Igniting the Art & Science of Biofield Energy Therapies in your Wellness Practice

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Outline

I. Review of Subtle Biofield Energy Therapies
   - Biofield Energy System- Healing Touch, Reiki, Therapeutic Touch, craniosacral, polarity Therapies
   - Body-based- qigong, TaiChi, yoga
   - Meridians- acupuncture, acupressure
   - Vibrational sound therapies

II. Review and updates of evidence-based biofield therapies research

III. Application in a wellness practice
   - Experiential exercises for self-care
   - Experiential exercises for clients
   - Experiential exercises for groups

Bibliography


Web resources:

http://nccam.nih.gov/
http://www.dukeintegrativemedicine.org
http://www.noetic.org/search/?q=biofield
http://healingbeyondborders.org
http://www.ihsymposium.com/
http://lach.web.arizona.edu/
MINDFUL SELF-CARE: ENERGY TAPPING, REFLEXOLOGY & QI-HEALING

SACHIKO KOMAGATA, P.T., PH.D, CWP, ACSM-CES

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40TH NATIONAL WELLNESS INSTITUTE CONFERENCE
LEARNING OBJECTIVES

1. Participant will be able to sense at least one bodily sensation and one emotion that arise with one’s mindfulness practice (e.g. body scan, sitting or walking meditation).

2. Participant will be able to perform on self at least 2 distinct self-care strategies demonstrated in the session (e.g. energy tapping, reflexology, qi-healing).
OUTLINE

1. MINDLESS LIFE AS DEFAULT
2. START YOUR MINDFUL LIFE WITH MINDFUL SELF-CARE
3. WHAT IS ENERGY?
4. POTENTIAL BENEFITS OF ENERGY HEALING
5. QI-HEALING
6. ENERGY TAPPING
7. REFLEXOLOGY
8. REFLECTION
MINDLESS LIFE AS DEFAULT

(Muesse, 2011)
Mind Full, or Mindful?
WHAT DO YOU SEE? SHARE WITH YOUR NEIGHBORS. TELL YOUR NAME TOO (2 MIN.)

(Kabat-Zinn, 1990, p. 153 of Chapt. 12)
WHAT IS (ARE) YOUR NEIGHBOR’S NAME(S)?
WHAT HAPPENED? WHAT DID YOU NOTICE?
EVIDENCE-BASED BENEFITS OF MINDFULNESS ON HEALTH AND WELLNESS

• Clinical and nonclinical psychological disorders (Khoury et al., 2013)
  • Anxiety
  • Depression
  • Stress
• Somatization disorders (Lakhan & Schofield, 2013)
• Clinical and nonclinical problems (Gross, Niemann, Schmidt, & Walach, 2004)
• Prevention/relapse of Depression (Kuyken et al., 2008; Ma & Teasdale, 2004; Teasdale et al., 2000)
MINDFUL NON-JUDGMENTAL ACCEPTANCE

Low Self Esteem

\( \uparrow \) Depression

Mindful Acceptance

\( \downarrow \) Depression

Low Self Esteem

(Michalak et al., 2011)
EVERYDAY MINDFULNESS, MINDFULNESS EATING, & SERVING SIZE

(Beshara, Hutchinson, & Wilson, 2013)
MINDFUL EATING => HEALTHIER EATING

- Participants preferred fruit and sweets equally
- Mindfulness predicted snack choices

More mindful chose

Less mindful chose
MINDFUL RESTAURANT EATING INTERVENTIONS ON WEIGHT MANAGEMENT IN WOMEN

• PARTICIPANTS
  • 35 HEALTHY PERIMENOPAUSAL WOMEN
  • FREQUENTLY EATING OUT (>3 /WK)

• INSTRUMENTS
  • 24 HOUR DIET RECALL (INITIAL AND WK 6)
  • 25-ITEM EMOTIONAL EATING SCALE (EES)
  • SELF-EFFICACY FOR EATING BEHAVIORS SCALE
  • 25-ITEM BARRIERS TO WEIGHT MANAGEMENT IN RESTAURANT EATING (BARRIERSRE)

• INTERVENTION
  • 6 WEEKLY 2 HOUR SESSION ON STRATEGIES FOR WEIGHT MANAGEMENT FOCUSING ON RESTAURANT EATING AND MINDFUL EATING MEDITATIONS

• RESULTS
  • STATISTICALLY SIGNIFICANT
    • WEIGHT LOSS (P = .03)
    • LOWER AVERAGE DIETARY CALORIC (P = .002) AND FAT INTAKE (P = .001)
    • DIETARY RELATED SELF-EFFICACY (P = .02)
    • FEWER BARRIERS TO WT. MANAGEMENT WHEN EATING OUT (P = .001)

(TIMMERMAN & BROWN, 2012)
5 FACETS OF MINDFULNESS

Enhanced capacity for
1. Observing
2. Describing
3. Acting with Awareness
4. Non-judgment
5. Non-reactivity

These changes consistent with meditation training and symptom improvement (Baer, 2011)
MY STORY

WHAT IS ENERGY?

• FOUR ENERGY FORCES IDENTIFIED BY SCIENCE:
  • GRAVITY
  • ELECTROMAGNETISM
  • THE STRONG AND
  • WEAK NUCLEAR FORCES

• MOST PERTINENT ENERGY IN ENERGY MEDICINE (EDEN, 2008, P. 20)
  • ELECTRICAL
  • ELECTROMAGNETIC
  • “SUBTLE ENERGY”

• LIVING HUMAN – ENERGY = DEAD BODY
Once you know it, it is unknowable

(Oschman, 2000, p. 81)
POTENTIAL BENEFITS OF ENERGY HEALING

- BOOST VITALITY AND STAMINA
- ENHANCING IMMUNE FUNCTIONS
- REDUCE PAIN
- IMPROVING COGNITIVE FUNCTIONS
- IMPROVING QUALITY OF LIFE
Laogong (Laboring Palace) Roukyu

(Aoshima, 2003-b, p. 115)

(Ding, 1992, p. 110)
QI-HEALING: MEDITATION

Meditation Prior to Qi-Healing

1. Avoid 30 min. before or after meal. Complete elimination beforehand
2. Remove eye glasses, jewelry, etc.
3. Avoid wearing tight clothing and high heels
4. Select positive qi location (avoid negative qi location)
5. Place tip of your tongue at the top teeth gum line, lips lightly closed
6. Relax as you reduce tension in your body
7. Use your preferred mantra if you like (e.g. “kou” “sei”)
8. When finishing, keep your eyes closed, gently rub your palms 3 x then rub your face from chin to forehead
9. Aim for 15 min. a day, but it is better to do it everyday even if it is shorter

(Aoshima, 2003-a)
QI-HEALING: BRING OUT QI

1. Rub your palms together in circular motion for 9 times then spread your palms 2 inches or so to sense your qi between them

2. If you don’t feel it, modify the distance between the palms to see if you sense pulling or pushing magnetic type sensation between them

3. When you become aware of your own qi emitted from laogong (roukyu), close your palms to keep qi inside your fist

4. If you still do not sense anything, do not be concerned. You will when your mind is calmer

(Aoshima, 2003–a)
QI-HEALING: KIDNEY PROTECTION

(Aoshima, 2003-a)
ENERGY TAPPING

- Emotional Freedom technique (EFT) (EFT for Dummies.com)
- Donna Eden’s 5 min. Energy routine (Eden, 2009)
- Head Tapping basic (Aoshima, 2003-a)
- Tapping Touch (Nakagawa, 2004 & 2009)
DONA EDEN’S 5 MIN. ENERGY ROUTINE

- THE THREE THUMPS: K27, THYMUS AND SPLEEN POINTS
- CROSS CRAWL
- CROWN PULL
- WAYNE COOK POSTURE
- NEUROLYMPHATIC FLUSH
REFLEXOLOGY

• Reflexology is a method of reaching the electrical centers in the body. It aims to facilitate smooth flow of vibratory energy throughout the body (Crane, 1997, p. 32)

• Hands, feet, and ears represent various organs of the body
SOLES OF FEET

RIGHT FOOT

SINUSES
EAR
MUSCLES OF NECK
SHOULDER POINT
AXILLARY
GALL BLADDER
DUODENUM
TRANSVERSE COLON
SMALL INTESTINES
ASCENDING COLON
ILEOCAEICAL VALVE & APPENDIX

BRAIN
HYPOTHALAMUS
PITUITARY
NOSE
EYE
MOUTH & THROAT
NECK/THYROID
7TH CERVICAL
LUNGS
THYMUS
HEART
DIAPHRAGM LINE
LIVER
ADRENAL GLANDS
STOMACH
KIDNEYS
PANCREAS
SPINE & ERECTOR SPINAE
URETERS
BLADDER AND RECTUM
SCIATIC NERVE
PELVIS AND BUTTOCKS

LEFT FOOT

SINUSES
EAR
MUSCLES OF NECK
SHOULDER POINT
AXILLARY
SOLAR PLEXUS
SPLEEN
TRANSVERSE COLON
SMALL INTESTINES
DESCENDING COLON
SIGMOID COLON

PLATE 1 Reflex zones of the soles of the feet

(Crane, 1997)
PLATE 2 Reflex zones of the inner and outer aspects of feet, and the dorsal surface

(Crane, 1997)
(Crane, 1997)
PLATE 4 Reflex zones of the dorsal surface of the hand

(Crane, 1997)
REFLECTION

- What kinds of bodily sensation and/or emotion that arise with your mindfulness practice (e.g. body scan, sitting or walking meditation) today?
- Can you perform at least 2 distinct self-care strategies demonstrated in the session (e.g. energy tapping, reflexology, qi-healing)?
- Any other thought/reflection?
THANK YOU!

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REFERENCES (CONT.)

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Mindful Self-Care: Energy Tapping, Reflexology & Qi-Healing

Presented by Sachiko Komagata, P.T., Ph.D., CWP, ACSM-CES

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5. Qi-Healing
6. Energy Tapping
7. Reflexology
8. Reflection

Notes and Figures

1. Mindless Life as Default

Have you ever noticed yourself doing one or more of the following?

- Asking someone to repeat what they already stated to you or someone telling you “You are not listening to me”
- Not being aware of the taste of fresh arugula leaves as you munch your salad for lunch
- Thinking of the next business event while you are playing with your child outside
- Not being aware of the seasonal changes, such as tree flower blooming, bird chirping, katydid singing
- Reacting to an event with emotion, such as anger and blame others because you believe you are right and they are wrong
- Day, week, month, year passes without a chance to reflect upon how you have been living your life

2. Start Your Mindful Life with Mindful Self-Care

- There is no quick fix, but there are simple solutions and tools that change your mindless life to more mindful life
- Mindful self-care/self-cultivation (mindfulness meditation and activities) can improve your awareness of moment to moment daily experience
- As you cultivate your mindfulness, your awareness of your own and others’ energy can be enhanced.
3. What is Energy?

- Denise may have clarified this subject just prior to my presentation.
- Most pertinent Energy in Energy Medicine (Eden, 2008, p. 20)
  - Electrical
  - Electromagnetic
  - “subtle energy”
- Living Human – Energy = Dead Body/Cadaver
- An energetic body is the scaffolding or architecture from which the physical body arises.

4. Potential Benefits of Energy Healing

- Boost vitality and stamina
- Enhancing immune functions
- Reduce pain
- Improving cognitive functions
- Improving quality of life

5. Qi-Healing

- Everyone has ability to emit qi and use it for self-healing
- If you are not certain of this ability, you can cultivate this ability
- To become aware of qi, your mind has to be calmer (= mindfulness)

Meditation Prior to Qi-Healing
1. Avoid 30 min. before or after meal. Complete elimination beforehand
2. Remove eye glasses, jewelry, etc.
3. Avoid wearing tight clothing, high-heel shoes
4. Select positive qi location (avoid negative qi location)
5. Place tip of your tongue at the top teeth gum line, lips lightly closed
6. Relax as you reduce tension in your body
7. Use your preferred mantra if you like (e.g. “kou” “sei”)
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**References**

**Information from Organization Websites:**

The Association of Tapping Touch at www.tappingtouch.org

Mindful Self-Care
Sachiko Komagata
Integrative Health Academy Day 1


Peer-reviewed Journal/Resource:


**Expert Resource:**


How to Mediate by Vipassana Dhura Meditation Society at http://www.vipassanadhura.com/howto.htm

**Videos, Images, and Other Web Sources**

Emotional freedom techniques for Dummies (UK Edition) at http://www.dummies.com/how-to/content/emotional-freedom-technique-for-dummies-cheat-shee.html

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