

Beyond Massages and Meditation

Introduction to Energy and Biofield Healing

E×PLORE
HEALTHCARE SUMMIT

Disclosures

I have no financial relationship with commercial interests to disclose. I have no relevant relationships to disclose related to the content of this presentation.



Objectives

- Define Biofield Healing
- Describes common types of Biofield Healing
 - Healing modalities that requires a certified practitioner
 - Healing modalities that are patient initiated
- Resources for Energy medicine for yourself and your patients



“Nearly 40% of adults in the U.S. use some form of complementary and alternative medicine (CAM) therapy, including dietary supplements.”

Nahin RL, Rhee A, Stussman B. Use of Complementary Health Approaches Overall and for Pain Management by US Adults. JAMA. 2024;331(7):613-615. doi:10.1001/jama.2023.26775



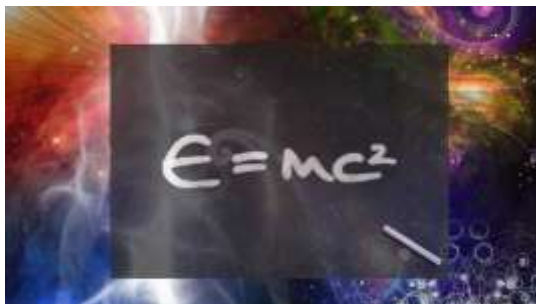
What is Biofield Healing?

- Biofield healing is any healing modality that seeks to restore balance in the body naturally
- Biofield healing takes into consideration physical symptoms, emotional experiences, past experiences, and spiritual concerns.
- Biofield healing modalities work with subtle energies:
 - Chakras
 - Meridians
 - Subtle energy body
- Biofield healing modalities can be performed by a certified practitioner
- Biofield healing modalities can be taught to recipients



Newtonian Model vs. Quantum Model

"By realizing that humans are beings of energy, one can begin to comprehend new ways of viewing health and illness. This new Einsteinian viewpoint will not only give future doctors a unique perspective on the causes of disease, but also more effective ways by which human beings can be healed of their suffering"



Energy medicine is an extension of quantum physics



Richard Gerber, Vibrational Medicine: (Bear & Company, Santa Fe, NM, 1988)

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Biofield Healing Modalities

- Reiki
- Acupuncture
- Sound Healing
- Healing Touch
- Quantum Touch
- Yoga
- Qi Gong
- Meditation
- Breathwork
- Emotional Freedom Technique



Biofield Healing Modalities

Require a Certified Practitioner or Instructor

- **Reiki:** Biofield healing that restores balance to the body by channeling energy. Performed by a certified practitioner. Can also be learned by patients through a course online or in person, taking several hours to complete.
- **Acupuncture:** Based on TCM, uses needles (or acupressure, using only manual pressure) to stimulate meridians¹.
- **Yoga:** Often used for physical exercise, Yoga balances the body using the body through breathwork and stretching.
- **Qi Gong:** Derived from TCM, Qi Gong translates to “dancing therapy.” Pairs movement with breath to balance the energy of the mind and body.
- **Tai Chi:** TCM practice with roots in Martial Arts, pairs breath with movement to balance the mind and body.

The modalities are best done by a known and vetted professional

1. Richard Gerber, *Vibrational Medicine*: (Bear & Company, Santa Fe, NM, 1988)
2. Ahtayaa Leigh. 2023: *Energy Healing Certification* [Online Course]. <https://academyofenergyhealing.com/course/energy-healer-course/>



Biofield Healing Modalities

Can be learned or performed by the patient

- **Reiki:** Can be taught to patients by a Reiki Master. Once taught, patients can perform Reiki on themselves as often as they need.
- **Meditation:** Based on Buddhist or Taoist practices, are now secular practices. There are several types including: Vipassana, Metta Meditation, Mantra, Guided Imagery, and affirmations.
- **Breathwork:** May be a part of a Yoga practice. Breathwork can also be practiced alone.
- **Acupressure:** Stimulates meridians (similar to acupuncture) using only manual pressure. Knowledge of locations of meridians can be self taught, or taught by a TCM practitioner¹.

These modalities can be practiced alone or with guidance from a knowledgeable instructor



1. Gach, Michael Reed. *Acupressure's Potent Points: A Guide to Self-Care for Common Ailments*. Bantam Books, 2011.

Reiki

Benefits, Risks, Evidence



- There are no documented risks of Reiki
- Patients who desire to empower themselves can learn Reiki
- Individual that learn Reiki can practice meditation, mindfulness, and self awareness.

- Reiki can improve fatigue in oncology patients¹.
- Hospitalized patients that received Reiki showed and improvement in pain, nausea, fatigue, depression, and improve overall well-being.²
- Reiki causes quantifiable changes in the autonomic nervous system by lowering blood pressure and heart rate in recipients.³



1. Tsang KL, Carlson LE, Olson K. Pilot crossover trial of Reiki versus rest for treating cancer-related fatigue. *Integr Cancer Ther.* 2007;6(1):25-35. doi:10.1177/1534735406298986
2. Vergo MT, Pinkson BM, Broglio K, Li Z, Tosteson TD. Immediate Symptom Relief After a First Session of Massage Therapy or Reiki in Hospitalized Patients: A 5-Year Clinical Experience from a Rural Academic Medical Center. *J Altern Complement Med.* 2018;24(8):801-808. doi:10.1089/acm.2017.0409
3. Mackay N, Hansen S, McFarlane O. Autonomic nervous system changes during Reiki treatment: a preliminary study. *J Altern Complement Med.* 2004;10(6):1077-1081. doi:10.1089/acm.2004.10.1077

Reiki Exercise

Feeling the Vibration¹



1. Frazier, K. (2019). *The little book of energy healing techniques: Simple practices to heal body, mind, and spirit*. Althea Press.

Qigong

Benefits, risks and evidence

- Qi Gong improved biometrics in diabetic patients.¹
- Qi Gong improved symptoms of depression and anxiety in patients living with COPD.²
- Qigong can focus on martial qigong or medical qigong.³



- Risks include injury or muscle strain
- Best if taught by a certified practitioner
- Qi Gong can be practiced in any setting
- Qi Gong is safe to be done seated or standing

Qi Gong is an accessible form of Biofield Healing available to anyone.

1. Liu X, Miller YD, Burton NW, Chang JH, Brown WJ. Qi-gong mind-body therapy and diabetes control. A randomized controlled trial. *Am J Prev Med.* 2011;41(2):152-158. doi:10.1016/j.amepre.2011.04.007
2. Li Z, Liu S, Wang L, Smith L. Mind-Body Exercise for Anxiety and Depression in COPD Patients: A Systematic Review and Meta-Analysis. *Int J Environ Res Public Health.* 2019;17(1):22. Published 2019 Dec 18. doi:10.3390/ijerph17010022
3. Thomas, L. (2023). *The Encyclopedia of Energy Medicine: A comprehensive reference to healing modalities from acupuncture to zero balancing.* Llewellyn Publications.

Meditation

- Yoga
- Vipassana
- Qigong
- Metta Meditation
- Guided Meditation



- Adverse events associated with meditation can include anxiety, depression, cognitive anomalies, even suicidal thoughts¹.



1. Farias M, Maraldi E, Wallenkampf KC, Lucchetti G. Adverse events in meditation practices and meditation-based therapies: a systematic review. *Acta Psychiatr Scand.* 2020;142(5):374-393. doi:10.1111/acps.13225

Meditation



Resources

- National Center for Complementary and Integrative Health
- International Association of Reiki Professionals
- International Institute for Complementary Therapists
- Insight Timer



Thank you!



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