

THE SCIENTIFIC BASIS OF ENERGY HEALING

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All is Energy

Everything in our universe is made of energy. It has been said that we humans are able to perceive only approximately 1% of all the energies that exist. We are able to perceive, through our five physical senses, a limited range of smells, sounds, sights, sensations, and tastes. All of these are perceived via energetic vibrations interacting with our physical sense organs, and thus relaying messages to the brain that we can relate to and understand, based on our understanding of the world in which we live. Thus, our reality is strictly based on our ability to perceive. And we are only able to perceive 1% of what exists!

Our current cultural paradigm is that something is only real if we can perceive it physically. Of course, we know that this is not true, but we have not allowed science to catch up to good sense and intuition. After all, how many of us can prove the existence of love, measure it, or define it? And yet, most of us have experienced it. We call it “chemistry”, for lack of a better understanding. But this would never hold up to scientific scrutiny. After all, what does “chemistry” mean? What kind of chemistry? What are the exact molecules of love? Can we reproduce or manufacture it? No, to all of the above, yet we know it and believe it because we have felt and experienced it.

It has been estimated by psychologists that on any given day, 99% of our thoughts are exactly the same as the day before. That means that we are stuck in reliving every day a life that seems not to change. Is it any wonder we are plagued by depression, fatigue, and addictions? Most of these thoughts are worry fear and doubt. Why? Why aren't we bombarded by happy positive miraculous thoughts?

We live in a sea of energy and we ourselves are made of subtle etheric energy. We aren't a body that has a soul. We are in fact soul, the densest portion of which is our physical body. Even our body is vibration. Each organ is made of cells, and each cell is made of molecules, which are made of atoms, which are made of protons, neutron, electrons, and other electromagnetic particles spinning in orbit. When we are healthy, we are in a harmonious vibration and the whole organism functions properly.

Because we humans have free will, the ability to choose our thoughts, words, and actions, we can use energy positively or negatively. Each of us is given the ability to create in the sea of energy in which we live, and how we do that determines not only our own life, but the state of humanity and the environment in which we live. We are born with energy, and we die with energy. Everything else in life is impermanent.

How many people feel vital, healthy, creative, and inspired and can't wait to get up in the morning? Not many. This is due to a blocked energy field. Working with this energy field is the basis for Vibrational Medicine, a large branch of Holistic Medicine.

Conventional Use of Energy Medicine

Though conventional medicine uses the fact that we are electromagnetic beings for diagnosis with tests such as MRI's, EKG's, Pet scans, CT scans, US, etc, it is used very infrequently for treatment. Tens units, therapeutic radiation to treat cancer, electromagnetic fields to stimulate fracture healing, and ultrasound treatment for pain are all examples of conventional use of energy for treatment.

Since everything in our universe is made of energy, and energy cannot be created or destroyed, only change form, it stands to reason that the physical form is a reflection of the underlying energetic nature. For example, if one takes an ice cube and wants to make water, chopping the ice into very small pieces still leaves ice. But if the ice is heated, meaning energy is added to the system, it will melt and turn to water. It is still H₂O, but because the rate of vibration has increased, the physical form has changed. Heat up the molecules so they are vibrating even faster, and you have vapor. We know that it has not disappeared, yet we can no longer perceive the ice cube. This is very powerful, because it means that if we can treat health and disease at the vibrational level, the physical form will respond to the change in energy.

Vibrational Medicine

Vibrational therapies that are used in Holistic Integrative Medicine include homeopathy, hands on energy healing, acupuncture, aromatherapy and essential oils, light color and sound therapy, music and art therapy, crystal and stone therapy, Qigong, tai chi and yoga, meditation and guided imagery, and prayer.

From Newton to Einstein

Medicine is lagging behind science. Science has evolved since Newtonian physics to Einsteinian physics and quantum theory. Our western medical view is still based on Newtonian physics. The Newtonian view is that the world is a giant machine, and that people are sophisticated biological machines. Quantum physics and experiments in high energy particle physics have shown us that, at the particle level. All matter is really energy. Einsteinian medicine puts the Newtonian picture of biomachinery into the perspective of dynamic interactive energy systems. This higher dimensional energy is predicted by Einstein's famous equation $E=mc^2$. The Einsteinian paradigm sees human beings as networks of complex energy fields that interface with physical/cellular systems. Vibrational medicine uses specialized forms of energy to positively affect those energetic systems that may be out of balance due to disease states. By rebalancing the energy fields that help to regulate cellular physiology, vibrational healers attempt to restore order from a higher level of human functioning. Pharmacologic and surgical approaches are incomplete because they ignore the vital forces which animate and breathe life into the biomachinery of living systems. When the lifeforce leaves the body at death, the physical mechanism is slowly degraded into a disorganized collection of chemicals. This is one of the unique principles that distinguishes living from nonliving systems and people from machines. This animating life force is energy. It is from these subtle energy levels that

health and illness originate. These energy systems are powerfully affected by our emotions and level of spiritual balance as well as by nutritional and environmental factors. Consciousness itself is a kind of energy, and participates in the continuous creation of either health or illness.

Evidence for Energy Fields

What evidence do we have for the existence of these energy fields? Kirlian photography is a type of photography that can photograph energy interference patterns. When a leaf is cut and photographed, the energy pattern will show the entire leaf. (Brain/Mind Bulletin, 1982) ¹ Thus, even though the physical form has changed, the energetic template remains whole. We humans also have an etheric energy template that carries information for the spatial organization of the fetus as well as a roadmap for cellular repair in the event of damage to the developing organism.

The etheric body is holographic, meaning that each part contains the information of the whole. This is mirrored by the fact that every cell in the human body contains the master DNA library on how to create the entire human being. The earliest evidence to support the existence of a holographic energy body was done by neuroanatomist Harold Burr at Yale University during the 1940's. (Burr, 1972) ² He studied energy fields around plants and animals and found that salamanders possessed an energy field roughly shaped like the adult animal, and this field contained an electrical axis which was aligned with the brain and spinal cord. He discovered that the electrical axis originated in the unfertilized egg. By injecting dye into the egg, he found that this axis became the axis of the adult brain and spinal cord. He also found that the electrical field around a seedling resembled the adult plant. This research was substantiated by Kirlian photography picturing the electrical corona. Burr and Kirlian found that diseases like cancer caused significant changes in the electromagnetic fields of living organisms. (Mallikarjun, 1978) ³ This research is consistent with the wave particle duality of subatomic particles, that electrons display behavior of both waves and particles simultaneously. $E=mc^2$ tells us that energy and matter are interchangeable. This means that it is not only possible to convert matter into energy, but it should be possible to convert energy into matter.

In the subatomic particle world, the atom is made up mostly of empty space, and the particles that fill this void are frozen packets of light. From the microcosmic level, all matter is frozen light. Nobel prize winning physicist David Bohm has described the "implicate order", where higher levels of order and information may be holographically enfolded in the fabric of space and matter/energy. (Briggs and Peat, 1984) ⁴ Thus, the very energy environment in which we live is connected and contains information. This model could explain remote viewing studies that were done at Stanford University by two laser and quantum physicists, Russel Targ and Harold Puthoff. (Targ and Puthoff, 1977) ⁵ People with psychic ability were put in a room, and able to describe in detail remote locations where an experimenter was at that very moment. This even worked with remote viewings of Jupiter, Mars and Mercury, which were validated years later by satellite pictures. All people who can focus and create coherent brain wave activity have the potential to tap into this energetically encoded information.

The Properties of Water as a Healing Medium

Water constitutes 99% of the molecules making up the human body. Little was known until recently about the subtle energy properties of water. Water is the medium that allows much of subtle energy healing. Studies on the effects of laying –on- of -hands were conducted in the 1960's. (Grad, 1979)⁶ Dr. Bernard Grad did much of this work at McGill University in Montreal. In order to see if healers had real energetic effects, Grad used plants and animals to separate out belief. He poisoned barley seeds with salt water and the healer treated water seeds had greater height and chlorophyll content. He got similar results when he treated the water with magnets, discovering that healers had a magnetic effect. Dr. John Zimmerman created a device that could measure increases in the magnetic field emanating from healer's hands during healing. (Brain/Mind bulletin, 1985)⁷ Grad also found that water held by severely depressed patients suppressed the growth of seedlings. Infrared spectroscopy showed a change in the hydrogen bond angle and a decrease in the surface tension of healer treated water. Magnet treated water showed similar changes. Thus it appears that water can be charged with and can store various types of subtle energy. This would explain a possible mechanism for healing in humans, whose molecules are largely water. Grad's work showed that the effects of belief could be separated from actual subtle energy events taking place between healer and patient.

Furthering the research on the subtle energetic properties of water was Japanese researcher Masaru Emoto. Dr. Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research show how we can positively impact the earth and our personal health. (Emoto, 2004)

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The Etheric Energy Template

We have discussed the idea of a holographic energy template associated with the physical body. The difference between physical matter and etheric matter is only a matter of frequency. It is an acknowledged principle within physics that energies of different frequencies can coexist within the same space without destructive interaction. Thus, the etheric energetic map is superimposed on the physical body, and guides cellular growth of the physical body. Supporting this model is the work of Dr. Robert O. Becker, an orthopedic surgeon in NY. Becker's original work dealt with a phenomenon known as the "current of injury". He accelerated healing of bone fractures by externally applied electromagnetic fields. Becker first discovered an electrical potential that can be measured across the stump of an amputated limb. He found in test animals that changes in the electrical potential were found on subsequent days of wound healing and repair. Since frogs and salamanders are an evolutionary stage apart, salamanders can re-grow whole new limbs from amputated stumps, whereas frogs cannot. He found that frogs

showed a positive electrical potential across the stump that drifted to zero as the stump healed. Salamanders, after an initial positive potential, showed a reverse in polarity to negative potential, which drifted to zero as they re-grew a new limb. When Becker artificially delivered a negative potential across a frog's healing stump, the frog grew an entirely new limb! (Becker, 1962, 1977)⁹

The etheric energy body connects to the physical body by channels of energy exchange that allow information to move from one system to another. One such system is the acupuncture meridian system. A nutritive energy known as chi passes through these meridians. Studies in Korea during the 1960's by Professor Kim Bong Han showed P32 injected into rabbit acupoints was taken up along a fine duct-like tubule system that followed the path of the classical acupuncture meridians. (S. Rose-Neil, 1967; W. Tiller, 1974)¹⁰ Other researchers repeated and confirmed these studies. Kim found a superficial and a deep system. The deep system was free-floating within the vascular and lymphatic vessels, entering and exiting the vessel walls. The anatomy suggests that meridians may have been formed earlier in embryogenesis and act as spatial guides for growth and development of newly forming blood and lymphatic circulatory networks. The superficial duct system is found along layers of the skin. All the ductules are interconnected and the terminal ductules reach the tissue cell nuclei. High concentrations of hormones and adrenaline were found in fluid extracted from the tubules at acupoints, suggesting some link between the meridian system and the endocrine glands.

After severing the liver meridian in a frog, Kim found the hepatocytes enlarged and their cytoplasm became turbid. Within three days, liver degeneration occurred. He also found within the embryonic chick, the meridian ducts were formed within fifteen hours of conception. This is consistent with Burr's finding of the formation of the electrical axis in the salamander egg. One can conclude that the spatial organization of growth from embryogenesis through adulthood is guided by a holographic energy field template known as the etheric body. The meridian system is a physical link between the etheric body and the developing physical body.

The meridian system also conducts subtle energies from the external environment to deeper organ structures. Various researchers have shown a twenty-fold drop in electrical resistance at the acupoints. (Tiller)¹¹ Rumanian physician Dr. Ion Dumitrescu found that changes in brightness of the acupuncture points precede changes of physical illness in the body by hours, days, and even weeks. (Dumitrescu and Kenyon, 1983)¹² The meridian changes reflect dysfunction that has already occurred at an etheric level. These changes filter down to the level of the physical via the acupuncture meridian system.

Human Energy Anatomy

Ancient Indian yogic texts describe energy centers, known as chakras. These are subtle energy vortices that take in higher energies and transmute them to a utilizable form within the human structure. (Gurudas)¹³ Chakras appear to involve the flow of higher energies via subtle energetic channels into the cellular structure of the physical body. This energy is translated into hormonal, physiologic, and ultimately cellular changes

throughout the body. Each major chakra is associated with a major nerve plexus and a major endocrine gland. The chakras are located in the etheric body and are connected to each other and to the physical-cellular structure via fine subtle energetic channels known as nadis. The nadis are different than the meridians which have a physical component.

The ability to activate and transmit energy through one's chakras is a reflection of an advanced level of consciousness and concentration. Dr. Hiroshi Motoyama of Japan took such subjects and created a device that could record electrostatic fields at the chakra being concentrated upon. These fields were significantly greater than controls.(Motoyama and Brown, 1978)¹⁴ These studies were duplicated. Dr. Valerie Hunt at UCLA utilized EMG electrodes to study energy variations in areas of skin corresponding to the positions of the chakras and found frequencies far higher than normal.(Brain/Mind Bulletin, 1978)¹⁵ Rosalyn Bruyere, a clairvoyant, could see changes occurring and her color changes correlated exactly to the frequency of the EMG electrode recordings.(Miller, 1983)¹⁶

The energetic bodies are like the octaves on a scale. There is a physical octave, an etheric octave, an astral, mental and causal octave. Each of these octaves is a step up in frequency, all superimposed over the physical frame. The astral body is the emotional body. The astral chakras provide a subtle energy connection whereby a person's emotional state can disturb or enhance health. Emotional imbalances may be due to neurochemical disturbances in brain activity as well as to abnormal patterns of energy flow within the astral body and its chakras.(Bailey)¹⁷

The mobile consciousness of the individual can move and interact with its environment via the astral body while the physical body is inactive or asleep. This is an explanation for the common phenomenon of near death experiences, where people experience themselves floating above their physical body.(Brain/Mind Bulletin, Moody, Ring)¹⁸ Experiments have shown that people who can project their consciousness out of the physical body into the astral body can be detected by their pets.(Morris 1973)¹⁹ They are also able to report back images viewed in a viewing box after projecting their astral body. Detectors were able to detect energetic disturbances correlating to the astral body's presence.(Puthoff and Targ 1974)²⁰

The Healing Realm of Negative Space Time

Until recently it was thought that matter could not accelerate beyond the speed of light. From a mathematical perspective, numbers greater than the speed of light would create a solution containing the square root of -1, which is considered an imaginary number. Mathematic pioneers such as Charles Muses consider the square root of -1 to be of a category of numbers referred to as hypernumbers.(Muses 1972)²¹ These equations mathematically describe the behavior of higher dimensional phenomena.

The physical realm is considered positive space time, where matter can exist only at velocities less than the speed of light. When one plugs in new mathematics, there exists a domain of negative space time where particles move faster than light. A number of

physicists have proposed the existence of a particle known as a tachyon, which would exist at speeds exceeding that of light velocity.(Am J Physics, 1974)²² Whereas positive space time matter is associated with the forces of electricity and electromagnetic radiation, negative space time matter is associated primarily with magnetism and a force described as magnetoelectric radiation.

Negative space time particles would have negative mass, and would demonstrate the property of negative entropy, a state of increasing order, opposite to the physical world. When a body dies, and the life force vacates the physical form, the body decomposes; a state of entropy, or disorder. The astral energy body demonstrates negative entropic properties. In addition to Grad's experiments on healer treated water, studies by Dr. Justa Smith have shown that healers can accelerate the kinetic activity of enzymes in a fashion similar to the effects of high intensity magnetic fields.(Smith 1972)²³ Even more amazing, whereas magnets would always increase the enzyme activity, the activity of the enzymes treated by healers would be in a direction that was toward greater overall health, sometimes speeding up and sometimes slowing down.

The energetic effects of healers fit criteria for negative space time; magnetoelectric and negatively entropic. This Tiller-Einstein model suggests that astral energies operate at speeds faster than light, and that emotionally charged thoughts have a life of their own. These thoughtforms can exist in the energetic fields of their creators. Energetic therapies can dislodge these unhealthy thoughtforms which, if left there, can translate to ill health in the physical body.

There have not yet been measurements of higher frequency than the astral. The mental body is the vehicle through which the self manifests and expresses the concrete intellect. Ideas exist on the mental level. The causal body is of higher frequency still, and this is known as the Higher Self. This is the area of abstract ideas and concepts, and is tied in to greater consciousness that connects all. Healing a person at the mental or causal level is stronger and produces longer lasting results than healing from either the astral or etheric levels.

The physical and etheric forms are intertwined, and when physical death occurs, the etheric form also dies and the energy returns to the free energy of the universe. The subtle energetic bodies beyond the etheric are non physical, and do not die. Experiences from each lifetime are processed at the astral and mental levels and integrated at the causal and higher spiritual levels which have permanence. With this model one can see that physical illness reflects disharmony in higher energy bodies, and a lesson for the soul to learn. The higher energetic bodies preserve accumulated knowledge of the soul. As we grow and learn, we are more able to tap into these higher levels of consciousness, and be more soul driven during our time on earth. The soul comes to earth to learn and to accomplish a task. If he doesn't do his work, though perhaps not consciously, he will raise a conflict between his soul and personality which reacts in the form of physical disorder.

The Human Biocrystalline Network

We have discussed two ways energy can enter the body, via the etheric body and meridian system, or via the chakras. There appears to be a third way as well, and this is via the skin through a series of crystalline biostructures in the human body. Scientists have begun to discover that special types of fluid crystals exist, known as liquid crystals. They possess properties of solid quartz, but are of organic origin. There is a subtle energetic network throughout the body that utilizes these biocrystalline structures. These work on sympathetic resonancy and are relay points for ethereal energies to penetrate the physical. This may be how vibrational remedies such as flower essences work.(Gurudas 1986)²⁴ If ultrasounds and microwaves can cause sickness, why couldn't other types of frequencies produce health?

The pineal gland, located in the brain, is one such crystalline structure. Physically, it is influenced by light cycles and has to do with the body's internal clock and sexual maturation. Esoterically, is it associated with the third eye, or psychic vision, and receives information from the soul and subtle bodies. From the pineal gland, information travels to the right brain in the form of dreams. This is then analyzed by the left brain and travels through the neurological system. Vibrational remedies activate this entire procedure. The right left brain interplay of dream consciousness versus waking consciousness represents an attempt by the soul to maintain a balanced and integrated expression of interplay between the Higher Self and the physical personality. When information from the soul and right brain is ignored, messages may be communicated by disorder and disease in the physical body.

The History of Energy Healing

Energy healing is sometimes called psychic healing or spiritual healing, depending on the level of work that is being done. We know that the human energy field is a unique receiver and transmitter of vibrational energies. There have been reports throughout history of human beings who are capable of healing by utilizing energies. This has had many names through the centuries including laying- on -of- hands, psychic healing, spiritual healing, and therapeutic touch.

There is evidence of laying-on-of-hands in ancient Egypt in Ebers Papyrus dated at 1552BC. The Greeks used Therapeutic Touch in their Asklepien healing temples. The Bible references Jesus laying-on-of-hands and saying, "These things that I do, so can ye do and more", implying that everyone could do this. In the early Christian church laying on of hands was combined with the sacramental use of holy water and oil. Laying- on -of hands was done by English Kings for seven centuries, and ended with the reign of the skeptical William IV. One of the earliest proponents of a magnetic vital force was the controversial physician Theophrastus Bombastus von Hohenheim, otherwise known as Paracelsus (1493-1541). After his death, the magnetic tradition was carried on by Robert Fludd, a physician and a mystic. He emphasized an invisible force that manifested in all living things that entered the body through the breath. He also emphasized the role of sun in health.(Debus 1965)²⁵ This is similar to the Indian concept of prana, the subtle

energy within sunlight which is assimilated through the process of breathing. In 1778 a radical healer named Franz Anton Mesmer claimed healing results using universal energy he called fluidum. He considered it to be of a magnetic nature and felt the palms of the hands were the most active points of energetic flow. He performed “magnetic passes”. Many observers felt that his results were due to suggestion, and the terms hypnosis and mesmerism became intertwined. In 1784 the King of France appointed a commission to test the presence of fluidum. They did not evaluate the results of his work, only stated that their tests could not detect the fluidum, thus his work was discredited. In 1831 the medical section of the academy of sciences accepted Mesmer’s viewpoint, but his work never achieved widespread recognition. Direct measurement of these energies is still difficult today.

Evidence for Energy Healing

In addition to Grad’s work with seedlings, he also experimented with animals. He induced goiters in mice with a goitrogenic diet and separated the mice into healer and non healer treated groups. The mice in the healer treated group had a significantly slower rate of goiter development. Also working with mice, Grad found a significantly faster rate of wound healing in the healer treated group.(Grad)²⁶ This study was replicated by other researchers. And, as you recall, the work of Dr. Justa Smith demonstrated the ability of healers to affect enzyme reactions. It was also found that UV damaged enzymes treated by healers could reintegrate to their normal structure and function.(J. Smith 1972)²⁷

Dr. Dolores Krieger, a nursing professor, was fascinated by Grad’s observations that plants watered with healer treated water showed an increase in chlorophyll.(Grad 1964)²⁸ Because chlorophyll is similar to human hemoglobin, she chose this as a biochemical indicator of healing energy influences in humans. Krieger found a significant increase in hemoglobin values in the healer treated group.(Krieger 1972, 1976)²⁹ This study was repeated. It has also been shown that cancer patients who have undergone laying -on -of hands healing have shown rises in hemoglobin levels. Krieger wanted to know if a healer had to be born with this gift or if it could be learned. She developed a curriculum for nursing students and called it Therapeutic Touch. She found that nurse healer treated groups of patients showed a statistically significant increase in hemoglobin.(Krieger 1975)³⁰ She concluded that Therapeutic Touch was a natural human potential which could be demonstrated by individuals who had a fairly healthy body as well as a strong intent to help or heal ill persons.

Therapeutic Touch has been shown beneficial for premature infants who show progress and weight gain, and in emergency rooms to calm drug overdose patients. Therapeutic, or hands-on-healing, has also proven effective for treating Hypertension (Miller 1982)³¹, Pain (JAltCompMed 1990)³², Headaches (Nurs Res 1986)³³, Mood and anxiety disorders (NursRes 1981, J Adv Nurs 1998, J Alt Comp Med 1999)³⁴, and osteoarthritis (JFamPrac 1998)³⁵. It has been shown to decrease cancer cell growth (Onetto 1968)³⁶, and promote wound healing (SubEnergies 1990)³⁷. There has been NIH funding to study therapeutic touch.

Magnetic vs. Spiritual Healing

There is another type of healing known as distant healing, where healing energies are transmitted over great distances separating patient and healer. Dr. Robert Miller studied the effects of rye seedling growth when the healer prayed at a specific time over 600 miles away. Strip recording showed an 840% increase in growth during the prayer time. (Miller 1972)³⁸ He also showed the ability of a distant healer by imagining her hands in a cloud chamber, to affect the mist in the chamber (Rindge 1977)³⁹. It is postulated that magnetic healing takes place at the level of the etheric and physical bodies. Spiritual healing occurs in negative space time, faster than the speed of light, and occurs at the higher levels of astral, mental and causal levels. With magnetic healing, it is possible to have a recurrence of symptoms if the cause of the disturbance lies in the higher energetic levels. The spiritual healer allows shifts at several levels and more likely addresses the root cause of the illness that is getting translated to the physical body.

Summary

The mechanism of the human bioenergy system creates a construct that explains Vibrational Medicine. Human beings are dynamic energy systems which reflect evolutionary patterns of soul growth. Our illnesses are often a symbolic reflection of our own internal states of emotional unrest, spiritual blockage and dis-ease. When disease occurs it is a sign that we are constricting the natural flow of creative consciousness and subtle life-energies through our multidimensional body mind spirit complexes. The area of constriction needs to be rebalanced if lasting health is to be achieved. As technology evolves, we will become more able to prove the existence of these subtle energies. Physicians must learn to develop their own intuitive abilities to work in the energetic realm. People must begin to take responsibility for their lifestyles and emotional and spiritual lives in order to have true health and fulfillment.

For centuries, adept Native American Dreamers and Seers have been aware of this Great energetic web connecting all matter, energy, space, and time. Physicists have called the elementary particles or the connecting energy between atoms gluons. The Southern Seers see these elementary particles as forming a web of energy connecting the seen and unseen worlds of our universe.

Remembering our oneness involves remembering how we are connected to the Great Mystery. In the tradition of the Southern Seers, we see the universe as the body of the Mystery, which is constantly evolving and changing. That is why we call it the Great Mystery: it cannot be limited or figured out. Everything is alive and is made of energy. Some parts also are attached to matter, having bodies or substance. Everything in our universe is a cell within the body of the Great Mystery, and all experiences of every human, plant, animal, stone, planetoid, planet, solar system, galaxy, and cosmos are recorded inside of this massive, omnipotent consciousness.

Being guardians of nature and communicating with all life on our planet is our precious birthright as Children of Earth. The realization that all matter is made from unseen atoms

and that all atoms contain energy is a scientific way of arriving at the same understanding: all things contain life force, so everything is alive. We have been taught to believe that inanimate objects such as rocks and mountains are not living things. When we begin to perceive energy, we know how wrong that lifeless concept is. There is nothing in our universe that does not contain energy. Emotion, thought, intent, and consciousness are some of the forms of energy present in human beings. These flows of energy are one way that we communicate with one another, and they also are the means by which we relate to all other life forms.

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