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The Power of Human Energy The Problem of Increasing Human Energy The Chakras and the Human Energy Fields **The Problem of Increasing Human Energy** The Problem of Increasing Human Energy, with Special References to the Harnessing of the Sun's Energy **Cracking Great Leaders: Liberate Human Energy At Work** The Economy of Human Energy **Summary of Robert Bruce's Energy Work** Human Energy Fields The Tesla Papers **The Human Energy Field — Hidden Structures** Human Energy. Translated by J. M. Cohen Energetic Anatomy Anthropometry, Body Composition and Resting Energy Expenditure in Human **Sustained Energy for Enhanced Human Functions and Activity** Earthing Teaching how to Get and Use Human Energy Energy Medicine in Therapeutics and Human Performance **Empowerment on an Unstable Planet** **The Evolution of the Human Energy Field and Humanity's Ultimate Destiny** Energy Psychology, Stress and the Body The Human Energy Field — Auras Hands of Light **Human Energy Expenditure** **Energy and Civilization** **Human Energy Systems** Flywheel Design Powered by Human Energy **The Problem of Increasing Human Energy with special references to the harnessing of the Sun's energy** **Human Energy Nursing Science** **Human Energy A History of Energy Flows** Human Energy Harvesting in the Urban Environment Human Energy Requirements **Energy Inner Alchemy** **Climate Change, Human Impact and Green Energy Transformation** Energy and Human Ambitions on a Finite Planet Project Isis Exercise Physiology

Serbian inventor Nikola Tesla (1857-1943), was a revolutionary scientist who forever changed the scientific fields of electricity and magnetism. This book is part philosophy and part scientific exploration of humanity's interaction with the universe. Abstract: This third edition of the book integrates basic concepts and relevant scientific information to provide the foundation for understanding nutrition, energy transfer, and exercise and training. Designed for both the beginning and advanced student, the subjects covered include energy for physical activity, systems of energy delivery and utilization, enhancement of energy capacity, work performance and environmental stress, body composition, energy balance, and weight control, and the metric system and SI units. NIKOLA TESLA was a gifted electrical and mechanical engineer, and was one of the most influential inventors of the last century. Eventually holding over 700 patents, Tesla worked in a number of fields, including electricity, robotics, radar, and the wireless transmission of energy. His discoveries laid the groundwork for many of the twentieth century's greatest technological advances. This book contains Tesla's thoughts on humanity's relationship with the universe, and also his explanation and scientific extrapolation on the technological advancements embodied in his work. This text, first published in Century Illustrated Magazine in June 1900, is yet another example of the genius of Nikola Tesla. CONTENTS Introduction • The onward movement of humanity • The energy of the movement • The three ways of increasing human energy 1 • The first problem: how to increase human mass • The burning of atmospheric nitrogen 2 • The second problem: how to reduce the force

retarding the human mass • The art of telautomatics 3 • The third problem: how to increase the force accelerating the human mass • The harnessing of the Sun's energy 4 • The source of human energy • The three ways of drawing energy from the Sun 5 • Great possibilities offered by iron for increasing human performance • Enormous waste in iron manufacture 6 • Economical production of iron by a new process 7 • The coming of age of aluminium • The doom of the copper industry • The great civilizing potency of the new metal 8 • Efforts toward obtaining more energy from coal • Electric transmission • The gas engine • The cold-coal battery 9 • Energy from the medium • The windmill and the solar engine • Motive power from terrestrial heat • Electricity from natural sources 10 • A departure from known methods • The possibility of a 'self-acting' engine or machine • The ideal way of obtaining motive power 11 • First efforts to produce the self-acting engine • The mechanical oscillator • The work of Dewar and Linde • Liquid air 12 • Discovery of unexpected properties of the atmosphere • Strange experiments • Transmission of electrical energy through one wire without return • Transmission through the Earth without any wire 13 • Wireless telegraphy • The secret of tuning • Errors in the Hertzian investigations • A receiver of wonderful sensitivity 14 • Development of a new principle • The electrical oscillator • Production of immense electrical movements • The Earth responds to man • Interplanetary communication now probable 15 • Transmission of electrical energy to any distance without wires now possible • The best means of increasing the force accelerating the human mass

This book is based on the clairvoyant insights and teachings of Cristo L. Bowers and the spiritual insights of David Winfree. It explains how the human energy field evolves, its current state and its ultimate state, as individuals evolve and transform to higher levels of consciousness. It provides profound new insights about the Primary Chakra, directly below the feet, and the purpose and function of the Twelve Lines of Force that extend along the outer edges of the energy field. It provides a more complete understanding of the nature of the more than 30 archetypal patterns found within the human energy field, including the Monadic Archetype, Highest Archetypal Path in This Life, and the Devotional Heart Chakra Archetype; and the nature and function of the Eighth, Ninth, Tenth, Eleventh, and Twelfth Chakras, above the head. It explains the different types of healing energies, the role of the Palm Chakras, channels of healing energy, and the unique healing modality of each individual. It offers the most complete description yet pertaining to negative and positive beliefs and how to remove negative beliefs from one's energy field. New knowledge is also provided about the chakras, from the Crown to the Root and their interrelationships. Vibrational similitude (the foundation of the Law of Attraction) and how one may successfully utilize vibrational similitude in one's life is explained. The relationship between SPIRIT, Logos, Monad, Ego, and the individual Personality, and how the Personality may connect with the higher centers of consciousness is explored, along with the nature of the Logos, Monad, the Divine Cosmic Archetype, and the Expressive Phase and the Quiescent Phase of the Divine Cosmic Cycle, and how these influence us. Humanity's multidimensional nature; the paradox of unity, diversity, oneness, and individuated self; and the evolving interrelationship and interplay of consciousness, energy, and matter/form are illuminated. Significant beneficial information is shared regarding how individuals may raise their consciousness, achieve spiritual growth, and transform their energy fields to function at a much higher level. This highly readable account demonstrates how a comprehensive process for social change harnesses the energy of a community and scales it up with a rising number of participants becoming invested in increasingly high-quality work. A comprehensive account of how energy has shaped society throughout history, from pre-agricultural foraging societies through today's fossil fuel-driven civilization. "I wait for new Smil books the way some people wait for the next 'Star Wars' movie. In his latest book, *Energy and Civilization: A History*, he goes deep and broad to explain how innovations in humans' ability to turn energy into heat, light, and motion have been a driving force behind our cultural and economic progress over the past 10,000 years. —Bill Gates, *Gates Notes*, Best Books of the Year

Energy is the only universal currency; it is necessary for getting anything done. The conversion of energy on Earth ranges from terra-forming forces of plate tectonics to cumulative erosive effects of raindrops. Life on Earth depends on the photosynthetic conversion of solar energy into plant biomass. Humans have come to rely on many more

energy flows—ranging from fossil fuels to photovoltaic generation of electricity—for their civilized existence. In this monumental history, Vaclav Smil provides a comprehensive account of how energy has shaped society, from pre-agricultural foraging societies through today's fossil fuel-driven civilization. Humans are the only species that can systematically harness energies outside their bodies, using the power of their intellect and an enormous variety of artifacts—from the simplest tools to internal combustion engines and nuclear reactors. The epochal transition to fossil fuels affected everything: agriculture, industry, transportation, weapons, communication, economics, urbanization, quality of life, politics, and the environment. Smil describes humanity's energy eras in panoramic and interdisciplinary fashion, offering readers a magisterial overview. This book is an extensively updated and expanded version of Smil's *Energy in World History* (1994). Smil has incorporated an enormous amount of new material, reflecting the dramatic developments in energy studies over the last two decades and his own research over that time. This book indicates the most optimal solutions for the growing civilization problem related to climate change that takes place more and more rapidly on our planet. It is divided into two parts: In the first part, the authors - based on the available analyses and reports on climate change taking place on Earth - present their own point of view in relation to the above issue, while trying to find answers to the following questions: · Why is it so difficult to admit that humans are responsible for the ongoing climate change? · Will climate change destroy life on Earth? · Can science and modern technologies stop this process? In the second part of the book, the authors propose a solution for the advancing climate change, regarding the reduction of CO2 emissions coming mainly from the energy sector. On the basis of scientific achievements and implementations of research institutions in Poland, especially the Institute of Fluid-Flow Machinery of the Polish Academy of Sciences in Gdansk, the book proposes directions of development of the energy transformation in Poland and other countries for which fossil fuels currently make a large contribution to the energy production process and are the main emitter of CO2 to the atmosphere. The book is addressed to citizens, ecologists, climatologists as well as politicians and experts responsible for shaping the climate and energy policy of the country level and also the world. "This important publication is the final report of the most recent expert group meeting, the Joint FAO/WHO/UNU Expert Consultation on Human Energy Requirements, convened in October 2001 at FAO headquarters in Rome, Italy ... FAO publishes this report on behalf of the three United Nations (UN agencies (FAO/WHO/UNU that organised the consultation" -- Foreword. Our identity, and the way we project ourselves in the world, feeds a fundamental need for acceptance and recognition. Maintaining our projections exerts a stress on our mind, and causes our body to strain under the pressure. In this book, we explore the development of identity as it relates to the natural elements of ether, air, fire, water and earth, and our energy or life force, a concept which although abandoned by modern science, is still an essential influence on our embodied human experience. We create our identity from the alignment of our consciousness and energy with these elements as much as we do with our gender, occupation, and roles we play in life. As we project our identity into the world, we often find ourselves under mental and emotional pressure, and are forced into defensive postures that have a profound effect on the bio-mechanics of the body. This exploration reflects our experience of over 30 years of working with this 'energy stress model' within the health care system of Polarity Therapy and includes our perspectives on the work of Dr Hans Selye MD on stress, Dr Lowell E. Ward DC on spinal stressology, and Dr James Z. Said DC ND and his further developments on the model. Rich explores powerful and largely unknown energy structures--never before covered in-depth--to explain to readers the practical, proven methods to see, feel, and use energy while they master the use of energy structures to heal themselves and others physically, spiritually, mentally, and emotionally. "A Helen and Kurt Wolff book." Translation of *L'Énergie humaine*. Oschman explores many disciplines to synthesize a perspective on the human body's potential for healing and physical performance. He describes a high-speed communication system that senses and responds to the energetic environment. Learning how to achieve more as a therapist or performer involves increases the cooperative interactions within this network that reaches all parts of the body and affects all systems. We are Amma's Healing Friends,

Amiya, and we are here for healing. Your self-healing is the goal. We will give you information that you can use to heal yourself. Every time you go to someone for healing and say, "Okay, you do it to me," that is not participating in self-healing. However, when you go to another and actively participate in that healing, you are self-healing because you open your heart, mind, and spirit to receive the energy to receive the energy and then bring balance within you. As you go through this book, your job is to open your mind, heart, and spirit - your self - and lay yourself open. Then the healing energy sent to you balances to your highest good. The purpose of this message is to let you know that it is crucial for you to participate in your self-healing when you go to someone else, and it is critical for you to do self-healing with yourself as the healing facilitator. It is also important for you to know that encodements are the tiniest essence of All That Is, or the I Am presence - whatever name you wish to use. Encodements are the building blocks of everything you see. Finally, know that you are love. In Human Energy Fields, Dr. Ross describes a hard science and medicine with applications, testable hypotheses, and instrumentation. The core proposition of the science is: the human energy field, called chi, the human aura, the life force, or the human spirit in different philosophical systems, and the electromagnetic field of the body are the same thing. Dr. Ross outlines practical applications of the science in many different fields, including anthropology, medicine, agriculture, weapons development, security systems, physiology, and psychotherapy. He describes three specific devices that can be used in the study of human energy fields, and proves scientifically that, in one specific instance, western science is wrong about what is "scientific" and what is "paranormal" (contrary to western science, the human eyebeam is real). In Western medicine, health-care practitioners learn physical anatomy. There is another anatomy just as important — the energetic anatomy. If you have read the previous books in this series, you not only learned about your spiritual anatomy — some of which had never been revealed, at least I'd never heard about it — but also how to heal these aspects of yourself. Just by reading the healing experiences, you receive the healing. In this book, you will learn about structures you might have heard of but know little about, such as the minor chakras, the hara line, the core star, and so forth. You also will learn about structures you never knew about, such as the heart's healing center. In every case, you are taught how to bring healing and clarity to these structures. Things have happened to you in this amazing life of yours that hide the love you are. When things happen, there is damage to your energy field. A damaged energy field will result in damage to any of your bodies— emotional, mental, spiritual, and physical. Because every aspect of you is part of an integrated whole, when one part is damaged, then all parts are affected in some way. Read this book with an open heart. Set your intention for healing. Know that as you read with an open heart, you are being healed. Often the layers are many. Every time you ask, you are healed. Even small healings have a powerful impact on you, your life, and those around you. Each time you are healed, that healing releases from you an energy that might have been triggered by another, resulting in another person being wounded. Your healing prevents a deep wound from moving across the planet, which prevents someone else from being wounded, which prevents another person from being wounded, and on and on. When you repair even the smallest part of your energy field, you raise your vibration and life is easier. With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health and their full potential. Our physical bodies exist within a larger "body," a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body -- only recently verified by scientists, but long known to healers and mystics -- is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. Hands of Light is your guide to a new wholeness. It offers:

- A new paradigm for the human, in health, relationship, and disease
- An understanding of how the human energy field looks, functions, is disturbed, healed, and interacts with friends and lovers.
- Training in the ability to see and interpret auras
- Medically verified case studies of healing people from all walks

of life with a variety of illnesses. • Guidelines for healing the self and others. • The author's personal and intriguing life adventure which gives us a model for growth, courage and possibilities for expanded consciousness This book is about how to release human energy at work. It views people and organisations as energy fields, deeper and stronger than most managers understand. When Cracking Great Leaders release this energy (body, head, heart and soul) they access the ultimate business opportunity, a huge unsailed ocean of potential that will change people, organisations and may even change the world. This book goes well beyond "strength-based approaches" to Core of Greatness levels. It also goes beyond a process for individuals to a strategic program, based on 22 years of experience, designed to liberate the human energy of every person in your organisation. It will liberate your own Greatness, liberate Organisational Greatness throughout your organisation and ultimately help liberate Collective Greatness throughout the planet. The book is written for business leaders; however, parents, grandparents, teachers and almost anyone would benefit by following the step-by-step proven processes provided. A presentation of experimental evidence that illness can be seen in the subtle energy fields of the body. Fascinating case studies of actual patients show that clairvoyant observation can diagnose disease and even reveal potential illness before it manifests in physical symptoms. The key to health and disease lies in the dynamic interaction between the body's physical, emotional, and mental fields and universal energy fields. Understanding this interaction can help us alter our energy patterns in the direction of better health. Includes a full-color foldout diagram of the chakra system. The author's physico-diagnostic methods, and stomach reflex employed as a delicate physiological test for the presence of energy. The solution for chronic inflammation, regarded as the cause of the most common modern diseases, has been identified! Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This never-before-told story, filled with fascinating research and real-life testimonials, chronicles a discovery with the potential to create a global health revolution. Unlock the hidden potential of your body... Do you feel unhappy with your body, your life, or mental outlook? So was I. But then I began a journey of exploration that would not only change my life for the better, but also showed me that I have a connection with this planet that can only be understood by first understanding the environment of my body. Sound new agey? Perhaps, but until you know your body, you won't know the impact you have on the world around you. We are interconnected with each other and our world and when we harm ourselves, we harm this planet as well. In Inner Alchemy, I show you the first step toward undoing the damage and healing both yourself and the planet. I show you the practical magic of the body and how it can change your relationship with the universe. In this book you will learn how to: Find and work with neurotransmitters as spirit guides Balance your internal energy with external energy Use your body fluids in magic rituals Work magic using your DNA Consciously change your attitude and outlook on life Your body is a miraculous universe waiting to be explored, and Inner Alchemy opens the path to your microcosmic journey. You will learn how the practical magic of the body can help you change your life. Textbook for general-education college course on the physics of energy and its role in the broader context of society. Topics include exponential growth, economic growth, population, the role of space exploration, energy units, thermal energy, fossil fuels, climate change, hydroelectricity, wind power, solar power, biological energy, nuclear energy, comparison of alternative energy options, the role of human psychology, prospects for a plan, and adaptation strategies. Appendices include refreshers on math and chemistry, selected answers from end-of-chapter problems, and worthwhile tangents. Contains 195 graphics, 70 tables, a glossary, bibliography, and index. Students in the health sciences can often find physics and chemistry daunting. With little or no previous study in these subjects they can find the content, and its relevance to the human body, hard to follow. This book presents a global and historical perspective of energy flows during the last millennium. The search for sustainable energy is a key issue dominating today's energy regime. This book details the historical evolution of energy, following the overlapping and slow flowing transitions from one regime to another. In doing so it seeks to provide insight into future energy transitions and the means of utilizing sustainable energy sources to reduce humanity's fossil fuel footprint. The book begins

with an examination of the earliest and most basic forms of energy use, namely, that of humans metabolizing food in order to work, with the first transition following the domestication and breeding of horses and other animals. The book also examines energy sources key to development during the industrialization and mechanization, such as wood and coal, as well as more recent sources, such as crude oil and nuclear energy. The book then assesses energy flows that are at the forefront of sustainability, by examining green sources, such as solar, wind power and hydropower. While it is easy to see energy flows in terms of “revolutions,” transitions have taken centuries to evolve, and transitions are never fully global, as, for example, wood remains the primary fuel source for cooking in much of the developing world. This book not only demonstrates the longevity of energy transitions but also discusses the possibility for reducing transition times when technological developments provide inexpensive and safe energy sources that can reduce the dependency on fossil fuels. This book will be of great interest to students and scholars of energy transitions, sustainable energy and environmental and energy history. Please note: This is a companion version & not the original book. Sample Book Insights: #1 The human energy body is the underlying subtle energy template of your physical body. It is important to have energy, as it helps you become a healthier and more dynamic person. The more vital energy you have, the more alive you become on every level. #2 The human energy body is a complex, multilayered structure that overlays the physical body like a template. It has multiple layers and energy centers. Energy centers are like the vital organs of the energy body, and include the seven primary energy centers, hundreds of secondary energy centers, and three energy storage centers. #3 The energy work taught in this book is a tactile imaging system that does not require visualization. It involves focusing the awareness of your physical body on a specific point in your body, and then moving that focal point. This stimulates the energy body very effectively. #4 The human energy body is made up of seven primary energy centers, hundreds of secondary energy centers, three storage centers, and thousands of tertiary centers. All of these centers are interconnected through myriad subtle energy pathways. Power Down, Power Up, Power Through... Instead of just surviving in ignorance and missing out on what more life can be, with just a little more mindful management of our energy, we can become active volunteers in our lives rather than mere conscripts. This book is a helpful beginner's guide to Human Energy and how we can use and profit from our internal bank of energy currency; it offers a great place to start and a springboard from which to reach out and discover more. What others are saying... "This is a book to help people overcome the energy-draining effects of modern life. It is a book which needed to be written, one which has the power to change lives." - Gordon Adams, author of *Overcoming Redundancy* "Kala truly understands the three core energy states - and the surprisingly powerful impact they can have on every person's life. If you are tired of feeling tired this is a must read." Andrew Leigh, author of the *Laugh Away Your Inner Critic* "Nikola Tesla on free energy & wireless transmission of power"--Cover. A “meticulously researched” (The New York Times Book Review) examination of energy transitions over time and an exploration of the current challenges presented by global warming, a surging world population, and renewable energy—from Pulitzer Prize- and National Book Award-winning author Richard Rhodes. People have lived and died, businesses have prospered and failed, and nations have risen to world power and declined, all over energy challenges. Through an unforgettable cast of characters, Pulitzer Prize-winning author Richard Rhodes explains how wood gave way to coal and coal made room for oil, as we now turn to natural gas, nuclear power, and renewable energy. “Entertaining and informative...a powerful look at the importance of science” (NPR.org), Rhodes looks back on five centuries of progress, through such influential figures as Queen Elizabeth I, King James I, Benjamin Franklin, Herman Melville, John D. Rockefeller, and Henry Ford. In his “magisterial history...a tour de force of popular science” (Kirkus Reviews, starred review), Rhodes shows how breakthroughs in energy production occurred; from animal and waterpower to the steam engine, from internal-combustion to the electric motor. He looks at the current energy landscape, with a focus on how wind energy is competing for dominance with cast supplies of coal and natural gas. He also addresses the specter of global warming, and a population hurtling towards ten billion by 2100. Human beings have confronted the problem of

how to draw energy from raw material since the beginning of time. Each invention, each discovery, each adaptation brought further challenges, and through such transformations, we arrived at where we are today. "A beautifully written, often inspiring saga of ingenuity and progress...Energy brings facts, context, and clarity to a key, often contentious subject" (Booklist, starred review). Sustained Energy for Enhanced Human Functions and Activity addresses the basic mechanistic aspects of energy metabolisms, the chemistry, biochemistry and pharmacology of a variety of botanical ingredients, micronutrients, antioxidants, amino acids, selected complexes, and other nutraceuticals which have demonstrated a boost in and the sustainability of functional energy. The role of exercise and physical activity is also discussed, and the conclusion addresses paradigm shifts in the field and envisions the future. Intended for researchers and industry professionals, the book is as an essential reference on the impact of proper nutrient balance on sustained energy. Serves as a comprehensive reference on natural products that can boost and sustain energy Encompasses information on diverse energy ingredients and their potential role in optimal health and sustained energy Conceptualizes the key features in diverse nutraceuticals that can boost sustained energy and well-being Presents the intricate mechanistic aspects and balance between optimal and sustained energy Addresses the pathophysiology and mechanistic insight of diverse nutraceuticals and functional foods that can help in maintaining optimal health and sustain functional energy Data on nutritional status of human populations are periodically needed, as well as their relationships with anthropometry, body composition, body image and energy expenditure, and also with health lifestyle outcomes. All these parameters contribute jointly to give a complete knowledge on dietary and lifestyle habits, and hence how to proceed to improve it in order to enjoy an optimal healthy status. So, you are kindly invited to submit proposals for manuscripts that fit the objectives and the topics of this Nutrients Special issue. The aim of this proposed Nutrients Special Issue on "Anthropometry, Body Composition and Resting Energy Expenditure in Humans" is to publish selected papers detailing specific aspects of anthropometric, body composition and energy expenditure data in human populations and their relationships with nutritional status, as well as nutritional surveys and trials that examine measured differences or changes in these parameters are also cordially invited. Life Energy and Human Electricity! What is it? How can we get more? "The creation of POWER and ENERGY is the prime directive of the entire universe, for we cannot exist in such a place without producing power." So wrote Joe Scogna as he put the finishing touches on the 12 axioms of human energy and this manuscript. Note that "power" in this sense does not mean the ability to do work, which is the common definition, nor does it mean power over someone else, but rather, power in this book means the ability to create effects. To do this we must first think of or envision a finished result, take the necessary steps to make it happen and then propel it to fruition. We must be able to create! This is the prime directive of the universe and ensures our existence. In Project Isis, Scogna cleverly describes human energy in electrical terms, such as voltage, amperage, resistance, and current, as this best illustrates the transference of energy and communication between the BODY, the MIND, and the SPIRIT (mass, energy and concept). Nicola Tesla wrote: "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." From the Papyrus of Ebers (c. 4000 BC) to our modern day applications of energy, frequency and vibration (quantum physics), Scogna takes into account and connects all this information in his mathematical system, creating a new language of body-mind-spirit-emotion, called the Self Awareness Formulas (SAF(r)), a new Rosetta Stone for translating and understanding the energetic systems of humankind. The reader will find how we create our mental image pictures, how these are stored and how we can access them for increased energy. Using the information on the axioms of human energy, Scogna's pioneer work was in using an Infrared device to pinpoint the venting sites of organ and gland systems, where pressure and stress are released as heat. This follows more closely the precepts of Traditional Chinese and Asian Medicine (TCM, TAM) than it does our western model, however, by infusing this with the knowledge of quantum physics, it is all brought full circle into a new paradigm of healing. As Dr John Abdo so aptly put it: "Joe Scogna's work is a monumental leap forward in the evaluation of human physiology, psychology and spirituality. In the years to come, the

application of SAF and Infrared Technology will be one of the most wonderful blessings to mankind." The book is dedicated to the students of the Self Awareness Formulas (SAF) who work with the high vibrational energy of humans, and to all seekers of bio-energetics and life energy. For those in the energetic healing field, emotional release workers, chiropractors, stress processors, biofeedback, and other modalities, it contains background information that might be missing or will help to augment those studies. In relation to the holistic human, the reader will learn of direct current (DC), alternating current (AC), DNA-RNA and why its coil form is a healing one, the magnetic effect (charisma), the Electromagnetic Spectrum of energy waves, and ways of pinpointing pain. There is enough technical information for the professional, and yet, it will be easily understood by an enthusiastic researcher of life.