

# A RATIONAL APPROACH To the subject of CHI



Based on the QUAN LI K'an Style of Martial ARTS

By Bruce Everett Miller

# For Those Who Seek the Truth

This is probably the only book in print that explains, the real [even of questionable] mechanisms behind Chi.

This book does not give a mere history lesson. It actually looks at what is and is not fact. The subject of Chi and the associated claims are examined from a scientific viewpoint that clears up the supposed half-truths and rumors which have existed for centuries.

What's more actual mind training exercises of both a beginning and an advanced level are explained in terms which anyone can understand. Furthermore the proven benefits of mind training exercises are discussed and explained in rational medical scientific reasons.

There is no reliance on magic to wow the reader. For there is enough power in the real understanding of this question satisfy anyone seeking the truth.

**IF YOU WANT TO OPEN THE DOOR TO A REAL UNDERSTANDING OF THE QUESTIONS ABOUT CHI THEN THIS BOOK IS DEFINITELY FOR YOU.**

## WARNING

This book contains information and techniques which are potentially disabling and/or lethal. This book is definitely not for children or the emotionally immature!

This book is not a substitute for qualified instruction, merely an addition to such. It is the USER'S responsibility to use this book in conjunction with trained qualified instruction and to obey the warnings.

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**IF YOU CAN'T LIVE WITH THAT THEN DON'T BUY or READ THIS BOOK!**

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## CHI

By Bruce Everett Miller

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Editing by Editing LTD.

I want to give a special Thank you for the editing and checking of references to

Nancy J. Torbert

Without her help this book never could have been done

You can just take their word on something

Or decide to find out for yourself

IF you accept their word ...

Then you are also accepting their assumptions and mistakes

IF you think I have Answers ....

You are Wrong!

But I DO have QUESTIONS!

Truly great madness cannot be accomplished without significant intelligence.

## Foreword

I must confess from the onset that this book is being written as much for me as for anyone else. The reason behind writing it is to attempt to blend the concepts of Eastern and Western Medicine with what I personally believe. To you, that may seem a mute point, or an easy concept. Fortunately [or Unfortunately] for me, it is not.

First off, this will not be a book that extols the virtues of homeopathic or other holistic medicine. While in the Medical Viewpoint chapter I rebuffed Western Medical physicians for not keeping an open mind towards new ways of looking at the body as a whole, I also applauded them for protection of their patients as a whole by remaining healthily skeptic. I consider myself a skeptic, at least in some regards.

A little history is in order. I was raised in a Western mode of thinking; where the concept of what could be proved was the basis for what was and was not real. Except for religion, nothing was accepted for fact that couldn't be proved. It was with this concept drilled into me as I was growing up, that I developed my first love: physics.

Off I went to college to study that. So not to turn this section into a lengthy autobiography, I was "afforded the opportunity" to leave college and join the military. While there, through a dramatic set of circumstances, I happened to be in the right place at the right time to begin my training in Eastern concepts of martial arts, Chi, and energy as a healing force.

Because of economic conditions conspiring against me (I was broke!), and the fact that I like to eat, I wound up in the military!

Once again [after MANY changes], I wound up studying healing, this time from the viewpoint of Western Medicine. Through the next years I wound up studying first medicine, then pharmacology, and then medicine again at the level of a Physician Assistant.

It was under the auspicious as a certified Physician Assistant, which I have now spent over ten years practicing the concepts of Classical Western Medicine.

Another thing that happened was that I was pushed by circumstances to write several books on the explanations of certain concepts of martial arts techniques which were being taught under the name of energy flow theory. When I examined these concepts, I found that while what was being taught was exactly the theories I had been taught earlier, the techniques could also be explained by pure Western Medicine concepts. In fact, I found that Western Medicine had a much better and cleaner, so to speak, explanation than did Eastern Medicine.

However, some of the things I could do, were not explained at all by Western Medicine or even by Western Physiology. That is the science, which encompasses Western Medicine.

This conflict was triggered in full in me when, (not during my medical practice I want to make clear), a friend presented to me suddenly with a severe headache while I was busy concentrating on something else. My mind being elsewhere, I reached up with both hands and did something I had not done for years. I placed a hand on each side of her head for about 10 seconds and used the energy forces in my hands to “cure” her headache.

NO: I did not do a massage, as both she, and the other people who happened to witness that very short event could testify! Also, my friend did not have any preconceived belief in what I was going to do. In fact neither did I, I just did something reflexively, simply reaching out to a friend doing something that, inside me, I knew I could do

In fact, she had no idea of what I was going to do, neither did I really. Well I had been



trained on it but had not consciously thought of what I was going to do.... and as I had been trained ,so many years ago, the conscious thought of such thing impedes the ability to actually do it

SO I did not tell her what I was doing, I just reached up and did it. She, by the way, is also is trained in Western Medicine and comes from a religious background that does not accept the concepts of what I did as being valid medical treatment. I just reached up and touched and fixed her headache. For that matter, it was probably best forgotten. I am comfortable with that.

Why I resolved her headache instead of prescribing a pill, I am not exactly sure. I was not trying to impress anybody, for I never once announced what I was doing. However, I knew inside myself, that I could resolve the headache. There was no doubt in my mind. Had there been I am certain it would not have worked.

I had been taught and had done such techniques many times before I had entered Western Medicine. I had just not done such, even once, prior to this, in the 10 years since I had begun my training in Western Medicine.

I guess the fact that she was my friend temporarily made me forget that people in Western Medicine were not supposed to do things like that and I just did it.

While I am glad she was saved from the further pain of a headache, I am certain the headache could have been just as well resolved with any of the numerous analgesic medications on the market. Still, the fact of what I had allowed to happen caused me to re-examine just what it is, that I believe in. Literally that had more effect on me, arising questions, than it did for her. Simple, not understanding but accepting was enough for her ... but it had awaked memories for me.

It is therefore with this background that this book is being written. Hopefully, through the research I will come to a acceptable balance within myself that will allow me to understand who and what I believe in, in the terms of healing.

I do know this: that before any concept of healing, other than classical Western Medicine, is to be understood, the concepts of the mind must be explored and understood!

Also Note that my beliefs on the powers / talents of the mind are NOT constrained by the concepts of Chi! In my personal and humble opinion, Chi is but a mere feeble attempt to understand what is really there but is rarely tolerated, let alone accepted. SO do not take the conclusion of this text as the entirety of my beliefs ... I present it only to comment on the fact that like Rasputin theories ... one step off the path does not mean that you can walk on thin air. One MUST examine the ground you walk on to ensure that it is firm!

But what has changed to make me question my different trainings? Several things. One, of course, is my Martial Arts. [Quan Li K'an]

As I said, I originally became involved in the concepts of Eastern Medicine because of [a different style] of martial arts. As I progressed in my training and ranks I began using the concepts of energy to allow me to do things that I could not do under pure logical, physical (i.e. non-energy) concepts.

There are some conditions that I do want to make clear. Regardless of where I wind up, I will always advocate that medicine continue to practice with the suspicious eye that it presently has.

While I do not at all agree with the arrogance of many of those who practice Western Medicine, I support their claim that unless they hold themselves to demanding standards of care, the patients who seek only relief from their suffering, will be harmed.

Because of the predominantly Western Medical educational slant I trained with, I learned to reevaluate the training I had received in Eastern concepts of energy.

However, instead of throwing out these concepts, as many of my colleagues would have done, I invested the work necessary to understand why practices and techniques I had

been taught worked. I didn't out-right dismiss them as superstition. It took me considerable time and effort to discover, and then understand the real principles behind these techniques.

I believe I have done just that in many cases. Techniques that were originally taught to me as purely energy controlling techniques, I have found to have an actual basis in physiology. I had been taught that techniques like Poison Hands and Dim Mak were real, only to be later told by practitioners of other styles that they were purely fiction. I can now prove those practitioners wrong.

In general, I have found that the claims behind these advanced techniques weren't superstition at all. I found that these advanced techniques actually used reproducible principles of human physiology and physics to accomplish what were in some instances spectacular effects. The only thing, which turned out to be garbage, were the explanations behind the techniques. The reasons of why which I had been taught held no truth to them at all. In short the techniques worked... the Reasons why were BS.

So where does that leave me? Caught in the middle, that's where! I have been taught whole concepts of treatment and healing which I personally believe in but cannot substantiate! And may I state for the, I do not at present, practice any of these practices on my patients, neither or free nor for money.

In fact, since I had received training in Western Medicine, I have completely ignored the practice of those concepts of Eastern Medicine which I had learned, because they did not fit in to Western Medicine.

I might add that I predict that my approach to this subject will probably make practitioners from both camps mad. Maybe that is the best thing that could come from this text. Because without questioning there will be no progress!

Western Medicine wants to address only concepts for which it knows the complete answer and will probably not like the questions I will ask.

Eastern Medicine, based on the fact that so much of it demands you believe first, then do, will not like the fact that I will ask you **not** to accept anything on faith.

I don't care! I formally ask that you keep the skeptical eye very much alive as you examine what I present or whenever anyone makes claims about Chi, energy, or spiritual healing.

Frankly I don't care if you believe in what I say or not. You may read this book and come to completely different conclusion than I do. Entirely fine! As I said earlier, I am writing this book as much for myself as for the martial arts community. If anyone else happens to get ANY good out of it even amusement then I will be even happier whether they arrive at the same conclusions that I do.

As in all of my books, I will be using the classic Western Medicine/physiology viewpoint to examine another of the concepts that I was taught. This time it will be the concepts of Chi.

As always, I will be presenting evidence of what is and what is not based on what is verifiable. I will examine those points which have been claimed in the light of scientific evidence and will attempt to clearly identify any information which is clearly subjective, whether it is my own personal opinion or not. I must admit that this is a limitation that I believe we can, not only manage, but also arrive at conclusions that will mean something.

As always, those of you with opinions strong enough to put them in writing are encouraged to send me your viewpoints. If you can present me with evidence that can change the way I look at this or any other subject about which I have written, I will be glad to acknowledge such in an updated version of this book.

I remain not only willing but also eager to learn. However I will change my opinions based on FACTS, not emotions or what someone WANTS to believe.

You may send your comments to me at the following address. If I can, I will answer

them (non-hostile ones, anyway) to the best of my ability.

BRUCE EVERETT MILLER

416 12th Street North

Sartell, MN 56301

or email: [bemiller@cloudnet.com](mailto:bemiller@cloudnet.com)

Please send a self addressed stamped envelope. It will dramatically increase the odds of getting a prompt reply (meaning at least within the present century).

The machine is usually quiet when well oiled.

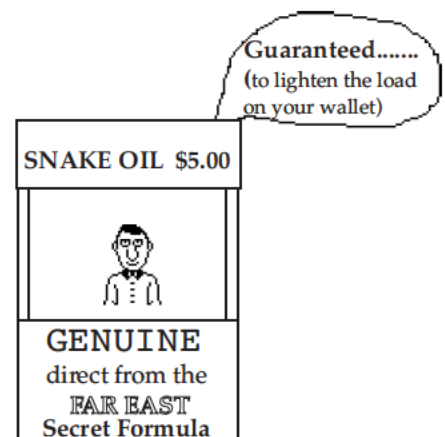
## The Western Medical Viewpoint

Western physicians have, for the last decade, egoistically considered themselves among the best-educated and most intelligent people of the Western Hemisphere. One only has to read some of the letters, which they write in medical journals to confirm this. In fact, I consider this laughable. While I admit Western physicians are well educated; the concept of intelligence has never had a one to one correlation with education and all the degrees in the world will not teach someone how to be creatively intelligent.

This, unfortunately, is where Western Medicine has its biggest weakness. This is grossly evident by the fact that the responsibility for making the majority of advances in the science of medicine has been left to physical scientists and not the physicians who actually see the patients. Even practitioners of Western Medicine have realized there is a problem, as the average physician now refers those patients who need specialized care to the ever-growing number of specialists. This way the average physician does not have to try to keep up with the rapidly advancing new and difficult concepts in every new field.

Unfortunately, the average patient does not routinely receive care from someone who is willing to accept concepts with which they are unfamiliar, unless they come from a reputable source: i.e. another physician or a reputably known scientific group.

This resistance to change or belief is also where Western Medicine has its greatest strength. Because Western Medicine has to be convinced that something works before they are willing to invest their talents behind a concept, those who they



serve are protected from every new fad and quack idea that comes along. Because Western Medicine, embodied by both the physicians who practice it, and the scientists who push it forward, spend time determining why something works before they are willing to believe in it, we who are subject to those practices for our care, are protected from the majority of dangers from unsubstantiated claims of new products and sensational snake oil medicines. In short, it is this skepticism that protects us from quackery.

I must make clear some of the basic concepts and underlying principles that will be my working foundations in this book. To do otherwise would leave you unsure of how this work will be affected by my personal opinions.

The important point is that you must understand the differences between the conclusions drawn by the majority of homeopathic researchers versus those from conventional scientific methods on which classical Western Medicine is based on.

First off, I wish to define my terms. I use the term 'holistic research' or 'holistic practitioner' to loosely group all those pseudo-scientists who use substandard research methods, uncalibrated or unstandardized self built equipment, and who do not accept or give credence to any work or conclusion by the rest of the respected scientific world. In some cases, the term 'homeopath' has the same connotations, but because there is a whole group of well trained, certified, respectable physicians who are recognized by the rest of the medical scientific community as having been trained in homeopathic concepts, I have stuck to the term 'holistic'.

I realize that most practitioners of 'holistic sciences' claim that holistic medicine is treating the person as a whole. I assure you that they are doing anything but that. In fact, these practitioners do not have valid medical licenses to practice medicine, so they are quickly evident.

There are, however, a few medically trained physicians have abandoned what training they have had in classical research and joined the holistic camps. These practitioners may have an M.D. behind their name, but I can assure you that you will never see the

unsupported claims they make in any of the reputable publications of established medicine or science. Why is that, you might ask? Is it because of prejudice? Or is it because classical medicine and science, refuse to open their eyes?

Well, those are the claims of most holistic practitioners, but there is another side to the story and what follows will tell you why these practitioners are mostly ignored or put out of business by state medical boards, if their claims begin to harm those who are drawn to them. [And many people are]

In some holistic research, conclusions are drawn directly from what happens. If you give a patient drug A and X results, then the conclusion that A produced X would be considered valid. Unfortunately, this is not a valid scientific statement for it does not take into consideration all the other variables that could have influenced the result, including the opinions of the researcher themselves.

A perfect example of this is if you use the drug penicillin for the A above and death for the X. Now if you give penicillin to a person who is allergic to penicillin, then it is very possible for death to result. Does this mean that penicillin is a lethal drug? Not hardly. Even in the majority of patients who have had reactions to penicillin, death is usually not the outcome from exposure to the drug. The fact here is that in order to do valid research, you must establish a one to one relationship, called a cause and effect, in order to be sure of your results.

The second area where most holistic research falls apart is in reproducibility. The simple fact of the matter is that if drug A does cause X results, then the same effects should be produced by other researchers when they test drug A. If the same results do not occur, then something was wrong with either one of the testing procedures or in the conclusions. Repeated testing by many testing teams should either validate or refute the conclusions.

The fact of the matter is that most holistic conclusions and research never receives this type of scrutiny. Instead, single experiments or small sample populations are done in uncontrolled studies as opposed to double blind studies, where even the person



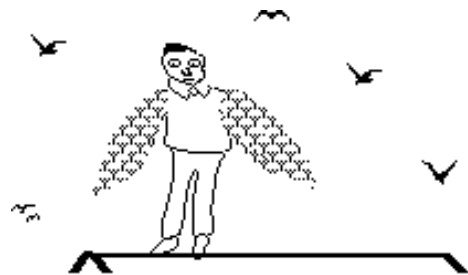
performing the test does not know which factors are real and therefore cannot influence the outcome of the test. Furthermore, the holistic community accepts conclusions reached in these questionable experiments, as if they were fact. As if they were carved in stone.

These shoddy conclusions are NOT fact, but that does not stop other holistic practitioners from trying to use these results, to build their own theories upon without ever attempting to validate the original proposition.

This may seem ludicrous, or it may seem that I am making all this up so as to be unduly hard on the practitioners of holistic medicine, but unfortunately I can assure you that I am not making these statements up.

This type of practice is more than common [it is flagrante] and one only has to read the myriad of articles put out by many of the practitioners in this field in holistic magazines and books to see that what I am saying is true.

For Example: Let us say that a cause and effect relationship does exist between A and X. An example would be a runner, A, who has been determined to have the ability to run the mile in 4 minutes because of his extra long legs. This has been established by numerous independent laboratories and is considered valid.



So there is little challenge when you say that you expect A to run the mile in four minutes on any given day.

However, to say that every runner with extra long legs can run the mile in four minutes is an unwarranted conclusion. For instance, would a runner with just as long of legs as A have be able to run the mile in 4 minutes if one of those legs were longer than the other by one inch? Of course not!

This may seem a ridiculous example, but in fact much of holistic medicine follows just this type of reasoning pattern.

One book which I just finished reading by a holistic physician jumped from the conclusion that because every living thing has an energy field around it, to being able to diagnose disease by reading these energy fields and then to the even further conclusion that we could treat illness by “adjusting these energy fields back to normal.”

Just because something may or not have an energy field around it, (we will get to that subject in a future chapter) does not mean we can “read” it. Even if we could read the field, so to speak, would the field be affected by the instruments, which we use, to do the reading? Of course it would. This happens all the time when a doctor takes a blood pressure and the patient, being nervous because the doctor is the one doing the checking becomes nervous, which causes their blood pressure to rise. This is a fairly common occurrence in medicine and one recognized by any wary practitioner.

Also, about adjusting the field, who is to say that forcibly adjusting a person’s energy field will not cause harm? In such a case we may arrive at a “normal” field only to have a seriously injured patient. The point is that one cannot make valid, far-reaching conclusions without knowing what you are talking about. To make unsupported suppositions without identifying them as pure personal conjecture is to lose all credibility in the search for the truth.

Which bring us to the last unpardonable sin committed by many, many holistic practitioners: Recording anecdotal information and conclusions as fact. When I stated in the Foreword that I had resolved another person’s headache by placing my hands on each side of her head, I was relating an anecdotal experience. To use that experience to draw definite conclusions on would be misleading. If I was a holistic practitioner, I might base the claim that all I had to do to cure headaches would be to lay my hands on my patients. This would be ludicrous. Just because it worked once is no assurance that it will work again, or work for someone else. Furthermore, what if the patient’s headache had been related to a metabolic imbalance? Or high blood pressure? The fact

is that there were too many different variables, which were not assessed to develop any principle from what happened. The only value I can reliably get from the experience is the thought process of making me look at what I was doing and examine what I believe in terms of healing processes.

It is my hope that some day Western Medicine will learn to blend the compassion and enlightenment of Eastern Medicine with the quality care of the West. But in order to do that, Western Medicine must first look at the Eastern development of medicine within the context of history and Eastern medicine must get away from the grand standing charlatans who pass off unsupported claims and stage tricks as fact. Perhaps some day a blending of both concepts will produce something which will benefit us all. It is to this concept that I have and will continue to strive toward in all the books I write.

So - onward into the next chapter!

Relying on strength is weakness,  
Yet weakness is in itself a strength.  
Only knowledge truly yields power to the inner self  
and even then, all power corrupts.

## History

In order to understand the concept of Chi, one must, at least in general, understand something about the history of the development of the concept.

Unfortunately the exact details of where, when, and who first developed the concept of Chi are lost to history. All we really know for certain is that the concept seems to have been developed several centuries Before Christ. When the first concepts of Western Medicine were introduced to China in the 17th century, they found practices of medicine based on Chi concepts that had existed for many centuries.

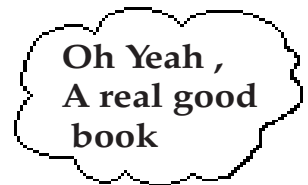
In fact, one of the oldest available Chinese medical texts, called the The Yellow Emperor's Classic of Internal Medicine based on Huang Ti, the yellow emperor, contains references to the concept of Chi and detailed descriptions of acupuncture and acupuncture instruments. Historical references credit Huang Ti as having lived from 2697 to 2597 B.C. [See references and links in the back]

Whether in fact the actual concept of Chi was developed in the area, we now call China, or was developed elsewhere, is really irrelevant at this point. What is relevant to our discussion is that all the ancient texts, which deal with the concept of Chi, do so only in a medical context and do so during the time period when organized martial arts were not recognized. [They existed for sure, but were not organized or nationally standardized the same as they are today]

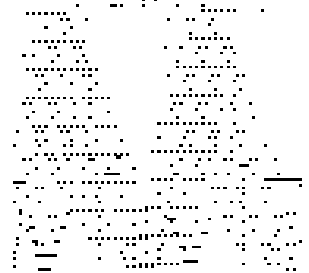
Acupuncture itself seems to be developed concomitantly with the development of Chi

theory. Actually this is not surprising. Observation of the effects on the body from stimulating different

The fact is that The Yellow Emperor's Classic of Internal Medicine is a collection of what we now, at least in the West, would regard as hearsay: skewed and sometimes self contradictory philosophical ideas, practices and outright superstition. I really do suggest that you read it, if you have the time. The ideology of superstition [like disease coming from the East wind] is remarkable and enlightening.



Still it is important reading, if one is to have any real understanding of historical viewpoints. It is important to understand that the concept of Chi did not suddenly happen. The idea was formed, but then parts with different methods, were added [ or subtracted] to the Chi concept until a whole system of points and effects was established.



From there it seems that lines were drawn between these points and then it was an obvious extrapolation of thought to believe that Chi actually flowed along these meridian lines.

Along the way, as you would expect, there has been a considerable diverting in the way of using developing and storing Chi by different groups. Without going into great detail, some groups believe Chi cannot be stored and thus must be continually renewed. Other religious and martial arts groups believe that Chi forces can be developed and stored. Some religions believe each person is born with a certain supply of Chi and when that supply is used up, it is gone forever and the person soon departs the material world afterwards.

Of course even the briefest history of Chi would not be at all complete if there was not mention made of the numerous different variations of beliefs in Chi and the concept of the energy centers of the body called chakras.

Along with the different acupuncture points many different religions/ philosophies believe that the body has major energy centers which not only emit energy but control of these chakras determines which planes of existence we are aware of. Many of these different religions/philosophies believe that each person must transcend the different planes in order to reach the final plane of enlightenment.

Interestingly enough, almost all of these different religions/ philosophies, which believe in chakras have identified the major centers to be in the location of some of the bodies more complex hormonal or immunological centers like the thymus or the pineal gland.

Probably the biggest difference in most of these different religions/ philosophies is the number of chakras which exist within the body and which ones are major ones and which ones are minor ones. Plus, of course, there is the number of planes of existence, and complicated steps necessary to transcend each of these [supposed] different planes. [LOL maybe good for entertainment but not for any serious discussion that involves facts.]

(A good example of this type of philosophy is a book called Unknown Man by Yatri, published by Simon & Schuster.)



In a way, why some of these locations were chosen can be understood. Until fairly recently, (about the last 30 to 40 years) medical science has had no explanation for the functioning of some of these glands. Faced with the desire to explain their beliefs, individuals of these philosophies chose these glands as the focus point for their energy/ chakras theories. At the time, there really wasn't anyone who could dispute the functioning of these glands and their explanations probably made more sense than the "I don't know, but they have to do something," answer which classical medicine was putting out.

Fortunately for us, and unfortunately for them, medical science has come along way in

the last 40 years. We now know the exact function of these glands and know for absolute fact that they have nothing what-so-ever to do with the magical attributes ascribed to them by these mystical based religions and philosophies.

## So much for Chakras.

Let's return to acupuncture at this point because of the impact that acupuncture has made on our modern world. When the scientists of the Yellow Emperor, and remember this was centuries ago, were unable to give any other reasons for the working of acupuncture, it was decided that acupuncture defied the basics of medicine and therefore was a separate science unto itself. The concept of acupuncture almost died out, or at least was in serious decline, in the early part of the 20th century as the Chinese began to embrace the concepts of Western Medicine. (That is, if you can believe that any concept can ever die out in a country as large, populous, and diverse as China is.) Then, with the communist revolution, there was a resurgence of Chinese heritage - including acupuncture.

Acupuncture, as a separate distinct entity from medicine, received a tremendous boost in credibility in the late 1950's when the Chinese began using acupuncture for surgical anesthesia. Initially Western Medicine had NO idea of why acupuncture worked.

Physicians and observers alike, however, who watched actual operations - done with Western Medical style techniques except for the use of acupuncture in the place of regular anesthesia all came away convinced that it worked.



Since you can't explain a Chakra why should I listen to anything you say?

As news of acupuncture anesthesia spread, there was resurgence in Chi proponents. After all, acupuncture was based on Chi, wasn't it? Acupuncture worked, so Chi must be valid was the common line of logic. [The feeding Trough for Charlatans was opened!]

Unfortunately for Chi advocates, a ground breaking scientific paper, produced by Dr.'s Melzack and Wall in the late 1960's reported the existence of several nerve arrangements within the body, which explained the principles of how acupuncture worked. Per normal scientific procedure, the paper was repeatedly checked by other scientists and found to be valid.

In fact, a device based on the explanations by Melzack and Wall was created for control of chronic pain. Unfortunately today, many of the Chi proponents have still not gotten (or refuse to believe) the message.

Even today you can go to martial arts seminars and hear explanations of acupuncture based on Chi theory coupled with the statement that Western Medicine does not have an understanding of how acupuncture works. Thus they obviously can't understand the working of the secret martial arts moves. One can only question where those people have been for the last twenty plus years.

As for Chi itself? Today there seems to be exactly the same refrains and reasoning to support the existence of Chi, which has been used for centuries.

Once you discount acupuncture, the teachings on Chi haven't changed much, in the last few centuries. It all comes down to a matter of faith.

Chi, in Eastern Philosophy, holds essentially the same place as the term "Spirit" in the West, with all the religious connotations. The same vagueness of definitions, and the same refusal to submit to the need for proof of claims, are being made.

I Note that "the Amazing Randi" still has an UNCOLLECTED challenge to prove the existence of the paranormal [which would include the proof of CHI. despite several FAILED attempts to prove the existence of Chi... which I note later. No one, as of today, has been able to prove its existence. One would think if so many believe in it that SOMEONE could prove it... perhaps ... but that should raise Questions!



Also For a more in-depth discussion of the true working of Acupuncture, see the book on Acupuncture by IC/ CME Publications. [Fee for Download at the [quanlikan.com](http://quanlikan.com) site]

Another excellent reference for an in depth balanced look at Chi is the magazine **Internal Arts**. No, I have no connection with the magazine. I don't even agree with all, that it publishes, just with the fact that it does have a balanced rational approach to the subject of Chi.

The five colors blind the eye.  
The five tones deafen the ear.  
The five flavors dull the taste.  
Racing and hunting madden the mind.  
Precious things lead one astray.

Therefore the sage is guided by what he feels and not what he sees.

TAO TE CHING

by LAO TZU of the 6th century B.C.

## SO - WHAT IS IT?

Nearly all of the classical Chinese internal arts, and a great deal of the external ones, are concerned with the development and the circulation of the “life force called Chi” or Qi (or a thousand other terms but meaning the same thing). Everything from art to meditation, from music to calligraphy has some form of belief in the workings or enhancement of Chi.

The problem is that if you talk to five different martial arts schools which deal with Chi you will come away with at least six different explanations. In general everyone seems to agree on the concept of Chi as a form of life force and of the relaxed but controlled mental state necessary for Chi but there the agreement ends.

When it comes to defining exactly what Chi is or does (I don’t mean the general terms here but the fine specifics) we begin to run into terms like “Vitapathic internal force.” Sounds like an impressive term, doesn’t it. Too bad it doesn’t have a definition that says anything. As best as I can define (objectively from any dictionary) Vitapathic can only

be defined as a vital force. Again, a generalized term, that deliberately doesn't have a specific meaning. [Literally it has been made up to sound impressive - and in that it does succeed]

Actually the definitions get even more nebulous from here. One Taoist definition I have read defines Chi as a balancing vital energy that begins with the internal microcosmic orbit meditations. God, I love the fancy terms. Too bad these explanations are total filtergarb. - but boy do they love those vague fancy terms.

Nowhere in the literature is there a succinct or clear definition of the specifics of the working of Chi. In fact; most books or articles that claim to have such definitions usually wind up being attacks on Western Medical science for wanting specific explanations.

So. What is Chi? Don't try to look it up in Webster's, because it isn't there. It's in The Times Chinese-English Dictionary, but you have to look under 'qigong', which is defined as "a system of deep breathing exercises." Most of the people I know who are interested in Chi think it is more than just that.

Proof of Chi is hard to come by. Possibly there are legitimate sciences which probably have bits and pieces of this "proof." Unfortunately, those sciences are widely divergent. Most scientists have what could be termed "tunnel vision" when it comes to their field. They also have a tendency to believe that their expertise in the one field carries over into other fields. This makes communication between different sciences shaky at best. It's hard to consolidate "proof" of Chi when those with the data aren't speaking to each other.

Belief of Chi is another matter. A belief is something, which springs from within and is not dependent on "proof." For those of us who are skeptics, this is hard to swallow. Ask a Jesuit about transubstantiation. You'll get about the same rationale on that subject as you would if you asked a Taoist about Chi.

Is Chi a religion? That depends on your definition of religion. If you are talking about

philosophy, you might be getting close. Especially, if you stretch your definition to mean metaphysics, and specifically ontology, which supposedly, is supposedly concerned with the nature and relations of being. [How is that for vagueness?] Yet, there are people out there who have degrees in metaphysics and the discussion of Chi would certainly get them going.

[Yes you can buy many such degrees on line... just send money and you too can have a PHD in metaphysics or what ever title you like!]

Back to the question - What is Chi? In the next few chapters we'll be looking at what some tout as proof, others call mysticism, and still others refer to as filtergarb. Hopefully we will be able to shed enough light on the subject of Chi (or whatever name you wish to call it) that you will be able to decide for yourself whether or not absolute proof is actually needed.

Nice boy, but about as sharp as a sack of wet mice.

Foghorn Leghorn

## KIRLIAN PHOTOGRAPHY

Before we get into that specific proof, I would like to attempt to explain another reason why energy fields almost **have** to exist. The proof of these fields is important because many different claims, from Chi to Chakras, have been based on the fact that the body has a surrounding energy field. If such a field can be shown to exist, then some credibility to these theories may exist. The converse is also true.

I will apologize in advance to those who have advanced science degrees for the basic detailed discussion but it is important to follow this discussion for the above stated validity reasons.

As anyone who has studied chemistry or physics knows, every piece of matter is made up of atomic particles. Originally man felt that the atom was the basic building block for all matter but then science discovered that atoms were made up of a whole group of particles. The main particles are named the electron, proton and neutron. [There are smaller PHYSICAL forces at work but this is small enough for our discussion - without getting into sub-nuclear physics.]

The fact is that the proton and the electron carry electrical charges about them. The electron carries a negative charge and the proton carries a positive charge. The neutron, carries no electrical charge and is neutral, hence it's name. On paper, the number of electrons and protons are supposed to match in each atom. Therefore, when you add up the number of positive and negative particles, the charges generated by these two types of particles in each atom should cancel each other out.

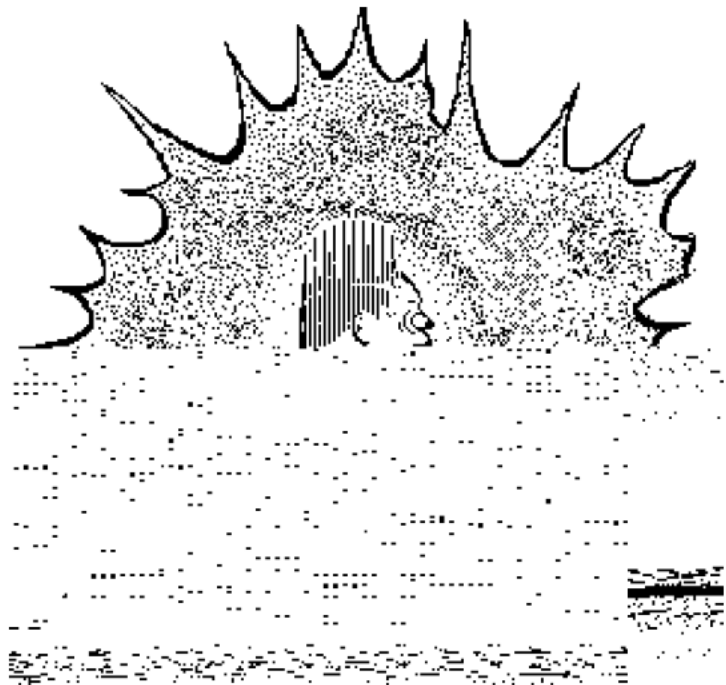
However, in real life things are seldom as easy as they seem on paper. When atoms are combined into compounds, or groupings of atoms, the electrons and the protons tend to

migrate towards different sides of the compound so that while there may be the same number of positive and negative particles in a compound, there is an actual charge on the compound that depends on where you measure the charge.

Because the overall charge does not balance in most atoms, there is an attractive force towards particles that have the opposite charge. This charge and attraction is what holds groupings of atoms and compounds together. This electrical charge principle is at work in every compound found in nature, and is especially so in the proteins, necessary for life, and which make up organic matter.

The next step is for you to realize that every charge around a particle, atom, or protein chain is actually an electromagnetic field. Electromagnetic field is nothing more than a fancy term for the energy field that is generated around every charged particle. Since every charge has such a electromagnetic field, then every protein chain which makes up the human body, is, in fact, a collection of electromagnetic fields.

Therefore, when you think about all the charged particles, which exist, in your body, it is no hard stretch of imagination to figure out that we are, in fact, a walking collection of electromagnetic fields.



### Eavesdropping on an experiment

Right here, however, I want to inject the fact that these fields are **very weak** and while physical science has known this fact for decades, the significance of such, is not very clear to Western Science.

Back to the topic at hand. Along about the middle of the Nineteenth Century, with the advent of electricity and photography, several people around the world started experimenting with producing images of electrical fields on film.

What they would do was to hook up an object, or a person if they could find a gullible volunteer, to a battery and then give the object or person a shock of electrical energy. The energy waves from this shock would penetrate to the photographic film and leave an imprint on the film that could be seen when the film was developed.

It wasn't until the 1950's, however, when a Russian scientist by the name of Krilian began to experiment with multiple levels of electrical stimulation of fields. Krilian made valid scientific photographic observations of the energy fields surrounding objects using varying voltages and different electrical frequencies. The validity of his findings have been confirmed by numerous scientists all around the world. Even National Geographic featured a story on Krilian photography.

The bottom line is that electrical fields should exist by all the principles of modern chemistry and physics and, of course, the observations of Krilian photography. Almost all scientists will agree with that statement if you don't take it any farther than that. As soon as you attempt to interpret some meaning to those observed fields, however, you get into areas where there is no agreement at all, at least not among Western scientists.

I would like to inject a note of caution at this point before I proceed. I will be presenting some of my own view from this point on and thus the interpretations are subject, and I guess depending on your viewpoint, suspect. I would also like to caution you from accepting Krilian photography as absolute proof of anything. Homeopathic and naturalistic healers have used the reasoning of Krilian photography to spawn a whole series of machines, which, for the right fee, will diagnose all of your body's illness, and others which are supposed to cure them. [For more money of course]

**To date, not a single one of these machines has held up to examination by credible observers!**

A fact as interesting, is that the Homeopaths cannot even agree amongst themselves about the reasons why or the even validity of these devices. [Of course they all believe in their own device but not one made by other Homeopaths]

To combat the urge to head down the path to nirvana based on Krilian photography, we must look at the facts themselves rather than making any broad conclusions. Some of the findings of Krilian photography are worth examining.

The first fact, which we will look at is the fields themselves. When an object is placed upon a film plate and given a sudden charge of energy, termed a spark, (because in fact it is just like the average spark of electricity) a picture of the object is developed on the film. I suggest that you look up any of the numerous books on Krilian photography if you are interested in the pictures of the myriad details.

The fact that there seems to be an energy field around every object photographed is not surprising based upon our above discussion. Let's look at that fact for a minute before we dismiss it. What is surprising, as we said, is not that there are fields around each object, living or inanimate, but that the fields do not seem to be evenly distributed around organic material, especially living organisms.

If you could photograph the magnetic field around a magnet then you would predict to find a generally smooth field, which follows smooth boundaries from one end or pole to the other pole. When a magnet or magnets are photographed by Krilian photography, the expected results are what is seen. No real surprises. Even when more than one magnetic field is intersected there would be a smooth and definitely discrete boundaries where these fields either blended together or repelled each other.

These facts are consistent with everything known about modern day electromagnetic theories of physics and not speculation. However, when a living organism is photographed, there is evidence that fields are not exactly symmetrical and they are definitely not smooth but are instead made up of closely grouped spires. This could be accepted based on some particular properties of proteins except that on top of the asymmetry, Krilian photographs exposed to low levels of light similar to regular



photography show evidence of coarse spikes of energy which radiate out even farther than the closer magnetic spires/ field.

Note: Some scientists refute any meaning to the spires as only being the limitation of the photographic material. They do not at present, however, have any explanation for the coarser and longer spires which radiate farther away from a living organism.

The reason for going into the magnetic field business, is that, unfortunately, those who have done much of the interpretation of the data collected on Kirlian photography have made, in my estimation, a grave error.

They report a definite change in the aura based on the mental state of the subject. The person who is calm consistently has a larger aura than the person in an agitated state. They have also reported that there is no consistent change in a person's aura with exercise. They did document an increase in the aura of the fingertips when a person is drinking. They also report an exercise where they did a sympathetic blockade of nerves of a subject's arm (a procedure where the main sympathetic nerve of the arm, in this case, is injected with a numbing agent) and documented an increase in aura of the side which received the a sympathetic block and a decrease in aura on the normal side.

These findings, plus the findings of certain areas of the body where there seems to be an increase in spires, has caused the acupuncturists and homeopaths to jump on the bandwagon hollering that they now had proof of Chi.

Unfortunately, I have bad news for these bell clangors, the above results can be explained quite easily without the need for Chi.

The sympathetic nervous system is partly responsible for blood vessel dilation in the extremities and definitely has an effect of sweat production. Therefore blockade of the sympathetic nervous system should cause a definite dilation of blood vessels of an extremity (as would alcohol, which is a vasodilator). Of course with blood vessel dilation comes increases blood flow. This is significant because some of the most abundant stores of iron are in the hemoglobin stored in the red blood cells. Therefore

with more magnetic material and, of course, more protein in the extremity, there is bound to be a stronger bio-magnetic field generated.

As far as the special points which have an increased number of spires, they may well be small nerve plexuses which are well known for containing store houses of neurotransmitter substances which are definitely ionic and therefore would cause a change in the bio-magnetic field.

I bring all this up to get you to realize that the subject is not as clear cut or wonderful as those selling magic cures would have you believe. There is, however, several interesting observations on Kirlian photography which have been overlooked by the snake charmers, but which do beg for answers which are not so easily answered.

Kirlian photography has documented the fact that certain people have what appears to be extended auras compared to other "normal" people. Now, while the results are not so clear-cut as to be able to hold up against all critics, there is a special circumstance that does seem to hold up.

There are some people who have been termed as "healers" who have produced documented changes in their patient's aura by just a touch. Even more significant is the fact that these changes have been documented to last for time periods of minutes to hours.

Be it known, I am not talking about your average faith healer here, for the only studies, which I have accepted as valid were those in which were performed in what is called a double blind method. In this procedure, the patients who were being touched had no idea at all if that the person touching them was a healer or someone merely acting as one and the healer had no idea of which of his patients was going to be photographed. The results were startling. In the patients touched by non-healers, no changes in the aura were documented. In patients, and even plants, touched by the healer, definite changes in the person's aura were seen.

Now, before you go off on cloud nine, this only proves that something is happening and

that somehow certain people with healing talent can affect the energy fields of others. Is this Chi? I don't know. It certainly doesn't fit the classical historical definition. It is closer to a faith healer story except that here the subject did not have to believe, for example the plant.

Another subject that must be discussed in any discussion of Kirlian photography is what can be termed the missing part phenomena. This phenomenon is when a piece of an object is removed from the whole and when photographed under Kirlian conditions and when the film is developed there seems to be a faint aura which rings the entire object, including the area where the missing part should have been. Please note however that the aura which surrounds the missing are is definitely weaker than that around the remaining object but is still definitely there.

The fact is that this phenomenon has been used to explain some of the most outlandish theories known to man. Everything from chakras to magic blueprints based on the stars has been based in the missing part phenomena.

Now before you jump off your high horse some important facts about the missing part phenomena:

- 1) The missing part phenomena is not a reliable finding. While, it has been reported, by reliable scientists. However, while even these credible scientists have been able to witness this phenomenon, they have been unable to reliably reproduce this effect.

What that means is that even when they perform the same experiment over without changing a single parameter, the missing part phenomena aura does not show up. It seems to occur only approximately once in around a thousand experiments.

- 2) Unfortunately for the mystics, the missing part phenomena for metals fall into a completely different ballpark, than the phenomena for organic materials.

This is because science fully understands both the memory for shapes and the crystallization which metals develop after they have been formed into shapes. These facts are fully explainable under the fields of metal fatigue / crystallization and memory metals, both subject which are readily researched at your local library but would take up more explanations than this book will allow. Trust me on this one. There is no mysticism in the missing part phenomena for metals.

3) The unfortunate fact is that for organic materials, most reputable scientists who have been able to produce the missing part phenomena effect have only been able to do so if the organic object was first placed on the film and then the piece removed.

This brings up serious questions about the object leaving behind a partially conductive residue when it touched the plate. This would explain why the effect disappears; for once polarized the residue would not conduct an electrical field as easily and would thus disappear as far as the film would record on subsequent shots.

The fact is that the jury is still out in regards to the missing part phenomena. The defense of claims of mystical meaning for this phenomenon is getting weaker by every witness. While Kirlian photography does produce a lot of neat pictures. And while the field of Kirlian does raise a lot of questions that cannot **at present** be answered by modern science.

Still only the final verdict is in we can only keep our ears and eyes open. Will Kirlian photography prove the existence of Chi? I don't know, but I rather doubt it. At present the only reliable applications are in fields related to metallurgy.

Finally I will say that the Development of the Magnetic Resonance imaging (**MRI**) is a now Standard medical imaging technique / device, which uses a magnetic field and computer-generated radio waves to create detailed images of the body, is well known and understood.

However the fact that MRIs can use these STABLE magnetic fields does put another nail into the so-called mystic explanations of the magnetic field around our bodies.

So is [?] the search for Chi only "beginning" ...

Well at least to some people it is -  
And always will be.

But then some people still think the world is flat.

Loud bawling orators are driven to their weaknesses  
As lame men take to horse.

Cicero

## OTHER PLUMS IN THE PIE?

Another point in the discussion of Chi that must be addressed is the research by Kim Bong Hahn that was done in 1968 in North Korea. Bong Hahn reported that he had proved the existence of Chi based on the discovery of special vessels that carried Chi fluid through out the body.

In actuality, Bong Hahn had injected radioactive phosphorus into an acupuncture site and then, based on the fact that the fluid had migrated 30 cm towards the center of the body in 20 minutes, claimed he had proved the existence of Chi and Chi vessels.

Unfortunately for Bong Hahn, no one else has ever been able to reproduce the results of his experiment. Secondly, the experiment has been dismissed out-right by most scientists who claim that he merely injected his fluid into a lymph vessel, as lymph vessel fluid does migrate at approximately that rate towards the center of the body.

Unfortunately for those who want the truth, the Bong Hahn Experiments, have been used as the so-called “proof” and launching ground for every snake oil theory since then.

There is hardly a book or article, which propounds the existence of Chi or tell you how to use that Chi, which does not quote “professor” Bong Hahn experiments as being undisputed fact.



**I see it. I see it!  
I've discovered  
Chi Vessels**

The truth of the matter is nothing could be farther from the truth. To my knowledge, there is not one respected article or scientist who has given ANY credibility to the Bong Hahn experiments.

Another point that must be discussed, is the claim by some, and I do repeat some, chiropractors that they are affecting the body's Chi by manipulating the spine. The fact is that the leading experts in spinal manipulation cannot even agree among themselves about the actual reasons behind the working of spinal manipulation.

If you read the National Institute of Health Monogram #15 on Spinal Manipulation, published by the U.S. Department of Health, Education and Welfare, you will read the diversity of opinion held by some of the world's leading experts on spinal manipulation. You will also notice that not one of them makes even the slightest or inferred mention of Chi or Chi forces.

In my opinion, actually the most probable workings of spinal manipulation are known by modern medical physiology, but are not accepted by the different branches of medicine because of the competitive and hostile attitude that each branch has for the other. In fact, I have gone so far as to give an explanation of spinal manipulation that has worked well for the patients I have treated that works well but also has nothing to do with Chi. For more information on this subject read the FREE booklet, Martial Arts Trauma: Prevention and Treatment by IC/CME publications - downloadable on the QLK website under reference library

Another associated point is that Chi Theory is, in itself, a large money producer. Besides this book, there are literally hundreds and possibly thousands of books which deal with the subject of Chi. The fact is that any martial arts magazine which wants to increase its on-the-stand selling power will either put the late Bruce Lee's name on the cover or some statement about Chi secrets. If they can do both on the same cover, it seems as if they are guaranteed a successful selling issue, regardless of the actual content.

The problem with this is that there are just so many legitimate articles that can be written about Chi. When magazines go out and actively look for articles on Chi or related energy



training subjects, they run the common risk of finding someone who likes to talk or see their name and words in print, but hasn't the faintest idea of what they are really talking about. So many of these of called experts haven't the slightest background in science, medicine, physics or mathematics, and could not tell a natural scientific or medical principle from a hole in a walnut tree. Oh, they can parrot what they have heard from some other expert, embellishing on it themselves by addition of the latest catch words or phrases but, separate fact from fiction? Not hardly. Furthermore, most of them are so invested in what they are selling that they couldn't possible listen to someone else who has an explanation which explains what is really going on.

A good friend of mine tried to explain it to me one day with statement that "those type of people sell the concept of magic, not the facts. That's what the market wants, so that's what they give them. It doesn't matter to the con artist if its true or not, just as long as it sells." Unfortunately for me, I do care and it pulls my chain to no end to hear the filtergarb that flies around and passes for fact.

An example of this was an article is a so-called "prominent" martial arts magazine detailing how striking with Chi could start circulating waves of energy around the heart which could last for days to weeks, possibly months, before starting an arrhythmia which would kill the victim - all you had to do was hit the heart in the latency period. This, they claimed, was the proof of Chi and the explanation of the delayed death touch!

Please, no more! I don't know whether to laugh or get violently sick - I should probably do both.

I'm not going to get into the ridiculous dynamics of that article except to mention two things. First, the so called "latency period" in a heartbeat lasts approximately .1 seconds. (The last half of the T wave for those of you who know anything about the heart.) That's one tenth of a second! If you are fast enough to hit someone in that interval, I would love to meet you. I promise, I will be very polite! Secondly, in all the EKG's I have read, read about, or heard about, plus all the lectures I have heard by cardiologists (some world renowned), I have never heard a single one of them mention circulating waves of

energy outside of the electrical wave which passes through the heart causing the heartbeat.

Frankly, if you know anything about cardiology at all, you would know that such long-term circulating waves, cannot possibly exist. They are just not possible!!! The reason they are not possible is because the heartbeat is based on a very short lived circulating wave of electrical energy.

So, what is different about this wave of electrical energy?

The problem with the long term circulating wave theory is that the heart beat wave causes a total discharge of electric potential in the cells of the heart as the wave passes through each cell. Then the heart cells must recharge themselves before another beat or electrical wave can be propagated. Until the cells reach a critical level of necessary charge, it is not possible for them to transmit any electrical wave pattern, even the normal one. Therefore, no other wave pattern can exist.

So much for the long-term circulating wave theory. This is not only disproven on EKG, but in fact, if it were the case, and the electrical wave did not die out, only those cells which had charged up could fire and the heart would begin beating in a dramatically discordant pattern called ventricular fibrillation. Death usually ensues in about three minutes from the point of ventricular fibrillation.

The problem with the circulating wave theory is that there is no middle ground. Either the normal protective mechanisms of the heart work or they don't and then the person is quickly in deep trouble, and the problem resolves itself permanently.

You should also realize, by the above discussion, that even if you were lucky enough to strike in that precise instant when the heart is in its "latency period," you may cause an abnormal wave pattern for a single beat, but either the next beat would completely restore the heart to a normal beating pattern or the person would, as explained above, go into a dysfunctional rhythm and die within the next several minutes.

The truth is that this article, like so very many of them, was just an excuse for someone with a little (in this case very little) knowledge to flap their jaws in public, and a publisher to sell more magazines. The really unfortunate part of all this is that there are actually people who believe all this filtergarb. [And that is the reason I write - to stop the BS]

There is not a seminar I have gone to where you can't find someone who has memorized the location of at least a half dozen acupuncture points and at least as many cockamamie theories. These people are always willing to spout off all these fancy theories and show points, but can never give actual, in-depth reasons why things work, or more often than not, don't work.

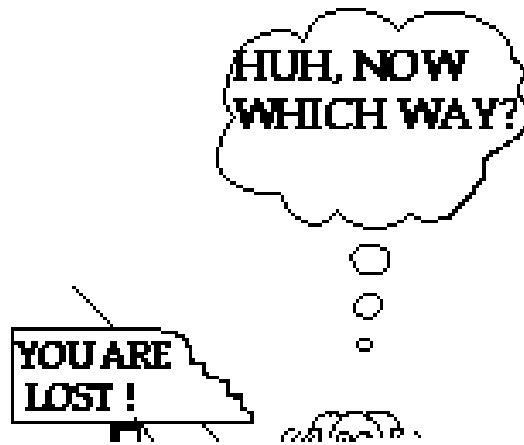
The real problem with all this filtergarb, and the reason why it pulls my chain, is two fold.

1) It sends younger, newer martial artists who would really like to learn off on tangents that get them nowhere, except broke and frustrated.

2) It continues to give ammunition to those in professional fields who don't take martial arts seriously but instead group all of us together into the heading of physically well conditioned but not having much in the smarts category. They see us as perfect victims for the snake oils salesman and, in fact, as long as we tolerate such filtergarb, we are just that.

For those medical personnel out there reading this, I do recognize re-entry phenomena, but that is not even close to multiple circulating waves of energy, rather merely a variation of the normal wave pattern causing improper firing of the normal waves through defects in the nodes, thus producing arrhythmias.

Monday is an awful way to spend one seventh of your life.



. . . . .

## To Believe or Not to Believe

There is really no way that I can convince you beyond a shadow of a doubt that Chi exists. That doesn't mean that I am not going to try. We have already discussed the history of how long man, in one culture or another has believed in energy forces which surround the body. Kirlian photography as described in a previous chapter has added considerable fuel to the fire for those who are looking for reasons to believe. However, as we described, the proofs offered based on Kirlian photography leave much to be desired as do the proofs offered by other so called experts.

Instead of continuing to beat a dead horse, I suggest we look at the evidence that does have validity (i.e. can be proven) and see how far that takes us.

The first fact we know is that biological proteins have electrical fields around them. This has previously been discussed and won't be reiterated here.

The second fact is that Kirlian photography shows variable fields around living matter, especially humans. Some of these variations can be explained by understanding the mechanisms of human physiology and some cannot.

The third fact is that experiments have shown that touch has definite therapeutic value. Studies done in hospitals on babies have shown that touching produces definite improvements in growth and health patterns that cannot be explained by any other mechanism.

What does touch have to do with Chi? Well, it is obvious if you read the literature that there is definite sort of improving/stabilizing force that occurs, not only to babies, but to anyone who is treated correctly with therapeutic touch therapy. So far, the exact mechanism is unknown but there is definitely something going on.

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Therefore, if we combine these three facts, we can reasonably argue that indeed the body does have a bio-magnetic field that surrounds us and that one person's field can have, under the right circumstances, some beneficial effects on another person's. In fact, this either does or does not prove Chi, depending on which side of the fence you want to sit. I will leave that decision for you to make.

Before I close this matter, I would like to present some of my own theories. I have separated them this way because they are, in fact, theories and as of present I have no way to prove them. Still, I will present them and the reasons why I believe as I do and then you can accept them or reject them, as you will.

The fact is that I do accept the presence of energy of the body - and of the mind, based on our prior proof. Is that Chi or something else ... I do not know and am not prepared to lecture this point to anyone - on something I do not have a grasp of the answers.

What I do not accept as others have, is the claims that Chi can be used to damage anyone. The simple fact is that you can cause all sorts of lesions (fancy word for damage) in a person that can upset their energy balance and every other organ in the body, either in a short-term mode or in a delayed mode. If you have any doubt of that, then I suggest you read a medical physiology text or the book I wrote on Poison Hands, which describes numerous ways that you can do that.

Every description I have ever read which attempts to explain or validate damaging a person's Chi can also be explained in physiology terms that have nothing at all to do with Chi. I have heard stories of projecting Chi and harming another person. But proof? I have yet to have ever been offered a single piece of objective proof! Therefore, I believe that Chi can help, but it cannot by itself harm another person.

Secondly, I believe that Chi is tied in (although not directly connected) to the alpha waves of the brain. Kirlian photography studies have shown that when a person is in a meditative state their energy field is at the highest. It is during this same meditative state that the mediator's brain is producing the greatest number of alpha waves. Tied in

with this, we know that meditation produces relaxation of the muscles. Relaxation of the muscles in turn decreases sympathetic nervous system effects on the body. By Kirlian photography, it has been proven that when you decrease sympathetic tone, you increase the body's energy field. The fact that this is probably due to increases in blood flow is insignificant at this point. Conversely, it can be assumed that non-meditative states, particularly times when you have tight muscles, you have decreased blood flow, increased sympathetic tone and thus have a decreased energy field.

Biofeedback is another area, which supports the alpha wave theory. Normally the brain produces low levels of alpha waves. Biofeedback studies have proven conclusively that alpha wave production increases when a person is in a relaxed state. These studies show that alpha wave production peaks during certain meditative states.

Furthermore, biofeedback has also proven that alpha wave production levels can be altered significantly with training. Research into meditation has shown that experts in meditation reach far higher levels of alpha wave production than most people. This research has also shown definite increases in a subject's alpha waves after only a few hours or training and practice. (See the vast amounts of literature on biofeedback available in most medical and public libraries for more information on this topic.)

For the average person who does not have access to the very expensive biofeedback equipment available in research facilities, the marketplace has come up with numerous devices which can be purchased, for varying amounts of cash, of course, with which you can supposedly monitor your own alpha waves, thus getting feedback into the progress you are making.

Please note: I am not endorsing any of these devices. In fact, the ones that actually monitor alpha waves with any accuracy are expensive and the more common devices do not measure alpha waves at all. Instead they measure skin electrical resistance that correlates inversely with relaxation states. (The more you relax, the higher the skin electrical resistance and vice versa.)



It is my theory that when you touch tired, over-tensed muscles, you help them relax. While this is commonly called a massage, I believe that the mechanism is actually based on transmission of energy in the form of alpha waves from one person to another. I believe it is the touch itself and the transmission of the alpha waves, which produces the majority of the effects. The actual motion of the massage just helps confuse the brain as to which muscle fibers are in spasm and how much pain is emanating from any particular point.

This is actually a fairly easy point to support. You can test it out yourself. The next time you have the opportunity for giving a massage, instead of kneading the muscles of the person receiving the massage, just lightly rub your hands over the area to be massaged. If you watch the person receiving this modified massage, you will still notice many of the same effects (plus probably confusion on their part for the change in routine). I caution you that the state of mind you are in will have even more effect on your outcome doing this exercise. Thus, the more relaxed you are, the better the effects you will have, and the less you relax, the less effects you will produce.

Now before you dismiss this as a crackpot theory, think of this. First off, medical science does not as yet have an explanation for why a massage feels so good. Everyone accepts the fact that a massage helps the muscles relax, and that feels good, but why does it feel good? If a muscle is overly tight, tired and/or damaged, then pulling or rubbing on it should only cause pain and further damage, not benefit. Yet everyone of us knows that it is exactly in these situations where we will put up with the slight increase in pain, (because of the massage) knowing that the overall benefit will outweigh the slight increase in pain.

Back to my theory. You may have some difficulty understanding and/or accepting why waves created in the brain can be transmitted to the hands. Well, it is not only possible, it is very probable. Look at the heart for an example. The heart is an organ which is smaller than the brain, and which produces less electrical energy, than the energy put out by the brain. Yet, it is possible to measure electrical waves from a heartbeat at any point in the body.



Therefore, it is just as likely that the waves generated in the brain are also transmitted throughout the body.

I believe this has been overlooked, as an important fact because there are so many different types of brain waves and because brain waves come in random patterns, along with the fact that medical science really doesn't know what to make of these waves. Therefore, the fact that brain waves may be recorded throughout the entire body is not a new bit of information, merely one that before now has been ignored as a neat but worthless bit of junk information by medical science.

Well I ask you, what if those alpha waves, which are coupled with our relaxation state, can be transmitted by touch? (And probably only by touch, to my belief.) Then maybe these vibrations are what cause tense, damaged muscles to relax, causing the decrease in pain. This would explain why some people can give better massages than others, despite using the same techniques, and also why the mental state of the person giving the massage has such an effect on the benefit of the massage.

If you don't believe that last statement, think of the times you have received a massage. When the person giving the massage was agitated or uptight, you seemed to have gotten very little help. But if the person was in a relaxed and/or loving state of mind, didn't your whole body relax and drift off into an almost meditative state?

Also, it is well known by people who work around and with animals that animals can sense a person's fear. I know from personal experience that horses are especially known for being able to tell whether their rider is afraid of them whether the rider speaks to them or not. Many people who work with animals will confirm this. Some will tell you it is how you hold your body or the tremors in your voice. The fact is that the alpha wave theory is just as valid of an explanation as any other theory.

In summary, I cannot prove that my theory about alpha waves is anything more than wishful thinking about wanting an answer. That is what makes it just a theory.

However, if you work on the assumption that alpha waves or some other brain wave are

being transmitted throughout the body, then several principles come to light:

- 1) This force is primarily a healing force, not a harming one.
- 2) Touch must be made for any significant transmission to occur.
- 3) Muscle tension, because it tends to produce its own (muscle) oscillations, dampens out any alpha waves produced. Therefore, the best position to produce alpha waves is the one, which allows you to be the most relaxed.
- 4) Because all brain waves are to some degree controllable, adequate training will allow you to increase your abilities.
- 5) There are and will be some people who will have natural abilities to produce alpha waves above and beyond the natural level of the average person, based on normal variations in brain structure and composition.
- 6) Because these are a waveform type energy, they will be transmitted throughout the entire body, with the strongest wave forms being present towards the head and conversely the weakest towards the feet. Also while there may some increase in propagation through denser masses of the body, there will be no special lines of transmission of this force.

For those of you who are questioning the significance of my last statement, this does not mean that acupuncture is invalid. The two subjects are completely dissimilar.

Acupuncture points are still valid, they have been scientifically proven to exist and their mechanism of action is known. It is the meridian lines that supposedly connect these points which is in question.

There are many more small points, but you get the drift. Again, I must reiterate, this is all just my own personal theory and can and should be discarded if and when there is any scientifically validated evidence to the contrary.

If you have found my theory entertaining, or even slightly plausible, then I thank you for the time you spent. If not, well, there is always the garbage can for bad fiction. As I said, if you accept the theory of alpha waves, the points in this chapter make sense. At least in my mind. If you do not accept it, then we return to the beginning and must search anew for a reason to explain the benefits of touch.

The world can only be held without effort.  
As soon as there is the slightest effort,  
The world is beyond holding.

Taoist approach to life

## Benefits of Chi

No matter which concept you believe at this point, if you believe in Chi at all, then you probably subscribe to the reported health benefits which occur with improvement in your Chi. If you believe the Alpha Wave Theory I put forward in the last chapter, then you should realize that Alpha Waves are produced when the mind is in a relaxed state. This is also called meditation.

The simple fact is there is ample evidence in Western Medicine that an improved ability to relax can affect the body and in general improve the overall condition of health. In fact there is a new medical science that has begun in the last decade, called Psychoneuroimmunology, which explores the link between the mind and the body's health state.

The following is a partial list of the body's systems that have been proven, to be affected by stress/relaxation levels:

**Diabetes:** Research has shown that stress produces a release of a substance in the body called cortisol. One of the effects of cortisol is to increase the amount of sugar in the bloodstream. For someone who has diabetes, this is exactly what they do not want. In fact, lowering cortisol will thus lower the blood sugar and make control of the diabetes much easier.

**Peptic ulcer disease:** I don't have to tell you that stress is linked to ulcers. Such knowledge is common knowledge, but true nonetheless. Therefore anything, which

produces a reduction in stress, will be beneficial in helping heal and decrease the incidence of most ulcers.

**Crohn's disease:** Also called Ulcerative Colitis, Crohn's disease has a direct relationship to **stress**. The greater the stress the worse the disease. Thus the concept of Psychoneuropharmacology has proof of its claims, at least in basic

**Hypertension:** There is a direct link between a person's blood pressure and the amount of stress they are under. While I will not imply that reducing your stress will solve your blood pressure problems, I will commit myself to saying it won't hurt.

**Sleep patterns,** overall fatigue & improved work efficiency: Anyone who has been too wound up or worried to sleep knows that if they could have relaxed they would have not only felt better, but also probably could have dealt with their problems better, both on and off the job.

Unfortunately, too many Westerners dealt with such problems by resorting to drugs of some sort of another, (especially alcohol) mistaking the euphoria they get when their brain is no longer able to think about their problems with feeling better. In fact, such drugs only increase the stress because they decrease the ability of the brain to function and make it work harder to do the everyday things we all must do.

The fact is that anything which helps you sleep naturally, (i.e. no drugs) will help reduce stress and improve your ability to concentrate on problems. Since the better you can concentrate on a problem, the better are your chances of solving them, stress reduction programs have been proven beneficial to both private individuals and major businesses alike in improving productivity.

There is also increasing evidence in medical articles that the field of Psychoneuroimmunology can effect the body's response to the following diseases:

**Post Traumatic Stress Disorder:** There is mounting research that a major traumatic event in your life can cause changes in your brain chemistry that can affect you for the

rest of your life. There is also research to show that these affected individuals can also develop coping mechanisms to deal with these changes. Unfortunately those mechanisms require a lot of hard work and are less than perfect.

Peripheral Vascular disease: I find it interesting that in a country which has as one of its latest fads decreasing cholesterol because of the supposed decrease in atherosclerosis, that stress reduction has not entered in the picture.

We have already said that elevated stress levels increase your cortisol and therefore your blood sugar levels. Well, elevated blood sugar levels are definitely one factor in the development of small blood vessel disease, which is close to the same thing as atherosclerosis but at a different level. Even if you ignore that point, you should know that stress increased the amount of constriction of the blood vessels by causing the body to be more sensitive to vasoconstrictive substances called catecholamines (examples are epinephrine and Norepinephrine).

When blood vessels are clamped down, not as much blood can be pumped through, therefore causing the same effects as atherosclerosis.

**Cancer:** There is research evidence in laboratory animals of a decreased incidence and mortality from cancer in animals that are placed in low stress environments compared to the same type of animals in moderate stress environments. There is a dramatic increase in the incidence and mortality from cancer in highly stressed animals compared to the normal stress or the low stress groups. While this information has so far only been validated to apply to laboratory mice, one has to wonder about the effect of high on humans.

**Infections:** There is also laboratory evidence, again so far only in mice, that there is an increased number of infections - both bacterial and viral in moderately or highly stressed mice compared to the low stress group. Again this may not apply to humans but one mechanism which would apply to humans can be explained by the fact that cortisol causes a decrease in the immune response of a body.

This has been proven in humans. Now, if we have high cortisol levels all the time, then it only makes logical sense to extrapolate the fact that our immune systems will not be functioning at peak levels. Please note that this is speculation and I do not have hard numbers to back up this theory on sub maximum immune system function. Still, this extrapolation does make sense to me personally.

There are a lot of other investigational studies being conducted these days, but I'm sure you get the point. Regardless of what theory you subscribe to, improvement in your relaxation/Chi state will not harm you and may do you a significant amount of good.

Many believe, few understand.  
Rare is the one who can internalize.

## EXERCISING THE FORCE?

Let us assume that for this chapter you have at least tentatively accepted my arguments in the previous chapters and are willing to grant the existence of energy fields around the body. So what, or more to the point, now what? Well, the purpose of this chapter is to help you develop those forces. Please note: I will be referring to these fields as Chi fields or Chi, mostly for ease of convention. The fact that my definitions and explanations of these fields do not correlate with the rumors of what Chi is or what it does, does not alter my views; for fact is frequently far different than fiction. The trick, of course, is to be able to know the difference.

I must make clear right now that this will not be an exercise in how to heal or affect someone else with your Chi field for two reasons.

1) Before you can affect someone else with your Chi field, you must do the work, to be able to understand and control your own body's energy field.

And

2) I really don't believe it is morally right for you to even try such things when you don't have control of your own energy-self mastered. Besides, if you did cause an effect, there would be no way you could reverse those effects if you had produced an unwanted bad result.

This will also not be an exercise in generating an increased negative energy field. While I will readily admit the powerfulness of these fields, I am not into trying to enhance



them. If that is your desire then I am sure you can figure out how to do it on your own. However, you will have to suffer the consequences of that development. I want no part of it.

So how are we going to develop these forces? Well, we have already stated that there seems to be some relationship between relaxation and a stronger positive energy field. You could, of course, buy some sort of device that helps you identify brain alpha waves, but I really doubt that any amount of technology will do any better than good understanding and sufficient practice.

So what should we practice? Well, first off, meditation! For centuries different masters have extolled the virtues of meditation and I believe from the previous chapters you can see that it will increase the intensity of your positive energy field. However, you should know something about meditation that is really important.

First off, there are actually two different types of meditation, active and passive. Passive meditation, which is the more commonly known form, is in fact the least beneficial, of the two types, but we will deal with it first because it definitely is the easiest. Classically thought of as a person sitting in the lotus position, eyes closed, oblivious to the world, passive mediation has been practiced for centuries around the world.

Advocates of passive meditation fanatically ascribe all sorts of health benefits to it. In fact, there are medical explanations for meditation being able to improve conditions like high blood pressure, ulcers, insomnia, certain skin diseases, and so forth. Therefore, even for the die-hard skeptic who would like to not believe, there is enough proof in medical literature that the health benefits alone make the practice of passive mediation worthwhile.

For those of you who are not up on the technique, I will give a short (alas probably seriously deficient) explanation of the technique. First, find a comfortable location. Next close your eyes. Thirdly, begin to breathe in through your nose and out through your mouth, very slowly.

You should attempt to breathe softly and smoothly, as one master described to me, so that you would not disturb a feather sitting three inches in front of your face. The next step is where most people make their worst mistake. Actually they make either one of two mistakes. Sometimes they make both.

The common perception, and most common mistake, is to try to focus on nothing. How can someone focus on something, which is not there? To try and force your mind to remain blank for any period of time, experiencing the "nothingness", is next to impossible (for the non-brain dead anyway).

Most people give up at this stage because they can't obtain the mental state they wished for easily and realize that they are not willing to put in the horrendous hours to control their mind that well. The reality is that there is a way to obtain the state they desire which works even for the beginner.

The trick, if it can be called one, is to focus completely on your breathing. When you focus on controlling your breathing as described above, your mind will be too busy to do anything else. No stray thought will enter in if you indeed keep your mind on your breathing. If you do find yourself drifting into other thoughts, then simply return to the focus of your breathing and they will disappear.

Now I will admit that it will take some practice to stay with a focus, but believe me, it is much more productive to focus on something so hard that your brain experiences nothing else, than to try and focus on nothing and your brains reacts to the nothing and thinks of everything.

The less common mistake is to just let your mind float freely. Practitioners who do this find that they do experience some sensations of fatigue banishment and reductions in stress. However, I want to make it clear that while this is beneficial they are merely experiencing a common daydream, dressed up in a fancy ritual to make it seem all right. The fact is that daydreaming is a way of stress reduction and a natural part of brain activity, so I don't want make it seem that I am against it, but this is not really meditation.

Meditation is an attempt to bring the mind and body together into a peaceful harmony. To get them tuned so that they are working in the same wave cycle, so to speak.

Anything which reduces mental stress, does move a person a step or two towards this goal, but stress reduction alone will never bridge the gap between the mind and the body by itself. To do that, correct training and exercises like meditation are needed.

The second form of meditation, and from my past training, the more beneficial type of meditation is to meditate actively. This state is closely related to the benefits of exercise and, in fact, I believe many runners actually are meditating when they run; they just haven't called it by that name.

The principle isn't that much different from passive mediation. You don't think I would have gone through all that explanation if there weren't a reason, do you? Now I will use running as an example but any exercise which is repetitive and does not force you to keep mentally active at the same time can be used in its place. This unfortunately means that many exercises do not qualify.

Now, I will not go into all the health and cardiovascular benefits that are obtained from running or other equal exercise program. The health trends in this country have saturated the markets with more than adequate magazines and books for me to waste paper and ink expounding on that topic, except to state that from a medical standpoint, most of the reasonable claims are valid.

The proper method of active mediation is almost the same as for passive. Begin your exercise. As soon as your mind and body get over the initial oxygen deprivation panic, force your mind to focus on your breathing and only your breathing. Let your mind turn itself off, so to speak. Yes, you will have to keep your eyes open, and by our earlier definition, the so called technological readings of alpha waves were lower for someone with their eyes open than with their eyes closed, but with a little practice (assuming you are in physical shape to accomplish the exercise) you will be able to put your mind on automatic. Once your mind is on automatic you will be in a state of mild meditation.

The deeper you can force yourself into automatic functioning, the more benefit you will obtain from this meditation. If you do practice this technique, you will quickly find that you will be able to run longer, smoother, and suffer much less of the physical after effects from the run. In fact, it has been related to me by one of the masters I have studied under, that active mediation has slightly greater than ten times the value of the same time spent in passive mediation. I will admit that his prejudices were obvious, as he had little use for the “dust sweepers” (people who sit crossed legged, trying to force their mind into nothingness states), as he called them, but from my own observations of doing both types of mediations, I personally agree with his viewpoint, at least as far as active mediation goes.

The next exercise that we are going to work on is one where we directly affect the energy itself. In our last chapters it was stated that researchers found that some people could put themselves in a mental state which they produced different auras. This will be a way for you to do such. In fact, this is really nothing more than an advanced form of passive meditation that instead of focusing on the nothing, focus on controlling the body and it's energy. Of course, if you do not believe in the body's energy, this exercise will be a waste of time for you. Still, try it. You might find it fun.

We will start these next exercises from a passive mediation position although I suppose it is possible to accomplish them in active mediation, it just takes considerably more practice. Again, find yourself a comfortable position. Close your eyes and begin your breathing techniques. Now I want to change the routine you have previously followed. This time I want you begin to focus on a ball of colored energy, which you will call up between your eyes.

I want you to create this ball of energy and just have it float there for several minutes. The ball should form about an inch or two above and in front of the bridge of your nose. Initially, just concentrate on forming the ball into a nice spherical shape.

Next, I want you to SLOWLY cause the ball to move away from you. Keep the ball an equal distance from both eyes, just move it farther away from your center point. Now slowly bring it back to the starting point. When you can do this with good control, then

I want you to concentrate on trying to make the ball change size and then color.

Once you have gotten even moderate control over the actions of your ball of energy, I want you to cause the ball of energy to touch your forehead then SLOWLY split the energy contained in the ball in half and slowly have it flow down both sides of your face, then your ears, your neck, shoulders, arm, forearms and then into your hands and finally the palms of your hands. It is important that you move the energy from the ball slowly and that you focus on touching all these separate point as it moves down your body.

Once the energy has arrived in the palms of your hands you should be able to feel the warmth and weight of the energy ball as you sit there with your eyes closed. Now SLOWLY bring your hands up, until the palms are pointed towards each other. Then bring your hands towards each other. As you get closer and closer together, you will feel a point before your hands actually touch when the energy in each of your palms will reach out and blend with the energy in the other palm. In fact as you near that point you will be able to feel the energy reaching for the other energy once you have become proficient at this exercise.

I should make you aware of the fact that many people have erroneously come to the conclusion that because the two different energy pools reach for each other they contain separate electrical charges. The fact is that this energy has nothing at all to do with electrical energy. It has no electrical charge and reaches for the other pool because they are both, one and the same thing, self-attracting living energy, and as such merely joins together in attempt to recreate the whole. You simply [and only] created these energy pools in your palm from the same ball of energy, did you not? How, then, could they possible have different charges or properties?

At any time you can begin this set of exercises again or open sensation of warm relaxation/tiredness but you will also feel refreshed.

This is passive medication done as I was taught it.

What does all this mean?

What about the sensation of energy felt by those of you who tried this exercise?

Sorry, I am going to cop out and not going to answer that one because, like I said at the beginning, some things are only my personal speculation, and this is definitely one of them.

In this case, this last exercise MAY have religious explanations, and as such, is one of the areas that I refuse to discuss the significance of at this point in time.

Besides, if you really keep your mind open, you will be able to observe for yourself what is happening and will not need my words to limit your experience. Cheng Wei Quan principle: The true properties of life and religion reveal themselves in time to those who will listen.

If you want a scientific explanation, then I will state that by changing your relaxation state, you are affecting your body's energy as was explained in the chapter on the benefits of Chi. However, for those who actually tried this exercise, there is more there which defies explanation on paper.

“Virtue in the middle,” said the Devil,  
as he seated himself between two lawyers.

## Questions

In this book I have tried to answer some of the questions about Chi. I feel I have done a fairly good job overall. I even got a chance to develop some of my own theories about what Chi is and how it really works.

There are, however, some questions that should be asked for which I admit, at present, I do not have adequate answers. In some cases, some answers have been put forth by so called experts. Unfortunately, in most of these cases there has not been an adequate explanation of the why.

And as the closer you look at the question, the more holes the theories have. Therefore, until these questions are answered, meaningfully, (and by that I do not mean with compound answers based on superstition or half truths) the only attitude is to realize that not all the facts are known and to keep an open mind. My personal philosophy is to try and keep an open mind but look with a skeptical eye, ever mindful of the snake oil salesman, looking for a fast reputation or quick buck.

The following are a few of the situations where there are definitely questions, which remain to be answered. I do not mean to imply that these are the only questions needing answers, only that these are two examples.

## Situation 1

We have all heard stories, and in fact, you can find stories in most major newspapers at one time or another if you look, about a mother, grandmother, etc. who did some spectacular feat to save a loved one. One example may be that they lifted a car off their loved one who was in danger. The interesting part is not the feat itself, but comes to play when you try to explain how these feats were accomplished. In most cases, the person was not physically able to do or sustain similar efforts either prior to or after the situation was over. However, during the situation, they just did it.

Medicine has tried to ascribe these feats to the presence of large amounts of adrenalin. This, however, is a totally inadequate explanation for it does not explain why the person did not sustain major tissue or bone damage.

If a mother lifts a car off her child in such an emergency - regardless if it is adrenalin giving your muscles the energy - why doesn't she rip muscle from bone? Why don't her bones break, or her spine herniate? At any other time, if she tried to lift half as much, all these damages would occur, yet recorded episodes of these events do not record major (only minor) damage to the person performing the event. I can guarantee you that adrenalin or any other substance Western Medical Science presently knows about cannot produce such protective effects.

In Cheng Wei Quan, a style I studied when I was younger, I was told that, in fact, the body is capable of anything. It is only the limitations of the mind that keeps us from doing such feats routinely. I was told that in these situations our minds forget that we are not supposed to be able to do these feats because we are so wrapped up with what is happening.

Unaware of our supposed limitation, we just do whatever is necessary. It is not until the situation is over with that our former doubts re enter our mind and once again limit us from accomplishing the same thing again. Maybe this is, in fact, actually the case. At the



present I really don't have an adequate alternate theory. I know for a fact that the adrenaline theory has more holes in it than the average piece of Swiss cheese.

## Situation 2

Fire walking is another example of unexplainable protective effects of the mind. Call it Chi if you like. The real fact is that science does not have adequate answers (to my knowledge) of why a person can walk across hot coals without major burns. Small superficial burns don't count here; hot coals should produce third degree burns which need surgical repair.

Yet these people don't get burned as long as they are "in the right state of mind". Alpha waves again? Or is it something entirely different?

You tell me, for I do not have an answer except the one I previously stated and I admit that that the ONLY theory I have is only the wild un-provable second hand theory I got from my Cheng Wei Quan martial arts instructor almost 20 years ago.

Personally I do not claim to know the answers to these or other similar questions. What speculation I have is only that and shouldn't be taken seriously without proof, of which I can offer Anyway, I hope you have enjoyed this book. Maybe even gotten some insight into your own beliefs on Chi. Maybe you have only decided to leave the questions open. Either way, it is only with an open mind that we will be able to progress towards the eventual truth.

The Questions are far more important than the answers!

QLK proverb

I thank you for accompanying me on this exploration.

I have not tried to close off the Questions in this are-  
ONLY present facts that make the search stay  
On the path of reality and force light on those  
That want to profit, from those pushing magic

I hope that the reader will continue to seek with an inquisitive mind  
And continue to ask Questions

BUT demand facts for answers -  
Not accept made up fancy terms or quackery

May our opportunity to learn never end

And that we have the wisdom to continue to ask the hard questions

Thank you.

Bruce Everett Miller

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Rita B. Messing Loy D. Lytle

University of California at Irvine, Department of Psychobiology, Irvine, Calif, 92717 and  
Massachusetts Institute of Technology, Department of Nutrition and Food Science,  
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