

# MECHANISM

Steven L. Fahrion, Ph.D.

In this issue we explore various facets of an interplay between human intention, activity and behavior with underlying energy medicine mechanisms. Often in our field we are forced to admit that, much as certain specific procedures are beginning to assume predictability and repeatability in result, we remain at a loss to explain many of the mechanisms by which such events occur. True, unknown mechanisms of action did not trouble generations of aspirin consumers, especially since lack of mechanisms-knowledge did not prevent aspirin from showing its value in treating health concerns in a predictable way. Nonetheless, scientists in general, and skeptical scientists in particular, have an easier time accepting the existence and validity of a phenomenon when the likely mechanisms of action are known, or at least are clearly set forth in hypotheses. Mechanisms considerations provide a network of interconnected hypotheses and theory-based predictions relating various observations of an investigator. Having such a predictive net in place is reassuring to those who would like to accept these observations, or may provide a foothold from which to launch criticisms for those who would not. Greater satisfaction reigns under such conditions among scientific consumers than if facts are merely laid out without any matrix of understanding from which to connect with the reported observations. Believability is enhanced. A broader base of interrelated knowledge is created, and the field is advanced more rapidly.

While much remains to be understood about phenomena reported by Michael Kohane and William Tiller in *Enhancing NAD Activity in Living Systems*, the programmatic research conducted by this research group represents one of the most exciting contemporary developments in energy medicine. This is true

largely because the repeatability seen in this work permits paradigmatic variation of conditions in a way that allows controlled study of underlying mechanisms. In the article in this issue the authors present a controlled study of potentially health-related biochemical changes associated with specific human intention. Changes observed from use of water placed in proximity to an intention-imprinted device were similar to increases in an important fruit-fly larval fitness component seen to result from reduced electromagnetic field challenge. In other words, the device may be “programmed” by human intention to effect specific biochemical changes associated with energy metabolism in a well-studied biological model, the fruit fly. As this line of research unfolds, possible implications for energy metabolism in humans with clinical conditions such as Alzheimer’s disease and AIDS will be of interest.

Turning to a very different procedural approach to phenomena in our domain of interest, Philip Nicholson, in *Meditation, Slow Wave Sleep and Ecstatic Seizures: The Etiology of Kundalini Visions*, helps us to learn just how much can emerge from a single-case study when observations are carefully made in the context of detailed sophisticated knowledge of information from a variety of perspectives that are related to the observed phenomenon. The interplay of subjective human observation against a tapestry of modern physiologic and ancient philosophic knowledge creates a veritable *tour de force* investigation that could become the basis of many Ph.D. dissertations. This research shows just how far we have come from the early 20th Century perspective that “everything worth knowing is already known.” It would seem we have many openings, many opportunities to pursue elusive phenomena that can literally leave their imprint on brain function, even in the absence of intention, and can allow us to come to understand mechanisms even of mystical phenomena.

Michael Tansey, in *A Computerized Instrument for Forensic Credibility Assessment* begins with Goldberg’s work on the “brain substrate of intentionality,” and proceeds then to apply an algorithm by which a computer may automatically recognize truth-telling, evidently *without error*, across individuals and trials, within a structured paradigm. This intriguing observation, as it is replicated and extended to additional sub-populations could lead to useful practical applications and greater understanding of psychophysiologic mechanisms underlying recognition and expression of veracity.

Jeff Cram, in *Effects of Two Flower Essences on High Intensity Environmental Stimulation and EMF*, explores protective effects of flower essences in mediating stressful psychophysiologic impacts of intense fluorescent light stimulation and associated electromagnetic fields. This double-blind randomized comparison of flower essences versus placebo effects on two separate physiologic measures (and especially as these were integrated) provided useful understanding of at least one mechanism by which protective effects of flower essences could be understood.

Finally, on the cover of this issue, artist Joel Sanderson presents a glimpse of the universe through sensory impressions of wandering nomadic entities journeying through ultimate heavenly realms who are clearly acquainted with technical experiential matrices, revealed in energy vectors and ethereal worlds in dynamic interplay. A net is being formed; vectors alter course as new factors emerge. Will our search bring meaning, understanding, satisfaction, truth as the nomadic journey continues? . . . It seems it already has!

∞ ∞ ∞