

# Quantum Science for Energy Healers: A Practical Guide

## Workbook : Week 5 Answers

©2010



### Topic X: Review of Week 4:

Summarize the major concepts from week 4

1. The heart is a transformer in terms of its ability to bring mind, body and spirit into internal coherence. Because of its pivotal role, it is vital that energy healers maintain a consistent program of heart-centered self-care
2. The spiral and the vortex exist far and wide from galaxies, to heart muscle, to DNA itself and are also examples of Divine Proportion.
3. The chakra vortex moves energy in and out of our body and the transition or still point of the vortex seems to lie at the core of our energetic body within the spine only at a higher quantum level.
4. Spinning our chakras, accelerates the energy flow through our bodies which then induces an accelerated flow in the client in order to remove energy blocks as in a chelation. Spirals are also used in Healing Touch when we do the vertebral spirals in the Hopi Back technique and Brugh Joy's Spiral Meditation
5. The mechanism of the piezoelectric effect in crystals explains why walking and other impact sports are important for bone growth and provides a viable explanation for the presence and vital importance of an organo-crystalline living matrix.
6. The living matrix is a tensegrital system and it facilitates the instantaneous communication and/or transmission of all types of energy throughout the living matrix and thus supports the vibrational aspect of most types of bio-field work.

### Topic Y: What are sub-sub-atomic particles?

#### Y.1 Key words

Quantum tunneling: a consequence of the wave-particle duality of matter. It refers to the quantum mechanical phenomenon where a particle tunnels through a barrier that it classically could not surmount.

Morphogenesis: from the Greek "morphê" shape and "genesis" creation, (literally, "beginning of the shape"), is the biological process that causes an organism to develop its shape

SQUID magnetometer: superconducting quantum interference device used to map biomagnetic fields.

## Y.2 Questions to Ponder

Y.2.1 Discuss some of the implications sub-sub-atomic physics has with respect to transmutation and morphogenesis in energy medicine.

Some research shows that biological systems are regulated not only by known energy and material factors but also by invisible organizing fields. This can result in changes in behaviour in a species even through they are physically separated. It appears as if there is some action-- morphic resonance-- across space and time. Additionally, sub-subatomic particles can be converted from one to the other by the addition or removal of energies or collision of the particles . So at this level, energy and matter are not wholly distinct and one can be transmuted into the other. This implies that in energy medicine, one can change or transmute matter and energy to promote healing as well as use intentional thought to change behaviours.

Y.2.2 Outline and give examples of how quantum tunneling might support energy work.

Due to the Heisenberg uncertainty equation and the wave-particle duality of matter, a photon or other sub-atomic particle has the ability to pass through a barrier although it is seemingly impossible on the physical level. This helps explain why there can be instantaneous transmissions of energy and information throughout the body or from one person to another who are physically separated by long distances.

## **Topic Z: What is the “ecology” of matter?**

### Z.1 Key words

Ecology: the scientific study of the relation of living organisms to each other and their surroundings. Ecology includes the study of plant and animal populations, plant and animal communities and ecosystems. The concept of the interconnectedness of living organisms can also be applied to that of subatomic particles.

### Z.2.1 Questions to Ponder

Describe the implications an ecological view of energy medicine has for the client and the practitioner

This ecological view, reinforces the idea of holism and that all is inter-related. This can be translated at any level in energy medicine from the universal field to the earth, to the neighbourhood, to the healer, to the client in a web of complex interactions. The key here is interdependence we are not isolated on any level.

## **Topic AA: What is “The Field”?**

### AA.1 Key words

Zero point field: near absolute zero (-273 celsius or 0 K) wherein all molecular motion will theoretically cease, there is still energy.

post traumatic stress disorder: a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma. This event may involve the threat of death to oneself or to someone else, or to one's own or someone else's physical, sexual, or psychological integrity. PTSD overwhelms the individual's ability to cope. Symptoms for PTSD include re-experiencing the original trauma(s) through flashbacks or nightmares, avoidance of stimuli associated with the trauma, and increased arousal – such as difficulty falling or staying asleep, anger, and hypervigilance.

scalar wave: when 2 waves of energy that are out of phase with one another meet and their energies destroy one another. This can result in a electric field potential or magnetic vector potential although the waves are destroyed, the energy and information contained in them is not

### AA.2.1

With reference to last week's work on the tensegrity structure of the human body outline some ways in which the Field might interface with our clients during a Healing Touch session

By establishing our own internal coherence so that we radiate a field which induces healing in those around us, by consciously working with our knowledge of how trauma is stored in the living matrix of all human beings and through conscious intention, we can truly serve humanity with every thought, with every action with every healing session directly or remotely. Additionally, by bringing awareness to the environment/setting we work in and the importance of minimizing and /or clearing unwanted electromagnetic pollution, air borne sound and pollution, any negative energies that may be around

## **Topic BB: What is meant by string theory, entanglement and fractals?**

### BB.1: Key words

String theory: the building blocks of the universe are 1D oscillating lines or strings. These strings can move and vibrate and give particles their charge, mass, spin and flavor.

Fractals: characterized by the phenomena of self-similarity i.e. an object can be repeated indefinitely on an increasingly smaller scale and still retain the detail of the original.

entanglement: a property of certain states of a quantum system containing two or more distinct objects, in which the information describing the objects is inextricably linked such that performing a measurement on one immediately alters properties of the other, even when separated at arbitrary distances

flower of life: A geometrical figure composed of multiple, evenly-spaced overlapping circles which are arranged to form a flower-like pattern with 6-fold symmetry. The center of each flower is on the circumference of 6 surrounding circles of the same diameter.

### BB.2.1 Questions to Ponder

Outline how string theory, fractals, entanglement and the flower of life all support the holistic view of the universe and suggest the implications these concepts might have for energy healing

String theory supports the infinite interconnections throughout the universe, fractals reinforce the idea the whole infinitely repeated in the parts, entanglement demonstrates that we are all inextricably connected and the flower of life symbolizes the connections live weaves throughout all of us.

As Healing Touch practitioners and energy healers we have come here to serve humanity. By working on our out internal coherence so that we radiate a field which induces healing in those around us, by consciously working with our knowledge of how trauma is stored in the living matrix of all human beings and through conscious intention, we can truly serve humanity with every thought, with every action with every healing session directly or remotely as we now realize that all life is energy and we have the gifts to open the flow to the creator for everyone.

### **Topic CC: How can we raise our vibrational levels?**

#### CC.1 Key words

Vibrational level: because all electromagnetic energy is quantized. We can visualize our consciousness as having different quantum levels of awareness. When we have attained a higher level it is possible that our bodies move and/or oscillate at a faster rate hence we would possess a higher vibrational level. The key to this probably lies in establishing internal coherence through the heart.

merkaba meditation: byimagining two superimposed "Star Tetrahedrons" as counter-rotating, along with specific "prana" breathing techniques, certain eye movements and mudras, it is taught that one can activate a non-visible 'saucer' shaped energy field around the human body that is anchored at the base of the spine.

metatron's cube: a geometrical figure composed of multiple evenly-spaced, overlapping circles, that are arranged so that they form a flower-like pattern with a six-fold symmetry like a hexagon

## CC.2 Questions to Ponder

CC.2.1 What connections might exist between quantum science and “Jacob’s Ladder” and what are the implications of this for energy healers?

Ascending Jacob’s ladder maybe a metaphor for raising our vibrational states in quantum levels. The spiral stairway is also a double helix and is to me a reminder that the key to transforming our DNA and transmitting it to others lies within our ability to connect with our hearts and establish internal coherence within in order to induce and/or radiate it to others,

CC.2.2 Describe several self-care techniques energy workers might use to optimize their effectiveness.

Caring for the self by giving oneself permission to receive. Receive unconditional love from the divine and from others and transmit it throughout our body to every cell. Making the time to meditate, exercise, eat consciously, and sleep adequately so that we can truly live in a state of grace.

### **Topic DD: How can we integrate science and energy medicine for our clients, scientists and skeptics?**

List some of the ways in which you can provide your clients, skeptics and scientists with a better understanding of how energy medicine works and why it is effective.

There are many examples throughout this course that you can use to explain energy medicine to others. It may be a simple demo like using a magnet over a doll to pull off scattered paper clips and tacks to a more sophisticated description of electromagnetic induction and the nature of the biomagnetic fields. The prevalence of magnetic fields may be demonstrated by talking about the earth and a compass and how electrical fields will cause a compass to deflect. When talking about the chakras, the concept of a vortex is also very useful. You have received a lot of information on quantum science and should also be able to confidently explain what a quantum is and how the ideas of quantum leaping (staircase analogy) and quantum tunneling provide support for healing at a distance, working with guides, and the transformation of energy into matter and vice versa ( $E=mc^2$ ).

**String Theory videos...**1<sup>st</sup> one is a good short video, 2<sup>nd</sup> one is longer and more detailed by Brian Greene—a famous physicist and author of **The Fabric of the The Cosmos**

<http://www.youtube.com/watch?v=B0Kaf7xYMk>

<http://www.youtube.com/watch?v=YtdE662eY M>

**Scalar Waves**-- info and meditation contributed by Theresa Kais

## Scalar Wave Energy

Scalar Wave energy was first discussed at the end of the nineteenth century by physicist, Nicola Tessa where he referred to it as a standing energy or cosmic waves. Einstein gave reference to the scalar energies in the 1920s. Yet even today modern physics textbooks and scholarly publications rarely mention scalar energies. It is believed the reason for this that the electromagnetism that we know so much about has frequencies, wave action and motion that we can measure. Scalar energy is described to have zero frequencies, to be static, a stationary energy that therefore cannot be evaluated by our current frequency instruments. We do know how to create this energy but only its effects tell us that it exists in space and has power.

The literature states that the scalar energy is created when two common electromagnetic waves (such as Prana) come together from two opposite converging vectors (opposite directions). When the energy vectors meet, the equal frequencies cancel each other leaving a standing or stationary energy. The space the scalar occupies is not a vacuum but alive with checked and balanced energies. The literature describes that it can be created naturally when similar frequency electromagnetic waves in the environment, such as prana, meet from two different vectors. Therefore, small random scalar energies are always present in the environment.

Wave 1            Wave 2 (Opposite Direction)

-----> ( ) <-----

Wave Meeting Point. Scalar Energy Formed Here.

<http://focaltouchhealing.co.uk/scalhealing.aspx>

### **Bio-Scalar Energy** (Term used by Dr. Valerie Hunt)

As seen above, scalar energy has been known about for over one hundred years and there is an abundance of literature about it on the internet. Apparently, no one has thought of it as being present in living organisms let alone what it does in such organisms. Dr. Valerie Hunt has spent a number of years working in this area - she has coined the word 'Bio-scalar' to refer to scalar energy in living systems.

## **Scalar Wave Meditation and Technique for Healing**

History: Scalar waves are part of the electromagnetic field of the universe and they are organized in a unique form at the atomic level. Scalar waves are created when electromagnetic waves with a similar frequency meet head on at 180 degrees. This means that the energy from the two like waves does not take another direction or even a different frequency. Instead of another wave, the energy enfolds upon itself, creating a thicker standing wave or a standing scalar field. Hunt states that this is a dynamic, non directional energy. All fields have surface bonds which keep fields relatively intact and not dissipating. Yet when the surface bond is weakened the field expands in all directions, smoothly.

These scalar waves can be directed to expand out in all directions within the body with a clear intention for healing. Dr. Hunt experimented with creating the scalar wave inside the body by focused breathing. She discovered that when they released surface tension by thought, the scalar expanded rapidly in all directions. The scalar energy became less dense and as such the cellular tissue followed the same path as it became less compressed. The lymphatic circulation was then under less pressure and flowed more freely. As a result the cellular protoplasm also “de-densified” making the tissue less turgid. People experienced that the painful tight areas of the body became lighter, thinner and less engorged. In such a softer state the body accelerated its healing by removing the tissue “garbage” and bathing the cells with the immune system “guards.”

The (Bio)scalar Technique is a full body technique developed by Valerie Hunt, Ph.D., for the purpose of accelerating the healing process of tissue congestion or edema by removing debris (physical, mental, emotional or spiritual) and enhancing the optimal circulation of the lymphatic system. This technique expands the healing vibration of the body. It is used for: cancer, surgery, decreasing fluid congestion (edema) therefore promoting circulation of fluids, and any healing.

## **Self-Healing Technique: Creating a Scalar Wave**

[Prepare for Healing Work as indicated in HTP. Center and Connect with the Divine Source, God, and ask that God's Energy, Love, and Light be sent to you for this work and set the intention for your highest good. (T. Kajs)]

1. Prepare your field by breathing through and spinning your chakras to open your field.
2. Visualize your entire body as a container where you will draw in electromagnetic energy with each inhalation.
3. Begin by breathing through the front of your body—from the head and from the toe, meeting in the center of the body. When you have established this reflex, focus your attention upon breathing through the back of your body, from head and from toe into the center where it contacts the “front energy” and folds upon itself. Do not move it out or up or down, just in. It may help to visualize a color vibration coming into your body and meeting head-on with the wave from the other side at 180 degrees. Bring the energy into the center of your body.
4. Next breathe through both sides of your body simultaneously, right and left from head to toes. Let the energy again meet in same opposing energy building up and enfolding into a scalar standing field in the body center.
5. Now concentrate upon the inside top of your head and the bottom of your feet to breath in energy toward each other until it meets in the middle of the body to enfold upon itself. You have now created a powerful quiet quantity of energy in your bodily center.
6. Now, is when the quantity of energy begins expanding outward through all your cells toward the body surface. This is like an inflated balloon becoming larger—or like a big glob of moist substance on a paper towel, the energy is expanding outward on the surface beyond its original space. Allow this to continue until the center scalar energy has been dissipated outward loosening tight muscles and connective tissue and expanding the space between cells. As this scalar wave expands, it affects the fluids of the body. This allows the lymphatic system to flow more freely, thus facilitating healing.
7. Create the scalar field again but this time try to breathe from all directions into the center of the body simultaneously—as though you are a radiating sun that is now reversing its energy inward on each inhalation to centralize the energy.
8. When your scalar field is full you will start to experience its spontaneous, even expansion toward the body surfaces. You focus your attention upon



allowing this slow spreading apart of all cells giving them “breathing room.” The body area will seem larger and more resilient. Direct this energy to go to wherever you need extra healing at this time—use your intention with emotion!

(Valerie Hunt. Mind Mastery Meditations. Malibu Press, Malibu, CA. Jan 1997. p. 52-56)

### **Scalar Wave Technique with Others**

1. Set your intention for healing as described above.
2. Place hand or intent to the opposite of the body—top to bottom, side to side. If two healers are working together, use the same vibrational frequency (agree on the same color). Allow energy vibration to come from opposite sides (180 degrees) to create the scalar, which is a standing wave within the body.
3. Breathe in energy; it comes into our hands in a stream. Do not break or breathe out this energy. The collection of standing energy gets bigger and bigger and creates a powerful quantity of energy in the center of the body until it feels full).
4. Send this scalar energy to the area to be healed in the client or self.  
“Tell it what to do.” (Or allow it to go where needed; T. Kajs)  
“See the organ as health instead of with disease.”  
Affirm that the healing is taking place and completing the process.

The scalar works on the atomic level, forming a unique standing wave. As the scalar wave expands out in all directions, the cellular tissues become less compressed and all fluids flow more freely, including lymphatic circulation. Painful, tight areas become lighter, and less congested. This results in accelerated healing of the tissues.

#### References:

- 1) Valerie Hunt. Mind Mastery Meditations. Malibu Press, Malibu, CA ; Jan, 1997, p. 52-56.
- 2) Presentation at HTI Conference, 2007, Hilton Head, SC. “Dr. Valerie Hunt’s Bioscalar Technique for Healing” Anne Day, RN, MA, CMT CHTP/I, HNC and Rauni Prittinen King, RN, BSN, CHTP/I

Theresa Kajs, 10/26/07; updated 10/25/10

