

A Literature Review on Energy Healing Techniques and Biofield – Detection and Scientific Analysis

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Abstract—Energy Healing techniques are considered as one of the age-old practices dating its origin back to the ancient scriptures, to be precise much earlier than those. Scientific technology has been incorporated on a small scale into these in recent decades, beginning in the twentieth century. Even in the twenty-first century, little progress has been made in this area. This literature review is an eye-opener for the world to get familiarized with various energy healing techniques and their basic functionality. The various technical devices used for the detection and treatment of the biofield are depicted in brief in this review. The modalities in which Artificial Intelligence is used in various energy healing techniques are introduced here. The review culminates with a note on the future scope of the Energy Healing techniques on a wider horizon incorporating Artificial Intelligence wherever necessary.

Keywords- Energy Healing, Meridian, Biofield, Emotional Freedom Technique(EFT), Eden Energy Medicine(EEM), Shiatsu, Craniosacral Therapy(CST), Reflexology, Distance Healing Intention(DHI), Johrei, Reconnective Healing(RH), Healing Touch(HT), Intuitive Healing(IH), Polarity Therapy(PT), Pranic Healing, Quantum Touch, Reiki, Qigong, Artificial Intelligence.

I. INTRODUCTION

A. History of Energy Healing

The term energy can be found in the ancient Upanishads and Traditional Chinese Medicine dated way back around five thousand years ago [1]. The concept of Energy Medicine is found in literature such as Egyptian stories, and scriptures as mentioned in the Bible, and the same can be observed even in the shamanic practices [2]. Professor Harold Saxton Burr's experiments for measuring the voltage produced by trees in 1920 provided scientific evidence of the energy field by living things [2]. Georges Lakhovsky proposed the scientific notion of living things emitting radiation in 1925 [2]. Everything, living or nonliving, is enveloped by AURA, a radiation or energy field with qualities similar to an Electromagnetic Field (EMF) [3]. Color, energy, shape, and size are all characteristics of AURA [4].

B. Classification of Energy Healing Techniques

Energy Healing techniques can be broadly classified into the following categories predominantly based on the demographic location:

- Traditional Eastern Asian Techniques (Example: Reiki, Qigong)
- Professional Traditions Practiced in the West (Example: Therapeutic Touch, Healing Touch)
- Eastern European Bioenergy Traditions

- Contemporary Metaphysical Traditions [1]

The Energy Healing Techniques can also be classified based on the modality of the functioning as

1. **Based on Meridian System:** They work based on the principle of balancing the chi/ki/qi energy flow in the meridian system of the body. Acupuncture techniques such as the Emotional Freedom Technique (EFT) and Donna Eden's Healing Technique¹ are examples of these techniques associated with meridians [1].
2. **Energy-Focused Bodywork Techniques:** Therapies like Lomi, Shiatsu, Trager and Craniosacral Therapy (a light-touch manual therapy that works at the blockages in the craniosacral system [5]) are examples of these which work intentionally on this subtle energy.
3. **Distance Healing Intention Therapies:** Distance Healing Intention (DHI) [6, 7] is defined as an act directed towards the improvement of the health of a person at a far distance from the healer; Johrei is a Japanese healing technique that observes energy channeling and light massage [8]; Reconnective Healing, a spectrum healing technique involving energy, light as well as information [9] are examples of these.
4. **Other Therapies:** Healing Touch (HT) is a technique that involves working with different energy fields and chakras. Intuitive Healing is a type of healing that relies on intuition. Polarity Therapy (PT) is a type of therapy that employs the principles of attraction, repulsion, and neutrality. Pranic Healing is based on the idea of cleansing or eliminating filthy energy from the body and replacing it with prana. Quantum-Touch is a technique that focuses on the breathwork, intentions, energy experiences and touch of the practitioner. Reiki is a technique in which the practitioner channels universal energy into the patient's body through their hands [10]. Qigong is a type of exercise that restores body balance by synchronizing body motions with breathing and meditation. Reflexology is a Chinese-based intensive massage therapy that enhances lymph flow and overall health. Chakra Healing focuses on the perfect alignment and synchronization of the chakras,

¹ <https://www.the-energy-healing-site.com/types-of-energy-healing.html>

allowing for a continuous flow of energy throughout the entire body [11]. Shamanic Healing is a type of healing in which the Shaman is the one who creates pathways to an alternate reality in an altered state of consciousness.

II. LITERATURE REVIEW

A. Emotional Freedom Technique (EFT)

EFT was developed from a variety of sciences, including traditional Chinese medicine (acupuncture), Dolores Krieger's and Doris Kunz's energy work, applied and behavioral kinesiology thought field therapy, meridian-based psychology, neurolinguistic programming, and energy medicine. It was first introduced in 1995 by Gary Craig. This technique involves focusing one's awareness on a specific issue while tapping acupoints throughout the meridians, mostly on the head and upper torso, with one's fingertips. Specific acupoints can be stimulated to relieve trauma, fear, fury, and other emotions. The approach balances the entire body by correcting imbalances in the energy meridian [12].

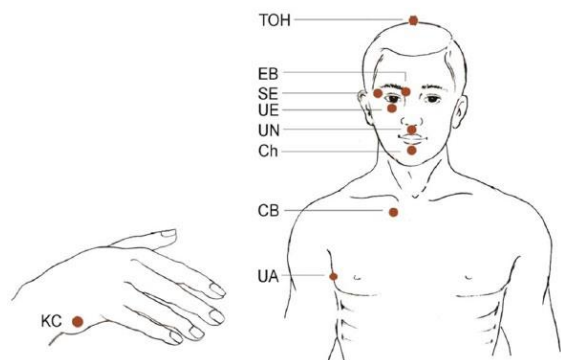


Figure 1. Anatomical Landmarks for EFT

As depicted in Figure 1, the anatomical landmarks for EFT are Karate Chop (KC), Top of the Head (TOH), Beginning of the Eyebrow (EB), Side of the Eye (SE), Under the Eye (UE), Under the Nose (UN), Chin (Ch), Collar Bone (CB) and Under the Arm (UA) [13].

As a result of EFT, the following was observed [12]

- Reduction in frequency of brain waves linked with Post-Traumatic Stress Disorder (PTSD) as a result of EFT treatment (PTSD).
- Changes in the regulation of the fear centers (amygdala) in the brain.
- Increased theta frequencies associated with relaxation.
- Significant relaxation of the trapezius muscle.
- Serotonin, γ -aminobutyric acid, and beta-endorphins were released after treatment, and cortisol levels reduced dramatically.
- The hypothalamus-pituitary-adrenal axis regulates the stress response.

- Epigenetics and gene expression effects of EFT.

B. Donna Eden's Healing Technique or Eden Energy Medicine (EEM)

The birth of Eden Energy Medicine by Donna Eden evolved way back in 1977. This healing technique forms the basis of channelizing the immune energy to inflamed parts. The case histories reveal cures for cancer, Lymphoma, and chronic pain [14].

C. Shiatsu

Shiatsu is derived from the Japanese word "shi" which means "finger" and "atsu" which means "pressure." This Japanese healing technique is based on the notion of applying certain pressure spots to the body, which then affects the energetic flow. It can be done using fingers, palms, elbows, knees, or any other body part that can deliver steady pressure perpendicular to the target area while relying on the practitioner's weight rather than muscle strength [15].

D. Craniosacral Therapy

Craniosacral Therapy (CST) is a type of cranial osteopathy established by John Upledger in the 1970s. Any obstruction in the cranial structure's mobility will affect the rhythmic impulses carried through the cerebral spinal fluid from the cranium to the sacrum, affecting the brain, spinal cord, and protective membranes. The therapy is a comprehensive technique for examining and treating dysfunction in the articulations of the skull by applying pressure to external locations such as the head and back [16].

E. Reflexology

Reflexology's origins may be traced back to 3000 BC when the therapy was used in ancient China and India. The basic theory of reflexology is that the reflections of the body organs or nerve accumulation sites from each organ are present beneath the feet, and if light pressure is applied to these points, the organs are stimulated, resulting in the healing process. William Fitzgerald, an acupuncture enthusiast, was the first to employ this procedure in the West in 1913 [17].

F. Distance Healing Intention (DHI)

DHI can be defined as any compassionate act focused on the well-being of a person who lives in a faraway location. Spiritual healing, intercessory prayer, energy healing, aura healing, energy psychology, shamanic healing, nonlocal healing, Therapeutic Touch (TT), Quantum Touch, Qigong, and Reconnective Healing (RH), Johrei, and Reiki are only a few of DHI's activities. Experiments on mind-to-mind and mind-to-matter connections, as well as distant mental interactions with living systems, all support the idea that one person can heal another [6].

G. Johrei

Johrei, a spiritual healing technique with roots in Japan, works in the principle of transmitting divine energy from one person to another through spiritual healing. The mind, as well

as the body, get healed as the spiritual body is cleansed². The practice of Johrei is done predominantly in the treatments of depression, cancer, and sleep disorders.

H. Reconnective Healing (RH)

This healing technique developed in the early 1990s by Dr. Eric Pearl uses energy, light, and information for the healing process. The process involves interaction with a range of frequencies which in turn gives the message to the body as well as the mind for corrections. During the session the practitioner focuses on the sensations they feel on their hands as they concentrate on their energy fields, and these sensations strengthen as they move their hands away from the client's body. Sometimes physical responses such as uncontrolled fluttering of eyelids, darting of eyes from side to side, and twitching of fingers/feet are observed as the practitioners move their hands away from the client's body. This technique balances our bodies and whatever imbalances are present in the body are vibrated out of it³. There is scientific evidence available for the recovery of a person who was previously unable to walk due to emaciated limbs [18]. Changes in emotions of an audience were reported during a workshop on Reconnective Healing [19]. Improvement in energy and health of healthy volunteers are observed after the Reconnective Healing session [20]. Observations were made on improved blood flow and enhanced mental focus among the practitioners of Reconnective Healing during the healing state [21]. Pain reduction and improved range of motion were observed in some people with shoulder limitations through this healing technique [22].

I. Healing Touch (HT)

The principle in the working of this technique is that the energy system of one's body can be affected by another person. The therapy session includes the use of intention along with the placing of a hand on or above the body of the client in specific sequences [23].

J. Intuitive Healing (IH)

Intuition is based on trusting your own experiences and then getting feedback to determine whether your instincts were correct. The beauty of intuition is that it tells us the truth about things. One has to listen to the inner voice to know the truth about oneself. If you are interested in awakening your soul and knowing the truth, then you should listen to your intuition, and thus it is in direct coherence with God. Awakening the soul includes listening to your intuitive self, letting your bliss come more and more, realizing your capacities, dealing with darkness as well as light, and being open to angels coming to help you. A person with little curiosity about the inner self can be on the path of intuitive healing by practicing the five steps:

- 1) **Notice your Beliefs:** Healing involves the spirit and the positive attitudes about oneself. For developing a positive attitude about oneself you can practice the three ways -

Look for compassionate beliefs and treat yourself and others with compassion, love-centered healing, and make a conscious commitment to avoid fear-driven life.

- 2) **Be in your Body:** We should slow down and notice how it feels to breathe, eat, walk and touch. Being aware of the sensuousness of the body can open intuition. It wants you to be well, and it will tell you when you are not.
- 3) **Sense your Body's Subtle Energy:** Subtle energy fields pervade our physical bodies and can have an impact on our health and well-being. You may be an intuitive empath if you are sensitive to energy. Intuitive empaths can not only sense energy but also take it on from others.
- 4) **Ask for Inner Guidance:** In the form of guardian angels, ancestors, a higher force, and even love, we are all blessed with guidance and protection all around us. We can seek intuitive assistance whenever we are perplexed. Relaxing, requesting the arrival of the guide, and evaluating the guides are all part of the procedure.
- 5) **Listen to your Dreams:** Modern technology shows that we dream every ninety to one hundred and twenty minutes. It is believed that dreams come from the soul. Dreams can be remembered and proper guidance and healing can be done by introspecting those dreams. For remembering the dreams, we can follow the tips such as keeping a journal and pen beside your bed, placing your request on a piece of paper, and placing it below your pillow, remember the dream during the hypnagogic state, once you wake up write down your dream immediately. For intuitive dream interpretation, you can execute the following: upon awakening immediately write down the dream, notice the images or parts of the dream which resonate with you and what was your reaction, meditate on the image and ask to show its significance, pay special attention to special memories or sensations that arise and these will explain about the dream [24].

K. Polarity Therapy (PT)

Polarity Therapy (PT) was developed by Randolph Stone as a result of a fusion of traditional Ayurvedic medicine, Chinese energy meridian therapies, and early 20th-century manipulative therapy practices by osteopathic medical practitioners in the United States. Polarity bodywork, energetic nutrition, stretching postures, and communication/facilitation are the four sections of polarity therapy. One of the polarity's goals is to find and release energy blockages that cause pain or dysfunction (through palpation and skilled touch). The practitioner uses three distinct depths of touch depending on whether the energy blockage suggests a hyperactive, hypoactive, or neutral state of activity. Palpation techniques range from very light (5-10 grams of pressure), as in Cranial-Sacral Therapy, Healing Touch, Reiki, and other modalities, to very heavy (5-10 grams of pressure), as in Cranial-Sacral Therapy, Healing Touch, Reiki, and other modalities. Mild touch pressure is where pressure meets tissue resistance, which is often a painful but pleasurable intersection [25].

² <https://www.johrei-institute.org/>

³ Baldwin, A. L. Scientific Evidence for Reconnective Healing®

L. Pranic Healing

Pranic Healing is a type of energy healing that is used. Medical Chi Kung (internal and external) is the fifth degree of ancient Chinese medical knowledge, and it is the projection of chi energy without the use of physical contact. In India, external Chi Kung is referred to as Pranic Healing, where prana refers to energy. Air, sun, and earth are the three origins of prana. The scanning of the human aura for energy imbalances is part of the pranic healing procedure. It then uses energizing techniques to boost the flow of energy and strengthen the aura and chakras, as well as cleansing techniques to remove negative and used-up energies. The body's health improves when the aura is balanced, clean, and strong [26].

M. Quantum-Touch

When two human biofields come into contact, they will gradually entrain. Quantum-Touch is based on two fundamental natural laws: resonance and entrainment. When you boost your energy and then apply it to a person in need's biofield, their energy entrains (or rises) to meet yours. Healing takes place at this higher frequency level [27].

N. Reiki

Reiki is a vibrating, throbbing universal energy that pervades and infuses all living things. Reiki is an energy-based touch therapy that allows the body's natural healing mechanism to function at its optimum by allowing life force energy, or Chi, to recharge, realign, and rebalance the human energy fields [10].

O. Qigong

Qi is the Chinese word for life energy and breath, and gong is the Chinese word for work. Internal and exterior qigong are the two types of qigong. Internal Qigong is the practice of using breathing exercises to manipulate Qi flow within one's own body. External Qigong refers to the ability to freely emit one's internal Qi [28].

P. Primary Energy Systems

- **The Meridians:** Meridians are thought to be energy carriers that deliver vitality to body organs, balance the body, remove obstructions, revitalize metabolism, and play an important part in cell activation and regeneration. At least one of the meridians provides energy to every organ and physiological system in the human body. The basic fourteen meridian channels are linked to hundreds of tiny heat and electromagnetic energy reservoirs beneath the surface of the skin known as acupuncture points, which can be stimulated to redistribute energy along the meridian pathway.
- **The Chakras:** Chakra, which means vortex or wheel in Sanskrit, refers to the body's energy centers. From the base of the spine to the top of the head, it is located at seven locations. The chakras are in charge of bathing the organs in their energies, while the meridians deliver energy to them. When they're all connected, each chakra represents a

distinct aspect of your personality, such as survival, creativity, identity, love, expression, comprehension, or transcendence. It's thought that their energy stores your memories. While the practitioner places their palm over a chakra during a chakra healing session, it may resonate with pain in the corresponding organ, congestion in a lymph node, generate heat or a faster pulse rate, and affect the areas.

- **The Aura:** Your aura is a multi-layered energy shell that emanates from your body and interacts with the energies of your surroundings. It draws energy from the surrounding world into your chakras and sends energy outward from your chakras. The aura extends and contracts in response to one's emotional and physical state.
- **The Basic Grid:** This is the body's basic energy, on which all other energy systems are built. It's dependable and fundamental. It cannot heal itself if it is injured or deformed by stress, and other energy systems respond to the damaged grid. The repair of the basic grid is one of the most complex phases of energy therapy.
- **The Celtic Weave:** The "Tibetan Energy Ring," caduceus, entwined serpents, and the two curving lines that cross seven times in yoga are all examples of the weaving formed by the human body's energy system.
- **The Five Rhythms:** The energy systems are influenced by a universal energy system that incorporates the five elements of nature (water, wood, fire, earth, metal) as well as movements or seasons, according to traditional Chinese medicine (winter, spring, summer, Indian summer, autumn). The tone of the total energy system is controlled by the individual's basic rhythm as well as the seasonal rhythms. The Triple Warmer consists of three parts: This meridian, working in tandem with the hypothalamus gland, connects the immune system's energies to fight an enemy.
- **The Triple Warmer:** This meridian, in collaboration with the hypothalamus gland, connects the immune system's energies to attack an enemy.
- **The Radiant Circuits:** The main purpose of the radiant circuits is to redistribute energies where they are most required and to ensure that all energy systems work together for the greater benefit. Radiant energies that always followed the same course generated meridians. They emerge out of nowhere, bringing rejuvenation, joy, and spiritual connection with them.
- **The Electrics:** The electrics, at the most basic level of the body's electricity, serve as a link between all of the energy systems. If energy fields such as the aura and chakra encircle the organs and other energies, the electrics pass directly through them, linking and coordinating them at the concrete level of their electrical nature⁴ [29, 30].

⁴<http://innersource.net/em/66-handoutbank1/hbbasicprinciples/291-the-nine-primary-energysystems.html>

Q. Detection and Scientific Analysis of Human Aura

Human Aura Detection and Scientific Analysis devices, most of which are electromagnetic in nature, have been created to examine features of the biofield. The white glowing aura of a human person can be captured using GDV/EPI techniques/superconducting quantum interference devices (SQUIDS). Lego Mindstorms Color Sensor (Lego 9841)/Konica Minolta's Hyper-Spectral Imaging System Color Intensity Sensing devices can detect color bands in the human biofield and categorize them properly [31].

R. Bio-pulsar Reflexograph

Bio-pulsar Reflexograph is a gadget that measures energy in the human body and produces findings such as a total body aura image, chakra activity, and graphs of different organs.

It translates the energy frequencies into color codes around the body and provides a human visual image of the bio-field after reading energy from each reflex zone. The color that corresponds to each chakra, emotion, psyche, and organ aids in interpreting information about a person.

S. Quantum Resonance Magnetic (QRM) Analyser

Human cells continuously release electromagnetic (EM) waves throughout the process of cell division and renewal. The Quantum Resonance Magnetic (QRM) analyzer (Davydov and Ermak 2001) is a device that measures and analyses an individual's health by emitting electromagnetic waves through the human body. In under 60 seconds, it evaluates thirty-six parameters. Because the energy and magnetic frequency released by the human body are weak, the QRM analyzer has one sensor to gather the signals.

T. Aura Colorspace Visualizer Algorithm

The input image is converted to grayscale in the Aura Colorspace technique, and then the entire image is divided into 36 periods to obtain colors. By combining the input image with the average of the previous steps, the final image is formed. The pixel manipulation method is used since the human aura is in the electromagnetic spectrum, which cannot be seen with the naked eye (mapping dominant pixel values with visual RGB values to make them visible) [32].

U. Measurement of Biofield

There are several physical devices used for measurement of biofield and they all can be categorized into two Diagnostic Devices (for measurement of biofield) and Therapeutic Devices (used for altering biofield). All these physical devices work under vivid modalities [33]. Others use the theory of Thermography to map the body's thermal patterns, while others use the principle of Electrodermal Testing to assess the flow of electricity at acupuncture points. Electroencephalogram (EEG) developed in the year 1875 was used for recording the electrical signals of the brain. An electrocardiogram (ECG) developed in the year 1887 was used in conventional medical science for capturing the electrical signals of the heart. A Magneto cardiogram (MCG) was used to measure the magnetic field of the heart, while a magneto encephalogram was used to

assess the magnetic field of the brain (MEG). The Superconducting Quantum Interference Device (SQUID) was utilized to capture very low human magnetic fields. Functional Magnetic Resonance Imaging (fMRI) and Positron Emission Tomography (PET) are utilized to track electromagnetic activity. The Galvanic Skin Response (GSR) is a frequently used technique for detecting lies. The scientists used another approach to quantify the ultraweak light emitted by the body, known as biophotons. Life's subtle energies were also assessed with technologies like dowsing, psychic readings, and other subjective methods. Another method involves viewing a section of the human biofield using digital electrophotography, also known as bio-electrography or digital Kirlian photography. [1, 33].

Kirlian photography, also known as electrophotography, was invented by Semyon Kirlian in 1939. In the late 1990s, the University of St. Petersburg physicist Konstantin Korotkov, Ph.D., and his colleagues invented GDV, or "gas discharge visualization" technique, a digital form of Kirlian photography, and incorporated Mandel's and others' knowledge into software programs to analyze the human aura based on empirical findings (Korotkov, 1998a; 1998b; 2002). The GDV camera is currently state-of-the-art in electrophotography. It works by sending a high-frequency (1024 Hz) and high-voltage (10 kV) signal to a finger (or another subject) placed on the camera's electrified glass lens. Most human subjects do not perceive any electrical stimulus because the electrical stimulus in this device is lower than in prior Kirlian cameras [34].

V. Artificial Intelligence and Energy Healing

Machine Learning is used in the diagnosis and classification of biofield [35]. Machine Learning has also been used widely in the interpretation of Gas Discharge Visualization (GDV) images [36]. Korotkov's team has developed a computer program that can generate the corona or the whole human body from the scanning of ten fingertips, based on the Chinese mapping described in Mandel's book [37]. Korotkov and his team described GDV images with a set of 610 numeric attributes [38]. Incorporation of Artificial Intelligence in the image processing and pattern recognition of biofield signature can be used as a biometric identifier of a person [39, 40]. If the human biofield is properly mapped and decoded, direct interaction between people and Artificial Intelligence through the biofield is feasible [41].

In a study on the development of computer classifiers for different types of coronas various machine learning algorithms such as decision trees, Bayesian classifier, and K-nearest neighbors' classifier was used [42, 43]. One of the salient features of Artificial Intelligence is its ability to handle large data sets or big data. In the future envisaged era of humanoids, Artificial Intelligence can be used for differentiation between human beings and humanoids as the biofields generated from both have specific characteristics [44]. The deep learning approach proposed for the Electroencephalograph (EEG) signals [45] can also be implemented for the analysis of biofield data. According to Saint Amit Ray, the hundred and fourteen hierarchical and intelligent energy vortexes in the human brain and body can be modeled using Bayesian

Cognitive Models, reinforcement learning, or deep neural networks [46].

A micro-device consisting of a micro-resonator for detecting coronavirus in the body based on resonance at its frequency of electromagnetic waves of the biofield can be used to detect coronavirus COVID-19 in the body. The ability to create simple micro-resonators with an accuracy of 0.17 angstrom allows them to be used to detect each person's coronavirus [2-4]. Such a significant leap in the micro-resonator and artificial intelligence technologies allows them to be used to detect coronavirus in infected people anywhere on the planet [47].

Researchers use Artificial Intelligence algorithms to analyze data from electroencephalogram testing before exposing patients to Transcranial Magnetic Stimulation (TMS), a brain-stimulation technology for treating depression [48].

III. CONCLUSION AND FUTURE SCOPE

The inferences made by the study about the biofield about its influences on life are very limited [49]. The usage of AURA as a biometric trait is going to be an interdisciplinary area of research involving biofield and Artificial Intelligence [4]. The image analyzing programs are being developed that will measure the body temperature and heart rhythms of patients from a distance of several meters. Artificial intelligence can use the collected data to predict changes in a person's condition much earlier than a physician will. If the doctor is far enough at the time of deterioration, a remote monitoring system will turn on - a treatment plan can be prescribed remotely [50]. Human Biofield Project (HBP) is the need of the hour as the next step after the Human Genome Project and HBP incorporating Artificial Intelligence tools will reveal significant information about the human biofield.

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