

Quantum Biofield Energy Therapy for Psychological and Mental Health Problems



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Abstract

Life is very complex, nonlinear, and dynamic. Each life form has a biofield that controls the integrity of all organisms. Overall, health is an experience of harmony between our physical body, mind, and connection to society. Psychological and mental health are critical components of health. The mind-body-spirit is interlinked with each other that affects a person's psychological, mental, and physical health. When symptoms affect cognitive thoughts, affective emotions, and physical behaviors, the consequences can be impairment of healthy human functioning and psychological distress. To cope with psychological and mental health problems, biofield energy therapies can provide an alternative therapy to treat and minimize the signs and symptoms of psychological and mental illness such as anxiety, depression, mood disorders, mental distress, emotional disorders, etc. The biofield energy treatments include Reiki, therapeutic touch,

healing touch, blessing, prayer, Trivedi Effect[®], external Qigong, etc. This holistic therapy is an effective, side-effect-free, and less expensive treatment. Biofield therapists/practitioners do local and nonlocal interventions to treat their clients' problems. The mechanism of action of biofield energy therapy remains unknown. Based on quantum physics, authors assume and hypothesize that the effectiveness of biofield energy therapy occurs due to quantum entanglement through spiritual healing. This chapter focuses on the theory of body-mind-consciousness, human biofield energy, the current concept of quantum aspects of biofield energy therapy, and its effectiveness in dealing with psychological and mental health problems.

Keywords

Quantum entanglement theory · Biofield energy therapy · Psychological and mental health problems · Anxiety · Depression · Mood disorder · Non-locality · Trivedi Effect[®]

Introduction

Major psychological and mental health illnesses/disorders are not just of the mind or brain but of the mind, body (brain), and consciousness. In addition, if there is an imbalance between mental and neural processes, interaction could lead to

psychological and mental health problems/disorders (Zadro & Stapleton, 2022). Dysfunction of both mental and neural levels is occurred for major psychiatric disorders. Psychological stress impacts on our overall health. Studies have shown that adverse or excessive responses to stressful experiences can contribute to anxiety, depression, mood, and emotional disorders (Glannon, 2020). Scientists have understood that our emotions can affect our bodies. The mind-body is an essential component of integrative medicine, a healthcare philosophy that seeks to treat the whole person, including their symptoms. Research has shown that our emotional and physical well-being are linked. Mind-body therapies use the body to affect the mind and promote relaxation and mindfulness (Tarlaci, 2019).

One billion people are diagnosed with a mental health disorder worldwide (The Lancet Global, 2020), and mental illness accounts for half of all illnesses for people up to 45 years of age in wealthy countries. Global mental health expenditure cost is expected to increase to USD\$6 trillion by 2030 (Layard, 2017). The world is seeking inexpensive, evidence-based, safe therapies to reduce this burden. Complementary and alternative medicine (CAM) like biofield energy therapies are also becoming frequently used and more accepted globally, with reported rates of CAM use at 30%. Biofield therapies include therapeutic touch (TT), Reiki, Qigong, blessing/prayer, Tri-vedi Effect[®], spiritual healing, and healing touch (HT), perhaps the most commonly used energy medicine therapies around the globe. These therapies are deemed safe, inexpensive, and noninvasive, and research data suggests that these therapies may be effective in treating many illnesses, including symptoms of psychological and mental health illness (Rubik et al., 2015). Biofield therapies play a significant role in information transfer processes and contribute to an individual's mental, emotional, physical, and spiritual well-being. These therapies aim to balance the body's energy field, which may be disrupted due to physical or psychological issues (Mangione et al., 2017). Ayurvedic and Chinese medicine, which have been around for thousands of years,

rely on the concept of a subtle life energy central to healing. These subtle energies are known as the biofield energy. Biofield energy practitioners are highly specialized biophotonic mediators; they eliminate energy imbalances in the human coherent field and activate the healing process via homeostatic processes in the organism (Morero et al., 2021). Since this therapy works at the quantum level, it is known as quantum biofield energy therapy (QBET). The energy field (the matrix) of the client/subject comes into alignment with the source vibration. Establishing energy balance and field stability triggers processes of autoregulation and leads to homeostasis—the natural state and immanent organism's ability for regeneration, cure, healing, and revitalization (Gonzalez et al., 2019; Hegde, 2015).

Quantum biofield energy therapy (QBET) is one of the complementary and alternative medicine (CAM) that is effective to reducing the stress, pain, psychological, mental, and emotional distress. This therapy is performed by the local and nonlocal method distance-quantum biofield energy therapy (D-QBET) to modulate and stabilize the human biofield (energy-information matrix of the human organism) (Gonzalez et al., 2019; Shrihari, 2017). Biofield intervention shows therapeutic effects in the human—relieves pain, stress, anxiety, depression, mental illness, and psychological problems; triggers homeostatic processes of self-regulation; and leads to the improvement of health and well-being (Shrihari, 2017; Yount et al., 2021). This chapter focuses on the theory of body-mind-consciousness, human biofield energy, and the current concept of quantum aspects of biofield energy therapy and its effectiveness on psychological and mental health problems.

Theory of Body, Mind, and Consciousness (Spirit)

The connection between body, mind, and spirit looks at overall health by trying to find a balance between the three elements. Balance is essential, and when one part of the body is out of balance, it

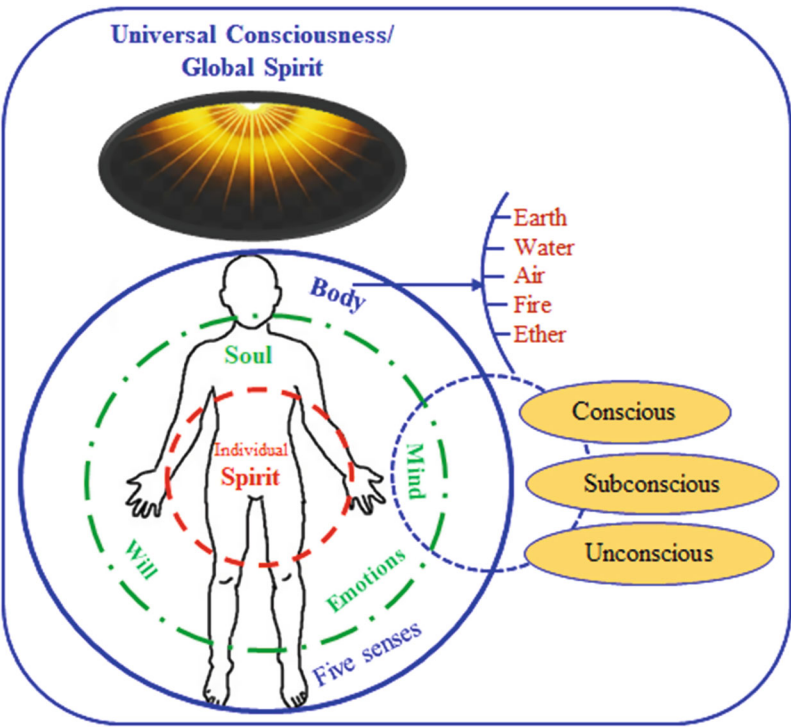
also affects other body parts. It recognizes that our thoughts, feelings, and beliefs affect our physical health and other aspects of ourselves (Maizes et al., 2009). The connection between mind, body, and spirit (Fig. 1) is also known through spiritual interventions such as prayer, invocation, meditation, and mindfulness to improve overall health. These exercises can help us connect with our inner self and create inner peace. This is beneficial for our body and mind (Dossey, 2008). Figure 1 shows the relationship between the three aspects of our existence and the coupling between the realms (body, mind, and spirit). The spirit is the collective unconscious, the fundamental source of everything. It manifests in the individual as the soul, then in the universe as matter and energy.

Consciousness is a nonmaterial entity that can exist independently in the quantum realm. Consciousness takes the processed information and stores it in various parts of the body organs, creating a whole field called a “hologram.” It is the integration of all processed information into a whole that constitutes the identity of the person.

As long as the resulting quantum particle state does not change, consciousness can exist in the brain. Since the transformation of all information into nonlocal, quantum correlations is instantaneous, it explains the speed of the human mind’s activity, just like the speed of electrons and light is instantaneous. The brain is made of matter, belongs to the realm of the body, and is the seat of the mind. Both body and mind are subject to the laws of physics. The body interacts with its physical environment by consuming substances such as air, water, and food. The impressions come from the matter into the body through the five sense organs, which act as transducers from the physical to the mental/spiritual realm. It is theorized that the interaction between thought and energy (called “Cosmic Consciousness or global spirit”) is influenced by the “Law of Attraction,” where the pattern of thought and behaviors are projected and then reflected toward manifestation (Dossey, 2008; Maizes et al., 2009; Searle, 2000).

The connection between the body, mind, and soul is a complex and rich field. Body, mind, and spiritual health work together; if one of these is ill,

**Quantum Biofield
Energy Therapy for
Psychological and
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Fig. 1** Relationship
between body, mind, soul,
spirit, and global
consciousness



it will have a negative effect on the body. Therefore, it is essential to find balance and harmony between these factors and understand that everything is relative to the other. When our mind, body, and soul connect, we release our most potent power to heal and transform. This positive approach to health recognizes that we are physical and spiritual with thoughts and emotions (Bernroider & Roy, 2004). When we heal the body, we also heal the mind and soul. When we are spiritually awake, we open ourselves to new things in body and mind. There are many benefits to integrating the mind, body, and spirit. With a positive attitude towards health, we can be healthier in body, mind, and emotions (Bernroider & Roy, 2004). Medical theories assume that a person's thoughts can impact a person's health in the short and long term. The goals of one or more individuals may relate to the physical, mental, and/or behavioral aspects of one or more living organisms. The healer has a spiritual goal to heal the client. There is evidence that the mind and problem are related similarly in distance healing (DH). There is evidence of brain interaction, as various models such as DH claimed. Nonlocal consciousness, in which the healing practitioner's/doctor's consciousness can merge with the patient's, is another explanation for some successful interventions using DH (Clarke, 1995). Energy practitioners believe the mind working through bioenergetics can influence health and disease states (Astin et al., 2000). A practitioner can redirect a patient's perception, behavior, or bioenergetic state to promote healthy change.

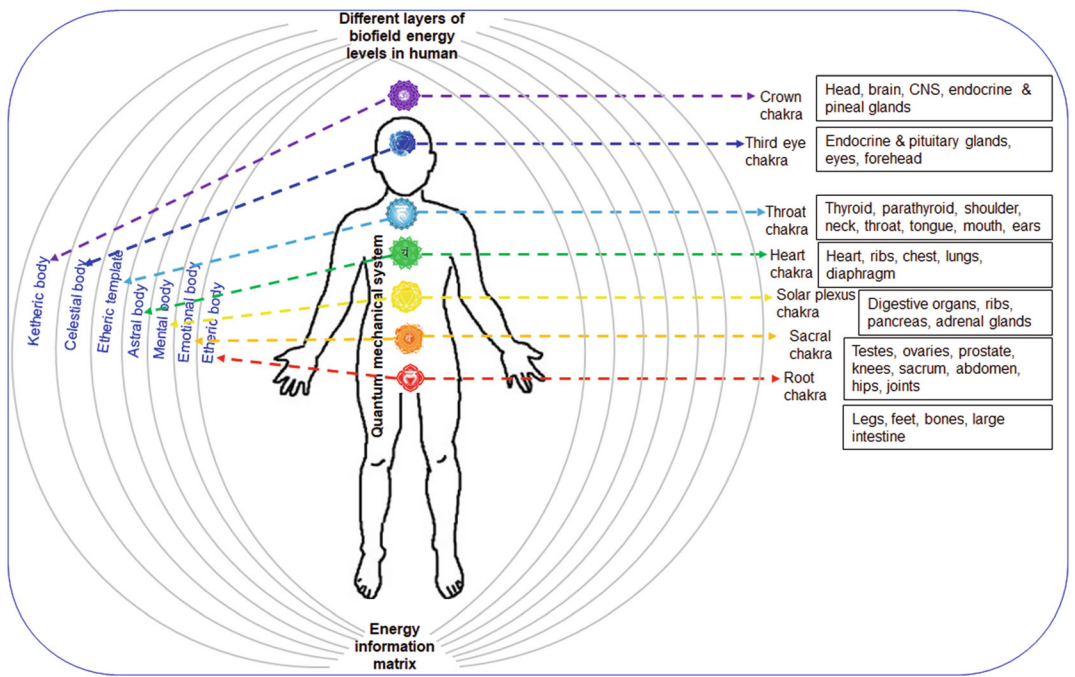
Human Biofield Energy System

In our body, there are seven chakras, which refer to energy points. These chakras form a line up the center of our body, beginning with the root chakra at the bottom of the spine and moving up to the crown chakra above our head. They are the spinning disks of energy and are connected to the major organs, bundles of nerves, and various areas of our energetic body that affect our emotional and physical well-being. Our physical

bodies exist within a human energy field or aura through which we create our experience of reality, including health and illness. An individual body is divided into seven layers of bodies, which include the etheric body, emotional body, mental body, astral body, etheric template, celestial body, and ketheric body (Fig. 2). These layers of the interpenetrating auric energy fields make up multidimensional human beings. These layers are often called "energy bodies." They are all fully integrated expressions of the many facets of vibrational energy expression we embody (Barbara, 1988).

The father of quantum theory (Max Planck) reported in 1944, "Matter does not exist by itself. All Matter exists only because of the forces that make atomic particles vibrate and hold together the smallest atoms in the sun." This energy is the conscious energy (i.e., the intellectual mind) that is the source and essence of all matter (Rieper et al., 2011). Today, we know that the subatomic quantum world is the basis of our physical reality and existence.

The structure of the human body is not only a molecular structure but also has a dynamic energy field. The dynamic energy field is directly related to the mental, spiritual, and emotional (Vedral, 2011). Changes in electrical energy directly affect the brain and the other parts of the body. The dynamic energy field plays a vital role in the existence of the universal law of self-organization of human disease, and this self-organization is based on communication with the external environment (energy communication) (Funk et al., 2009). The coherent biofield energy field (aura) of humans is the most complex quantum holistic system (matrix) (Fig. 2) that constantly stores and controls everything. The strength and stability of human biofield energy depend on the health of the body. Deformed and unstable coherent energy fields have inaccurate (distorted) information. Disruption of the energy matrix manifests itself as discomfort or disease in the body. Quantum biofield energy therapy repairs (heals) the body's coherent energy field and aligns it with the fundamental vibration. The human body is a complete quantum mechanical system balanced between



Quantum Biofield Energy Therapy for Psychological and Mental Health Problems, Fig. 2 Seven major chakras of the human body comprise various organs with different biofield energy levels

the electrical information matrix and the physical experience of the coherent field. The energy system of the human body, also known as the biofield energy system, is a part of the human body. All living things emit tiny amounts of energy called a quantum, consisting of cells, molecules, atoms, protons, electrons, and neutrons, and subatomic particles such as neutrinos, quarks, leptons, bosons, and others. Quantum creates the collective energy of the body on an “invisible” level (Marshall, 1989). The integrated energy of the human body is an energy information network (matrix) operating at different frequencies, such as 52–78 GHz (gigahertz). The body has special internal systems with a natural internal intelligence that constantly operate and control biochemical processes and body functions (respiration, metabolism, hormonal balance, and elimination of biological drugs) to maintain the balance called homeostasis. During an imbalance of homeostasis, quantum biofield energy therapy is needed to maintain the homeostatic system (Muresan et al., 2022). The aim of treatment

with quantum biofield energy is to eliminate the basic cause of the diseases. This therapy can be one of the most effective treatments that can lead to better health and/or complete healing. This therapy can be performed directly by the therapist and/or by the D-QBET (distance-quantum biofield energy therapy) method (Trivedi et al., 2024). Other energy healers perform quantum biophotonic engineering by directing photon-induced plasma into the user’s energy field (matter matrix). Electron transfer between distant (extreme) points allows quantum entanglement, which is necessary in nature. In quantum physics, this event is called quantum teleportation (Lambert et al., 2013). Quantum biofield energy therapy uses the process (method) of quantum teleportation—the transmission of messages encoded in the client’s energy system, resulting in positive effects on his body. Quantum teleportation, which energy healers stimulate remotely and send directly, is clearly accepted by the practice of quantum energy healing therapy (Melkikh, 2013; Trivedi et al., 2024).

Quantum Entanglement: Mechanism of Action of Biofield Energy Therapy

Quantum theory is more than just theory; it is a new way of understanding reality. One of the core ideas of quantum theory is complementarity and non-locality. Light is both a wave and a particle: wave and particle theories are complementary explanations. The main challenge of quantum theory is that reality only exists from the perspective of the observer. One of the assumptions/predictions of quantum mechanics is the existence of quantum entanglement. The term entanglement was first used by Schrödinger to refer to the prediction and subsequent observation of relationships between quantum systems that cannot be explained by classical physics (Kak, 2009). This relationship between proposed states arises when the quantum states of two or more objects need to be described with reference to each other. Quantum entanglement is a physical possibility related to special nonclassical relationships that can exist between quantum systems, such as energy (Melkikh, 2013).

Biofield energy therapy/blessing therapy/prayer can be viewed as talking to someone from a far distance, similar to talking to yourself. According to quantum physics, objects that were previously related but are now far apart have been found to behave as a whole despite being separate. These objects are called entangled states. For this entangled state, communication between them is instantaneous (Beck & Mackey, 2007). Quantum physics results of instantaneous communication between entangled states indicate that a similar situation is likely to occur during blessing/prayer/spiritual healing therapy. The existence of such communication between entangled states provides a compelling argument for skeptics who reject the possibility of known external communication during the luck/prayer sequence (Hu & Wu, 2010). The effect of intervention in biofield energy therapy assumes that it was thought to be a nonlocal connection between the two individuals (practitioner and client/patient). The global entanglement hypothesis is a way to reflect the involvement of physicians and patients

in the entanglement process (Nielsen, 2002; Pessa & Vitiello, 2003). Quantum theory itself allows for various possibilities of entanglement of particles or systems. Quantum entanglement is considered the fundamental process of biofield energy therapy. This theory has two possibilities. First, specific entanglement theory proposes that particular messages from the therapist or other sources have a therapeutic effect on the patient but that the message is conveyed through interaction effects rather than characters. The second is the general state of entanglement, which suggests that the state of entanglement presented by the therapist supports the healing pattern in the patient's body (Milgrom, 2003; Vannini & Di Corpo, 2008).

Effect of Biofield Energy Therapy on Psychological and Mental Health Problems

The human body is fully functional and capable of healing itself. Holistic therapy, like biofield therapy, is a practical, side-effect-free, and cheaper alternative treatment. Both the inside and outside of our body are made of energy. Most diseases begin in the mind, the canvas and part of human consciousness. The mind is a holographic representation of the human body. From the authors' point of view, the real purpose of healing is to improve our "energy of consciousness (inner consciousness)," and healing occurs spiritually through biochemical changes in the body. In recent years, biofield energy therapy has gained much attention for its beneficial effects on psychological and mental health related disorders. Besides this, other complementary modalities such as Reiki, therapeutic touch, Qigong, Trivedi Effect®, Tai Chi, blessing/prayer, spiritual healing, Johrei, etc., are also effective to treat mental illness symptoms. Biofield therapies have been demonstrated to have positive impacts on aspects of dementia (Hawranik et al., 2008), lowered stress, and increased cognitive response (McEwen, 2006; Uchida et al., 2012).

Healing touch is a biofield energy therapy that is noninvasive, gentle, and supports the body's

natural healing ability. The American Holistic Nurses Association endorsed it and was initially developed by Janet Mentgen (Eschiti, 2007). Healing touch studies addressing anxiety, mood, and mental aspects of quality of life (QoL) have demonstrated beneficial results (Maville et al., 2008; Kemper et al., 2009). Healing touch research covers several areas that include symptom reduction (pain, stress, anxiety, fatigue, mood, and nausea) for patients with illnesses such as cancer (Aghabati et al., 2010; Coakley & Barron, 2012), posttraumatic stress disorder (Collinge et al., 2005), and dementia (Lu et al., 2013).

Reiki is another noninvasive biofield therapy, which was 3000 years old treatment used in Tibet and in Japan in 1920 by Usui (Bossi et al., 2008). Reiki improved relaxation, anxiety/worry, mood, attitude, and loneliness/isolation in patients with cancer (Maville et al., 2008). Anxiety has been shown to decrease in a variety of patient populations following healing touch, and depressive symptoms were diminished in patients with cancer, as well as active duty military diagnosed with posttraumatic stress disorder (PTSD) (Lutgendorf et al., 2010).

Trivedi Effect[®] is a quantum form of biofield energy therapy developed by Mahendra Kumar Trivedi in India and registered as trademark in 2013. This therapy is practiced in some countries, such as India, the USA, the UK, Canada, Brazil, and Thailand. It is a unique and scientifically proven thought intention blessing (prayer) therapy in which inherent intelligent energy from the universal energy field (divine energy) is harnessed and transmitted to the living organisms and non-living materials. The impact of this therapy has shown profound effects in organic materials, metals, ceramics, polymers, nutraceuticals, pharmaceuticals, plants, livestock, cardiac health, wound healing, chronic stress, psychological and mental health, etc. (Patil et al., 2023; Trivedi & Jana, 2018; Trivedi & Tallapragada, 2008; Trivedi et al., 2015a, b, 2016, 2017, 2019, 2020, 2021, 2023a, b). This therapy has also a positive impact on people—to reducing stress, increasing homeostatic self-regulation processes, and leading to improvements in mental, spiritual, and emotional

well-being and health-related aspects (Trivedi et al., 2023b). It is noninvasive and works with the recipient's energy fields to induce healing. It promotes the natural healing power of the recipient and can enhance mental and physical well-being. However, this therapy does not make any physical contact with the therapy recipient. Authors proposed that the Trivedi Effect[®] might work through the quantum entanglement. During the therapy, Trivedi's quantum energy waves are transmitted instantaneously via superluminal communication (i.e., faster-than-light) between quantum-entangled entities (practitioner and patient/client) (Trivedi et al., 2024). Therefore, this effect is termed as Trivedi's quantum biofield energy therapy (TQBET).

Besides, a few more preclinical (Table 1) and clinical evidences (Table 2) are summarized in tabular form for the effectiveness of biofield energy therapies.

Future Perspectives

Despite resistance to the biofield therapy's potentially revolutionary implications, the market for it and other complementary and integrative medicine (CIM) practices has grown significantly over the past two decades. Integrating biofield therapy into mental health practice necessitates a deep understanding of traditional therapeutic methods and biofield energy healing techniques. It is important to note that biofield therapies have potential benefits for treating psychological and mental health disorders. Despite extending scientific knowledge *in vitro*, *in vivo* studies, and clinical trials, more studies with high-quality designs are needed to understand their mechanistic role and efficacy across different populations, either generally healthy or with pathological disease conditions.

Conclusion

Biofield energy therapy shows therapeutic benefits for different psychological and mental illness symptoms. The effectiveness of this therapy

Quantum Biofield Energy Therapy for Psychological and Mental Health Problems, Table 1 The effects of biofield energy therapies in different cell lines/animal studies (preclinical)

Reference	Cell lines/animal used	Findings
Mager et al. (2007)	Cultured human brain cells	Healing treatment showed no significant difference in human brain cell death rates between treatment and control groups
Radin and Yount (2004)	Cultured human brain (astrocytes) cells	Healing intention treated cells showed more growth than control cells
Yount et al. (2004)	Cultured human brain cells	External Qigong significantly increased cell proliferation than sham samples
Trivedi and Jana (2019)	In vitro—neuronal cell lines (SHS-Y5Y and PC-12 cells)	The biofield energy treated test formulation significantly inhibited the activities of AChE and COMT enzymes, which can potentially improve memory and cognitive function
Trivedi et al. (2020)	In vivo—unpredictable chronic stress (UCS) rat model	The data showed the slowdown of stress-related disease progression and its complications/symptoms in rats in the biofield energy treatment group per se and/or biofield energy treated test formulation groups as compared to the disease control group
Trivedi et al. (2021)	In vivo—unpredictable chronic stress (UCS) rat model	The results indicated that the biofield energy treated test formulation significantly increased antioxidative parameters, could be able to give support against oxidative stress induced by free radical, and to maintain a good human health

Quantum Biofield Energy Therapy for Psychological and Mental Health Problems, Table 2 The effects of biofield energy therapies in different clinical trials

Reference	Study design/no. of participants	Findings
Oh et al. (2010)	162 cancer patients Age >18 years	Medical Qigong (MQ) improved cancer patients' overall QOL and mood status and reduced specific side effects of treatment
Laidlaw et al. (2006)	Randomized, blinded, counterbalanced design, 33 medical students	Johrei reduced negative mood and increased positive mood states
Rosada et al. (2015)	Crossover design	Reiki therapy significantly reduced depersonalization and emotional exhaustion (burnout)
Sneed et al. (2001)	30 healthy subjects underwent TT	Therapeutic touch (TT) did not show any significant change in stress
Woods et al. (2005)	Randomized, double-blind, three-group experimental study 57 residents, aged 67–93 years	Therapeutic touch (TT) significantly decreased behavioral symptoms of dementia
Reeve et al. (2020)	Two-armed randomized crossover waitlist-controlled trial	Healing touch (HT) showed positive physical and psychological effects
Schlitz et al. (2012)	72 women undergoing plastic surgery	Distant healing intention (DHI): healers' perceptions significantly improved mood after breast cancer surgery treatment

works at the quantum level through a quantum entanglement based on the concept of quantum physics. It is known as quantum biofield energy therapy (QBET). This therapy holds promising potential as a complementary modality for mental

and psychological health problems. Still, further research is needed to fully understand the effectiveness of biofield therapies on widespread disease-specific populations across the globe.

Cross-References

- [Cognitive Deficits and Disability: Evidence of Non-pharmacological Interventions](#)
- [Cognitive Impairment in Late Life: Consequences for Mental and Physical Life](#)
- [Psychosocial Disabilities and Mental Disorders in Europe](#)
- [Spirituality and Neuro Rehabilitation](#)

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