Energy Medicine- Science Meets Spirituality

By Dr. Lisa LaCova-Bhat

The Foundation and Understanding Energy Medicine

Albert Einstein said, “Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.” Everything is energy. Everything begins with your thoughts and your emotions amplify it. You actions give energy- momentum. We control energy with power of our thoughts. Energy medicine unites the mind body and spirit enhancing health and longevity . Energy is a property of all matter, from cells molecules atoms are made of energy. All systems in the human being from the atomic to the molecular level are constantly in motion and in vibration. Human beings are energy, and vibrate on frequencies , every person radiates their own energy in the universe which makes us unique individuals and special in our own way. From the beginning before birth in the wound, when we are born, through the circle of life to death, everything around us our environment, the way we live, how we grow, change , speak, move, feel, think, learn, how we receive and give energy to our emotions, what we create, our vision, our actions, and how our bodies heal and balance naturally through energy medicine. Energy Medicine is holistic branch of complementary alternative medicine or integrative medicine that uses the foundamental basis of physics, the study of the energy based on the subtle energy, or qi, life force of the energy helps treat energetic imbalances bringing the bodies systems: the nervous, circulatory, immune/lymphatic, digestive,skeletal, respiratory integumentary, endocrine, urinary and reproductive systems that channel energy communication with eachother and bring the body’s system back to homeostasis. When the energy field around the human body is disturbed, stressed, obstructed, depleted, disease and illnesses occur in the body. The environment where you live and the perception of the environment can either enhance the immune system or supress the immune system. The human endocrine system is associated with mind- body- medicine that is known as PNI. PNI is the connection between the mind the thoughts and immune system and nervous system[1]. Just a stressful thought or life experience, depression, anxiety can induce the immunological activation associated with the cytokines and the hypothalamic-pituitary-adrenal HPA axis, that is central stress response system[2]. Stress causes a decrease in the body’s lymphocytes and susceptible to colds, viral infections and

---

1

2

inflammation[3]. Research shows that your mind and body communicate by electrical impulses through hormones, neuropeptides and cytokines[4]. Cytokines, protein molecules in the immune system are the principal mediators of communication between the immune system and neuroendocrine system that affect inflammation and infection[5].

The human biofield or human energy field is comprised of layers of vibrating energy that move outwards from your body creating an interconnected field know as auric field or commonly knows as your aura that can create energy depending on your mood,emotion and physical and mental state.Your subtle energy connect into your physical body, many energy points or acupoints in the body. Energy healing modalties activate our body's subtle energy system and rebalance your energy centers. Energy healing is essential and therapeutic for our emotional and physical health and wellbeing. There are many ways you can heal the body using energy medicine combined with other modalities to create an optimal healing and wellness. These are just a few: Reiki, Massage, Reflexology, Acupuncture, Cupping, Tuning forks, Crystal Therapy and Aromatherapy . There are other ways to use energy medicine for healing yourself from within internally to externally by daily mediation practices, breathing exercises such as alternative nose breathing exercises, deep breathing, kundalini yoga, focus on mindfulness meditation of positive affirmations, healing, divine love, compassion and gratititude and staying in the present and reading inspirational books and journeling . Tapping is easy and simple to do on yourself, also called Emotional Freedom Technique combines ancient Chinese acupressure points with psychology. When you tap you physically alter the brain and energy systems in the body and remove negative emotions or trapped emotions that have been stored in the body of trauma and pain. It is great way to let go and release and accept yourself and believing in yourself. You tap your fingertips on top of your head, on your face, your chest, tap on your chakras points, your neck and lower back or any points that need releasing and talk to yourself through traumatic emotions, fears and anxiety and bring love into your body to restore and renew your energy and spirit. It is a great way to do when you only have a few minutes everyday to tap when you start feeling overwhelmed and stressed,

Create a healing green space a safe environment, cultivate an energy practice that helps you attune into your energy state and create a state of balance and harmony within yourself by grounding with nature, taking nature walks, spending time in nature and by trees and forests and walking on the beach or swimming in the ocean or just finding things that make you happy and surrounding yourself with positive people that raise your vibration, uplight you and vibrate at higher frequency and

---

4

5

give you praise make you happy,bring the best out of you, and have best intentions for you health and wellbeing. It is best to disengage from chaos and negativity and distractions on the news, stop watching TV that brainwash you and dissenge your energy and thoughts. Your mind needs to be protected and always relax let go and be in state of bliss.

Definitions of Healing Modalities : Reiki: is healing, safe, holistic, natural, spiritual healing, using energy medicine to naturally align & heal the person mind body spirit from stress, pain and helps with relaxation and to reset their energy. It is a japanese technique administered by laying their hands on or above to use their own energy and life force energy to innately heal the body.
Rei which is God's Wisdom or the Higher Power and Ki which is "life force energy." Reiki session varies from practitioner, overall you feel wonderful, amazing, feel at peace and secure and enhances your quality of life , and improves your overall health and wellness. It works well mixed with our therapeutic modalties. Reiki masters use atunement as a spiritual healing practice and healing modality with pure divine light and love. It is truly a gift to get a reiki session with healing hands.

Massage: is healing for mind body and spirit, one of the oldest healing traditions and uses energy medicine that relaxes the whole body, reduce muscle tension, reduces stress hormones, increases blood flow, improves circulation of the lymph, increase joint mobility and flexibility. There are a variety of different types of massages from swedish, therapeutic, lymphatic drainage, medical, swedish, sports, aromatherapy, reflexology, shaitsu, pregnancy and more. Massage uses form of manuel therapy with your hands applying pressure to the muscles, tendons, ligaments and fascia. . It uses a variety of techniques vary in touch pressure and intensiy of the healing session. We all need healing touch and massage allow you to let go and release and helps with many ailments and prevents disease. When you find a great massage therapist stick with them they will tranform your life and make positive impact on you health. It is one of the best feelings in the world to get an amazing massage with healing and spiritual touch of divine love.

Reflexology: Natural Healing modaltity uses energy medicine based on principle that certain parts of the body reflect the whole. Reflex points and relate to all parts of the body found in the hands, feet face and ears, These points respond to pressure stimulating the body's own natural healing process. These points correspond to other parts of your body by pressing on a point in your feet that can heal energy other parts of your body and balance your energy. Applying pressure to these points stimaulates healthy circulation in the glands, organs, spine and nerves improves blood

and lymphatic flow, relaxes the mind releases tension in your whole body, relieves pain and inflammation.

Acupuncture: Acupuncture is anti-aging, rejuvenating, relaxing, safe, painfree effective, holistic Traditional Chinese Medicine healing art that uses energy medicine where needles are used to stimulate specific points, acupressure points and energy meridians)energy pathways in which qi flows in the body. Acupuncturist will insert tiny needles into a person's body to balance their energy and get rid of blockages. It gets rid of pain and inflammation and brings energy flow. Acupuncture is dates back to 100 B.C. based on concepts of qi life force energy. It helps restore the body and renews the mind, body and spirit. Once you get an acupuncture session is life changing and you want to keep maintaining you health and prevent any ailments, preventive medicine that prevents disease .It treats stress, anxiety, digestive, chronic pain in any areas of the body, autoimmune diseases, nausea, migranes, headaches, fertility, insomnia, and much more.

Cupping: Like acupuncture cupping is ancient healing modalityin Oriental Medicine and healing art used in Complementary Integrative medicine uses energy medicine dated back thousands of years ago in Oriental Medicine helps with the treatment of pain and inflammation. Cupping uses small suction cups to help remove toxins and impurities of the body. The science behind cupping is microcirculation promoting capillary endothethial cell repair and angiogenesis which is the formation of new vessles and new cell growth. Cupping can be used by heat or suction. It helps with promoting peripheral blood circulation and helps improve immunity and overall it helps with any pain or blockages in the body,
Both acupuncture and cupping release endorphins which are the body's endogenous opiates. It releases the feeling of pain and inhibits neurotransmitter GABA and then dopamine is released, then the feeling of euphoria.

Tuning Forks: Tuning Fork is acoustic resonator in the form of two- prolonged fork with prongs . It resonates at specific pitch when set vibrating by and emits a musical tone, it is also used as energy medicine is holistic, and synchronize with acupuncture, massage, reiki to create a resonace throughout your brain, body, emotions and energy layers of your subtle body. It aligns the chakras in your body with sound vibration that clear the energy blockages in your chakras.

Crystal Healing: Crystals are ancient healing modality and used in energy medicine that has been used for over 6000 years ago that each crystal has healing and health properties and chemical composition that can alleviate and promote positive healing based on color and its origin can treat ailments and protect against diseases

and block negative energy and promote healing environments and sacred space. It is based on clearing and cleansing of chakras and the life force energy the qi to connect with balancing the mind body and spirit.

Aromatherapy: Aromatherapy has been used for centuries in many cultures around the world is a Holistic healing practice of using aromatic essential oils and natural plant extracts for therapeutic benefits for improving health of the mind body and spirit and enhances the emotional and physical health for many ailments and conditions and symptoms from depression, anxiety, headaches, nausea, insomnia to increase in energy and appetite and many others. The science of aromatherapy is when it is inhaled the scent moelcules in essential ois travel from the olfactory nerves directly to the brain and impact the amygdala the emotional center of the brain.

There are always people that will be skeptical negative and condune this medicine, and say more research and scientific articles are needed to validate energy medicine that it scientifcally works to heal the mind body and spirit. As a Intuitive healer and Holistic practitioner and Doctor of Acupuncture, I find we cannot always measure spirituality and outcome in science, the laboratory or tested on animals, miracles happen, energy changes and happens to heal the body naturally, it is best to be positive, come with an open mind and open heart to receive, trust and believe in that healer or practitioner that works and heals you wants the best for you and it may take longer to get the health results and the outcome you are looking and want and need. Healing sessions using energy medicine will transform your life and change your outlook on holistic medicine, it does takes energy, patience, time and dedication to yourself and your health and wellbeing and know that change starts with each one of us. I can attest as healer for many years, I do see immediate results and always check in with my clients stay with them throughtout the whole session and after using energy medicine to naturally heal my client's body using a mixed modalties approach of reiki, massage, acupuncture and or cupping with- crystal healing, aromatherapy and healing and safe space. When I give them a healing touch with my hands and pure goodness from my heart good intention, it feels magical and euphoric with a sense of joy and happiness in their body. Their stress and pain disappears, they feel totally relaxed, but rejuvenated, they have more mobility, range of motion, and flexibilty, they overall feel a sense of peace and serenity, and their energy changes in a positive way such as laughing, smiling, showing signs of relief and feeling of happiness and content, and their appearance in their spirit, face and overall body is in a state of pure bliss.

Energy medicine will continue to heal ourselves and the world we as human beings need to take responsbility for our own mental and physical health by making time for self care practices to achieve longevity and homeostasis. Be present and stay focused in the now, to be devoted to our health and connect with a healer or holsitic practitioner to help strength the immune system, balance the energy pathways in your body & heal & awaken your mind, body & spirit. Achieving a healthy lifestyles and a better quality of life & vitality through holistic health practices requires: quality and quanity of sleep, being nourished with nutrition and diet, herbal supplements and vitamins, taking the time for movement ir exercise, spending enough time outdoors in nature, daily mediation and breathing exercises, stretching & yoga, drinking plenty of water , staying hydrated and finding peace with yourself in healing environments to heal your mind body and spirit. Be grateful for what you do have, feel blessed, live your best life and be open to let the abundance and blessings enter when you let go. surrender ,trust in divine timing and believe and dedicate time for your self care, be kind and accept and forgive yourself and give yourself more self compassion and self love.

The greatest wealth is Health. By Virgil

References:

1.Suchecki D. Maternal regulation of the infant's HPA axis stress response: Seymour ' Gig Levine's legacy to neuroendocrincology. J Neuroendocrinol 2018; 18: e12610.

2.Wakins A. Mind- Body Medicine: A Clinician's Guide to Psychoneuroimmunology. New York, NY: Churchill Livingstone; 1997:3-18.

3, Pert C, The Molecules of Emotion:The Science Behind Mind-Body Medicine, New York, NY: Simon& Schuster, Inc; 1997.

4-5. Turner M, Nedjak B, Hurst T, Pennington DJ. Cytokines and chemokines: at the crossroads of cell signalling and inflammatory disease. Biochim Biophys Act 2014;1843: 2563-2582.

6.www.reiki.org/faqs/what-reiki

7 www.ncbi.nlm.nih.gov/pmc/articles/PMC6396053

8 https://doi.org/10.1016/j.jams.2018.02.001

9.https://www.nccih.nih.gov/health/aromatherapy