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Module BIH 3

The Human Biofield (Body-Field)



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1.0 Welcome and Introduction

Welcome to Module BIH 3 of the IBIH Diploma. In this Module, we look into the human biofield or body-field, drawing on the work of some of the leading pioneers in the field.

Most scientists agree that fields and forces, even those which we currently cannot detect, are causative influences in nature and evolution. Among the well-known advocates of a quantum field-level view of the body are PhD biologists such as Rupert Sheldrake, James Oschman and Bruce Lipton; physicists such as Professor Amit Goswami, Dr Peter Marcer, Dr Ervin Lazlo and former astronaut Dr Edgar Mitchell; medically trained visionaries such as Dr Deepak Chopra and Dr Larry Dossey; and leading researchers such as Peter Fraser and many others.

Human beings are formed from cells, thoughts, emotions, memories, energy and consciousness. All these are holistically interconnected and choreographed to form a functioning person. To discover what so miraculously interconnects and directs the many aspects of our being, it is necessary to look beyond the bounds of conventional biology and chemistry. We must consider the human biofield (or energy field), and embrace both ancient healing wisdom and cutting edge physics.

The science of the biofield is still largely unknown in conventional academic circles and to the general public, but to those far-sighted individuals with an eye to what is coming next in biology and medicine it is an exciting avenue of exploration. It promises to revolutionise medicine in the next few decades, leading to a complete revamping of clinical practice, making it more non-invasive, effective, and humane.

Every year, more and more people see the benefits of complementary healthcare as the limitations of the purely biochemical model of the body become more apparent. It is even changing our view of what constitutes a human being – not merely physical beings driven by chemical reactions, but bio-energetic and bio-informational beings whose physical form is overseen by consciousness.

2.0 Fields

As we saw in the previous module, a field is an area in which a force exerts an influence at every point. Fields involve a vibration of energy and can carry information.

The concept of a field in today's quantum physics is different from the old Newtonian model. In Newtonian physics, fields transmit information through identifiable channels. In quantum physics, though, information transfer is instant, if not quicker, as if the receiver has received the message before it has been transmitted.

Matter is created from atoms. Atoms are made of:

- Protons and neutrons, which create the weight within an atom;
- Electrons, which carry charge; and
- Positrons, which represent the antielectrons and link the atom with its antiself.

Each of these atomic units carries information and is constantly moving and vibrating. Electrons can move out of orbit, generating electricity, which creates magnetic fields. The combination of electrical and magnetic energies is an electromagnetic field.

Each of these atomic units moves at its own speed and, when combined with other units, creates a certain oscillation or vibration for the atom. This is a field. Motion produces pressure, and this creates waves. Many waves (or fields) are given off by a single atom, and the nature of these constantly changes as the atom is constantly moving.

2.1 Quantum field theory

Quantum field theory is a vast area of study that is steadily revealing the idiosyncrasies of sub-atomic reality¹. For example (and this list is far from complete):

- Mass can change to energy and vice versa.
- The photon (the fundamental unit of light) can behave as a wave or a particle.
- Like light, matter has wave capabilities.
- An electron and its positron will destroy each other if in the same spot at the same time.
- There are 'virtual particles' which do not exist except when they are observed or acted upon.
- A single electron or proton can move in two or more directions at the same time.
- No two electrons can move with the same motion at the same time.
- The same particle can move in two different directions at the same time.

¹ Source: Cyndi Dale, The Subtle Body

- Having once connected, two particles or wave-particles can continue to affect each other no matter where in the universe they are.

3.0 The Human Biofield

The human biofield (or body-field) is a complex set of fields made up of:

- Electromagnetic charges from the central nervous system;
- Low frequency longitudinal waves from the chest cavity, the brain and the lungs;
- Gravity and magnetic fields from the earth;
- Electrostatic fields set up around the charge in the nerves; and
- 'Source energy': 'Source Energy' is basic to survival. It can be thought of as a kind of life-force energy. In the human body-field, it is affected by enhancing the function of the lungs, brain and kidneys (three sets of tubules of different diameters). From a body-field perspective, Source energy is the prime power source for the body, and is attracted by and stored in the body cavities.

When the transfer of information is incomplete, nonexistent, or distorted, something goes wrong with the body-field's arrangement of energy, and the result is illness and/or disease.

The notion of the biofield is hardly new: hundreds of subtle energy fields generated by the body have been postulated and identified down the ages, including:

- The auric field: the aura is a set of energy bands that graduated in frequency and colour as they move outward from the body. In traditional oriental medicine, each auric field opens to different energy planes and energy bodies and partners with a chakra, thus exchanging information between the 'worlds' outside and inside the body.
- Morphological fields – these allow exchanges between like-minded species and transfer information from one generation to another. They penetrate the aura as well as the electrical system of the body.
- Geofields – act upon all living organisms as do energies beyond the earth (e.g. the moon, other planets and stars).
- L fields and T fields – subtle electrical and thought fields which are acted upon by electrical and magnetic energies. L-fields are subtle physical fields measured electrically; T-fields are thought-fields. These fields compose the undetected aspects of the electromagnetic spectrum
- The universal light field – also called 'zero point field'. This consists of photons or units of light that regulate every living thing. Our DNA is made of light, and we are surrounded by a field of light.
- The fields of energy that stimulate the body and its physiology arise from the organs as a foetus develops.

Meridian-like channels coordinate the information that drives millions of chemical processes, ensuring that the correct information gets to a specific place in the body at the precise time it is needed.

3.1 Theoretical perspectives

Specific mechanisms and processes of the human biofield have been explored by various medical researchers, biologists and physicists. A selection of the most respected theories follows:

3.11 Rupert Sheldrake

Dr Sheldrake believes the biofield is a morphogenetic field—an aspect of the larger morphic field that directs evolution and orders nature by imposing organisation on what are otherwise random and indeterminate activities.² The morphic field is responsible for formative causation, not just at the level of the body, but at the species and even societal levels as well. It is not fixed, but evolves, driven by morphic resonance, which is a quantum ‘non-local field’ resonance. This means that it operates not at the classical level of cause-and-effect but at that of quantum entanglement and ‘action at a distance.’

All living organisms, from cells to people, that belong to a certain group tune into the morphic field and through morphic resonance develop according to the programs within that field. Resonance only occurs between forms that are similar, so an elephant would not take on the characteristics of a tree. According to Sheldrake, these fields serve as a database as well as a field.

Sheldrake sees DNA as a recipient of information from morphic fields, which instructs it to act in certain ways.

The morphogenetic field is the organising field for most organisms, including human beings. It interpenetrates the human body and not only influences our physical and psychological selves, but may be at the foundation of so-called ‘paranormal’ abilities, such as telepathy and hands on healing. Sheldrake also believes that past life memories could be passed down through the morphic field, being located neither in the brain nor a particular life.

3.12 Peter Marcer

Peter Marcer, along with Edgar Mitchell³ and Walter Schempp, the father of the magnetic resonance imaging (MRI and fMRI) machine, believe that we are essentially quantum beings, sensitive to quantum fields.

The world is awash in phase waves that encode the characteristics of each entity. So, for instance, an oak tree’s phase waves differ from a maple tree’s phase waves, even though they are alike in class (both part of the class of ‘tree’ phase waves). We, too, have both a *species-level* phase signature - a body-field - and a *personal* one. Our personal phase waves encode our unique characteristics and make us recognisable as individuals.

² www.sheldrake.org

³ www.noetic.org

We are bombarded with millions of phase waves every second, and we extract information from them both consciously and unconsciously, via sensory and non-sensory channels. Marcer's theory⁴ arises from the standard model of quantum mechanics, and he applies it mostly to explain the mechanisms of consciousness rather than those of health.

3.13 Amit Goswami et al

Dr Amit Goswami, like Deepak Chopra, Larry Dossey and others, takes the reality of the human biofield as a given. They are less rigorous in exploring its specifics in detail, and more interested in exploring the therapeutic consequences of healing via quantum fields and forces. Through their research, lecturing and writing, they are taking healthcare outside the box of biochemistry and into the realm of the spirit-mind-body influences. While they delve into the quantum 'non-local' aspects of healing, they are—with the possible exception of Goswami—more interested in being physicians than physicists.

In his book, *The Quantum Doctor - A Physicist's Guide to Health and Healing*⁵, Goswami identifies four key features of the quantum universe which directly impact the human biofield and hence the body:

1. Downward causation – atoms and molecules do not organise themselves into living beings; an organising intelligence (consciousness) is at work.
2. Nonlocality – all objects are interconnected without any signal passing between them, instantaneously, and without passing through the intervening space.
3. Discontinuity – information and energy take instantaneous 'quantum leaps', i.e. do not always move through physical, observable, measurable channels.
4. Quantum entanglement – cause and effect are not one-way, but work in all directions simultaneously. A causes B and B causes A at the same time, together.

3.14 Peter Fraser

Many traditional and non-traditional healers and complementary healthcare practitioners claim to work with the human energy field, either as a series of chakra-like fields or as a pervasive whole-body energy field. Most, however, have not conducted research into the biofield. Among the notable exceptions is former acupuncture professor, homeopath and TCM practitioner Peter H. Fraser.

For more than 25 years, Fraser has explored the human biofield/body-field, and has formulated a comprehensive theory that reveals the biofield as a complex, structured network of fields that interpenetrates the physical body and underlies all physiology. Fraser's theory inte-

⁴ See Marcer, 'A Quantum Mechanical Model of Evolution and Consciousness.'

⁵ Hampton Roads Publishing (2004), ISBN: 978-1571744173

brates physics and biology, and updates traditional Chinese medicine by correlating it to modern biology in great detail.

Fraser and others are exploring cavity physics as it applies to large scale structures, such as the brain, heart and lungs, and to micro structures, such as microtubules and nanotubes in the body. This research is heavily influenced by quantum phenomena such as electron tunnelling, entanglement and non-local fields.

Fraser's body-field is a highly dynamic entity, a hologram, ever-changing, reacting, responding. It takes in, and emits, light and sound (see Section 4).

3.15 Fritz-Albert Popp

Germany's Fritz-Albert Popp is often considered the father of biophoton research, although he was not the first to discover that living things emit very weak electromagnetic light signals⁶.

Popp's work in the 1970s revealed that cells produce and use ultra-weak coherent light and that this light has important influences on cell function and on a person's overall state of health. Their very existence implies the existence of the body-field.

3.16 Ross Adey and co.

W. Ross Adey, Robert Becker, and other medical scientists have shown that external fields and forces, such as electromagnetic fields, impact health and well-being⁷. According to Adey, the modern environment has sharply changed with introduction of a vast and growing spectrum of man-made electromagnetic fields. He concludes that, far from being harmless, they are affecting such physiological functions as the binding of hormones, antibodies, and neurotransmitters to their specific binding sites.

Adey's studies 'support new concepts of communication between cells across the barriers of cell membranes; and point with increasing certainty to an essential physical organisation in living matter, at a far finer level than the structural and functional image defined in the chemistry of molecules.' In other words, the evidence indicates that quantum phenomena such as the nonlinear, discontinuous transfer of information across cell membranes are at work, not merely the exchange of heat in tissues as believed by mainstream biologists.

3.17 Robert Becker

Dr Robert Becker, a pioneer of electromagnetic medicine, suspected that geomagnetic forces might play a role in physical and psychiatric conditions such as schizophrenia, arthritis and cancers. His research into the repair of broken bones in humans and the regeneration of limbs

⁶ Alexander Gurwitsch discovered in the 1920s that living things emit very weak electromagnetic light signals in the ultraviolet range which peak at two specific frequencies. His findings have subsequently been validated many times.

⁷ E.g. see W. Ross Adey, *Biological Effects of Electromagnetic Fields*, Journal of Cellular Biochemistry 51:410-416 (1993)

in lower animals led him to conclude that electric fields or currents could stimulate regeneration, and that some sort of field encompassed the body which governed and stimulated regeneration. Becker described his studies in his book *The Body Electric*⁸, and in the first part of his later book, *Cross Currents: Perils of Electropollution, the Promise of Electromedicine*⁹.

Having discovered the importance of electricity in the environment, Becker was deeply concerned with both the positive and negative effects of these influences on human life. Western scientists generally believed that electromagnetic fields and waves influenced living tissues only through heating them, but Becker was certain that also non-thermal effects are harmful. He also took an interest in the use of weak electric currents in healing.

3.18 Beverly Rubik

Since the early 1980s, biophysicist Beverly Rubik has published research papers and articles on topics including subtle energy and energy medicine, healers and other complementary medical interventions. Her 1995 paper, *Energy Medicine and the Unifying Concept of Information*¹⁰, was one of the first to discuss information in this context. 'Experimental data clearly shows the presence of a ubiquitous, ultraweak biological light,' she wrote. 'Although evidence is accumulating that would support the notion of a coherent, organising field that conveys bioinformation, further research is needed to substantiate this concept.'

She first became interested in these subjects in the 1970s after a personal experience with a spiritual healer. Later, she was one of the first to use the term 'biofield', which she defined as the energy field-with-information within and around the body (human and non-human), the active organising field of life.

The body radiates energy - an estimated 100 watts of infrared light (which is used in surveillance devices); it is also like an antenna, sensing extremely low level energies. What we radiate, Rubik points out, goes out into the universe and has no boundaries. Extremely small fields can carry bio-information which sensitive sensing equipment can detect. Biological effects can be observed even when the signal is smaller than molecular noise¹¹.

Rubik published her biofield hypothesis in 2002¹². She proposed that the biofield consisted of electromagnetic and other more subtle fields inside and around the organism. It carries vital information throughout the body at high speeds, and is central to its integration. It regulates the biochemistry and physiology of the body, superseding any particular molecular reactions. For example, improvements to the biofield correlate with autonomic nervous system improvements too.

⁸ Robert O. Becker and Gary Selden, 1998, *The Body Electric*, William Morrow; 1st Ed, ISBN: 978-0688069711

⁹ Jeremy P Tarcher; Reprinted 1990, ISBN: 978-0874776096

¹⁰ *Alternative Therapies in Health and Medicine*, 1995, v.1 #1: pp34-39

¹¹ Background noise due to the motion of air molecules.

¹² *The Biofield Hypothesis: Its Biophysical Basis and Role in Medicine*, *J Alternative and Complementary Medicine*, Vol 8, No 6, 2002, pp 703-717

The biofield aligns with geo-cosmic fields. It is not a closed system, and cannot be separated from circadian rhythms, the earthly environment and beyond.

The biofield is a global measure of health and wellness, unique to each individual. According to Rubik, small energy ‘nudges’ such as the use of light, sound, magnets, acupressure, qi gong, Reiki, yoga, the laying on of hands and so on, if repeated over time, can strengthen and bring better balance to the biofield. Her research into various Eastern energy practices and some biofield technologies has shown that such improvement is possible.

Who or what conducts this ‘symphony’? According to Rubik, the mind, through intention, awareness and the emotions.

3.19 Ervin László

Engineers and systems theorists such as the late Herbert Fröhlich and Ervin László, have proposed that the body displays evidence of being influenced by *or actually creating* coherent quantum fields, which they believe are crucial to explaining biological information processing.

His 2004 book, *Science and the Akashic Field: An Integral Theory of Everything*¹³ László suggests that the substance of the universe is a field of information which he termed the ‘Akashic field’ or ‘A-field’. He describes how such an informational field can explain why our universe appears to be fine-tuned as to form galaxies and conscious life forms, and why evolution is an informed, not random, process. He believes that his hypothesis solves several problems that emerge from quantum physics, especially nonlocality and quantum entanglement.

3.20 The HeartMath Institute

The California-based HeartMath Institute has conducted pioneering research into heart-brain coherence and revealed communication pathways between these two vital organs. For example, we now know that the heart has its own ‘mini-brain’ which sends ten times more information to the brain than vice-versa. The heart communicates with the body through sound, electricity, vibration, hormones and the red blood cells (which, having no DNA, carry no information of their own). The HeartMath website, www.heartmath.org/, is a must visit for IBIH students.

¹³ Inner Traditions; 2nd Rev Ed (2007) ISBN: 978-1594771811

4.0 The Body-Field Theory

'Body-Field' is the term given by Peter Fraser to his theory of the human biofield, probably the most comprehensive theory of its type to date.

4.1 Energy Collects in Cavities

Cavities include hollow structures such as the sinuses and blood vessels, and relatively solid structures such as the lungs and bones. The body contains a large number of cavities, including a number of major organs (heart, lungs etc.).

Cavities have four primary functions within the biofield:

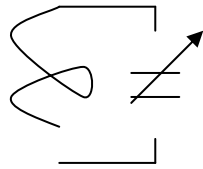
1. Collecting energy from space: The body needs both real energy (e.g. from metabolising carbohydrates) and virtual energy. The cavities are the primary means of gathering and storing virtual energy from space.
2. Storing virtual energy: cavities act like rechargeable batteries. Healthy people have well charged cavities; in illness, they carry a diminished charge.
3. Information exchange: Source energy sets up a supportive environment within a cavity that facilitates information exchange. If the Source energy within a cavity becomes depleted, its static field is reduced and its ability to communicate is impeded.
4. Heat control: The human body needs to maintain a precise temperature. Heat comes from carbohydrate oxidation and virtual energy. The cavities of the body have the ability to convert virtual energy into thermal energy – excess heat is vented partly through perspiration, and partly by radiating excess heat to the environment as virtual information.

The idea of energy collecting in cavities is not as strange as it may at first appear. There are many instances in electronics where energy collects in a tuned space: these cavities are called coaxial resonators. There is something very like them in quantum physics too. The energy they collect from space has been described by a large number of physicists, but they have difficulty in measuring it, so it remains in the realm of theory so far. But, according to Fraser, the idea fits well with what happens in practice in clinical work with the body-field. The Chinese also believed that the organs of the body acted as a power source for the meridians that bear the organ's name.

4.2 Subdivisions of the body-field

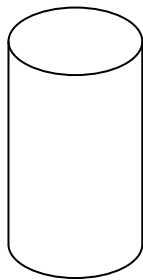
There are many subdivisions in the body field. Here are the main ones:

Tuned Circuits



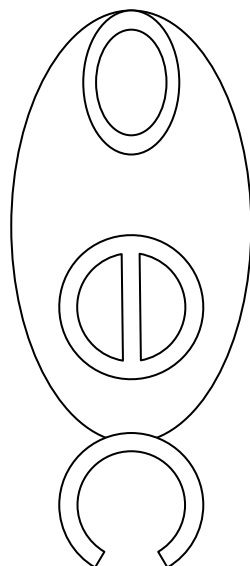
Electrical

or



Spatial

Large Organs – 3 shapes



Brain and Cranial Cavity

Lungs in Chest Cavity

Uterus and Bowel in Abdominal Cavity

There are smaller organs too, such as the ovaries, eyes, ears, testicles etc. and another field at cell level.

The three primary cavities, shown in the above diagram, are the cranial cavity, chest cavity and abdominal cavity. In TCM, all three are linked by one energy channel:

1. The cranial cavity is almost entirely covered with a thick layer of bone, and has numerous cavities within the cranial space – the meninges, large venous sinuses, two lateral ventricles, osseous sinuses and so on. However, a cavity is ineffective without a port. In the cranium there is an exit hole at the base of the skull, entry points for energy behind the nasal cavity, eye sockets and the auditory canal. The cranial cavity extends its influence into the bone cavity of the spinal column.
2. The chest (or thoracic) cavity includes organs which contain cavities within the major cavity, such as the heart and lungs and their pleural and pericardial sacs. This cavity is surrounded by the ribs, cartilages, intercostal muscles and the spine. The openings are the trachea at the top, and at the bottom, where the muscular diaphragm links it to the abdominal cavity.
3. The abdominal cavity has a soft shell formed by the diaphragm, the back muscles, the spine and the multiple sheaths of the abdominal muscles.

4.21 Global scaling

Fraser's picture of the human body-field is consistent with the idea of Global Scaling: Global Scaling is a theory developed by Dr Helmut Müller. Contrary to the linear scales used in science for many physical properties, the theory of Global Scaling assumes that the natural scale is not linear but logarithmic¹⁴.

The basic assumption of the theory of Global Scaling is very simple. Rather than being linear as previously supposed, the natural scale which describes many different physical properties is in first approximation logarithmic, and in second approximations fractal and hyperbolic. Global Scaling is logarithmic scale invariance. It produces fractal structures, which are a basic creative function found in nature. Global Scaling explains how fractals are related to the size and mass of objects in nature generally, including biology.

With the aid of the so-called Müller fractal, it is possible to formulate comprehensive hypotheses about such naturally occurring things as the mass distribution of the universe, the cause of forces like gravitation, electromagnetism, etc., the essence of time, preferred and avoided dimension ranges of nature (e.g. for lengths, frequencies, temperatures, etc.), and the distribution of prime numbers.

Global Scaling theory goes back to the 1960s. Between 1967 and 1968, Richard Feynman and James Bjorken discovered Logarithmic Scale Invariance as it is applied to high energy physics¹⁵. Also in 1967 a Russian physicist by the name of Simon E. Shnoll discovered a global scaling phenomenon in the fine structure of histograms related to chemical processes, and in physical processes like radioactive decay and thermionic emissions¹⁶.

¹⁴ For further information, see the paper *Global Scaling for Quantum Health* by Rainer Viehweger.

¹⁵ Bjorken J.D. Phys.Rev. D179 (1969) 1547.

¹⁶ Shnoll S.E., *Oscillatory processes in biological and chemical systems*. Moscow, Nauka 1967.)

In 1981, L L Chislenko published work on Logarithmic Scaling Invariance in the frequency distribution of biological species¹⁷.

In 1981 another important development occurred when logarithmic scaling was linked with the processes of embryological development in biological systems. Not only this but application was also made in Ontogenesis, as well as in geo-local history¹⁸.

It was not until 1982 to 1984 that Hartmut Müller discovered the same scaling phenomenon in the frequency distributions of elementary particles. In astronomy this was applied to the orbital positions and relative masses of heavenly bodies¹⁹.

Again in 1984 the theory was applied to biology, in the respect of synthesis and metabolic processes by organisms, by a scientist named Knut Schmidt-Nielsen, and found to be valid²⁰.

4.3 How the Body-Field Functions

The human body-field is an intelligent, self-organizing, self-correcting, self-maintaining energetic and informational structure that, says Fraser, functions at the level of QED²¹ and quantum holography. It is an information management system responsible for ensuring correct communication and integration between all the aspects of a human. It is in continual flux as it goes about its job of overseeing the vast number of intimately linked processes required of a functioning individual.

With correct information, these processes can be ordered and synchronised in a healthy way and allow a person to adapt and react to environmental changes. But where there is poor communication, these processes will not function well and a person's ability to adapt is compromised.

The body-field and physical body are interdependent. Chemistry drives the physiology of the body, allowing everything from DNA and cells to the nervous system and brain to perform the work that keeps us alive and healthy. This same cellular activity gives rise, at least in part, to the body-field, which in turn directs and organizes the information that drives our biochemistry. It's a chicken-and-egg paradox, and an example of how the real and virtual are both necessary for life processes. On the one hand, real chemical processes drive physiology, giving rise to the bioenergetic reality of the body-field; on the other hand, the body-field is responsible for directing the information that maintains that biochemistry.

¹⁷ Chislenko L.L., The structure of the fauna and flora in connection with the sizes of the organisms. Moscow University Press. 1981.

¹⁸ (Zhirmunsky A.V. Kuzmin V.I., Critical scaling levels in the development of biological systems. Moscow. Nauka. 1982.)

¹⁹ Global Scaling // Munich, 2001 to 2006.

²⁰ (Schmidt-Nielsen K. Scaling. Why is the animal size so important? Cambridge University Press. 1984.)

²¹ QED – Quantum Electro-Dynamics

Everything that happens at a biochemical level in your body is mediated by information. The body has to know what to do, when to do it, how much to do, and where the activity should take place, and it has to carry out millions of actions accurately in milliseconds. Body and body-field are like two sides of a coin; both biochemistry and bioenergetics mutually contribute to its homeostasis.

An example

Consider the digestive system. When you take a bite of the food the teeth physically break the food up. The mouth also secretes saliva which starts the initial chemical breaking down of food. The food then enters the stomach and its acidic environment which kills off bugs and continues the chemical digestive processes. The small intestines form a long tube that leads from the stomach, and the food passes along this where digestive enzymes from the pancreas and bile from the gallbladder are introduced to complete the chemical digestive processes. Finally, the beneficial nutrients are absorbed through the small intestine's wall, they enter the blood stream to nourish the body and the waste enters the large bowel.

The above describes the physical and chemical processes of digestion but let's now look at the digestive process from an information perspective. Firstly, you need to be able to distinguish food from other things: you need information on what food is. Once you have taken a bite of, say, an apple, the salivary glands need information on when to start secreting and how much to secrete. The body needs to pre-empt the arrival of particular foods in the small intestine so the correct digestive enzymes can be produced. These need to be secreted at the right time, in the right quantity - which all requires information.

Conventional bio-chemistry looks at the digestive process as some sort of reflex action, an automated sequence of events which the body somehow intuitively knows what to do. They reduce the process down to the smallest chemical reactions and look at it from that perspective, and for sure these documented chemical reactions do happen.

But from a bio-informational perspective we are interested in how the body knows what to do and what controls, organises and synchronises all the millions of events required to essentially reorganise atoms of the food into beneficial nutritious arrangements for our survival. And as has been pointed out, organising events takes information, and rearranging arrangements of atoms is a very organised process.

4.4 Energy Fields and Information Pathways

Peter Fraser's model of the body-field distinguishes between the fields of energy that stimulate the body, and the information pathway that directs information to enable the body to function correctly.

He labels the fields of energy that stimulate the body and its physiology as, 'Energetic Drivers.'²² Driver fields impart constitutional energy and information to the body-field, and hence to the body. One of the major drivers of the body-field is the heart. Heart rhythm also has a role in regulating information in the body.

Fraser calls the information pathway (or communications network) that directs information to the right place in the body at the right time, 'Energetic Integrators.' These meridian-like channels coordinate the information that direct millions of chemical processes, ensuring that the correct information gets to a specific place in the body at the precise time it is needed. He has identified at least twelve Integrator fields, each handling dozens of specific kinds of information, including how elements are used in the body, specific cellular functions and data on particular parts of organs or body systems.

The body needs energy and information. Energy ensures physiological action, but information underlies what the body does, why it does it and how. Every cell in the body must work with astonishing precision and exquisite timing, efficiently managing millions of chemical reactions and molecular activities every second. It can do only because of the information fields that direct it at the sub-cellular – i.e. quantum - level.

When something goes wrong with the body-field's arrangement of energy, the transfer of information is incomplete, nonexistent, or distorted, and ill health/disease ensues. The clinical manifestation of any of these information errors is tiredness, the symptom of all diseases, bar none!

²² 'Energetic drivers' and 'energetic integrators' are registered trademarks.

5.0 Summary

Bioenergetic healing has a long and proud history, but rapid progress has been made in the past few decades by scientists exploring the connection between biology and physics. Today, a wide range of non-material phenomena that were once considered 'non-scientific' have been shown to be real. For example, the scope and power of the human mind and its ability to transcend physical boundaries is constantly under investigation. And central to it all is our ever-growing understanding of the quantum processes that underlie biology, chemistry and medicine.

Conventional science says that, although everything in the universe is built from quantum building blocks, we cannot see or detect the signature of the quantum realm in our macroscopic world. This belief is especially true in biology, where the warm, wet matter of the body and the body's intricate interactions with the environment are said to drown out quantum signals. 'The body is classical,' proclaim traditional biologists, 'and is ruled by molecular biochemistry!'

But frontier scientists across the board, from physics, biology, systems theory, medicine, mathematics, philosophy and other disciplines say this is not so, that we are quantum beings. They are discovering new ways to identify and measure the quantum nature of the body, and have shown how fields and forces, even those we cannot easily detect, are causative influences in nature and evolution.

The Chinese, of course, knew that energy flows were crucial in understanding the human body and, despite almost total rejection by western doctors; their insights have provided a starting point for many of the contemporary approaches to BIH. Also important has been the work on the cell by researchers such as James Oschman and Fritz Albert Popp, and numerous studies of the biofield by the likes of Rupert Sheldrake, Beverly Rubik, Robert Becker and Peter Fraser. The boundaries of knowledge are continually expanding, especially into the role of information pathways in the human body-field.

Research into the human biofield is rapidly bringing about a shift in thinking, from regarding ourselves merely as physical beings to seeing ourselves as bio-energetic and bio-informational beings. When we see ourselves in this light, our perspectives on many things change, not least who and what we are, and how human beings fit into the quantum universe. That's quite a thought, isn't it?



INSTITUTE OF BIOENERGETIC AND INFORMATIONAL HEALTHCARE

Dollendorfer Str. 42
53639 Königswinter (Germany)
Tel +49 2244 871232
Fax +49 2244 871231
info@ibih.com