

SUBTLE PROCESSES AND PROFOUND EFFECTS

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I have written often in these pages of how interesting researches in our community show the interactions of various “layers” of our being. The beautiful photo of the layers of light rendered from a sunset over the ocean that graces the cover of this issue of the journal speaks to my sense of the dynamic and subtle changes produced by Nature's forces. These reports in our current issue are further examples of the interactions among various scales or “layers” of our Being: from the subtlety of one practitioner's intention supporting electrophysiological changes in another, to the profound physical and emotional benefits of personal compassionate meditation, or a persistent, gentle personal qigong practice. All of these studies suggest a wide range of potential for further useful study of subtle energies and energy medicine.

Richard Blasband reviews the context and content of Wilhelm Reich's observations on processes in living matter that led Reich to posit a fundamental life force which he named Orgone. Blasband explains the character and construction of chambers that Reich believed could increase or accumulate the effects of Orgone, and benefit a wide range of pathological conditions. Reich proposed that increased available energy in these accumulator chambers would increase the activity of blood erythrocytes and enhance immune system response to promote healing.

In replication studies of Reich's observations on mice with mammary cancers, an increased immune system response was seen in mice treated in Orgone Energy Accumulators. Striking differences were seen in the tumor development and in the immune system responses to the tumors. Such effects would not be expected from conventional physical theories of energy and biophysiology, and Blasband suggests further study to elucidate candidate mechanisms, whether Reich's Orgone, or sufficient alternative models.

Koji Tsuchiya and Hiroshi Motoyama's study of energy changes in a breast cancer patient receiving a non-touch Pranic Healing protocol, showed systematic variations in electrical measurements of the acupuncture meridians by Motoyama's AMI technique. By making correlations to the chakra system, as Motoyama has previously proposed, the measurements during treatment with Pranic healing showed change consistent with the intention of the healing. The Pranic healing protocol for cancer treatment is intended to reduce hyperactive chakras and support increased activity in deficient chakras. In this single case study, Pranic healing appears to have accomplished precisely what the protocol intends, showing specific changes in electrophysiology through processes having no direct physical contact with the patient's body.

Colin Ross's single subject study reports simultaneous variation in the electrical fields of the heart and brain, using EEG electrodes and neurofeedback software. There are no previous standards for making the same measurements

of heart and brain activity. Heart EKG conventionally measures the QRST field complex, while EEG brain activity observations have evolved the classical frequency ranges of Delta, Theta, Alpha, Beta, and more recently the higher ranges of Gamma. There have been no theoretical reasons for making similar measurements of heart and brain electrical activity. Ross has previously proposed a general theory of human energy fields that includes a distributed model of mind, with the peripheral nervous system participating in responses to the environment and performing information processing previously assumed to be solely within the central nervous system. Ross observed that the electrical fields of the brain and heart vary simultaneously, but differently, with changes in psycho-physiological states.

Ross suggests that it is possible to study psycho-physiological states of interest with EEG electrodes distributed at sites on the body, such as at major nerve plexuses that correspond to the classical chakras. Ross proposes, as other writers have before him, that expressions such as “gut feelings” and “heart ache” are not merely metaphors, but rather reflect actual physiological processes, and EEG instrumentation may refine our ability to observe information processing in these distributed systems.

C. Shaffia Laue reports how profound physical, emotional, and spiritual healing can be achieved with a compassionate meditative self practice, in her case study “Healing the Heart with Love.” A 60 year old woman with heart muscle hypertrophy and valve regurgitation, and a range of complicating pathologies including severe osteoporosis achieved profound physical healing with a dedicated intentional practice of connecting with Nature, imaging breathing in healing light and spirit, and breathing out love, light, and compassion. At the beginning of her treatment through this meditative process, the woman’s heart deterioration was being monitored with echocardiogram repeated every six months, to alert for possible needed valve repair or replacement. After nine months of practice the echocardiogram showed the muscle hypertrophy to be minimal and valve regurgitation to be almost imperceptible. After eighteen months, her cardiologist dismissed her from follow-up care, and bone density scans showed a 170% increase. With the physical relief, she is also free to enjoy life more fully.

The healing benefits of self practice are also demonstrated by Jane Coleman’s brief report of a pilot study on pain relief with Spring Forest Qigong. Qigong practice for thirty minutes per day, over an extended period, was observed to improve pain and emotional states using several standardized subjective measures. The active exercise and the meditation aspects of the practice are effective self care for people with chronic physical pain or emotional distress, promoting self efficacy and providing measurable health benefits. The full report of Coleman’s study will be published in the *Journal of Holistic Nursing*.

Thomas Firor also reminds us of how very subtle processes can improve profound physiological dysregulation, with his case study of Graves Disease treated with classical Homeopathy. A woman suffering with a serious case of toxic goiter was improved with the remedy Natrum Muriaticum (sodium chloride), chosen by evaluating mental, general and specific symptoms just prior to, during and after the onset of the illness, as well as long term “constitutional” symptoms, using classical Homeopathic principles. During the initial three months of therapy, appropriate potencies were empirically evaluated, contributing to improved thyroid function. Free T4 dropped from three times the upper limit of normal to the high normal range, and excess gland tissue was reduced. During continued treatment over the course of a year, the focus of therapy was finding an appropriate potency for the remedy. A novel, specially prepared potency was eventually found, that extended the relief provided by each dose from a few hours to two or three days. The profound effects of such tiny differences in Homeopathic potency are a reminder of how truly subtle are the dynamic balances in our complex human physiology.

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