

The Science Behind Holistic Healing Dec 2, 2025

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Nazoorah Nusrat is a holistic life coach, mind-body practitioner, and founder of Clarity Coaching Energy. Through NLP, somatic healing practices, and heart-led alchemy, she helps people reconnect to their souls, release limiting beliefs, and heal from burnout, trauma, and toxic relationships.



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**What if the moment your nervous system begins to heal, your entire energy field reorganises, creating clarity, intuition, stronger boundaries, and an unmistakable sense of inner power? Modern research now supports what holistic practitioners have long observed. When the body returns to coherence, the energy field activates. In this article, holistic life coach Nazoorah Nusrat explores the science, the signs, and the modalities that awaken this powerful transformation.**



## The biofield

In today's fast-paced and overstimulated world, people often live in a constant state of emotional overload and nervous system strain without even realising it. Long-term stress reshapes the brain, tightens the body, fragments emotional processing, and pulls people away from their natural clarity and confidence.

Yet something remarkable happens when healing begins. As the nervous system softens and reorganises itself, the body's energy field, what many traditions call the biofield, begins to activate. This is not a mystical idea or poetic metaphor. It is a scientifically recognised process supported by research in physiology, integrative medicine, polyvagal theory, and vibrational science.

When the biofield becomes coherent again, people experience deeper intuition, clearer boundaries, emotional steadiness, and a renewed sense of identity. In other words, they feel like themselves again, but more aligned, more aware, and more empowered than before.

This article explores the science of the biofield, how holistic modalities support this activation, and how to recognise the unmistakable signs that your own energy field is coming online.

## **A scientific and holistic perspective**

The concept of an energy field surrounding and interacting with the human body is increasingly recognised in modern research. According to the National Institutes of Health, the biofield is a measurable system of electrical, magnetic, and subtle energies that reflect and influence physical, emotional, and cognitive function.

Institutions such as UCLA's Center for East West Medicine and the HeartMath Institute have demonstrated that the human field responds directly to emotional states, breath patterns, heart rhythm, and neural activity. When a person lives in a state of chronic stress or emotional suppression, this field becomes disorganised, contracted, or weakened.

Polyvagal theory provides a complementary explanation. When the nervous system senses threat, it shifts into survival modes such as fight, flight, freeze, or fawn. These physiological and emotional states impact breathing, posture, hormonal balance, and perception, all of which shape the biofield.

As a person begins to heal, the nervous system moves out of survival mode, and the energy field naturally expands, stabilises, and becomes more coherent. This coherence is experienced as clarity, groundedness, and a renewed ability to navigate life with confidence.

## **How to recognise when your energy field has activated**

An activated energy field is not an abstract concept. It can be felt, observed, and recognised through several key indicators.

Many people notice that their intuition becomes sharper and more immediate. Decisions that once felt overwhelming suddenly become clear because the internal noise has quietened. There is less second-guessing, and the gut feeling becomes stronger and more reliable.

Another sign is the effortless strengthening of boundaries. Instead of forcing yourself to say no or rehearsing conversations in your mind, you naturally stop engaging with dynamics that drain you. You become less reactive to others' emotions and more anchored in your own centre.

Emotional neutrality is another hallmark. Situations that once triggered spirals of stress or rumination lose their hold, not because you suppress your feelings, but because your system no longer perceives them as threats. There is an internal spaciousness, a sense that you can respond without being pulled off balance.

Synchronicities often increase as well. Opportunities, people, conversations, and ideas appear with surprising timing, not due to magic, but because your internal clarity shapes your behaviour, perception, and resonance. You begin to attract what aligns with your newly coherent state.

The body mirrors this coherence. Breath deepens, muscle tension decreases, sleep improves, and you feel more grounded in your physical form. Many describe it as finally having more space inside themselves.

Ultimately, one of the most powerful signs of activation is a shift in identity. You no longer fit into old patterns or versions of yourself. You instinctively move toward what feels aligned and step back from what does not. Your energy field is not only active, it is guiding the next chapter of your life.

## **Holistic modalities that support energy field activation**

Energy field activation is a multidimensional process involving physiology, psychology, and consciousness. Several holistic modalities support this transformation by regulating the nervous system, releasing stored tension, and improving energetic coherence.

### **Sound therapy**

A well-researched modality known for its ability to shift the brain into slower, restorative states. Studies show that certain frequencies can reduce sympathetic activation, soften emotional tension, and help reorganise neural patterns. Vibrational therapies create resonance in the body that supports coherence in the biofield.

### **Reflexology**

This plays a significant role in balancing the nervous system. By stimulating nerve endings and meridian pathways in the feet, reflexology can reduce cortisol, improve vagal tone, regulate sleep, and calm the emotional centres of the brain. As the physical tension stored in the feet and lower body releases, the energy field becomes more grounded and stable.

### **Chinese acupuncture**

This has strong scientific evidence supporting its impact on the parasympathetic nervous system. Research from Harvard and Johns Hopkins shows that acupuncture can reduce stress hormones, increase endorphins, improve emotional stability, and restore the flow of Qi, the energetic counterpart to physiological function. When energy pathways unblock, the biofield naturally expands.

## **Nervous system regulation practices**

Breathwork, somatic grounding, mindfulness, and cognitive reframing all form the foundation of energy activation. These practices shift the body out of survival mode, recalibrate emotional responses, and help integrate stored tension. As the nervous system becomes more balanced, internal coherence increases, and the energy field aligns accordingly.

Together, these modalities help individuals return to their innate state of clarity, steadiness, and embodied self-awareness.

## **Why energy activation matters now**

Energy activation is not a luxury, it is a pathway back to mental clarity, emotional resilience, and personal power. When your energy field becomes coherent, you make choices from alignment rather than fear, you attract relationships that reflect your worth, and you move through life with greater presence, purpose, and confidence.

This process is not mystical. It is the natural result of physiological regulation, emotional integration, and energetic clarity working together.

## **Why clarity caching energy embodies this work at its core**

The name Clarity Coaching Energy is not just a title. It is a philosophy, a methodology, and the foundation of how transformation happens. It represents the three essential pillars of change.

Clarity speaks to the mind, the ability to see yourself clearly, understand your patterns, release outdated identities, and reclaim inner direction. When the fog lifts, you move from confusion into conscious choice.

Coaching represents the process. It is the space where integration happens, a collaborative and grounded approach that blends mindset, behaviour, emotion, and nervous system work. It is the bridge between knowing who you are and becoming who you are meant to be.

Energy represents the field. It is the subtle yet powerful system that influences intuition, boundaries, relationships, and self-worth. When your energy field activates, the way you experience life transforms, not through force, but through alignment.

Together, these three elements create a holistic pathway that works with the whole person, the psychological, the physiological, the emotional, and the energetic.

## **Why clients choose to work with me**

Clients work with me because I support transformation that goes far beyond mindset alone. My approach helps people rebuild themselves on every level, mentally, emotionally, physically, and energetically. I create a grounded and compassionate space where clients can safely unravel old patterns, regulate their nervous system, access deeper clarity, and activate the energy field that has been suppressed by years of stress or survival mode.

People come to me when they are ready to feel more grounded in their body, break long-standing emotional patterns, rebuild identity and self-trust, reconnect with intuition and purpose, and create a life aligned with their values rather than their wounds. They seek a holistically informed process that blends science, somatics, psychology, and energetics, giving them a multidimensional pathway back to themselves.

If you are ready to activate your energy field and step into a more aligned and empowered chapter of your life, I would be honoured to support you.

## **How you can work with me**

I help individuals activate their energy field and reconnect with deeper clarity and confidence through a blend of holistic coaching, nervous system regulation, CBT, NLP, somatic awareness, emotional integration, reflexology, and energy alignment practices.

Explore sessions, offerings, and resources [here](#).

Read more articles and blogs [here](#).

If you're ready to return to coherence, strengthen your inner field, and step into empowered self-leadership, you can enquire or book directly through my website.

Follow me on [Facebook](#), [Instagram](#), and [LinkedIn](#) for more info!

Read more from [Nazoorah Nusrat](#)

### **Nazoorah Nusrat, Holistic Life Coach**

Nazoorah Nusrat is the founder of Clarity Coaching Energy. With over 20 years of experience in health and wellness, she supports people moving through grief, burnout, or identity shifts to reclaim their clarity, confidence, and inner calm. As a reflexologist as well, Nazoorah blends science, spirituality, and soul to help her clients reconnect to their truth. Having moved through and healed from narcissistic relationships and dynamics, Nazoorah is passionate about emotional alchemy, sacred leadership, and creating spaces where people feel seen, heard, and empowered.

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