

**How the power of intentions, thoughts,  
words, and touch alters matter; an  
understanding of our healing powers.**

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# Introduction

Manual therapists are in direct contact with their clients. They (with or without their own knowledge) exchange energies with the client and use the field of energy medicine in their practice. Dr. Andrew Taylor Still (1838 – 1917) refers to this exchange as subtle energies. Dr. Still is the founder of Osteopathy. He believed that the healing process required that structural misalignments in the body could be gently, non-invasively manipulated so as to allow the body to use its own healing powers restore it back to proper structure and function (Allison, 1999).

Manual therapist do not only depend on contact techniques to determine successful treatment of a client, various noncontact healing practices have demonstrated effectiveness. Evidence based research strongly supports that manual therapists not only change client's treatment outcomes with contact manipulations, but also by simply using the right words in conversation, having positive intentions, and by having positive thoughts (Roe, Sonnex, & Roxburgh, 2015).

Bodies are always subconsciously and consciously communicating with one another. Essentially, we maintain an open channel of connection with our clients from initial appointment contact regardless of whether that is through verbal or written contact. The subconscious mind sends messages of our thoughts not just when we are in the physical presence of the individual, but also from a distance (Schmidt, 2012). Our words, thoughts and intentions all paint a picture of our own essence. The client experience begins from initial contact as they subconsciously and consciously begin the process of judging the therapist. This evaluation is formed from many things: appearance, the environment, the sounds heard during treatment, the smells in the room, the intonation in the words used, etc. To aid clients in forming a positive outlook on you and the treatment, it is important that you yourself have a positive outlook of yourself, of them, your environment, and your therapeutic abilities. To achieve this it is essential to your practice that you surround yourself with people who help you to grow, stay healthy and keep your spirits high. This is not a mere customer service philosophy so as to increase the business position, these positive intentions, words and thoughts contribute to enhancing both the therapist's and the client's wellbeing.

The most powerful and effective treatments I have ever given were those where my body and the client's body reached a deep state of relaxation. That is, my intentions, thoughts, and touch were positive, mindful and focused on achieving balance in the targeted tissue. I have also noticed that on days where I am feeling unhealthy (mentally, physically or emotionally), my practice is affected. I have noticed a pattern over the past 15 years whereby my clients cancel, reschedule or do not show up when I am unable to provide appropriate care. I became curious about this affect and sought to explore whether evidence based scientific research could provide an explanation for the phenomenon. I wondered whether I was subconsciously communicating signals to my clients?

The purpose of this research paper is to help you understand why these subtle energy modalities work and how we can learn to amplify a positive reaction to better treat others and ourselves.

# What are we?

Dr. Still refers to man not as a collection of parts, but as a magnificent body with spirit. He says that the body functions as a unit and has self-regulating and self-healing mechanisms. As long as the structure (musculoskeletal system) of our body is in balance, the function (internal organ) should then also work in harmony (and vice versa). (Maciello, 2015) Manual osteopaths are taught many techniques that involve working with subtle energies. Fine palpation skills or a natural or learned ability to perceive these energies will help take you from being a body worker to a manual osteopath.

## The energy body

With bio-electrophotography, the light around a body (known to us as our aura) can be captured. We have seven main chakras, they are defined as a number of lines that meet at a specific point. Nerves cross at various points over these chakras and carry the energy to different parts of the body. Our seven primary chakras are spinning vortexes or wheels of energy that go through our physical body. They are in constant contact with the outer world. Everything is energy and all energy has a specific vibration or frequency. Therefore each chakra's collective energy vibration is in constant contact with the surrounding environment. The second chakra has the ability to send consciousness (coherent information) in the magneto-electric spectrum at 34.7 billion miles per second. The sun is 93 million miles from earth. Consciousness appears to travel from the sun to the earth in  $1/373^{\text{rd}}$  of a second. Dr. Tiller says at the heart center consciousness travels at 64.64 quadrillion miles per second. The speed of light would take 8 minutes 12 seconds to travel that distance. For instance, the heart is an electrical organ that produces the strongest bioelectricity in our body. It produces 40-60x more bioelectricity than the brain. The physical heart's energy responds first before the brain, which is 1 1/2 seconds later. This is relevant since the heart center sends and picks up vital information and this system can be influenced. (Law & Sereda, 2013)

## The physical body

Adult humans are made up of approximately two thirds of water. Approximately 90% of the body's oxygen and 70% of the body's hydrogen combine to make water. The water content of the brain and the heart are at 73%, the lungs at 83%, the skin 64%, muscles and kidneys 79% and bones 31%. The main elements by mass are oxygen 61%, carbon 23%, and hydrogen 10%. The remaining elements nitrogen 2%, 1.5% calcium, 1% phosphorus and so on form the organic constituents. Interestingly, humans are very similar in mineral composition as the earth. The most abundant element in earth's crust is oxygen as it is in the human body. Hydrogen is in the top 10 most abundant elements. Where humans are two-thirds water, the planet is also two-thirds water. There is strong evidence to suggest that the human body is connectedness to the planet. As you will see as you read we are connected in many ways to our environment.

Other interesting facts about the body. 99.9% of our body's weight is comprised of protons and neutrons. These protons and neutrons are made of dual pairs of hexagons of 6 quarks. The quarks are made of peculiar strange and anti-strange quarks. They are called strange because they have the ability to randomly disappear from the core of the atom and then reappear. (Law

& Sereda, 2013) Science has not found a way to mathematically justifying this phenomenon. But it does leave scientists with the question as to where these quarks go. They are pondering whether they may be directly connected to our consciousness. (Law & Sereda, 2013)

The consciousness can travel at the speed of light cubed or squared, and it possibly leaves and comes back at will.

Dr. Walter Schemm (1992) discovered how atoms communicate with each other over any distance. Physical atoms are made up of vortexes of energy that are constantly spinning and vibrating. In an atom when electrons are in a higher frequency shell or orbit, the atom actually omits light waves carrying intelligent information. This is noteworthy since it is the same concept as when we are talking and communicating the brain waves go into a higher frequency wavelength. When atoms jump to a lower frequency the atoms receive photons as if they are listening. Again this is the same as when we are listening, the brain goes into a lower frequency. This begs the question as to whether atoms have the ability to talk and listen just as humans do with their senses. (Law & Sereda, 2013)

Dr. Bruce Lipton (2016) says that the intelligence center of a cell is the membrane. It receives signals from the consciousness and writes and reprograms DNA. In DNA the nucleus is not the brain of the molecule. The proteins determine which genes are turned on and which are not. Proteins are incredibly sensitive to their environment. Your biological environment has a detectable impact in every cell in your body.

Every physiological process in our bodies has its own vibration. The state of healing in our body has a vibration of between 7-8 Hertz cycles per second. This is in the same frequency as the earth and its ionosphere at 7.83Hz. Considering the how remarkably similar these vibrations were, this lead to questioning whether vibrations could heal DNA. Research suggests that the healing vibration of 528 Hz on a Solfeggio scale has shown to repair DNA. (Collins, 2016) The Solfeggio scale was rediscovered in 1974 by Dr. Joseph Puleo. The vibrations affect the water molecules that surround the DNA and this aids in healing. Dr. Leonard Horowitz of Harvard University claims that our human cells use DNA like a radio uses an antenna to receive the note vibration. (Collins, 2016) The Quantum Biology Lab in NY experimented on in vitro DNA by exposing the DNA to Gregorian chants from the Solfeggio scale and it concluded that the audible sound waves cause resonance in the DNA. Investing time into research on healing sounds is important in our field of work. Once again it goes back to keeping the client comfortable in the treatment environment. The medical director of the Deepak Chopra center in California, Dr. David Simon, found that the sound vibrations from Tibetan singing bowls and also chanting are chemically metabolized into endogenous opiates. They act on the body as internal pain killers and healing agents. (Dangeli, 2016)

Humans are social beings but have you ever wondered why you are drawn to some humans more than others? Each chakra resonates at a different frequency and each is attached to specific aspects of the physical, emotional and energetic body. People who have similar chakra frequencies connect more closely with one another. For instance, close friends, family, and colleagues may all have resonances that are similar. That is why they are drawn to one

another. Another example of human connectedness is the phenomenon of mother child bond. Microchimerism may also play a large role in this bond. Microchimerism is the presence of small numbers of cells that originated in a genetically different person. During pregnancy some cells travel from the mother to the fetus. A small number of the mother's cells stay in her offspring, including into adult life. Also, a small number of cells from prior pregnancies lasts in mothers many years later. (Gammill & Nelson, 2010) In my practice I surround myself with people who contribute to my wellbeing. I believe this is essential for both manual therapist and client to achieve the goals of treatment.

## What is Energy?

Albert Einstein (1879 – 1955) says that everything is energy.

Energy is everything from an apple, a home, the smell of a meal cooking, the sound of a baby crying, a word just spoken or a thought just conceptualized. It is all made up of energy. Our internal dialogue, written words, and speech are all forms of energy that have an enormous impact on self and the intended receiver. Thoughts are frequencies that act on bodies depending on the intentions that coincide with the thought. Thoughts are transmissions of electrical energy that can travel from one body to another or across great distances.

Do you think this energy, thought, intention stops at the other body's first cellular contact? No it is received by the other body through waves that are invisible to the human eye. But these waves can now be seen by scientific devices. They are picked up subconsciously and transmitted through the receiver's nervous system, interpreted by their brain and their own brain determines the reaction to this vibration. Thoughts and intentions are not just maintained as internal dialogue. Humans feel happiness, sadness, physical discomfort, when these coordinating words are spoken and even when they are simply intended for us. Humans do not just react mentally to emotions but they react on a subconscious physiological level to these thoughts. When two humans come into contact, their consciousness communicate on a subatomic level. Modern medicine has many devices that pick up and interpret energy vibrations. Positron emission tomography scans (PET Scan) are a type of nuclear imaging test that shows the metabolic activities (energy usage) of your brain. An electrocardiogram is a test that checks for problems with the electrical activity of your heart. The spikes and dips on the paper are called waves. Electro-magneto-grams measure minute fluctuations in the hearts magnetic field. A telephone (as simple as you view) is also a good example of how energy travels. Voices emit sound waves, which are picked up by an electrical current and carried to the other phone.

Looking at this from a healer's point of view, we can conclude that when we are working on another human being we are in fact interacting on many levels with them. I believe it is essential to know what energy is to really be effective in our work. Humans are social beings who live in a world of cosmic energies. Energies that we can now start to understand. Understanding our invisible interactions may require you to shift your thoughts, intentions, words, touch and ultimately your treatments.

# Our Healing Powers

Dr. Still established the first osteopathic school on November 1, 1892. Patients started gathering from all over America to have his treatments. They even had to build hotels in Kirksville to house these patients. With his studies in medicine and his personal beliefs, he developed a new medical science that diverged significantly from the traditional practices of that time.

Dr. Sutherland says that when you touch one point of the cranium with two fingers on each side of the suture and touch the opposite side of the skull that this creates an electrical circuit and it pulls the cerebral spinal fluid in that direction. This is a type of V Spread. A V Spread is an osteopathic technique that uses forces transmitted along the skull's diameter to begin movement in the sutures. This is just one of many techniques that we do which may show our healing abilities.

Osteopathy incorporates the philosophy of using the structure of the body to affect the function of the body. It also incorporates a model of healing through our energetic body. Many other therapies over the history of medicine have and are using some aspects of this belief in their own ways. In my opinion, it is of our ultimate interest to learn all we can about ourselves to benefit our clients in achieving their own health. As manual therapists we are the students and educators of our time in these fields.

Manual therapy has demonstrated a wide variety of healing effects; on wound healing rates, decreased pain, hemoglobin levels, conformational changes of DNA and water structure as well as psychological improvements. Concepts of an energy exchange between people can also be found in the psycho-energetic field. (McCraty, Atkinson, Tomasino & Tiller, 1998) Fraud proposed the concept that an energy exchange on an unconscious level happens between practitioner and client. The importance of the attitude or intention of the practitioner is imperative for the greatest healing. (McCraty, Atkinson, Tomasino & Tiller, 1998) A person's inner emotional state is shown to directly affect the electromagnetic field generated by the heart. (McCraty, Atkinson, Tomasino & Tiller, 1998) SQUID based magnetometers and sensitive electrostatic detectors can measure the electromagnetic field produced by the body.

The fact that the heart generates the strongest electromagnetic field produced by the body, coupled with the recent discovery that this field becomes more sensitive as an individual shifts to a sincerely loving or caring state prompted scientists to investigate the possibility that the field generated by the heart was significantly contributed to this energy exchange. A person's ECG signal registers in another's EEG but this signal is strongest when individuals are in contact. As manual therapists, it is essential that we moderate the energy being transmitted to our clients.

Using biophoton imaging a study done by Dr. Gary Schwartz's team and volunteers shows how intention affect living things. They studies over 400 people in England and asked them to send their healing intent to an injured leaf in Tausan, shown to them on a screen. The leaf began to glow more after their healing intentions were sent. Plants emit light and auras just as humans do.

A study was published on the therapeutic intervention by partners of cancer patients. It studied

the effects of human intention on the autonomic nervous system of a human sender and the receiver. Skin conductance was measured in each member in the study, participants were separated by rooms and they were asked to feel the presence of the other. 36 couples were participants in 38 test sessions. 11 people in the study were cancer patients. Their healthy partners were trained to direct intention toward their partner. The study concluded that the peak deviations were largest and most lasting in the group, which were trained to focus their intention on their partner. When interacting with clients, it is crucial to watch them carefully and be empathetic to their bodily responses. Learn to work within their comfort zones.

The parasympathetic and sympathetic nervous system may show what the clients are feeling. Vasodilation occurs very rapidly in the skin as a response to emotions. Conversely, the skin may become cold and pale as the blood withdraws from the skin to supply vital organs in case of the need for a fight or flight response. We all have individual identities that transmit frequencies through our energy field. The receiving being may or may not resonate with some of your vibrations. When your energy field or individual chakras resonate in unison this is called harmonic vibrations. The resonance is so similar that the energy is attracted to each other.

According to Matthew D. Lieberman talking and writing about feelings may affect the physical body in positive ways (UCLA psychology study finds resonance with Buddhist teachings, 2007). At UCLA Ahmanson-Lovelace, studies of brain activity found that putting feelings into words activates the prefrontal region of the brain which then minimizes the amygdala's response to stimulus, the amygdala showed increased activity. Furthermore, the studies show that as activation is increased in the right ventrolateral prefrontal cortex and decreased in the amygdala, mood and health are improve. Meditation is one of the modalities that can help humans focus on feelings, acknowledge them and let them go. Mindfulness and meditation have been demonstrated to improve mood heal and this happens through gently creating neuropathways in the brain to activate the prefrontal cortex and decrease in activation in the amygdala. (Fosha, Siegel & Soloman, 2009; Putting feelings into words Produces therapeutic effects in the brain, 2007) this is helpful, as we all know our clients come in with emotional scars as well as physical ailments. It is important to know about other fields of medicine to help refer our clients to the proper help.

Also, knowing activities that are best to increase client mood is a skill that manual therapist should know. So it is critical to look at some neurochemicals of happiness. A study at the University of Arizona published in 2012, concluded that both humans and dogs show significant increases in endocannabinoids following sustained running. Dopamine is like a reward and pleasure seeking molecule so set a goal and achieve it. Oxytocin and vasopressin are the bonding molecules they are linked to human bonding and increasing trust and loyalty with skin to skin contact. Endorphins help to decrease pain. They are the body's self-produced morphine, produced in the pituitary gland and the hypothalamus during strenuous physical exertion, sexual intercourse, and orgasm. They are also connected to aerobic exercise and are produced in larger quantities during high intensity anaerobic cardio and strength training. GABA is an anti-anxiety molecule. Practicing such things as yoga and meditation can increase GABA. A study in the Journal of Alternative and Complementary Medicine says that there is a 27% increase in GABA levels among yoga practitioners after a 60 minute yoga session. Serotonin plays many roles in our body. To increase serotonin pursue things that reinforce a sense of purpose, meaning, and

accomplishment. Adrenaline (epinephrine) is an energy molecule. This can be activated by doing things that take you out of your comfort zone.

## Touch

Touch stimulates the pressure receptors in the skin and it lowers our stress hormones. The Touch Research Institute's Field says that warm touch stimulates the release of oxytocin. This increases the sense of trust between the two people. Field's research also proves that the person touching also receives the same physiological benefits as the one being touched. We experience pulses of oxytocin, our levels of anxiety are decreased, cortisol levels decrease, pain is decreased, and our perception of wellbeing increases. These physiological processes are benefited by the client and the therapist. Regular treatments hold a long-term effect of these levels.

It has been known for a long time through science that our posture, motions, and expressions reveal enormous amounts of information about oneself. The following study demonstrates that humans not only interpret our physical presence but we can interpret emotions through touch. Psychologist Matthew Hertenstein in 2009 conducted a study taking blind folded strangers and submitting them to touch with specific intentions. The study concluded that we do have the ability to distinguish a person's emotions of anger, fear, love, sympathy and sadness. In this study a 78% accuracy rate was achieved. Our clients are not able to distinguish between the objective qualities of touch though. The entire experience is also affected by their social evaluation of the therapist working on them. (Chillot, 2013)

## Thoughts

Many books on osteopathy express that osteopathy is an art and a science. This seems to be very true. Those that practice it mindfully and with a positive outlook will achieve a positive effect for the client. In the sense of being mindful you should remember that your thoughts before, during and after a treatment should remain in a neutral or positive state. It is essential for your health and for the client to feel better as a result of your treatment. We create or alter our own health by the way we think.

A well-known phenomenon, the placebo effect, uses thoughts to change the chemistry and circuitry of our brain. It has been studied and proven that we can achieve less fatigue, less immune system reaction, elevated hormone levels, less anxiety amongst many other physiological processes.

It is imperative that manual therapists learn to change negative thoughts and replace them with positive ones. Even though our brains react a lot slower to the positive vs negative thoughts, a ratio of 3:1 of quantity rather than quality. Positive emotions make our peripheral vision expand and allows us to take in more of our surroundings. With positive emotions there is an easiness in the torso, perceived as a safety signal for others to approach. Neutral states narrow our mindset. Negative thinking is self-perpetuating. The more often you use this self-talk the harder



it becomes to change the behaviour.

Thoughts can release abilities beyond normal physical limits. Thinking that we are something is limiting but being open to possibility plows through those assumptions. Can our thoughts improve our vision? Can we lose weight just by being told we can? Yes. I recently read a study that looked at maids and how just by telling them that the amount of walking they did in a day was enough exercise to fit their daily requirements. It changed their thoughts or perception and they began to lose weight. (Atasoy, 2013) Another study I read looked at people doing eye exams. Most people read the rows of the chart well until they get to the last few lines. The scientist decided to move the last rows to the top and surprisingly the %'s changed drastically. Normal cognitive and physical capabilities are being changed with just the mind.

In 1927 at the Fifth Solvay Conference in physics some of the greatest minds at that time including Einstein were present to try and explain mind over matter. They concluded at the end that the minds of the researchers were affecting the results of the experiments. Mind has a definitive effect on matter. The observer causes a change in the wave function and this destroys information. The Quantum Double slit experiment is the scientific proof.

Many articles I have read say that yoga and meditation are amongst the best practices in achieving healthy body mind interactions. This might be something to consider for those of you who do not practice.

## Intentions

We know now that everything on earth is energy and that our conscious mind can change matter like water. But can our simple intentions affect another human being. Can a person's physiology be influenced by the healing intentions sent by others at a distance? Better yet can we will our own selves to be healed from illness? Can we affect another human being with our intentions? Research says yes. (Dreamhealer, 2016)

The emission of light particles called biophotons seems to be the mechanism through which an intention produces its effects. Biophotons are stored in our intracellular DNA. Stigmata phenomenon and the placebo effect can also be considered as types of intention. The intention to heal and the belief of the effectiveness to heal influences the healing. For the global intention heals project, organizers had 10 thousand participants volunteer to send specific healing intentions to a receiver, which resulted in a physiological change in the EEG readings of the receiver. We are connected through our thoughts and intentions.

Dr. William Tiller says that the human conscious has less than 50 bits per second information capacity and the subconscious has 50 million bits per second. He did experiments on vessels of water and was able to repeatedly change its acid/alkaline balance by using what they call an intention host device. They imprinted with a specific human intention in this device much the same way as we imprint music on a CD. Their experiments show that there are two unique physical realities that we live in. The electric atom molecule level and the magnetic information wave level that can be influenced by human intention. These two states of physical reality do not

normally interact with each other this is called the uncoupled state of physical reality. With the imprinted intention host device they have reached the coupled state where they do interact with each other. We cannot sense this physical reality with our normal senses. (Tiller & Dibble, 2009)

Random event generators at the PEAR Laboratory at Princeton University are mimicking what they describe as a coin flip and record the results over time. With chance at play the readings show a 50/50 ratio. Interestingly though when human intention interacted with these machines the random 50/50 coin flip results of heads to tails deviated from scientific expectations. The intender was affecting the results.

Dr. Still says that he believes knowing the Anatomy of the Human body is essential to being able to treat it properly. I agree. I believe if you know where to send your intentions then you can positively affect those cells, tissues, organs, organ systems and essentially the whole organism.

## Words

When conversing with clients, manual therapists should talk about the work being done or speak generally about positive events in your life or your community. This will emphasize the happiness surrounding you, which inevitably is transferred and interpreted by your client. Vocalizing negativity or listening to the negativity of another releases stress chemicals in both the listener and vocalizers body. Additionally, fear provoking words cause the brain, specifically the thalamus and amygdala, to react as if an event like death or illness has occurred. Conversely, positive words alter the expression of genes, strengthen areas of the frontal lobe and promote the brains cognitive functioning. Negative words increase the activity in the amygdala, the fear center of the brain, which releases dozens of stress producing hormones and neurotransmitters.

When considering Dr. Masaru Emoto's well-known experiments on the power of words on water, keep in mind the percentage of water in the human body. Dr. Emoto introduced micro cluster and began his quest of discovering its mysteries. Dr. Emoto was interested in the molecular structure of water and what can affect it. His research demonstrated the connection between water and individual and collective consciousness. These series of experiments included the effects of prayer, music and words on water. He had a Zen Buddhist monk bless water taken from the Fujiwara Dam. The water was examined before the blessing and after. What seemed to be distorted water particles at first became a beautiful snowflake shaped crystal under microscope. The same idea was done on bottles of water with written words placed on them like thank you, love, or hate. The positive words created once again a beautiful water crystal whereas the negative words took a distorted shape. This amazing researcher has given us the confirmation of what we have been told since we were children. Words can heal or hurt us (not just psychologically but also physically). Dr. Emoto's studies have been replicated in many environments and using many modalities. Considering the percentage of water in the human body, it leaves very little to question whether we are directly affected by words, the vibrations of written words, the vibration of spoken words and the scales of vibrations known as music. (Emoto, 2016)

Penn State University researchers have found the, “physiological marker” that shows that words can have a deep effect on your health. (Dye, 2009) Science has known for decades that stress causes an increase in proteins that have been linked to cardiovascular disease, type 2 diabetes, arthritis and some cancers. Psychologist Jennifer Graham says that using words that reflect thoughtfulness, rationality and caring reduces the increase in cytokines, interleukin 6 and tumour necrosis factor–alpha. When the body is under stress normally this causes these factors to go up. In this study couples took part to see the blood based effects of normal vs contentious topics in conversation. The blood tests showed a rise in cytokines during contentious conversation topics. Words like think, because, reason, why suggest that we are giving the topic thought. This helped to limit the rise in cytokines but only when a women used the words in conversing with the man. Not the reverse.

UCL’s research findings show that we can separate the meaning of a word with the intonation. Words are moved over to the left temporal lobe for processing while the melody is channeled to the right side of the brain. A region more stimulated by music. So paying attention to the tone behind your words in practice may also help soothe your clients. They also say to talk no longer than 30 seconds at a time, to smile because it is viewed as the highest positive emotional gesture and using fewer words in conversation builds trust.

## Conclusion

Dr. Still states in his book *The Philosophy and Mechanical Principles of Osteopathy*, “primitive man was a mathematician, not by collegiate process, but by native ability. He did not have to take a course in a university to study chemistry, because of the fact that he was a chemist when he was born. Possibly he could speak or understand all languages spoken by the human tongue from the powers of his mind, which occupied a pure and healthy physique” (Still, 1828-1917, pg. 264). In near death, Dr. Still said to his students that he could see the human auras. He could see our life force. Parts of his teachings revolve around assisting the inner energies. Therefore learning to feel them is part of the training as good manual osteopaths.

Obviously by reading this research paper you can deduct that I am a Naturalist. I do believe that our self-healing mechanisms happen ultimately due to a non-physical inner force. Chi, Prana, Ki and many more words in different cultures are used to describe this life force. With respect to our physical body, we do need to nourish it with love, light, nutrition, exercise. We essentially need to practice leading stress free lives and getting back to nature as nature has such a soothing effect on our bodies.

For me, this reading has re-inspired me to look at myself, other humans, the earth, the universe, ultimately all living and non-living things by energetic views all trying to achieve balance. One thing I have always believed was that we come from energy, we are energy and we go back to energy. Through science we know that matter at the observable level is energy and human consciousness is connected to it and can influence the behavior and even re-structure energy. A crucial factor here is how you choose to perceive your environment, as your thoughts can create a conducive living space or not. A positive outlook of your surrounding helps to bathe you in a

healing space. This healing space needs to be pure to effectively treat another whole human. Treat your physical, mental, emotional, and spiritual body with respect and be grateful that you are here to experience this gift of life.

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