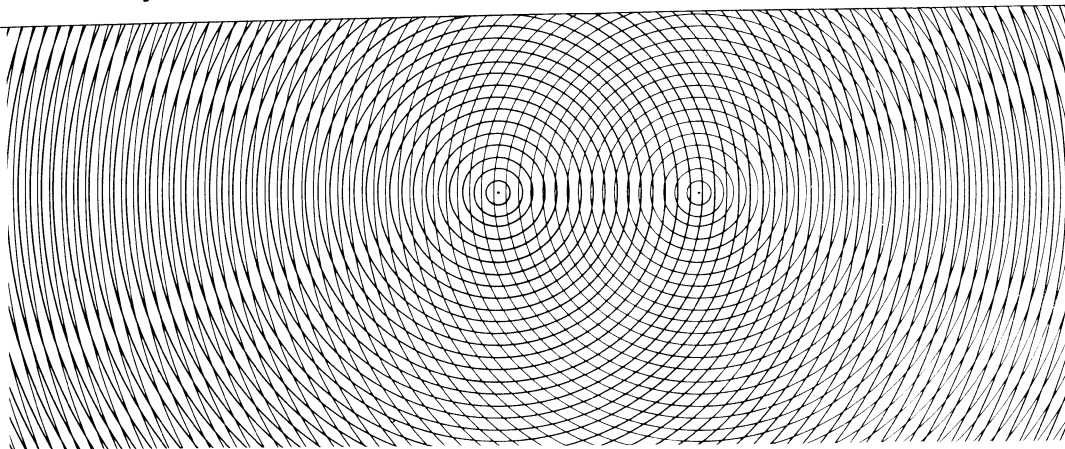


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Fields and their Clinical Implications

Part II

Dora Kunz and Erik Peper

FOR HEALTH, ONE NEEDS TO BE AWARE of the energy level in the vital field and how to replenish it. Usually one does not realize the energy is diminishing until a state of exhaustion is reached. Ironically, the more exhausted one is, the more difficult it is to replenish and restore the energy supply. To avoid energy reduction, one can become aware of the initial cues such as a tightness in the throat, tension in the neck and shoulders, or constriction in the stomach area. Unfortunately, most people do not listen to these "faint" internal signals; our attention is directed outward by choice or circumstance.

To reverse this cycle of depletion what one needs in most cases is rest. Rest allows the flow of vital energy to be re-established; relaxation is the primary mechanism for this replenishment. The specific technique used to restore the energy depends upon the individual. The field perspective allows different strategies to be created. In all cases the practice would affect *all* fields since they are interactive. To enhance and restore the vital energy one or all of the following strategies can be used:

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For the vital field: learn to relax.

1. Practice relaxing your body physically by tightening and letting go of different muscle groups.
2. Take short naps and enjoy the feeling of lying down or curling up even when sleep does not come easily, as in cases of exhaustion or overtiredness.
3. Take a number of deep breaths so that when you exhale the abdomen tightens and flattens, and when you inhale the abdomen rounds and protrudes—this increases the oxygen supply.

For the emotional field: let go of the emotion.

1. Let go of negative feelings about yourself or another person.
2. Shift to a positive feeling about someone else.
3. Go out to others with positive emotions, and interact with positive energetic people whenever possible.

For the mental field: stop worrying.

1. Let go of "fixed ideas," stop ruminating; let go of the conflict or problem for now, knowing that a solution may appear tomorrow when you are in a more relaxed state.
2. Distract yourself by thinking or reading about something else; take up a hobby; listen to music; play a game; do a puzzle or watch TV.
3. Act now; do the task instead of procrastinating.

For the intuitional field.

1. Become still or centered, and then connect through meditation to the intuitional field to achieve a sense of peace and harmony.
2. When healing, allow the healing energy to flow outward through you while thinking of the harmonizing force as flowing through yourself to the patient (healee)—thereby encouraging the patient's sense of wholeness.

Generally, our interactive connection with others occurs through our feelings which depend upon the degree of caring—one's sympathy, empathy, and compassion. The stronger the intent, the more effectively the healing energy can be transmitted. If one is too personally involved in the outcome, then the healer's own energy may be drained. To avoid being drained, perceive yourself as the conduit through which the healing energy flows.

By staying relaxed and allowing the outward-going flow to pass through, one can simultaneously transmit healing as well as enhance one's intake of prana. The relaxation and healing process also stimulate the solar plexus chakra through which the vital energy flows. The actual interchange of energy with another person occurs through a resonance in which the healing energy is the catalyst to trigger and enhance the self-healing potential within the person.

An analogy to this healing process can be found in physics. If one connects two identical vessels together, each of which contains water at a different height, the siphoning process will allow the water level in the two containers to be at the same height. Similarly this would occur to the energy field of a person doing healing if they were not connected to the intuitional field. Their energy level would be drained by the patient. However as long as the healer is a channel, through which the healing energy flows, he/she does not use his/her own energy. The healer's level of energy during this syphon process is continuously replenished as is illustrated in Figure 6.

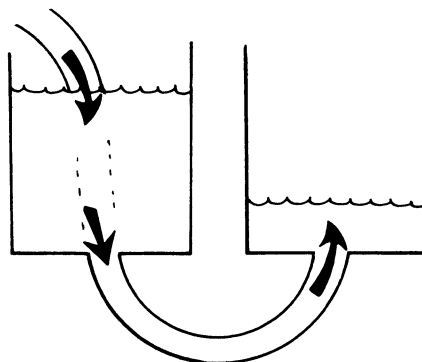


Figure 6

To avoid being drained, the person can do the following: First, try to feel a connection with the intuitive—this would strengthen one's own vitality. Second, just stop the treatment. During healing, the healer's emotional field, propelled by compassion and the intent to heal, interacts with the patient's field and allows an exchange of energy to occur. The flow lasts as long as the healer maintains the open connection with the intuitive and healing field. The flow ceases when the healing feels completed.

[Continued on page 19]

Fields

[Continued from page 4]

THE PROCESS OF HEALING

IN ALL HEALING, the healer needs to be relaxed and not personally concerned about the outcome; such concern would produce anxiety which reduces the energy flow and is inimical to the healing process. The healer needs to have the intent to heal while simultaneously being detached about the outcome, as he/she is only the channel. Specifically, anxiety affects the exchange of prana by inhibiting the healer's connection to the intuitive and healing field. In such a case, the needs of the patient could drain the healer's own energy. The more healers desire success (anxiety for performance) the less likely will they be successful. It is the *intent* of the healer which facilitates the healing energy exchange. This intent—to be an effective channel—facilitates the channelling which is also facilitated by the patient's feelings of trust and acceptance.

The less empathy that exists between healer and patient, the less likely it is that an interaction—a successful exchange of healing energy—can be established. Another block to successful healing can occur when patients are totally preoccupied with their own problems and have no desire to change. To facilitate the healing process, the patient should be open-minded and relaxed. Often the first step is to reduce the patient's tension and anxiety so that the pain may be alleviated and the vital energy enhanced and restored. The patient feels better when the low energy levels have been regenerated. If the emotional and mental fields are actively engaged, then it is more likely that the pathology can be affected.

The more the healer can channel the healing energy, the more likely it is that the patient will improve. To facilitate the healing process, the healer may use the following steps:

1. Cultivate an attitude of trust and non-judgmental acceptance before and during any interaction. This may encourage relaxation in the other person as well as reduce hostility.
2. Relax, and become still within. This will enhance your own energy flow and make you more aware of your connection with the healing energy.
3. Focus on the intent to heal. This focus will

allow a direct connection with the healing field and also will enable one to be aware of and direct the flow of the healing energy.

4. Think of the patient as whole and not fragmented. These thoughts expand the emotional field which, in turn, energizes the patient's vital energy and, therefore, permits a physical healing or reduction of pain to take place.
5. Send healing energy steadily and continuously, so that the patient is flooded and permeated with this energy.
6. Discontinue the healing when you experience that the patient has absorbed all he/she can for the moment or when there is no more flow of energy.

At the same time as the healing, the patient can facilitate the process through a deep inner willingness to get well and a genuine openness to the experience. These attitudes permit the energy to enter deeply. On the other hand, if the patient is emotionally closed to the experience or rejects it mentally, his/her field is more self-contained and the energy will reach no deeper than the edge or surface of that field. In this case the energy is blocked and attenuated—little healing will take place. The patient can also facilitate his/her healing process by techniques such as relaxation and visualization. Visualization enhances self-healing and is used as an adjunctive technique in the treatment of cancer and other illnesses. The self-healing can be facilitated when the patient develops:

1. Self-acceptance of the physical condition. This reduces the anxiety or fear triggered by the illness, thereby allowing an increased flow of prana.
2. Acknowledgment that the physical body is not the whole person. This means an experiential awareness that one's body is an instrument, and that life is more than physical existence. This permits an open connection with the intuitive and healing field from which one can draw energy.
3. Conviction that one can affect one's body by thinking of oneself as a functioning whole being at all levels.

The healing process is modulated by an inner self-confidence, that is, a sense of self-identity. Self-confidence is related to an unconscious sense of wholeness; in addition, when the power of will is evoked the healing energy is released through all the fields. This can be enhanced by

visualizing wholeness. The sense of wholeness needs to be experienced at "the roots of one's being." Yet one is often plagued by doubts and mistrust of one's wholeness and existential identity. Patients as well as healers can become aware of this sense of inner wholeness by:

1. Training and practicing self-healing imagery, through which the ability to sense one's wholeness is enhanced. Many years of prayer and meditation have enabled some people to draw upon this resource during stress.
2. Imagining and remembering a time when one felt whole. After reaching a state of inner quietude, he/she can go back to a time when everything seemed to go wrong, and yet he/she somehow felt all together, strong and whole. Using this memory can reactivate the sense of wholeness.

Although it may be possible to mobilize self-healing, often patients do not have the energy or the will necessary for the task. A common cause underlying this lack of energy and will is depression, a condition which has many aspects and interactions.

ENERGETIC TREATMENT PERSPECTIVE OF DEPRESSION

DEPRESSION is the most energetic and contagious process of the emotions. In a depressed state the mental and emotional fields affect, and are affected by, one's own fields as well as those of other people. In depression, the energy intake as well as the energy outflow is reduced—which decreases the interactions with other people.

Dynamics

A lowering of the vital energy level may trigger a slight depression. When this energy is lowered by anxiety, or an excessive expenditure of energy through forced concentration, the lowered energy may allow negative (sad) images or thoughts to rise to the foreground of the mental field. When these negative thoughts are given attention, the energy inflow is reduced even more. Slight depression may be alleviated by regenerating the energy, such as through a new social interaction or a good sleep.

On the other hand, if a person habitually experiences the sense that he/she is not succeeding or reaching his expectations, that is, he/she feels

in his/her "heart of hearts" that he/she is not good enough, a chronic depression may occur. In such a case, a person may do his/her best, but that best will never fulfill his/her expectations so that he/she continually has a sense of failure. Every time this happens, there is an emotional sense of rejection which the intellect interprets negatively.

Emotionally, such people have the experience, "I am not doing well"; mentally they say to themselves, "I cannot do it," while interactionally they say to others, "I should be doing it well." These negative inner feelings reduce the flow of energy by slowing down the solar plexus chakra. This slowing down often affects the physical body and results in minor or major gastrointestinal distress. When this process is repeated over and over again, the depressed person feels incapable of doing anything. The energy level is lowered and becomes more enclosed and/or inwardly turned, instead of flowing outward as in normal interactions. The individual thinks mainly about himself. As the mental field closes inward on the negative self, less and less energy is exchanged and the field is more and more blocked. To reduce this blockage in the field and thereby break up the depression, anyone of the following strategies can be used:

Increase the vital energy.

1. Rest and allow the low energy to regenerate.
2. Do physical exercise which will enhance the energy level.

Expand the emotional field.

1. Help other people in a way that allows the emotional field to expand and exchange with others.
2. Get a pet, such as a dog or cat, who will demand caring and attention from you. Giving out caring expands the emotional field and decreases the depression.

Mobilize the mental field.

1. Acknowledge that you are depressed; however, do not ruminate on it.
2. Acknowledge, even while depressed, that this depression is a passing thing. Tomorrow will be different.
3. Inhibit the energy drain by not anticipating difficulties, which leads to resentment and a decrease in energy.

Connect to the intuitional field.

1. See yourself as part of the universal whole.
2. Allow the healing energy to flow through you and mobilize you.

As mentioned before, depression is both pervasive and contagious. Thus, when a person is depressed, those in close contact with the person may feel a lowering of energy and want to get away from the depressed person. If people are strangers, they would automatically move away and this would give them space to relax, take a deep breath and revitalize their energy.

However, if people are trapped in the situation and cannot or choose not to move away, such as when they are married or work closely together, then the interaction is even more insidious and mutually reinforcing. In such cases, the partner may feel drained, irritated, and bored by the depressed person. Often the partner will react negatively to the depressed person, since he/she does not see the depression any longer as an illness but as a personal affront. This in turn enhances the depression of the depressed person and a runaway feedback system is generated which tends to aggravate the pathology rather than enhance health.

This dynamic interaction inhibits the partner's ability to help the depressed person. The paradox in the interchange is that the moment the depressed person becomes nasty or reacts negatively, an emotional link is established which may allow a health mobilizing energetic exchange. The channel of energy exchange is opened, since the depressed person probably expects an antagonistic response to his nastiness. If instead of severing the connection with a negative response, the partner could at that moment send a calm and loving energy it would revitalize the depressed person.

In order to facilitate healing of a depressed person, whether the person is a life partner or a client, one needs first to protect oneself from the potentially draining dynamic interaction. The different energy fields offer alternative strategies to enhance self-protection against being drained and to facilitate healing of the depressed partner.

On the etheric level.

1. Protect yourself from being too drained. Monitor your own energy level and when you feel it decreasing, do something about it, such as taking a deep breath.
2. Take short breaks; under stressful conditions, one needs to regenerate ones energy approximately every two hours.

On the mental level.

1. Perceive the depressed person as sick, so that if they are nasty you do not take it personally.
2. Focus your mind on something positive or cheerful.

On the emotional level.

1. Be calm.
2. Do not exhibit too much cheerfulness since the depressed person will oppose, resist, and resent those positive feelings.

On the intuitive and healing level.

1. Send out waves of good will.
2. Connect to the intuitive and healing energy and let yourself be a channel.

Regardless of the state of health, human beings are always interacting, and thus it is possible to channel energy to another person. Our individual fields are interconnected and any perturbation in the field, although it tends to attenuate with distance, affects others. The energetic field perspective as described in this chapter appears to be a useful hypothesis. The hypothesis allows us to create useful pragmatic self-growth and clinical interventions to mobilize our own health and healing in patients. The interventions presented are based upon a monistic, non-dualistic perspective, in which interactions (positive and negative) always occur—to be alive means we are interacting with ourselves and with each other. □

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