

THE POWER OF DISTANT ENERGY HEALING: A Perfect Tool for the Planet at this Time

By Sarah Root, 2009

Can we really be healed from a distance? For millennia many eastern and indigenous cultures have included healers such as mystics, medicine people, yogi masters and shamans who send healing energy over distances. Distant healers focus their intention strongly on the recipient, holding a mental, holographic image of the subtle energy body. Healers then use symbols, thought, prayer, affirmation, meditation, and/or love to send energy. The results are often just as strong even over thousands of miles. Distant Energy Healing is an ancient, natural technique. Western cultures have been slower to embrace healing methods that are so intangible.

In the past several decades, however, western medicine has begun to place solid scientific evidence behind energy healing, including the distant mode. Distant healing (also called remote, absent, distance, spiritual, mental, or psi healing) has emerged as a Complimentary Therapy in medicine and is being accepted as a viable treatment form. Today there are hundreds of healers offering the service; in fact the Distant Healers Network (DHN) online lists healers for this purpose.

As a longtime Reiki Master and energy healer with a deep background in science, I enjoy articulating the mechanics of energy work and inviting readers to try on new perspectives and possibilities around energy healing.

Unique Benefits: Why Distant Healing is Needed

Distant energy healing is an outstanding service for humanity at this time. We are a global community, we are in trouble, and we are facing a planetary shift (2012). So this is a pivotal time. We have embraced high-speed internet; it may be time to embrace “high-speed energy healing” (in fact they are remarkably similar). Imagine whole communities and regions being able to receive healing energy in an instant. Imagine each person being able to access just the right healer anywhere on the planet.

Energy healing at a distance also has the unique benefit of allowing the healer to focus very strongly on selected energetic issues. Energy can flow and healer concentration can remain high, unimpeded by other potentially interfering energies in or around the recipient. Many healers feel distant work is stronger because it can be focused so carefully.

As opposed to western medicine that treats the symptoms, energy healing treats the causes of the illness. The human body-field permeates not just the physical but also the emotional, mental and spiritual “bodies” that surround us. Illness can be caused not just be cell-level blockages but also by blocked thoughts, feelings or spiritual insight. Thus when healers send energy to a person’s energy field, they are treating the situation holisitically.

How Distant Healing Works: Scientific Evidence.

First, remember that western society has been trained to believe only in what is tangible and provable. But this has not been the norm through the ages in other cultures. Indigenous peoples in particular experience life very differently than we do; they perceive and know things that we cannot. Since we crave proof, I present it here, followed by an invitation to broaden our ways of “knowing”.

The primary theories about distant energy healing described by Daniel Benor (2005) all involve healers first *connecting* with, then *sending intentions* to, recipients. Here are key points about the science of both processes:

- **We are made of energy and we are profoundly interconnected.** Einstein theorized that energy and matter are different forms of the same thing. Our electrons function as waves (energy) and particles (matter) at the same time, so really we are made of energy. According to Quantum Physics that arose from this work, we are full of light waves carrying information. Further, Einstein’s theory of “quantum non-locality” says that physical systems are instantaneously connected regardless of distance and time because everything is fundamentally interrelated, having once been united in a single mass before the Big Bang. Teachings about such interconnectedness are found in many indigenous cultures.
- **Intention (belief) plays a strong role in healing.** Bruce Lipton, cellular biologist, discovered that positive thoughts/feelings strengthen (and negative ones weaken) our immune and hormonal systems (Lipton 2008). Positive thoughts send regenerative chemicals through the body, and negative thoughts send degenerative ones. Each different emotion is powerful, says Howard Martin of the HeartMath Institute, causing 1400 new biochemical changes to occur (Living Matrix Film). Our genes also respond to energetic and chemical signals from outside the cells, varying with what we choose to think, feel and do (Lipton, May 2008). So, positive belief is strong medicine.
- **Humans possess a Human Body-Field (HBF)** that is like a web or net permeating the body. Long known in Egypt, India and China, this field underlies all life. It is an active, constantly resonating matrix that provides a way for coherent intercommunication to occur instantaneously throughout the body. Essentially, the body is “just compressed energy, and information is patterns [within that] energy”, says Edgar Mitchell (Living Matrix film). Scientists Peter Fraser and Harry Massey (2009) have united the meridian system of traditional Chinese medicine with quantum wave theory to describe this bio-field as a master information field that directs the way the body works. Distortions in the field mean sickness; coherence in the field means health.
- **All organs, tissues and limbs produce energy fields** that vibrate between .3-3Hz when healthy. These frequencies can be electromagnetically re-induced when healers place their pulsing hands on or near an ailing recipient (Oschman and Pert

2000). Distant healers should theoretically be able to do the same thing by using intention and interconnection to entrain with the recipient's body-field.

- **The heart is king.** The energy field of the heart is the “emperor” among all organs, being 5000 times stronger than that of the brain and affecting the entire body more strongly than do all the other organs (The Living Matrix). Though the heart field is strongest within 18”, instruments can detect it at over 10 feet, and according to Hoe (Bunner 2006) the heart field continues indefinitely into space like radio waves. Because 60% of its cells are neural cells functioning similarly to those in the brain, the heart can also send and receive information to other bodies, says Rollin McCraty at the HeartMath Institute. Lynn McTaggart (2002) found that the heart is the first organ to receive information, even before the brain. So, the heart is a powerful transceiver.
- **Feelings carry information within the human body-field.** The heart entrains all the other organs including the brain to its coherent rhythm. Positive feelings cause the heart's pulsing to synchronize the smooth working of all organs and tissues in the body, while negative emotions cause disharmony (McCraty). Thoughts imbued with feeling, also called intention, prayer or healing thought, carry information. The ancients knew all this.
- **Distant healing action.** Sending a positive intention to someone sends information to his/her body-field. Hearts actually entrain with each other, according to McCraty; they pulsate in a regular rhythm and “there is a rapid exchange of information, resulting in alterations of heart function, hormonal cascade, and physiology generally. When the heart field of a healer and a recipient meet, the heart pattern (electrocardiograph) of the healer can be found in both the heart and brain patterns of the recipient. The heart field of the healer literally paces the patient into new patterns of health” (Bunner 2006).
 - This process works over distance, as was demonstrated by Marilyn Schlitz (2007) of Institute of Noetic Sciences. She showed that at the precise moments when cancer patients' partners sent “compassionate intentions” to their partners in different rooms, the cancer patients' bodies responded very significantly.
 - Edgar Mitchell, Founder of the Noetic Institute of Science, experienced distant healing himself when a kidney irregularity disappeared after six months of distant healing intention sent from a healer 3,000 miles away. He said, “The mechanism is always the same: information is transferred, and there seems to be an energy that is transferred too, that is palpable.” (Living Matrix Film).
- **To summarize,** emotion-rich intentions sent to another person via energy signals apparently carry information that, because we are all interconnected, is picked up

by the recipient's heart and body-field. It seems that "almost like an electron, we can be everywhere at once", says McTaggart (Living Matrix).

Documenting significant healing results has been difficult due to various experimental design problems, especially the variance in ability of healers and needs of recipients, even within the same experiment. Nevertheless, two large literature reviews of distant healing found that between 57-64% of the subjects showed a statistically significant positive effect (Astin 2000, Benor 2005), supporting the strong anecdotal evidence that exists (e.g. disappearance of tumors, cerebral palsy, chronic fatigue). Effective methods included prayer, mental healing, psychic healing, therapeutic touch, Reiki, faith healing and external Qi Gong. Benor concluded that distant energy healing is powerful and that "if it were a medicine, it would be on the market".

Some excellent distant healing modalities.

This is a short list of distant energies for which I can vouch personally. I wish I could try out every healing modality on the planet but I haven't gotten to that yet! Everyone will have his/her own experiences and testimonials to add to this list, which I imagine could be quite long.

* Rising Star Healing Modality – Rising Star is a transformational energy that clears and refines the aura, helping to raise consciousness, and releases blockages. Rising Star can be done in person or by distance; the practitioner opens a portal through which the Masters do their clearing work. Three sessions remove issues permanently. This is big work, so useful for the planet right now! Distant sessions are tremendously effective and tangible. Rising Star vastly improved my entire approach to life, my work and the openness of my heart in just a few sessions...distant ones. *(For more information visit SQ Wellness at www.sq-wellness.com.)*

* Reconnective Healing - This is a form of healing that reconnects us to the fullness of the universe, allowing us to heal. It reconnects us to the fullness of our beings and our very essence, not just through a new set of healing frequencies, but through possibly an entirely new bandwidth. Apparently it has been demonstrated clearly in practice as well as in science laboratories. Reconnective Healing can be a powerful boost for all levels of our being to remember and revert to its natural healed state. *(Visit Dr. Eric Pearl at <http://www.thereconnection.com>.)*

* Esoteric Soul Healing – Certain healers can work on the structure of the human body field using their intuitive perceptions, hands, and inner awareness to balance and harmonize the field. They are able to release congested energies and distortions, enhance the free flow of soul energy, and provide important information and advice after the session. All these results can lead to wholeness and healing. *(Visit <http://www.esoterichealing.com>.)*

* Selected personal healers – Thousands of individual healers are tremendously gifted at distant work even though they don't use a specific marketed healing modality. Energy

healers tend to develop their own natural abilities into unique modes, which is how many modalities come into being. Use the tips below to find the right healer for you.

Finding the Right Distant Energy Healer.

Like any purchase in this world, with personalized energy healing we need to do our homework before investing in something with this much potential influence and value to our lives. Here are some basic tips for shopping for a distant energy healer:

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- ✓ Ask around for referrals. Talk to someone who has worked with the healer.
 - ✓ Find out how long they have been practicing: healers can be “naturals” who are excellent with very little experience, or you may wish to see a track record.
 - ✓ Ask how they send the energy: listen for clearly-stated explanations.
 - ✓ Ask what their clients have experienced: listen for a diversity of results, not just glowing platitudes.
 - ✓ Ask how they guarantee that only high quality, positive energy is sent: all ethical distant healers send energy (1) with pure loving intention in a clear environment, (2) with the explicit intention of promoting healing and the highest good, and (3) they often send to one’s higher self, which mediates/filters incoming energy.
 - ✓ Follow your intuition: in the end, it’s about how you feel about the person. The more you resonate with the healer, the more likely it is that you will have a strong, positive healing experience.
 - ✓ Your own openness is key: you must be ready, willing and able to accept energy in order for it to work. It is vital to believe in your own body’s ability to heal, and to be willing to release that which no longer serves you. Distant healing can be just as powerful as in-person healing if you are in a fully receptive state.
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What if I don’t feel anything?

Bear in mind that our society is trained to seek “quick fixes”. There are many levels to healing, and true healing begins with the root cause, not necessarily the pain or glaring symptoms that have developed over time. Some healing journeys start very deep within, beneath our outer awareness, until we can begin to integrate the new energies and make the shifts needed for holistic healing to occur. Also, check your own level of positive belief about the healing!

Reason Enough: It Opens New Doors

Perhaps modern western thought and science are simply entering a new paradigm that is based on an ancient pan-cultural one (Dossey 1999). The ancients taught all these principles – profound interconnectedness, energy follows intention, the power of the heart – and spiritual medicine is still practiced round the world. Perhaps we are being invited at this pivotal time in history to embrace new ways of being and thinking.

What if we agreed that distant energy healing definitely has an effect, though not ubiquitous or uniform? What if we “reclaim the heart as an organ of perception and cognition, [so] we feel first and then know....which is the oldest way of being human”, (Bunner 2006)? What if we see that our heart signals connect us and make us more

responsible to each other than our culture has ever realized? What if we acknowledge a new era that "includes the ability of consciousness to reach out beyond ourselves to make a difference in other people" (Dossey 1999)?

Our slogan "think globally, act locally" could become "think globally, feel globally, act globally." How exciting. Might this be reason enough?

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