

## The Science of Hands-On Healing

Modern research in the field of Quantum Physics is shedding light on how *Hands-On Healing* works. Frequencies and vibrations originating in the brain may hold the answer to this age-old question.

Brain Waves are vibrations that communicate to cellular receptors throughout the human body, which initiate all bodily actions. The Speed at which neurons (nerve cells) fire, are measured in cycles per second (Hz)

*Alpha* waves vibrate at 7-12 Hz and are associated with deep relaxation and cell regeneration (as occurring when we sleep).

A person “healing with intent” will typically exhibit alpha brain waves and healers’ brain waves synchronize with Healees’ to vibrate at same frequency- This effect is an example of **“Sympathetic Resonance”**

Other examples of “*sympathetic resonance* are, tuning forks communicating with each other to initiate the same pitch, strings on musical instruments resonating with each other, and soldiers marching in step.

Milton Trager, the originator of *Trager* bodywork termed this human tuning experience as “HOOK UP”

Many styles of hands-on therapy including *craniosacral*, *reiki*, *jin shin do*, and *zen-touch*<sup>TM</sup> utilize this practitioner/client connected energy field to initiate beneficial healing changes.

An interesting measurement of healers’ energy field shows that the bio-magnetic field produced by hands during healing is at least 1000 times greater than the usual bio-magnetic field when hands are in their regular non-healing state. The explanation may come from two other scientifically defined phenomena.

**Constructive Interference** is experienced when waves resonating in sympathetic resonance increase the *volume* or *Amplitude/Intensity* (not the frequency) of the original wave. (Soldiers in step have been known to initiate the collapse of bridges)

Also, the brains waves of people in a healing state display a similar frequency to that of the *Schuman Resonance*; the vibrational frequency of the electromagnetic fields(EMF's) surrounding the Earth.

It is hypothesized that this huge discrepancy in healers' biomagnetic field is due to the body's *constructive interference* with the infinite source of energy via *Schuman Resonance*.

***The next question is how does this added magnified energy communicate to the rest of the body to alter our health condition?***

Apparently, the brain is composed of millions of *crystals* (solids containing an internal pattern of atoms, molecules, or ions are regular, repeated, and geometrically arranged, have semi-conducting or piezoelectric properties and can be used as electronic components)

The answer at this point in scientific research, remains at the hypothesis level.

*“Brain signals may communicate this magnified source of energy to the body via:*

❖ **autonomic nervous system,**

❖ **magnetic response with iron in blood**

❖ **Nerves**

❖ **Proteins** which serve as semiconductors

❖ **Ionic current created by blood electrolytes** e.g.  $\text{Na}^+$  ,  $\text{Cl}^-$   
 $\text{H}^+$  ,  $\text{K}^+$  ,  $\text{HCO}_3^-$

(Substances that give ions when dissolved in water are called **electrolytes**. These solutions conduct electricity due to the mobility of the positive and negative ions, which are called **cations** and **anions** respectively.)

❖ **Fascia** (connective tissue and sheaths surrounding parts of the body such as the spinal cord)

❖ **Water**

❖ **Any or all of the above? Time will tell.**

*We know hands on healing works and it is inspiring to discover the scientific mechanism behind the forces of nature that traditional cultures have intuitively known about and been channeling for 1000's of years. So when times are tough, tune into the forces of nature emanating from mother earth that will get you vibrating back to balance and vital health*

**Hands –On Exercise:**

Hold your hands at chest level palms facing each other.

Breathe deeply slowly and calmly into your abdomen. Play with the distance between your hands until you feel tingles and a magnetic push/pull effect. Extend your hands to yourself or a partner over the front or back of the body or over both. As you scan the body's energy field, play with the distance between your palms and the body. Connect the places that seem to draw

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your hands in with one hand and those places that send you away with the other. Settle in at two places that seem natural to hold. Continue to breathe deeply, empty your mind and simply hold a space, an intention for your partner to balance her/his energy field.

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