

THOUGHTS, EMOTIONS AND INTENTIONS HEAL

Glen Rein, PhD

QUAMTUM BIOLOGY RESEARCH



TYPES OF HEALING

IN SCIENCE

- DNA self-repair
- Wound healing
- Vascular repair
- Neuronal regeneration
- Mucosal healing
- Fracture healing

IN BIBLE

- Physical healing - the body
- Emotional healing - the soul
- Spiritual healing - the spirit



MECHANISMS INVOLVED IN SELF-HEALING

Self- repair

Self-assembly

Self-organization

Phase transitions

↓ entropy ↑ order



CIRCADIAN RHYTHMS AND HEALING

- “Chronic, non-healing wounds have emerged as a major public health crisis”
- Phases of wound repair
 - inflammation, angiogenesis, cell proliferation and remodelling
- keratinocytes, fibroblasts and WBC all have circadian rhythms (CR)
- Disruption of CR leads to disease
- Daily variations in gene expression within these cells
- CR controlled by clock genes and micro RNA
- BC pathways synchronised with the external and internal environments
- Achieved through the actions of a variety of timing signals –
 - environmental light and temp, food intake and exercise
- “.....we use our mind to disobey our internal clocks”

COMMUNICATION NETWORKS

A SELF-HEALING & SELF-ORGANIZATION MODEL

- Considers clusters of individual networks
- Considers distribution of individual networks which:
 1. acts as an antenna array
 2. reuses limited resources
 3. coordinates interaction between networks
- Composed of cooperative clusters within a network
- Such clusters interact with each other with cooperation & coordination
- Clusters can be physical and logical (math)

Model designed to be adaptive and in control by user who determines clusters

This model produces 3x increase resource utilization & system capacity

QUANTUM HEALING MODELS ELECTRONIC COMMUNICATION NETWORKS

- Considers clusters of individual networks (**humans**)
- Considers distribution of individual which:
 1. acts as an antenna array (**broadcasts and receives love**)
 2. reuses limited resources (**divine energy**)
 3. coordinates interaction between networks (**social interactions**)
- Composed of cooperative clusters (**quantum domains**) within a network
- Such clusters interact with each other with cooperation & coordination
- Clusters can be physical and logical (math) (**quantum**)

Model designed to be adaptive and in control by user (**mind**) who determines clusters

HEALING IN THE 21st CENTURY

- Consciousness is the quantum energy field inside and outside of human the body. By using this energy we can heal any disease including cancer. This is known as Holistic, Quantum healing.

International Journal Complementary & Alternative Medicine, 2017

QUANTUM PROCESS IN BIO-SYSTEMS

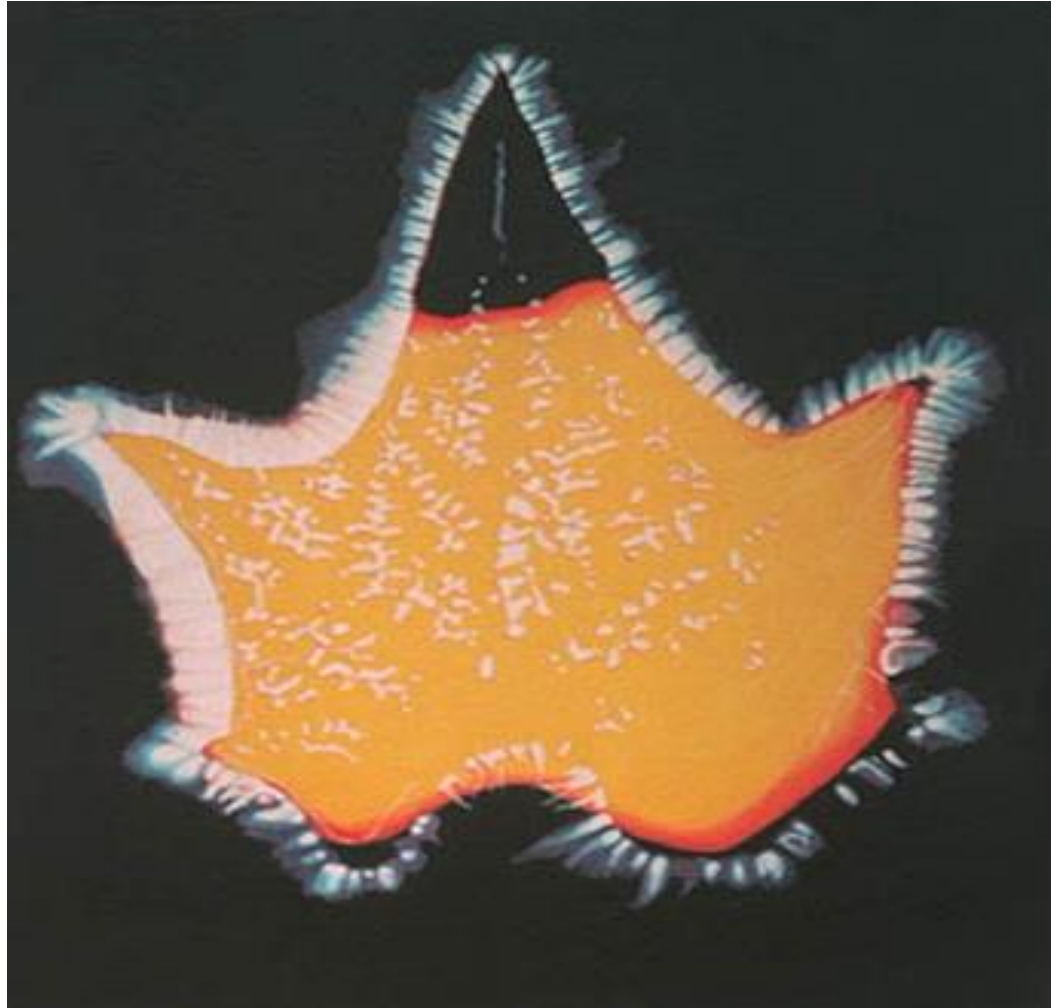
- Quantum superposition
- Proton and electron tunneling
- Quantum information storage & processing
- Quantum entanglement
- Photon anti-bunching
- Quantum coherence
- Quantum delocalization



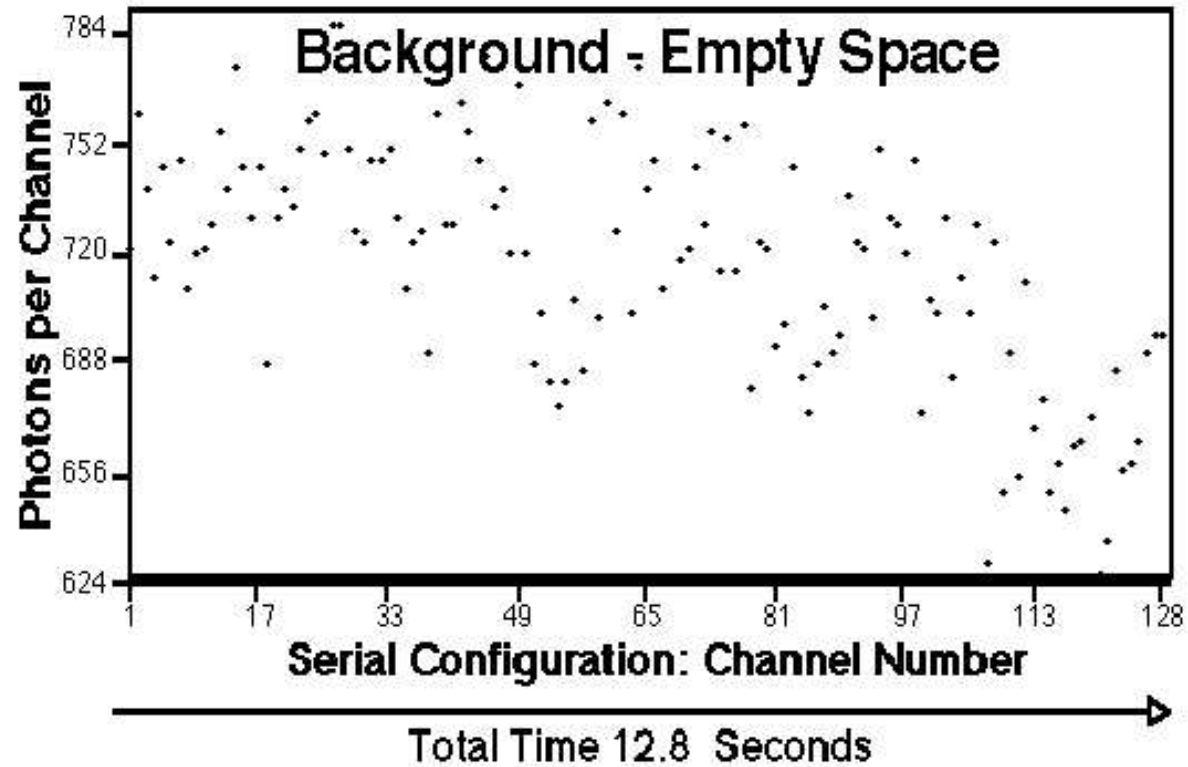
Quantum processes generate quantum fields

Function unknown

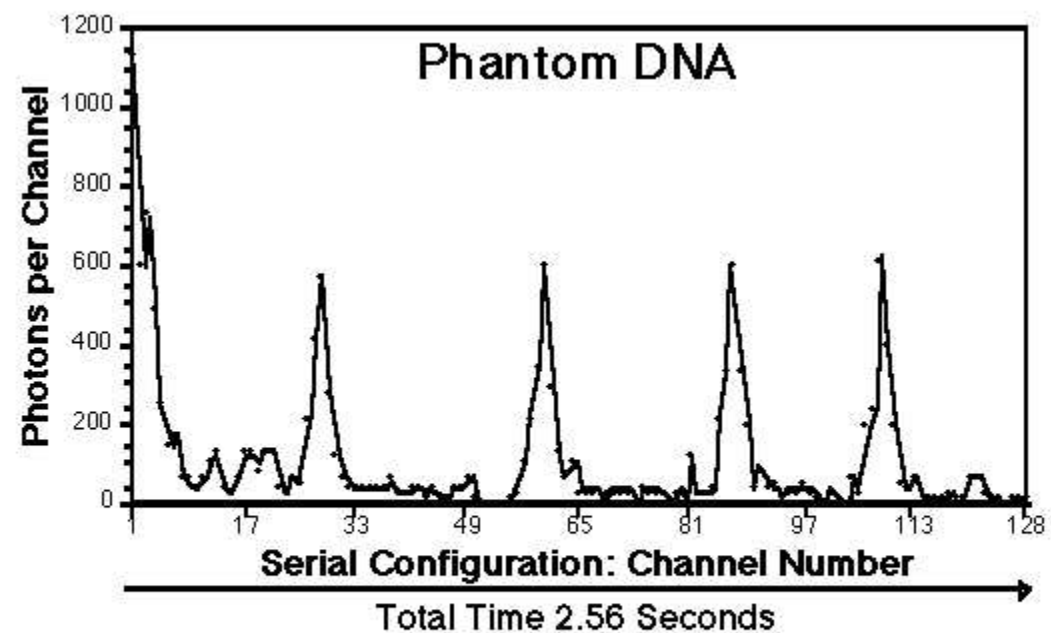
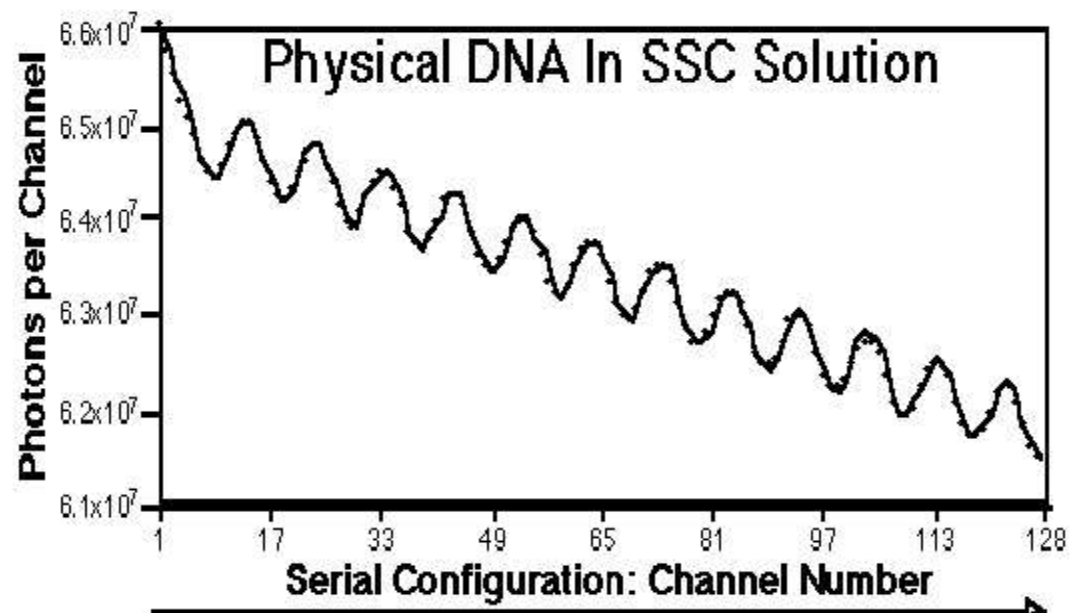
BIO-ENERGY PHANTOM LEAF



BIO-ENERGY PHANTOM DNA

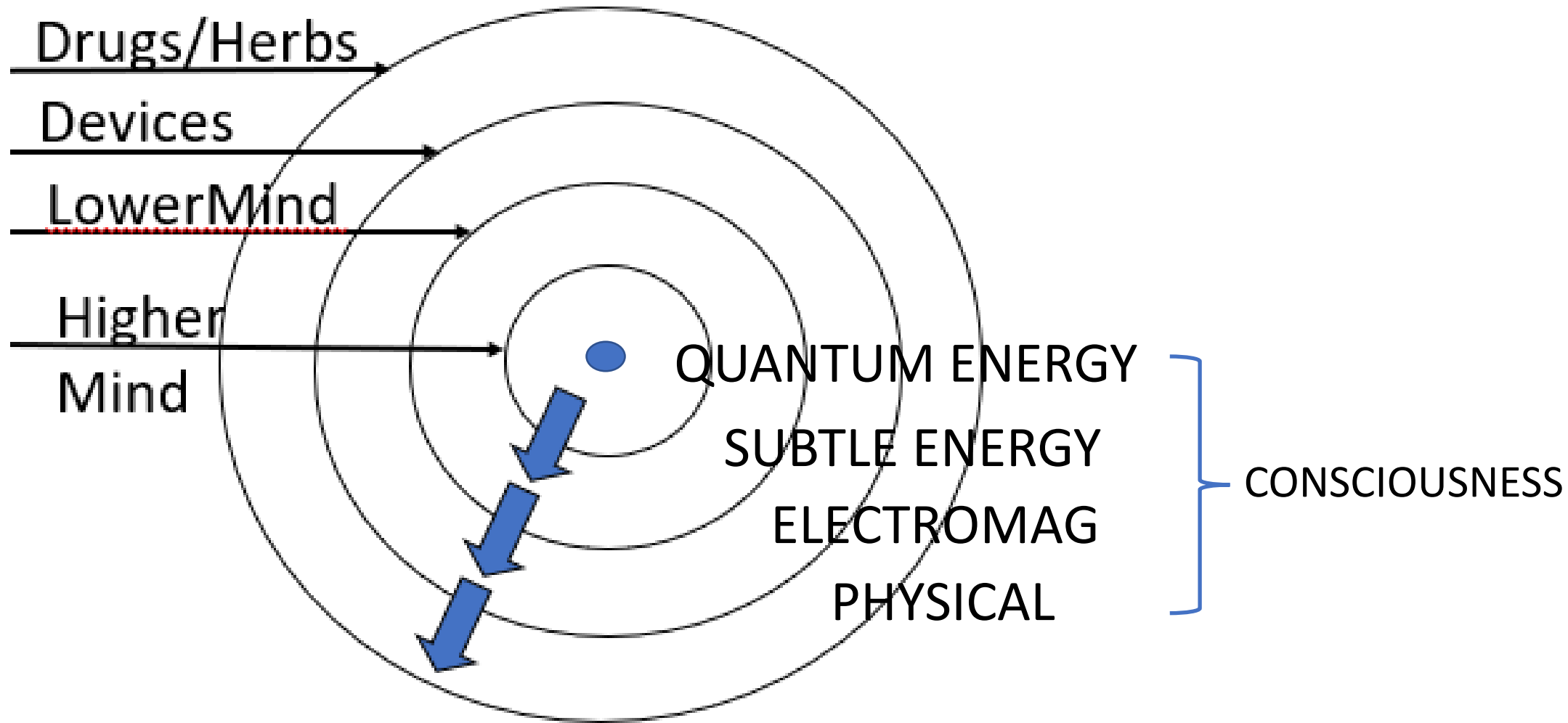


(a) MALVERN <<< K7032 >>> Version 2.1 Date 18-09-1991 Time 10:49:08
Correlator 1 Sample Time per Channel (mS) = 100
Auto-correlation



(c) MALVERN <<< K7032 >>> Version 2.1 Date 23-11-1992 Time 13:37:28
 Correlator 1 Sample Time per Channel (mS) = 20
 Auto-correlation

QUANTUM HEALING MODEL



DNA - AU NATURALLE



CHROMOSOME PAIR

SINGLE CHROMOSOME

HELIX

QUANTUM PROPERTIES OF DNA

Propagation of electrons down central channel

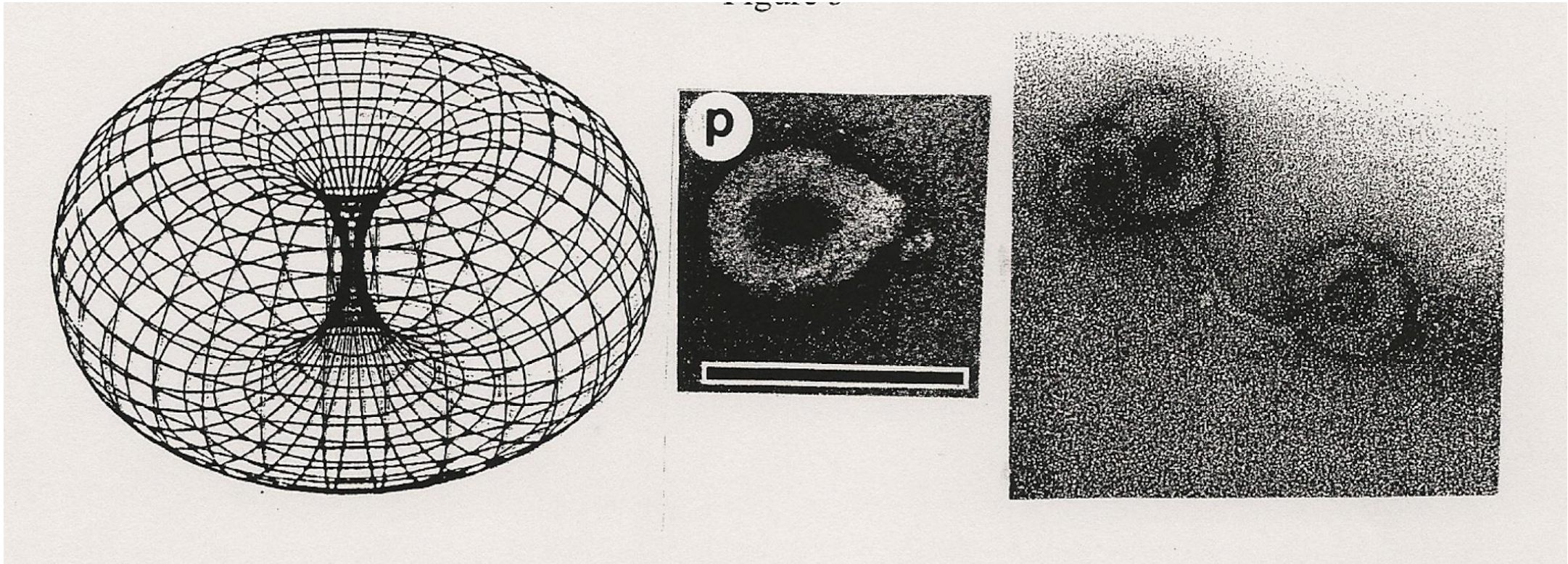
- Proton tunneling
- Electron tunneling
- Propagation speed 1000x faster than theory
- Quantum entanglement - modelling

HYDROGEN BONDS

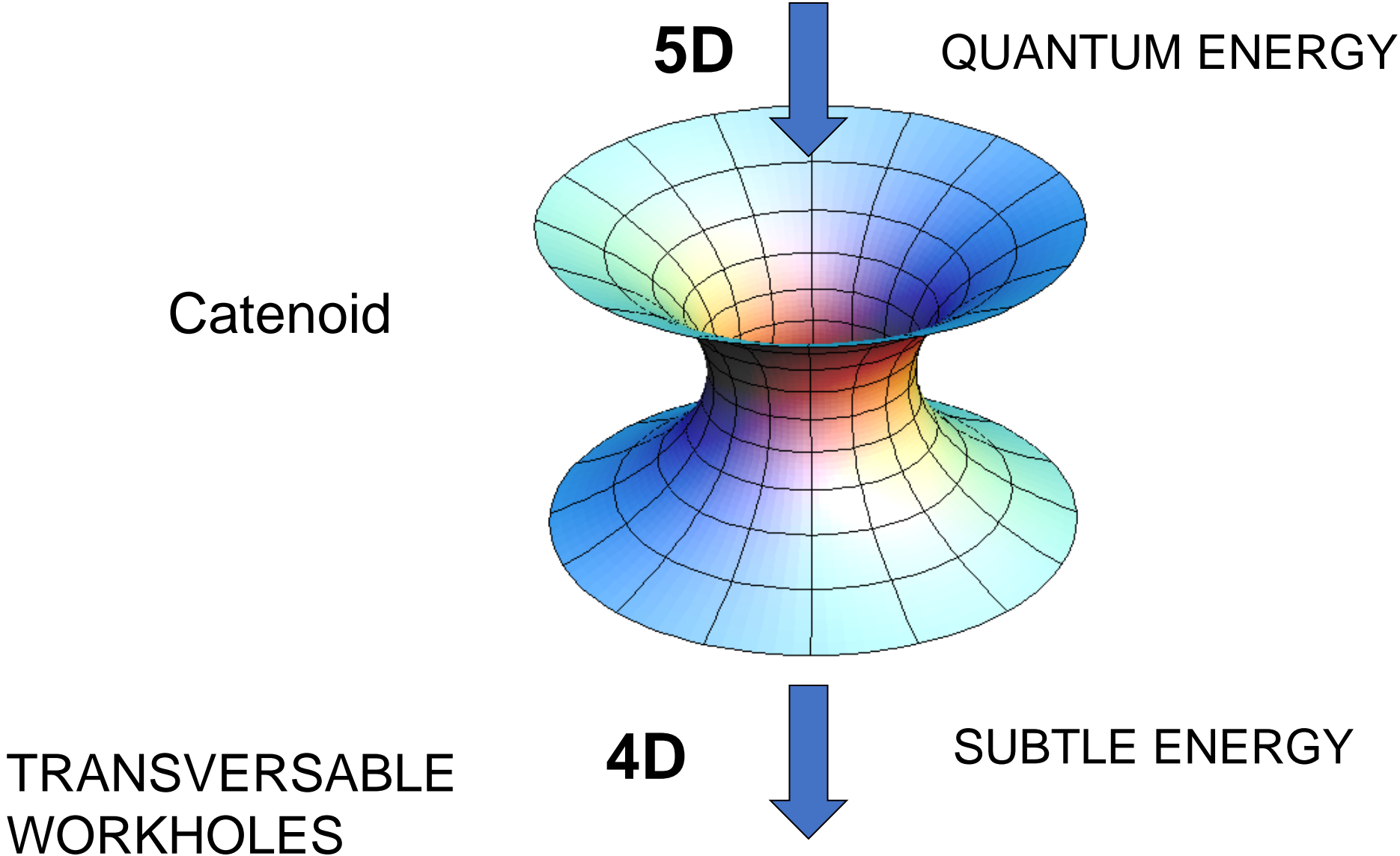
- Electrostatic bond between O----H
- Stabilizes tertiary structure proteins
- Hold two strands of DNA together
- Extremely sensitive to external energy-EM,SE
- Quantum Properties of Hydrogen Bonds
 - Hb involve pi-electron delocalization
 - Hb exhibits cooperative interactions

DNA ANTENNAE MODEL

- Helical DNA condenses to higher order structure – toroid
- Toroidal DNA observed in biological systems

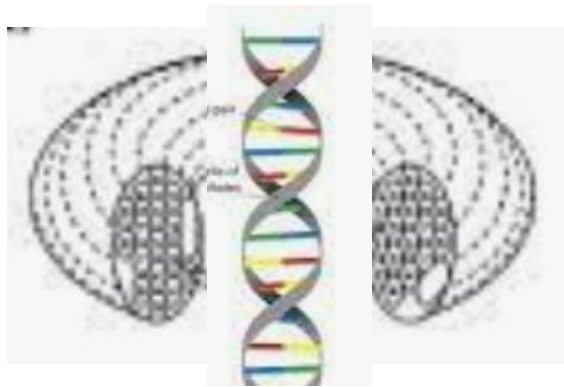


5D ENERGY INTO THE PHYSICAL BODY ZERO-POINT CENTER OF A TOROID



DNA ANTENNAE MODEL

- Geometric resonance between DNA and Consciousness
Consciousness/Energy of a healer
Individual Consciousness of meditator –self healing
- Visualize quantum energy of biofield passing through DNA
See subtle energy radiating out from nucleus to all parts of cell
Feel the subtle energy healing your cells



IMAGERY

HEALING THROUGH THE MIND'S EYE

- PNI- 1970's- treating cancer by visualizing pacmen eating tumor
- Jean Achterberg – the more specific the better

“imagery is the world's oldest and most powerful healing tool”

- “Recode and reprogram your DNA and stop your ancestors' old programs”

IMAGERY ARTICLES PUBLISHED LAST YEAR

- The effect of Reiki and guided imagery intervention on pain and fatigue in oncology patients
- Guided imagery and metabolic response to surgical trauma
- The effects of NLP and guided imagery on the pain and comfort after open-heart surgery
- Effect of Guided Imagery on Pain and Quality of Life in Musculoskeletal Medicine
- Effects of Brief Guided Imagery on Female Patients Diagnosed with Fibromyalgia
- Psychophysiology of Imagery and Healing: A Systems Perspective
in Imagination and Healing by Anees Sheikh

OUR THOUGHTS AFFECT OUR PHYSIOLOGY

A dynamic process of representing new thoughts formed in the mind by abstraction, simplification of reason, problem solving and imagination

three stages of Thinking

1. Understanding
2. Forming an opinion
3. Making a decision

Positive Thinking: Mental attitude with the aim of building and evoking positive aspects of ourselves - our potential, determination and self-confidence involving words, and images that are constructive for the development of the mind

SCIENTIFIC STUDIES ON POSITIVE THINKING

Cancer-Positive thinking correlates with disease progression & shrinks tumor size

Psychological Immunity to enhance psychological well-being

enhances resilience, coping (with stress & anxiety), hope, and self-reliance

Correlates with happiness, creativity and productivity

Facilitates recovery from coronary bypass surgery

“Effect of Positive Thinking on Covid-19 Patient Healing”

R. Rudi Alhempri Annals Roumania Journal Cell Biology

130 students exposed to COVID –positive attitude correlates faster healing

THOUGHTS CHANGE OUR PHYSIOLOGY

Mind-Set Matters

Exercise and the Placebo Effect

Alia J. Crum and Ellen J. Langer

Harvard University

- most hotel room attendants believe they don't get enough exercise
- They were told their work provided the recommended exercise for a healthy lifestyle.
- This treatment group was monitored for 4 weeks.
- People in the treatment group lost weight; their body fat percentages, waist-to-hip ratios, and systolic blood pressures dropped.
- People in the control group showed no such changes
- Amount of exercise same in both groups

QUANTUM THINKING

- Holistic healing is quantum healing=
- Genuine intention to heal using positive thoughts
- Most of all diseases are starts in mind
- Mind is the holographic representation of the human body.



Shrihari, 2017

THE POWER OF OUR THOUGHTS

- “You control the Medbed through your thoughts and become master of energy and frequencies in your body”
- “Reprogram your DNA: Recode your DNA & stop your ancestors' old programs”

www.medbed.com

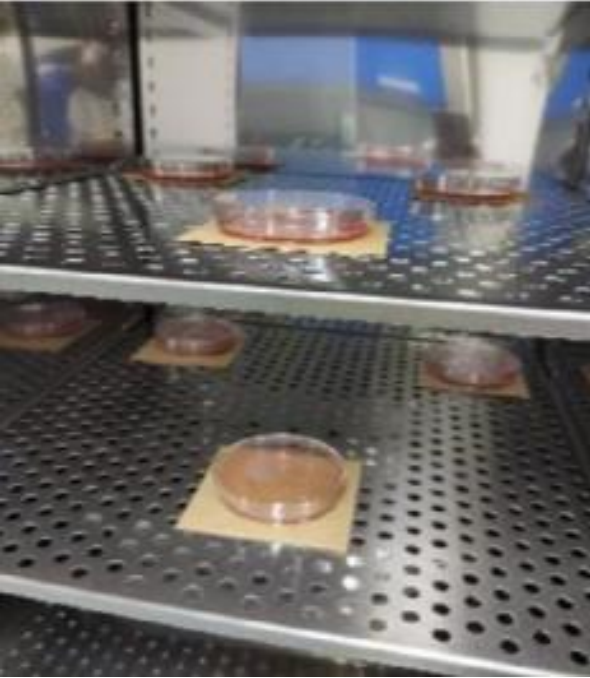


THOUGHTS ARE MADE OF WORDS

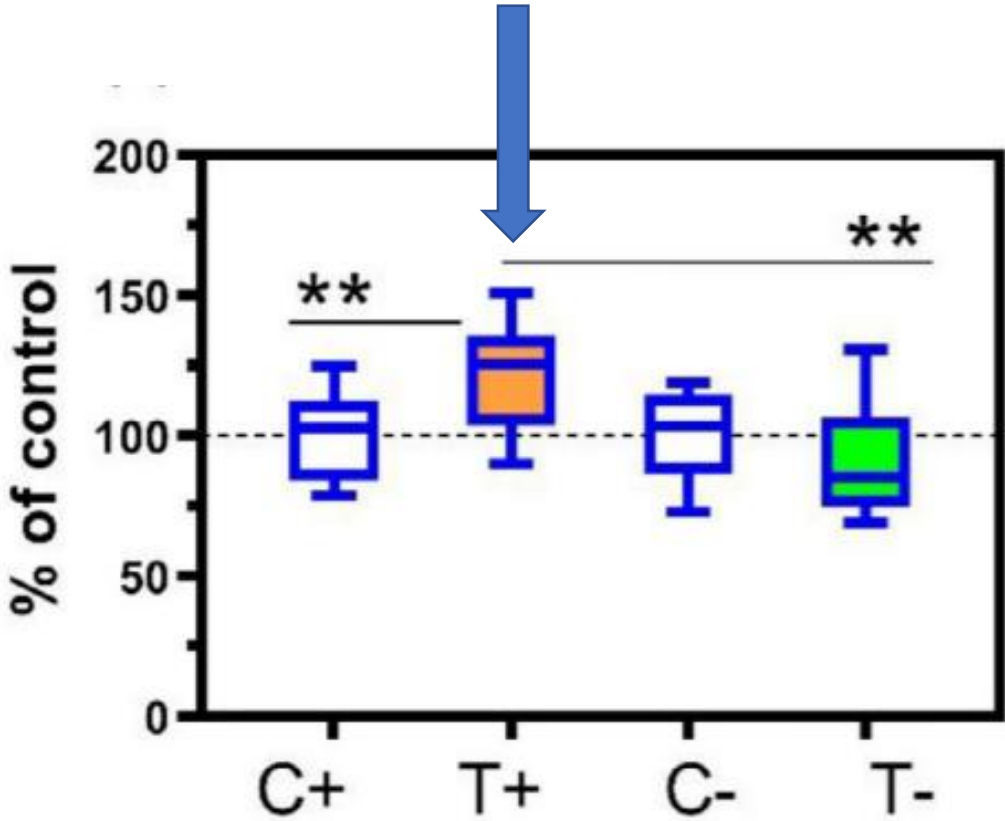
- Thoughts are made of words which have profound effects
- Andrew Newberg's book: Words Can Change Your Brain
 - “words can improve our neural functioning....”
 - “words spoken in the right way can bring us love”
- Greg Braden: “Word codes create neuropatterns which change our behavior”

Effect of information fields from written texts on cell growth and mitochondrial function

Explore, 2020



love, compassion, respect, joy, healthy



WHAT DOES LOVE HAVE TO DO WITH IT?

- Thoughts elicit specific emotions

EMOTIONS AFFECT OUR ABILITY TO HEAL

- positive emotions, optimism, and social support, may diminish psychological hyperresponsiveness.”
- Positive emotions alter disease risk via dampening chronic activation of neuroendocrine, immune, and cardiovascular systems.
- Negative emotions cause stress and inhibit our ability to heal

PSYCHOLOGICAL EFFECTS OF POSITIVE EMOTIONS

POSITIVE PSYCHOLOGY

- broadened scopes of attention, cognition, and action
- produce patterns of thought that are more flexible and creative
- A broader repertoire of thoughts
- Broaden perception, attention, motivation and reasoning
- enlarges the cognitive context and increases dopamine in brain
- Increase ability to focus
- Facilitates creative problem solving
- Increased resilience

PHYSIOLOGICAL EFFECTS OF POSITIVE EMOTIONS

- Increase immunity McClelland, 1986 and Rein 1995
- Decreased heart rate variability
- Increased vagal tone
- Decreased inflammation

INTENTION IS **CRITICAL** FOR HEALING

INTENTION RESEARCH BY OTHERS

- Healing intention therapies

Therapeutic Touch

Reiki

Qigong

Johre

Published studies with mice and TC cells –intention to heal or direct spiritual energy

- Tiller – specific intention to increase or decrease pH water
- Primary intention
- Secondary intention

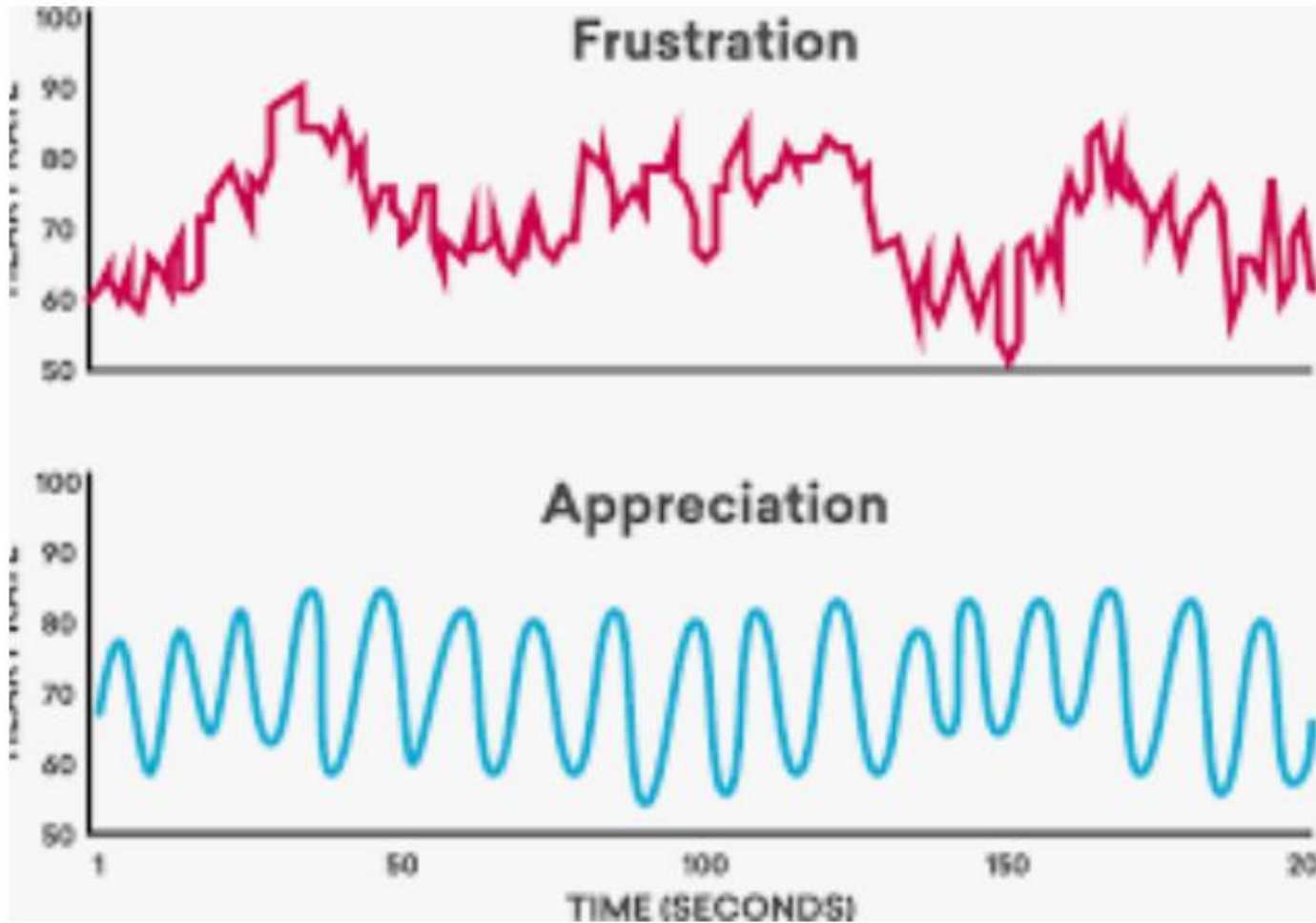
- Distant healing Intention

EFFECT OF CONSCIOUS INTENTION ON HUMAN DNA

Proceeds of the International Forum on New Science, Denver, CO. October,
1996

Change DNA synthesis
Change DNA winding and unwinding
Change electrical properties
Change DNA frequencies

INSTITUTE OF HEARTMATH ELECTROCARDIOGRAM (ECG)

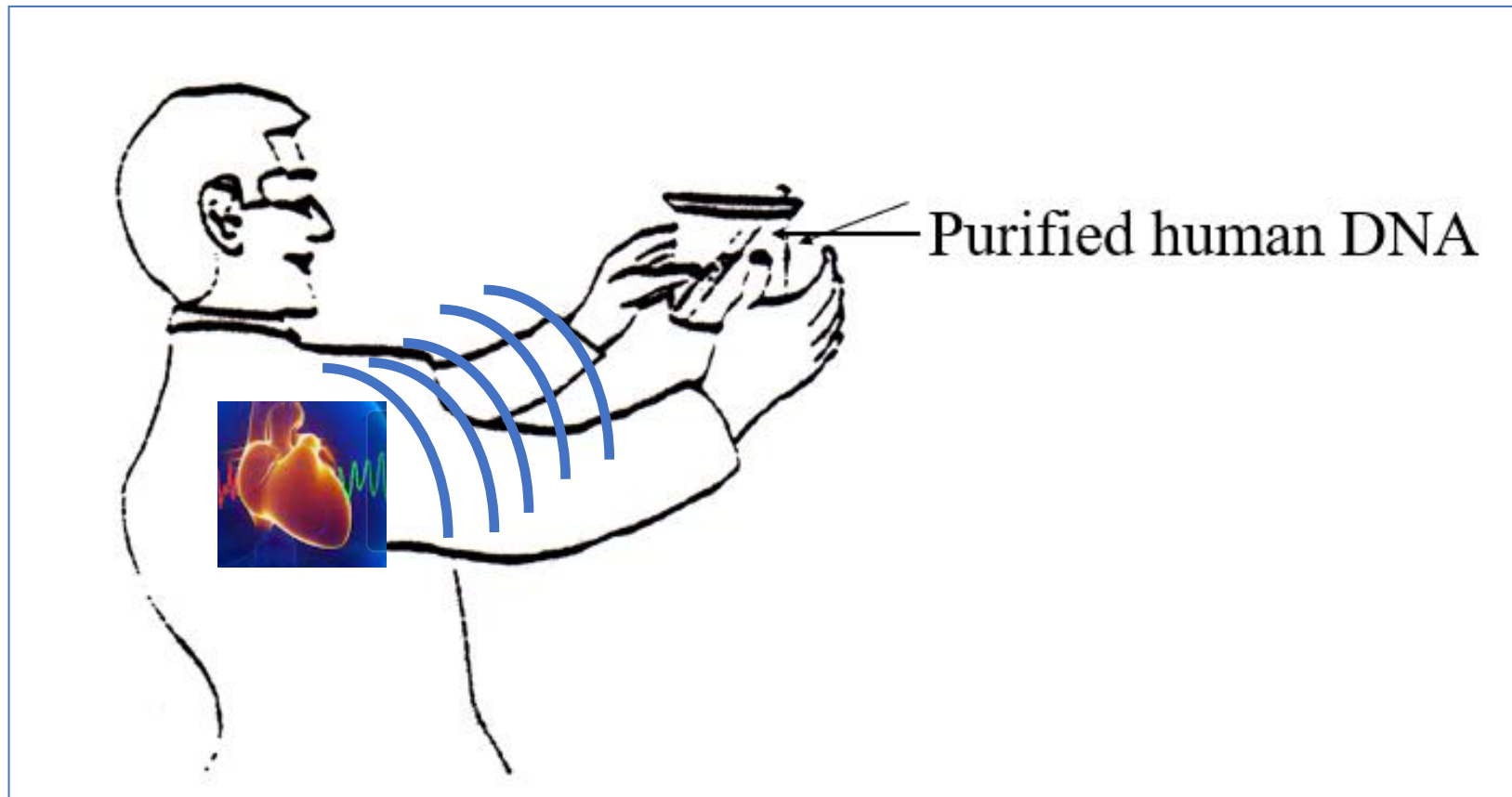


INCOHERENT

COHERENT

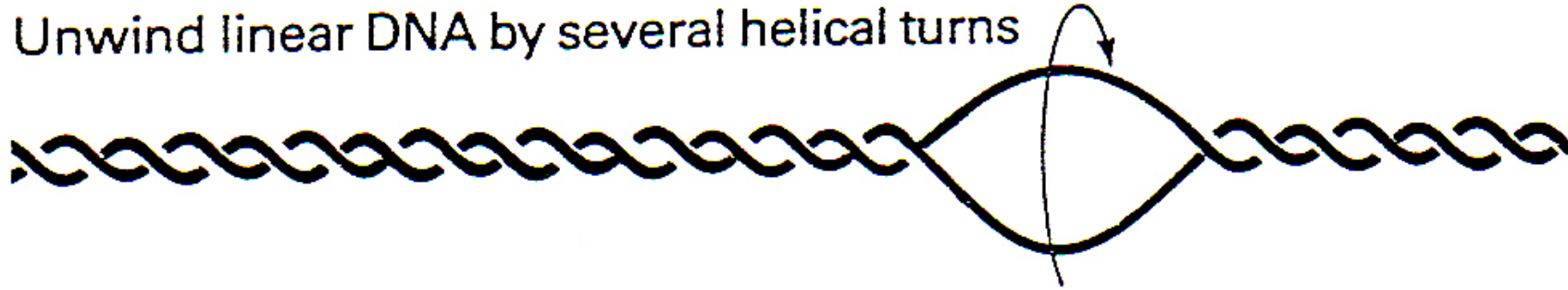
INSTITUTE OF HEARTMATH

- Love stimulates immune system
- Measured winding and unwinding of two strands
- Love generates coherence- required for intention to affect DNA



CONFORMATIONAL CHANGES IN DNA

Unwind linear DNA by several helical turns



Increased winding of linear DNA



IHM DNA RESULTS

- Measured winding and unwinding of two strands
- Wind or unwind related to intention
- Love generates coherence- required for intention to affect DNA
- Focus and affect on petri dish in a stack
- Can influence DNA if healer one mile away
- Love stimulates the immune system

EFFECTS OF LOVE ON DNA

EXPERIMENTS WITH DR LEONARD LASKOW

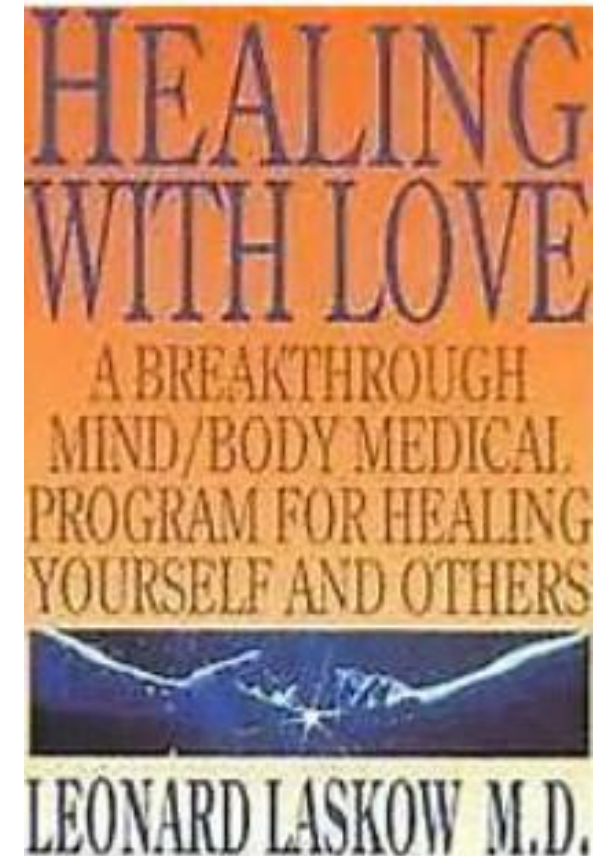
- Tumor cells grown in tissue culture
- Measure DNA synthesis – cell growth
- Measure before and after healing bio-energy



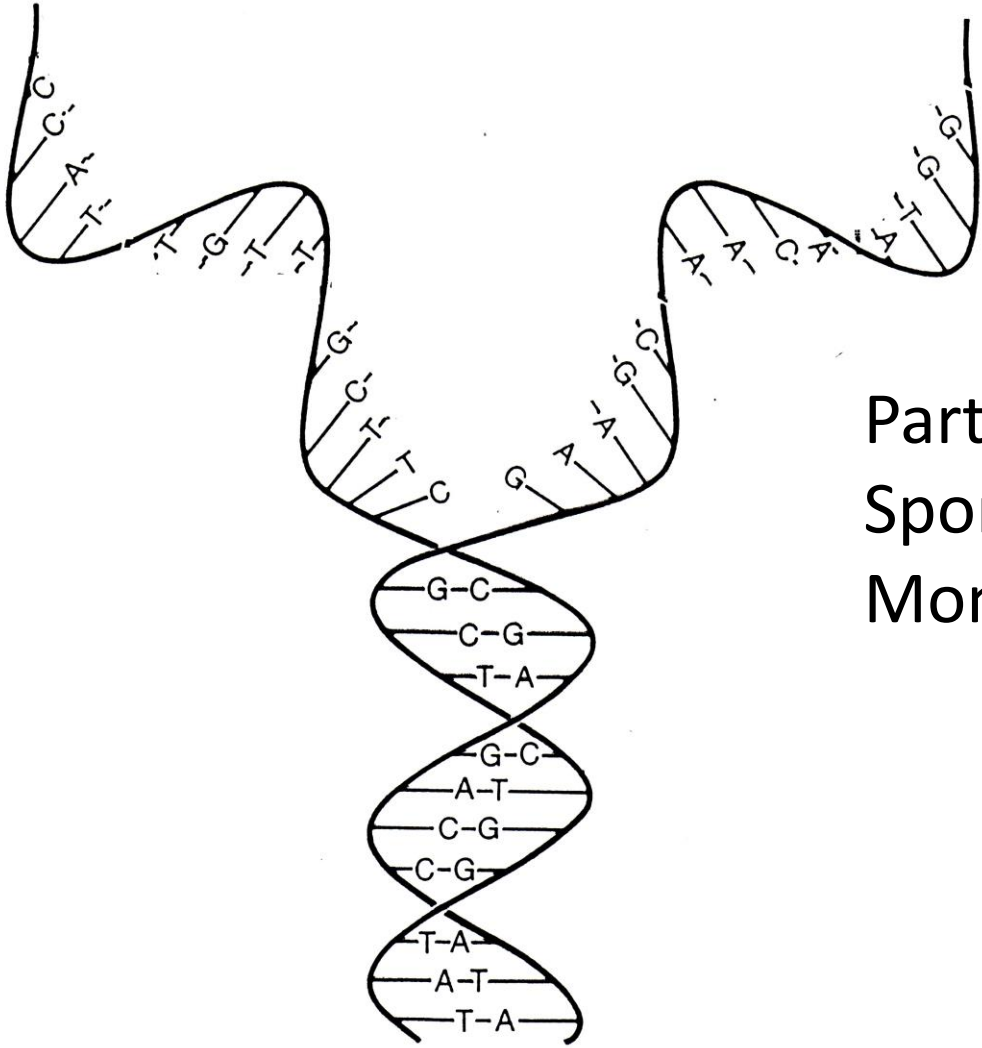
SUMMARY OF EXPERIMENTAL RESULTS

DNA SYNTHESIS IN HUMAN TUMOR CELLS

- SPECIFIC INTENTIONS INCREASE OR DECREASE SYNTHESIS
- CERTAIN INTENTIONS MORE EFFECTIVE THAN OTHERS
- NON-FOCUSED THOUGHT (MENTAL HEALING) NOT EFFECTIVE
- LOVE WITHOUT INTENTION IS INEFFECTIVE
- IMAGERY IS AS EFFECTIVE AS INTENTION
- IMAGERY AND INTENTION ARE ADDITIVE



MEASURING DNA REWINDING KINETICS



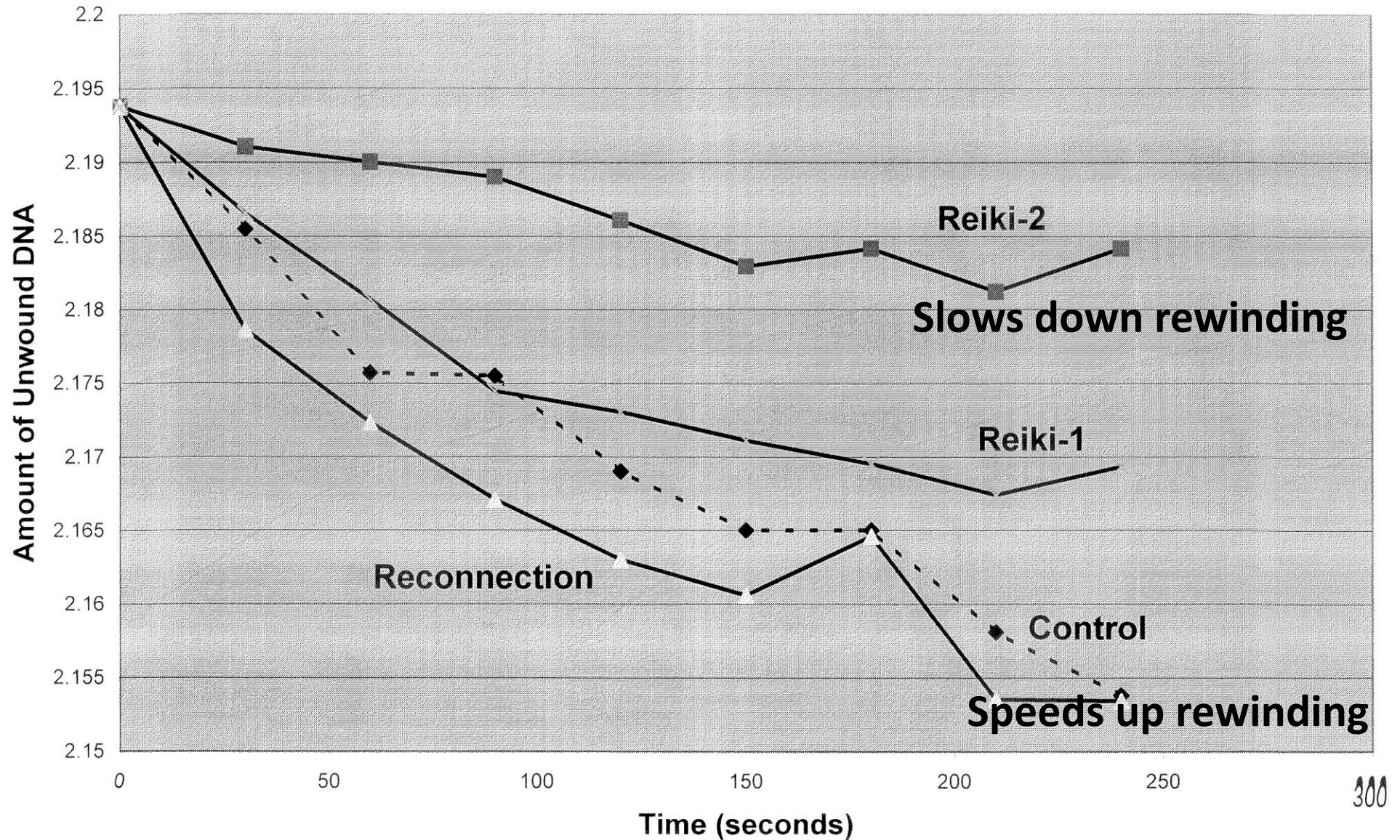
Partially unwind DNA with heat

Spontaneously rewinds back to helix

Monitor with Spectrophotometer Abs 260nm

DIFFERENT TECHNIQUES WITH DIFFERENT INTENTIONS

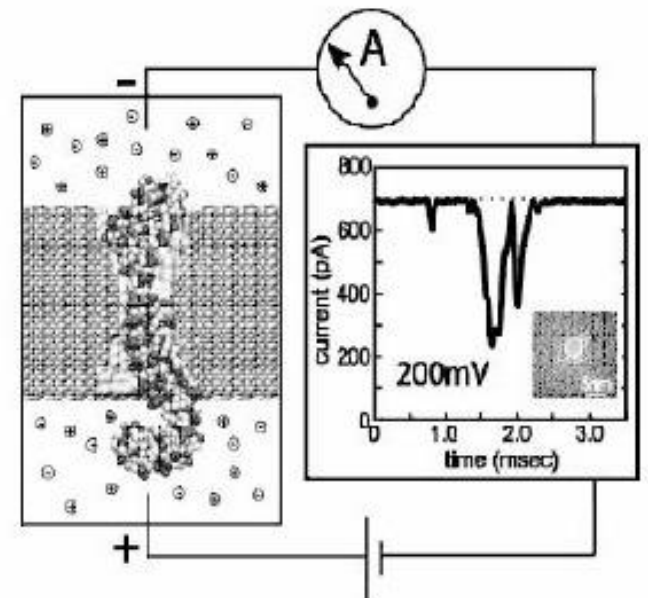
OPPOSITE EFFECTS OF BIO-ENERGY REWINDING



**HEALERS CHANGE ELECTRICAL CONDUCTIVITY
OF HUMAN DNA**

RESONANCE FREQUENCY SPECTROSCOPY

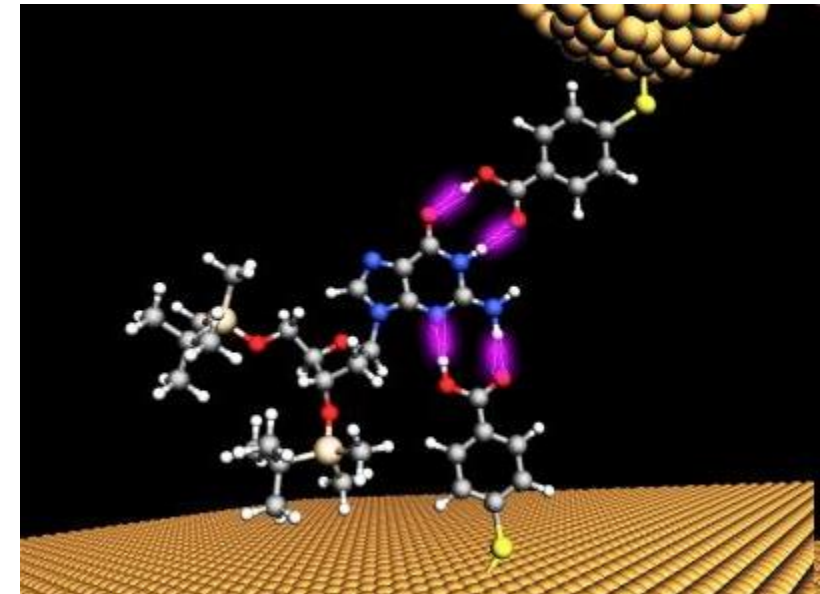
- Variation of non-linear dielectric spectroscopy
- Proprietary method to excite water and biomolecules
 - mV levels of AC and DC
 - electrodes with specific geometries
 - dissimilar metals as electrodes
- Excitation induces non-linear current responses
- Current response measured at different frequencies (1-100kHz)
- Response at a given frequency
 - varies in shape
 - varies in magnitude
 - varies in polarity
- Frequency hopping



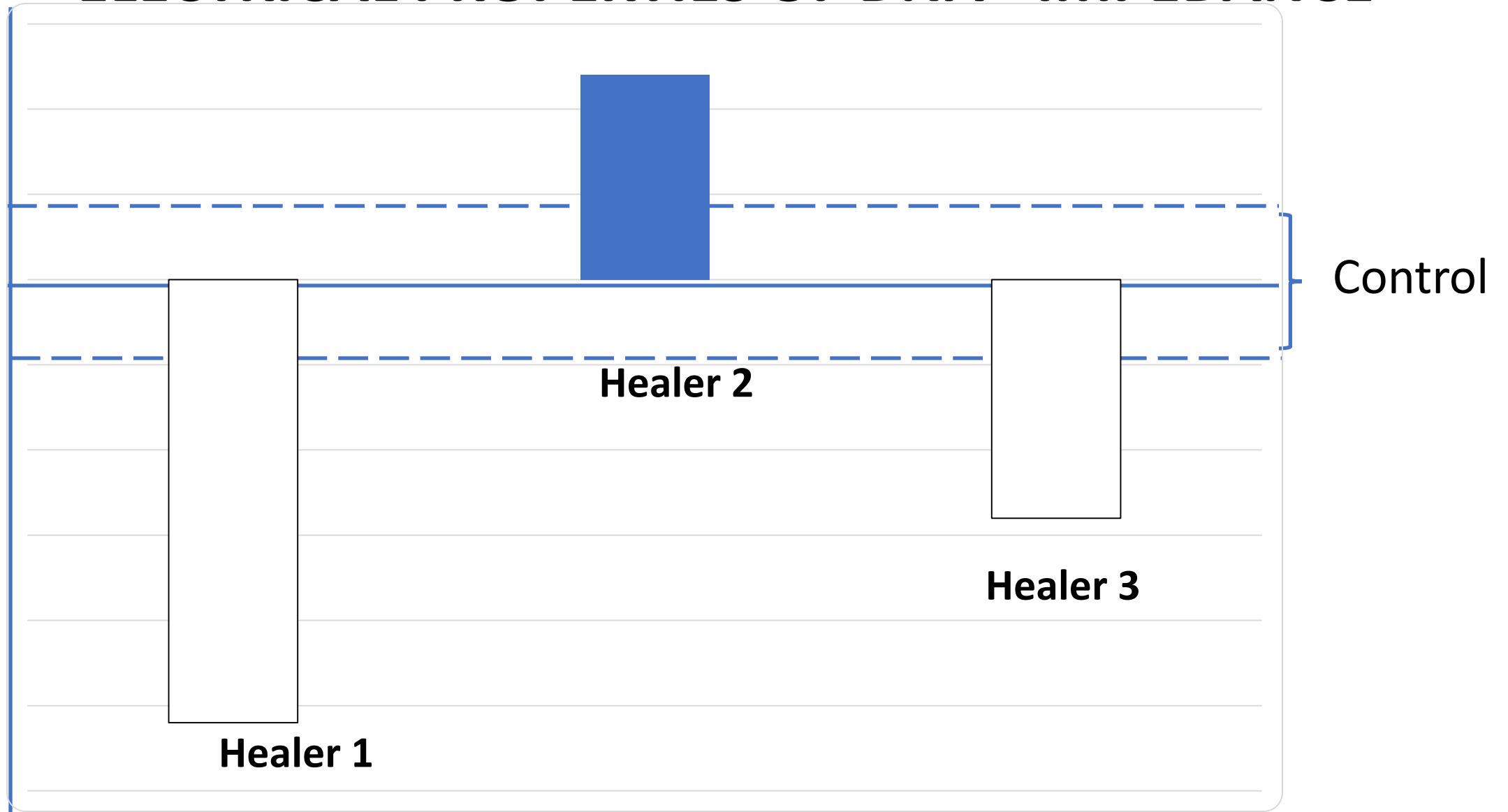
ELECTRICAL PROPERTIES OF DNA

Measured with Non-Linear Dielectric Spectroscopy

- Measure Impedance which is reciprocal to conductivity
- Measure before & after direct treatment with energy from healer
- Measure before and after treatment with energy emitted from carrier
- Calculate difference as slope – negative/positive



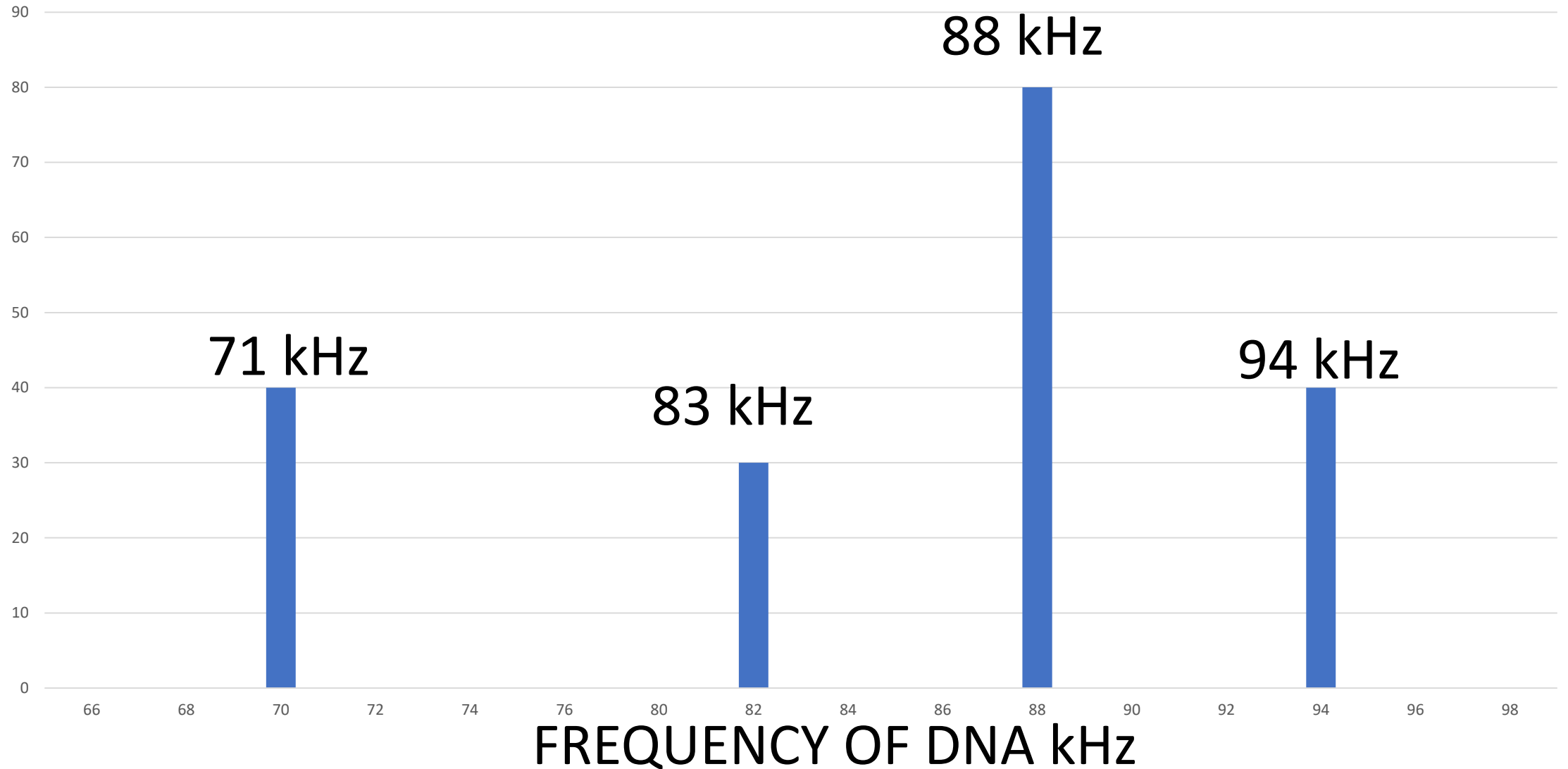
DIRECT EFFECT OF BIO-ENERGY ON ELECTRICAL PROPERTIES OF DNA - IMPEDANCE



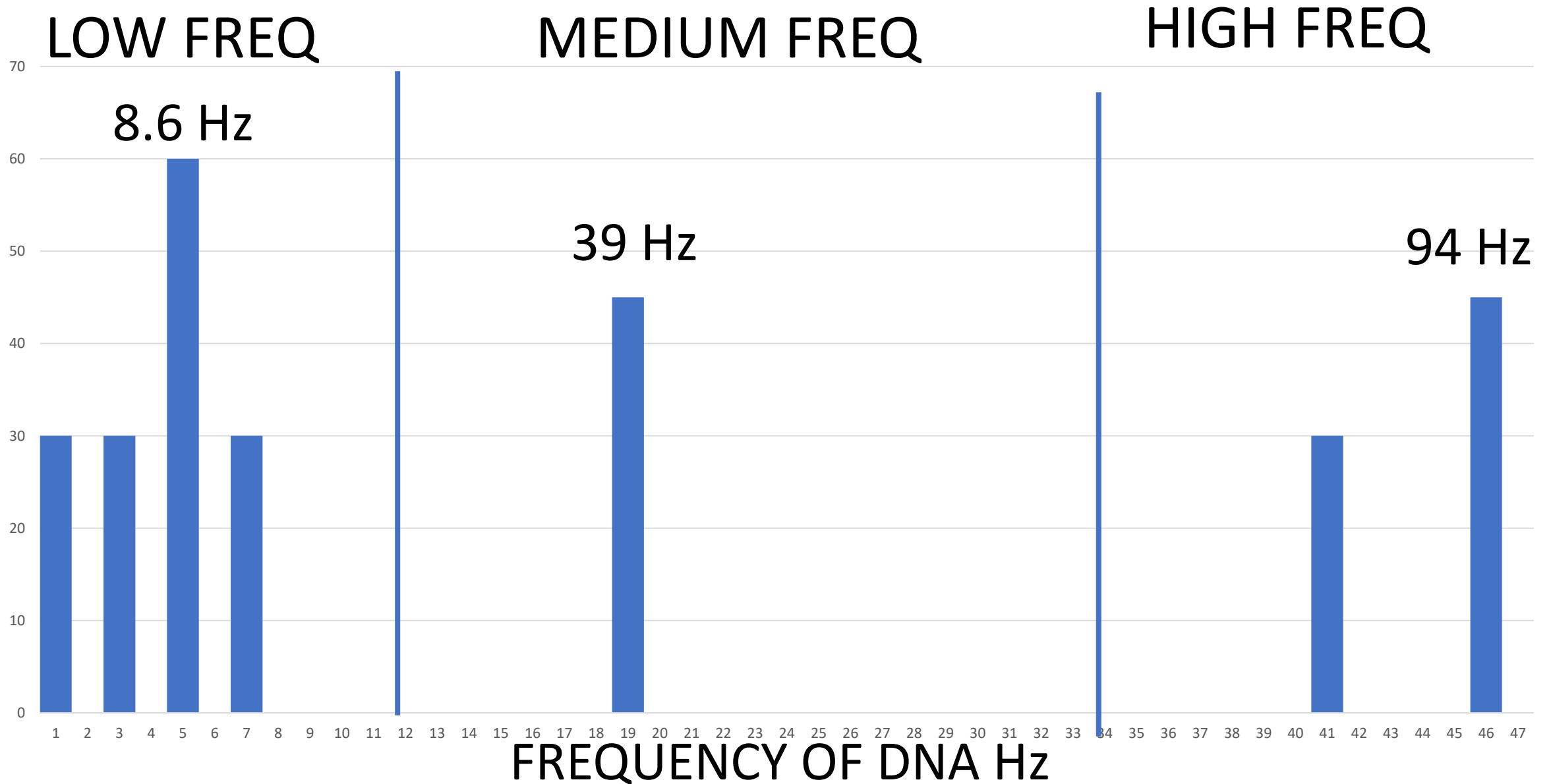
DNA HAS ITS OWN INTRINSIC FREQUENCIES

**HEALERS TURN ON SPECIFIC FREQUENCIES
OF DNA**

EFFECT OF QI-GONG MASTER ON HIGH FREQUENCIES



LOW FREQUENCIES ACTIVATED BY 3 HEALERS



HEALING WITH EXTERNAL SOUND

Music enhances effect of positive emotions on immune system Stress Medicine (IHM)

Music increases heart coherence (IHM)

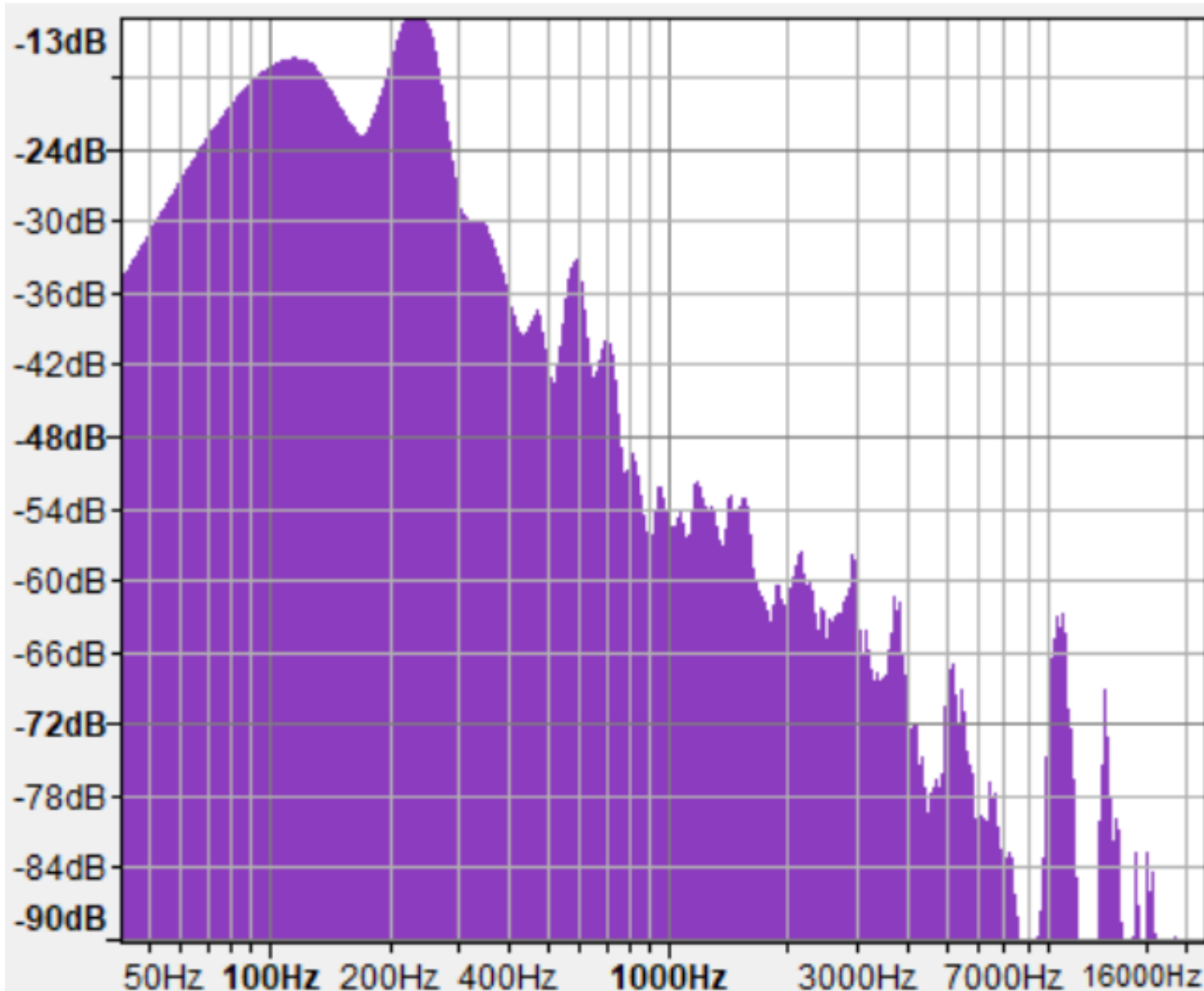
The joy of heartfelt music: An examination of emotional and physiological responses Internation J Psychophysiology

HEALING WITH INTERNAL SOUNDS

VOCAL HUMMING

- Fundamental Frequency of Phonation F_0
- Many frequency within the F_0 band
- Signature used for personal identification
- Hum has no verbal content
- F_0 Correlates with non-verbal communication
- F_0 analysis used as personality metric which correlated with confidence and dominant social behavior
- Mind can modulate vocal patterns (ie. under conscious control)

FREQUENCY SPECTRA OF INTERNAL HUMMING



3.0 kHz

3.7

5.3

9.5

12.3

SELF-HELP IMAGERY TECHNIQUES

- Focus on DNA becoming toroid and radiating healing energy into cells
- Sing/hum a healing frequency to your body
Breath that frequency into your cells and into DNA
- Visualize going up spiral staircase into your higher mind

REFERENCES

- **Self-Healing in electronic circuits:**

- Chu E, Bang I, Kim SH, Sung DK. Self-organizing and self-healing mechanisms in cooperative small-cell networks. In 2013 IEEE 24th annual international symposium on personal, indoor, and mobile radio communications (PIMRC) 2013 Sep 8 (pp. 1576-1581). IEEE.

- **The mind can override our internal clocks:**

- Vitaterna MH, Takahashi JS, Turek FW. Overview of circadian rhythms. Alcohol research & health. 2001;25(2):85.
- Reddy AB, O'Neill JS. Healthy clocks, healthy body, healthy mind. Trends in cell biology. 2010 Jan 1;20(1):36-44.

- **Circadian rhythms and disease:**

- Leng Y, Musiek ES, Hu K, Cappuccio FP, Yaffe K. Association between circadian rhythms and neurodegenerative diseases. The Lancet Neurology. 2019 Mar 1;18(3):307-18.
- Rijo-Ferreira F, Takahashi JS. Genomics of circadian rhythms in health and disease. Genome medicine. 2019 Dec;11(1):1-6.

THANK YOU

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<http://quantum-biology.org>