

The Clinical Effects Of Touch Healing Encounters

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The most ancient form of touch healing has been practiced by every culture and religion on Earth by persons simply known as "healers" who transmit a healing flow or energy with their hands or minds in order to restore health by healing the body's energy fields. As a clergyperson with the ability to heal with the hands, I searched for scientific evidence to understand the causes and effects, eventually receiving by doctorate in healing research. As the clinical evidence accumulates, a clear picture of the healing effects is emerging. The following data offers a scientific and experiential picture of the healing encounter.

1) Touch Healing Produces a Measurable Effect. Montreal biologist Bernard Grad's classic 1957 Wounded Mice Experiment (ref. 3) is a good example of healing clinical research. With a scalpel and template, Grad surgically removed a one-half inch square of skin from the backs of forty-eight laboratory mice, of whom sixteen were treated by healer Oskar Estebany with the rest of the mice used as controls. The wound healing rate was regularly measured with a template. After fourteen days, the healer treated wounded mice had a statistically significantly increased surgical wound healing rate over the control group. This experiment provided the first scientific verification that healers produce a measurable healing effect on living organisms.

2) Healing is a process taking place over a period of time. the wounded mice's surgical wounds were not healed instantly. Touch healing increased the normal rate of healing in mice. My own experience validates this for humans. For twenty-five years as a pastor-healer, I have practice touch healing with thousands of surgical patients. In about eighty percent of surgical patients, the wound healing rate appeared to double and in the rest, there was an approximately seven-fold increase in healing rate.

3) The existence of a healing energy. Early life energies researchers proposed the existence of a healing energy to explain the experimental effects of healing prayer. The existence of a healing energy had long been claimed by healers, who sensed the energy flow from their hands into the healee. The healing energy changes the surface tension of water. (Ambrose Worrall) It acts like electricity in flowing from a high potential source to a person or object of lower potential. (Bernard Grad and Ambrose Worrall) Human beings act like electrical capacitors for the healing energy. (Bernard Grad)

4) The healing energy is informational and acts intelligently. Researcher Grad states: "the energy is informational! The energy itself is an information-bearer, self-regulating, programmed. Where healing calls for the slowing down of cell growth, as in the goiter experiments, thyroid development is inhibited. Where healing required speeding up of cell growth, as in the wounded mice tests, the process is accelerated. Slow down or speed up for healing? The same agent does both. The energy itself knows." (ref 1)

5) Healing energy produces the optimum state for life. A bean experiment by Spindrift in Salem, Oregon, graphically demonstrated this. Three trays of beans were prepared. One contained beans which had been dried out by oven heat. The second tray had been soaked to increase water content. The third was the control with untreated normal or healthy beans. In a series of runs, persons prayed for the beans. This resulted in all three trays of beans developing the same moisture content. The prayer effects added to the dried out beans, reduced water content in the soaked beans, and had no scientific effect on the normal beans. The healing energy of prayer effect was to bring the treated beans to their optimal state of being.

6) Healing energy can be imparted to other substances. Through touch healing, human hands can impart the healing energy to sealed glass or plastic containers of water, to cotton or wool, or to surgical gauze. This causes the same effects as direct touch healing. In Grad's "Wounded Barley Seed Experiment", twenty barley seeds were wounded by soaking in a 1% saline solution and then planted and water with 1% saline solution. Half of the saline solution was treated through touch healing; the control group was not. Robert Miller (ref 6) discovered similar effects in healer treated water as a research chemist in Atlanta, Georgia. As a healer, I regularly charge bottled water with healing energy and have found it to heal viral infections, arthritis, and spinal spurs. Grad's "The Healing of Induced Goiters in Mice Experiment" involved depriving mice of iodine and feeding them the goitrogen thiouracil to artificially produce goiters. Healer touch treated wool and cotton cuttings were placed in the cages., preventing goiter from growing. Dolores Krieger, (ref. 4) reports similar results with healer treated gauze which was applied as a wound dressing, resulting in a faster rate of wound healing. I regularly charge cotton dish towels with healing energy by touching them with my hands for fifteen minutes. These charged towels, draped over a body part 24-hours a day, consistently enhance the healing rate and produce healings of arthritic joints, spinal injuries, sprains, bruises, broken bones, lacerations, skins ulcers, and skin diseases.

7) Healing energy is extremely stable. The qualities of the healing energy in healer treated substances are different from any other energy source. The energy does not dissipate; its power level will remain unchanged, even when stored for a two year period. Healer charged bottled water does not leak out to contaminate adjacent bottles of water. Healer treated cotton cloth continues to emit healing energy for up to two years and is not dissipated by contact with an ill person. (Bernard Grad) This means that isolated healing energy is the most stable, sotrable form of active energy known. Heat over 120 degrees F and direct sunlight do destroy the healing energy.

8) The healing energy dissipates when imparted to living organisms. When healing energy is imparted to living organisms, it is rapidly utilized and diminished in quantity. When Olga and Ambrose Worrall sought to make a blade of rye grass grow, the rye grass rapidly accelerated growth for 11 hours to a maximum of 830% of normal. This growth enhancement then diminished for the next 36 hours, reaching a low of two times the normal growth rate, where it remained for two weeks. (ref. 5) The healing effect decreases with time as the healing energy is used up. Grad reports that the healing energy imparted to laboratory mice was so rapidly used that a healer had to hold the mice for an hour at a time to maintain the necessary healing threshold of energy. This was attributed to the rapid metabolism of mice. My experience is that the imparted healing energy is at its highest strength for about forty-eight hours in surgical patients. After this the emotional calming side effect disappears. When seeking to heal a chronic condition like scoliosis, a series of daily healing encounters is required to provide enough energy to restore the spine's normal curvature. In acute illnesses, the energy appears to dissipate as quickly as in lab mice in order to heal the disease.

9) The emitted energy can be photographed. Research indicates that when photographed with infrared film, the healing energy can be seen emerging from the fingers and the palms. (ref. 8)

10) Healer treated water emits a 7.8 to 8.0 hertz electromagnetic frequency, as do all healers world-wide, as does the planet earth. No surprise. All energy sources emit electromagnetic frequencies. All persons effectively practicing touch healing must emit a specific healing frequency. Those known as healers emit a 7.8-8.0 hertz frequency at all times. Beginning in 1969, physicist Robert Beck began testing the emitted healing frequencies of the healers throughout the world. All healers emitted in the identical energy frequency range of 7.83 hertz, plus or minus. This occurred regardless of what society they were in, what customs they believed in or what type of healing modality they employed. Beck

worked with charismatic Christian faith healers, a Hawaiian hahuna, and practitioners of wicca, Santeria, radesthesia, radionics and seers, ESP readers and psychics.

11) A specific extremely low frequency electromagnetic wave below 8 hertz induced cancer in mice within 48 hours. An 8 hertz frequency healed the induced cancer in mice. Other frequencies caused such mood and behavioral changes as depression, anxiety, aggressiveness, and calming. This high security date from United States Navy research physicists, (1977-78) was reported in a lecture by Dr. Andrijah Puharich. It provides evidence that electromagnetic waves have an effect on living organisms and can cause physical illness at below the 8.0 hertz frequency and at an eight hertz frequency heals cancer. The U.S. naval physicists learned that at 6.6 hertz a person gets drowsy, has diarrhea, and can become depressed. Frequencies below 5 hertz are dangerous and can result in death. The Navy physicists then tested a healer's energy field. They discovered that when a healer placed his hands in water, the water's protons began emitting an 8 hertz signal. The significance of this is that human body chemistry is made up of protons in body fluids. Thus one way the healing energy may work is by effecting these protons. Every enzyme in the body is also triggered by hertz frequencies. These researchers are proposing that all diseases have a hertz frequency, which can be cured by exposure to 7.8 -8.0 hertz frequency.

Physicist Robert O. Becker (ref. 2) reports that several Russian and Polish groups have established that prolonged exposure to a 50 hertz, 130 gauss magnetic field produced stress system changes and depression. Becker's U.S. Veteran's Administration research team discovered that frequency waves produced by high power lines are linked to tumors in mice, slowed heartbeat in fish, and chemical changes in the brain, blood, and liver of rats. Another study demonstrated that depression and suicide occur more often in those exposed to high tension power lines. The greatest harm to organisms has been thought to be in the 35 to 100 hertz frequency electromagnetic bands. A 1979 study by Nancy Wertheimer and Ed

Lepper of the University of Colorado Medical Center on childhood cancer and power lines, statistically lined a doubling of the childhood death rate due to leukemia, lymph node cancer, and nervous system tumors to high current wiring configurations. These are the negative effects of certain frequencies. In December, 1990, the United States government made its first public announcement that electromagnetic energy can be a health hazard. For our purposes, the fact that electromagnetic frequencies have an effect on human health strengthens explains how healing energy from a healer works.

12) A Threshold of healing energy is required. In the 1989 Chouban-Weston Clinical Experiments in the Bioelectrography Lab of the JIPMUR government hospital in Pondicherry, India, Ramesh Chouhan, M.D., and this author videotaped the energy fields of cancer patients as Western practiced touch healing. The videotape demonstrated that the healing energy did not slowly transform the test subjects' energy fields. The cancer subjects' original ill energy fields remained constant during the passage of eight to ten minutes. This was followed by a sudden change in the energy field. Like an explosion, the test subjects' energy fields became about three times larger, about ten times more intense, and were altered from a bluish-white to a pure white. This experiment implies that the transmitted healing energy needs to accumulate in power, reaching a specific threshold, before it can transform a cancerous energy field. This implies the need to soak people with healing over a period of time for any effect. In other words, the healing energy works somewhat like an antibiotic, needing to be applied regularly.

13) There is no correlation between the size of a healer's energy field and healing effectiveness. Previous research has assumed that there is a direct correlation between the large size of the healer's energy field and the rate of healer effectiveness. But emerging data refutes the contention. In preliminary tests during the Chouhan-Weston experiments, the five staff members were all younger than the healer by seventeen or more years. The healer's energy field was the smallest of the six persons present and grew even smaller during healing encounters. This

implies that it is in the quality of the healing frequency and not the quantity, which determines healing results. An attuned healing frequency is the first requirement of any transmitted energy which heals. Dr. Chouhan's clinical research data verifies this.

14) Touch healing increases the amount of oxygen in the blood by up to 12%. (ref. 4) Dr. Dolores Krieger, professor of nursing at New York University, had heard that Grad had measured increased chlorophyll in plants treated with healer treated water. Krieger noted that hemoglobin "is an iron-containing proteain and, as do all proteins, it is able to act either as an acid or a base, depending upon the medium in which it is. This ability...would appear to make it an appropriate vehicle for the 'balancing of the positive and negative currents' of life energies during the healing process as postulated by Eastern literature." In each of three different sophisticated tests with hemoglobin, the lying-on-of-hands for healing resulted in increased oxygen in hemoglobin up to 12% beyond normal.

15) All persons can emit an energy through their hands, but this energy is not necessarily healing energy. Bernard Grad had two depressed men in a psychiatric ward charge up the water in a contained held in their hands. One man's energy retarded the growth of the plants. The other man's charged water caused a positive growth in the plants, seemingly due to being happy with being useful. After one healing service, a woman filled the chronic anger asked if she could place her hands on this researcher's head to offer me healing. Unwisely, I agreed. Within moments of her touch, I experienced a terrible headache and felt myself being drained. The presence of some people can make an illness worse.

16) Medical clinical evidence. Medical clinical research in the Russian Republic, Poland and Italy (ref. 7) clearly established the benefits of touch healing. The following diseases and conditions responded to touch healing:

allergies	arthritis
bedwetting	benign tumor
bronchial asthma	coronary insufficiency

deafness in children	chronic middle ear infection
gall bladder disease	gastric ulcers
headaches	heart muscle damage
nervous system fatigue	nutritional disorders
ovarian disorders	ovarian cyst
respiratory disorders	sinus infection
skin diseases	sterility
anxiety	depression
hypochondria	hysteria
obsessive-compulsive neurosis	stress disorders

17) The professional observations of a healer. These are this healing researcher's observations from twenty-five years of practicing healing with thousands of persons. Two other clergy healers agreed that these results matched their own observations.

With trauma injuries like bruises, torn muscles, lacerations, broken bones, and surgical wounds touch healing enhances the healing rate by 2 to 30 times. Some medically untreated ruptured discs became symptom free within twenty-four hours. Treatment of the brain dead with skull injuries were healed in two-thirds of cases, with damaged brain tissue regenerated. Normal physical therapy follow-up was necessary.

Most illnesses normally require three or four twenty-minute healing sessions a week for several weeks or months. The exception is osteoarthritis. With no previous surgery, most osteoarthritis responds to one or two healing sessions, with the healee being relieved of all symptoms. Muscle damage due to a heart attack is best treated in the earliest stages. Irregular pulse rates can be restored in one twenty minute session using two healers. Genital herpes IT can be cured with a few minutes of treatment. Scoliosis (curvature of the spine) responds to four consecutive daily one-half hour sessions. Between sessions the healee usually experiences extreme spinal pain or pleasant spinal spasms during the night. Breast lumps disappear overnight and liver cancer can be healed within six weeks.

18) Grad sees health care professionals as unwitting healers. Bernard Grad made an important conclusion from the studies of the placebo effect. His experimental data suggests that positive results in psychotherapy and the placebo effect are the results of psychotherapists and physicans emitting a healing energy to the

patient when there is a rapport and trust by the patient. Professionals can assess this occurrence by the side effect of healing energy: patients feel an inner sense of calmness, their negative behavior diminishes, and their vitality noticeably improves. (ref. 1)

As a healer and preacher, the author of this paper has practiced most of the healing techniques offered in the United States. None have proven to be more effective than simply touching the ill with the intention of offering healing. During my first dozen years as a healer within the Christian Church, I knew of no other healing technique other than simple touch. Touch is the primary means by which the Christian Church and healers in most cultures have offered healing throughout the centuries. From these experiences, I am forced to logically conclude that most touch healing techniques are by a respectable way of making both patients and practitioners feel comfortable with the healing encounter. Techniques also engage the awareness of the healing practitioner, occupying the mind, and thus, freeing his or her hands to naturally transmit healing energy. Any technique which enables the energy to be properly attuned and transmitted through touch for the applicable amount of time will produce healing results.

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