

The Human ENERGY FIELD



by Caroline Myss
bestselling author & speaker

EVERYTHING THAT IS ALIVE pulsates with energy and all of this energy contains information. While it is not surprising that practitioners of alternative or complementary medicine accept this concept, even some quantum physicists acknowledge the existence of an electromagnetic field generated by the body's biological processes. Scientists accept that the human body generates electricity because living tissue generates energy.

Your physical body is surrounded by an energy field that extends as far out as your outstretched arms and the full length of your body. It is both an information center and a highly sensitive perceptual system. We are constantly "in communication" with everything around us through this system, which is a kind of conscious electricity that transmits and receives messages to and from other people's bodies. These messages from and within the energy field are what intuitives perceive.

Practitioners of energy medicine believe that the human energy field contains and reflects each individual's energy. It surrounds us and carries with us the emotional energy created by our internal and external experiences—both positive and negative. This emotional force influences the physical tissue within our bodies. In this way your biography—that is, the experiences that make up your life—becomes your biology.

Experiences that carry emotional energy in our energy systems include: past and present relationships, both personal and professional; profound or traumatic experiences and memories; and belief patterns and attitudes, including all spiritual and superstitious beliefs. The emotions from these experiences become encoded in our biological systems and contribute to the formation of our cell tissue, which then generates a quality of energy that reflects those emotions. These energy impressions form an energy language, which carries literal and symbolic information that a medical intuitive can read.


Here is an example of the kind of message the energy field may communicate. Let's say you had some trouble with math when you were in elementary school. Knowing the fact that twelve makes a dozen would not ordinarily carry an emotional charge such as would alter the health of cell tissues. On the other hand, if you were humiliated by the teacher because you didn't know that fact, the experience would carry an emotional charge that would create

cellular damage, especially if you were to dwell on the memory through adulthood or use it as a touchstone for determining how to deal with criticism, or authority figures, or education, or failure. An intuitive might pick up the literal image of your exchange with the teacher or any other negative symbol linked to that experience.

Positive images and the energy of positive experiences are also held in the energy field. Think of a time when someone praised you for a job well done, or a kind act, or for some help you gave someone. You feel a positive

Neuropeptides are thoughts converted into matter. Our emotions reside physically in our bodies and interact with our cells and tissues.

energy—a surge of personal power within your body. Positive and negative experiences register a memory in cell tissue as well as in the energy field. As neurobiologist Dr. Candace Pert has proven, neuropeptides—the chemicals triggered by emotions—are thoughts converted into matter. Our emotions reside physically in our bodies and interact with our cells and tissues. In fact, Dr. Pert can no longer separate the mind from the body, she says, because the same kinds of cells that manufacture and receive emotional chemistry in the brain are present throughout the body. Sometimes the body responds emotionally and manufactures emotional chemicals even *before* the brain has registered a problem. Remember, for instance, how quickly your body reacts to a loud noise before you've had time to think.

As Dr. Pert said on Bill Moyers's *Healing and the Mind*, "Clearly, there's another form of energy that we have not understood. For example, there's a form of energy that appears to leave the body when the body dies... Your mind is in every cell of your body." Moyers: "You're saying that my emotions are stored in my body?" Pert: "Absolutely... There are many phenomena that we can't explain without going into energy." 

Excerpted with permission from *Anatomy of the Spirit* © 1996 by Caroline Myss, Ph.D., published by Three Rivers Press, New York. Available in stores or visit www.randomhouse.com.

Copyright of Share Guide is the property of Share Guide and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.