

# History of Energy Psychology

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# George Goodheart

## 1918-2008

- Chiropractor in Detroit
- Developed Applied Kinesiology
- “In 1964, Dr. Goodheart made an observation that a weak muscle could be treated and the strength immediately improved. From this simple observation, began a life long search for other treatment methods that could improve muscle strength. Along the way, he discovered factors that could negatively effect the strength and functioning of muscles.” [applied kinesiology website]



# Listening and muscle testing

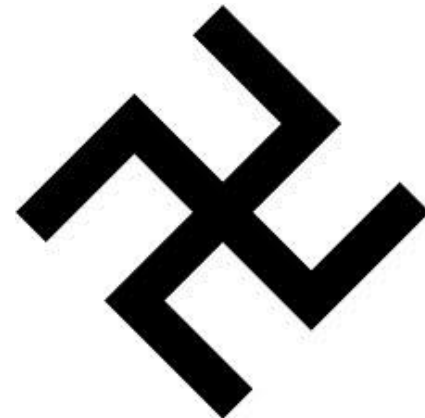
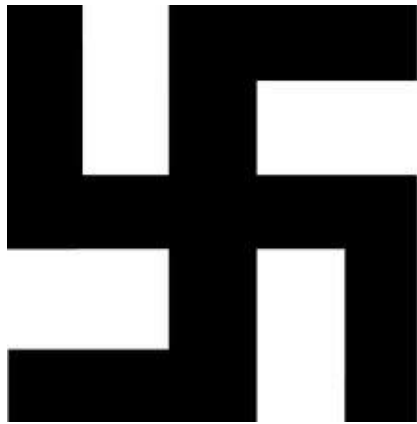


# Muscle test phenomena

- Strong to truth – weak to a lie/false statement
- Strong to emotionally positive – weak to emotionally negative
- Strong to love – weak to hatred
- Strong to something beneficial/nutritious – weak to something harmful/toxic
- Dr John Diamond tested responses to all kinds of stimuli – words, images, facial expressions, music, foods etc.



# Muscle responses to visual images



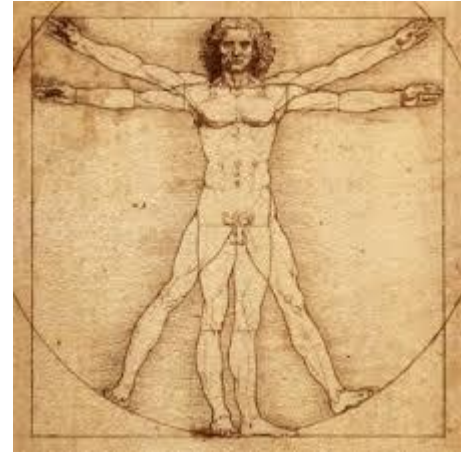
# Muscle testing as communication

- Startlingly reliable – within limits
- Like any mode of communication, there can be error – can be influenced by various factors
- Can give surprising responses – not in line with expectations
- Can be rather literal and precise – affected by nuances of language
- Can be misused – cannot reliably predict the future!



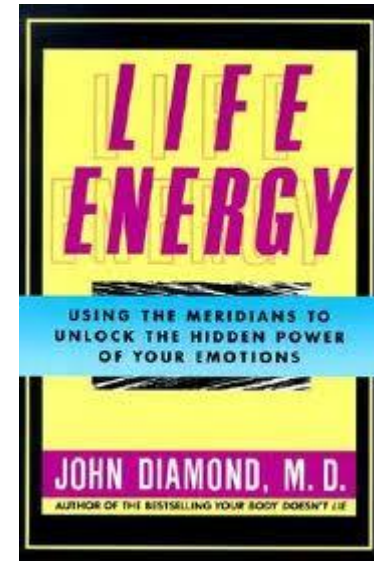
# The body can tell us:

- What is the priority issue to address
- What internal obstacles there are to resolving the issue
- The roots and origins of the problem
- The formative experiences giving rise to the problem
- How the problem is encoded in the body's energy field



# Diamond's comments:

- “ ... now you can find out for yourself the unconscious, unknown attitudes – the answer that is within yourself. This knowledge can take some years of psychoanalysis to discover. Now you can do it instantly. For the first time, you can find your unconscious motivations, your true desires in any situation.”
- “I see a goal in the distance ... the emancipation of mankind from doctors ... I hope to see the end of ‘patients’ and the beginning of ‘students’ ... the patient can be transformed from sufferer ... to the student, wanting to learn more about himself”
- “We can now demonstrate specific relationships between the mind and the body ... The connecting link is the acupuncture system” [1985 p xii-xv]





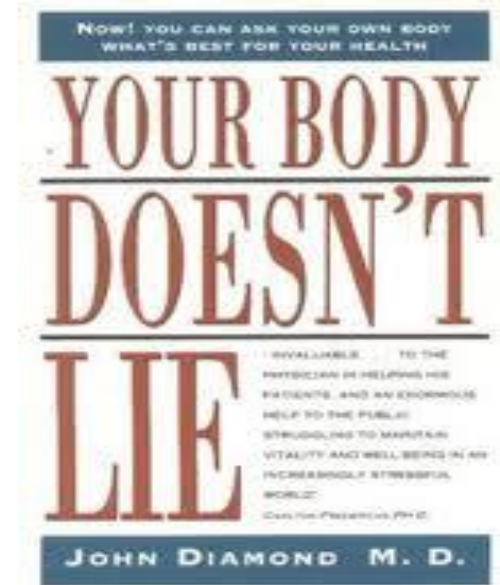
# Muscle testing, meridians, emotions, and words

- “What we will find in most people who have cardiac problems is that one of the acupuncture meridians that constantly tests weak will be the heart meridian. This is not surprising. What is surprising is that whenever this meridian tests weak, if the patient then says ‘I am not angry, I forgive’, it will instantly be found that the meridian tests strong.”  
[Diamond 1985 p 10]



# Origins of Diamond's work

- “... some of my patients did seem to gain a better understanding of their problems. However, I soon noticed a strange thing: the longer they remained in therapy, the more depressed and de-vitalised they became. Even I was becoming depressed and tired. I remember well how I used to slump in my chair, sinking lower and lower as the day went on ... The truth was inescapable: I was giving my patients more understanding and knowledge, but somehow lowering their energy and mine in the process.”  
[Diamond 1979 p 4-5]



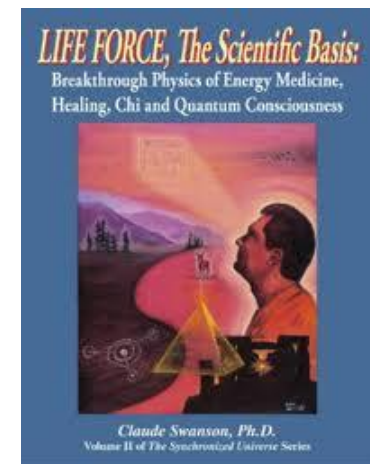
# “I decided to try a new approach” (giving rise to ‘energy psychology’)

- “From now on I would not treat psychiatric problems as such, but would deal with them in relation to physical conditions. I would practice preventive medicine, which mean raising the patient’s energy to overcome the earliest manifestations of disease... However, I soon realised the limitations ... I was dealing in generalities. I had to get down to *this* body. The answer came unexpectedly ... a friend told me of an interesting lecture he attended, in which muscle testing was used ... The lecturer was Dr George Goodheart.” [1979 p 5]



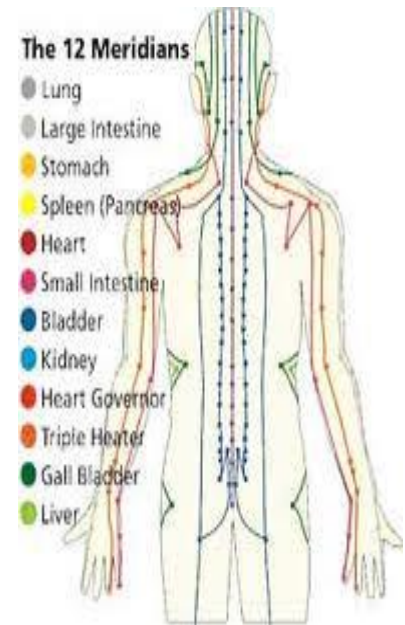
# We can work with the body's energy system – even though we do not understand it!

- Our scientific understanding of the nature of the body's energy system is rudimentary
- Many astonishing features, anomalous in terms of conventional science. These cannot be satisfactorily explained by conventional quantum mechanics theories (despite popular allusions to these).
- Many relevant scientific studies.
- The best overall text is 'Life Force, the Scientific Basis' by physicist Claude Swanson [Poseidia Press 2010].



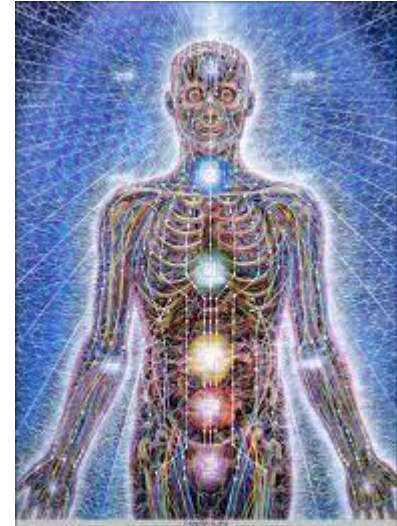
# What is a meridian?

- **“Recent research indicates that acupuncture meridians are universal. They play an essential role in the growth and regulation of all life forms. In the growing egg they develop before other organs.” [Swanson 2010 p139]**
- **“The acupuncture meridian system seems to serve as the ‘backbone’ along which signals pass, enabling cells and organs to communicate. It helps produce and maintain a coherent holographic pattern which guides growth and healing ... the acupuncture system is the bridge between the subtle world of Qi, energy healing, Reiki and Qigong, on the one hand, and the physiological world of the organs and cells.” [p140]**
- **Can be tracked by radioactive tracers and acoustic imagery – carry a fluid rich in RNA and DNA and stem cells – lowered electrical resistance.**
- **A flow of large molecules and energy**
- **Carry holographic imagery**
- **Generates a ‘torsion field’ outside the body.**



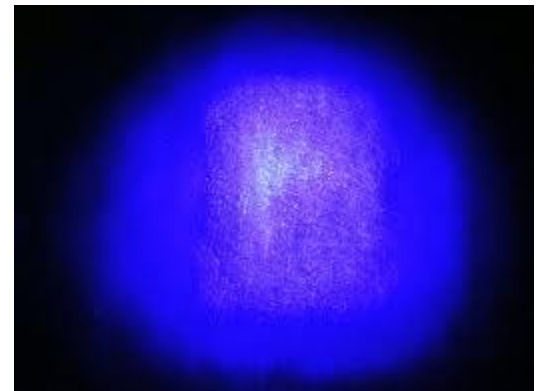
# The holographic energy field

- “Every cell in the body has the basic molecular machinery to be any kind of cell. The actions of the DNA tell it to specialise into the type of cell needed in any location in the body, forming a liver cell, or a hair cell, for example... The holographic field around and within the body provides the blueprint which governs this. It tells the DNA in each cell, based on its location within the pattern, how it should specialise. This is an enormously important discovery which has only unfolded in the last few years... Biophotons form an important part of this picture ... quantized packets of light generated by the DNA and other large molecules... “[Swanson 2010 p186]
- Coherent light travelling to other cells – vibrating in step with each other – creating an interference pattern – a hologram – “ a three dimensional pattern of energy which serves as the template of the body” [p 186]
- Acupuncture meridians carry these signals throughout the body



# Subtle Energy

- The term 'subtle energy' first proposed by Professor William Tiller of Stamford University
- Rediscovered many times, by many different people, under many different names
- Reich's 'orgone energy'; Freud's 'libido'
- Chi – Ki - Prana – Life Force – Elan Vitale (& many other names)



# Energy and information

- Reich wrote of orgone in very similar ways to Freud's libido – as an energetic quantity that can flow, be blocked or diverted, and can become toxic
- Energy psychologists (beginning with Dr Roger Callahan, who drew on the earlier work of Dr John Diamond) discovered that the body's subtle energy system also contains *information*
- This information can be 'read' and used to neutralise emotional distress



George Goodheart



Dr John Diamond

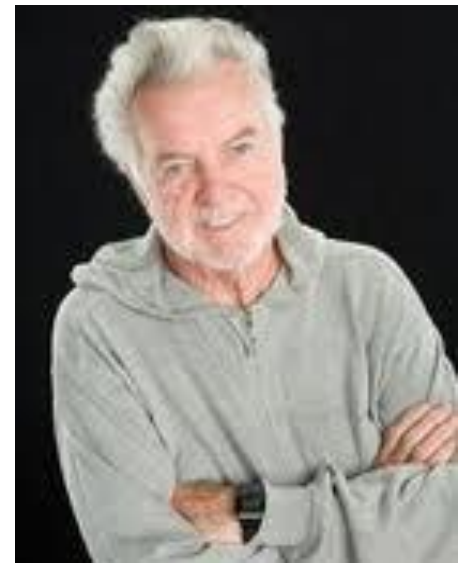


Dr Roger Callahan



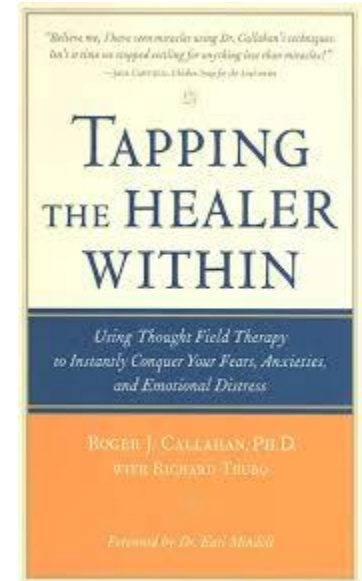
# Dr Roger Callahan

- California Clinical Psychologist  
– worked with Albert Ellis
- Studied Applied Kinesiology
- Startling experience with Mary and her sudden release from a life-long phobia of water.
- Built upon Diamond's work.



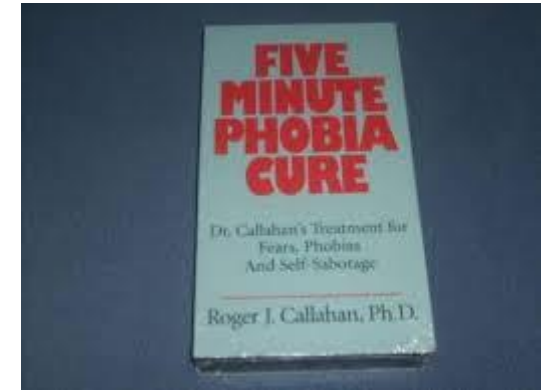
# The 'Thought Field'

- An informational field, comprising thought and subtle energy
- Also expressed through the body
- Information in the form of meridian sequences – a kind of code
- Callahan's 'combination lock' metaphor



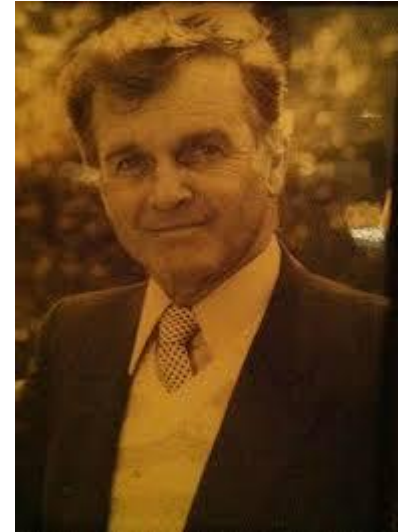
# 'Psychological Reversals'

- Some of Callahan's patients did not respond to acupoint tapping
- Muscle testing revealed 'no' to wanting to be well, or wanting to be over the problem
- These patients had not responded to his conventional therapy
- He did not know what to do!



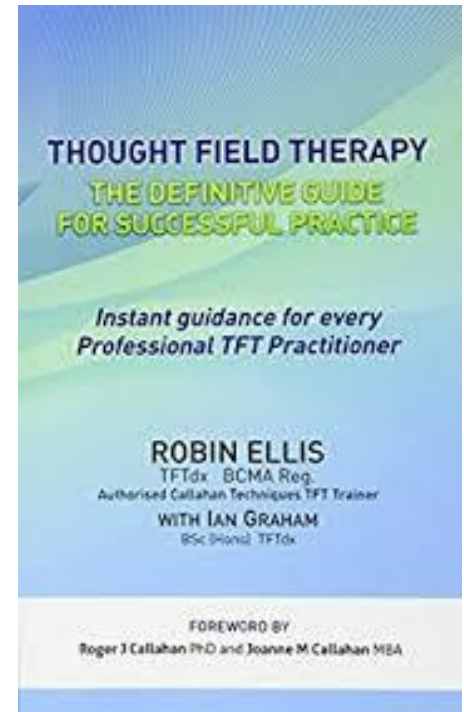
# 3 treatments for Psychological Reversal

- A statement of self-acceptance
- Tapping the side of hand small intestine meridian
- Use of the Bach 'Rescue Remedy'
- Effects can be measured with a voltmeter



# Callahan's collar bone breathing for systemic energetic interferences

- Holding the K27 collar bone points
- Whilst tapping the triple heater 'gamut' point on the back of hand
- Whilst following a breathing sequence
- Origins are obscure



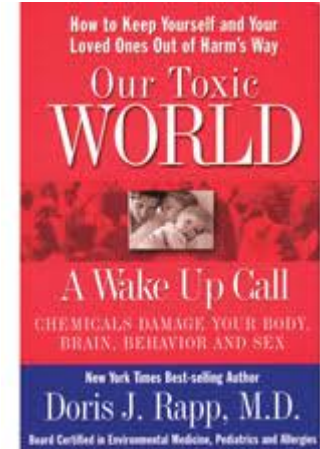
# Callahan's '9 gamut'

- Tapping back of hand, triple heater meridian, whilst performing a gamut of 9 different actions
- Eye movements, humming and counting
- This addresses residual or more hidden areas of perturbations
- Probably by accessing different areas the brain



# Energy toxins

- Specific to the individual
- Cause reversals and/or systemic energy interferences
- Typically perfumes, grooming products, air 'freshners', foods, particular alcoholic drinks, cigarettes, anything that is addictive
- Pioneering work of Doris Rapp



# Callahan's 3 levels of TFT

- 1. Algorithm level – ready made tapping sequences
- 2. Diagnostic level – muscle testing for specific meridian and chakra sequences
- 3. 'Voice Technology'
- Also trainings in the use of voltmeters, energy toxins, and heart rate variability



# Law suits in the USA

- Callahan sought to sue others who were modifying and teaching his methods
- The law suits were not successful – expensive and left an unpleasant energy – a symptom of the US commercial culture
- The courts decided Thought Field Therapy is not a protected title
- 2010 Callahan received the ACEP Lifetime Achievement award, presented by two people he had tried to sue



# Gary Craig EFT

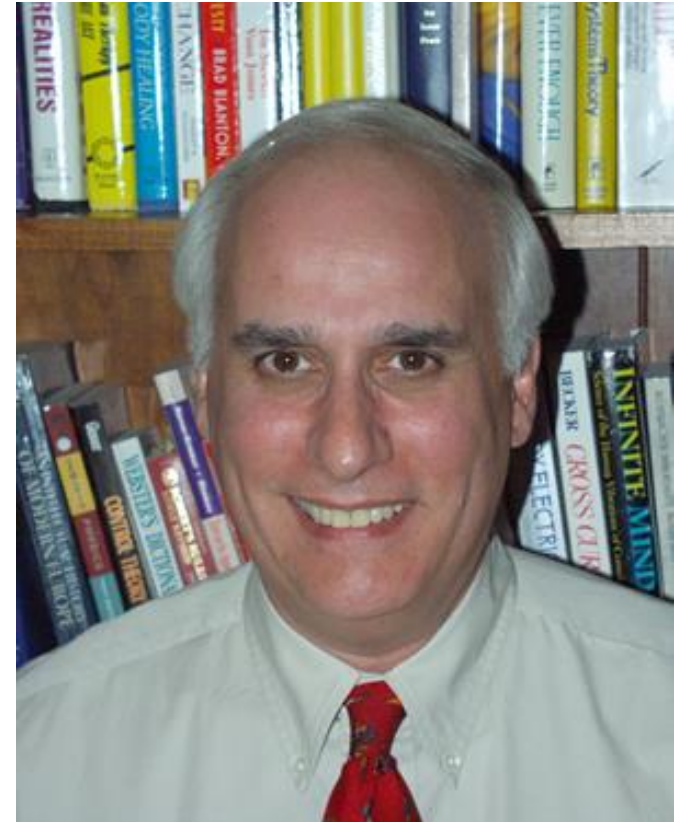
- No professional mental health qualifications – but an interest in personal growth
- Background in NLP
- Trained to VT level with Callahan
- Acrimonious severance from Callahan
- Launched EFT in 1996 – a simplified form of TFT
- His early teaching materials contained TFT techniques
- EFT evolved to minimal energetic specificity, but much focus on specific aspects of the target problem – along with many sophisticated forms of verbal reframing – and helpful ways of approaching the core issues



# Fred Gallo

## Clinical Psychologist

- Coined the term 'energy psychology' in his 1998 book.
- Severe automobile accident 1968 – near death experience – anxiety and panic attacks
- Built on Callahan's work
- More recent work using the *Identity Method*, with focussed mindfulness
- A past president of ACEP



# John Diepold and colleagues

- Clinical Psychologist
- Developed Touch and Breathe
- Evolving Thought Field Therapy
- Heart Assisted Therapy [HAT]



# Judith Swack PhD

- PhD in Biochemistry from George Washington University – extensive publications in peer reviewed scientific journals
- Trained in NLP
- Developed *Healing from the Body Level Up* [HBLU]
- ‘Healing the death wish pattern’
- Concept of ‘diagnosis shock’



# Tapas Fleming

- California acupuncturist
- Initially treated allergies
- Developed TAT in 1993
- Applied it to her own cancer
- A single TAT pose, combined with a series of structured 'thoughts' covering the origins, location and expression, and maintaining factors responsible for the troublesome pattern



# Sandi Radomski

- allergy antidotes
- ‘ask and receive’
- Focus on treating allergies and sensitivities with EP – sometimes using energy devices, such as lasers



# Asha Clinton

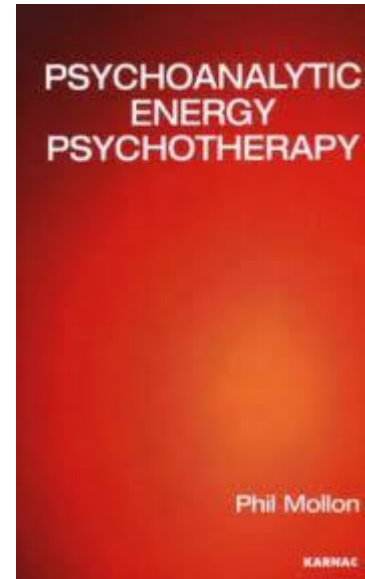
- Anthropologist
- Jungian  
psychotherapist
- Developed Seemorg  
Matrix
- Later renamed  
Advanced Integrative  
Therapy
- Works with chakras  
rather than meridians





# Psychoanalytic Energy Psychotherapy [PEP]

- **Allow the meridians (and chakras) to speak – “speak of whatever comes to mind”**
- **Read the client’s energy field, to enable a continuously evolving dynamic process**
- **Track the ‘roots and origins’ of the ‘psychological reversals’**
- **Use words and phrases – succinct dynamic statements – to activate and tune the ‘thought field’**
- **Check for hidden areas of distress in the unconscious mind, dissociated parts, and the body.**



# The inherent steps of energy psychology

- Practitioners start by learning a technique – usually a particular 'brand' – often assuming that is the only brand
- Awareness broadens to other EP techniques – and the beginnings of appreciation of common principles amongst the wider genre
- Tapping or holding acupuncture and chakra points is just a first step
- Engaging with the subtle energy system seems naturally to stimulate or enhance interest in higher dimensions and spiritual realms
- Many practitioners begin to give less emphasis to tapping or holding and instead make more use of intention and prayer-like activity
- A meditative or altered state of consciousness seems a natural feature of the work



# Professor William Tiller

## Two levels of physical reality

- Professor William Tiller: *Psychoenergetic Science: A Second Copernican-Scale Revolution*. [2007 Pavior. Walnut Creek. - experimental work revealing the existence of "two unique levels of physical reality".
- "These are: (1) Our conventional, particulate, electrical, atom/molecular level and (2) a new, magnetic, information wave level that has much in common with the old 'ether' concept of the 1800's. There also is **required** to exist a coupling medium, of a still higher dimensional nature, that allows these two, unique levels of physical reality to meaningfully interact." [p xv]
- "This Level (2) aspect of physical reality responds to a very different type of physics. This latter aspect is modulateable by human consciousness, intention, emotion, mind and spirit!" [p xvi]



# Tiller's experiments

- Tiller refers to an unstated assumption of physics that:
- “No human qualities of consciousness, intention, emotion, mind or spirit can significantly influence a well-designed target experiment in physical reality”.
- His experiments have demonstrated this is quite wrong.
- Use of ‘Intention Imprinted Electrical Device’ [IIED] – to [1] increase pH of water; [2] decrease pH of water; [3] increase activity of liver enzyme ALP; [4] to increase energy storage molecule ATP in fruit fly larvae – all at a distance.
- “We have discovered a second, unique level of physical reality that is quite different from our normal electric atom/molecule level ... The ‘stuff’ of this physical vacuum level consists of magnetic information waves ... We have observed that the physics of this new level is modulatable by the human mind, human intentions and human consciousness in general.” [p 13]



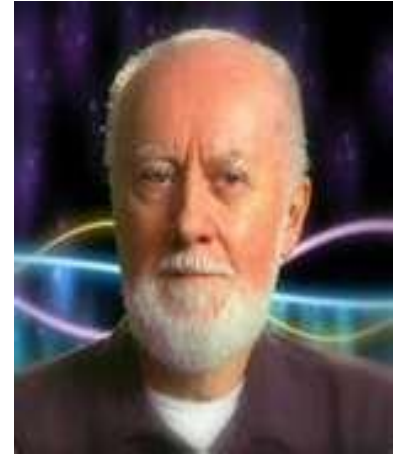
# The human subtle energy system is the portal to Level 2

- Most crucially for energy psychology, Tiller finds that the human subtle energy system is the portal, or 'coupler system' to this Level 2 reality that is at a higher dimensional level than Level 1 physical reality. He poses the question:
- **" Is it possible that when a human being is born, there exists an organ or body system that is at the higher electromagnetic symmetry state (higher thermodynamic free energy per unit volume state)? If so, then this could drive all the processes (mechanical, chemical, electrical and optical) of the rest of the body and would look like a *source of life?*" [p 88]**
- His experiments demonstrate that "our acupuncture meridian/chakra system is the human body system that is at this higher thermodynamic free energy per unit volume state". [p 89]
- Tiller revises Einstein's principle of mass – energy to mass - energy - information - consciousness



# Magnetic monopoles & 'raising the gauge'

- Tiller's experiments reveal the normal laws of physics and behaviour of the physical world alter in the presence of subtle energy.
- One example is the apparent occurrence of 'magnetic monopoles' – a theoretical possibility that is not thought normally to exist – one side of a magnet increased enzyme effects (within a room conditioned with subtle energy), whilst the other side of the magnet decreased the enzyme activity.
- The human energy system also responds differently to different sides of a magnet (easily demonstrable).
- These phenomena do not make sense in terms of conventional physics.



# Two principles that account for most forms of energy psychology

1. **Distress [perturbations] are precisely and sequentially coded forms of information in the meridians and chakras ... i.e. tapping sequences [through algorithms or muscle testing] ... Dr. Callahan's work.**
2. **Activating the subtle energy system opens a realm of healing that is responsive to intention ... Professor Tiller's work**



# Formation of ACEP 1998

[www.energypsych.org](http://www.energypsych.org)

- David Gruder
- Dorothea Hover-Kramer
- ACEP supports research, conferences, and education
- The main international professional body for energy psychology





# Research on EP

- Over 200 review articles, research studies and meta-analyses have been published in professional, peer-reviewed journals. This includes:
  - 65 randomized controlled trials
  - 50 clinical outcome studies
  - (All except one of the above 115 studies document EP effectiveness)
  - 5 meta-analyses
  - 4 systematic reviews of EP modalities
  - 9 comparative reviews (EP & other therapies)
  - (All reviews document EP effectiveness)
- **Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities**