

YOGA RESEARCH

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Energy Medicine

excerpted from the book

Energy Medicine in Therapeutics and Human Performance

by James L. Oschman, Ph.D.

It could be a plot for a detective novel, but it is all true. As in a Sherlock Holmes thriller, we gather a set of strange and disconnected clues that seem to make no sense by themselves. In fact, those who have discovered these clues are suspected of being way out on a limb or “over the edge.” Our challenge is to fit these peculiar clues together to solve the mystery.

■ While on a camping trip in England, one of the world’s foremost biochemists watches a startled kitten jump straight up in the air. Most of us have seen this, but this scientist thinks something new: the response is far too rapid to be explained by neuromuscular signals from the eye to the brain and then to the muscles. He spends years in the laboratory researching an alternative explanation. The conclusion: living matter has a previously unsuspected high-speed electronic system for conducting energy and information. Water is an essential part of the circuitry.

The scientific community responds to these ideas by suggesting that, although this scientist did some good work in the past, he should now consider retirement.

■ An international Business Machines (IBM) researcher follows up on the water clue. He begins an experiment requiring the world’s largest and fastest computers, running 24 hours a day, 365 days a year. Within the computer, he constructs a virtual model of one turn of the deoxyribonucleic acid (DNA) double helix. The molecule vibrates 3,000,000 times per second, as any molecule does at body temperature. He brings a water molecule into the virtual space within the computer. As the water molecule, with its electrical polarity, approaches the DNA, the structures of both the DNA and the water interact via their energy fields and their internal structures change, requiring repeated recalculation of their structures. One at a time, he brings



447 water molecules up to the DNA helix, allowing each to settle into the region where the forces are about equalized or balanced. When he is finished, he steps back to view the pattern his computers have been constructing and sees something incredible. Chains of water molecules extend along the DNA strands and form bridges or filaments connecting each helical turn with the next. Remarkably, it is water that holds the double helix together!

■ A British scientist studies an important protein in the membrane of red blood cells. The protein is responsible for a variety of blood group antigens and is the place where viruses attach. He uses a radioactive labeling procedure to determine whether the protein is on the inside or outside surface of the cell membrane. Interestingly, the protein shows up on both sides. Other investigators doubt this claim, but further work reveals that he was correct. This is a surprise, but it soon is discovered that most cells have comparable proteins extending from their interiors, passing through the membrane, and connecting to neighboring cells or the extracellular matrix. Further research reveals that these proteins are vital links in cellular communications.

■ One of the leading theoretical physicists

studying crystals becomes fascinated with the enormous voltage (some millions of volts per meter) that can be measured across the membranes of living cells. He realizes that the huge electrical tension on the molecules in cell membranes should make them vibrate intensely at body temperature; therefore, they should emit coherent or laser light. Researchers look for, and find, these photonic signals, and they suspect the signals regulate living processes.

■ Bodyworkers interested in connective tissue dissect a cadaver and notice tiny threads running through the connective tissue sheets, called *fascia*, surrounding muscles. They suspect these fibers correspond to the acupuncture meridians of traditional Chinese medicine.

■ All of these pieces of the puzzle are presented at a seminar at an acupuncture school in New England. A classical scholar describes her translations of ancient texts revealing that the Chinese had observed that the fascial sheets are shiny, like metals, and that the fascia conduct energy, referred to in Chinese as *Ch'i*. Perhaps these shiny fibers are the substrate for the proposed high-speed electronic system that conducts energy and information within the body.

■ Scientists at a medical school in California insert needles into acupuncture points on the side of the foot. These points have been used for thousands of years to correct vision disorders. Remarkably, the needling quickly elicits nerve impulses in the visual cortex of the brain, as measured with a sophisticated tool called *functional magnetic resonance imaging (fmri)*. Suddenly there is scientific support for an ancient healing method that seemed to defy normal logic.

Further research reveals that the stimulus to the feet reaches the brain far too quickly



Yoga Research Society
341 Fitzwater Street
Philadelphia, PA 19147

phone: 215-592-9642
email: YRS@YogaResearchSociety.com
website: www.YogaResearchSociety.com

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to be explained by nerve conduction. There appears to be a nonneural communication system in the body capable of conducting signals extremely rapidly from the feet to the brain.

■ A team of athletes from East Germany wins an unexpected and unprecedented number of gold medals at the Olympic Games. One of their secrets: repeated mental rehearsals of their events. Neuro-physiologists discover that thinking about a pattern of movements sets up a corresponding pattern of electrical activity in the nervous system, even though no actual movements are taking place.

■ A dancer asks a University of California Los Angeles (UCLA) physiologist to measure the electrical activity of nerve-muscle connections during a “trance dance.” Remarkably, the electrical signals cease, even though the dancer is still moving.

■ A Ukrainian biophysicist develops a new concept for energy transfer in living systems. Called the *soliton* or *solitary wave*, it is a coherent or laserlike wave resembling the oceanic tidal wave or tsunami. The soliton is ideally suited for energy and information transfer in living systems because, unlike other waves, it does not lose energy, dissipate, or disperse as it travels through a medium. A laboratory in Japan sends soliton data through a fiberoptic coil the equivalent of 4500 times around the Earth without any loss of information. Engineers incorporate soliton technology to create high-speed intercity fiberoptic connections for the internet.

Let us document these fascinating clues. We will “connect the dots” by describing an energy and information system in the body that is the “missing link” for many phenomena that have seemed hopelessly inexplicable in the past. It is a system that is responsible for extraordinary feats of perception, movement, and healing. It is a *wet system*, consisting of all of the material parts the body is made of, without exception.



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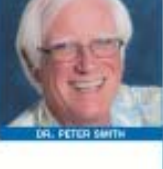
Online: www.YogaResearchSociety.com
By phone: 215-592-9642
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DR. VIJAYENDRA PRATAP



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Sometimes referred to as the *living matrix*, it forms the body’s “operating system” that works quietly in the background, coordinating our every activity. It is a system that is more fundamental than any of the other systems in the body because it gives rise to and regulates all of them.

*Dr. James Oschman will present
“What Yoga Stretches”
at the 37th Annual
Yoga Research Society Conference.*