

# Energy Medicine Research Network

## Reference List for Research on Modalities Related to Eden Energy Medicine

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### Background

The primary goal of the Energy Medicine Research Network (EMRN) is to support, stimulate, and disseminate research on Eden Energy Medicine (EEM). In addition to this primary goal, we are interested in sharing information about research relevant to EEM with our members. Therefore, we have conducted a literature search of research conducted on modalities closely related to EEM.

### Purpose

We believe a list of this nature is useful for our community in many ways. First, while there has been no published research on EEM to date, this data from closely related modalities could be used to provide relevant empirical evidence for grant applications, scholarship or fellowship applications, or other sponsorships.

Second, these studies can be used to educate prospective researchers and stimulate ideas on how to most effectively design research.

Third, it can be used in establishing a scientifically-based rationale regarding the power and efficacy of modalities that work with subtle energies to enhance health and well-being.

### Methodology

Energy Medicine is a rapidly growing field which embraces a wide range of modalities. Rather than attempt to cover every type of EM, our objective is to identify research that has been conducted on the **EM modalities that most closely resemble EEM**. To informally determine which modalities were most closely related to EEM, our team first brain-stormed to identify the modalities that *might* qualify. We then queried our community via Facebook and asked for suggestions. In selecting the modalities considered that closely resemble EEM, we established the following high level criteria: 1) the use of hands-on healing or interventions within the body's energy field, 2) the use of energetic exercises or techniques similar to the EEM Daily Energy Routine, such as Chi Gong exercises, and 3) the explanation for the effects of the treatment is based in the existence of and manipulation of subtle energies. Admittedly these are rough guidelines rather than precise distinctions.

We elected to exclude four modalities from our list because each already has a substantial and well-established literature and also for conceptual reasons that are elaborated in the Appendix. These modalities are: EFT, massage, acupuncture, and yoga.

## **Search Criteria & Review**

In order to complete the literature search, Ovid/Medline and PubMed medical databases were searched using the following keywords: acupressure, “Barbara Brennan”, biofield, cranio-sacral therapy, “body talk,” “energy medicine,” “energy healing,” “healing touch,” johrei, “polarity therapy,” “pranic healing,” “quantum touch,” reflexology, reiki, shiatsu, “touch for health,” “touch therapy,” and the MESH controlled vocabulary term “therapeutic touch.”

Search results were limited to English language and human subject research. The results were visually scanned to eliminate general overviews of a modality, letters to the Editor, interviews, or other non-research publications. A broad range of reports was still included, ranging from more case studies to sophisticated clinical trials to systematic reviews of previously published studies.

A total of 615 articles are included in the reference list.

## **How to Use this Document**

This articles selected according to the criteria outlined above are presented as an APA-formatted reference list. They have not been reviewed to assess a positive, negative, or neutral outcome of the research, research methodology, or quality of research. It is merely a list of articles meeting the stated criteria.

To look for articles of interest, you can peruse the list in its entirety or type keywords into the search feature of your PDF reader. Examples of types of keywords include:

- Modality – for example “reiki” or “healing touch”
- Condition – for example “diabetes” or “hypertension”
- Research Type – for example “clinical trial” or “case study”
- Population – “veteran” or “depressed adolescent”

If you find an article of interest, you can copy and paste the article name into your browser’s search engine to see if the abstract is available online. In limited instances, full text of the article may be available. Google Scholar is a helpful resource for finding free copies of full text articles.

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## Appendix

The following information is a brief rationale on the reasons for the exclusion of these modalities from our literature search. Keep in mind, we are comparing the core aspects of the practices of each modality. Our comparison is admittedly imperfect, and not intended to be a source of debate.

**EFT** - The core of EFT and its variants are a type of Energy Psychology, which is significantly different than EM, and EEM. The primary mechanism for EFT is the use of tapping meridian points. There are no exercises to activate and balance subtle energy systems, or work with other subtle energy systems. There is no practitioner based hands on healing involved. In addition, ACEP has done a fine job of cataloguing research available on EFT, which can be found on the ACEP website.

**Acupuncture** – this modality works with the Meridians, a subtle energy system, and in some instances may utilize other energy systems that are engaged with EEM (Radiant Circuits or the 5 Rhythms.) Yet the primary mechanism for stimulating these energies is the use of acupuncture needles. Typically these are placed in specified locations on the body, and then the practitioner leaves the client alone to let the needles stimulate their energies. This is a fundamentally different than the methodologies used in an EEM session, or when EEM is used for self-care, therefore we did not consider it significantly close in nature to EEM.

**Traditional Massage** – this modality uses techniques that are also found in EEM, although the emphasis in massage is to work with soft tissues, whereas in EEM it is to work with energy systems. Less frequently, or absent altogether, are there exercises or techniques used to directly stimulate subtle energies. More importantly, the typical rationale for the benefits of massage are explained via muscular skeletal alignment, or soft tissue release, and are not explained via the balancing of subtle energies.

**Yoga** – yoga is an ancient practice which has many different branches and expressions. In the US, emphasis is on the postural and breathing practices, which fall into the branch referred to as Hatha Yoga. There is some similarity between yoga postures and EEM Daily Energy Exercises or other EEM exercises. In fact some are very similar. However the execution of those practices are quite different than the use of EEM exercises of a private EEM session. Hatha Yoga is primarily a group based, teacher led experience, and there are not typically hands on based healing techniques as a core component of the major branches of Hatha yoga.