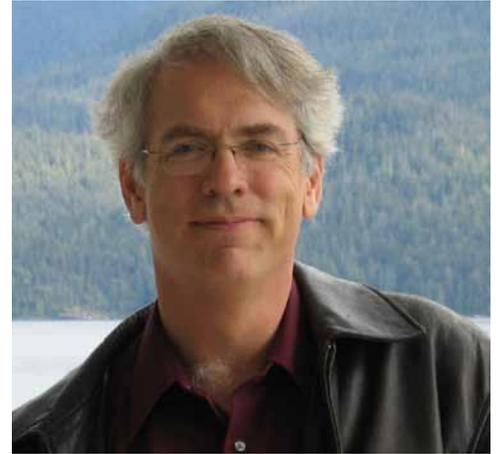


# Working with Energy Medicine Skeptics (part 2)



## ***“A Smorgasbord of Concepts to Help Explain Energy Principles”***

By David Barnett, BA, BS, MS

[Ed Note: This is the second part of a two-part series on how to explain Healing Touch to others whose backgrounds may include traditional western medicine, science, engineering and other disciplines that lead to a natural skepticism in this area.]

In the last issue, a detailed explanation was presented on the contrast between physical sciences and life sciences and how scientific concepts are shown to be supported. When considering a system such as Healing Touch, the wrong experimental method can lead to erroneous conclusions. Hopefully, we didn't lose too many readers! In this installment, the focus is on the following areas: sensitivity to the mindset of those who question the use of Healing Touch and its effectiveness, a variety of examples from various areas that show that it is possible to use a system even if it is not fully understood, and discussion of how to help others understand what we're doing.

People who are disinclined to credit Healing Touch with any level of effectiveness or use in health care may range from the hardcore skeptic to those who have a wait-and-see attitude. Although skeptic may seem a little harsh, they do exist

and some of them have aggressive towards energy medicine modalities. The following definitions of skeptic form the basis for the direction of this two-part series:

1. a person who questions the validity or authenticity of something purporting to be factual.
2. a person who maintains a doubting attitude, as toward values, plans, statements, or the character of others. (Dictionary.com, 2007)

In interactions with skeptics, you might not ever bring them around to your viewpoint regardless of evidence. It is helpful to note that there are several possible reasons for their reluctance to consider Healing Touch or related systems. These may include:

- For those not inclined, it looks like a religious practice and is unscientific
- For those sensitized to medical quackery, it gets lumped in

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- For those sensitized to paranormal claims, it gets lumped in
- Rigid adherence to the precepts in western medicine rules it out
- They have never heard of anything like it and therefore, tend to rule it out
- They may have tried a non-traditional system in the past and did not achieve significant results and therefore discount all systems

It is true that there are people out there who will never be accepting of Healing Touch or its principles. There are many out there whose first reaction may be one of doubt or disbelief but with open conversations about the process, may be led to reconsider their positions. In the following sections, I am providing material from many areas for consideration that point to the complexity of the physical world and details that force us to think outside of the box.

In recent years, science has continued to produce new data and facts at a highly accelerating rate. There are two ways to view this. The first is, “We know more about everything in the world than we’ve ever known before and therefore, anything that is unknown is suspect as pseudoscience.” A second view is, “The more we discover about the world, the more we realize how little we know at all levels and we can only guess at how much is left.” The first statement provides a comfortable feeling while the second statement provokes healthy excitement. Will science continue to expand our horizons about biological energy fields and lead us to understandings of working with these energies in a measurable, controlled fashion? I’m sure of it. Here are some examples in other areas that dealt with “invisible” energies:

- Isaac Newton - use of a prism that shows that white light is composed of all colors
- Discovery that ultraviolet light causes sunburn
- Luigi Galvani and the observation that electrical voltages cause muscles to twitch
- Alexander Graham Bell and the invention of the

telephone (skeptics kept trying to assert that he was using very fine tubing to carry the voice)

- Guglielmo Marconi and the first demonstration of radio signals
- Wilhelm Roentgen and X-rays (derided by Lord Kelvin of England)
- Marie Curie and radioactivity

In the majority of these areas, there were significant time lags from the observation of phenomena to the capability of measuring all factors and then controlling all factors. Medical science has a long and varied history of observing an effect, trying it, varying some of the parameters to determine a treatment range or regimen, and all of this frequently happening without a detailed understanding of the biological processes behind the effect. Aspirin alone has been regularly studied to determine how it works as our lab methods become more refined and detailed and our understanding of cellular biology expands. Think about how aspirin is viewed now as not only a pain reliever but in small dosages on a daily basis, has an effect on lowering the risk of heart attacks.

The following sections start providing food for thought on how we view the world, areas for more personal investigation, and topics for discussion with those who want to learn more about the energetic world and its open issues.

### **Beginning Examples That Help Lead To A Conceptual Understanding**

For lack of better terminology, the terms “energy” and “fields” are extensively used to describe phenomena in energy medicine. More concrete examples are helpful to understand these concepts. For example “fields” are used by sea creatures extensively. A number of fish have electrically sensitive nodes on their bodies that help them detect prey. Both sea water and fresh water are electrically conductive. These fish can detect other creatures under sand or mud so that they can root them out and eat. We have instru-

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mentation that can detect these subtle changes in voltage fields in water but we don't really have devices that could create any form of image of a concealed creature (at least in the way that the searching fish may use).

Dolphins use sound waves in water as a form of sonar to collect information around them (and also for communication). Tests have shown that their systems have enough discrimination to identify a fetus in a pregnant woman swimming with them. Whales use sound to communicate, to echo locate and even to stun prey. Bats use sound waves to identify their environment for prey and collision avoidance. They emit a high frequency click and evaluate the echoes. This was even demonstrated by a young man several years ago who is blind and is able to ride a bicycle around obstacles by emitting his own clicks and listening for the echoes. In all of these examples, the system is being used to identify a three dimension environment. Ultimately, in some fashion not well understood, the information coming in is used to construct an internal representation that can be used to interpret the outside world.

Some people have sensing capabilities that extend beyond what we would consider the normal range and therefore lead to mixed reactions. There is a classic World War II story of the development of ultraviolet lighting systems for aircraft carriers that would permit pilots with special goggles to land without giving away the position of the ship. One approaching pilot didn't have his goggles on and radioed the ship asking why they had standard lighting turned on. His visual capability extended partially into the UV frequencies beyond most others'.

Michael Faraday lived in the early 1800s and developed a fascination for electricity. He was a true pioneer in electromagnetic theory. I have visited a small museum in London that has on display the first electric motor ever invented. Faraday was not particularly astute mathematically, yet his discoveries in electromagnetism are breathtaking. How did he do it? Think back to your school years when you placed

a sheet of paper over a horseshoe magnet and then poured iron filings on top. You could see the magnetic field lines in well-behaved curves between the poles of the magnet. I finally found a reference several years ago that revealed what made Faraday so special. He was able to see the magnetic lines of force. When he worked with coils of wire and batteries, he could perceive the interactions. This talent is not mentioned in standard engineering texts!

The above examples suggest that there are sensing systems and variations that exist among living creatures. Even if the system can be explained in terms of the basic principles, it doesn't necessarily follow that we can comprehend what is being sensed and processed by the organism. In the following section, we'll start touching on those areas that may seem pretty far out but they are considered mainstream!

### **"We're Not In Kansas Anymore" Examples**

The following examples were selected to meet three requirements: (1) they are theoretically accepted and in many cases have been verified experimentally; (2) they are explained by using models, and (3) they are mind-stretching by being so far outside of what anyone would consider common sense.

As I mature, I become less and less patient with the use of a model as a full-functioned explanation for complex phenomena. Just as the word "banana" is conceptual and points to a banana but is not itself anything at all like the fruit. A math model of something physical provides predictive understanding but is not the thing itself. In electrical engineering, all practitioners make heavy reliance on Ohm's Law which relates voltage to the current through a resistance (thanks George!). What does that tell me about the actual mechanisms of electrons with their quantum charge jumping from the shell of one atom in a conductor to the next atom? Nothing. This kind of thinking is prevalent in many areas of engineering and the physical sciences where modeling is commonly used to

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describe something, make predictions about it and then test those predictions. But the model is not the thing!

Starting big, let's look at the universe. Something odd has been noted with those great images from the Hubble telescope and other new powerful ground-based observatories. Rotating galaxies aren't the right diameter based on their estimated mass and the speed of rotation. They aren't as big as they should be. In looking at the expanding universe (using the model of "the Big Bang"), it isn't behaving exactly right. New terms are arising in cosmology - dark energy and dark matter. They are called dark because we can't detect either one directly. We can only observe the effects. Dark matter and dark energy represent a significant portion of the mass of the universe (96% in the latest estimates!). Dark matter tends to pull things closer together. Dark energy tends to do the opposite of traditional gravity and force things apart. I doubt that our solar system won a lottery and was left out of having any of either around so we must be in it. Where is it? Even though it is currently undetectable by ordinary instruments, it keeps getting more and more experimental support through astronomical measurements. Maybe someday we'll have an instrument that can sense it.

As I sit here typing, I am not floating away so gravity must still be at work. Sir Isaac Newton did a great job in developing mathematical formulae that describe gravity and its effects on falling objects. Another pesky math model that works so well it is confused with the thing itself. Albert Einstein knocked this one out of the park with the General Theory of Relativity. Gravity is a perceived effect of the mass of objects (you, me, the earth, the sun) distorting the space-time geometry and therefore, pulling objects together. His model works great too! I guess I still have a hard time with something that is everywhere but according to Einstein, doesn't really exist. Gravity is indistinguishable from accelerating in an elevator or a rocket at the same rate. Einstein's theory does predict that gravity "waves" exist based on distant cosmological events but they have not been successfully detected yet despite years of testing.

At the other extreme, we have subatomic particles. An early prediction of quantum mechanics that has been validated countless times is the wave-particle duality. Depending on the experimental setup, a particle such as an electron or a photon takes on the nature of a wave or a particle. This leads to the intriguing concept that an observer is not independent of the experiment and the observer (human or instrument) interacts and affects the outcome. Consciousness starts showing up in a most interesting way! Since this is such a fascinating area that deserves further exploration, watch for a future article in this magazine that addresses these concepts (starting with quantum mechanics).

The next problem that led to battles between the quantum theorists and Einstein was a paired-particle problem. The basic idea is this - if two particles can be generated that are paired, i.e., they have matched but opposite spins and have "touched" each other, then if one is affected by measurement, the other must assume a state that balances the total momentum of the system. In simpler terms, if one particle is "nudged," then the other must react *instantaneously* to maintain the system. The "instantaneously" is the hard part - it occurs faster than the speed of light transmission between the two particles allows. Experiments in the past two decades have supported the quantum mechanics' view that there is a nonlocal (i.e. an action-at-a-distance effect that does not conform to traditional Newtonian physics' concepts) connection between the particles. This term is used frequently in discussing the possibility of many phenomena in metaphysics.

Slipping a little further down the continuum, many of you readers in your 50s or 60s still remember your first exposure to learning about the atom in which subatomic particles are drawn as dots arranged nicely in a little "solar system." However, a problem exists. In modern quantum mechanics, particles exist as probabilities and don't really "exist" until a measurement system is in place to determine their existence. These particles are in a constant state of flux

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between being particles and being energy. That leads to an obvious question: What is in the background? There is a sea of energy called the Zero Point Field that dwarfs the energy represented by matter. If this energy could be tapped in some way, a small volume such as a cubic foot could provide all of the electricity used in the United States for 232 years (that's a 2 followed by 32 zeros!)

Summarizing, the largest dimensions we can conceive of point to a background energy that we can only detect by indirect means. At the smallest end of the dimensional scale, we are also led to an energy that we can only detect by indirect means, and even then, our intent determines the form of what we are measuring.

### On A More Local Level

Carl Jung, a key figure in the early psychoanalytic movement and transpersonal psychology, is credited with the phrase "collective unconscious." In his original writings, he made it very clear that he was talking about common mental imagery and concepts that arose spontaneously in most cultures based on biology. He was probably constrained to the biological position due to his era and his scientific audience. However, it is very clear after reading his writings that he was interested in the paranormal and had seen and experienced many examples. In today's parlance, we readily use the term "collective unconscious" to describe the concept that there is a background field that in some way, ties us together and provides access to information (there are many differing views on the amount of information, its timeframe, etc.). *The collective unconscious is one conceptual framework we can use to help understand what is happening in Healing Touch sessions. The nonlocal fields mentioned previously may provide a tie-in to the quantum mechanics' views of how information may be transmitted in a way that we don't consider "physical" at this point.*

In Healing Touch, we use our hands and intentionality to detect and manipulate energy for another's highest good.

Some practitioners are gifted in viewing the energy fields. Again, this has been a stumbling block for those who are new to energy medicine and who question its validity. Sensitive digital cameras may start providing more help here. One researcher, Harry Oldfield ([www.electrocrystal.com](http://www.electrocrystal.com)) has developed what he calls polycontrast interference photography (PIP) to produce images of energy fields. Given the unconventional nature of what he is working with, it may be some time before there is mainstream acceptance of the validity and information content of his images.

Dr. Valerie Hunt is a well-known UCLA researcher who has performed extensive testing over the years (since the 1970s) on energy fields around test subjects and how they can be detected using sophisticated laboratory test equipment. She also has used aura readers to correlate her measurements to what they see. She is very enthusiastic about healing coming from re-energizing the field. Both Barbara Brennan and Rosalyn Bruyere, whose work is valued and taught in the Healing Touch Program, worked with Valerie Hunt on her seminal research. (Note: Dr. Hunt will be a keynote speaker at the California Healing Touch Regional Symposium on April 29th, 2007 in San Diego, California. (see [www.healingtouchcalifornia.com](http://www.healingtouchcalifornia.com) for more details)

One last final example and one you can try: In physics, it is standard theory that radiant heat (radiated infrared) can only be transmitted from a warmer surface to a cooler surface. Out in the sunlight, you are cooler than the sun and you are warmed. On a cloudless night, your surface temperature is warmer than the apparent temperature of the skies and you cool off partially by radiating heat to the skies. When working with a client, a frequent experience is to have the client say, "your hands are so warm." This makes sense. The practitioner is relaxed. But many times, if the hands casually touch bare skin on the client, the hands are cold to the touch. There is a physics problem here based on surface temperature and radiation. If that "warmth" isn't standard thermal energy, what is it?

As Healing Touch continues to move forward and more researchers look at phenomena that are beyond the standard physical explanations, we may find out. In the meantime, there is certainly nothing in the way of our using it to work with and help clients with health issues.

We live in exciting, dynamic times and even in the past 20 years, we have seen a shift in attitudes where approaches to integrative medicine such as Healing Touch are moving from the fringe to various levels of acceptance. We are also seeing many western medical practitioners becoming open to these ideas and showing a willingness to consider their use. More research is taking place in these areas from a variety of approaches ranging from basic concepts to used methodology and this should lead to more effective and more widely used implementation of Healing Touch.

I hope that the above material motivates some of you to dig into the concepts that underlie what this thing called energy is all about. Thanks for your patience on working your way through two fairly detailed articles...Congratulations for hanging in there! 🍷

*ED. NOTE: The author has agreed to take emailed questions related to his articles and answer them on a space-available basis in later issues. Please send your questions to [energy@healingtouchprogram.com](mailto:energy@healingtouchprogram.com) and put the word **SCIENCE QUESTION** in the subject line so it can be readily sorted.*

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### **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, woodwork, and scuba diving. [www.holisticbeliefs.com](http://www.holisticbeliefs.com)