

## Energy

by Jimmy Scott, PhD

In our Kinesiology work we routinely speak of "energy". Yet, how often do we stop to consider what energy is, where it comes from, or why it exists. In our training do we learn anything more of energy than some vague idea that it comes from "Oriental Medicine"? Are we taught that the energy only flows through the meridians, or do we learn that the energy also flows through the tissues? Are we taught that different types of kinesiological "corrections" actually affect different aspects of the energy flow through our bodies and some are not even "corrections" at all? Do we learn that some procedures are able to effect more different changes in the energy system than others, and, therefore, are more powerful procedures? These and other questions are addressed by this presentation.

### Introduction to Energy Concepts

There are two aspects to the Health Kinesiology (HK) energy model: the nature of energy itself, and the ability of living beings to use energy. There is evidence that our universe offers an inexhaustible supply of energy, and that living beings have the capacity to tap that energy directly. There is also evidence that there are two aspects to the human ability to tap this vast energy supply: one is automatic and unconscious, the other is affected by consciousness. As you use HK you will notice that some of your work deals exclusively with the more unconscious, mechanical use of energy, while other corrections deal with the emotions and beliefs that interfere with optimal energy use and well-being.

### About Energy

*The spirit of the valley never dies.  
This is called the mysterious female.  
The gateway of the mysterious female  
Is called the root of heaven and earth.  
Dimly visible, it seems as if it were there,  
Yet use will never drain it.*

Tao Te Ching, verse VI,  
translated by D. C. Lau

This passage from the Tao Te Ching, an ancient Chinese Taoist text, depicts the nature of chi. In HK Foundation Level I we briefly considered the Chinese concept of chi, the essential, universal life-energy that underlies all of physical reality. Chi, represented by the outer circle of the yin/yang symbol, is imperceptible and indivisible. It is only when chi manifests as the constantly changing duality of yin and yang that it becomes real to us. Let's expand on our concept of energy.

We refer to a paper by physicist Thomas Bearden, entitled *The Final Secret of Free Energy*. The paper is a fascinating combination of layman's prose and technical mathematics. In the forward he says, "Nearly everything fundamental that we've been taught about [electromagnetic] energy is wrong or incomplete. Even the definition of energy in physics is wrong!...The Creator has always given us bountiful free electrical energy, everywhere, easily and readily for the simple taking. It has only been our own blindness and folly that have prevented us from seeing and using this free energy bounty."

How do you define the word energy? As heat, light, movement, vitality? Tom Bearden points out that energy is traditionally mis-defined as the capacity to do work. He explains, "work is correctly defined as the dissipation (disordering, scattering) of energy (order). The scattering of energy is work. It is not energy! That is, energy is not definable as its own scattering!"

Infolded within the *mysterious female* of the *Tao Te Ching*, within what Westerners call *empty space*, the *vacuum*, is an infinite supply of energy. Why don't we see or feel or hear it? Because the infinite energy is in a perfect, static balance of opposing forces. It's like an isometric exercise: two equal forces opposing each other head-on, giving the appearance of nothing happening. Tom Bearden describes it as, two waves [that] are in-phase spatially, but 180 degrees out of phase in time. The wave is made of photons, and the antiwave is

made of antiphotons... Empty "spacetime" is filled with an incredibly intense flux of virtual particles. *Energy is any ordering, either static or dynamic, in the virtual particle flux of vacuum* [italics ours]... 'Potential' is any ordering, either static or dynamic, in the virtual particle flux of vacuum...Energy and potential are identically the same....Energy *has* the capacity to do work; that is one of its attributes. But energy is the ordering in the virtual particle flux. (Electromagnetic energy is any ordering, either static or dynamic, in the virtual photon flux of vacuum.)

So what's the difference between the Taoist description of the *mysterious female* and Tom Bearden's *empty spacetime*? They seem to be the same phenomenon, but from a different point of view. The Eastern teachings strive to teach individuals to gain personal, spiritual mastery. Master the self, and you will find you have also mastered the world around you. The Western scientist strives to gain mechanical, technical mastery over the environment. Maybe the only real difference between the Eastern and Western viewpoints is in how the physical body is perceived. In the East, mastering the environment begins with mastering one's own body and mind. In the West, mastering the environment begins with the world outside our own skin. In HK our goal is to help people gain mastery over themselves and their own personal world, however far that extends.

### Energy Phenomena, East and West

From China we have the concept of the meridian system. People absorb chi, life-energy from sunlight, the air they breathe, and the food they eat. Some of this chi is obtained from the chemical reactions of oxygen and nutrients, but some is also absorbed directly from the *vacuum*, the original source of the chi. Animal life has the ability to unconsciously tap into the vacuum. Furthermore, some people have demonstrated that through the development of latent spiritual skills, they can tap into the vacuum in very unusual and "miraculous" ways.

From the eastern tradition, you can read in *Autobiography of a Yogi*, by Paramahansa

Yogananda, about a Bengali woman named Giri Bala who ate no food for over 56 years. She told Yogananda that the reason she was taught this remarkable ability was, "to prove that man is Spirit, to demonstrate that by divine advancement he can gradually learn to live by the Eternal Light and not by food." Her "nourishment is derived from the finer energies of the air and sunlight, and from the cosmic power that recharges [the] body through the medulla oblongata." Yogananda also interviewed Therese Neumann who lived in Bavaria. For many years she ate nothing but one small, consecrated communion wafer each morning. She said, "One of the reasons I am here on earth today is to prove that man can live by God's invisible light, and not by food only."

Sathya Sai Baba is a spiritual teacher living in Southern India today. You can read innumerable stories about his manifestation of objects out of the vacuum. Many fine books have been written about Sai Baba's abilities, including Howard Murphet's Sai Baba, *Man of Miracles*, from which the following story was taken.

*One day at Puttaparti Baba picked up a rough piece of broken granite and, handing it to Dr. Rao [head of the Geology Department, Osmania University, Hyderabad] asked him what it contained. The geologist mentioned a few of the minerals in the rock.*

*Baba: "I don't mean those -- something deeper."*

*Dr. Rao: "Well, molecules, atoms, electrons, protons ..."*

*Baba: "No, no -- deeper still!"*

*Dr. Rao: "I don't know Swami."*

*Baba took the lump of granite from the geologist, and holding it up with his fingers, blew on it. It was never out of Dr. Rao's sight, yet when Baba gave it back to him its shape had completely changed. Instead of being an irregular chunk it was a statue of Lord Krishna playing his flute. The geologist noted also a difference in color and a slight change in the structure of the substance.*

*Baba: "You see? Beyond your molecules and atoms, God is in the rock. And God is sweetness and joy. Break off the foot and taste it."*

*Dr. Rao found no difficulty in breaking off the granite foot of the little statue. Putting it in his mouth as directed, he found that it was sugar candy. The whole of the idol, created instantly out of the piece of granite, was now made of candy.*

*From this Dr. Rao learned, he said, something beyond words and far beyond modern science; in fact, beyond the limits of the rational mind of men today.*

Or read in the Bible about the many miraculous accomplishments of Jesus. Here is an example from Luke 8: 22 - 25.

*One day he got into a boat with his disciples and said to them, "Let us cross over to the other side of the lake." So they put out; and as they sailed along he went to sleep. Then a heavy squall struck the lake; they began to ship water and were in grave danger. They went to him, and roused him, crying, "Master, Master, we are sinking!" He awoke, and rebuked the wind and the turbulent waters. The storm subsided and all was calm. "Where is your faith?" he asked. In fear and astonishment they said to one another, "Who can this be? He gives his orders to wind and waves, and they obey him."*

Many rational people today consider all these stories as interesting but impossible. There is no model in the scientific, materialistic world view for consciousness over-riding "immutable" physical laws. Maybe we should not be so hasty in our judgement of the power which mind and spirit can have over physical matter. After all, as Alice A. Bailey says in *Esoteric Healing*, "Ninety per cent of the causes of disease are to be found in the etheric [meridians and related structures] and astral [emotional] bodies. Wrong use of mental energy and misapplied desire are paramount factors...." Is it any surprise that our "etheric" and psychological HK corrections can be so very effective?

In the Eastern tradition, remarkable abilities have been learned by many, many people in

the course of their spiritual development. Why, if these abilities exist, do we still have starvation and want? Giri Bala explained that she, "was strictly commanded by my guru not to divulge the secret. It is not his wish to tamper with God's drama of creation. The farmers would not thank me if I taught many people to live without eating! The luscious fruits would lie uselessly on the ground." Similar explanations have been given by all the people mentioned here who have had these "miraculous" abilities. However, as people develop their spiritual nature, the ability to consciously use energy to perform "miracles" often appears as a byproduct.

We return now to Tom Bearden's work with the "incredibly intense flux of virtual particles." His work is leading us to mechanical mastery of electromagnetic energy. He has outlined the theory and the mechanics of building the equipment which can produce limitless and virtually free supplies of electrical power. A home or business could have its own power source. An automobile could run indefinitely on one battery. A power company could supply its clients without ever burning anything or damming water. At the end of his paper Bearden says,

"So now you have the results of this researcher's long and arduous quest for the golden fleece. Please go forward with it, to make this a better and cleaner world for everyone.

"Just remember that the control and use of energy is personal power. The control and use of absolute energy is the control and use of absolute personal power. In the adage, power corrupts and absolute power corrupts absolutely.

"Please use it wisely."

The more recent developments in "cold fusion" undoubtedly are part of this same scalar electromagnetic energy system, as are the energy effects of crystals, and many other energy tools.

It is evident that mastering energy relates to both personal inner mastery, and to mastery of the environment. When we do energy work in HK, we help people with both their inner

and outer environments. When people do energy corrections, they gain more understanding of and mastery over themselves. In addition, when they make changes in themselves, their family and work environments often change too, spontaneously, by themselves. It is fascinating to consider where the *I* really stops and the *environment* begins.

### **Once Upon a Time...**

*There was a young fellow who came home from a meeting with his guru one day and told his mom that he must only eat a strict vegetarian diet, and most of that raw. His mother was horrified by this infringement on her domestic domain, and promptly stormed off to have words with this guru-character.*

*As she entered the guru's room, he looked up at her from his fried chicken, licked his greasy fingers, and asked her to wait just a moment. He made a little gesture over the meal, and it vanished out the window, all by itself!*

*The woman was doubly indignant now, and demanded to know, "How do you have the nerve to require that my son eat a Spartan, vegetarian diet, when here you are eating your fried chicken?!" To which the yogi replied: "Madam, do you see any fried chicken here now?"*

*"No," she sputtered, "But just a minute ago...."*

*"Well madam," said the yogi serenely, "When your son can do with his meal what I just did with mine, he also may eat anything he desires!"*

### **How the Energy System Works**

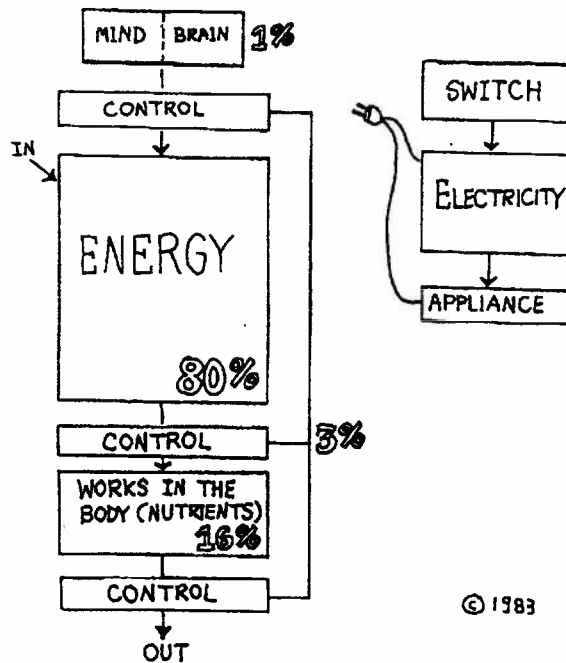
Among other examples, Kervran reports that a newly hatched chick contains more calcium than was originally present in the egg. The only way this is possible is if the organism is able to transmute one element into another, in this case silicon into calcium. Traditional physicists know that transmutation happens, but they say that vast amounts of power are required, at temperatures far higher than body temperatures. According to physics, *biological transmutation* is not possible. Bearden, though, shows us that vast amounts of energy are available in the vacuum.

Living organisms have the ability to bring order to the virtual particle flux of vacuum. This is energy. This is the energy which forms the blueprint which underlies our physical existence, the energy used by the chick to transmute elements, the energy those special few can use for sustenance, eliminating their need for food. This is the energy Sai Baba uses, the energy that flows through our meridians and tissues. This is the energy we tap in Health Kinesiology. Indeed, we consider that *one's health / functioning is directly proportional to one's ability to order the virtual particle flux.*

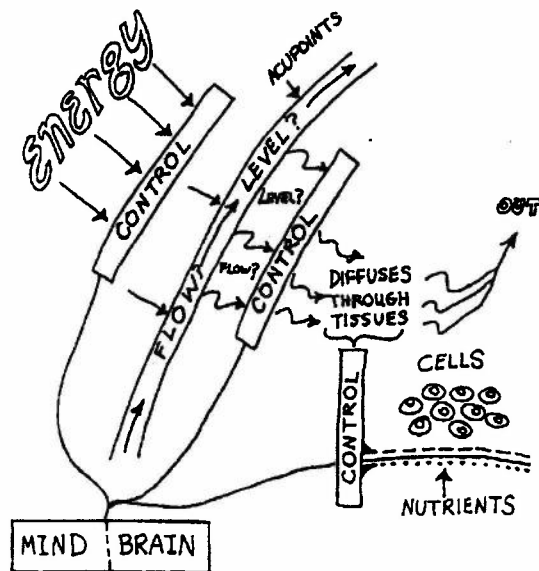
This energy is not unitary but rather a spectrum, something like a rainbow. In a properly functioning body, the brain / mind is able to determine which energy is needed, how much is needed, and where it is needed within the body. The appropriate acupoints are then stimulated to feed this energy into the meridians. This energy circulates through the meridians and is released out of the meridians into the tissues. Here the energy does its intended job (described below) and then is re-radiated out of the body. All this is monitored by the body's *Energy Control System*.

There is a classic phenomenon in hypnosis. A person is deeply hypnotized and told they will be touched with a red-hot piece of iron. Instead, a cool pencil eraser touches the skin, but a blister forms. How does a cell know what to do and when? Not every cell has its own nerve ending, yet it must know when to do certain things. Hormones or other circulating biochemical substances are too slow and not specific enough. How does the cell get the information it needs?

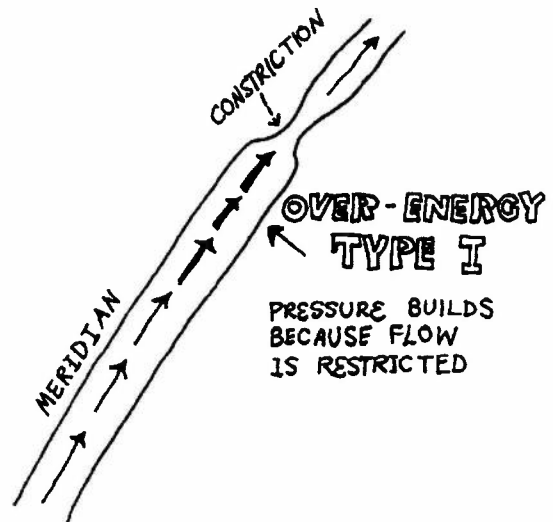
*The purpose of the energy flow, the meridians system, is to provide to each individual cell the information it needs to function properly. It is through the Energy Control System that the brain / mind imparts the required information to the flowing energy. Information is the order of virtual particles. If the system is not functioning properly the energy-message destined for a specific cell may be garbled or lost. In either case the cell must do the best it can on its own, without its usual mechanism for control.*



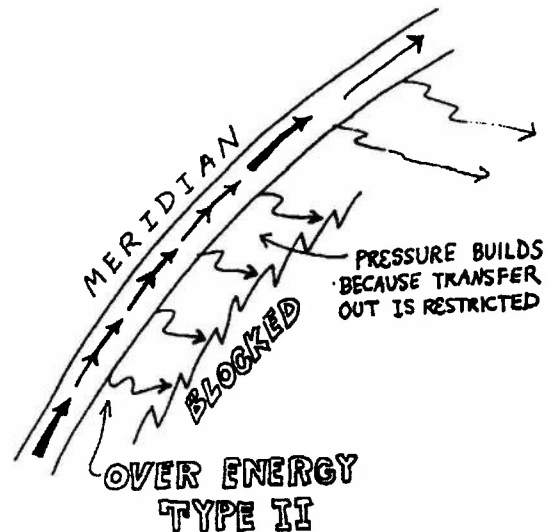
**Figure 1: Analogy to the Energy System**  
This block-diagram suggests the parallel between electricity and energy. Electricity is fed to an appliance, but is controlled by a switch. Energy is fed to the body, but is controlled by the mind/brain switch, the Energy Control System. The diagram also indicates that energy is some 80% of the total functioning of the body while the mind/brain is only some 1%. The Energy Control System makes up some 3%, and the mechanical fueling of the body, nutrition, is some 16%. Obviously the functioning of the energy system of the body is critical.



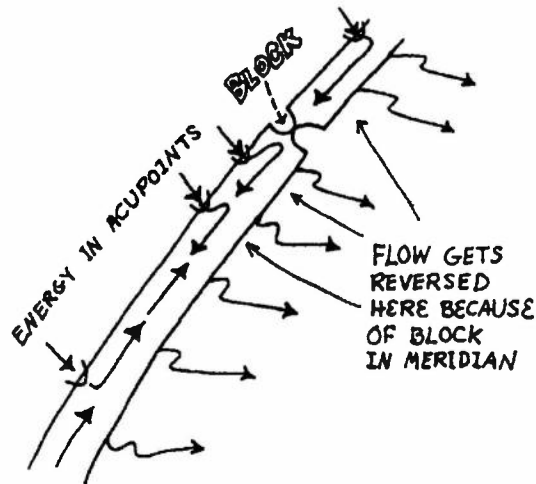
**Figure 2: The Energy System** A diagram of the energy flow through the system as described in the text.



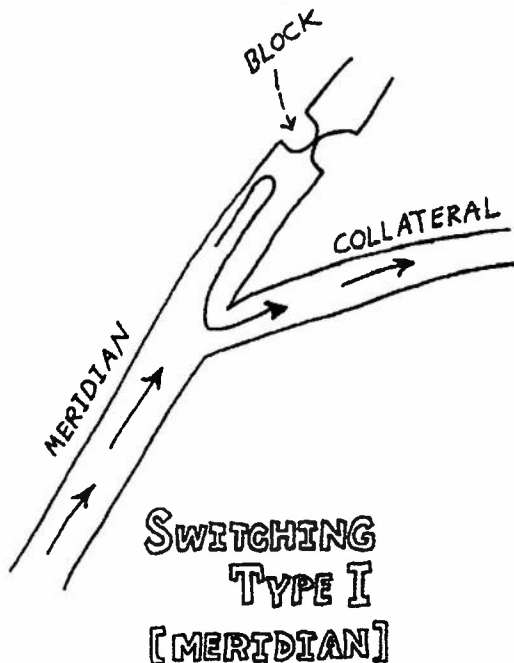
**Figure 3: Over-energy, Type I** If the over-energy condition arises because of a restriction or a blockage in the meridian, it is called a Type I over-energy. The energy pressure builds up because the energy cannot properly flow along the meridian even though the energy continues to flow into the meridian. The result of this is that velocity of the energy before the block is less than normal and the velocity after the block is faster than normal. These pressure and velocity changes markedly disturb energy function. This is very much like crimping a water hose.



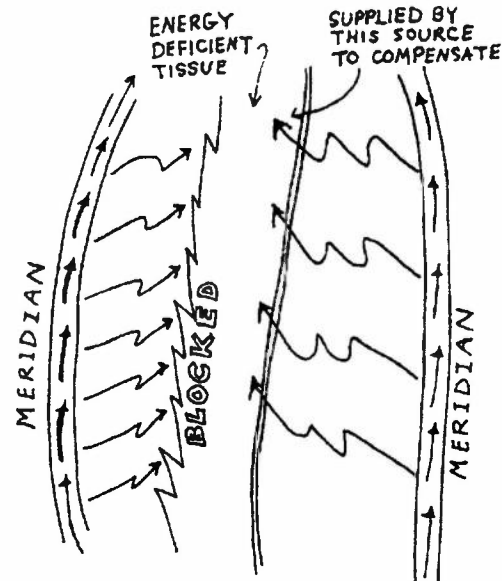
**Figure 4: Over-energy, Type II** Energy diffuses through the meridian wall into the tissues. If there is an energy blockage within the tissue, preventing proper tissue energy flow, that energy which should have been passing through the tissue is forced to flow along the meridian instead. Since energy continues to come into the meridian through the acupoints, there is a net increase of energy (over-energy). Again, an unbalanced energy condition.



**Figure 5: Energy Reversal** When energy flows along a balanced meridian the energy pressure remains relatively constant. If there is a blockage in the meridian the energy pressure increases (over-energy) in front of the block, causing energy to flow in a reversed direction (energy reversal). This is much like water flowing upstream when the tide comes in. On the other side of the block the energy is deficient (under energy), also allowing the energy downstream to flow backwards to equalize the pressure.



**Figure 6: Switching, Type I** Meridians are not just one continuous "pipeline", but also have crossover or collateral channels. If there is a blockage of the meridian, the energy may be forced to flow through a collateral channel, instead. This implies there is an over-energy condition between the blockage and the collateral and that there may be reversed energy flow there, too. In any case, energy destined for an area along the first meridian will end up somewhere else.



### SWITCHING TYPE II [TISSUE]

**Figure 7: Switching, Type II** If there is a blockage in the tissues, energy from another meridian will flow into the energy deficient area, like water flowing into the low spot.

#### Notes:

This material is excerpted from the Health Kinesiology Foundation Level II and other class material, as created by Jimmy Scott, PhD, and Linda Clark Scott.

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ENERGY MEASURES FOR HEALTH KINESIOLOGY ENERGY MODEL			
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Abbr.	Measure	Location	Description
C	COMPARE	Control System	The Energy System COMPARES what energy it needs and where it needs it with what is available.
T	TUNE	Control System	The Energy System then TUNES the appropriate acupoints or other intake sites to absorb the energy it needs, where it needs it.
I-M	INTAKE	Meridian	The INTAKE is the amount of energy coming into the meridian through the acupoints.
L-M	LEVEL	Meridian	The energy LEVEL is determined both by the INTAKE and the FLOW. Balancing the meridians will equalize the energy LEVEL of the meridians, but that LEVEL may still be low or high, and the FLUIDITY or COHERENCE may not have been corrected.
FW-M	FLOW	Meridian	This is the amount of energy FLOWING through the meridian and is determined by the degree of INTAKE, the TRANSFER-OUT, the FLUIDITY, and the COHERENCE of the energy, and by any energy block ages or energy restrictions in the meridian.
FL-M	FLUIDITY	Meridian	The FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too fluid, out of control.
C-M	COHERENCE	Meridian	The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser).
TO-M	TRANSFER OUT	Meridian	As the energy flows through the meridian it is TRANSFERRED-OUT of the meridian becoming tissue energy INTAKE.
I-T	INTAKE	Tissue	The INTAKE is the amount of energy coming into the tissue, diffusing through the walls of the meridians.
L-T	LEVEL	Tissue	The energy LEVEL is determined both by the INTAKE and the FLOW.
FW-T	FLOW	Tissue	This is the amount of energy FLOWING through the tissue and is determined by the degree of INTAKE, the FLUIDITY, the COHERENCE, and the out-flow of the energy, and by any energy blockages or energy restrictions in the tissue. The out-flow is determined by the COUPLING-IN and COUPLING-OUT functions at the cellular level in the tissue.
FL-T	FLUIDITY	Tissue	The FLUIDITY is the viscosity of the energy. It may be viscous and sluggish or too fluid, out of control.
C-T	COHERENCE	Tissue	The COHERENCE is how scattered or how 'together' or synchronized the energy is functioning. Analogous to coherent light (laser).
C-I	COUPLING IN	Control System	Cellular level. How well is the energy Control connected to the cell it is controlling?
S	STRENGTH	Control System	Cellular level. How strong is the controlling energy at the cell?
C-O	COUPLING OUT	Control System	Cellular level. How well is the energy control signal doing the job?
MBEI	MIND TO BODY ENERGY INTEGRATION	Control System	MBEI is how well the body is receiving and utilizing the Control energy signals it needs from the brain / mind.
BBEI	BODY TO BRAIN ENERGY INTEGRATION	Control System	BBEI is how well the brain/mind is receiving and utilizing the Control energy signals it needs from the meridians (as a part of the body).