

# TIME AND TIDE IN ENERGY MEDICINE

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*To everything there is season, and a time for every purpose under the heaven: a time to be born and a time to die; a time to plant and a time to pluck up that which is planted. He hath made everything beautiful in his time.*

—Ecclesiastes 3.1-11

Measurements in the field of Energy Medicine pose many challenges; the instrumentation available is at best rudimentary; the biological system we seek to measure, usually the human body and mind, has a multi-dimensional spatio-temporal response and the subtle energy aspects are not understandable in terms of the current scientific models. Some authors have at least suggested selection criteria for patients in a way that is appropriate for subtle energy practice and research [see for example, 1].<sup>1</sup> Here, instead of randomizing initially as patients walk into the clinic, a criteria is applied for the appropriateness of using Energy Medicine as a modality for treatment; once the criteria is met by a client, randomization is used. In other words, some selection may be necessary before a Subtle Energy therapy is attempted. Such selection is indeed normal even in biochemical medicine; while testing a medication for improving the function of the kidneys, we select patients with kidney problems. Since Subtle Energy therapies impact the body-mind, it is only appropriate that we use proper selection criteria based on a holistic perspective of the patient to increase the impact of the therapy.

Another point of contention is the variability of response with respect to the timing of the administration of treatment. In other words, the time of the day at which the therapy is administered could be important. A procedure

that is effective in the morning need not be as effective in the afternoon or at night. The rhythmic activity of all biosystems is emphasized in the field of Chronobiology, a term coined by Professor Halberg at the University of Minnesota Medical School who has worked extensively in this area. Further, this rhythmic activity should be considered while accessing the results of a therapy. Most diseases have highs and lows in their activity during a day as well as seasonally.<sup>2,3</sup> Thus, any research in Subtle Energy therapies should look for variations that are not due to the rhythmic changes in biochemical parameters in question. This variation in response is known to the research community and further complicates the measurement procedures.

This issue addresses some of the points raised above. Articles include one concerning a new method of using EMG to include subtle energy monitoring, a novel approach to detect subtle energies, and the propensity to ESP in individuals. There are also two papers of general interest to give another dimension to the area of Energy Medicine. We shall briefly review the papers below.

The first paper in this issue is by Jeffrey Cram, Ph.D., titled *A Psychological and Metaphysical Study of Dr. Edward Bach's Flower Essence Stress Formula*. The author starts the paper appropriately by saying negative findings, rather than being a statement about the veracity of the metaphysical phenomena itself could represent the fact that one is looking for results in the wrong place or has chosen to monitor the wrong physiological system. Nothing more needs to be said while searching for results in this or any area of scientific inquiry; the results we get depend on the position from which we look at the phenomena. Further, the time of looking at the system is also critical; should we measure immediately after administering a procedure or wait for half a day or for two days before the patient response is discernable? There is always a time lag for the response to be seen and noted at a physiologic level. The first paper uses conventional EEG and EMG measures, but uses unconventional electrode placement for determining the so-called chakra activity. The conclusions drawn by the author are interesting.

The second paper is the Presidential Address, *Psychoneuroimmunology: From Biochemistry to Energy Medicine* by Len Wisneski, M.D. Len is not only an acclaimed medical practitioner; he has training in acupuncture and has studied Kabbalah extensively. He writes on a synthesis of psychoneuroimmunology, the related fields of endo-gastro-cardiology and the new field of Energy

Medicine. He calls this Integral Medicine (adapting Sri Aurobindo's introduction of Integral Yoga), which is perhaps a more appropriate word than either alternative or complementary medicine, the ones used presently. Ultimately, his synthesis of the Tree of Life from Kabbalah, the chakra system from India and the digital messages of the Chinese *I Ching* is a unique insight into the mystical traditions of the world.

In the third paper, *Scoring Thick and Scoring Thin: The Boundaries of Psychic Claimants* by Krippner, Wickramasekera and Tartz, the authors discuss a correlation between the Dissociative Experience Scale and the Boundary Questionnaire in psychic claimants. This is an important contribution since many researchers have earlier elicited dissociative states in psychic claimants but did not investigate it closely. Our own friend, the late Ed Wilson, M.D., had worked with patients and others in eliciting dissociative states during psychic testing. In the article published a rigorous approach is sought through a standard questionnaire. As the authors say, to maintain a coherent self-structure, a well defined external boundary is needed; while those who are more open to inner experience may be prone to lucid dream experience. An application of the findings could be useful in categorizing subgroups in psychic claimants.

The fourth paper, *Acupuncture and Medicine in the New Millennium* is by Joseph Helms, M.D. Acupuncture practice began in this country only in the 70's; in this short time, the interest in this energy modality has opened up new insight into physiology, especially in pain management. The author states that acupuncture is an energetic input into the material form of the body that influences the subtle physical form initially; however, it progressively cascades and manifests in denser and denser structures and bodily activities. The mechanism of action starts with electrical conduction and provides for release of endorphins and other neurotransmitters. Electro-acupuncture stimulation occurs at low, medium and high frequencies, each having a specific effect on pain control.

The last paper in this issue is by Michael Kohane and William Tiller, Ph.D. and is titled *Anomalous Environmental Influences on In Vitro Enzyme Studies*. Measuring subtle energies has been a consistent problem for all in this field. Professor William Tiller has, in many of his papers, investigated biological activity of some enzymes as possible detectors of subtle energies. In this and a subsequent paper (to appear in the next issue), Kohane and Tiller use ALP

(Alkaline Phosphatase) as a sensitive detector of subtle energies. In the present paper, the groundwork is laid to determine the effect of a Faraday cage on the ALP activity. A statistically significant change in ALP activity is detected as the environment of the controlled vessel is changed. Is this going to be *the* subtle energy detector? Only time and lot more experiments can tell.

All these papers are thus unique in their own way in introducing innovative research in this nascent area of Energy Medicine. Hopefully, the area will mature in a short time and research will be available to clarify many anomalies around us.

Last, but by no means least, the cover art, *Inner Light*, is by Rekha Krishnan, a renowned artist from Bombay, India. Herself a Reiki master, she is able to portray the sublime and the subtle in new ways to evoke the ineffable in us all.

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#### REFERENCES & NOTES

1. Lorraine Nanke & David Canter, Treatment Recommendations in Complementary Medicine: A Selective Network, *Complementary Medical Research* 5,1 (Feb 1991), pp. 1-7.
2. Tom G. Slinger, Evidence for a Short-Period Internal Clock in Humans, *Journal of Scientific Exploration* 2,2 (1988), pp. 203-216.
3. David Shannahoff-Khalsa has been publishing a series of papers on Ultradian Rhythms of the body; see for example, Khalsa et al. Ultradian Rhythms of Autonomic, Cardiovascular, and Neuroendocrine Systems Are Related in Humans, *American Journal of Physiology* 270 (1996), pp. R873-R887.

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