaspoon! Since we are nothing but energy, we can achieve healing by manipulating our energy (EM) fields - hence, Energy Healing! Studies also show that these effects are not localized, meaning distance healing is just as effective as in-person sessions.

# Biology

EH works biologically by various mechanisms that may include:

- Epigenetics
- Hormone Regulation
- Increased Levels of Telomerase
- Better Neural Connections
- Increased Heart-Rate Variability
- Improved Heart State Coherence
- Activation of Mirror Neuron System
- Vagus Nerve Activation
- Parasympathetic Nervous System Activation



Physics can be used to describe how forms of vibrational energy interact. Such physical phenomena that contribute to energy healing include:

- Wave-particle Duality
- Constructive/Destructive Wave Interference ("resonance", "coherence", "good/bad energy", "vibrations")

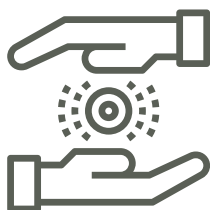
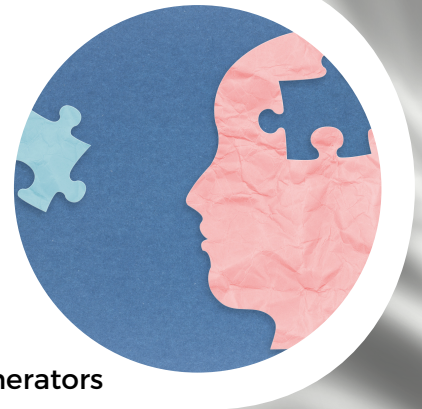
# Physics

- Quantum Entanglement and other Quantum Effects (e.g, Observer Effect)
- Biological Electromagnetic Field ("biofield", "aura")
- Holographic Universe Concept

# Psychology

Psychology controls our biology more than you probably realize. A part of energy healing can be attributed to psychological effects such as:

- Epigenetics from Stress & Anxiety
- Placebo/Nocebo effect
- Expectation/Positive Consultation
- Visualization
- Mind-Body Connection
- Emotional Well-Being
- Emotional Contagion
- Brainwave Coherence
- Conscious Effects on Random Number Generators



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