

Energy Medicine, Attunement and Healing

“The energetic level is the pure blue-print level, the field. It is here that the most important pattern-setting energies hold sway.”

Hugh Milne, DO

Energy Medicine

A famous mathematical equation that burst on the science scene approximately a hundred years ago has forever changed the way human beings understand the world. Albert Einstein’s remarkable equation is now taught in schools across the globe. The equation $E = mc^2$ in essence says that everything in the universe that can be seen and measured is *energy* and that includes human beings – you and me. The evolution of scientific theories (theory of relativity, quantum physics, and the biological sciences) along with technological developments in the last 20 years has created a means of studying the human experience through energy. In today’s 21st century medicine, energy approaches are used in scanning, screening, and deciphering the human body and its function. PET (positron emission tomography images the body’s cellular function), EKG (electroencephalograph records the electrical signals from the brain), and MRI (magnetic resonance imaging provides a visual of the insides of living organisms) are a few examples of the new sensitive, energy-based testing approaches.

Another arena of study and research in the energy world is called subtle (subtle comes from an ancient root which means finely woven) energy and is associated with living forms. This is a field of study that has captured my imagination as well as many others, including scientific researchers and healers. Energy medicine is the application of subtle energy to restore health, healing and wholeness to an individual. Science has been measuring and studying subtle energy with special instrumentation for the last 10 years. Some Energy Medicine Practitioners describe subtle energy as bio-energy, the substance that connects the invisible, spiritual world with the visible, world of matter. Spirit, energy, and matter are one. In my energy medicine experience, Spirit creates lines of force in the energy body (often called a “field”) which acts as a template (a matrix around which matter coalesces) for the physical body. Every living organism has an energy field.

A recent example of a measurable scientific study of subtle energy is from the Institute of HeartMath in California. “The heart generates the body’s most powerful and most extensive rhythmic electromagnetic field. Compared to the electromagnetic field produced by the brain, the electrical component of the heart’s

field is about 60 times greater in amplitude and permeates every cell in the body. The magnetic component is approximately 5,000 times stronger than the brain's magnetic field and can be detected several feet away from the body with sensitive magnetometers."¹ Wow! This means the heart's energy field has a powerful influence throughout the body and several feet beyond. The IHM research indicates that the physical body's other oscillatory systems (like blood pressure and respiratory rhythms) will entrain to the heart's energy field particularly during sustained feelings of love or appreciation. This new data along with other studies is entreatening science for a fresh awareness of how information is transferred throughout the body.

"Basic research at the Institute of HeartMath shows that information pertaining to a person's emotional state is also communicated throughout the body via the heart's electromagnetic field. The rhythmic beating patterns of the heart change significantly as we experience different emotions. Negative emotions, such as anger or frustration, are associated with an erratic, disordered, *incoherent* pattern in the heart's rhythms. In contrast, positive emotions, such as love or appreciation, are associated with a smooth, ordered, *coherent* pattern in the heart's rhythmic activity."² The intriguing implication here is that when an individual is generating a coherent heart rhythm, that individual has the potential to create a positive, healing effect around him or herself, extending out to include other people who are open to receiving the influence of a coherent energy field. Such an individual can, in effect, bring healing into the world.

While subtle energy or bio-energy fields have challenged scientific and conventional measurements, their use in energy medicine is on the increase. Therapies involving such bio-energy fields are generally based in the spiritual understanding that the human body is infused with a subtle form of life energy. This energy, called by various names in different cultures – vital energy, life force, ki, qi, doshas, prana, eloptic, orgone, odic, mana, pneumaplasm, ruah, elima, ka, manitou, waken, vital fluid, m-fields, animal magnetism, and bioplasma – is what animates the form. Practitioners of these energy therapies claim that they can see the energy, feel the energy, and direct the energy to help effect balance in the physiological systems of the body as well as to influence mental and emotional health. Examples of such practices include, Acupressure, Acupuncture, Attunement, Flower Essences, Herbal Medicine, Johrei, Polar Therapy, Reiki, Qi Gong, Healing Touch, Integrated Energy Therapy, Intercessory Prayer, Energy Psychology, Radionics, Shiatsu, Tai Chi, and Therapeutic Touch, to name only a few. I can testify to the fact that such energy can be seen, felt and directed for it is a part of what I do in my natural healing and energy practice in Kansas City.

Dr. Andrew Weil, a modern day health spokesperson and proponent of this emerging arena, describes energy medicine as the new frontier in the current allopathic (pharmaceutical based) medical model. He predicts that such energy medicine, seen today as a complimentary modality of healthcare to promote wellness and healing, will enter the medical mainstream in the coming decade. Data on the effects of energy therapies is being noted, collected, and researched in places like the Mayo Clinic, by healthcare professionals like Dr. Mehmet Oz, a New York City cardiovascular surgeon, who has an energy therapist on his surgical team, and by people in Kansas City who visit me for energy work like Dr. Cheryl G., an emergency room DO or Dr. Betsy B., a Chiropractor. Health Practitioners are discovering that energy medicine shared with patients before and after medical procedures and chiropractic sessions, and particularly after surgery, brings about a quicker recovery time with fewer complications and less pain medication. Energy medicine promotes relaxation, balance, and a greater sense of well being. The physical body, when the energy field is balanced and attuned with the Spirit, can heal itself. A case in point is Leo.

Leo is an 80-year-old man actively running a large home building construction company. After hitting his head (three falls within two weeks) for the third time he received a major subdural hematoma (a localized blood-filled swelling underneath the skull cap). A brain surgeon drilled a dime-size hole in his cranium to relieve the pressure. Initially everything returned to normal. However, after a few weeks Leo became foggy in his thinking and did not feel well. Tests revealed that further bleeding and pressure was again building up inside his head causing the brain's shape to be distorted. The solution suggested was to drill a second hole in his head and to wash out the extra fluid and blood using the two holes. Leo asked if there was another approach; the surgeon indicated there was none and scheduled the second operation in two weeks. Leo's son, who knows about energy medicine, suggested to his father the idea of a few visits with me before the next surgery. I saw Leo for three, one-hour sessions over ten days, during which I shared Attunement with him. A CAT scan (Computed Axial Tomography is the process of using computers to generate a three-dimensional image from flat two-dimensional x-ray pictures, one slice at a time) two days before the scheduled surgery revealed that his head had returned to normal with no sign of any pressure buildup nor any blood or further bleeding. After reviewing the pictures from the new CAT scan, the brain surgeon told Leo that while he was finding it hard to believe, everything was normal in his head.

This story may seem spectacular, but it is not. Many such healing stories are occurring in energy medicine. One of the more potent energy medicine techniques that has emerged for me is Attunement.

Attunement

“I do not evolve, I am.”

Pablo Picasso

I am an Attunement Practitioner and in my energy practice I assist people in finding attunement with their true Self. Attunement is a non-invasive therapy, incorporating non-touch and occasional light touch, that balances the physiologic and energetic functions of the body, mind and heart (feeling realm). It is a high spiritual art as well as a healing influence that involves the sharing of the radiant life force contained in Being.

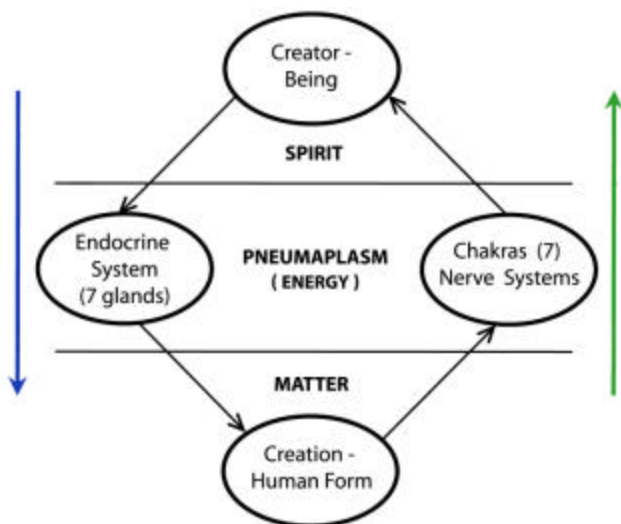
Each person may say, I am a human being. Attunement works directly with the energy of Being. Being is the evidence of the reality of Love, the Love of the Creator/Spirit. The human form gives confirmation that the Love of the Creator-Being is present for without Being the human form ceases to exist. Contained in Being is the blueprint for living and purpose, the design for health, and the place from whence healing truly originates. Consequently a person requires no initiation, no reconnection, no shifting of the DNA, nor specific years of education to share Attunement or to know her or his Being-ness.

Attunement was brought into its present form in 1929 through the vision and understanding of Lloyd Arthur Meeker who spoke and wrote under the name Uranda. In August of 1951 he said, "The purpose of Attunement is this: to establish alignment of the body and mind and heart with the natural forces of being, alignment in the body with the forces of Life from Source."

Attunement facilitates the alignment of body, mind and heart with the Creator-Being. It opens a direct connection between the invisible world of Being and the visible world of human form. When accomplished, Spirit, Energy and Matter are revealed as one as the next diagram depicts.



Each individual has what might be called a life pattern - the energetic lines of force or pattern around which the molecules and atoms of matter form, creating the human body. Attunement in the human form with the Creator-Being is experienced through the balancing of the life pattern and the endocrine system of seven ductless glands. The endocrine glands serve as specific vibrational portals for the radiant release of one's own Being (Spirit) into the physical body and through the body into creation (Earth). From creation there is a returning energy received through the Chakra and Nervous system, designed to give each individual information about what is transpiring in the time and space creation around them. We are spiritual Beings having a human, matter experience as is noted in the next diagram.



There are many techniques inside Attunement that one may use to balance the energetic flow through the endocrine glands, the various organs, the charka system, the nervous system and nerve plexus, the spine, the energy meridians, the digestive system, the lymphatic system, the bones, the brain and mental function, spiritual expression and the feeling realm, which are all designed to enhance one's state of

health and well-being. In this light, Attunement is a specific opportunity to enter into the sacred inner consciousness of union with Being where conflict, tension, judgment and dis-ease simply do not exist, a place characterized by stillness, peace and harmony.

What makes Attunement work and why it is unique among the various energy therapies is that it requires a consciousness of identity that is aligned and in union with the Creator-Being. *I am a Creator*. Unless one's consciousness of identity is in Being, one is not releasing the health and healing power of the Creator, the power of Love. Instead a person will be giving away his or her energy to their own detriment. If an individual gives away their own energy to others, even for good causes, the resultant thinning of one's own energy field will reduce the flow out of Spirit/Being into the human form. Identity is vital. For many individuals their sense of identity and worth is located in their physical bodies, for some their minds, and others their emotional realms. These beautiful capacities are the means for the expression of Being in the dimensions of time and space here on Earth. In other words the body, mind and heart are what we have, not who we are.

There are many levels of Attunement: Self-Attunement, Attunement shared between two individuals and Attunement shared in a group. While people in the healing arts like to think of Attunement as an energy therapy (and it is), Attunement is really about one's own living. It is a conscious way of living where the quality and nature of Being is revealed through the immediate situation or circumstance at hand, expressing one's creative best in each moment.

Does Attunement facilitate healing? Yes it does. Not so much because healing is some end result being sought, rather because of the flow of Love into and through the human instrument. Health, healing, and wholeness are each individual's birthright because Being is present.

Healing

“What you are speaks so loudly I cannot hear what you say.”

Ralph Waldo Emerson

What is healing? Webster's II New College Dictionary has several definitions for healing. For example “to set right, mend”, and the one I like, “to restore to spiritual wholeness.” Healing involves the whole person – the physical, mental, emotional (heart), energetic and spiritual aspects. So healing by definition is a sacred art, a

spiritual art. Many ancient spiritual texts describe healing as a divine process, a process that requires healing of the spirit before healing of the body. I like what C. Norman Shealy M.D., PhD, says about sacred healing. “Sacred includes a reverence for life itself, for the principles of life and for all that sustains life. In this sense, all healing is sacred, and all therapies intended for healing are sacred.”³ This perspective of the healing process stands in stark contrast to our modern day medical system that often perceives an individual as a collection of chemical, electrical and mechanical parts. Energy medicine encourages the view that each individual is sacred, a living universe of magic and mystery.

Our society’s prevailing medical approach seeks to cure dysfunctions of the body by controlling the environment at the molecular level by using pharmaceuticals, thereby emphasizing that the power to heal an individual is external to the person. Actually most of our world is formed and based in such perception – government, healthcare, education, business, etc. The prevailing belief is that power rests in the manipulation of external forms accomplished through numerous methods of controlling individual and/or collective behavior. Nowhere is this more pronounced than in technology. In today’s fast-paced world, technology has eclipsed the sacred art of healthcare. Yet, the truth is that healing comes from a power within oneself. Observe any physical injury, like a cut or burn – healing always emerges from the inside out, never from the outside in.

Gary Zukav, in his book, The Seat Of The Soul, says, “It is the health of the Soul that is the true purpose of the human experience. Everything serves that.”⁴ Unless the health practitioner acknowledges, embraces and treats all the aspects of a person’s makeup, including the spiritual, there will be no true healing, no sacred healing, as I have defined it. Where are such holistic health practitioners to be found? While there have been some changes in the awareness of mainstream healthcare practitioners over the last 60 years, as recently as the 1950s a person was still considered just a body and the body was often viewed and treated like a car. A minor shift occurred in the 1980s when many in the medical world started to reluctantly acknowledge the mind-body connection. There was some genuine change in the 1990s where when visiting your physician you might be asked “how are you feeling?” And today, the first decade of the 21st century, leading edge health caretakers are seeking to help clear and balance a person’s “energy”.

As energy medicine emerges into mainstream, awareness and the whole person is seen – physical, mental, emotional, energetic, and spiritual – there are some interesting mindsets or paradigms concerning healing. One such paradigm is that when a spiritual and/or energy healing occurs, it will appear as some type of

miracle. Perhaps this paradigm is present because of the various religious healing stories in ancient texts. Brenda Davies, MD, comments about this very subject in her book, The 7 Healing Chakras. “The degree of healing is governed by what’s right at the moment. For some, there’ll be a spontaneous ‘miracle’ with total remission of illness, although more usually it’s a much more gradual process. For others, there may be simply a sense of peace....Miracles are in the hands of God and not in the mind or control of humans.”⁵ From my years of experience as a healing arts practitioner I can say with certainty that for most people healing is a gradual and ongoing process. Yes, I do see miracles as in the story of Leo. However, often the end result of the healing process is a deep abiding sense of tranquility and peace where the individual knows that “all is well”. I have repeatedly observed that the knowing of “all is well” comes to the person when there is a factual transformation of consciousness, a fundamental shift of identity to where the individual assumes responsibility for him or herself.

I am the creator of my experience. *I am a Creator*. Each individual has a personal choice when it comes to identity. As we assume an identity in Being we experience the fullness of health, healing, and wholeness that awaits us.

8 Basic Energy Books

a beginner’s guide to Attunement: The Energy of Being, Chris R. Jorgensen, ISBN 0-9652997-2-4

A Beginner’s Guide to Constructing the Universe, Michael S. Schneider, Harper Perennial, ISBN 0060926716

Hands Of Light, Barbara Ann Brennan, Bantam Books, ISBN 0553345397

Infinite Mind: Science of Human Vibrations of Consciousness, Valerie V. Hunt, Malibu Publishing, ISBN 0964398818

Life Energy, Dr. John Diamond, Paragon House, ISBN 1557782814

Subtle Energy, John Davidson, C.W. Daniel Co., Ltd, ISBN 0852071841

Vibrational Medicine, Dr. Richard Garber, Inner Traditions International, Ltd., ISBN 1879181282

Wheels Of Light, Rosalyn L. Bruyere, Arcadia, ISBN 0671796240

Web Sites

Heartland Attunement, Inc. – Chris Jorgensen’s web site – www.heartattune.com

Institute of HeartMath – www.heartmath.org

International Association of Attunement Practitioners (IAAP)
www.attunementpractitioners.org

International Society for the Study of Subtle Energy and Energy Medicine
www.issseem.org

References

1&2. **Shift: At The Frontiers Of Consciousness**, December 2004-February2005, article entitled, Resonant Heart, p-15-19, Rollin McCraty PhD, Director of Research

3. Shealy, C. Norman, MD, PhD, Sacred Healing: The Curing Power of Energy and Spirituality, Element Books, Introduction, **ISBN: 1862043779**

4. Zukav, Gary, The Seal Of The Soul, Free Press, p-189, **ISBN: 067169507X**

5. Davies, Brenda, MD, The 7 Healing Chakras, Ulysses Press, p-39, **ISBN: 1569753679**

Bio



Chris became an Attunement Master-Teacher in 1995. He and his wife, Donna, established a natural healing and energy practice, Heartland Attunement, in Kansas City, Missouri. Chris teaches in schools, churches and colleges in the greater Kansas City area, and facilitates classes and workshops relating to the ongoing work of Attunement throughout the North American Continent. In addition to being a leader and teacher in the Attunement world, Chris is a Reiki Master-Teacher and a CranioSacral therapist. Chris is a founding Director of the International Association of Attunement Practitioners (IAAP). He has authored four Attunement books.