



# Energy Medicine







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## Practical Applications and Scientific Proof

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4th Dimension Press ■ Virginia Beach ■ Virginia





**Note to Readers:** It is essential that you consult a physician before trying any of the remedies and exercises contained in this book, and in no case should you try any of them without the full concurrence of your physician. It is also important that you do not discontinue the treatment and diet prescribed by your doctor.

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For at least the last sixty years, I have been blessed with a wide variety of teachers and friends who have sharpened my curiosity and knowledge. All of them have contributed to my interest in practical, safe, and effective approaches to health. In medical school, it was Dr. Talmage Peele and Dr. Eugene A. Stead, Jr. In surgery, it was Dr. Carl Moyer. Then, in 1972, the inspiration of Drs. Bill and Gladys McGarey led me to the A.R.E., where the Cayce readings, Dr. Lindsay Jacob, and Dr. Genevieve Haller broke open my consciousness to the broad fields of Holistic and Energy Medicine. And of course Dr. Elmer Green has been the greatest mentor and friend in the field of Energy Medicine for the past thirty-nine years.

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My gratitude to all!





## Foreword



**I**f 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; founder of Clinical Biofeedback; co-founder of International Society for the Study of Subtle Energy and Energy Medicine; author of *The Ozawkie Book of the Dead* and co-author of *Beyond Biofeedback*.





## Preface



**I**n this book, I am going to focus on the aspects of Energy Medicine that I personally consider most useful: the history of Energy Medicine; Edgar Cayce's Energy Medicine approaches; the karmic roots of disease; the psychospiritual roots of disease; the physiological roots of disease; anatomical roots of disease; homeopathy; acupuncture; electromagnetic approaches; body therapy; spiritual energetics; radionics and electr radionics; energy psychology; quantum physics in Energy Medicine; and sources for putting Energy Medicine to use in your life. Obviously, this alone is a tall order, which I hope to put in proper, *practical* perspective for those who wish to take advantage of the benefits of Energy Medicine. Perhaps the big question is, "When is energy medicine appropriate, and when is conventional medicine essential?"

In acute illness, it is very important to seek medical evaluation and recommendations from a competent physician. There are certain illnesses that *require* current conventional medicine. These include:

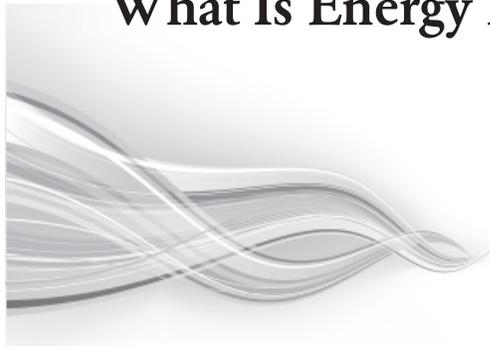
- significant fever
- acute infections
- Swelling, especially if accompanied by redness or pain
- fractures
- major trauma

- acute significant pain
- changes in consciousness
- paralysis or loss of sensation

When competent medical evaluation determines that there is no need for surgery or a lifesaving drug and, especially when the condition becomes chronic or when the medical therapy recommended is extremely toxic and poses great risks, I think patients then have a responsibility to evaluate and decide about the potential of Energy Medicine to provide comfort and healing. This decision *may* be the *most critical* of your life!

# 1

## What Is Energy Medicine?



**O**ne 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.

### **Potential vs. Kinetic Energy**

In one sense, everything that we know, see, think, feel, or do is en-

ergy. 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. “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, into electricity to produce lights or run a motor vehicle—but no energy is lost and no new energy is created.

## **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, and 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.

## 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 leeches. Admittedly, maggots have recently been reintroduced 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. 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.

## 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