

"Over the past three decades, an impressive body of scientific evidence has quietly emerged that points to stunning new insights into consciousness and its capacity to mediate healing. Dr. Gary Schwartz's *The Energy Healing Experiments* is a stellar introduction to this dazzling evidence, which will transform the very meaning of 'healing.'"

—Larry Dossey, MD, author of *The Extraordinary Healing Power of Ordinary Things*

# THE ENERGY HEALING EXPERIMENTS

SCIENCE REVEALS OUR  
NATURAL POWER TO HEAL



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WITH WILLIAM L. SIMON

FOREWORD BY RICHARD CARMONA, MD  
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*We may therefore regard matter as being constituted by the regions of space in which the [energy] field is extremely intense . . . There is no place in this new kind of physics both for the field and matter, for the field is the only reality.*

—ALBERT EINSTEIN



**Part I**

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*Everything Has Energy and  
Conscious Intention*

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*I'm not saying that [a particular unlikely event]  
is possible; I'm saying that it happens.*

—SIR WILLIAM CROOKES

## Chapter 1

# My Eyes Are Opened

Would you believe that a healer removed the pain of a broken wrist and bone in fifteen minutes?

Would you believe that another healer removed an ovarian tumor in a matter of weeks?

Would you believe that a third healer regenerated the nerves of a broken spine in a few months, remotely, on a person thousands of miles away?

As thoroughly unlikely as these examples may sound, I have personally witnessed such healings at first hand. They seem like miracles—yet they really did happen. The question is, how? The answer to this question involves a new understanding of energy and consciousness.

I'm a Harvard PhD, a former Yale professor of psychology and psychiatry and director of the Yale Psychophysiology Center. I'm currently a professor of psychology, surgery, medicine, neurology, and psychiatry at the University of Arizona. I was awarded one of two NIH grants to establish a Center for Frontier Medicine in Biofield Science. Though I was originally taught that such healing miracles do not and can not happen, the fact is that they do. Science can now help us to understand and celebrate them.

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*The field is the only reality.*

—ALBERT EINSTEIN

### Chapter 3

## Unlocking the Mystery of Invisible Energy Fields

Before we can talk about healing energy, we need to talk about energy in the broader physical sense.

One of the greatest mysteries and miracles in the known universe is the existence of what physicists call “fields.” These are completely invisible structures that are nonmaterial—meaning that they do not have mass. In the abstract, fields are described by equations that physicists use to understand the existence and organization of energy and matter.

Though physics can describe fields mathematically, the truth is that the nature of fields is a profound mystery—no one, and I mean no one, truly understands the pervasive existence of these ephemeral “no-things.” The fact is that although fields are not matter, they certainly matter. Fields are in a deep sense the essence of matter. No fields, no matter. It’s that simple.

When I think of fields, I first think of my cell phone and how the tiny antenna picks up invisible fields that can connect me with devices and people across the hall, across the city, or around the world. And not only for conversations but also for exchanging digital photos and e-mails, and for searching the Web.

The invisible fields that carry these signals are *everywhere*. Even when we’re in a place where they are too weak to connect us, the fields



are nonetheless present. Common examples of invisible fields include magnetic fields, gravitational fields, and nuclear fields.

According to physics, in principle fields extend infinitely in the vacuum of space. The words “infinite” and “vacuum” are important to appreciate and ponder. How far is “infinite”? By definition, fields extend farther than the mind can imagine. Is the “vacuum of space” really *empty*? Quite the opposite—the so-called vacuum is actually filled with fields. And not simply filled but virtually *infinitely* filled—which is, by definition, more filled than the mind can imagine. So space may indeed be empty of matter, but it isn’t empty of fields.

(If you happen to be interested in a technical discussion of fields and energy, especially biofields and bioenergy, you can find a review article at our Web site, [www.drgaryschwartz.com](http://www.drgaryschwartz.com).)

I have a deep feeling and respect for fields. I had my first scientific mystical experience with fields when I was a young child, and it forever transformed my consciousness. Even today, as I write these words, I relive the amazement and awe that I experienced when I first realized that I, and everyone else, communicate with fields.

## **The Human Antenna: A Childhood “Aha” Experience**

It was the early 1950s, and I was six or seven years old. My family had an old AM radio housed in a wooden case that used a single wire as an antenna. Our household also had a black-and-white television set with a rabbit-ears antenna sitting on top of the set.

My fascination with the antennas began when I discovered—as did most people who enjoyed radios and TVs in that era—that the clarity of the sound and picture varied depending upon where the antenna was placed and how close people (or animals) were to it. When I approached the TV to change the channel—there were no remote controls in those days—the picture sometimes became distorted or showed ghost images—double images of everything on the screen.

One day, I disconnected the antenna from the TV and watched the picture disappear. But to my surprise and delight, I discovered that if I touched the screw terminals in the back of the TV where the antenna connected, the picture reappeared.

I did this again and again. *It's one thing to imagine this event; it's another to experience it first hand as a child.* The idea that I could function like rabbit ears seemed positively miraculous. I was hooked.

Since then I've learned that human beings actually are antennas. Wherever we go, whatever we do, we silently and invisibly pick up radio and TV signals—and numerous other electromagnetic frequencies—just like a rabbit-ears antenna.

These fields don't simply pass through us: we *resonate* with them. We focus and amplify the fields just as antennas do.

Think about this. As you are reading these words, you are picking up hundreds if not thousands of radio and television shows, as well as many thousands of cell-phone calls—all at the same time. Though you have no conscious awareness of this fact, it's actually happening. You are serving as an antenna for satellite transmissions from DISH Network TV and XM Radio, as well as Verizon calls and who knows what else (secret government communications?).

## **A Mystical Satellite Radio Antenna Experience in New Mexico**

I will never forget my first experience with digital satellite radio. In 2004, heading for an appointment in a little town about forty miles outside of Santa Fe in a rental car equipped with satellite radio, I found a station called Watercolors that plays smooth jazz twenty-four/seven with no commercials. I happen to have a special passion for that style of music. I was, so to speak, driving in smooth jazz heaven.

As I drove farther into open country, my cell phone lost its signal but the satellite-radio signal remained absolutely crystal clear. I realized that a little antenna the size of a quarter was picking up these signals and that the air was literally filled with music relayed from a satellite in space that I could only hear with a satellite radio. Remembering my early childhood experience when I first discovered that I functioned as a TV antenna, I now imagined that I was also serving as a digital antenna for hundreds of radio signals playing simultaneously.

I pondered the fact of the universe being structured in such a way that invisible fields of energy could completely and reliably convey patterns of information expressing the soul of composers and the artistry of



musicians. The reality and beauty of these invisible fields impressed me profoundly. I wondered not only about the invisible fields that were manipulated by humankind but about other invisible fields, including more cosmic music fields that might reflect what Pythagoras called "the music of the spheres." I realized that everything on the earth was being bathed not only in fields of information and energy beamed from man-made satellites, but by universe-made structures whose fields and signals we had yet to comprehend, develop, and enjoy.

As you read these words, the molecules in your body are vibrating to the tunes of hundreds of melodies and harmonies all being performed simultaneously. Your molecules are literally in tune with these vibrations. Can you imagine how they are dancing?

### ***To Move Is to Manifest and Modify Electromagnetic Fields of Energy***

Our bodies generate patterns of electromagnetic fields of energy and information that are extraordinarily more complex than the most sophisticated man-made satellites in the sky. We are not only, so to speak, walking antennas and satellite dishes; we are walking generators and satellite transmitters as well.

A simple example will demonstrate what biophysics refers to as electrostatic body motion effects. Imagine you are moving your hand up and down as if you were gently and lovingly patting a child on its head. Do you think this action is generating a measurable electromagnetic field? If so, would the child pick up the invisible magnetic field you are generating, even before you touch his head?

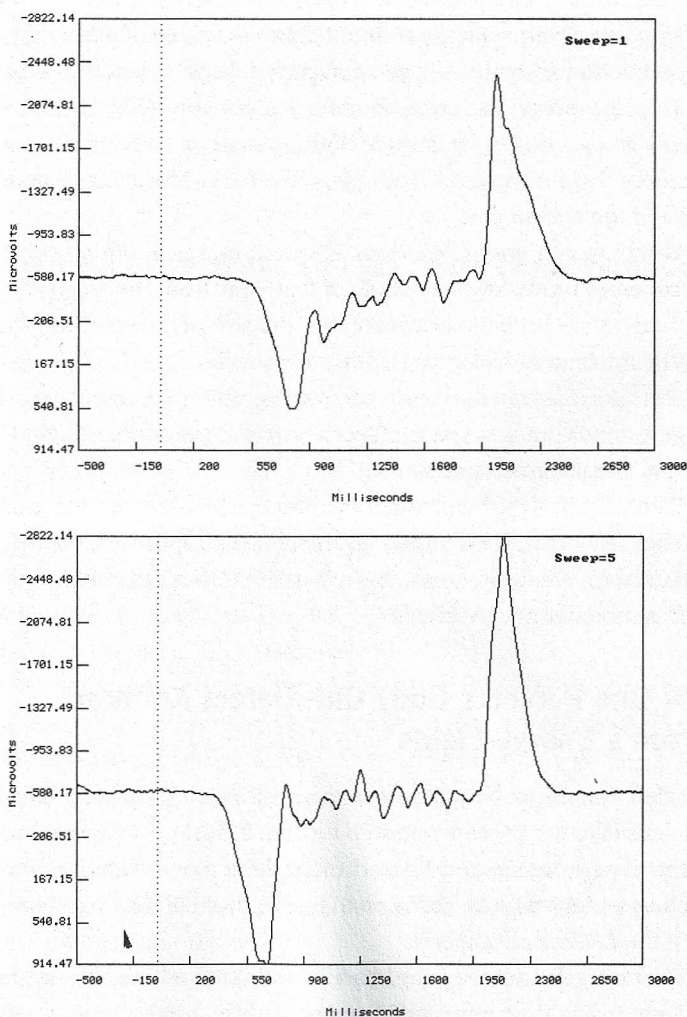
If you answered yes to both, you're right.

These are not speculations or hypotheses. They are completely replicable effects that most people are either unaware of or do not understand; that's unfortunately also true of most physicians, who typically assume fields are not important to the body's functioning. (The technically inclined reader will find a formal write-up of the first experiments we performed on these phenomena at [www.drgaryschwartz.com](http://www.drgaryschwartz.com).)

The overview that follows will I hope be sufficient to transform your consciousness forever about our dual roles as transmitters and receivers of fields of energy and information.



In fact, the magnetic fields caused by movement can be measured and plotted. In the lab, we recorded measurements of the up-and-down hand movement in the patting-the-head gesture. For these graphs, the patting-the-head gesture was made from about one foot to a few inches, up and down, above an electroencephalogram (EEG) electrode box that was serving as the antenna. Plots of two of these tests are shown in figure 3.1.



**Figure. 3.1** Plots of the Magnetic Fields Generated by Up-and-Down Hand Movements

The spikes are caused by the generation of electromagnetic fields that result from the person moving his hand up and down in space. The graphs are arranged so that when you move your hand down, the spike on the plot goes down, and vice versa. These effects are based on the fact that all biological systems have a charge, called an "electrostatic charge." You may at times have experienced a shock when you touched a door-knob, causing the discharge of the electrostatic field carried by your body.

When an electrostatically charged object—a piece of plastic, a plank of wood, a human limb—is moved in physical space, a field is created; the size and shape/pattern/form/information conveyed by the field depends in part on the magnitude of the charge on the object, which is influenced by the material composition of the object itself and the nature of the movement.

As you would probably expect, distance makes a difference. If the experimenter moves even a couple of feet away from the electrode box and then moves his hand down and up, the size of the spike associated with the movement becomes significantly smaller.

The electromagnetic field created by the moving electrostatic charge extends out into space, traveling away at the speed of light—in a vacuum, 186,000 miles per second.

Think about this. Every time you move, you create an electromagnetic field that travels into space at the speed of light. Yes, your movement field is relatively small, but it's definitely measurable. And it's worth remembering that it exists.

## **How One Person's Body Can Detect Another Person's Energy Fields**

Now that you know how the movement of a charged object creates a field, let's take the process one step further. This time, imagine that you are the experimenter, and instead of working alone, you are working with an assistant who is sitting at the table, holding her hand an inch above the EEG electrode box.

You now gently move your hand up and down, above the assistant's head, getting as close as an inch from her hair without actually touching it. Your hand is now not getting as close to the electrodes as in the pre-



vious experiment, but instead comes no closer than a couple of feet from the electrode box. The instruments will show a less intense spike—right?

Wrong. The assistant's body acts as an antenna, amplifying your hand motion and producing a clearly visible large spike on the screen. Unexpected and remarkable: the body acts an antenna.

The truth is, we are all interconnected by electromagnetic fields, including the fields we create when we move. As I'm writing these words, I can see a flurry of ten to twenty finches and sparrows enjoying the thistle seeds I put out for them. As they flutter their wings, I image the flurry of electromagnetic signals that are passing through the window, bathing my face and body with their excited energies.

## **When a Puppy Wags His Tail: The Electrostatics of Love?**

Feathers and hair, including fur, can carry sizable electrostatic charges—so when feathers and hair move in space, they create sizable electromagnetic fields.

One day I was testing a portable EEG device to see if it could detect electrostatic body motion effects. A former colleague, Dr. Linda Russek, serving as my subject, was seated ten feet away from me. On my instruction, she would move her head, which of course moved her hair. With my hand over the EEG electrodes, clearly visible spikes appeared on the computer screen when she moved.

Unexpectedly but fortuitously, her small West Highland white terrier, Freudy II, entered my study. I noticed that the EEG amplifier went crazy. The line tracings literally rose off the screen as the amplifier became momentarily overloaded; to use an electronics term, it became saturated.

I said, quietly yet somewhat forcefully, "Freudy, please sit down." And being a dog person, I unthinkingly added an explanation: "You're overloading the amplifier."

Freudy reluctantly honored my request. He sat down with his tail still wagging. To my amazement—and absolute joy—I saw on the screen a waving line that paralleled the movements of his tail!

I sat in awe as I experienced myself being an antenna for Freudy's wagging tail.

This unexpected Freudy-tailwagging Aha moment transformed my consciousness. I immediately realized that dogs, cats, and other furry creatures are literally huge generators of electromagnetic fields. Under the right circumstances, the effect is exaggerated. For example, when a dog is happy, it wags every part of its body—not just its tail. The synchronized movements of an animal's billions of hairs generate coordinated electromagnetic fields. And when we stroke a dog or cat, we are creating an intimate and dynamic human-animal energy system of complex interacting electromagnetic fields.

Feathers and fur. I wondered, are they designed in part to create electromagnetic movement fields? Could this be a mechanism of nature for energetically interconnecting the animal kingdom and the larger ecosystem as a whole?

Perhaps the movements of plants in the garden create electromagnetic fields as well. Maybe even the moving of waves on the beach. Or clouds in the sky. Possibly all of these are part of some great cosmic energetic communication network or matrix, in which fields of energy interconnect every physical—and *non*-physical—thing in the universe.

Or . . . there is a possibility even more startling: that these fields, which interconnect all things, might be functioning as *healing* fields. They might be part of the natural power of the universe that provides us—and everything else—with the capacity to heal.

For me, the challenge was to remain open enough to explore this question and responsible enough to follow where the research would lead. The story of where the research has led begins with the following chapter.