

EVIDENCE & INSIGHT COMPENDIUM



Pillar 1: Everything is Energy

*Holistic, Scientific, Metaphysical, and
Consciousness-Based Support*

SCIENTIFIC FOUNDATIONS

1. Heart's Electromagnetic Field

- The human heart generates a measurable field extending up to 3 feet from the body. Emotional states directly affect its coherence. (McCraty et al., 2004, HeartMath Institute)

2. Brain as a Frequency Processor

- Brain waves (delta, theta, alpha, beta, gamma) correspond to energetic states of consciousness. Breath, sound, and intention modulate these waves. (Basar, 2012, International Journal of Psychophysiology)

3. Quantum Biofield Models

- The body emits low-level electromagnetic fields (biophotons) that may be involved in communication, coherence, and healing. (Fritz-Albert Popp, 2003; Rubik, 2011)

CONSCIOUSNESS & METAPHYSICAL MODELS

1. Vedic Energy Body (Pranamaya Kosha)

– Ancient Indian models describe five layers of the human system, with prana (life force) as the subtle matrix connecting body and mind.

2. Taoist Energy Channels

– Qi moves through meridians in spiraling currents. Emotions block or open flow.

Practices like Qigong or acupressure restore circulation.

3. Quantum-Coherence Fields (Laszlo's Akashic Field)

– Information and intention may be stored in energetic fields beyond the brain, guiding healing and resonance.

(*Laszlo, 2004, Science and the Akashic Field)

EVIDENCE-BASED PRACTICES THAT SHIFT ENERGY

- Breathwork: Alters brainwave states, vagal tone, and energetic perception
- (Zaccaro et al., 2018, Frontiers in Human Neuroscience)
- Sound Healing: Entrainment through vibration (e.g., 528 Hz) promotes coherence and emotional release
- (Goldsby et al., 2017, J of Evidence-Based Integrative Medicine)
- Somatic Movement: Shaking, swaying, dance restore energy circulation and vagus nerve regulation
- (*Van der Kolk, 2014, The Body Keeps the Score)