

## More on the relationship between Attitude, Emotions, Intent and Internal Energy

*Nei San He* (The three inner relationships):



According to the *Nei San He* formula, *mind* (synonymous with the Chinese word for “heart”) is understood as the source of thought, but at this level, its power is not yet realized. *Intent* links mind to “chi” energy and according to the model, only through *intent* can the mind direct internal *chi* energy. In light of our discussion of the relationship between *intent* and internal energy, note that according the ancient *Nei San He* model, *intent* is depicted as one step removed from *mind*; possibly explained in terms of each step of the formula representing a change in the nature of the bioenergetic field.

According to the Taoist energetic model, although every living thing possesses *chi* energy, only man has the capacity to direct *chi* energy for specific purpose. This suggests the power to the human mind to, whether knowingly or unknowingly, direct internal energy in such a way as to influence one’s internal energy field, potentially influencing not only one’s health, but interpersonal relationships and even impacting the physical world. As detailed below, (conscious or unconsciously) directed intent is more powerful than most of us realize and, like the effects of the energetic healing that causes bacteria to either flourish or be annihilated, so to do our mind, emotion and attitudes have an (more than usually realized) affect on ourselves and others.

### **Investigating the power of *intent***

The current scientific paradigm states that any carefully controlled experiment should be free of human interference and any such interference is viewed as an “artifact” that must be carefully controlled for, and the absence of such control challenges the validity of data that might be produced. However, since human interference can be subtle and pervasive, controlling for this influence is often challenging. Consider what is commonly referred to as “expectancy”—the principle that researchers tend to find whatever it is that they looking. The oft-cited example of this kind of unintended human interference is found in early discussions of the nature of light. It is problematic that when a researcher looks for evidence of light being a particle, data emerges in support of that hypothesis. Likewise, a researcher looking for evidence of light as a wave discovers data that supports that view. Addressing the problem of getting data that supports your theory has evolved a numerous protocols to counter the influence of expectation. Gallant measures such as double or triple blind studies are included in research designs to limit the affect of *intention*.

$$\text{Mass} \rightleftharpoons \text{Energy}$$

The Mass and Energy equation

However, instead of restricting the influence of *intention*, some scientists such as Tiller embrace the potential of human intention as a viable, not yet understood force of nature. As will be described below, there is mounting evidence that thought, attitude and intention do have a viable affect on the physical world through the influence of consciousness.

## Scientific Investigation

Perhaps the earliest scientific investigation looking at the power of intent to influence the physical world was conducted by Dr. Bernard Grad in the 1960s. At that time, in research examining how “subtle mental energy” might be able to either positively or negatively influence plant growth, Grad found evidence that individuals do have the ability to set intention in such a way as to influence plant growth.

In his first study of intention, Grad demonstrated that water “energetically charged” by healers could positively influence plant growth. Measuring growth in terms of chlorophyll content as well as other growth factors, Grad found that plants receiving “treated” water handled by individuals instructed to send positive intent flourished compared to plants that had not received the treated water. Since the growth of plants could not be explained as having occurred by another influence, Grad believed this evidenced the benefit of “treated” water to affect the plants in some unknown way. Since the “treated water” appeared to be the crucial variable, Grad decided to test his hypothesis that somehow water in a closed container could take on a vital quality while being handled. Grad repeated his research on “treated” water and plants, but this time instead of healers, he chose extremely ill psychiatric patients to see what effect their influence might have.

In the subsequent study, psychiatric patients were asked to hold bottles of water and the contents were later to be given to plants. The results of the study showed, with one puzzling exception, plants given water handled by mentally ill patients showed no or poor growth rates. As for the notable exception, one plant flourished and accelerated in both seed germination and growth. Investigators, trying to understand the anomaly, found that the psychiatric patient who had been assigned to handle the water had beforehand discovered details of the study and she subsequently chose to treat the water in a special manner. When holding the bottle of water in her arms, she cradled it as if it were an infant. The patient the symbolic “child” and imagined sending “loving energy” into the water; Grad concluded the improved plant growth in that case to be the effect of <sup>1</sup>intention.

## Testing the Power of Intention

As introduced earlier, *psychoenergetics* is a new field of study that investigates the power of thought and intent to influence the world. Professor Tiller has conducted a number of psychoenergetic studies and many of these have been published in peer reviewed scientific journals. More intriguing studies including documenting the power of *intention* to raise or lower water pH, increase fruit fly larvae growth rate and even one demonstrating the power of willful *intention* through a trained meditator could cause a DNA strand to spiral clockwise.

In an experiment testing the power of intention, advanced meditators were instructed to *intend* to either raise or decrease water pH. The water’s pH changed significantly and results of the well-controlled study suggest some influence, presumably human *intention*, produced the effect. <sup>2</sup>

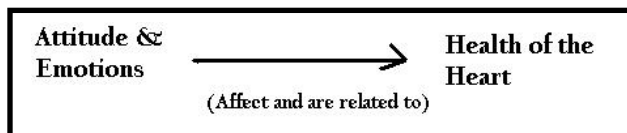
In another study Tiller documents how a trained meditator was able to cause DNA to spiral clockwise, In that study Tiller found “moderate to long time practitioners of the technique,” when in an advanced mind body mode called *entrainment*” can *intend* to interact with a aqueous solution of DNA in a vessel several feet away from the body and can cause the DNA to unwind or to wind more tightly by choice.” <sup>3</sup> (The definition of *entrainment* as a special mind-body state is defined shortly.)

## Physical matter and consciousness

Results of studies investigating the power of intention like those just cited suggest the potential of *intent* and consciousness to influence the physical world. Observing these results, Tiller proposes the long held “Mass-energy” be expanded to include consciousness. <sup>4</sup>

$$\text{Mass} \rightleftharpoons \text{Energy} \rightleftharpoons \text{Consciousness}$$

Dr. Tiller’s suggested proposed expansion of the Mass-Energy equation



### **Attitude and Health**

In another area of mind-influence research, Tiller focuses on the relationship between attitude and health of the heart. In a number of research projects conducted with the HeartMath Foundation, an organization [MORE] Tiller and fellow researchers were able to demonstrate the link between attitude and emotion and heart health. Relying on a measure of heart health called Heart Rate Variability (HRV), converts electrocardiogram readings into data, <sup>5</sup>

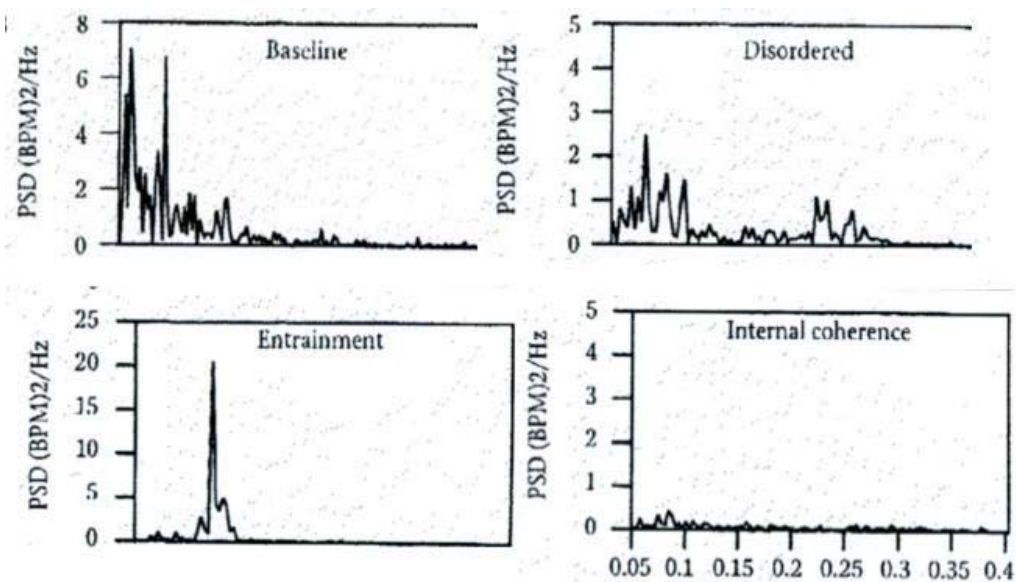
In studying the relationship between mind body states and affect on heart health, Tiller was particularly interested in the therapeutic benefits of positive emotion on the heart and points out that although the detrimental effects of negative emotional states on cardiovascular function have been known for some time, benefits associated with positive emotional states have not been well studied. Researchers in the study looking at the link between mind-body state, emotions and heart health were able to demonstrate how emotions like anger negatively impact the health of the heart, while certain positive emotions like love and appreciation protected the organ. <sup>6</sup> Since a relationship is believed to exist between health measure such as heart health and a strong and robust personal internal energy field, the link between attitude, emotions and heart health is very important and will be cited later as a model to explain some aspects of internal energy, particularly in terms of energetic healers and some types of martial art applications.

Key to Tiller’s study was the use of positive emotions. Subjects were taught, while placing mental attention on the area of the heart, to change negative emotions such as anger and judgmental attitudes into positive ones such as gratitude, care and appreciation by recalling and recreating the feeling of the pleasant emotion. Results showed that emotional states play a role in the health of the heart independent of respiration or heart rate and that mental-emotional-attitudinal techniques, particularly those associated with positive emotions such as gratitude and appreciation focused to the area of the heart, have an immediate and beneficial effect on the heart.

To determine benefits to the heart, focus was placed on the sympathovagal (the relationship between the sympathetic nervous system and the vagus nerve) to determine how the heart responded to various emotional states. Using an emotional self-management tool called “Freeze-Frame Technique” (see box [?]) researchers studied the heart’s response in individuals under stress in both laboratory and real life situations.

Tiller identified four distinct patterns: the normal heart function mode, a disturbed mode, an “entrainment mode” and a special state called *internal coherence*. The normal mode was used as a baseline, the disturbed mode represents the subject recalling negative emotions such as anger, and the entrainment mode representing an ordering of electrophysiology associated with increase of parasympathetic (non-stressful, health promoting nervous system) activity. *Internal coherence* was introduced as a new term to the literature. In this mode, the heart’s electromagnetic activity becomes coherent, is associated with increased parasympathetic activity and is related to health benefits such as increased DHEA and decrease of stress related indicators such as choline in blood serum.<sup>7</sup> Some additional finding is extremely important to students of mind-body disciplines. Tiller found that subjects in the study who were able to attain the *internal coherence* mode were able to enter a more advanced mind-body state called *amplified peace*.

As will be detailed below, evidence suggests *amplified peace* is extremely important for state with implications for understanding mastery of internal energy, and perhaps life.



[Below material excluded for this pdf

<sup>1</sup> As cited by [author name] in “A Practical Guide to Vibrational Medicine.” Research of Dr. Bernard Grad, a gerontologist at McGill University in Montreal, Canada in the early 1960s. [- **specific research study needed**]

<sup>2</sup> Tiller, William, *Science and real magic* p. 28

<sup>3</sup> Tiller reports that these results were confirmed by ultraviolet absorption spectra of the water. Tiller, p. 16

<sup>4</sup> Dr. Tiller notes that although *consciousness* is not yet well defined, he proposes a tentative definition, as “spirit entering dense matter.” William, PhD, *Some Science Adventures with Real Magic*, Pavior Publishing, Walnut Creek, CA 2005, p. 12

<sup>5</sup> Researchers made electrocardiogram recordings and divided the response of the heart into three regions, low frequency (predominantly sympathetic), mid-frequency, and high frequency (parasympathetic activity) and was able to discriminate between three unique conditions of autonomic nervous system order. Integrated test of neurocardiac function since it can distinguish between sympathetic and parasympathetic heart rate. It is well known that lowered HRV is associated with aging, lowered hormonal response and sudden death while increased parasympathetic activity protects the health of the heart.

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<sup>6</sup> Tiller, William A., et al, "Cardiac Coherence: A new, noninvasive measure of autonomic nervous system order, *Alternative Therapies*, 1996, Vol. 2, No. 1 pp. 52-65

<sup>7</sup> "At the electrophysiology level, the experimental data shows that there is an abrupt shift from a fairly erratic HRV-plot with time to an almost pure sine-wave type of HRV-plot with time indicating a special type of entrainment of heart and brain. If one is simultaneously measuring body respiration and pulse transit time for blood flow from the heart to the finger tips, one also notices that these rhythms also entrain to the new HRV rhythm; that is, the electrophysiological state of the body is becoming coherent."