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Journey to self-healing: Biofield therapies, spirituality and body-mind health

Statement of the Problem: The human biofield or energy system has been studied in various cultures for thousands of years. The Greek physician Hippocrates noted an energy transfer, “a force flow from people’s hands” as they touched. This energy vibration is now known, as Chi in China, Prana in India, Ki in Japan and Mana in Polynesia. In the USA, Biofield therapies are increasingly used in hospitals and other healthcare settings. The challenges face by biofield practitioner includes a common scientific definition and educational standard of practice. In addition, research and scientifically validated devices and standardized mechanisms are needed.

Methodology & Theoretical Orientation: Multiple studies will be presented on the efficacy of biofield therapies as an adaptive and integral component of enhanced healing. HT (Healing Touch) is a continuing medical education program offered by the American Holistic Nurses Association (AHNA). HT is practiced in the USA since 1990 and taught around the world.

Findings: The human biofield is composed of chakras and meridians. Therapies that balance and treat the energy system promote relaxation, decrease pain and accelerate healing. Using ones’ intent and compassion, a practitioner can balance energy, as a tool for healing. Energy/vibrational medicine seek to understand this energetic matrix and how it facilitates healing.

Conclusion & Significance: Our bodies are always looking to return to its natural state of health or homeostasis. For the body to function at its absolute peak performance, all parts of the body, mind, spirit and emotions must be in balance. Treating the human biofield is an overlooked aspect of conventional medicine that is embedded in all other global healing traditions. Reviewing the evidence and training nurses/clinicians will result in incorporating these important therapies in patient care.

Biography

Rauni Prittinen King is the Co-Founder and Executive Director of Guarneri Integrative Health, Inc. at Pacific Pearl La Jolla, California, USA. She is the Founder and President of Holistic and Integrative Medicine Resources Inc. and the President of Miraglo Foundation, a non-profit charitable organization that she founded. She has over 20 years of experience in critical care nursing. She is a Board Member of the Academy of Integrative Health and Medicine (AIHM) and served for four years on the Healing Beyond Borders Board of Directors. She is the Founder and Former Director of Programs and Planning at the Scripps Center for Integrative Medicine in La Jolla, California and served as the Nurse Case Manager for the Scripps Dean Ornish Program for Reversing Heart Disease. She is the Director and Coordinator of national and international holistic and integrative medicine conferences for physicians, nurses and other healthcare providers.