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Playing the Energy Field

Linda and Rod Thomson

Since everything is energy, everything people interact with has the potential to impact their energy field; therefore, attributes of each person's energy field are frequently fluctuating throughout the day. Changes happen instantaneously as our energy field responds to each stimulus introduced into it. Based on this premise, we decided to see if we could discern measurable differences in a person's energy field as objects, sounds and other stimuli were introduced into it.

After experimenting on ourselves and achieving noticeable results, we created sessions called "Playing the Energy Field," where people could come together and investigate how they were affected by the energy of various stimuli. These sessions were designed to demonstrate the interactivity and vulnerability of the human energy field in a fun and enjoyable way.

During the "Playing the Energy Field" sessions, people become familiar with the affects of objects and sounds that they may encounter on a daily basis. Initially, we used a pendulum to measure the energy field where the change in the size of the energy field indicated the reaction to the stimuli. We soon added muscle testing in addition to pendulum measurements. With muscle testing, the strength of the arm is used as an indicator of the reaction to the stimuli. Muscle testing has the advantage that the person

being tested can see and feel the difference with and without the stimuli.

Our hope was that in the long-term, the understanding of energy would become more than a fun learning exercise. Our goal was that by becoming more aware of how objects, sounds, people and thoughts affect their energy system, people would take action to embrace positive reactions and limit exposure to or mitigate the effects of negative stimuli. Ultimately, we want people to be in control of establishing and maintaining a healthier energy system.

Methods

We initially decided to use the pendulum to measure the affects of stimuli on people's energy fields. We measured the participant's energy field prior to introducing any stimuli into their energy field to obtain a baseline. Then, we re-measured the energy field after the stimuli was introduced. This allowed us to identify whether the energy field expanded, shrank or experienced no change.

After our initial session, we decided to add muscle testing as an additional measure. With muscle testing, the participant was not relying on us to do a measurement. As with the pendulum method, we tested their arm strength before introducing the stimuli



and then re-tested afterward. With this method, the participants could feel and observe how the strength in their arm changed.

By using both muscle testing and energy field measurements in the same situation with the same stimulus we were able to observe if there was a correlation between the strength displayed in the person's arm when the stimulus was introduced and the changes to the size of the person's energy field. To ensure valid results, the order of the muscle testing and energy field measurements were randomly varied.

tions were that the arm muscles would weaken and be more easily moved if there was a negative reaction while positive and neutral reactions would generally show no or little change in arm strength.

We learned muscle testing when being tested for allergens by an allergy acupuncture specialist and it is also a technique used in Sue Hovland's Energetic Treatment of Allergies class.

Assumptions & Expectations

We assumed that the objects and sounds, referred

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The Pendulum Methodology

Using a pendulum, we measured the distance from the participant's core to the edge of their energy (auric) field. Although measurements of this type can be performed using other methods (e.g. using your hands), we chose to use the pendulum since it is a visible tool and attendees could see its behavior. The technique we use to measure a person's energy field is similar to a technique taught in Janna Moll's Advanced Chakra Diagnosis and Treatment workshop.

With this method, our working assumptions were that an increase in the size of the energy field indicated a positive reaction, shrinkage of the energy field implied a negative reaction and minimal change was considered a neutral reaction.

Muscle Testing Methodology

Muscle testing involves testing the strength of a person's arm. The strength in the arm when held out straight in front of the person was tested to get a baseline for each person. Some people were naturally stronger than others. In some cases, adjustments needed to be made in posture or focus to get a strong response.

The person's muscles strength was then re-tested after a stimulus was introduced. Our working assump-

to herein as stimuli, would affect people to different degrees and in some cases in different ways. However, we expected that the energy field of most people would generally react to a given object in the same way. For instance, we expected a person's energy field to increase if we played upbeat music, someone held a rose or they held a rose quartz. Similarly, we expected that cell phones would decrease the energy field due to Electro Magnetic Field (EMF) of the cell phone. There were other objects, such as silverware and plates that we assumed would likely be neutral.

The Reality

The majority of the people we tested experienced the expected change to the size of their energy field when a stimulus was introduced to their energy fields. We also found the muscle testing and the energy field measurements to be quite consistent. Although the specific degree of muscle weakness could not be quantified numerically, we found that any weakness displayed in the muscles correlated to a decrease in the person's energy field. Generally, the greater the weakness that was displayed, the more the energy field shrank.

For items that did not create a compromise, the



affect on muscle strength was not as noticeable. In some cases where the stimulus really resonated with the person, the muscles became noticeably stronger. However, in many cases, a positive and a neutral response were similar.

Yet, within each session, which included less than ten people each, something unexpected occurred providing us new thoughts about the human energy field. These session sizes allowed us time to test multiple items and sounds on each person as well as allowing time for discussion.

The Spoon

At one of our early sessions, we thought we would begin by having each person hold a nondescript everyday spoon. We assumed that a plain spoon would be a neutral object for most people since it was a simple object with no significant known energy and most people do not express particular emotions about eating utensils. Although most people had a neutral reaction, one person had a very positive response while another one reacted negatively.

Discussion revealed that the person having a positive reaction was thinking about using the spoon to eat ice cream. Therefore, their positive feelings about ice cream had likely translated into an expanded energy field.

The person whose energy field shrunk when the spoon was introduced into her energy field also had an emotional reaction. However, in this case, she associated the spoon with her recent difficulty eating due to dental work.

Thus, it became apparent that the associations and emotions that people have with objects may be a significant contributor in determining the affect of an object on a person's energy field.

Music & Sounds

We expected emotions to apply to music as songs are generally created with the intent to invoke emotions, as discussed by Jonathan Goldman in *The 7 Secrets of Sound Healing*. For instance, *Seasons in the Sun* by Terry Jacks, clearly was written to create a feeling of

sadness, while *We are Family* by Sister Sledge was written to create a feeling of happiness and belonging.

In most cases, people reacted positively when listening to Tibetan Singing Bowls or upbeat music. However, there were exceptions. One person reported that he did not expect to have a positive response to a particular song because he did not care for the particular genre. Much to his surprise, his energy field still expanded when listening to an upbeat song from that genre.

Only one person's energy field did not shrink when listening to sad music. In that case, she reported being unfamiliar with the song. Since she had no associations, negative or positive, with the song and could not easily understand lyrics, it is believed that despite the song sounding generally sad, her lack of familiarity of the lyrics made her immune to energy changes the song brought about in most people.

The Cell Phone

As predicted, cell phones reduced the size of most people's energy fields. What was unexpected was the degree to which the cell phone affected the energy fields, particularly when held in the heart area. Although the energy field of a few people shrunk to one to two feet when they held their cell phone to their heart, the energy field of many people shrunk to a mere few inches. There were a couple of exceptions where people had no reaction or only a minor negative reaction to their cell phone. In these cases, people reported viewing their phone as a tool or as a lifeline connection to other people.

These results were consistent with observations from Kirlian photography that Judy Hall discussed in her book *Crystal Healing*. According to Hall, these photographs showed a gap in the person's "biomagnetic sheath" in association with the location of the cell phone.

Hall went on to state, "Eventually, this damage appears as physical disturbances." Our techniques did not allow for us to measure if anyone had damage from their cell phone being continually within their energy field. However, we recommended to those



most strongly affected that they might want to consider keeping their cell phone some distance from their body if possible. One person indicated that she sleeps with her cell phone on her chest, which is not a practice we would recommend for anyone.

Upside Down & Backwards

One woman had results that could best be characterized as “upside down and backward” compared to the other people we tested. Most items that increased the energy field for other people caused her energy field to shrink and those objects you would expect to cause it to shrink resulted in a larger energy field.

She was very aware of her sensitivity to many items and in some cases she believed touching them could actually cause damage to her skin. Therefore, when testing her, we placed the items next to her rather than having her hold each item. Whether it was her emotions associated with the items, her anxiety about the effect of the items on her body or other reasons, her reaction to objects generally considered to have very positive energy (e.g. rose quartz) consistently showed shrinkage in her energy field and great weakness with muscle testing.

This person, however, felt an affinity towards chemical cleaners and was completely comfortable touching them. Our measurements of her energy field and muscle tests supported her beliefs as her energy field expanded when she held cleaners while everyone else's energy field shrunk with the introduction of cleaners.

She had theories as to why she was different than other people; however, the source of the sensitivities was not something that could easily be uncovered in a group setting. Additional one-on-one testing and analysis would be required to identify the underlying reasons for her results.

Observations & Conclusions

We observed that measurements taken immediately after the introduction of a stimulus into a person's energy field affected their arm strength and size of

their energy field. Although the specific degree of muscle strength or weakness could not be quantified numerically, the muscle testing results and the energy field measurements were directionally consistent.

In all cases, muscle weakness equated to a smaller energy field. There appeared to be a direct correlation between the amount of shrinkage of the energy field and the amount of muscle weakness displayed. The order of the measurements was varied to ensure that expectations based on the first measurement were less likely to impact the second measurement.

In many cases, however, muscle testing cannot predict whether a person's energy field has remained steady or has expanded. If the object is something that really resonated with the person or the person's baseline indicated muscle weakness, the muscles may become noticeable stronger indicating an expanded energy field.

Although predictable in general, the reactions were unique to each person and in some cases varied substantially from others being tested. Furthermore, emotion and associations to the test stimuli played a significant role in determining the reaction to a stimulus. Additionally, it appeared that personal beliefs, in some cases, might influence the energetic reaction.

We also observed that it was easy to restore someone's energy field back to their baseline measurement by removing the test stimulus. We also recognized that it is very possible that the same stimulus introduced to a person on two different days under different circumstances could produce different results. For instance, the person who had the negative reaction to a spoon might not react negatively when she was not dealing with recent dental work.


In general, it is important to recognize that everything that enters a person's energy field may affect their energy field, even if it is just a thought. Therefore, it is important to choose wisely, selecting thoughts, objects and sounds that have a positive impact on the energy field and removing or limiting



those things that result in energy field shrinkage and muscle weakness.

Future Considerations

In future sessions, we hope to further investigate issues known to or believed to affect the energy field, such as, belief systems, medications and trauma. Additionally, we are considering blind testing to allow measurements of the interaction of the energy of objects without the emotional component and belief system coming into play. We may even consider a double-blind study and a study where the person does not know when something has/has not been entered into their energy field. In addition, we may consider introducing multiple objects into the energy

field one at a time to see how the energy field grows and contracts with multiple items in play. 



Author Linda and Rod Thomson can be found at

www.ImaginelfCoachingConsulting.com.

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