

Energy – Source of Health and Healing

Ancient Healing Tradition meets Modern Health Science

by

Dr. Roland G. Heber

ENERGY:

Panta Rhei – All is in state of Flux.

Heraclitus

The importance of subtle energies for health and healing, their strong link to the spiritual, psychic, mental and emotional makeup of a person, has been known by all Ancient Healing Traditions. We find ideas of non-material, invisible energy bodies mentioned in most of the various cultures and civilizations of all the five continents. What the early traditions called *'Breath of Life'*, *'Aether'*, *'Odem'*, *'Qi'* (China) or *'Prana'* (India), was the *'Animal Magnetism'* of Franz Anton Mesmer (18th century), the *'Odic Force'* of chemist Carl von Reichenbach (19th century), the *'Orgone Energy'* of Wilhelm Reich (20th century), is the Vital Energy or Bio-Energy of Modern Health Science.

ENERGY MEDICINE

In every culture and in every medical tradition before ours, healing was accomplished by moving energy.

Albert Szent-Györgyi

'Feeling the energy moving' is nothing unusual to us who are working with acupuncture and other energy therapies. Yet, for centuries, concepts of this 'healing energy' were considered to be incompatible with the conventional medical paradigm. With new insights derived first of all by physics, a turning point in scientific thinking occurred – the **transition from stasis to dynamics**.

New concepts such as our *'organism being an open energetic system'*, *'our cells exchanging information via oscillating electromagnetic fields'*, or *'biological energies playing an essential role in biological self-regulation'* are now gradually gaining acceptance in medical science. With 'Bio-Energies' measurable within and around the human body, a new exciting academic branch was born – **Energy Medicine** – in the meantime one of the fastest growing branches of Modern Health Science.

ENERGY IN HEALTH AND DISEASE

Everything in Life is vibration.

Albert Einstein

Energy is the Source of all Life and a measure of Vibrant Health

Already over 5000 years ago, Traditional Chinese Medicine (TCM) recognized that energetic processes are essential to our Life. This energy called 'Qi', is the bio-energy or life force, the source of human health and vitality, flowing throughout the organism. It is the biological energy driving, nourishing and regulating all living matter. It is the source of movement and transformation, protecting and warming our bodies, and governing the function of our organs. As living beings, we need energy for life-processes, such as birth, growth and maturation. All physical and mental activities require energy, from walking to dancing, from thinking to dreaming. However the largest part of biological energy is utilised for maintaining the physical integrity, metabolic function and supply systems of our organism, from breathing to heartbeat, from defence to repair, from blood circulation to digestion.

Energy and Health

We all know people who are "full of energy". In a healthy person with abundance of this vibrant bio-energy available and living in harmony with her- or himself, others and the environment, it circulates freely. In this view Chinese Medicine defines health as a harmonic flow of bio-energy between the various organs and systems of the human body, dynamically regulating all biological functions.

Energy and Disease

A disturbance of this cyclical flow of energy results in disharmony leading to sickness and disease. Any part or organ in our body with deficient energy supply cannot function properly. Lack of energy in the Bladder Meridian for example results in a weak back and consequently backache.

Lack of Energy can have many causes

From its earliest beginnings TCM recognised that illness is the end-manifestation of disturbances within the energy field of the human body. The development and manifestation of disease is due to malfunctioning energy cycles of part of the organism. Every organism is a continuously self-regulating and self-optimising "functional system" which responds to a multitude of external and internal

influences. As said, the organism requires large amount of free flowing energy to do so – and only an energy rich organism is capable to defend itself against such influences, repair and correct any damage and rebalance energy and function. To do so the organism must be able to constantly replace more than a million cells per second.

Pathological developments can take place at any time and at any place within such complex systems as the human organism. Only in case of disease do humans usually become aware of the energy required for recuperation.

Illness is a sign of an energy deficiency in our organism. Illness is not the reason that we feel listless and tired. It is lack of energy, which is the forewarning and the underlying cause of all disease. Whenever our organism runs out of energy (= reduction of vibrational freedom), it is unable to maintain its self-healing power.

Disruption and depletion of the body's bio-energy can be due to many external and internal forces and their impact on the organism. Internal causes are accumulation of metabolic waste and nutritional deficiencies, mental stress and emotional traumas, lack of sleep and many more. External causes are virus and bacteria invasions, lack of movement, physical injuries, radiation hazards, toxic chemicals and pollutants in the earth's air, water, food and soil, use of recreational drugs and prescription medications, just to name a few. Most often it is a combination of the above causes, which leads to depletion of our energy reserves.

Energy and Ageing

As people get older, all functions of the organism, including the metabolism, slow down. Less energy is produced and available to protect the body against disease and repair damage and injury. As a result, the risk of disease increases. Also less energy is available for proper exercises, be it physical work or sports activities, which in turn reduces energy production. When the energy becomes fully dissipated the physical body dies.

Is the process of ageing a disease?

This question can be answered with a definite 'NO'. Ageing itself is no disease. It is a steadily increasing loss of ability to generate energy and to regenerate cells. From the age of 20 onwards, the genetic, environmental and lifestyle-induced risk factors start to add up. The result is a depletion of cellular energy. As energy depleted cells do not regenerate well, the energy supply to the various tissues, organs and systems of the organism is also compromised. The consequence is a generalized condition of disturbed organ function and loss of organ reserve. Finally, this results in poor vitality and function, and if not corrected in organ lesions or even cell death. This

final stage is then diagnosed as a disease. **Disease is the end-result of depletion in the energy reserves of the functional systems of our organism.**

The decline of physical reserves and energy status with age

In the beginning, we do not notice the slow, decade-spanning degeneration of your body. Even the first signs of a functional impairment of an organ system are often overlooked. Naturally the energy of the human organism does decrease with increasing age. A person at the age of 40 often only has about 80 percent of the energy of a 20-year-old. At 60, this might have fallen to 70 percent, which often reflects a lack of energy in specific organs. Usually organs, such as the liver and the kidneys, are the weak points.

After the age of 65 to 70, an obvious decline in the energy reserves can be observed. At an age of 80 and above, the energy reserves often approach a level, which is insufficient to fight major disease. With decreasing energy and the concomitant decreasing regenerative potential, the resistance towards sudden stresses from outside decreases and the risk of disease increases.

But continuous degeneration with increasing age is only partly dictated by our genetic makeup. A long and healthy life is not only determined by our constitutional factors. A healthy lifestyle and a positive attitude improve the energy potential and so the constantly required regeneration of our cells, organs and tissues.

A Modern Quandary – Lack of Energy often not recognized for many years

External and internal forces **disrupt the bio-energy** of our body, leading to imbalances, stagnations and blockages, slowing down of the energy flow and energy losses. Over a period of months, years or even decades, this leads to **disturbed organ function** with decreased resistance and poor vitality. In the final stage structural changes in various tissues and organs can be found – **end-manifestation as degenerative disease.**

The majority of all patients in Western industrial nations, who consult a doctor for health problems, show no organ specific disease. Since they do not demonstrate specific symptoms to determine appropriate diagnosis and treatment, doctors can do little to restore their health and well-being. Often called the **‘walking wounded’** they belong to the **‘grey zone’ of the ‘lost patients’** suffering from disruption of bio-energy and disturbed organ function. Our experience with these patients has proven over and over again that through timely intervention on energetic and functional level their overall health and vitality can be fully restored.

ENERGY IN PREVENTIVE MEDICINE

Vibrational Freedom is the natural power in each one of us. When the Vibrational Dimensions of our Life enjoy their freedom, then we call this 'soundness' or 'health'.

Dr. Roland G. Heber

Energy Medicine is True Preventive Medicine

It is in active **Primary Prevention** where many therapists see the greatest and most exciting potential of Energy Medicine – preventing these 'lost patients' from travelling the long path of trial and tribulation into degenerative disease, guiding them back to radiant health and vitality instead. Consequently the essence of primary prevention consists of timely intervention when disorders border between health and disease.

From here the true therapeutic potential of Energy Medicine will unfold, allowing to:

- dissolve energy stagnations and open energy blockages
- release disruptive energies from the body's energy field
- activate the body's own vibrational capacity
- harmonise the energy flow
- recharge the body's energy reserves.

At this stage of un-wellness, the possibilities of prevention and total recuperation of the individual are very high. This is the aim of the diagnostic and therapeutic concepts in Energy Medicine. As the majority of patients fall into this category, which our present health care delivery system cannot address, the implementation of a **prevention-orientated Energy Medicine** offers a huge potential to dramatically improve public health.

Energy Medicine for the Future

Energy therapy and healing enables us to diagnose and analyse disruptions in the energy status and flow and understand some of their underlying biophysical dynamics. The body wide energy web and network is a highly dynamic and spontaneous system with an incredible flexibility, allowing it to react instantly to even the minutest disturbances, thereby facilitating the necessary adaptation processes for self-healing.

With **Energy Medicine** there is a revolution taking form, redefining how the future Modern Scientific Medicine is going to view health and disease. **Energy Medicine marks the beginning of an exciting era** opening our hearts and minds to a new paradigm where mysterious ancient healing traditions meld with vanguard medical

research and health science to – as the Nobel Prize Winner Albert Szent-Györgyi (1960) said – once more ‘**accomplish healing by moving energy**’.

Energy Medicine in Medical Practice

To track down and repair energy disturbances and imbalances, energy stagnations and blockages in the organism, our physicians and therapists have to be specially trained to diagnose and treat with “all their senses”.

Hands-on **Bio-Energetic Diagnosis*** allows us to locate dissonances in the energy field, long before they manifest as physical disease.

With **Bio-Energetic Intervention** we dissolve energy blockages and release disruptive energies from the energy field.

With the help of active **Bio-Energetic Regulation** – such as Nei Gong, Tai Ji, Qi Gong or Yoga – the client is able to harmonise the energy flow within his body and recharge his energy reserves.

Through the combination of **Intervention and Regulation**, the self-healing powers are stimulated and health and vitality can be restored.

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*eventually supported by modern technological diagnostic devices