

White Paper XV

Preventative Medicine/Self Healing via One's Personal Biofield Pumping and Balancing

by

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Introduction

In my book "Science and Human Transformation"⁽¹⁾, I utilized human energy field insights gained from some of my 1960-1980 experimental research studies to produce self-healing and preventative medicine for myself and my family. I have always been pleased to share these insights with others when they show an interest. I have found great personal benefits via following and expanding these procedures but, at present, I do not know how universal all of these results might be for others. I do know that some of them have been stated to be quite beneficial for others.

In the 1970's, I did a variety of energy field experiments with a well-known dowser, WC,⁽²⁾ and came to recognize a seeming-correlation between our three proposed main energy circuits in the body and the Eeman's Relaxation Circuit of the 1920's^(3a). Eeman's experimental arrangement is illustrated in Figure 1a and consists of a

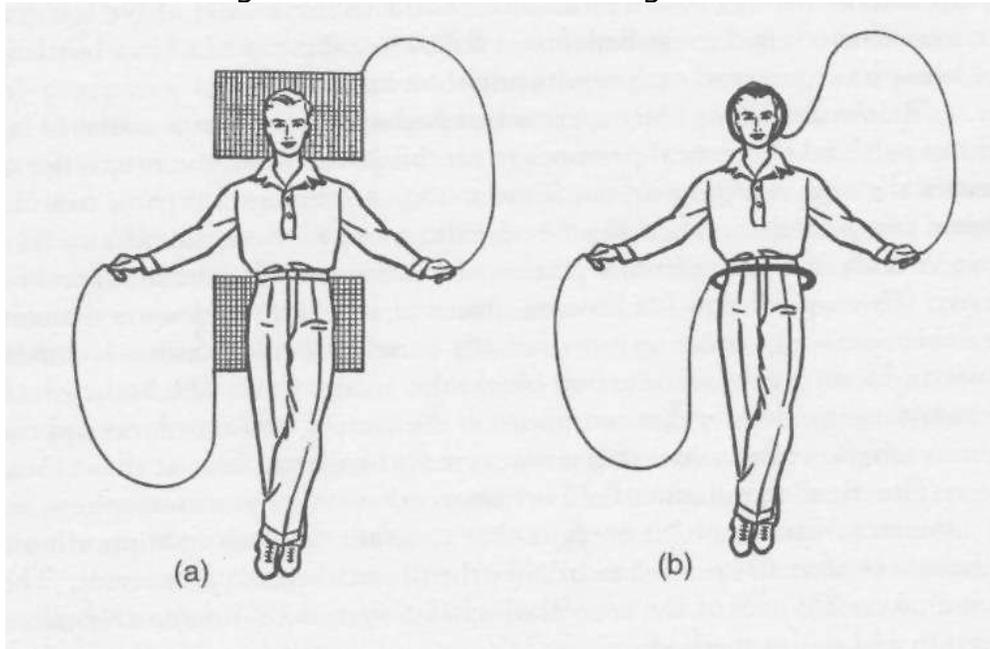


Figure 1. (a) Illustration of the Eeman's Relaxation Circuit and (b) Tiller's modification of Eeman's design.

subject plus copper mats and copper wires^(3b). The back of the head (base of the brain) and the left hand appeared to be of one subtle energy polarity while the base of the spine and the right hand appeared to be of the opposite subtle energy polarity. Under ideal conditions, the individual subject is aligned along the magnetic flux lines of the earth with their head to the north and their feet to the south (with ankles crossed left over right). If he/she is energy right-handed and connected in this way, they will just deeply relax in this particular circuit and this brings about both balancing of the energies in his/her body plus an influx of new energy into their system (at least that has been my personal experience).

If the hand connections are reversed, a tension circuit is created which energy right-handed people find almost unbearable after a little while. If the individual is left-handed, energy-wise, the situation is reversed. In the experiments I have personally carried out on myself with this type of circuit, I have utilized the slightly simpler circuit illustrated in Figure 1b. Each copper mat of Figure 1a has been replaced by a simple copper loop, one around the head making contact at the base of the brain and looping around to the front over a region ~3 inches above the eyebrows and a couple of inches away from the head. The other copper loop is around the waist making contact at the base of the spine level with a loop diameter large enough to easily pull on over the shoes and trousers and slide up the body to the hips leaving the front part of the loop about 2 inches to 3 inches above the body.

When lying on top of a bed in the Figure 1b circuit connection (not always with the head pointing north), I noted a strong subjective feeling of energy flowing through my body, sometimes quite intensely in certain locations of the body before that part completely relaxes. After a one-half hour session in the circuit, I felt greatly relaxed, energized and mentally centered for the following 6 to 10 hours. I learned to do this before mid-afternoon in order not to be wide awake at my normal bed-time. Back in the 1970's-1980's, I found this to be so effective that I would even take this on business trips to ensure that I was able to deliver high quality performance.

I eventually came to attribute the utility of this modified Eeman's circuit to an equalization of some biological "subtle energy" potential within the three main body circuits⁽⁴⁾. My hypothesis was that the left hand drew energy from the head circuit, fed it through the trunk of the body and out the right hand into the leg circuit. I hypothesized that, in this way, the three main information wave (Qi) circuits of the physical

body were “shorted out” to equalize their subtle domain potentials and that it was this that allowed my normal electric charge-based physical body to deeply relax.

I eventually assumed that this line of speculation was close to the truth and that the copper serves only as a reasonable conductor of this information wave (Qi) energy present in the human biofield. I then decided that, in principle, if a human could learn to “pump” this energy within their own bodies, similar results might be obtained by just using one’s bare hands.

Learning How to Pump “The Subtle Energy”

In my case, I found that by sitting quietly (often watching a television program), and placing my hands in full contact, palm to palm, while resting the hands in my lap, I subjectively felt some type of weak energy current flow up my left arm and down my right arm. It seemed to cross the trunk of my body from left to right. The longer I did this, the stronger the flow of this current seemed to be. It was almost as if the flow of this subtle current reduced the resistance to this flow which, in turn, increased the magnitude of this current flow. Separating the palms seemed to reduce the magnitude of the current flow.

I speculated on an explanation for this phenomenon and eventually hypothesized that the minor chakras at the center of each palm were intimately involved in this subtle energy flow process. For me, this subtle energy appeared to flow out of the right palm chakra into the air to become part of my biofield and from my general biofield into the left palm chakra up the left arm, across the trunk of my body and down the right arm, etc. From my experimental work with dowsers, particularly WC⁽²⁾, a second major body circuit was in-flow via the minor chakra in the center of the sole of the left foot, flow up the left leg and across the groin followed by flow down the right leg and out the minor chakra at the sole-center of the right foot. The third discrete energy circuit of the body appeared to be in-flow from the biofield through the left eye and out-flow through the right eye to the general biofield.

Presuming that the impedance to this subtle energy flow is appreciably larger for travel through the air than for travel through the epidermis and dermis, placing the two palms in intimate contact should enhance the magnitude of this flow through the arm/trunk circuit. Likewise, placing the soles of the feet together should also be therapeutic. In any event, I performed the palm-to-palm exercise for about 30 to 60 minutes a day for about a month and subjectively

noticed an appreciable increase in subtle energy flows within my body plus an enhanced body vitality. I felt that I was now ready to perform a few "healing" experiments on myself.

Some Self-healing Experiments

1. In the early 1970's, I began to wear glasses for reading and for driving my car and I didn't like the inconvenience. About the same time, an MD friend told me about an experiment conducted in China on children with vision problems who needed to wear strong glasses to see and read effectively. They were told to massage certain acupuncture points around the eyes as these relaxed the tensions in the eye muscles. After a few months of doing these exercises daily, most of the children were able to see and read well without using their glasses. This sounded like something I could check out by trying it on myself.

Figure 2⁽⁵⁾ is a diagram of the eyes and nose with the location of six points, 1, 2, 3, 4, 5 and 6 clearly marked around both eyes:

- #1, situated at the inner edge of the eyebrow (a bladder meridian point).
- #2, situated at the inner corner of the eye (the start point of the bladder meridian).
- #3, situated about 0.5 inches below the center of the eye (the start point of the stomach meridian).
- #4, situated about 0.25 inches beyond the outer corner of the eye (the start point of the gall bladder meridian).
- #5, situated about 0.25 inches beyond the outer edge of the eyebrow (the end point of the triple warmer meridian).
- #6, situated about 0.5 inches above the center of the eyebrow (a point of the gall bladder meridian).

My steps in this personal experiment were as follows:

- A. With light to medium pressure, starting with point #1 on each eyebrow, massage in a clockwise/counter clockwise direction for 9, 18 or 27 rotations and then do likewise in the opposite direction for the same number of rotations.
- B. Do the same procedure for points #2, #3, #4, #5 and #6 in sequence.
- C. Then, placing two finger tips touching the bridge of the nose between the eyebrows, run the finger tips in opposite directions at moderate pressure out along the eye brows in a rotary motion

around the eye and up the outer nostrils back to the starting point. Do this 9, 18 or 27 times. This should feel very good! I did this, and still do this several decades later, every morning for about 5 to 10 minutes. Within about two months of starting the exercise, I no longer needed to wear glasses for either reading or driving. That was about 40 years ago and I still have excellent vision (although now that such small print is being used for newspapers, I now use 1.5 times drugstore magnifiers for easy reading).

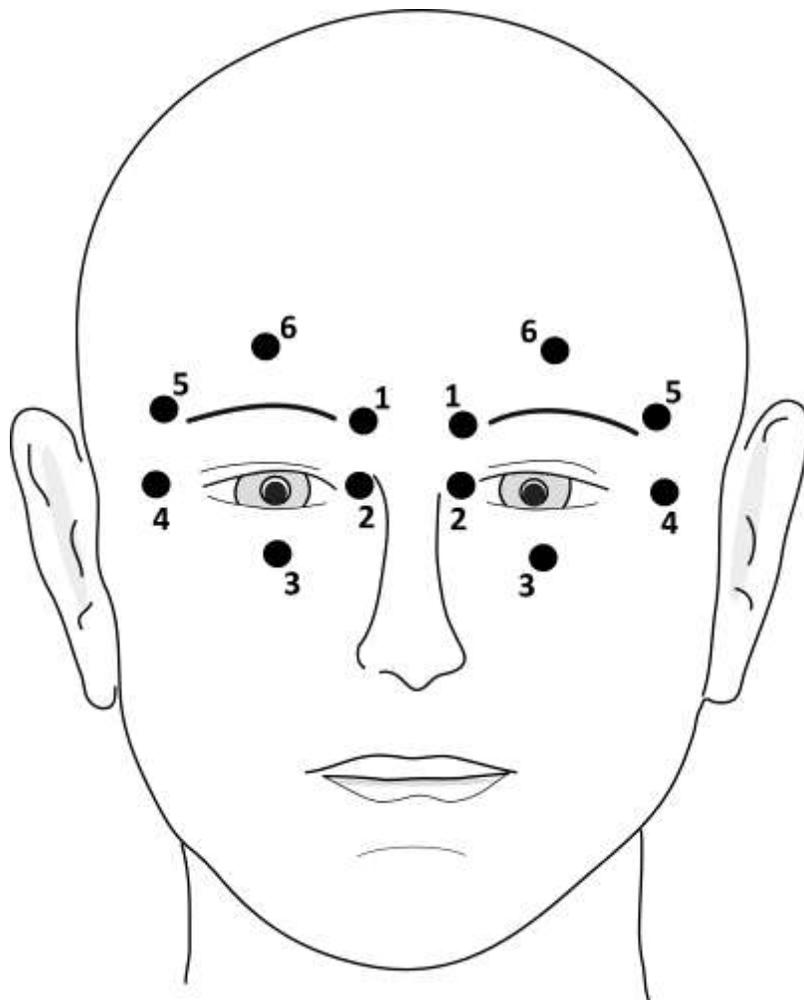


Figure 2

2. All during the 1960's and early 1970's, I had a severe lower back problem and would generally visit my favorite chiropractor every winter when the weather turned cold. The severity was such that I would go three times a week for the first month (diathermy, manipulation, etc.), twice a week for the second month and once a week for the third. In the early 70's I decided to try an experiment using my own hands to heal the problem. Every day, first thing in the morning and last thing at night, I would sit erect and place my hands on my back (overlapping my spine) and start as high up on the back as I could reach. Initially, I would leave the hands there for ~1 minute or so and then shift them a palm-width lower for the next minute or so and then progressively lower until I reached my tailbone. It seemed as if my right hand was acting like an energy hose injecting energy into the back, which stimulated the neural system and activated the vascular system. I didn't miss a day of this practice and found that I suddenly didn't need to visit the chiropractor at all for the next 15 years.

So long as I didn't do anything stupid like walking a long way carrying a heavy suitcase in one hand or spend a long time shoveling heavy snow, I no longer needed to visit my friendly chiropractor.

3. A common malady for some people is that they have trouble turning off their brain in order to fall asleep. I was one of those people when I was younger. However, once I learned how to pump subtle energy, I discovered a solution to my sleeping problem via using my hands instead of copper wires in the Figure 1a configuration.

I would lie in bed on my left side with my head on the pillow. My left hand placed on my neck at the base of my skull, my right hand was placed on my tail-bone and my left ankle was placed over my right. I would lie that way for 15-20 minutes and then resume my normal sleeping position and I quickly fell into restful sleep for the duration of the night. The body orientation with respect to north does not seem to be strongly critical.

4. Over the years, I have found it possible to reduce and often eliminate the stress from a certain region of the body by placing the hands on the body in such a placement as to enhance the natural subtle energy flow. For example:

- (1) Sore Left Thigh: Place the right palm on the thigh closer to the knee and the left palm closer to the groin, thus bracketing

the sore region and increasing the bioenergy flux through the left thigh region.

- (2) Sore Right Thigh: Place the right palm on the thigh closer to the groin and the left palm closer to the knee, thus bracketing the sore region and increasing the bioenergy flux through the right thigh region.
- (3) Indigestion after eating: Place the left palm on or below the stomach and the right palm higher up on the chest, both being centrally located on the body.
- (4) Sore throat: Place the left palm on upper chest just below the throat and the right palm on throat up under the chin.
- (5) Headache: Place left palm on forehead and right palm at back of the head at base of brain area.

The procedure #3 above has also been therapeutic for the elimination of female menstrual cramps by having the female lie face-up on a couch and me kneeling on the floor beside it. I place the left hand under the base of her skull while the right hand is placed under the tailbone of her spine. Relief of her internal stress usually occurs within 5 to 10 minutes. In all cases where one person is using their hands to ease the pain, stress or ailment of another, I have found it useful to run cold water over the wrists after such a treatment.

My working hypothesis is that everyone has the inherent capacity to build the necessary infrastructure into themselves by practice, practice, practice on themselves to find out what works best for them. In all of these procedures, as the energy form causing the initial pain passes out of the region and through one's trunk circuit, a type of energy polarization can often develop in the wrist joints and this diminishes the magnitude of the subtle energy current flow. Thus, periodically, I have found it useful to rotate the wrists which appears to discharge this polarization energy (often with a sharp "crack" sound). This seems to allow the subtle energy current flow magnitude to increase back to its initial level.

A second mode of subtle energy (Qi-energy) adjustment appears to be the one-handed mode. For example, by placing one's left hand on one's own body or on someone else's body, subtle energy of this particular type can be removed from that location. By using only the right hand, this particular type of subtle energy can be introduced into the body at a specific location. If an individual has a pain at a particular location in his/her body, then he/she or someone else appear to be able to diminish the magnitude of such pain by simply placing the left hand on the particular location of the body and holding the right hand away from the body to release the subtle energy stream

into the atmosphere. The left palm appears to act something like a suction pump to pull a subtle energy stream from the subject's body at the location of contact, with this stream passing through the practitioner's body and out into the atmosphere via the right palm. My present working hypothesis is that this subtle energy stream carries with it some quality of the particular subtle energy form causing the pain.

I have observed that, if one makes contact with the acupuncture meridian and acupuncture points of that pain area, the effective treatment time is decreased. When one presses on these acupuncture points with the fingertips (even through clothing), the effective treatment time is further decreased.

The Great Importance of Human Intention and the Coupled State of Physical Reality

In White Papers #1⁽⁶⁾ and #3⁽⁷⁾, the great difference between the coupled state vs. the uncoupled state of physical reality was described. Experimentally we learned that one of the characteristics of the coupled state was what was labeled the D.C. magnetic field polarity behavior⁽⁸⁾. In our normal reality, the uncoupled state, a magnetic dipole cannot influence the pH (acid/alkaline balance) of water. This is because the magnetic force and magnetic energy of a magnetic dipole are independent of dipole orientation in a space of the U(1) electromagnetic gauge symmetry state. However, when one lifts the EM gauge symmetry state of an experimental space via use of an intention-host device, the same DC magnetic field polarity experiment shows that, with the south pole of the magnet pointing into the water, the pH-measurement increases strongly in the alkalinity direction. Inverting the direction of the magnet relative to the water so that the north pole of the magnet points into the water, causes the pH-measurement to decrease strongly in the acidic direction (see Figure 3).

Using a kinesiology procedure of muscle testing⁽⁹⁾ while bringing a pencil-shaped bar magnet up to unique body points showed that, when the south-pole of the magnet was within ~1 centimeter of the points, the arm tested very strong. However, when the magnet was simply turned end over end so that the north-pole faced these same body points at about ~1 centimeter separation, the arm tested very weak⁽⁹⁾. Thus a D.C. magnetic field polarity effect is present in humans indicating that some human body system is at the coupled state of physical reality! Since the proprioceptors in human muscles are subtly connected to the body's acupuncture meridian system, this strongly

supports the working hypothesis that the human acupuncture meridian system is always at the coupled state of physical reality. Thus, humans have the latent ability to utilize their own specific intentions to alter various properties of their own body's tissues, muscles and organs in beneficial ways if they will only believe that they can do so and make the personal effort to train themselves to do so.

For some time, ~3-4 years, my colleagues and I have had the technical ability to experimentally measure the quantitative change in excess thermodynamic free energy for the aqueous hydrogen ion, H^+ , as a space transitions from the **uncoupled** state of physical reality to the **coupled** state of physical reality via the use of our intention-host devices. Since that time, we have wanted to convert such a measurement system into a user-friendly biofeedback device for human self-training to significantly increase their ability to "intend" to make such beneficial changes to the materials and organs of their own bodies. Hopefully, within the next year we will find the funds to seriously set this project in motion! The following section outlines why I think it is possible for us to significantly upgrade our preventative medicine capabilities.

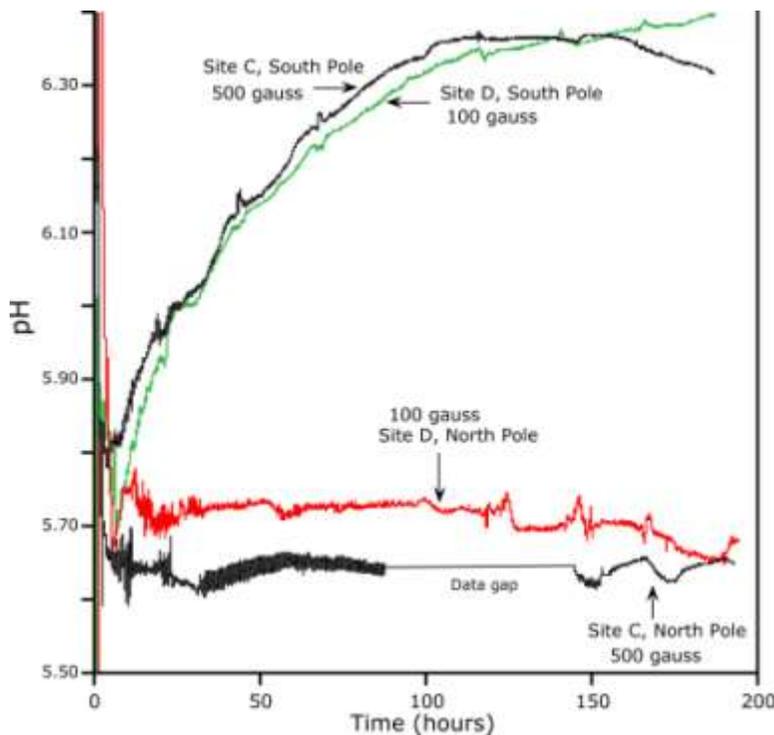


Figure 3.

pH changes with time for pure water for both N-pole up and S-pole up axially aligned DC magnetic fields at 100 and 500 gauss.

From Maintained Intention to Body Structure Changes

Our body structure at the physical level is stable and sustained by a type of chemical homeostasis or chemical pattern which, in turn is kept stable by a pattern of electrical and magnetic potentials and other positive space-time patterns of potential. The positive space-time patterns of energy are themselves kept stable by specific reciprocal space (R-space) patterns of energy which themselves are stabilized by energy field patterns at the mind and emotion levels of the universe. At this point it is useful to recall Wolf's Law of bone structure. If one of our bones receives a non-uniform stress for an extended period of time, the bone will grow new trabeculae (a type of bone girder) in the exact location needed to maximally support this stress distribution. The system, via the piezoelectric effect, produces certain field changes, and these changes cause ions and molecules to be carried to specific locations where they can agglomerate into the specific tissue and structural components of the trabeculae.

Carrying this idea further, we can think of mental field patterns as acting like a stress to influence the magnetochemical potential of the magnetic information wave molecules at the reciprocal (R-space) level of the body. Via the deltron coupler link, this pattern produces the required correlate at the positive space-time level (D-space) of physical chemicals and thus finally to influence the physical structure of the body.

It is important to realize that, when we remove the body stress that creates a certain pattern of trabeculae in a bone, the trabeculae do not dissolve at once. Rather, they may dissolve only very slowly (under the proper regime of physical exercise) because of the detailed molecular dynamics involved. They may maintain the body's distorted shape for a very long time even though the initial cause has been removed. The same is true for physical structures generated by emotional or mental states. However, when these unharmonious patterns, which scatter energy from the main flow at the various levels already discussed, are finally removed, more energy will be available for body function.

To illustrate further how maintained intention can produce structural changes in the body gland or organ to enhance its level of functioning, consider one process for making a magnetic material in the laboratory. Let us say that we are going to make a magnetic material out of a metallic alloy called permalloy. One way is to heat the solid up to a high temperature where the magnetic precipitates in the alloy go into solution in the solid (very much like salt or sugar and water would go into solution as you heat the water). Then after soaking at the high temperature range for some time, you cool the

material through a critical temperature range and you find that little particles of a magnetic material come out of solution (again very much like salt or sugar would come out of solution if you cool it enough).

Now, think of these little magnetic particles as being like needles with a field direction arrow on them. They precipitate out of solution and the arrows are pointing in all kinds of different directions as illustrated in Figure 4a. The total or net magnetic field, H_{net} , of this

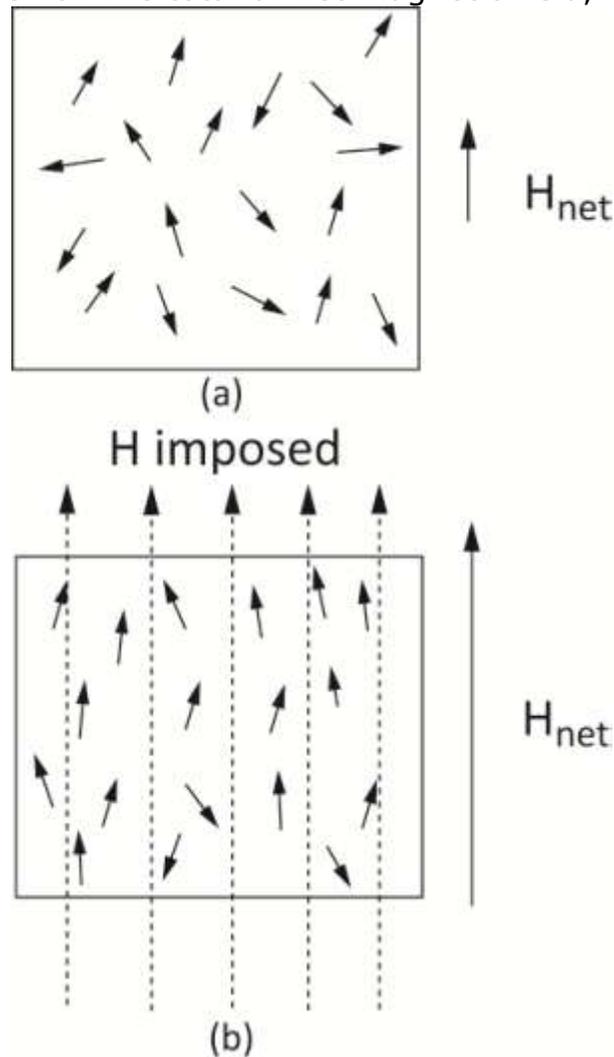


Figure 4. Schematic illustration of the formation of a magnet by the precipitation of a magnetic phase from solution under (a) no applied field and (b) the influence of an applied field, H_{applied} .

material would be the sum of all the components of these arrows pointing in a particular direction. Of course because most of the individual arrows are almost randomly oriented, the sum in any

direction is very small. Thus, although we have made a magnetic material, it is not a very good one! All right, now what can we do about that? Suppose we think "let us apply a strong magnetic field, H_{imposed} , directed upwards along the axis of the bar as illustrated in Figure 4b. Now, with this imposed magnetic field present, as the magnetic particles come out of solution both their birth and growth are influenced. Now, instead of being randomly oriented, they align themselves more closely with this applied field. After you cool the sample down and take away the imposed magnetic field, you find that your bar now has a very strong net magnetic field when you add up all the little arrows. You now have a material with a very large internal magnetic field.

Basically, you have processed the material in such a way as to increase the polarization in a particular direction; that is, to a useful polarization in this direction. You have done it via the influence of an applied external field during the birth and growth process of these magnetic precipitates. Now that we have this physical picture firmly in mind, let us see how it can be done with a gland in our body.

I first want to postulate that a key part of the glandular functioning is related to the gland functioning the way it does largely because of its structure on a cellular level. What we want to do is alter that essential structure at the subtle level. We make this alteration by the sustained application of a specific mind/emotion field; that is, we decide what is the ideal behavior and we mentally apply that image to the gland.

As an illustrative example, let us pick up on the thymus gland that we wish to alter. We want to make it polarized so as to much more easily radiate via the love mode than the hate mode. Thus, we take our highest conception of what is the expression of love and we intentionally apply that to the thymus and literally hold that image on the gland. Metaphorically, we can now think of this gland with some intention field pointing in a particular vector direction that represents a high expression of love. In the gland as in other parts of the body, millions of cells die as new ones are born every moment. Now we have a situation wherein cells are born in the presence of this influence field, this polarization field, and so orient or polarize themselves to be more closely aligned to this influence field rather than the field of the unconstrained gland. Think of the influence of this intention field as that of putting a constraint on the gland so that it functions more easily when it operates in the love expression mode. However, it is still difficult for it to function consistently in this mode because its easy groove of operation is the habit groove, and that may not be a very high expression of love. With the persistent application of a specific

intention, all the cells in that gland will have been born under the influence of that field. With time, the gland is restructured in the presence of the specific intention, and it is eventually able to function in its new habit mode when it expresses this new image of love. Then the intention field may be removed and consciousness can be directed to work elsewhere because the gland will now respond automatically in this new ideal way.

This same procedure is the one responsible for the generation of the vital circuitry between the glands or between the subtle sensory system and the brain; that is, this is how the key linkages are made at the neural level of the physical and subtle bodies. The repeated act of trying to do a particular thing focuses the intention on the unconnected nerve ends that are important for successful fulfillment of the act. This intention field is ultimately manifest at the physical level as a voltage gradient between these nerve ends. The electrical stress polarizes the intervening cells so that they are eventually organized into appropriate nerve cells and the connection between the nerve endings is made. Electrical pulses can now flow and information can be transferred along this new transmission line so that the brain may now know of the message that the sensory receptors have been trying to get through for so long. It seems to be a continual "muscle-building" type of process, wherein greater and greater degrees of organization are developed in our bodies, allowing us to function with ever-growing capabilities. This is indeed the path of conscious evolution.

A Simple Exercise to Nourish our R-space Body

I have always taken as an important working hypothesis that the R-space body (magnetic information wave body) which contains the acupuncture meridian system and a portion of the chakra system, is the template and precursor for construction of the electric charge-based atom/molecule body. In this regard, it is important to note that all the meridians end or start at the fingers and toes specifically at the base of the nails (see Figures 5 and Table 1)⁽¹⁰⁾. The processes of walking, running, working with one's hands, etc., produce stimuli to these particular points which beneficially activate these meridians which, in turn, tend to nourish our D-space body.

About a year or so ago, I decided to further stimulate this meridian stimulation process by adding it to my daily acupressure/massage morning routine, specific attention to the base of the nail's points (immediate following my "around the eyes" set of points). I started first with the hands and then the feet. While sitting in a chair, my left hand was placed on my right thigh just above the knee

and, starting with my baby finger, I took my right thumb and forefinger and both squeezed and pressed down on the finger at the base of the nail (I do it 36 times). I do the same, one finger at a time progressing towards the left thumb (which I do 45 times, instead of 36). Then I reverse the roles of the hands and, with the left thumb and forefinger, start on the right hand baby finger and squeeze/press down exactly, as with treatment of the left hand.

Next, while still sitting in the chair, I bend down to my bare feet and simultaneously treat my left toe nails with my left hand for squeezing/pressing (from baby toe to big toe) and treat my right toes in an identical fashion with my right hand. This entire process takes only about 5 to 10 minutes a day. Note that the middle toe has its kidney meridian first point starting at the sole of the foot located between the two mounds. This point should be pressed 36 times. My personal experience is that doing this is beneficial for my body but also that the rate of observed beneficial change in health state is slower than with the eye exercises. However, this may be the situation because I am a fairly healthy person (at age 80) and more obvious changes might be apparent if I had heart issues or other particular organ issues (once again, look carefully at Figures 5 and Table 1 for which finger and toe correlates with which organ).

To complete the acupuncture meridian picture with identified start and end points that one may wish to massage as an investigative experience, see Figures 6⁽¹¹⁾.

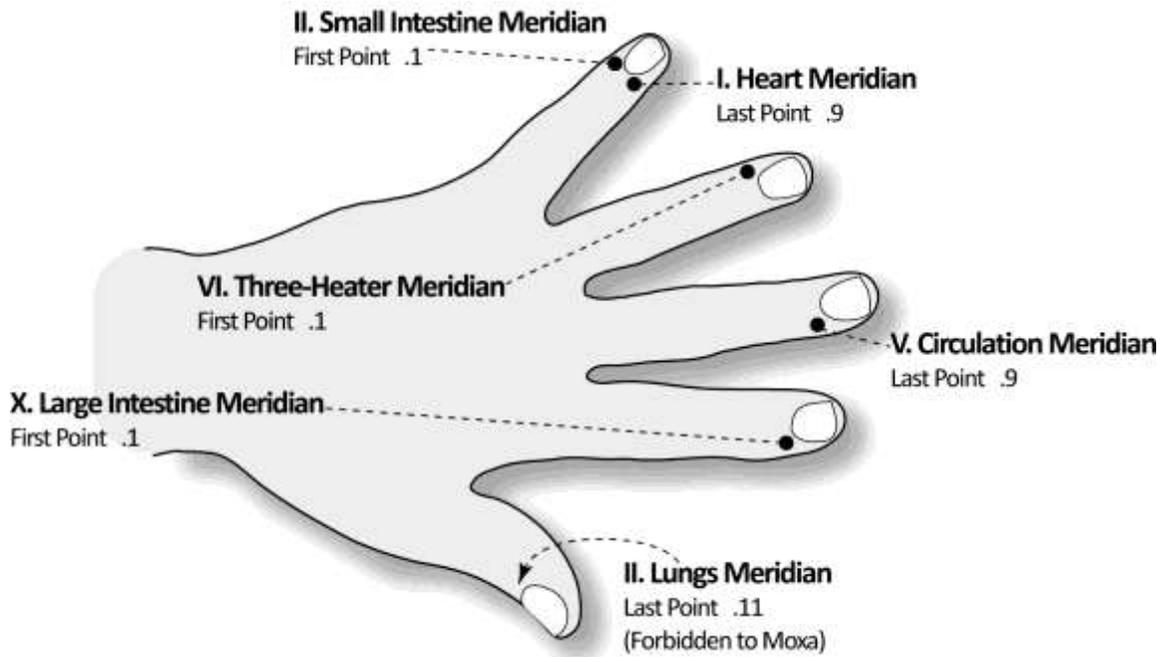


Figure 5a

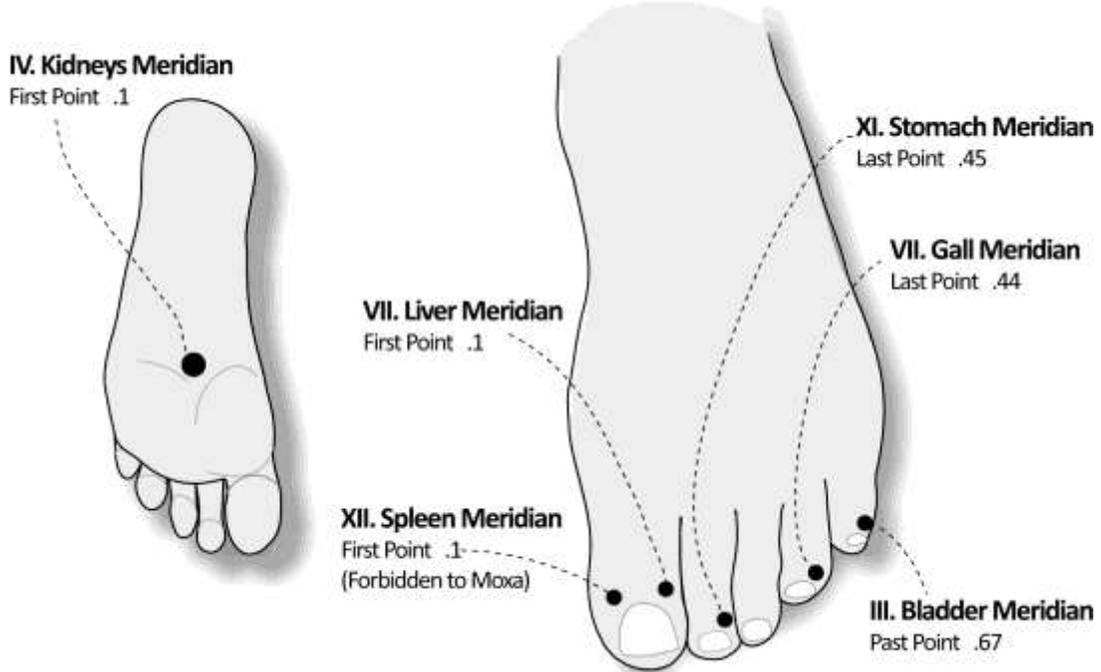


Figure 5b

Table 1

1	Heart Meridian	Baby finger on each hand	Inner nail base	End point
2	Small Intestine Meridian	Baby finger	Outer nail base	Start point
3	Triple Heater Meridian	Next finger in	Outer nail base	Start point
4	Circulation Meridian	Middle finger	Inner nail base	End point
5	Large Intestine Meridian	Index finger	Inner nail base	Start point
6	Lung Meridian	Thumb	Inner nail base	End point
7				
7	Bladder Meridian	Baby toe	Outer nail base	End point
8	Gall Bladder Meridian	Next toe in	Outer nail base	End point
9	Nothing on middle toe but the start point for the kidney meridian is on the foot as shown in Figure 5b			
10	Stomach Meridian	Toe next to big toe	Outer nail base	End point
11	Liver Meridian	Big toe	Outer nail base	Start point
12	Spleen-Pancreas Meridian	Big toe	Inner nail base	Start point

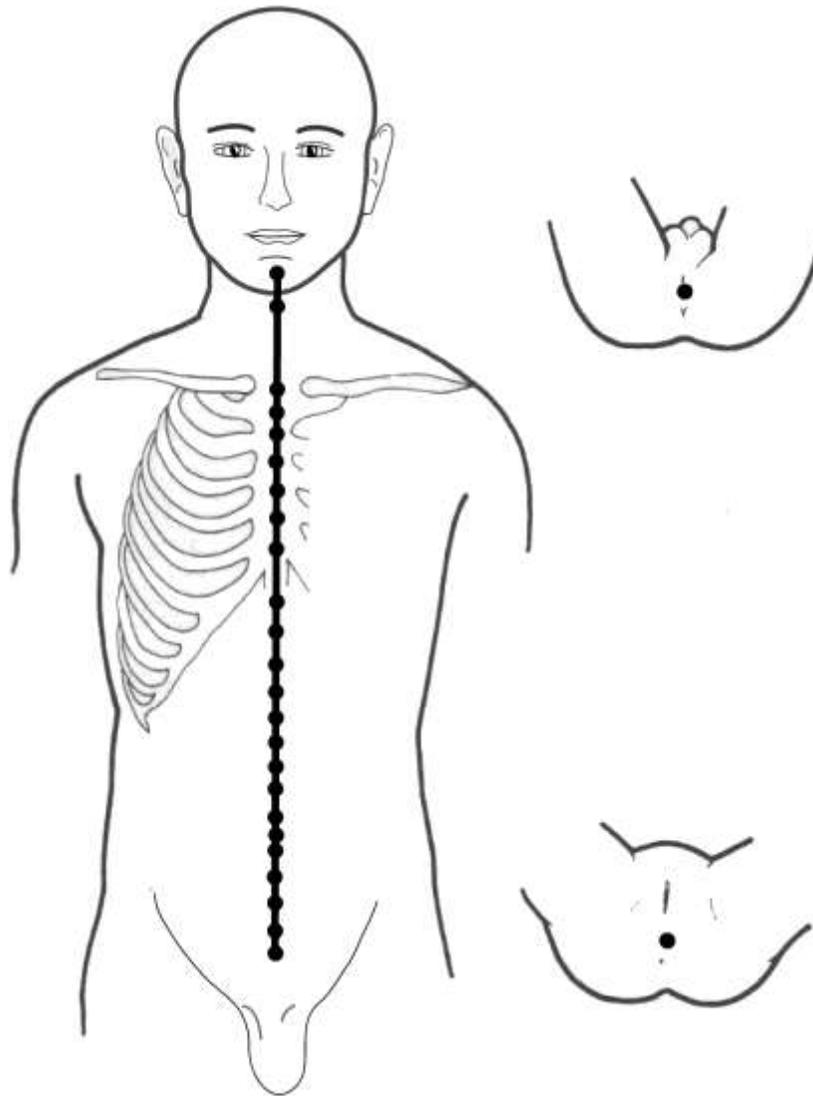


Figure 6a. The Conception Vessel Meridian. This meridian acts mainly on the yin energy. It is not an integral part of the general energy circulatory system but is related to it as a secondary channel. The energy flow is ascendant, running from the perineum to the chin.

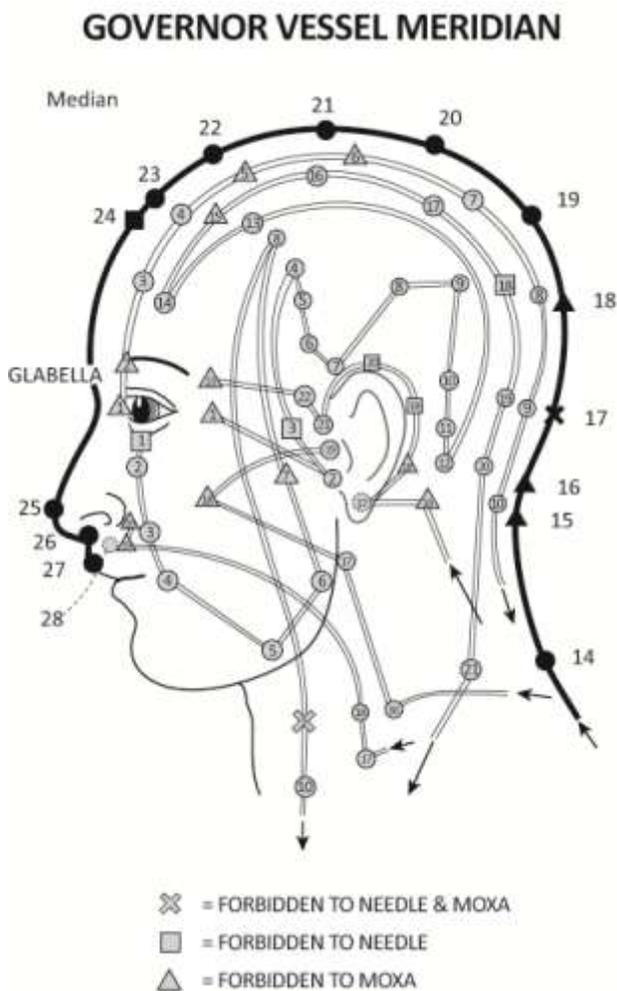


Figure 6b

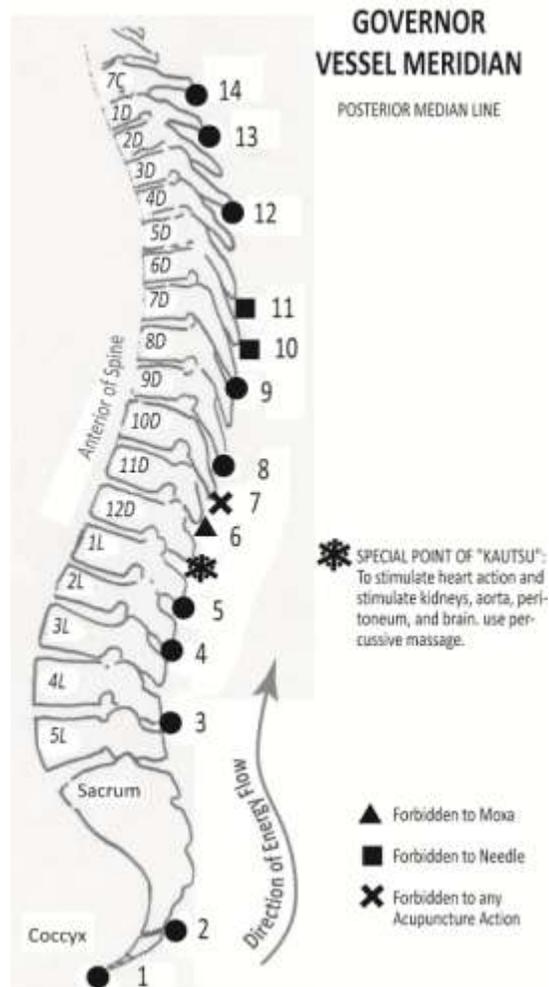


Figure 6c

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