

# **The Physics of Energy, Energy Work, and Energy Cysts: Benefits and Limitations of a Scientific World View**

**Tim Hutton, PhD, CST-D  
Bellingham, WA**

**Presented at Beyond the Dura  
Jupiter Beach, Florida**

**May 1, 2003**

# What is Energy?

- The word **ENERGY** means different things to different people.
- There is a huge potential for miscommunication.
- It is worth trying to understand how this term is used and trying to find common ground.

# **Energy in Manual Medicine**

**Energy  $\Rightarrow$  Physical Sensation**

**That is, we all know what it feels like  
to put energy in or take it out.**

# Energy in Physics

**Energy = Ability to do Work**

**Energy is Conserved.**

**Conservation of Energy and Conservation of Momentum Form the Foundation of all Modern Science and Technology.**

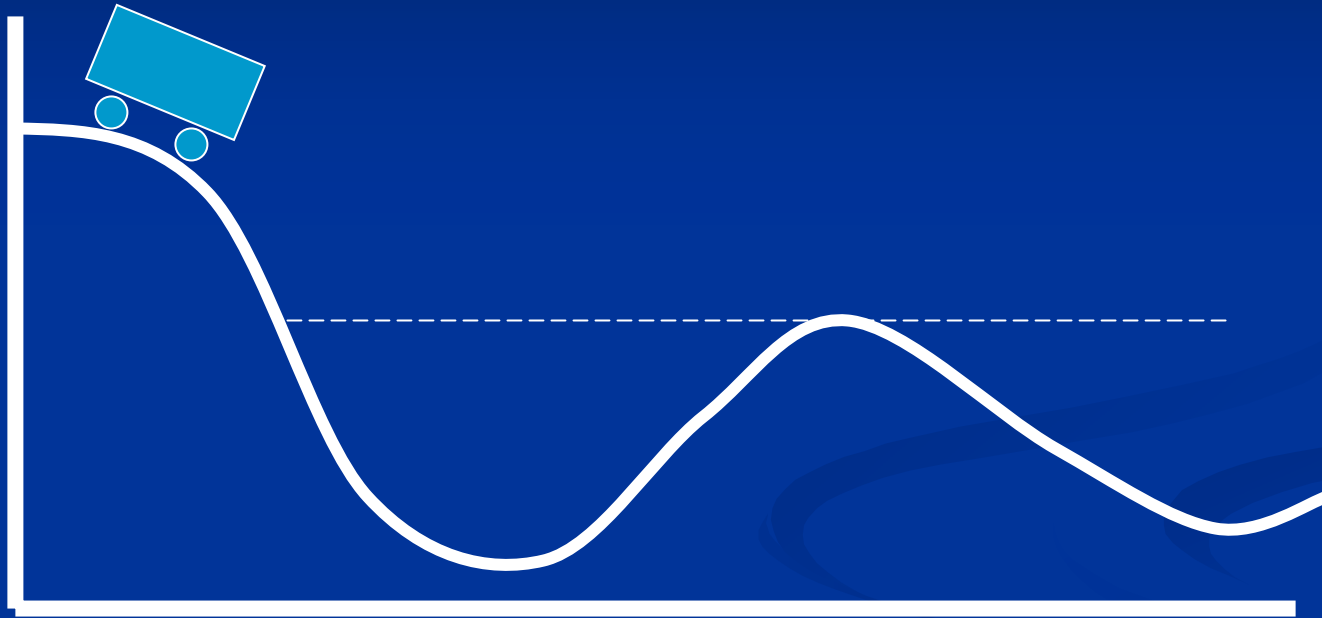
**Everything Around Us is a Result of a Dance of Energy Constantly Changing, Moving, Being Transformed.**

# Forms of Energy

- Kinetic
- Potential
- Heat
- Gravitational
- Electromagnetic
- Nuclear

**Everything in our daily experience consists of electromagnetic interactions within the gravitational field of the earth.**

# Conservation of Energy



Consider a Roller Coaster.

# Energy Work in Therapy

- **Anything That Conducts Electricity Has An EM Field.**
- **Human Beings Conduct Electricity.**
- **Human Beings Have an EM Field.**
- **In Close Proximity, Those Fields Interact.**
- **If I Am Aware of My Field, I Can Feel What Happens in Someone Else's.**

# Entropy

**Entropy = Degree of Disorder**

- **Globally, the Universe Tends Towards Disorder.**
- **Locally, Things Tend Towards Energy Equilibrium.**
- **Using Energy, We Can Locally Decrease Entropy.**

# The Inner Physician

- Life is a System For Locally Decreasing the Entropy.
- That is, the Body Tends Towards Order, Not Disorder.
- Inner Physician Tries to Decrease the Body's Entropy.
- Resistance Tries to Keep Entropy From Increasing Any Further.

# Energy Work

**One Person Helping Another to Decrease the Level of Entropy in Their Body – To Help Increase Their Level of Organization.**

**Adding energy helps to shift past a barrier, i.e. to get the roller coaster up out of the dip.**



# Energy Cysts

- **Localized Areas of Increased Entropy – Energy Not Biologically Organized or Not Organized Beneficially to Life.**
- **Energy Cysts Increase the Energy We Need to Use Just to Function.**
- **Arcing – Body as Electrical Circuit/Antenna.**
- **Energy Cysts Persist After Death.**

# Energy Cyst Bundles

- **Energy Stored in Bundles, Not Quanta!**
- **Quanta = Smallest Amount of Energy That Retains the Frequency Characteristic of That Energy.**
- **Bundles are Billions of Times to Big to be Quanta.**
- **It is More Efficient to Store Several Small Energy Cysts Than One Big One.**

# Rate Equations

- **All Body Processes are Governed by Rate Equations. For Example, Bone is Constantly Being Created and Destroyed.**
- **Changing the Individual Rates in the Equation Changes the Outcome of the Process.**
- **CST is Very Good at Changing the Rates at Which Things Happen in the Body.**

# **Benefits and Limitations of a Scientific World View**

## **The Scientific Method**

# The Scientific World View

- **Science is a Cortical Activity and Exhibits All the Biases and Limitations of the Cortex.**
- **In Terms of Evolution, the Cortex is a Relatively Recent Development and Has Not Yet Learned to Trust.**
- **In Order to Feel Safe the Cortex Needs to Understand the World, and Thinks That Its Approach is the Only One That Makes Sense.**

# The Scientific Method

**Science is Based Upon OBSERVATION.**

- **We Observe the System.**
- **Make a Model Based Upon Our Observations.**
- **Use the Model to Predict the System's Future Behavior.**

**BUT – We Are Always Limited in the Observations We Can Make!**

# The Scientific Method

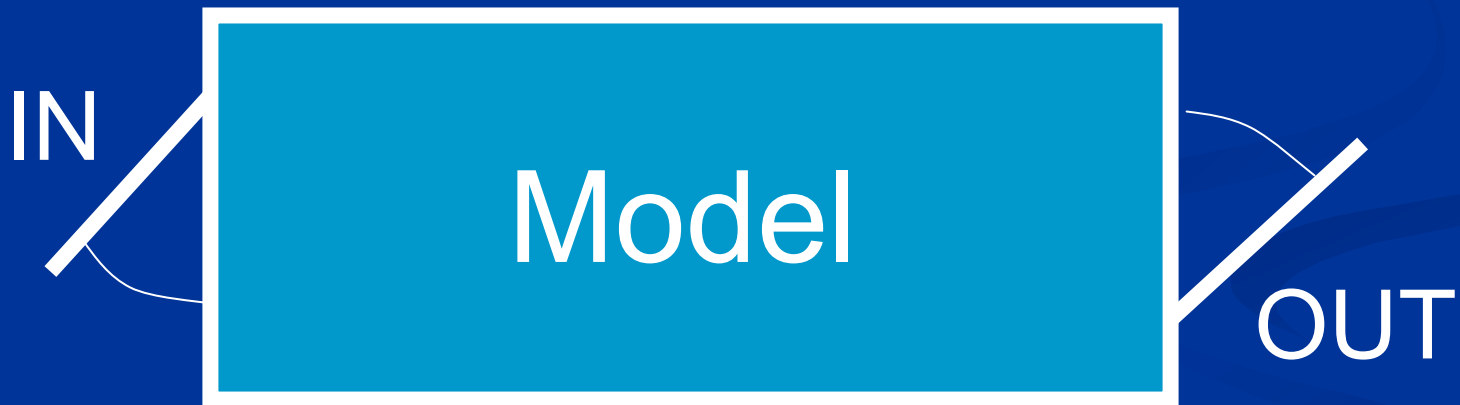
We Can Model the Scientific Method as a Box That Has Two Doors – One Marked IN, One Marked OUT.



We Put Something in the IN Door, and See What Comes Out the OUT Door.

# The Scientific Method

Based On Our Observations,  
We Construct a Model.



**But, We NEVER Get To Look Inside the Box!**

# The Scientific Method

- **Science is NOT About Truth!**
- **Science is About Models!**
- **Models are NOT the Same as Truth!**

# The Scientific Method

Consider a Biologist and a Shaman  
Exploring the Amazon Rain Forest.

**Biologist**



**Shaman**



# The Scientific Method

Consider a Biologist and a Shaman  
Exploring the Amazon Rain Forest.

**Biologist**

Biochemistry

**Shaman**

# The Scientific Method

Consider a Biologist and a Shaman  
Exploring the Amazon Rain Forest.

**Biologist**

Biochemistry

**Shaman**

Spirits

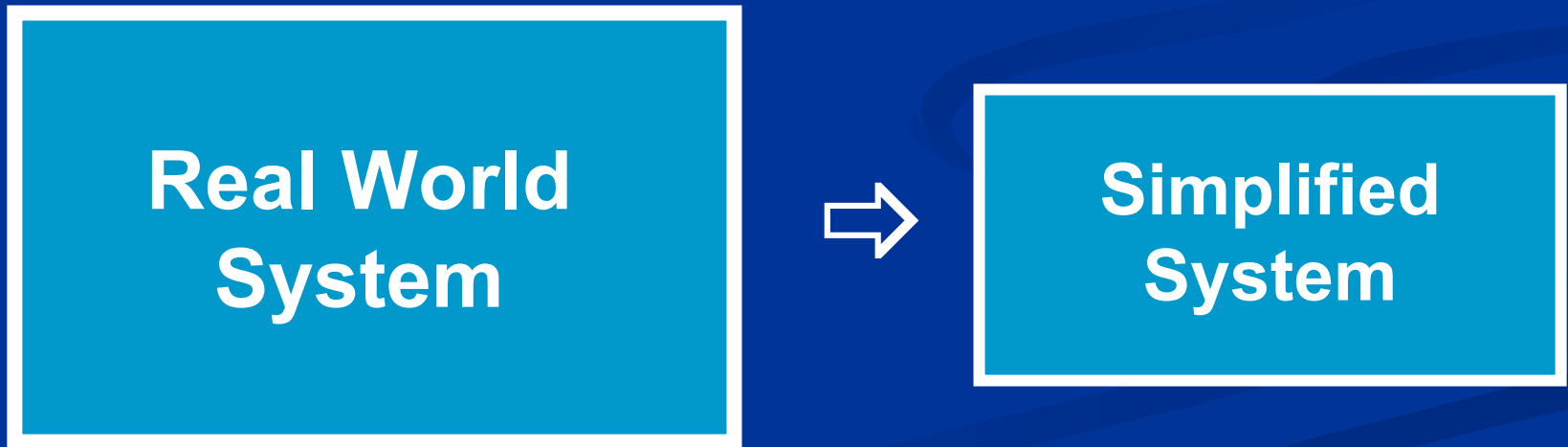
# The Scientific Method

There Are Only Two Valid  
Criteria For Judging a Model.

- Is the Model Useful?
- Is the Model Beautiful?

# The Scientific Method

**Most Systems Are Way Too Complex to Model Successfully. Therefore, We Have to Simplify!**



# To Simplify – Make Assumptions!

- Only Consider Part of the System.
- Ignore Interactions Between Parts.
- Only Include Strongest Interactions.
- Linearize (Simplify) the Equations.

**Develop the Model in Simplified System,  
Then See if Model Works in Real World.**

# **How Well Does This Work?**

**Most of the Time Amazingly Well!**

**It Does Not Work So Well When:**

- **The System is Highly Correlated.**
- **The System Involves Consciousness, Psyche, Spirit, Spirituality.**
- **The System Cannot Be Separated From Observer.**

**All Are True of Human Beings!**

# Other More Basic Assumptions That We Make – Often Nonconsciously

- Linear Cause and Effect. (Compare with Traditional Chinese Philosophy)
- Aristotelian Logic (Basis of Mathematics).
- Underlying Cultural Myths – Hero Myth.
- Reality of External World Independent of Our Ability to Observe It.

# Assumptions Are Arbitrary!

- **If You Change the Assumptions, You Change the Outcome of Your Experiment.**
- **The More Specific We Try to Get, the More the Outcome is Determined by Our Assumptions.**
- **Assumptions Are a Reflection of Our Temperament, Not a Reflection of the Reality of the World Around Us. They are a Statement About US, Not About the World.**

# Assumptions

- **Assumptions Are the PRIMARY Determinant of the Outcome of Any Experiment.**
- **They Determine the Questions We Ask and Therefore the Resulting Model.**
- **Assumptions Are ARBITRARY!**

# What Role Should Science Play In Medicine?

- **Science is Based Upon Averages, and Can Never Do Justice to an Individual Human Life.**
- **Science is Often Reductionist and Thus Dehumanizing.**
- **I Personally Believe Science is Not an Appropriate Basis For Medicine.**
- **Science Should Inform Medicine, But it Should Not Be the Foundation.**

# Personal Myth

**I Believe the Only Appropriate Foundation For Medicine is Personal Myth, as Expressed in Each Individual's Story as Told By Their Nonconscious, By Their Inner Wisdom and Their Resistance.**

**It is the Inner Wisdom and the Resistance That Know!**

# Carl Jung

- **Founder of Jungian Psychology.**
- **One of the First to Use Active Imagination, Imagery and Dialog, Play, Art, Music, etc. in Therapy.**
- **Developed Theory of Psychological Types.**

# Theory of Psychological Types

Humans Interact With the World in  
Four Basic Ways. We Are:

- Kinesthetic
- Thinkers
- Intuitive
- “Feelers”

Each of Us is Better at Using One of  
These Four Functions than the Others.  
One is Dominant in the Culture as Well.

# If We Overvalue The Thinking Function Relative To:

- **Feeling**      **We Lose Touch With Our Feelings.**
- **Kinesthetic**      **We Lose Touch With Our Bodies.**
- **Intuition**      **We Lose Touch with Our Inner Wisdom.**

# In Conclusion

- **Use Science Where Appropriate.**
- **Let it Inform Our Approach to Medicine.**
- **BUT ... Respect the Individual Patient.**
- **AND ... Be Conscious of the Assumptions Being Made.**
- **Remember Science is Only One Way of Interacting With and Understanding the World Around Us!**