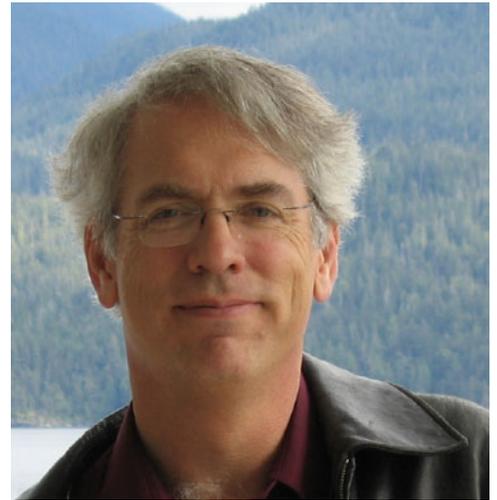


A Rocket Scientist in Healing Touch?

By David Barnett

During introductions in each of my Healing Touch classes, that is the standard rhetorical question and it is usually followed by laughter and raised eyebrows! Combine that with being one of the few guys in the class and it takes on an even stranger quality. This always leads into good-natured kidding from the instructor about “not having to be a rocket scientist to do Healing Touch.” There actually are a number of advantages coming from the physical science side and doing this work. We’ll talk about those further on.

My background includes bachelor’s degrees in electrical engineering and psychology and master’s degrees in bio-electrical sciences and computer science. Toss in a pilot’s license, being a scuba divemaster, working in aerospace for 27 years and seven patents in microspacecraft and you start to get the feeling that I’ve touched a few areas. The best part about this (besides obviously helping many universities’ budgets) is that somebody who tries to say there’s nothing to energy medicine cannot easily dismiss me because I can cite many theoretical and physical models for how it may work.



I seriously started pursuing Healing Touch following a very interesting chance meeting at my tenth high school reunion. An old friend, whom I hadn’t seen for awhile, approached me and talked about what he had been doing since graduation. He asked if I had followed my plans to become an engineer and I replied that I had. He started talking around a subject including the possibility of changing things remotely.

When I finally pinned him down, he said that he could affect electronic devices at a distance. What a match for me! We went to his house and he started demonstrating what he could do: stalling another car in traffic, changing traffic lights and hotel marquis signs, permanently lowering the electric meter rate on a house, and changing the output of the radio station where he worked. If we could think of it, he could affect it. To put it lightly...I was stunned.

When I returned home to Denver, I became seriously involved in reading, attending lectures and classes, going to meditation sessions, and generally exploring metaphysical concepts and phenomena. Along the way, I took the sequence of Therapeutic Touch classes (early 1980s) and started working with clients in a limited fashion.

This was fascinating work for me because I could perceive the energy fields physically and the experiences were validated with blind testing/evaluation on clients brought in by

continued on page 22

the instructor. In one class, I “knew” as soon as I saw the client that she had abdominal problems and during scanning, it came to me that her colon was diseased. She was suffering from diverticulitis. Wow! This stuff really works. I couldn’t wait to try it on more people.

Now, think about this...a card-carrying aerospace engineer in the 1980’s was not a great candidate to hang out an energy medicine shingle. So, I kept it to family and friends. But the story doesn’t end there.

In 2005, a lot of big spiritual things started firing up my life (again, no such thing as a coincidence). I attended a Sonia Choquette conference and was called on twice! I took the training to be a Psych-K practitioner (a fast and effective method for changing core beliefs in the subconscious). My refresher also included taking Healing Touch Level 1 in a holistic health program at a local college and then taking Levels 2 - 4 in 2006. It was like getting to know an old friend again and catching up on what had changed in the intervening years.

Those intervening years were also filled with much more reading and studying in the exotic world of quantum mechanics and its implications in the metaphysical realm. This provided the opportunity for much thoughtful exploration into energy work.

What could comprise a “field” around a person? What mechanisms exist for distance healing? What are my views on what energy levels and vibrational frequencies really imply?

Based on recommendations from the Level I class, I read *Hands of Light* by Barbara Brennan and *The Field* by Lynn McTaggart. These books, combined with my previous reading, provided a great foundation for speaking with those in the energy healing area and also with those who were new to the concepts. (When talk-

ing to hardcore engineers, I follow a different tack.)

For example, electrical engineers years ago began using some very high-speed semiconductor devices that rely on the “tunneling” effect. Tunneling comes from quantum mechanics and is based on the concept that an object (in this case, an electron) has a finite probability of suddenly showing up in a different place.

In the electronics device, this effect is enhanced. However, this also applies to an object of any mass. There is actually a small probability that you, the reader, will suddenly pop into my living room. Nothing prohibits this theoretically. With this knowledge, it gets a little harder to categorically deny energy medicine on the basis of not making sense.

Going further, when physicists follow the particle hierarchy downwards from molecules to atoms to protons and electrons, things get very strange around electrons and then especially the subatomic particles. You can’t “see” electrons and smaller particles because a light wave hits them like a Mac truck. Therefore, other experiments are created to locate them and observe their interactions.

This behavior becomes very strange where particles blink out and look like waves of energy and particles come and go like fish leaping out of the sea. This really starts to get at the heart of what we’re doing in Healing Touch when working with energies that are very hard for us to define and to see that these “waves” of energy extend without limit in what we think of as a physical universe.

Regardless of how it works, I see a tremendous future for alternative medicine and Healing Touch as the population continues to get older, drug prices and drug interaction problems continue to rise, and people become more drawn to a very personal approach to healing.

I find Healing Touch a great way to support others and help them progress through their health challenges. Is it a placebo effect? I don’t care – the field of psychoneuroim-

munology has provided clear indications of the stretch of the human brain in tying into chemical and nervous reactions throughout the body. Thinking does affect health.

People can choose the model that works in their belief structure and we'll continue helping clients when they show up. As I write this, I have completed arrangements to volunteer at a Denver psychiatric nursing home. I doubt if the residents who receive Healing Touch will care about the theory versus just having someone who is interested in them. I will keep you updated on how a new volunteer project progresses and the lessons learned. ☺

David's Bio:

Dave is an honest-to-goodness rocket scientist and still enjoys the surprise on people's faces in Healing Touch classes. He lives with his wife, Cindy, in Littleton, CO where they enjoy being first-time grandparents. Dave has been involved with alternative healing since the early 1980's (Therapeutic Touch) and has worked in many modalities. Most recently, Dave has become a Psych-K practitioner and finds that this is very complementary to Healing Touch. Dave recently completed Level 4 and is working towards Level 5 and certification.

Dave works with clients in both the Denver and Ft. Collins areas. He networks with several groups and is working on developing a free clinic within a local psychiatric nursing home. His expertise includes ongoing work in being a medical intuitive and extensive experience in distance healing using all modalities.

Dave continues with his work in aerospace consulting for the US Air Force and his previous employer, Lockheed Martin and he is also an adjunct professor in engineering and computer science at a local university. His other interests include creating bronze sculptures, wood turning and woodwork, and scuba diving. www.holisticbeliefs.com



American Holistic Nurses Association
2007 National Conference
Wheel of Life: Celebrating Transitions
June 7 -10, 2007
Tahoe City, CA



To register, visit
www.ahna.org
or call (800) 278-2462 Ext. 14