A photograph of a hand reaching out from the right side of the frame, hovering just above a field of tall, green grass. The background shows a hazy, mountainous landscape under a cloudy sky. The text is overlaid on the upper left portion of the image.

# a new look at energy work

This article will serve as a guide for those wishing to develop and integrate an awareness of this exciting, rewarding modality.

by K.G. Stiles



# we

have entered an energetic era in which we are redefining our understanding about our world and ourselves. In terms of a “human energy system” the body is a well-ordered technical structure of emotional responses. Our emotional anatomy is as real and organized as our physical anatomy. Through the revelations of quantum physics, we now know that our thoughts and emotions have creative authority within our cell tissues; this realization is fast becoming a central, governing principle in our lives. Our perceptions about the way things work is undergoing a profound shift. The science of quantum physics teaches us that we can access and change our past through a shift in our perception.

Ongoing research shows the interconnectedness between body, mind and spirit. We are residing in an age when energetics, not just of the body, but of all of life, are reshaping our world. Energy work recognizes the power of our thoughts and emotions. This article is meant to serve as a helpful guide for those wishing to develop and integrate an awareness of working within the energetic realm of experience.



### A Link To Applied Quantum Physics

From the science of quantum physics we are viewed as incredible, holographic systems of energy, a multidimensional framework of vibrating waves that intersect in points of light to be seen as a quantum particle when in focus, an idea or image in matter, and when unfocused, a moving wave of infinite possibility.

The truth that quantum physics reveals is that we each can choose our own perception of reality at any given moment. Problems arise when we get stuck in our perceptions and develop habitual patterns. We become addicted to seeing life in a particular way and we create the same experiences for ourselves. Simply put, our bodies, our minds and emotions do not heal from past experiences because we forget we can let go and allow the particle to become the wave once again. How do we free ourselves from this situation and help our clients to do so?

### Importance Of Intention And Focus

Intention refers to one's motivation in a treatment, and in no way implies force or involvement of the massage therapist's will in the outcome of a

session. It must be noted that a therapist is not responsible for how a client responds to massage. There are many variables influencing a client's ability to respond. Two important ones are attitude and life force—the capacity for healing.

Focus refers to a massage therapist simply showing up, fully engaging in the present moment and opening to serve the needs of the client. The single greatest skill a massage therapist can develop when practicing energy medicine is the ability to observe without agenda or attachment to outcome. In quantum physics, we know that nothing happens that isn't first observed. So in a very real sense, your focus should be on observing your client without judgment. This act creates the space for healing to occur.

Developing a 15-minute daily practice of envisioning, clearing your energies and concentrating your mind can enhance your ability to focus your energies. You will release stress and reprogram your habits of mind or attitudes. Engaging your body in some way through various forms of movement and exercise will further enhance your ability to focus and help establish new, healthier emotional patterns. There are many

techniques you can employ to accomplish this. The following are only a few suggestions.

**1. Daily Affirmations.** Begin the day by affirming your intention for the day. An example of an affirmation that has been around for years that can be used to good effect is, "Every day in every way I am feeling better and better." For affirmations to be effective they must be phrased in the *present tense, be positive and personal.*

**2. Give Thanks.** Nurturing an attitude of gratefulness is important. Name all the things you are grateful for. This will multiply your results. An example might be, "I am grateful for my life." The law of concentration states that whatever you focus on will manifest.

**3. Affirmations And Visualizations.** Visualize what you wish to accomplish in your day, the week ahead or sometime in the future. See and feel it as if it has already happened. Give thanks that it is so. The law of emotion states that any thought held in the mind and charged with emotion is rapidly accepted by the subconscious mind, activating all the other mental laws, turning inner thought

into outer reality. Let your creative juices flow. As you get into the habit of doing this exercise regularly, fresh new images will surface and flow out of your subconscious mind. You will be astounded by the possibilities. If you will give free rein to your imaginative faculties on a routine basis, your illogical, right brain will be set in motion and actually shorten the time required for manifestation to occur. Incredible connections and synchronous events will come to your aid.

**4. Incantations.** Repeating short phrases will concentrate and focus your intent, ensuring rapid results with time and practice. Such phrases as, "All I need is within me now," work well. As always, for best results, phrases should be in the present tense, positive and personal.

### Basic Principles For An Energy Medicine Session

1. Our body has an innate wisdom for healing us at all levels.

2. We can consult with the body's innate wisdom to assess the most effective treatment protocol. It will advise us about what is wrong, what needs to be treated and in what order.

3. The key element in health is in establishing and maintaining communication between all the organs and systems of the body. A synchronized body will heal and adapt more easily to life stresses.

4. The sequence in which to treat is all important. Superimposing one's agenda on a treatment session will slow down the healing process.

5. The more one attunes to and respects the body's innate intelligence, the more it will instruct us in what to do and the more profound the results will be for healing.

# pH balancing

We are electrochemical beings. Our electromagnetic force field, or life force, is greatly enhanced by having chemically balanced pH, which is fundamental to good health.

**High Acidity.** Most people who have unbalanced pH are "acidic." This condition forces the body to borrow minerals from vital organs and bones to buffer the acid and safely remove it from the body. Calcium, sodium, potassium and magnesium are the predominant minerals making up our cell tissues. The process of demineralization can weaken organs and bones over time. Researchers from a recent study hypothesized that many of the hip fractures prevalent among older women correlated to higher acidity. The body borrows calcium from the bones in order to balance pH, which results in decreased bone density.

**High Alkalinity.** High alkalinity in the body causes many of the same kinds of mineral problems as acidity. It can often take longer for a person who is "alkaline" to achieve balance than one who is "acidic." Some of the problems associated with high alkalinity include digestive system sluggishness; intestinal system concerns, including poor elimination; compromised respiratory system function; immune system concerns. Such as a proclivity to fungal infection, urinary system weakness and nervous system exhaustion.

**Maintaining pH Balance.** Your body is able to assimilate minerals and nutrients only when its pH is balanced. You may be taking in healthy nutrients and yet be unable to absorb them. For instance, the body reportedly can only fully utilize iodine when body pH is between 6.3 and 7.0. Most health food stores carry pH kits with litmus testing strips (for determining acidity or alkalinity and charts listing acid and alkaline foods).



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### Applied Kinesiology Or Asking The Body

Through muscle testing (biofeedback), we can ask the body what needs balancing. By establishing an open line of communication with the body's innate wisdom, we can know the protocol for systematically balancing the entire mind/body complex. A simple yes/no system can be employed for asking questions. The first question always to ask is for permission to balance.

### Linking To Restore Communication

Ask the body what needs to be linked in order to reestablish good communication and stimulate the healing response. In a simple linking procedure, the client will touch the reflex point for the first link and the therapist will touch the second.

### Tapping The Cortices And Sternum Stores Information

Tapping has been used in many indigenous cultures to stimulate the healing response. Tests have been conducted showing that the brain circuitry has a dramatic response to tapping as a link is being made. While the client holds one reflex point and the therapist another, the massage therapist uses his or her free hand to lightly tap both hemispheres of the brain (reevaluates and balances) and the sternum (stores the information), alternately, as the client breathes. The tapping is continued until a shift is felt. The muscle is then retested, asking if the link is still a priority.

### Balancing Cortices Energy Technique

Various disease processes are reflected in some way in the brain. For instance, infrared photography shows "cold" spots of diminished blood supply or cellular activity in dyslexic children. Generally, cortices needs to be balanced in most cases. Cortices, if indicated, can be done at the beginning or end of any hands-on healing session, and can dramatically improve results.

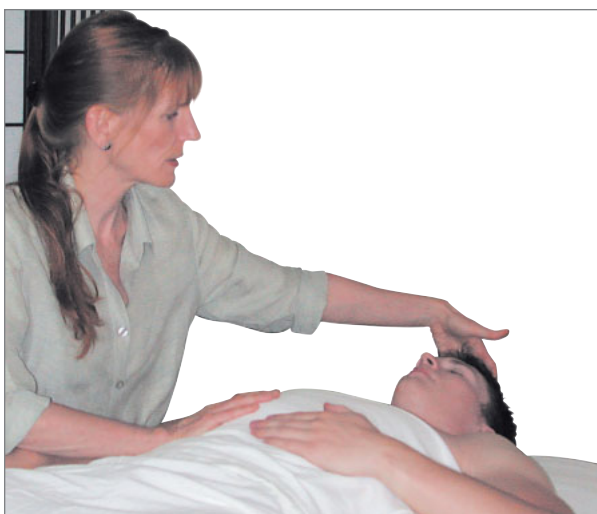
### Cortices Case History

Alice\* came in for a session because she was concerned about a problem she was having with balance. Her right eye was twitching uncontrollably and she was having severe, recurrent headaches. She had sought care for the past two years from several allopathic, as well as alternative, health-care practitioners with little result. If anything, her symptoms seemed to be gradually worsening.

As I balanced her cortices, Alice felt a rush of warmth moving up over her head, across the right side of her face. After her initial session, her headaches greatly diminished, her eye stopped twitching and she was feeling steadier on her feet. She came to see me for two more follow-up treatments, both of which included further cortices balancing. On her last visit, she reported complete resolution of her symptoms. She was sleeping better and her energy level had greatly improved.



Author KG Stiles asks for permission to balance. In the bioenergetic healing system, she practices a feeling of no resistance (weakness) in the client's arm, which indicates a "yes." Conversely, a feeling of resistance (solidness) indicates a "no."



The author KG performs a pancreas-to-liver link. Considering the roles of the pancreas and liver, this link might relate to improving sugar metabolism.



In these photos, the author demonstrates a heart-to-intestines link while tapping the head and sternum, alternately. This link enhances one's ability for wise discernment, among other things.

### Cortices Treatment

First, ask if cortices balancing is a priority. If the answer is yes proceed as follows:

1. Place your left hand at the base of the patient's skull and upper neck. While you hold this position, tap the head and sternum for a full exaggerated breathing cycle (inhale and exhale).
2. Now move your hand up one hand position above the one you just did. Again, tap the head and sternum for a full exaggerated breathing cycle.
3. Repeat this procedure until you've covered the entire head. Usually four to five hand positions are needed to cover the entire midsection of the cortices.
4. Next, you will cover the sides of the head. Alternate your hand to each side, covering the temporal and parietal sections of the cortices, or have the client hold these areas. Use your free hand to tap the head and sternum. Again, the patient should take full, exaggerated breaths.
5. Retest, asking if the cortices are still a priority for balancing.

### Balancing Switching Energy Technique

This technique improves our response to stress, so that we don't become

“switched” under pressure or for when our circuits feel blown. Once balanced, the client's performance capacity is increased, enhancing the ability to focus and heal.

### Switching Case History

Ben was an extremely bright boy, but suffered from performance anxiety when being tested. Before an important exam, I balanced him for switching. He did well on his exam, and felt more relaxed than he ever had while being tested. I balanced him several more times for switching over the next few months, completely resolving his performance anxiety.

### Switching Treatment

1. The client contacts both his or her eyes firmly with the index and middle fingers. This activates three cranial nerves.
2. The therapist contacts Ki27 point bilaterally, located just above the collarbones about 1½ inches from the midline in the hollow. You may wish to stimulate these points briefly to activate them.
3. Holding both these contacts, use your spare hand to tap the head and sternum while the client takes full deep breaths. Continue until a shift is felt.



The author demonstrates hand positions and tapping sequences of the cortices technique. Cortices balancing coordinates right and left brain hemispheres, improves mental clarity and enhances the relaxation response.

# hydration

Water plays an extremely important role in our diet and bodily functions. Many parts of the brain draw much of their energy from water. Water must be taken into the body in its pure, natural state. Optimally, it is recommended that you drink half your body weight in ounces daily.

Water is vital to energy production in the cells, overall metabolism and neurotransmission. Nerve transmission is heavily dependent upon water. Small waterways or microstreams run along the full length of nerves. These streams float the neurotransmitters along microtubules to the nerve endings. When the body is dehydrated, nerve transmission is compromised and brain function strongly diminished. Chronic nerve pain can simply be the end result of chronic dehydration. Other chronic pain conditions, including arthritis, can often be reduced significantly after client rehydration.

Another important consideration is that water actually holds the cells of the body together. Water keeps the cell membrane together by forming hydronium ions, which make the water sticky and helps bond the cells. This gives the cells a higher viscosity that helps increase the efficiency of proteins and enzymes.

In a dehydrated cell, the metabolism is greatly impaired. Dehydration has a particularly dramatic effect on sugar metabolism, the immune system and detoxification. Dehydration profoundly effects the movement of lymph through the body and causes the lymph system to clog up and malfunction.

From a cellular point of view, the transmission of nutrients through the cell wall is conducted by water. Many deficiency conditions are often specific dehydration problems. Dehydration is a significant producer of free radicals in the body, and effective hydration removes free radicals faster than most any other therapy. A fully hydrated body may reduce the need for antioxidant supplements.

Lung dehydration is considered a significant factor in respiratory diseases. Sometimes the most dramatic results can be obtained in asthma and chronic bronchitis with simple rehydration.

Dehydration is a major producer of stress in the body and alters the balance of amino acids. This can allow DNA errors during cell division that can lead to many diseases, such as cancer and other cell mutation problems.

Water is a vital conductor of energy, such as meridian energy and other body energy systems. When the body is dehydrated, it is very difficult for energy-based therapies to work.

Due to an imbalance in the cellular environment, many people's body cells and brain tissues are dehydrated, despite drinking adequate amounts of water.



# Water is vital for energy production, cellular metabolism and neurotransmission.

## Balancing Hydration Energy Technique

Water is vital for energy production, cellular metabolism and neurotransmission. (See sidebar on page 95.) I've often found that a client who is slower to respond to treatment is dehydrated. Hyperactivity in children has been associated with dehydration, as has a clogged lymphatic system, wrinkling of skin, headaches and various aches and pains, including fibromyalgia and arthritis.

It's important to realize that many people have a condition that stops them from having fully hydrated body cells and brain tissue, despite their drinking adequate water. The hydration technique of the cortices is meant to address this problem.

## Hydration Case History

Charles\* came in with an athletic injury that just wouldn't heal. He had tried numerous things, including treatment from several sports medicine practitioners over the past several months with little result. He was a serious athlete, and understandably concerned and frustrated about his condition. I noticed during our initial consultation that his skin appeared dry, rough and cracked, although he claimed to drink ample quantities of water. During his first session, the hydration technique was indicated. After his therapy over the next week, he felt extremely thirsty and sweated profusely at night. By week's end, he was pain-free. Upon seeing him a few months later, I noticed how differently his skin looked. It appeared moist and felt soft to the touch.

## Balancing Hydration Treatment

First, wet a cotton ball, and place it in the belly button. Then ask the

client if hydration is a priority. If yes, proceed as follows:

1. Leave the wet cotton ball in the navel and have the client place his or her hands on the sides of the head, just as for the cortices treatment.

2. You will then treat the cortices as you did in the previous treatment. Place your left hand at the base of the patient's skull and upper neck. While you hold this position, tap the head and sternum for a full exaggerated breathing cycle (inhale and exhale).

3. Now move your hand up one hand position above the one you just did. Again, tap the head and sternum for a full exaggerated breathing cycle.

4. Repeat this procedure until you've covered the entire midsection of the cortices.

5. Next, you will cover the sides of the head. Alternate your hand to each side, covering the temporal and parietal sections of the cortices, or have the client hold these areas. Use your free hand to tap the head and sternum. Again, the patient should take full, exaggerated breaths.

6. Retest, asking if the hydration is still a priority. Sometimes the treatment will need to be repeated or will not hold well. In this case, other factors will need to be addressed with more advanced techniques.

The types of conditions that I can balance through energetic techniques are vast. The following are a few more examples:

1. Clearing the body of viruses, infections, parasites, food intolerances,



The author performs the switching technique. This technique helps boost one's stress tolerance. It is also helpful for mental confusion, memory lapses, poor reading comprehension, weak healing response, confusion about right and wrong and self-destructive behavior.



Here the hydration technique is performed. It is known to be helpful for arthritic pain, or pain in general, impaired metabolism, low energy, headaches, poor coordination, gastrointestinal pain and malnourishment.



These photos demonstrate the body chemistry technique used for balancing the body for microbes, allergies, toxins and food intolerances.



The author shows the active memory technique used for clearing unwanted fears and phobias and for resolving issues concerning love.





The author performs lymph circulation techniques for the entire body and the neck region. These techniques drain lymph in the areas of focus, ridding the body of accumulated toxins.



In these photos, Stiles balances the traditional acupuncture meridians.

environmental allergies and accumulated toxins.

2. Clearing past and present emotional blockages, including specific phobias and fears.
3. Cleansing the lymphatic system, including all the lymph glands and ducts.
4. Balancing the various energy systems within the body, including the traditional acupuncture meridians and the chakras. Restoring energy imbalances between the patient and certain aspects of the environment.

Examples of other conditions I've balanced energetically with positive results include the following:

1. Treating energy blockages associated with the nervous and circulatory systems.
2. Balancing brain function and improvement of nerve and blood circulation to, from or within specific areas of the body.
3. Sports medicine for acute and chronic sports injuries, as well as performance enhancement, musculoskeletal disorders, postural correction and spinal balancing.
4. Balancing the 12 major body organs, eight endocrine systems and body parts.
5. Correction of hereditary and/or environmentally influenced cell disorders. Repairing damage from vaccines. Energy medicine by its very nature is comprehensive and holistic in scope

and its application can address the entire mind/body complex, balancing and synchronizing its communication at both the microcosmic, as well as macrocosmic levels. The body's own innate healing intelligence can then best function to heal itself at a deep and lasting level.

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