

Energy Medicine 101

by Krista Rosen

Owner, West Hills Reiki

West Hills Reiki

westhillsreiki.com | info@westhillsreiki.com





“Discomfort confirms that belief systems are being challenged. We want that... learning and expanding can't happen with the known.”

Metaphysics and spirituality came to me through the healing modalities of Accunect and Reiki in 2012. My profound experiences led to my awakening, which transformed my life and the wellness of my family. I acquired a thirst for this foreign knowledge that turned out to be what's known as new age and buddhism concepts.

Having relied solely on my intellect my entire life, I found out I was just a child discovering the real world for the first time. I came to know that my higher self, that soul of mine had always been with me and sending me information this whole time. I didn't listen because I had rejected myself. I was mixed up with signals from other people and my environment. My energy field was a sieve.

Energy medicine saved me and upgraded me. It gave me my life direction and healed me of core emotional baggage. This baggage came from my ancestors, modern living, karma, and baggage I created on my own. I realized my sensitivities were not a weakness, but a strength. Energy medicine healed my body and cleared my mind. I became an energy healer during this journey.

The goal of this ebook is to share energy medicine with everyone by summarizing it into layman's terms from the perspective of today's culture and what we've grown up knowing. My intention was not to create a physics book or go deep into the science. My wonderful bibliography is chock full of scientific research and masters for that. I defer to them and of course Google.

All you need to do in order to benefit from this book is to be willing to look at your world in a different way. Discomfort confirms that belief systems are being challenged. We want that. Discomfort indicates discord between our higher selves and our intuition and the beliefs we've created or acquired. Learning and expanding can't happen with the known. Only the unknown with trust in yourself and the universe that's been waiting for you.



In Health and Hope, Krista

West Hills Reiki

westhillsreiki.com | info@westhillsreiki.com

Contents

01

Reiki and Accunect

How they support health and wellness

02

Mind-body-spirit therapies

How they work | Types of therapies

03

The mind-body-spirit connection

What is energy? | The parts vs. the whole - expanding the conventional approach | How does this connection work? | Mental, emotional, and physical aspects of energy | Where emotions live in the body | Music as medicine

04

Energy fields defined

Gravitational waves | Quantum physics | Meridians, chakras, auras, and other subtle energy systems | Human genome project

05

Your mind as a tool

Change your thoughts, change your life | The placebo effect

06

Brainwaves and meditation explained

Hertz cycles and what happens at each frequency

07

DIY energy medicine

Movement, diet & lifestyle | Energy drainer checklist

Bibliography



01

Reiki and Accunect

How they support health and wellness

Reiki and Accunect

Reiki and Accunect are future medicine. Remember when Chiropractic and Acupuncture medicine were considered out there? These energy healing modalities are also referred to as Mind-Body-Spirit medicine. These therapies address and treat the energy field. They are often the key to moving healing forward and truly stepping out of physical/symptom-based medicine. Mind-Body-Spirit medicine is gaining momentum and becoming mainstream.

Accunect

Accunect raises awareness of the subconscious needs of the mind-body-spirit. This gentle balancing technique causes shifts in the body toward areas needing support and resources, which in turn promotes healing. Balancings remove blocks that accumulate in our energy field (meridians, organs, systems).

Reiki

Reiki is universal chi, life force energy. It addresses blocks and provides the body with energy to be used where it is needed the most. It's like filling up the gas tank as we do with food and water. Reiki is bringing healing energy into the body. Reiki reduces overall stress and promotes relaxation, which in turn promotes healing.

How they support health and wellness

- Releases Stress and Tension
- Immune/autoimmune conditions
- Accelerates healing
- Helps anxiety and depression
- Digestive issues, allergies, and fatigue
- Migraines
- Learning disorders, developmental disorders
- Helps sleep problems and insomnia
- Detox, eczema, skin conditions
- Chronic pain
- Helps spiritual and emotional clearing
- Reduces side effects of medication



02

The mind-body-spirit therapies

How they work

Types of therapies

How they work

Mind-Body-Spirit therapies are defined as therapies that treat the whole person, not just the physical body. This means **all of a person's physical issues are considered as a whole**. Emotions, mental wellness, stress, work and lifestyle factors, and history of ALL conditions are taken into account.

Integrative and holistic practitioners such as integrative MDs, Osteopaths, Naturopaths, Homeopaths, Chiropractors, Acupuncturists, and Traditional Chinese Medicine doctors all use energy medicine modalities.

An energy medicine practitioner assessing a client with chronic low back pain will also factor in the client's new job, Lexapro prescription, death of parent at onset of low back pain, past neck surgery from car accident 10 years ago, current shoulder pain, seasonal allergies, clammy hand shake and bloated abdomen.

Energy Medicine and Vibrational Medicine are terms that refer to the connection of Mind-Body-Spirit. Ancient medicine systems such as Traditional Chinese Medicine and Homeopathy utilize Energy Medicine.

Until recently, western cultures were focused primarily on the care of our physical bodies with diet, exercise, outside time, and sleep. Meditation and yoga have gained popularity as healthy habits for our mind and body.

Spirituality has been primarily associated with religion, although eastern belief systems such as Taoism and Buddhism have made their way into western cultures.

Sekhem, an ancient energy healing modality from Egypt, is referenced in the *Book Of The Dead* dating back to 2400 BCE. It is chi, prana, or source, much like Reiki. Sekhem symbols are linked to the science of the **high vibrational pyramid structures**. Although energy medicine has always existed, quantum physics is making it less mysterious, creating an evolved pathway toward wellness.

Energy Medicine expands upon conventional care by addressing blocks and flow within the energy fields (meridians, energy pathways, and systems) of the body. These energy fields actually organize and control the growth and repair of cells, tissue, and organs!

Techniques include tapping or connecting specific acupuncture points on the skin; by tracing or swirling the hand over the skin along specific energy pathways by focused use of the mind to move specific energies; and/or by surrounding an area with healing energy. Electro dermal screening electronic devices and other computer - based techniques are evolving exponentially.

Clear flow = Health

Types of therapies

Energy Healing Modalities*

- Acupuncture
- Acupressure
- Homeopathy
- Emotional Freedom Technique (EFT)
- Tapping
- Hypnotherapy
- N.A.E.T.
- BioSET
- Auditory Integration Training (AIT)
- Color therapy
- BodyTalk
- Accunect
- Family Constellations
- Reiki
- Applied Resonance Training (ART)
- Crystals
- Gemstones
- Radionics
- Shamanism
- Pranic Healing
- Cranial Sacral Therapy
- Meditation

Movement Heals Our Energy Field

- Walking in nature
- Running
- Swimming
- Yoga
- Hiking
- Tai-Chi
- Qi-Gong

*incomplete list





03

The mind-body spirit connection

What is energy?

The parts vs. the whole

How does this connection work?

Mental, emotional, physical aspects of energy

Where emotions live in the body

Music as medicine

What is energy?

Before we get into it, let's dust off our high school memories for a moment....Energy is defined in science as the ability to do work. You may recall there are 6 main types of energy; sound, chemical, radiant, electric, atomic, and mechanical. Energy can shift between forms, but it is never destroyed or created. It's like water becoming ice or steam. All energy can be categorized by either being Kinetic or Potential.

The parts vs. the whole; expanding the conventional approach

The Parts

Most of us are familiar with the principles of conventional medicine. Based on Newtonian physics, our health care system focuses on on the biochemistry of cells, tissues, and organs. Medical professionals treat the symptoms of a specific **part** of the body with pharmaceutical medication, therapies such as physical therapy, occupational therapy, counseling, diagnostic technology, and surgical procedures. The parts make up the whole person and defines wellness.

Conventional medications are designed to reverse a symptom, often by suppressing or stopping a chemical reaction. This is based on the Law of Opposites: bring a fever down with Advil. Prescribe an anti-histamine for allergies.

The specific parts of the body are regarded as a standalone condition. Knee pain = knee specialist. Digestive problems = GI specialist. Anxiety = counseling or medication

The Whole

Integrative or holistic medicine treat the whole. The whole person. History, all symptoms, lifestyle, current status, what have you. Complete and lasting healing has the best chance of happening because causes and symptoms are treated together. Energy medicine treats the whole person.

What we now know is that we've outgrown the parts model (conventional medicine). Science has demonstrated that living things and we humans are complex and dynamic. 1 in 2 children have a chronic health condition, from eczema and allergies all the way to ADHD and autism. Our life spans are shortening. Cancers, heart disease, autoimmune and other chronic conditions are the new normal. We read about the effects of modern living on people and the planet, and witness it in our daily lives.

Clearly what we've been doing no longer works. It's an exciting time to be alive and experience the changes that are happening toward healing the planet and ourselves through integrative care, **treating causes**, and living in a way that promotes wellness.

How does this connection work?

This connection works through our energy field. Our energy field sits in the driver's seat of our health - mind, body, and spirit. We have heard that everything is connected, but what does that really mean? It means there's no separation.

Our minds are just a tool. Our bodies are simply a vessel. Both the mind and body are infused by this energy field and the energetic blueprints that drive every aspect of living.

The part of our spirit that lives here in the material world lives within our bodies and mind. Our mind-body-spirit are connected to our higher selves and universal consciousness.

Further, there is no separation of the mind-body-spirit, much like fingers on a hand. Everything we do, think, feel, and experience affects all aspects of ourselves. Pretty mind blowing right?

Energy based therapies address all three parts of the whole person by treating the driver, which is our energy field. They are also known as the zero point field, prana, chi, or vital force. Energy medicine practitioners believe that our energy fields are the source of instructions and information for the physical body and mind. Healing the

energy field, in turn, heals the physical body and the mind on a biochemical level.

Health is determined by the overall flow and balance of a person's vital life force energy. Imbalances or blockages in the natural flow of the energy fields in the body cause illness.

Energy medicine addresses health issues by reconnecting us with our higher selves, our joy, and remind us of our purpose - Mind-Body-Spirit. No pill or surgery is designed to accomplish that. It's a way to realign ourselves with who we really are, causing a ripple effect of upgrading and healing all aspects of ourselves.

Healing the energy field,
in turn, heals the physical
body and the mind on
a biochemical level.

Mental, emotional, and physical aspects of energy

This everything we are talking about has a vibration, or vital force energy. The chair you are sitting on. You, your dog, your food, and even your thoughts. Plastic, wood, metal. The air in your home. Your car. Your relationship. Words carry a vibration too. Your work space. Sounds including music, the garden trimmer, trains, air conditioning vents. Colors carry energy and hold their unique frequency. Water, soda, your morning eggs, strawberries. Your dreams, those pesky repetitive thought loops, your memories, and of course fears and worries all have a vibration. **Each thought, emotion, or substance have their own station like music on a radio.**

Mental frequencies

Our mental state, thoughts, and what our minds are focused upon carry a vibration. Anxiety and depression hold a lower frequency that is not optimal to our health (obviously). Unmonitored thoughts can repeat over and over and build like a snowball, causing chronic illness. High vibrational thoughts are the good guys. They cancel out the lower vibrational, unwanted thoughts.

Emotional states

Anger has a lower vibration compared to Joy and Love which are very high vibrational. Interestingly, the “cave man” emotions for survival such as Fear and Anger release a tiny bit of adrenaline and other hormones in order to run away from that tiger chasing us. This is why roller coasters and thrill seeking activities are fun for people. The natural high can become addictive. Selfless, heart-based emotions such as Joy and Gratitude don't give us that high, but they give us something far better. Peace and harmony and a balanced state for mind-body-spirit, attuning us back to our original state of alignment.

Physical

Nutrient dense food is high vibrational. It's alive and vibrant, colorful. The closer a substance is to its original form, the more vibrant it is, and more likely to be healthy for us. To illustrate, fresh cow milk contains more nutrients than yogurt. Yogurt contains more nutrients than butter. Butter contains more nutrients than more processed products from milk. The energetic frequency of milk is different than yogurt or butter.

Where emotions live in the body

All emotions come from Love or Fear. Trace any emotion down to the root and you'll see what I mean. For example, you may believe your worry about your child's grades is coming from Love. You love your child, but the worry is actually coming from Fear. Fear manifests when we imagine our child struggling in the future with having a good life. Life experience and fears of the unknown future can also ignite worry. Memories of our own childhood experiences can also ignite Fear based emotions.

New age thought leaders Robert Holden, the legendary great Wayne Dyer, and Dr. Joe Dispenza are the sources for these concepts. *Figure 6.2 from Dr. Dispenza's book, "You Are The Placebo: Making Your Mind Matter"*. Anyone curious about energy and science must read it.

LOVE based emotions are selfless and heart centered.

- Gratitude
- Love
- Joy
- Inspiration
- Peace
- Wholeness
- Trust
- Knowingness
- Presence
- Empowerment

FEAR based emotions are selfish and mind centered.

- Doubt
- Fear
- Anger
- Insecurity
- Worry
- Anxiety
- Judgement
- Competition
- Hostility
- Sadness
- Guilt
- Shame
- Depression
- Lust

Music as medicine

Music can raise your vibration, which uplifts our moods and changes our thoughts which create wellness. High vibrational music breaks apart lower vibrational energies. When we move to music that resonates with us, it activates our energy fields and promotes healthy flow.

Sound healing therapy has become popular these days thanks to the much improved technology in audio and video recordings accessible to everyone on YouTube. Searching for music channels has become so easy with search terms; meditation, relaxation, spa, sleep, reiki, and nature sounds.

Classical music as we know is mathematical and provides symmetry and order. Because of YouTube and social media, we have access to healing tones, chanting, drumming, singing bowls, chimes, bells, and mantras. Recordings of famous healers from all over the world is now accessible to us. We don't have to save up for a trip to Tibet or India to hear these healing sounds. The Solfeggio, ancient tones behind the Gregorian chants can be found online, as well as many other frequency tones such as the Schumann Resonance.

Lyrics in songs and words spoken can also raise your vibration. As you may have guessed by now, words coming from Love are healing, while others based on Fear lower our vibration. Recognizing the power of positive

thinking, law of attraction, and how the words we listen to and speak impact our emotions and health are gaining momentum.

Rap music features the frequency of words. We can now see this in pop culture with feminist rappers and the popularity of positive rap songs and “conscious hip hop”.

Today we can enjoy the soul supporting mantra music of Snatam Kaur and other kundalini yoga music.

As most of us have experienced, a great song on the radio can change your day for the better.

Beyond Baby Mozart

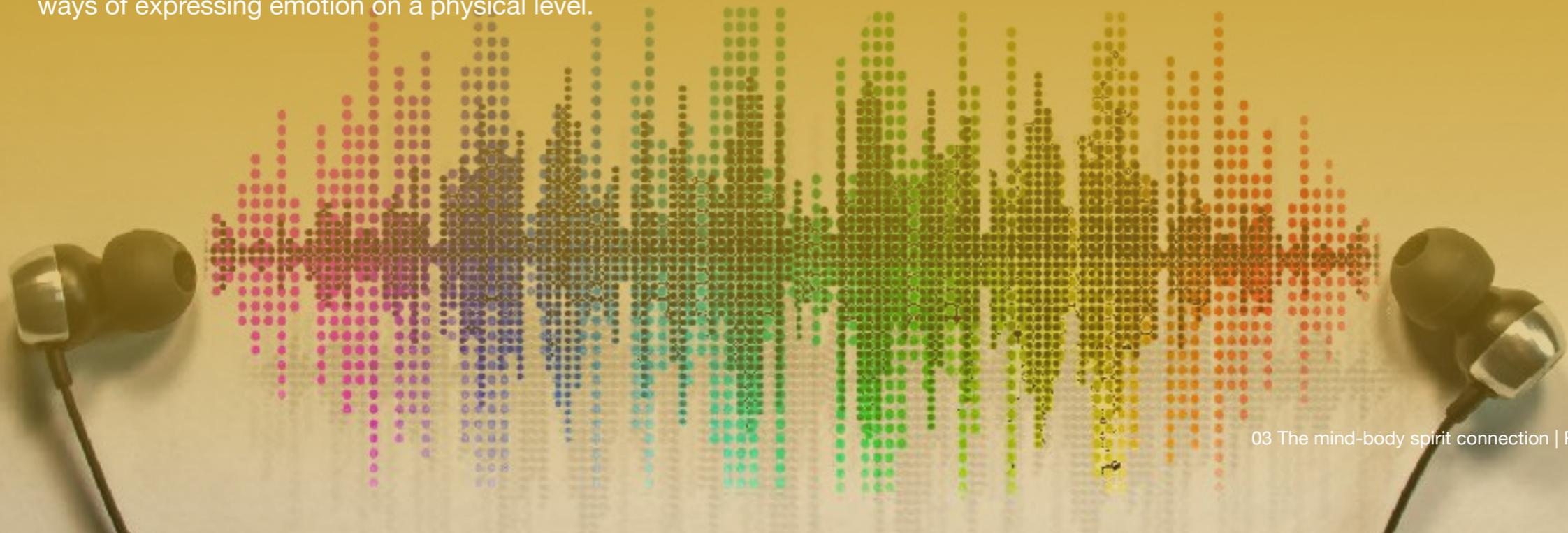
Music has resonated with humans since the dawn of time. No matter your ancestry, drumming is part of ALL ancient civilizations and cultures. The sound of a drum is like a heartbeat that's guiding us home. Music has been known to be healing and the language that unites us all. Music therapy has been around since the 1930s, with Michigan State University being the first to offer a degree in order to help WW2 veterans. The autism epidemic has popularized Auditory Integration Training (AIT), inspiring scientists and therapists to focus on this field.

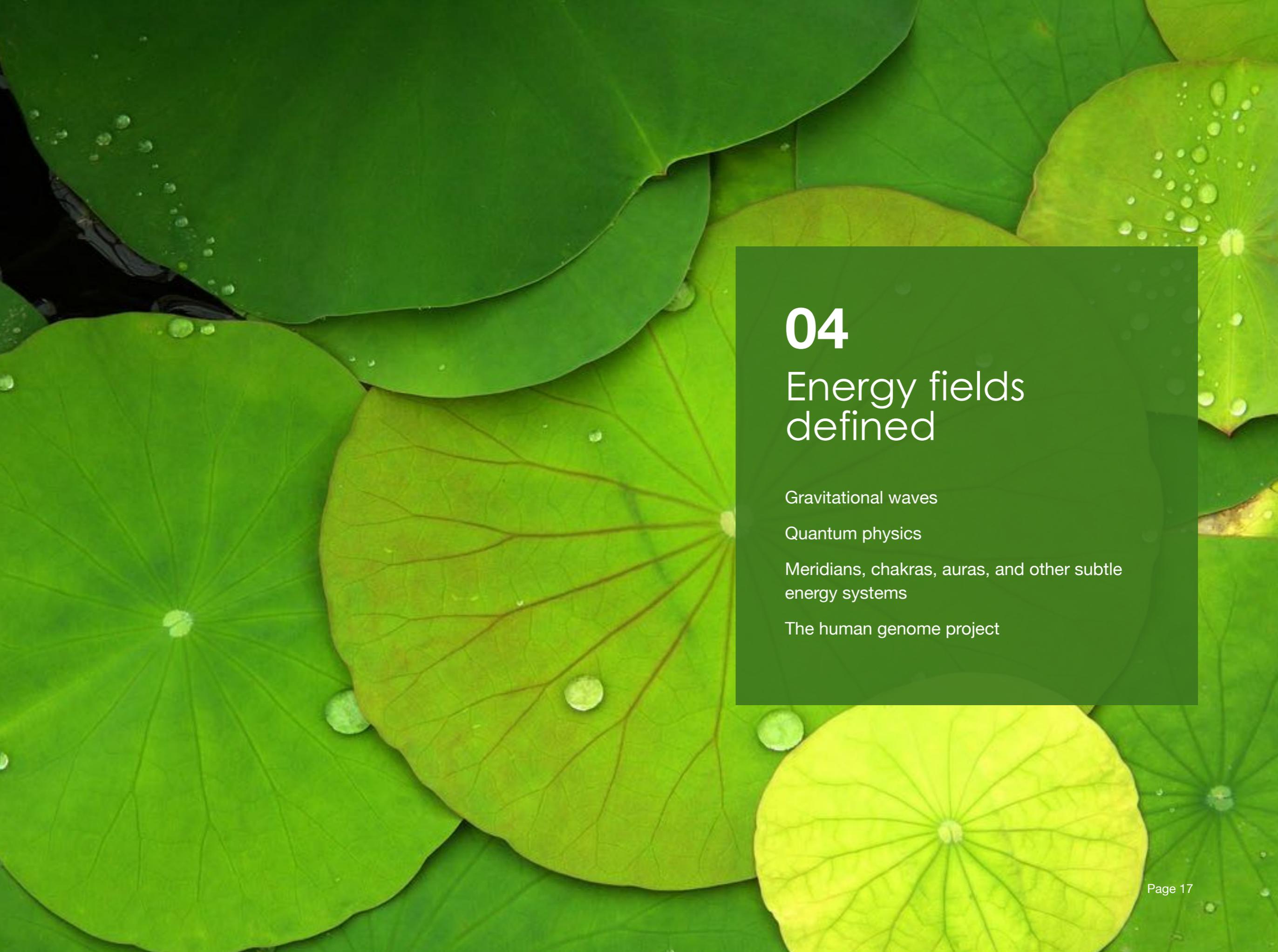
Music can energetically match a vibration of unwanted or negative thoughts and feelings. The vibration breaks the energy apart much like an opera singer breaking a glass with one of those long high notes. This works with emotions such as sadness and depression. Music that resonates can release emotions through crying and other ways of expressing emotion on a physical level.

Music can also temporarily worsen symptoms or prolong breaking through unwanted emotions. Listening to the 80's music group The Cure may very well be a cure, but it can also prevent us from processing those emotions. Every person is unique and responds to music and other frequencies of life in their own way.

The vibration of music breaks apart lower energies and stagnation which clears the flow of energy. This results in healing the physical body, promotes mental clarity and wellness, and clears unwanted thoughts.

I don't know anyone that doesn't like music! The frequencies music provides vary by pitch, tone, instruments, and words, making the effects unique for everyone.





04

Energy fields defined

Gravitational waves

Quantum physics

Meridians, chakras, auras, and other subtle energy systems

The human genome project

Gravitational waves

Gravitational waves are ripples in spacetime which are created whenever objects with mass move. They were predicted by Albert Einstein in 1916 on the basis of his theory of general relativity.

Gravitational waves were detected from a pair of black holes merging by the Advanced LIGO, the Laser Interferometer Gravitational-Wave Observatory on 2/11/16 and two more times as of this book publishing.

Such exciting times we are living. This science provides the physical evidence that energy fields do exist from the vantage point of the conventional medical paradigm.

Quantum physics

Quantum physics confirms that instructions for our bodies exist within our energy field like a blueprint of original biological instructions. Further, this energy blueprint is where all that is to be known exists. Our energy field is connected to the universe, other people, animals, and everything of this earth and beyond.

Energy

quintessence	nilchi
ether	good vibes
soul	ki
rLung	na
life & death	chi
zero point field	prana
maban	mana
universal	god
consciousness	natura
vital source	medica
ka	nats
	ruh

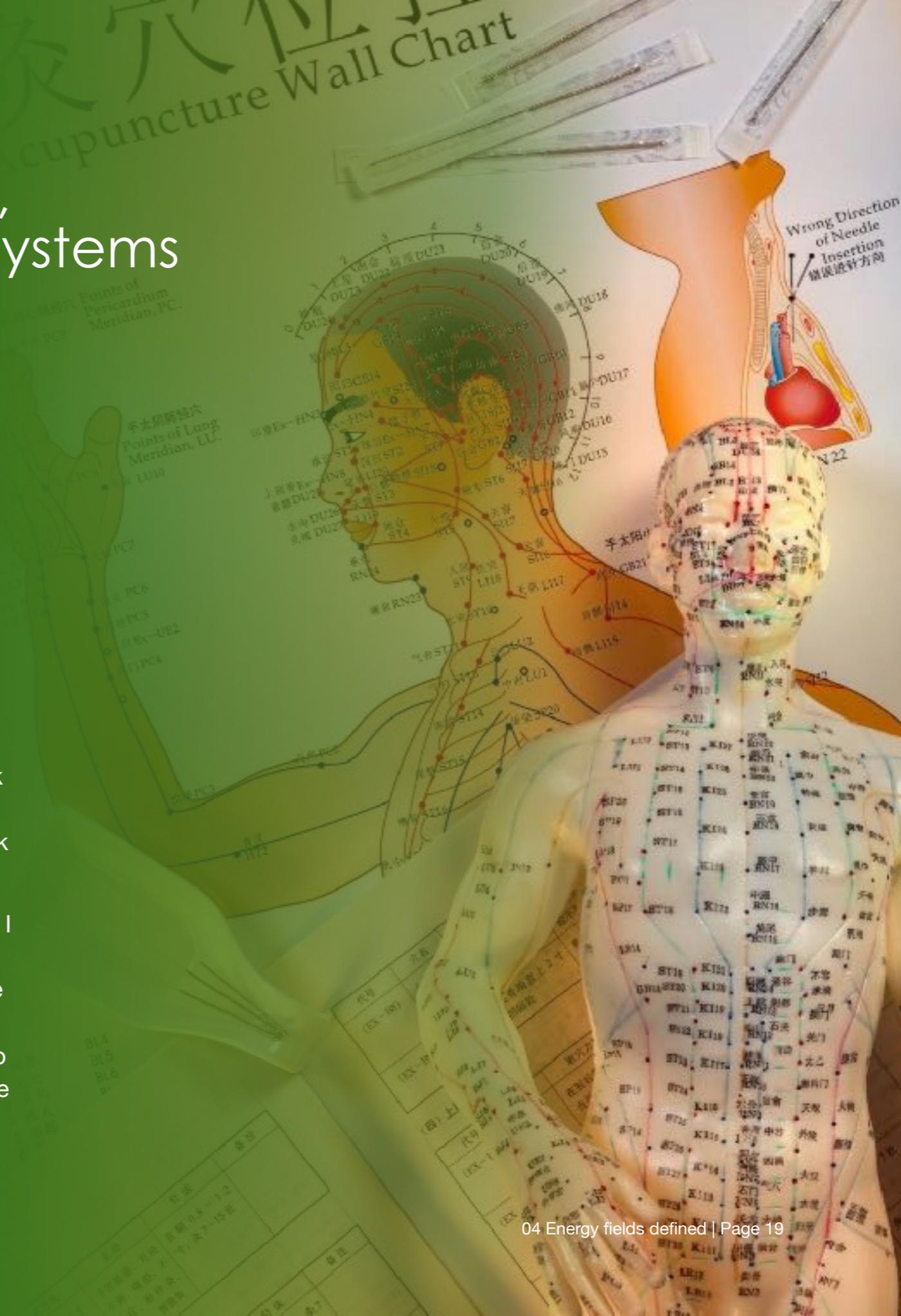
Meridians, chakras, auras, and other subtle energy systems

There are many many approaches to explaining energy fields. How we see, feel, hear, and think is unique. How we integrate this sensory input is even more unique. Different cultures and philosophical vantage points also contribute to how people experience energy. If you are interested in a particular system, YouTube has free video content that can expand upon my brief explanations. So much fun!

Meridians

Meridians are commonly known through acupuncture and acupressure in Chinese medicine. Chi energy flows through these pathways. There are 12 major meridian channels that distribute the energy throughout the body. Meridian channels that run closely to the surface of the skin are accessible to work with needles and touch. Tapping techniques and energy balancing techniques such as BodyTalk and Accunect also work with meridians.

Meridians live inside our connective tissue in the physical body. I know it's a gross example, but it's the whitish film around meat that we remove as we prepare it for cooking. This fact made me realize how we really are what we eat, as the emotions and memories of the animals exist inside our meat. There really is no separation. This really hones in on the importance of cruelty-free raising of animals raised for food.



Meridians, chakras, auras, and other subtle energy systems

Auras and our energy field

Our chakras and meridians and other subtle energy systems live within our personal human energy field. There are numerous layers radiating outward, interacting with our environment, our minds, and the universe. This is ongoing and dynamic.

Kirlian camera pictures can show colors and textures can be by the naked eye.

Wei Qi is a field that covers our skin up to 2 inches above the body. It's the energy gives us that feeling that something is behind us, or that we are about to bump into the coffee table. A rundown wei chi leaves us vulnerable to colds and flus.



Rife machine



BioSet and N.A.E.T.



Zyto

Electro-dermal devices for healing

Energetic frequencies can be measured and used by numerous electro-dermal devices. Rife frequency technology started us off in 1938 for treating cancer. Rife frequencies “excite the cancer cells” to death by the vibration resonating. Today, Rife machines are used for all sorts of autoimmune and immune conditions, and as an approach to killing microbes such as strep, Lyme disease, viruses, and parasites.

Physical therapists have long been using Tens machines which were patented in 1974. Today we have new options PEMF mat, working with a Zyto practitioner or other EAV machines for BioSET, N.A.E.T., and other healing modalities.

Schumann resonance

Earth's electromagnetic field holds a natural frequency pulsation of **7.83 Hz**. This global electromagnetic resonance phenomenon is named after physicist Winfried Otto Schumann who predicted it mathematically in 1952. Many healing modalities including special infused substances and natal gemstones and crystals can be programmed with this frequency for healing. Walking in nature and earthing give us this frequency.

Meridians, chakras, auras, and other subtle energy systems

Chakras

There are 7 major energy centers that work like spinning fans located along the spinal column. Each one spins at a different frequency. Chakra means “wheel” in Sanskrit.

The lower 3 carry the emotions and other metaphysical aspects of survival.

The upper 3 carry the heart centered emotions of universal consciousness and our higher selves. The heart chakra is located between the upper and lower chakras and bridge between energy flowing between the upper and lower parts of the body. Balanced chakras are all the same size and spin at their frequency levels clutter free. Smaller or larger chakras indicate an imbalance.

See how the chakras have a color. Those with clairvoyant skills can often see these colors when looking at a person. Colors are also evident in a person’s aura and in fields around us.



The human genome project

The Human Genome Project began in 1990 and completed in 2003. One of the many goals for healing was to identify all of the protein sequences for metabolic function. Including regulating sequences, we know that that number is around 140,000. They found approximately 19,000 genes, concluding that something OUTSIDE of our DNA affects health. This indicated a huge discrepancy, which birthed a new branch of medicine called epigenetics.

We now know that genes work together and that our energy field contains blueprints and is impacted by energy from the environment and from ourselves through diet, lifestyle, emotions and thoughts. Again, exciting times to be alive and experience the unfolding of medicine and how we view the world change.

genome.gov is always being updated. Check it out!



05

Your mind as a tool

Change your thoughts, change your life

The placebo effect

Change your thoughts, change your life

We've been talking about thoughts carrying a frequency, some good and some not so good for us. Fear based thoughts can make us sick, while love based thoughts can prevent and reverse illness. Illness can be physical, emotional, or mental and spiritual.

Our beloved Wayne Dyer helped bring positive thinking and new age principles into mainstream with this simple, yet key concept, "Change your thoughts, change your life." As we know, we all create, inherit, and live with paradigms and belief systems about every aspect of life. These paradigms are simply a collection of thoughts created to serve a purpose.

Religion explains life and death and provides a framework for the unknown and the implications of not knowing, triggering Fear energy. We now know some of these paradigms work, while others don't. Sometimes we outgrow paradigms, such as what we are facing today with conventional medicine. The good news is that Energy Medicine is here and always has been waiting for us.

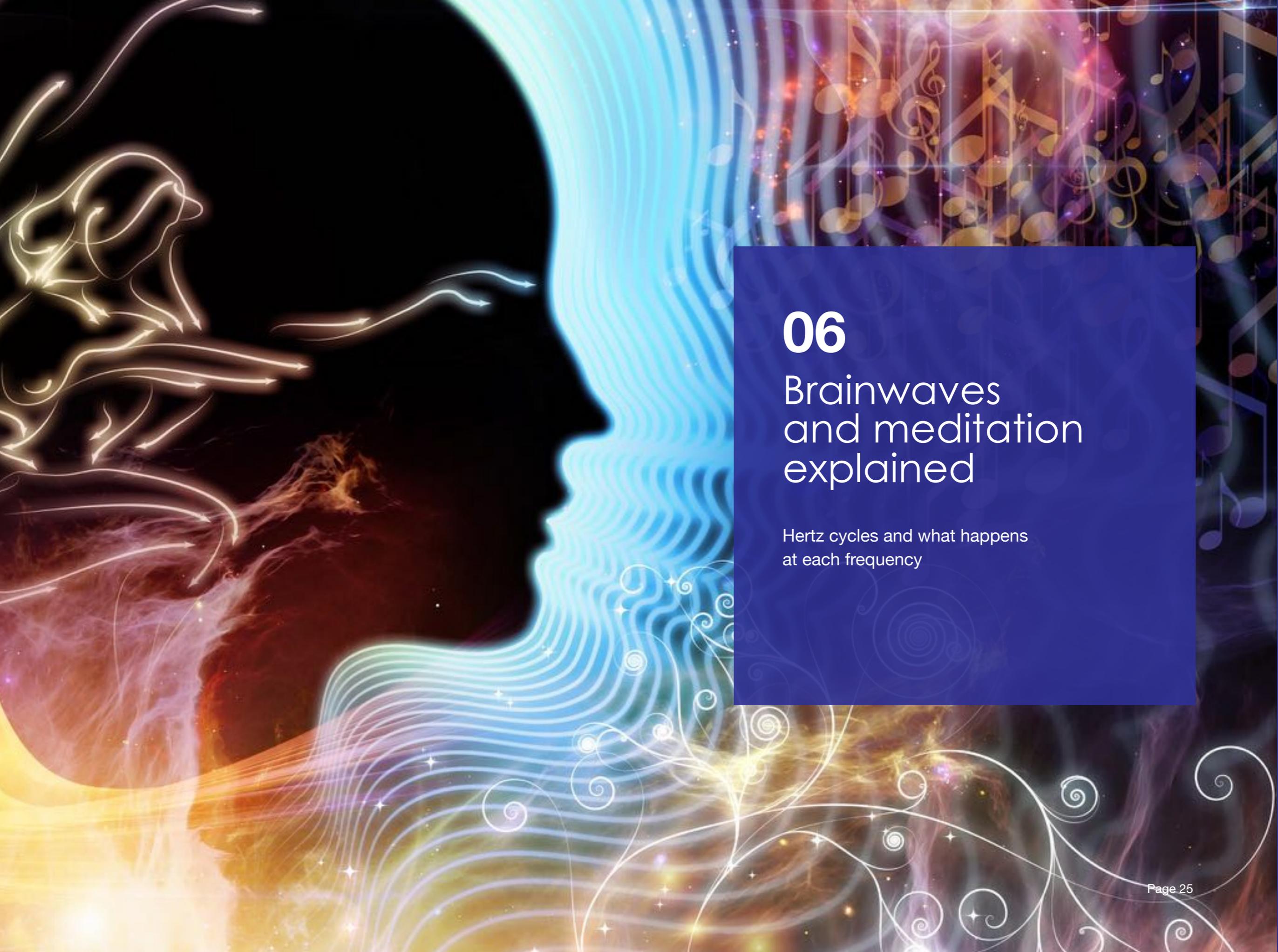
The placebo effect

Your mind doesn't know that you're in a flight simulator at Disneyland. You get scared and your body releases a little adrenaline anyway. Your mind doesn't know that you're not at the cabin you went to every summer as a child, but you can feel the grass under your feet and smell the ocean air anyway, courtesy of your mind's eye.

Recent research has demonstrated that the mind can heal us with the power of positive thoughts and managing thoughts. We know thoughts can make us depressed and anxious. That is a fact! So we can use the very same equipment (our thoughts and our minds) to heal us and give us access to what we want.

Dr. Joe Dispenza's book and research* summarizes the history and the latest research into user-friendly reading. I highly recommend it.

The mind can heal us with
the power of positive thoughts



06

Brainwaves and meditation explained

Hertz cycles and what happens at each frequency

Hertz cycles and what happens at each frequency

Meditation is an energy healing tool where we can access creativity, intuition, clarity, and our higher selves. The relaxed state of meditation realigns us with these parts when we feel disconnected, lost and unsure of what we want and what to do. Meditation reduces stress and tension, and can alleviate anxiety and other unwanted emotional states. When we reduce stress and tension, this puts our bodies and minds into a restorative and healing state.

Slow brain waves (8 Hz) = access the right brain frequencies of our intuition, creativity, clarity, and our higher self.

Our brain wave speed is measured in Hertz (cycles per second). The slower the speed, the more relaxed and deeper our minds can receive those frequencies. A radio station can only play the station it is receiving. We can't hear the rock station on 103.1 if our radio dial is set on 92.3.

In order to dial in on creativity, clarity, insight, and our true selves, we must be humming along at those slower brain wave states. Artistic and musical experiences also come from the right side of the brain. There are numerous articles and [research](#) on the topic of meditation such as the New York Times online.

On the contrary, the left hemisphere of the brain is where we experience analytical thinking, such as math and science concepts, logic, and language.

Check out where sleep, wakefulness, problem solving, dreams, and intuition happen:

INFRA-LOW (<.5HZ) - Basic functions

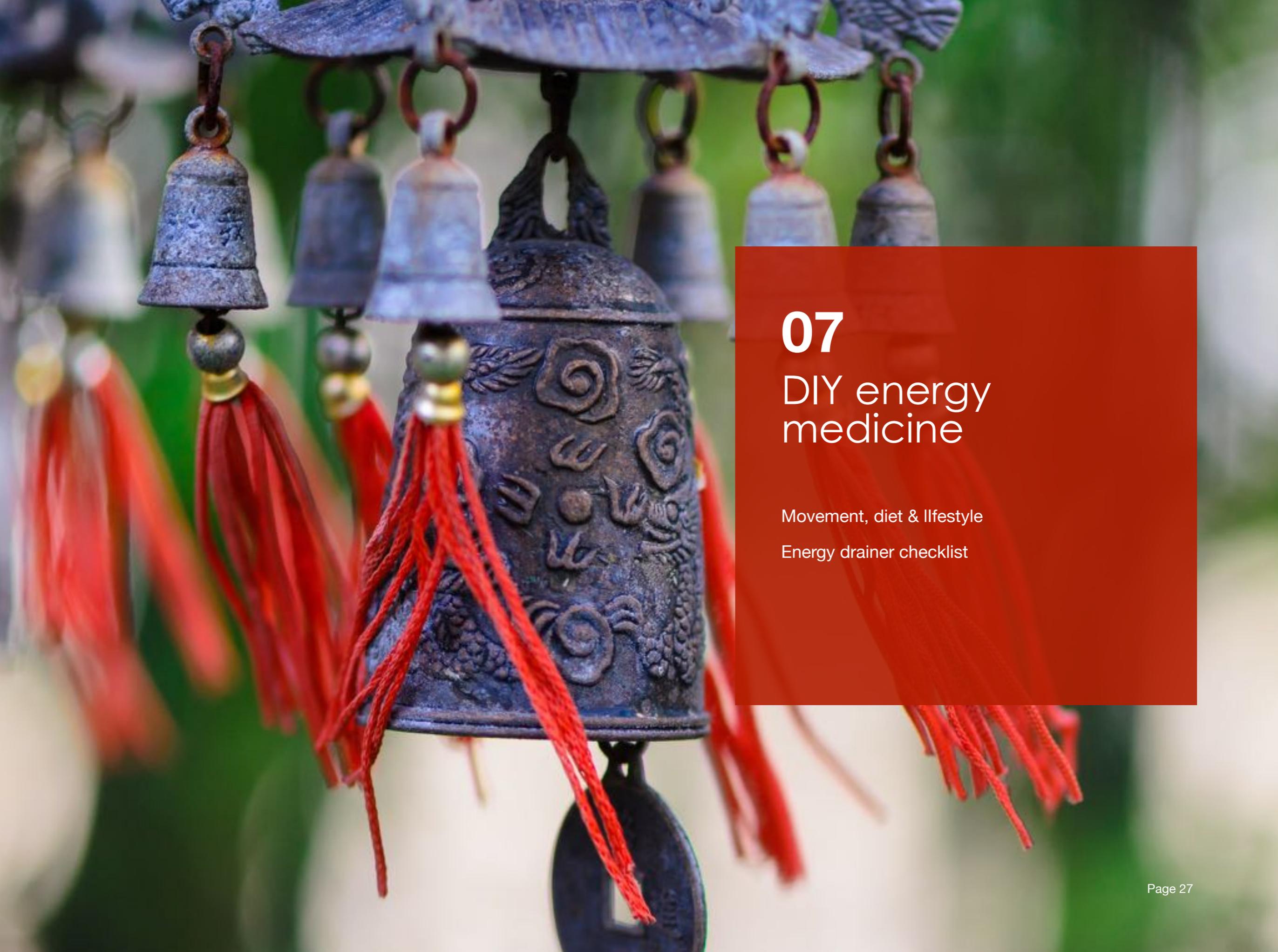
DELTA WAVES (.5 TO 3 HZ) - Deep meditation and dreamless sleep and restorative healing.

THETA WAVES (3 TO 8 HZ) - Deep meditation and sleep, experienced as we wake or drift off to sleep. Intuitive, dream, where our imagination and fears live.

ALPHA WAVES (8 TO 12 HZ) - Grounded and present, a calm, but alert resting state. Quiet flowing thoughts.

BETA WAVES (12 TO 38 HZ) - Typical conscious state of being awake. Alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity.

GAMMA WAVES (38 TO 42 HZ) - High frequency brain waves. Research into this speed is new. Some speculate that we become self aware and connect with others.



07

DIY energy medicine

Movement, diet & lifestyle

Energy drainer checklist

Movement, diet and lifestyle

Everyone can do energy medicine. Many people are doing it without even realizing it! There are many approaches to balancing and restoring our energy field:

- **Meditation**
- **Nutrient dense and vibrant food**
- **Greening your home**
- **Indoor plants on nightstand and in high traffic areas**
- **Petting animals**
- **Clearing clutter and organizing your space**
- **Feng Shui**
- **Tapping techniques such as Emotional Freedom Technique**
- **Self Care such as naps, baths, and listening to soulful music**
- **Movement: Yoga, Walking in nature, Running, Swimming, Hiking, Tai-Chi, Qi-Gong**



Energy drainer checklist

- **Lack of exercise**
No movement and long periods of sitting.
- **Poor light quality**
Florescent lighting and bright lights drains the nervous system by constantly activating it.
- **Poor air quality**
Modern buildings are efficient built, but do not breathe. A drafty structure gives toxins and stagnant air a place to naturally flow.
- **Weather**
Unusual weather changes and sudden weather changes, even for the positive the body must adjust each time. Frequent fliers are vulnerable. Leaving time for adjustment and rest is key.
- **EMFs (electro magnetic fields)**
Florescent lights, electronics, wifi, and other sources constantly activate the energy field which triggers the nervous system. Being “on” is draining.
- **Emotions**
Chronic exposure to negative energy and fear based emotions in your home, work, and community. Includes political and natural disaster stress.
- **Geostress**
A moldy house, harsh neighborhoods, a bad roommate, and job stress that doesn't get better.

Bibliography

Energy Medicine Healing Modalities

accunect.com

reiki.org

[Mind-Body-Spirit medicine](#)

Science

[https://www.ncbi.nlm.nih.gov/pmc/articles/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/)

[PMC3265077/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/)

<https://www.thoughtco.com/quantum-physics-4133568>

[Gravitational Waves](#)

[The Schumann Resonance](#)

[The Hidden Messages In Water](#) by Masaru Emoto

[The Science and Philosophy of Bodytalk](#) by John Veltheim

[Vibrational Medicine](#) by Richard Gerber, MD

[You Are The Placebo, Making Your Mind Matter](#) by Joe Dispenza

[The Biology Of Belief](#) by Bruce H. Lipton, PhD

[What your energy field looks like](#)

[Color Energy](#)

Epigenetics

<https://www.genome.gov/27532724/epigenomics-fact-sheet/>

[http://journal.frontiersin.org/article/10.3389/fcell.](http://journal.frontiersin.org/article/10.3389/fcell.2014.00049/full)

[2014.00049/full](http://journal.frontiersin.org/article/10.3389/fcell.2014.00049/full)

[https://www.ncbi.nlm.nih.gov/pmc/articles/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361287/)

[PMC1361287/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361287/)

<http://www.socialnetwork.hu/cikkek/KoppRethelyi.pdf>

[https://www.ncbi.nlm.nih.gov/pubmed/](https://www.ncbi.nlm.nih.gov/pubmed/10681886)

[10681886](https://www.ncbi.nlm.nih.gov/pubmed/10681886) <https://cup.columbia.edu/book/the-making-of-intelligence/9780231120050>

[http://asociatiaromanadehipnoza.ro/wp-content/](http://asociatiaromanadehipnoza.ro/wp-content/uploads/2013/10/The-Psychobiology-of-Gene-Expression.pdf)

[uploads/2013/10/The-Psychobiology-of-Gene-](http://asociatiaromanadehipnoza.ro/wp-content/uploads/2013/10/The-Psychobiology-of-Gene-Expression.pdf)

[Expression.pdf](http://asociatiaromanadehipnoza.ro/wp-content/uploads/2013/10/The-Psychobiology-of-Gene-Expression.pdf)

New Age Thought Leaders

[Change Your Thoughts, Change Your Life](#) by Dr. Wayne Dyer

[You Can Heal Your Life](#) by Louise Hay

[You Are The Placebo: Making Your Mind Matter](#) by Dr.

[Joe Dispenza](#)

deborahking.com

<http://www.robertholden.org/>

[Doreen Virtue](#)

Music As Medicine

[Rap music and depression](#)

[Rap as therapy for middle aged women](#)

[Sound healing in Psychiatry journal](#)

[American Psychological Association](#)

[Auditory Integration Therapy \(AIT\)](#)

Meditation

<https://www.expandinglight.org/blog/meditation/meditation-teacher-training/how-meditation-changes-your-brain/>

<http://blog.ted.com/4-scientific-studies-on-how-meditation-can-affect-your-heart-brain-and-creativity/>

[Michael A. Singer - The Untethered Soul](#)

Graphic Design

Many thanks to [Sandra Augustin](#) for her brilliant interpretation of the content.