The Art & Science of Transformational Change

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Demystifying the Biofield

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25TH INTERNATIONAL
ENERGY PSYCHOLOGY CONFERENCE

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Learning Objectives

1. Name one aspect of the biofield.
2. List three systems in the human vibrational matrix that interact with the biofield.
3. Identify two techniques to balance the biofield.

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Outline

1: Conceptual Framework
2: The Biofield in Ancient Traditions
3: The Biofield and the Human Vibrational Matrix
4: Balancing the Biofield

3

Conceptual Framework in Modern Medicine

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The Nature of Life Views: Democritus

Democritus, known in antiquity as the 'laughing philosopher' because of his emphasis on the value of 'cheerfulness,' was one of the two founders of ancient atomist theory.

(Atom – not to be cut)

Greek philosopher
400 BCE

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The Nature of Life Views: Aristotle

Aristotle held that life processes are autonomous, and organisms are integral wholes.

Greek philosopher
322 – 385 BCE

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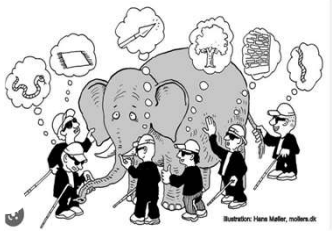
The Nature of Life: Today

These 2 viewpoints remain today.

1. The biochemical view of life which is represented by molecular reductionism.
2. A holistic view that embraces a field concept of life.



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Western Medical Paradigm Challenge

The dominant biomedical paradigm in Western culture is what can be called "molecular reductionism."

This is the belief that complex systems can be understood simply by identifying their components. It focuses on genes, proteins encoded by genes, and molecules synthesized by proteins.

Epigenetics challenges this paradigm.

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Western Medical Paradigm Challenge (cont.)

Epigenetics is the study of how a person's behaviors and environment can cause changes that affect the way their genes work.

Unlike genetic changes, epigenetic changes are reversible and do not change DNA sequence, but they can change how the person's body reads a DNA sequence.

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Biophotons

Biophotons are:

- particles of light in the ultraviolet and low visible light range that are produced in biological systems.
- a discovery by Russian scientist Alexander Gurwitsch (1923).

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Biophotons (cont.)

Biophotons are present not only in the physical body but also its surrounding biofield.

Their main function seems to be cell-to-cell communication, and they appear to create a coherent electromagnetic field throughout the body that uses electromagnetic frequencies for communication.

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Biophotons (cont.)

This field carries the information of every cell in the body, and it engages in bidirectional information transfer with people, plants, animals, and energies in our environment.

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Biophotons (cont.)

The biophoton hypothesis also provides a useful framework for understanding how our lives become a reflection of our energy fields. If there are a lot of chaotic waveforms in your field, you're going to be bringing that information into your interactions and likely attracting the same kind of waveforms.

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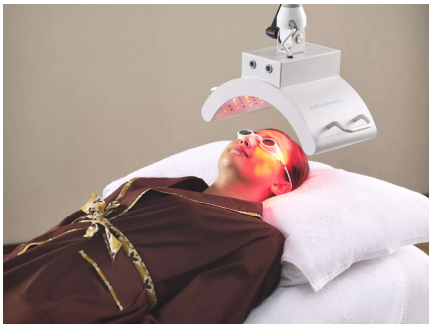
Biophotons (cont.)



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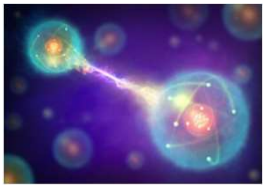
Biophotons (cont.)

Contemporary cell biology and biophysics provide evidence that internal electromagnetic and other types of fields play active roles in development, tissue repair, and an array of bodily processes.



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Energy Psychology/Medicine

The idea that living systems generate and respond to energy fields for physiological regulation suggests there is more than the western medical model.

- Spiritual Traditions
- Energy therapies

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Energy Psychology/Medicine (cont.)

Western biomedicine routinely examines electrical fields from the heart (via electrocardiogram [ECG]) and brain (via electroencephalogram [EEG]) as indicators of clinical pathology.

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Energy Psychology/Medicine (cont.)

Many complementary and integrative (CIH) therapies use variants of "laying-on-of-hands" and other minimally invasive procedures to improve endogenous energy flows.

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Biofield Definition

The term "biofield" was proposed in 1992 by an ad hoc committee of CAM practitioners and researchers convened by the newly established Office of Alternative Medicine (OAM) at the US National Institutes of Health (NIH).

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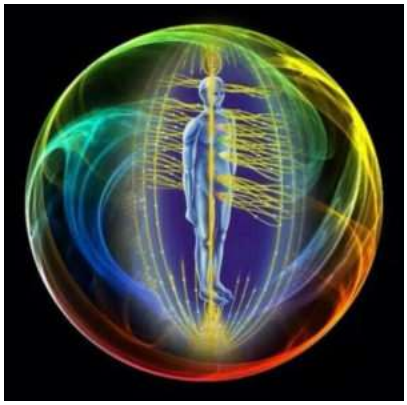

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Biofield Definition (cont.)

The **"biofield"** is a western term used to describe the aura – fields of energy and information that can help guide our health, among many other things.

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Biofield Definition (cont.)

The biofield is a field of energy and information that connects us and heals us. Biofields are a sensing, pulsing set of interrelated energy fields that surround us and become the blueprints for the mind and body.

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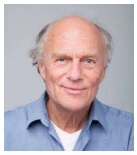
Biofield Definition (cont.)

Biophysicist Dietrich Klinghardt describes the biofield as a coherent field whose purpose is to carry information from all the body's cells and the memory of every event that the organism has been exposed to.



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Biofield Purpose

- It surrounds and permeates the physical body.
- It filters energies, blocking discordant energy and admitting harmonious energy, nourishing the body and connecting it to the environment.
- It channels harmonious energies into the body, connecting and nourishing the body to the environment.

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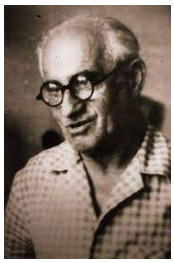
Semyon Kirlian

- The biofield can be detected with **Kirlian photography**
- Semyon Kirlian
  1898-1978
  Soviet teacher and journalist



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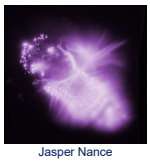
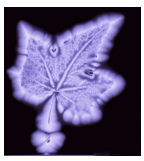
Kirlian Photography



Jasper Nance



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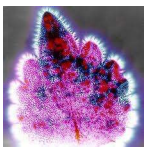

Mr. X

Mark D Roberts

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Harry Oldfield

- **Harry Oldfield**
  British scientist
- **Polycontrast Interference Photography**

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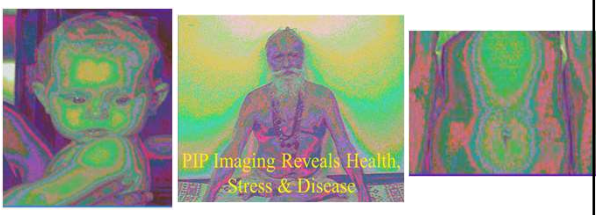
Polycontrast Interference Photography (PIP)



BALANCED

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Polycontrast Interference Photography (PIP) (cont.)

UNBALANCED

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The Biofield in Ancient Traditions

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Ancient Traditions and the Biofield

While Western medical science has yet to formally acknowledge the presence of the biofield, other cultures, especially ancient Vedic and Oriental cultures, describe it extensively and it is thought to be a vital component of the overall human system.

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Ancient Traditions and the Biofield (cont.)

In Traditional Chinese Medicine (TCM) and Ayurveda, consciousness is expressed as the elements.

Elements are a vibrational aspect of consciousness.

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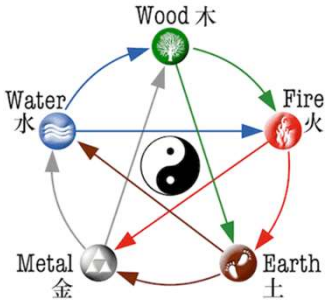
Traditional Chinese Medicine (TCM)



TCM
(ADDucation)

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Ayurvedic Medicine

Ayurveda

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Ayurveda Medicine (cont.)

Ancient descriptions of vital energy flow and its relation to consciousness date back thousands of years.

These include descriptions of the nadis (subtle energy channels) in the Upanishads from 6th century BCE – this is the biofield.

(Jain, Daubenmier, Rapgay, Muehsam, & Chopra, 2015)

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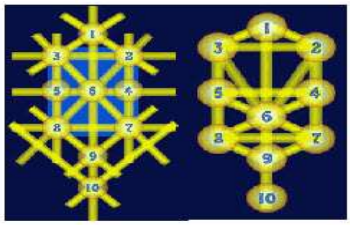
Dowsing and the Tree of Life

The Bed Pattern or Human Energy Pattern

The Tree of Life



Illustrations by Carolyn Ferris

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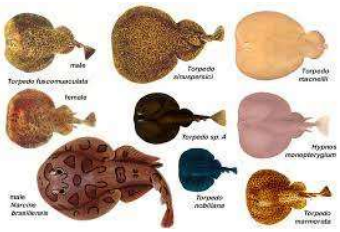
Egyptians, Greeks & Romans



Electric torpedo fish were used by ancient Egyptians for healing.

Electric fish were used for healing by the ancient Romans and Greeks.

(Kellaway, 1946)

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The Biofield and the Human Vibrational Matrix

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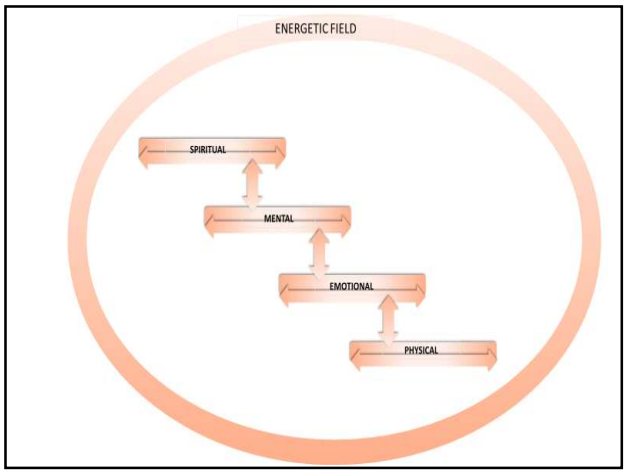

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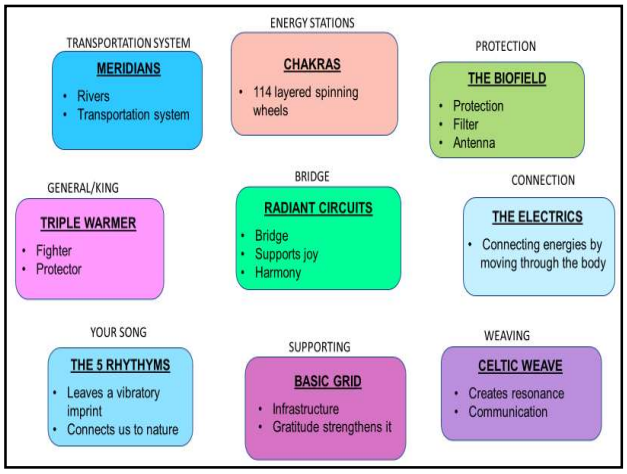

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Examples of Biofield Interventions

Alignment of the Human Energy System –

Integration of the biofield can be achieved through:

- Breathing
- Qi Gong, Tai Chi, Reiki, Healing Touch
- Grounding and centering work
- Meditation, prayer
- Sound Healing

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Examples of Biofield Interventions (cont.)

Alignment of the Human Energy System –

Integration of the biofield can be achieved through:

- Specialized treatment of specific energy systems—e.g., chakras or meridian pathways—that are not functioning optimally
- Clearing, weaving, smoothing, or releasing techniques applied to the biofield as a whole

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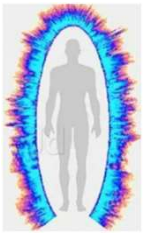
Imagining the Biofield

Each person's biofield is as unique as their fingerprints.



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Eileen Day McKusick

- Information generated currently or in the recent past was closer to the body.
- Information from earliest childhood, including gestation and birth, was at the outer edge of the field, which is about 5 feet for most.
- the rest of the life history falls in between like tree rings.

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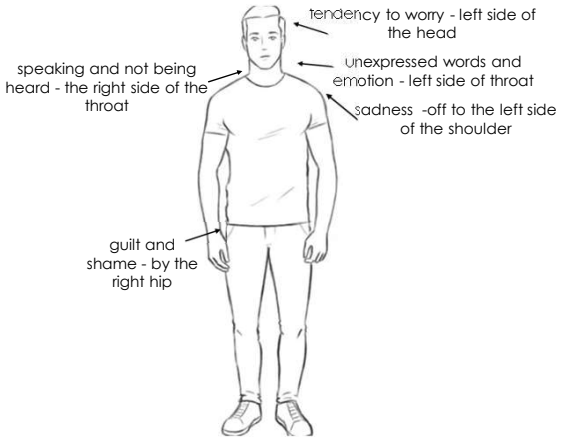

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Biofield Interventions

- The idea is that the body is naturally capable of healing itself, though this may take time.
- Practitioners believe that biofield therapies enhance the natural healing process and improve the body's ability to heal itself.

SZ0

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Biofield Interventions (cont.)

- **chakras**, which are energy centers/gateways that correspond with organs and nerves

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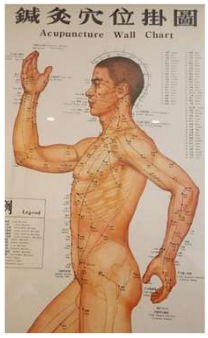
Slide 47

SZ0 Is the idea that the body heals itself an intervention?
Sarette Zecharia, 2023-03-27T03:22:02.981

Biofield Interventions (cont.)

- **meridians**, which are energy rivers throughout the body that correspond with organs



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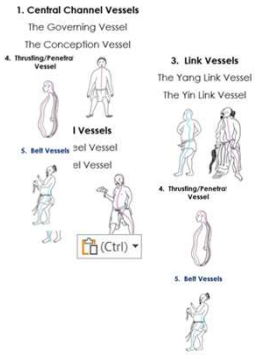
Biofield Interventions (cont.)

- **extraordinary vessels**, which are deep lakes of energy that can feed the meridians and connect through the hollow/yang organs (stomach, bladder, gall bladder, small and large intestines)



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Biofield Interventions (cont.)

- **dan tian**, which are reservoirs or fields of energy

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Biofield Interventions (cont.)

- Qi Gong provides us with a multi-layered approach that is both somatic as well as psychological
- As one of the primary goals of Medical Qigong therapy is to release toxic emotions from within the body's tissues, having an emotional release is extremely beneficial to one's psychological and physiological well-being.

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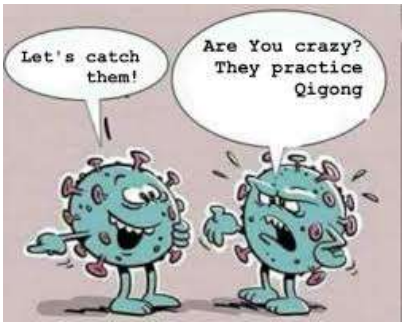

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Balancing the Biofield

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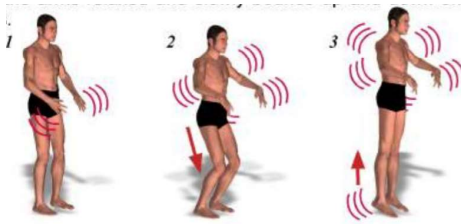
Shaking the 9 Gates (Qigong)



Journey Around the Sun

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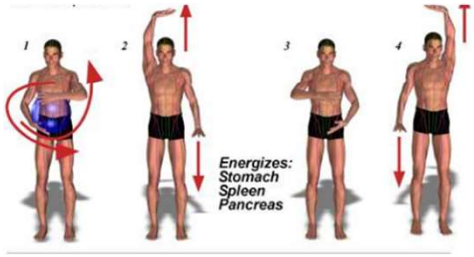
Divide Heaven and Earth (Qigong)



Journey Around the Sun

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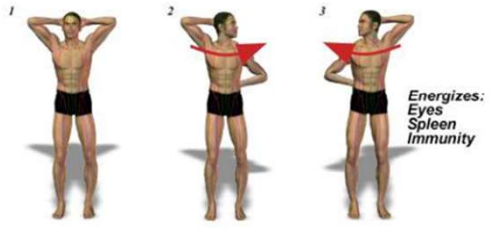
The King Draws his Sword (Qigong)



Journey Around the Sun

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The King Shakes his Body (Qigong)

Journey Around the Sun

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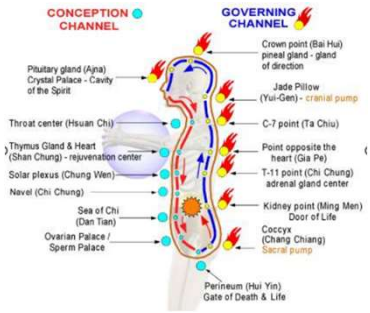
Fire Path Breathing (Qigong)



Journey Around the Sun

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Evaluation

1. Name at least one aspect of the biofield.

The "biofield" is a western term used to describe the aura

It surrounds and permeates the physical body.

It filters energies, blocking discordant energy and admitting harmonious energy, nourishing the body and connecting it to the environment.

It channels harmonious energies into the body, connecting and nourishing the body to the environment.

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Evaluation (cont.)

2. List three systems in the human vibrational matrix that interact with the biofield.

Meridians	Chakras	Extraordinary Vessels
Dan Tians	Electrics	Celtic Weave
Triple Warmer		

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Evaluation (cont.)

3. Identify two techniques to balance the biofield.

Shaking the 9 Gates

Divide Heaven and Earth

King Draws his Sword

King shakes his body

Fire Path Breathing

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CEP Program History

- One dream of the ACEP founders was to provide a setting where practitioners and researchers could cross fertilize ideas towards creating a mind-body-spirirt-energy based treatment protocol
- In 2005, ACEP opened the doors of a new certification program in Comprehensive Energy Psychology (CEP)
- In 2011, the program was expanded to two in person workshops to allow providers an in-depth training for those who were not interested in certification.

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CEP Hybrid Program

- In 2020, due to COVID, ACEP suspended all in-person training.
- This provided an opportunity for the CEP Committee to implement a long-desired objective of transforming the program into a hybrid in-person and online model.
- Expected to launch in 2024, CEP will become a 24-week program. Each week will include a video taped, on demand lecture, and a live Zoom session with a CEP facilitator. There will also be an in-person workshop.

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Contact Information

For

- A copy of the PowerPoint Presentation
- Questions
- Consultation
- Request to be placed on the email list for the New Hybrid CEP Training

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