

Foreword

If you want to know someone who, all his life hoped to find out everything about “energies”—physical, emotional, mental, spiritual—and how we can activate them for health, these chapters are for you. In addition, they are an autobiographical adventure story, for Norman Shealy almost always tested the energies *himself*. For instance, when we were investigating psychic surgeons in Manila and surrounding territory, he allowed himself to be a subject—something that Alyce and I didn’t want to experience. After all, if a so-called “spiritual healer” can insert a hand into your body and stroke your heart, as Neo did for Trinity when she was wounded by gunshot in *The Matrix Reloaded*, would you, as a medical investigator, allow yourself to be the “experimental subject” as well? Norman did—and the reason was, and still is, that he “personally” wanted to test everything that was said to be therapeutic—whenever he had a chance. Fortunately, certain “chances,” such as open-heart surgery, seldom come.

The first few chapters of this book will be news for non-medical people, but the chapters on acupuncture, electrotherapy, and forward will have “news” of the Edgar-Cayce type for everyone. After all, we are “empty creatures” in the physical sense, for all structures in us, physical/emotional/mental, are spiritual realities in a spectrum of densities. And the questions are: “Who are we—we who are encased in a fabric of energies?” And, “How can the multiple outside ‘energies’ of the Kosmos be used to keep the fabric healthy?”

Those are Norman’s questions, and his discoveries—and organization of knowledge—make fascinating reading. In succeeding years, he may change some of his theoretical positions, but even Columbus didn’t have every detail right the first time. But like Columbus’ descriptions of what he found and saw, this book is history in the making.

—Elmer Green, Ph.D., director emeritus, Voluntary Controls Program—

Menninger Clinic; What Is Energy Medicine?

Chapter 1

One needs to look no further than conventional medicine to find a variety of energy tools—EEG, EKG, X-Ray, Magnetic Resonance Imaging, Electromyography (electrical responses of muscles), and nerve conduction studies. Radiation therapy is one of the strongest uses of energy. In surgery we use electrical energy to cauterize blood vessels to stop bleeding. And of course the cardiac pacemaker is widely used, along with several other implanted electrical devices. All drugs, surgery, and nutrition are themselves applications of energy. Chiropractic and osteopathy have gained increasing acceptance in the last century. Technically, all therapy involves energy. However, in general, the approaches we call Energy Medicine are currently mostly considered alternative, complementary, or holistic. Some of them are gradually being introduced as part of Integrative Medicine. Of course, many of the Energy Medicine therapies are often used by ordinary people. Indeed, frequent studies over the past two decades show that a majority of people use one or more of the alternatives that we include in Energy Medicine.

B. Potential vs. Kinetic Energy

In one sense, everything that we know, see, think, feel, or do is energy. Energy can be considered either potential or kinetic. “Potential” energy is that which is stored and inert but has the potential for generating some manifested form of energy. For instance, wood has potential energy to provide heat directly, to heat water, or create

steam, etc. “Kinetic” energy is active energy, having expressed the energy actively, such as electricity; it’s the power to induce change or do work. In one sense, energy is considered to be either a particle or a wave, and even that is debatable as light moves both as particles (photons) and in waves.

In our common use of the term, we think of energy as force, vigor, power, action, or strength. Even our mental ability to use our will in making decisions is a use of energy. More scientific terms are thermal, gravitational, sound, light, elastic, electromagnetic, etc. A theorem by German mathematician Amalie Emmy Noether meshed with Einstein’s relativity to show that the conservation of energy is a consequence of the fact that laws of physics do not change over time; therefore, any form of energy can be transformed into another form, but the total amount of energy always remains the same. As difficult as it is to understand, energy can neither be created nor destroyed, so that the potential energy in coal or wood or gasoline, which is inert, can be converted to heat or, in a more complicated system, to electricity to produce lights or to run a motor vehicle—but no energy is lost and no new energy is created.

B. Energy in the World Around Us

The primary source of energy on the earth is solar energy, which is the foundation for all plant life. Plants, plus various minerals in soils, are the foundation for all animal life. Prior to 1945, all energy used as civilization advanced came from use of wood, coal, oil, water, and steam. Then nuclear energy literally exploded onto the scene. Unfortunately, common sense did not arrive at the same time. Over sixty years later, we still do not know how to dispose of nuclear waste safely!

Another source of energy is chemical energy, which can be put to a variety of uses. Examples of chemical energy are:

Batteries	Natural gas or propane
Charcoal	Gasoline
Coal	Gun Powder
Drugs	Natural Gas
Food	Oil

We observe energy in other forms/manifestations, too:

Electrical Energy: Electricity is used to run all of our electrical appliances, motors, lights, etc. We experience it in everyday life in static or “cling” energy, and, in our bodies, as *brain and nerve activity*.

Gravitational Energy: is put to work as hydro energy, which is produced by the falling of water from one level to another in the pull of gravity.

Kinetic Energy: is found in sound, wind, and motors of all kinds.

Magnetic Energy: Compasses spinning, planetary magnetic poles, magnets themselves, magnetic resonance imaging are all forms of magnetic energy.

Thermal Energy: can be found in heat, hot water, and steam.

Nuclear Energy: Nuclear fission, fusion, heavy water, radioisotopes (used for diagnosis and treatment), uranium, plutonium, etc.

Light: Light constitutes energy in all its forms, such as microwaves, solar light, ultraviolet light, x-rays, far infrared, radio waves, etc.

Spring Energy: A stretched rubber band, a wound-up spring toy, a stretched bungee cord; wound springs of many kinds have operated watches and clocks for centuries.

Subtle Energy: Life force, chi, ki, orgone energy, prana, spirit, or spiritual energy constitute the vast majority of tools used in alternative medicine—homeopathy, microwave resonance therapy, color therapy, crystal healing, shiatsu, spiritual healing, etc.

B. Energy and Modern Medicine

What we call modern medicine or conventional medicine has only developed primarily over the last sixty to seventy years. Prior to that, we had some surgical procedures, very few drugs, a few herbs, and a lot of dangerous or outmoded approaches such as bloodletting and leaches, etc. Admittedly, maggots have recently been resurrected to be used in cleaning up certain kinds of wounds, but to a large extent modern medicine has been essentially based upon chemistry with a little bit of simple physics thrown in, such as surgery and some manipulative approaches. And although everything in medicine involves energy of some kind, for the *purposes of this book and the general field of Energy Medicine, none of the conventional medical approaches of drugs, surgeries, etc., will be considered.*

With that said, it may surprise some readers to know that the federal government acknowledges a number of disciplines that employ energy medicine. Interestingly, the National Institutes of Health (NIH) has formally listed ten major Complementary and Alternative Medicine (CAM) approaches:

1. Nutrition and Life Style: diet, exercise, sleep and stress management

2. Mind/Body Medicine: including hypnosis and a wide variety of mind focused approaches such as meditation
3. Alternative systems of medical thought: Traditional Chinese Medicine (TCM), kampo, Tibetan medicine, and acupuncture
4. Yoga, ayurvedic medical systems, Native American, and Yoruba-based medicine
5. Alternative Systems of Medical Thought: homeopathy and flower essences
6. Bioenergetic Medicine: evaluating the intrinsic body energy to measure and treat disorders
7. Pharmacologic/Biologically Based: herbal medicine
8. Pharmacologic/Biologically Based: nutrition, dietary supplements, and vitamins
9. Manipulative Therapies: chiropractic, osteopathic
10. Manipulative Therapies: massage

To a greater or lesser extent, virtually all of these ten certainly would be considered

ancillary, complementary, and outside conventional medicine. However, they fall under the broadest rubric of Energy Medicine itself.

B. Galvanic Skin Response

The term Energy Medicine was coined in the 1980s by Dr. Elmer Green with the establishment of the International Society for the Study of Subtle Energy and Energy

Medicine (ISSSEE). Energy Medicine developed from the controversial use of galvanic skin response (GSR), the foundation for the lie detector test, which measures the electrical resistance of the skin. As early as 1951, Dr. J.E.H. Niboyet noted that acupuncture points in general have a slightly lower skin resistance compared to other points on the surface of the body.

Interestingly, of course, stress lowers the resistance of the skin quite significantly. For instance, some years ago one of my patients, Bev, who was suffering from chronic knee pain, had her pain totally controlled with the use of TENS or transcutaneous electrical nerve stimulation, a concept of electrical stimulation of the skin to control pain that I introduced in 1966. It is now used around the world, and rarely is there any skin irritation or reaction to the electrical current. However, when Bev's son set the local school on fire, her stress level became so high that she could not tolerate the TENS. It actually burned her skin. As soon as she recovered from her stress, the TENS worked beautifully again. On two later occasions, when her son was in legal trouble, she had the same response. To a greater or lesser extent, this relates to the ancient Rice Test, in which dry rice was placed into the mouth of a subject thought to be guilty. If the rice came out dry, that individual was considered guilty because he or she stopped salivating. All of this is part of the sympathetic nervous system's reaction to stress, which changes many physiological parameters but, of special interest here, the electrical resistance of the skin.

The electrical resistance of skin in a relaxed state can be measured as approximately 5,000 ohms. During stress, skin resistance goes *down*, allowing electricity to flow through skin more easily. Stress also leads to increased sweating as well as a

more rapid pulse, increase in blood pressure, and increased muscle activity in the intestines. In extreme cases, stress leads to panic, diarrhea, and even involuntary urination. The vast majority of reactions to stress (physical, chemical, emotional, and electromagnetic “excesses”) are the result of this increased sympathetic activity. Adrenalin, cortisol, blood sugar, and insulin are the primary chemical energetic responses to hyperactivity of the sympathetic system.

Actually, GSR is the foundation for a huge variety of devices that measure electrical resistance of the skin and are said by some individuals to be capable of diagnosing and treating almost all illnesses.

In 1952, Dr. Walter Schmidt found that resistance of acupuncture points increases when the associated organ was malfunctioning. In 1953, Dr. Reinhold Voll, a German physician, was the first to consolidate this information and develop a systematic approach for evaluating the body through skin resistance measurement. This led to something called EAV, or Electroacupuncture. According to Voll, in the last couple of decades, many variations of this technology have been introduced, including the Tenant Biomodulator, SCIO, Asyra, and others.

My own observations of the Voll approach led me to believe that it is exquisitely capricious. I have watched people who are using this technique and seen the pressure and angle of the probe applied to an acupuncture point markedly change the electrical resistance recorded. Despite that, electrodermal screening has become one of the most widely proposed, used, and promoted tools. As far as I can tell, there is only one scientific study on any of the EAV devices that are promoted at outrageous prices, such as \$12,000 or more. Those who promote this particular technology believe that the

equipment is totally without limits and not only tell you the status of each of the organs of the body but the presence of environmental irritants and viral and bacterial infections, allergies, yeast infections, heavy metal, chemical toxicity, digestive disorders, vitamin/mineral deficiencies, psychological and spiritual abnormalities, etc. I can find no *scientific evidence* whatsoever that any of these have been unequivocally proven, *except the Asyra* (see Chapter 9).

B. The Human Aura

Physicians who are open to psychically derived information consider the concept of subtle energies around living beings known as the “human aura.” Highly intuitive individuals are able to perceive the aura around the physical body, and it often manifests as shell-like layers or bodies. The first layer is termed the “etheric.” The Etheric Body is said to be in immediate contact with the physical body to sustain it and connect it with the higher bodies. Tradition holds that through this particular layer of energy around the body the soul and mind ultimately make contact with the physical body. The term “etheric” derives from writings of Theosophy founder Madame Helene Blavatsky and was significantly formalized by fellow theosophists C. W. Leadbeater and Annie Besant. I personally have always “seen” energy around people. It looks like heat waves coming off the body. It is bright white in individuals who appear to be highly spiritually evolved. It looks like a tornado in psychotics with flashes of black, yellow, and red.

Hindu mysticism describes seven major sheaths and subtle bodies around the physical body, much like energetic envelopes. Leadbeater and Besant explained this system in terms of higher and lower astral bodies and higher and lower mental bodies.

The second layer outside the body is the Astral or Emotional Body; the third is the Mental Body; the fourth is the Causal Body (abstract mind); and finally the Spiritual Body. Subtle energy manifests in all these bodies from the physical on out.

The American psychic, Edgar Cayce, considered the aura to be the energy surrounding a living being, essentially the electromagnetic radiation from the individual's physical and emotional energy. Perhaps Cayce's most famous statement is, "Mind is the builder." (2269-1) But he also said that an individual, "...builds or retards according to the choices of the ideals." (2326-1) Thus, the aura is the result of the whole physical/mental/spiritual being. According to Cayce, the aura reflects the character of the individual. Another way of looking at the individual is the relationship of the mind to the soul, but ultimately it is the relationship of the mind, body, and soul to our physical, mental, emotional, and spiritual health balance that influence the aura or energy bodies.

Talented intuitives who see the various and sundry colors in the energy surrounding the human body associate these colors with various mental thoughts or emotions. Emotions are actually physical feelings that result from mental beliefs. Thus, unusual colors and activity observed in the aura are interpreted as healthy or unhealthy. When I see what appears to be heat waves rising off the body; most of the time I see only a couple of inches of energy with some slight movement. Sometimes, however, it is very narrow and gray or dark and I associate that primarily with low life forces, depression, or focal disease. Occasionally I see splotches of black or brown, which I also associate with disease. Very rarely, I see lighter colors such as pink, violet, or green, and I cannot unequivocally determine what these mean.

B. The Seven Chakras

In addition to the energy layers around the entire body, of course, there are also other subtle energy factors, primarily the energy centers called *chakras* in Hinduism. Chakras are wheel-like energy vortices existing on the surface of the Etheric Body that connect, among other things, with particular areas of the physical body. These “force centers” are additionally associated with the energies of color and musical tones.

Although there is significant variation in the description of the chakras by some authors, I personally prefer those Caroline Myss and I have used over the past twenty-seven years. Caroline is the most accurate medical intuitive I know. She and I collaborated on a book, *The Creation of Health*, and we have conducted scores of workshops over the years. Her book *Sacred Contracts* discusses not only the chakras but their relation to many other aspects of life.

While Hinduism identifies many more than seven chakras, here is some basic information on the seven main chakras, from the base of the spine to the top of the head, with their corresponding colors and musical notes:

C. First Chakra: The Root

Color: Red

Note: C

Leadbetter and Besant associated the Root with the ovaries or the prostate, but I personally think of it as being primarily the legs right up through the hips. Caroline Myss associates the Root with one’s groundedness or connection to the earth, family, and nation.

C. Second Chakra: The Sacral

Color: Orange

Note: D

To me, the Sacral Chakra encompasses the area from the coccyx up to the naval and, therefore, would include the physical parts of the body, low back, pelvis, and lower abdomen. Caroline Myss considers the Sacral Chakra to be that involved with finances, security and sexuality. I have seen thousands of patients with low back pain, and virtually all of them have financial and sexual difficulties.

C. Third Chakra: The Solar Plexus

Color: Yellow

Note: E

Also its anatomical name, I associate the Third Chakra area from the naval up to the rib cage, with the majority of abdominal organs. Caroline's description of the Third Chakra includes one's relationship to self-esteem and responsibility either of self or of others. It is interesting that diabetes, one of the most common modern illnesses, is often associated with obesity and other issues of self-esteem.

C. Fourth Chakra: The Heart

Color: Green

Note: F

The Heart Chakra includes the thymus gland and actually the entire chest, breasts, heart, lungs, aorta, esophagus, and thymus, and is associated with love and forgiveness by virtually all experts in the field of subtle energy.

C. Fifth Chakra: The Throat

Color: Blue

Note: G

Though it is called the Throat Chakra, to me it includes everything from the nose down through the arms and hands and its primary function is an expression of will. We express our basic will by speaking, but also with use of our hands and arms. Once again, my clinical experience reveals that physical problems in this area are associated with over or under expression of needs, desires, and basic will.

C. Sixth Chakra: The Third Eye

Color: Blue/purple/indigo

Note: A

This chakra is sometimes associated with the pineal gland. To me, it includes the eyes, ears, and everything in the brain. It is the center of wisdom—or lack thereof! Thus all disorders of the brain and these related organs appear to result from issues of unwise choices.

C. Seventh Chakra: The Crown

Color: Violet

Note: B

The Crown Chakra is at the top of the head and is the connection with the Soul and God —our *connection* with Spirit and the Divine. Here, again, virtually all experts associate the Seventh Chakra with Soul, God, and the Divine.

It's interesting that the great physiologist, Irvin Korr, showed circles of complex energy activity in these areas in the nervous system. Thus, the First Chakra would essentially be the sciatic plexus; the Second Chakra the pelvic plexus; the Third Chakra the true solar plexus (even in anatomical terms); the Fourth Chakra the energy of the heart or cardiac plexus itself; the Fifth Chakra the energy of the entire cervical spine, thyroid, and plexus; and the Sixth Chakra the brain. Admittedly, there are significant differences in various descriptions of the physiological, anatomical, and glandular connections of each of these energy centers.

Clearly, a great deal of the work of Energy Medicine involves both the energy bodies around the body and the chakras. However, let us not forget that everything is energy. Ultimately, Energy Medicine must include all the physical, mental, psychological, spiritual, and energetic approaches to the evaluation of health and the treatment of disease.

B. Nutrition and Energy Medicine

- Obviously, many aspects of nutrition are a major part of Energy Medicine. There are certain nutrients, without which we cannot live healthily. These

include all of the B vitamins, at least the carotenoids of the vitamin A family, vitamin E, vitamin D3, a variety of minerals ranging from lithium to calcium to magnesium, boron and iodine, among others; and, of course, the essential amino acids: Arginine

- Isoleucine
- Histidine
- Leucine
- Methionine
- Lysine
- Phenylalanine
- Tryptophan
- Threonine
- Valine

This list should almost certainly include Taurine. A deficiency of any one of these can cause remarkable symptoms and even ultimately death.

I must admit that there is one particular nutritional approach that I consider perhaps the single most important of all energetic approaches. That is intravenous vitamin C. For over thirty years, I have used large doses of vitamin C, ranging from 50 to 125 grams of vitamin C in a mixture with magnesium chloride, calcium chloride, vitamin B₁₂, vitamin B₁, vitamin B₆, vitamin B complex, and dexpanthenol. Thirty years ago I treated one of the first cancer patients with this approach, giving him just ten of these intravenous maximum doses of vitamin C in the Myers Cocktail. A bladder cancer

the size of an orange disappeared within two weeks. I have done the same in people with excruciating pain from metastatic cancer. It may not turn them around if they are at the terminal stage, but at least they can be made comfortable by a steady drip of this solution, perhaps three bottles per day, with virtually complete relief of pain. At least they don't have to be completely sedated with narcotics and sedatives. I consider this an unequivocal major adjunct to any treatment of cancer.

B. All Body Systems Are Interrelated

The following chart of Fred Wooten's Thyroid Brain Model (used by permission), which "summarizes" the complex interactions of the body and brain/mind that show "everything influences everything." This is why conventional medicine is so inadequate to treat virtually everything *except* acute illness. Perhaps Sir William Osler was correct a hundred years ago when he suggested that one should look for *one* cause of any one illness. At that time our knowledge was limited. We now know that illness is the result of almost unlimited interactive factors, physical, mental, emotional, spiritual, chemical, and electromagnetic. It is the interaction of all these factors which determines health.

Wooten's chart is almost too complex to understand, even though it shows graphically how everything affects everything. Multiply this small chart by many thousands of chemical and electrical activities in the body reaction to millions of energetic influences from the world around us and you begin to see the fascinating world of Energy Medicine.

Now to begin your *experience* of Energy Medicine with personal energetic experiences. I am starting with a pair of wonderful exercises from two of the leaders in the field of Energy Medicine, Donna Eden and David Feinstein. These two exercises are great for releasing anger and for rebalancing the energy of your body. Note the concept of accumulating too much energy—you will see more of that when I discuss Wilhelm Reich and orgone energy. (This exercise is from Chapter 7 of *Energy Medicine: Balance Your Body's Energies for Optimum Health, Joy, and Vitality* by Donna Eden with David Feinstein, published by Penguin Putnam, Inc., New York, 1998. Used by permission of the publisher.)

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Spring/Anger: Expelling the Venom

When you are feeling angry or judgmental or want to find the righteous anger within you (time – 1 to 2 minutes):

1. Stand with your hands on your thighs, fingers spread, and take a deep breath.
2. With the exhalation, make a “Shhhhhhhhh” sound, as if telling someone to be quiet.
3. With a deep inhalation, swing your arms out to your sides, and complete the circle by bringing them high above your head.
4. Turn your hands around so your palms are facing you and make fists.
5. With a loud “Shhhhhhhhh” as you exhale, bring your fisted hands down swiftly, opening them as they drop near your thighs.

6. Bring to mind the source of your anger and make your movements quick and forceful. Repeat three times.
7. Feel your muscles and power unfolding as you slowly and deliberately pull down your arms.
8. Repeat until you feel the anger dissipate.

I will also offer you suggested contemplations about the contents of various chapters:

PERSONAL ENERGETIC INTROSPECTION:

Spend a few moments quietly contemplating these particular questions.

1. What do I personally feel, sense or believe about Energy?
2. Do I sense a difference in the energy of the sun, the planet, the earth?
3. How do I personally feel about the differences in energy between human beings and animals?
4. How do I feel about the difference between human beings and plants.
5. How do I personally feel about the difference between human beings and the inanimate objects?
6. What is the essence of life itself?

I will also use some poetic works that I think provide points for reflection.
Perhaps this first one expresses the huge field of Energy Medicine, so broad that many
find it difficult to chew!

MORE THAN YOU CAN CHEW

by Susan Cabrera

You've taken on more than you can chew.

Oh, this is great!

You've learned to take risks with something new.

Never too late!

You've taken on more than you can chew.

Oh, this is hard!

Dilemmas and chaos do ensue.

Gut feels like lard!

You've taken on more than you can chew.

Oh, this is bad!

You're totally stressed—too much to do.

You're always mad!

You've taken on more than you can chew.

Oh, this is great!

You've learned to let go of what can wait.

Never too late!

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