



## **SPIRITUALISM NEW ZEALAND HEALING MANUAL**

### **9.9 The electrics**

#### **9.9.1 Where from**

In the West, electrons, protons and neutrons which are the basis of the body's electrical system (the Electrics) were discovered by scientists including Earnest Rutherford at the end of the 19th century and beginning of the 20th century.

#### **9.9.2 Analogy**

Donna Eden and David Feinstein see the electrics serving as a bridge that connects all the energy systems at the basic level of the body's electricity.

#### **9.9.3 Proof**

Medical science acknowledges the body's electrical system and we can measure it with a body volt meter. It is the densest and most easily measured of the body's energies. Every one of our cells contain positively charged protons and negatively charged electrons. This means every cell is like a miniature battery, storing and emitting electricity.

The basic building block of the human nervous system is a specialist cell called a nerve cell or a neuron. The brain itself consists primarily of neurons. Our nervous systems work by one neuron transmitting an electrical impulse to the next neuron. Without the neuron circuits our bodies would completely shut down, like turning off the power supply to a city. For example, our brains wouldn't work and our hearts wouldn't beat.

#### **9.9.4 Description**

The Electrics, like the Celtic Weave and the Five Rhythms, is a system that acts on all the other energy systems. That's because the Electrics are comprised of the electrical dimension of each of the other energy systems. They are not an independent energy system like the meridians, chakras, or aura, but they are intimately related to all the major energy systems: separate from each but also an aspect of each, something like the way liquid is separate from and yet part of each of your organs.<sup>1</sup> The Electrics help to charge and connect the cells, organs, and other energy systems at an electrical level and both affect, and are affected by, the nervous system and the heart.<sup>2</sup>

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<sup>1</sup> Donna Eden and David Feinstein, "The Nine Primary Energy Systems" Retrieved from <http://www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html>

<sup>2</sup> Donna Eden and David Feinstein, "Principles of Energy Medicine", Last updated 2012, Retrieved from [www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-david-feinstein.html](http://www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-david-feinstein.html)

### 9.9.5 What they affect

The Electrics carry the flow of electrical energy throughout the entire body. The heart is the strongest electricity generator in the body. The Electrics are accessed through points on the body that can be touched and held to activate specific electrical circuits for the purpose of healing. Through them electrical energy can be sent to a specific area of the body, or the whole body level; the energy of the Electrics goes to where it is needed in the body. Working with the Electrics can be deeply revitalising to the whole body and can help with a wide range of symptoms. In particular, it can help if someone is feeling ungrounded, disoriented or lacking inner connection, when someone has had a recent accident or surgery or if someone has a problem with their nervous system, such as neuropathy, Parkinson’s disease, or Multiple Sclerosis.<sup>3</sup>

Two of the most powerful electrical points are where the back of the neck meets the skull, about 2cm either side of the centre of the neck, known in traditional Chinese medicine as the “headache points”.<sup>4</sup>

#### Group Exercise (Optional)

For this exercise you will need an educational “energy ball”. You can get them relatively cheaply at educational or science shops or online – they look like a ping pong ball but have metal electrodes on one side. (Test the ball first yourself to check that it works!)



Get everyone in the class to hold hands, with two people holding the ball between them. For those two people, each person’s fingers must only touch the ball and electrodes on their side of it. As the electrical circuit is made around all the people, the ball will flash and make a noise (or do whatever your ball does).

Get someone to break the circuit so the electrical current no longer flows around you all and the ball will stop functioning.



It is each person’s Electrics that creates the electrical current through them, and that creates the circuit when everyone is holding hands to make the ball work.

<sup>3</sup> Helen Critchley, “The nine primary energy systems in Eden Energy Medicine”, Last updated 29/10/16,

[www.helencritchley.net/nine-primary-energy-systems-in-eem/](http://www.helencritchley.net/nine-primary-energy-systems-in-eem/)

<sup>4</sup> Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body’s Energy for Optimal Health, Joy and Vitality, (London, Piatkus, 2008) p.198



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### **9.9.6 Learning for spiritual healers**

Giving spiritual healing to the back of a person's neck is a good way to access the client's electrical system. You might put your hands under the client's head if they are lying down or place your hand over the back of their neck if sitting (either on or off the body). See Section 3.7.2 *Where to place your hands with the client sitting* p.3 and 3.7.3 *Where to place your hands with the client laying down* p.3.