

Energy Healing Info



ENTRAINMENT AND THE SCIENCE OF ENERGY HEALING

Energy healing and entrainment, let's get to the heart of the connection between these two concepts. A new physics principle called entrainment was discovered in 1665 by a Dutch Physicist and Scientist named Christian Huygens. He made many well known breakthroughs in the field of physics and astronomy, a few of his more noted being Huygen's Principle of secondary wave fronts, Light-Wave Theory, in-depth research into the [rings of Saturn](#), and the revolutionizing of time-keeping through the creation of pendulum clocks.

It was during his research with pendulum clocks that Huygens noted the new physics concept. Huygens found that when he placed two of them on a wall near each other and swung the pendulums at different rates, they would eventually end up swinging at the exact same rate. They fell into rhythm with one another. He realized that this concept applied to not just pendulum clocks, but as a basic law of physics.

Since that time in 1665, the concept has become a well-accepted principal of physics. The principle is universal and appears not just in nature or mechanical pendulum clocks, but also in principles of chemistry, pharmacology, biology, medicine, psychology, sociology and more. The concept is firmly established, researched, and accepted by the scientific community.

A basic **definition of entrainment** is the tendency for two oscillating bodies to lock into phase so that they vibrate in harmony.

Physics concepts can go in one ear and out the other so we've added a few more definitions of it to help it sink in. It can also be described as a state where whenever two or more oscillators in the same field are pulsing at nearly the same rate, they tend to "lock in" and begin pulsing at exactly the same rate. The powerful rhythmic vibrations from one source will cause less powerful vibrations of another source to lock into the vibration of the first source.

An even simpler definition is that it's a synchronization of two or more rhythmic cycles. The theory behind entrainment is that the less diversity there is in a system the more energy it will conduct. In plain English it's easier and takes less energy for systems to work in cooperation than in opposition.

We always find it easier to grasp new concepts by examples, so we've included a handful here. Some examples found in nature and physics are as simple as a beautiful fall oak leaf and a weathered stick.

An oak leaf flitting through the air on a breezy fall day doesn't move faster or slower than the wind pushing it along. It flies at the same speed as the wind gusts. This is a basic example of entrainment in nature. It would be harder for the leaf to move faster or slower than the wind so it "entrains" to the speed of the wind and let's the wind push it along. The leaf is the weaker system and the wind is the stronger system that it entrains to. It is a natural process that happens automatically.

A second example found in nature is that of a stick floating down a river. The stick floats along with the river's current. It doesn't hurry up and float faster or hold back and try to float slower. It naturally floats at the same speed as the river's current. It would take more energy for the stick to float faster or slower than the current.

Entrainment happens all around us, all the time. It's like Newton's Law of Gravity. It just is. It occurs biologically, such as when women who spend a lot of time together find their moon cycles synchronizing. It occurs sociologically such as when people in the same cliques or communities or social groups dress and think similarly. It happens mechanically, like all of the grandfather clock pendulums in a clock shop swinging together in unison after a few days, even if they started off unsynchronized.

It can be found on emotional levels too, such as what happens when you walk into a room full of people who are laughing and light-hearted and your mood magically lifts to match theirs. Even our brain waves follow this physics principle. It happens when people are subjected to certain stimulus and their brain frequencies shift to calmer states.

You might be asking yourself right now. What does that have to do with energy healing? It has a lot to do with it.

Let's start with the broad concept of energy healing and discuss it from a metaphysical point of view. A common method of doing energy healing is for the practitioner to place their hands on a client. The practitioner opens their crown chakra and allows themselves to be a channel for pure, white light, universal energy. That energy then flows through the practitioner's body/aura/cells down their arms, and out through their hands where it flows into the client's body/aura/cells.

Depending on the client's receptivity and willingness to release blocked energy, the pure universal energy will replace/heal/remove their blocked energy. This is an oversimplification of the concept, but it is an accurate description. Anyone who has practiced channeling [Reiki healing energy](#), Qi Gong, Kundalini meditations, or a myriad of other ancient methods of moving body energy know that this concept is not just fiction. It can be felt.

All right. So we've covered the scientific law of physics called *entrainment*, and then we wandered off into the metaphysical theories of energy healing work. How do the two meet? Here's how....

Entrainment, although we didn't learn much about it in our high school science labs, is a well documented and completely accepted law of physics that affects our natural world. It has been scientifically validated in a vast number of different scientific categories of study. There is chemistry, pharmacology, biology, medicine, psychology, sociology, just to name a few. People, being a part of the natural world, are affected by this physics concept biologically, psychologically, sociologically, and spiritually.

Here are a few more examples of how it affects us. A heart transplant patient receives a new heart. That heart is foreign to their body. The heart must entrain to it's new body or the transplant will fail. That's a biological and medical case of entrainment.

A psychological case of entrainment is a patient who is given a guided imagery meditation program by their psychologist to help them have a calmer, happier mind state. When the patient does the program on a daily basis they are entraining themselves to the calmer happier mind state that the [guided imagery](#) tape provides.

All right. Now we have two very clear examples of entrainment working on people on the physical/biological level and the mental/psychological level. Here we're going to take a little hop and apply the principal to energy healing on the physical and mental level.

A CASE STUDY OF ENTRAINING TO HIGHER VIBRATIONS

We have a hypothetical client and healer. A client named Frank comes to an energy healing practitioner named Sarah. Frank has a list of things he wants to work on. He's seeking [relief from anxiety and stress](#), he has a nagging digestion issue that won't go away, and he's feeling spiritually disconnected from other people in his life.

Frank's life is all right, but he feels stressed out, irritated, low in energy, and generally average. Life has lost some spark.

Sarah on the other hand has a daily meditation practice, exercises and eats appropriately, and feels a beautiful connection with the people in her life and the divine order of the universe. She regularly connects with friends and has meaningful relationships. In short, Sarah is a balanced, happy, healthy person. She is also a gifted energy worker with years of practice in her field.

When Frank and Sarah come together they are the two oscillating bodies discussed in the definition of entrainment. Oscillating means vibrating. It is scientifically proven that every cell in our body, every atom in the universe is in a state of vibration. It is a well-established concept in quantum physics. We and everything on the planet vibrate/oscillate.

So, the tendency for two oscillating bodies is to lock into phase so that they vibrate in harmony. The weaker of the two oscillating bodies will have a tendency to adjust to the stronger one's vibration.

Back to Frank and Sarah. Frank is the weaker of the two oscillating bodies. Sarah is the stronger. When Sarah does energy work on Frank for a full hour she does several things. She plays soothing new age music, she surrounds him with crystals, and she channels Reiki energy through herself and into him.

Sarah feels strong, calm, and divinely balanced while she performs the energy work. She feels the connection to universal life force energy as she works on Frank. It strengthens her even as she works on him. As she works she enters a meditative state and her brain wave frequencies slip into an alpha state.

Frank meanwhile is feeling more relaxed. Now that he's been on the healing table for twenty minutes he feels his breathing slow down and his mind relaxing. The tightness in his stomach that he usually feels starts to release. Frank takes his first deep breath in a long time. By the end of the session Frank is feeling tranquil and calm. All of his stress has melted away for the moment.

He feels oddly happy and laughs a lot as he says good-bye to Sarah. He smiles as he walks out the door. He's already got big plans. He's going to stop and pick up some flowers for his wife on the way home, and then suggest a nice walk in the park after dinner. He feels better than he has in weeks. He's not sure what magic Sarah does. He only knows it works.

Let's examine the role entrainment played in this situation. On a psychological level (mental and emotional states), Frank felt better. Much better. Was it just the soothing music or an hour laid out on a massage table? Or maybe it was the relaxing way Sarah laid her hands down on Frank as she channeled energy through him? Was it the amethyst crystal points around his body?

The truth is, it was all these things. Frank entrained not just to Sarah, but also to the healing, nurturing environment she provided in her treatment room. By the time he left, Frank's mental and emotional states were much closer to Sarah's.

Sarah, through years of experience as an energy worker, knew what kind of stimulation it would take for Frank to feel better/calmer/more peaceful. In essence, she worked in a manner similar to a psychologist, and entrained Frank to her happier, less stressful state of existence. In new age terms Frank entrained to Sarah's higher vibration.

There is more to the science of entrainment and it's connection to energy healing. It can be reviewed through an in-depth look at [Brain Wave Frequencies](#), which is the topic of our next section in the science of energy healing.

<http://www.energy-healing-info.com/science-of-energy-healing-and-entrainment.html>