



Energy: How to Use it for Growth

The further quantum physicists peer into the nature of reality, the more evidence they are finding that everything is energy at the most fundamental levels.

Reality is merely an illusion, although a very persistent one.

Albert Einstein

Redefining Reality

Quantum weirdness: Energy is not continuous, but comes in small but discrete units. (electrons)

The elementary particles behave both like particles *and* like waves. (wave-particle duality)

It is *physically impossible* to know both the position and the momentum of a particle at the same time.

Superposition electrons and other non-particle particles are capable of being in hundreds of places *simultaneously*

Copenhagen Interpretation of **Quantum Mechanics**

- “reality”—the world as we know it—can only take place if some sort of measurement or *observation* takes place on the macro level of existence, the level where scientists and all of us more ordinary human beings operate
- reality as we experience it seems to be the result of human consciousness interfacing with the quantum levels of existence that are pure waves of energy

Entanglement

e.g. once two particles have kissed they become lifelong pen pals. No matter how far apart they get, if scientists change the spin state of one entangled electron it's guaranteed its partner's spin state will change in the opposite direction in response. Every time.

Instantaneously. Even if they're a million light-years apart. This can only happen if everything is energetically connected on some level.

Replicated studies show that living cells can instantly communicate over distances.

One of the simplest experiments involves a batch of algae cells grown in a petri dish. After a few days the cells are divided into two batches. One batch remains in the original dish and the rest of the cells are whisked away to a different laboratory.

When the original group of cells is stimulated by a low-voltage current, the separated group of cells in the lab miles away reacts in *precisely the same way, to the same degree, at the exact same instant* that the stimulated cells react to the charge. And when the separated batch is stimulated the home team cells react instantaneously as well.

Nicola Tesla “If you wish to find the secrets of the universe, think in terms of energy, frequency, vibration.”

Bottom line: matter and energy, information and consciousness are just different ways of looking at the same thing.

Cortices Tap www.bodytalksystem.com

Touch: TKM Emergency techniques
www.kinginstitute.org

Percussion: brain-body: tactile-vestibular-auditory
<https://youtu.be/SKNou5koIYk?si=o71xXNXijNx5DHO5>

Gamma Hz www.gammalighttherapy.com

Cortices
Tap
Body Talk

by Dr. John
Veltheim



The "Cortices tap" refers to an energy medicine practice from the **BodyTalk System** designed to reduce stress, calm the nervous system, and improve brain communication. Practitioners use specific hand placements and tapping on the head to balance the brain's hemispheres.

The BodyTalk Cortices Technique with Sansi Dietz
<https://www.youtube.com/watch?v=N6jDqyEbh1o&t=1s>

The KI Method® or TKM®



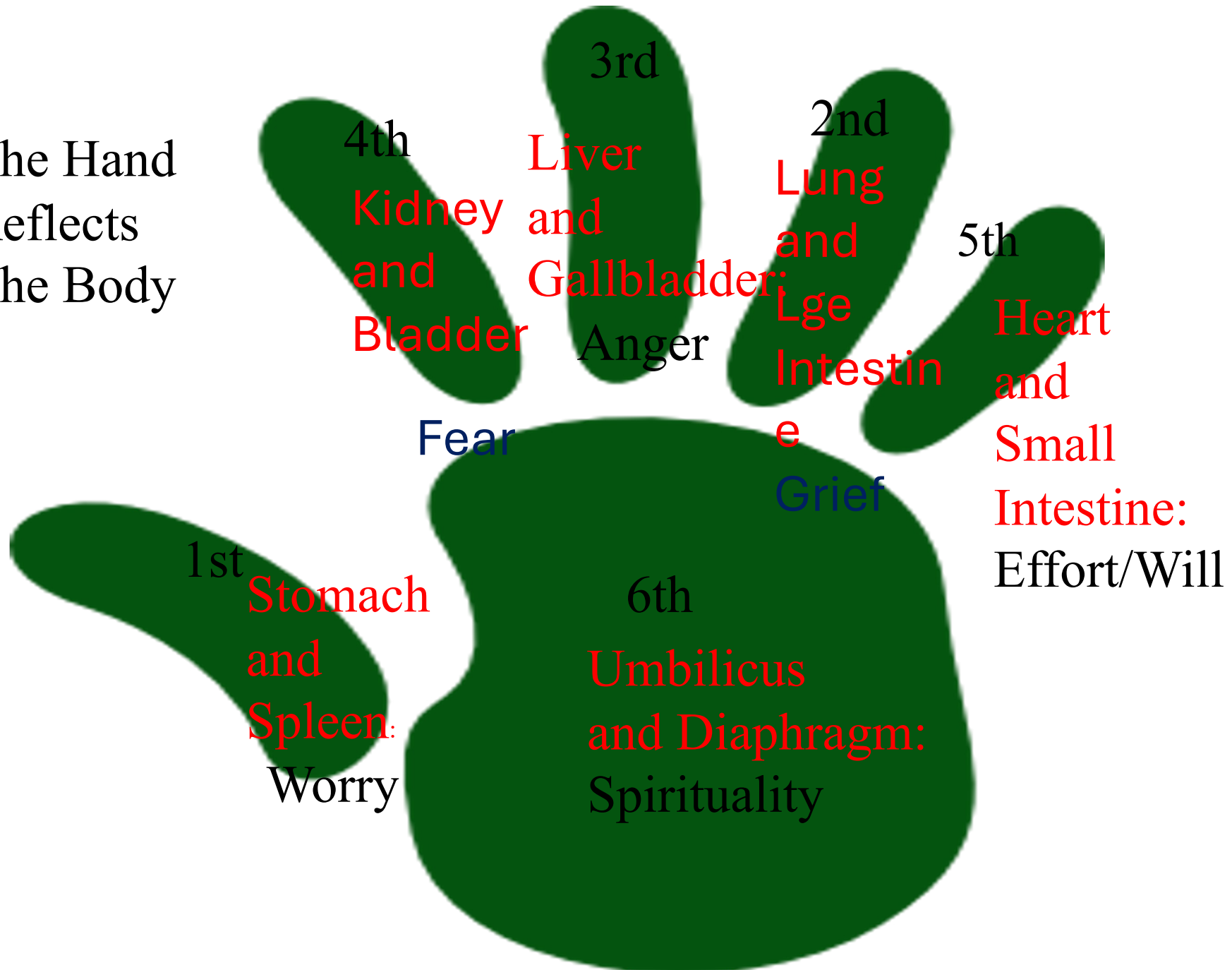
- www.kinginstitute.org
- Glenn King, PhD
- The Complete Guide to Alternative Therapies, 2nd ed.
- “...a unique method of helping the body to heal naturally by using an understanding of the bioelectromagnetic energy of the body.”

The science of healing in the Orient is generally known here (in the West) as “energetics” or bioelectromagnetic energy.

“This is the ability to enhance the performance and health of a person by treating with safe and proven methods of restoring proper conductivity of the bioelectrical systems of the body.” Constantine Kotsanis, M.D.

Western Medicine=philosophy based on biological science/biochemistry: historically treats symptoms or mechanisms of disease

The Hand
Reflects
The Body



TKM® Emergency Medical Techniques

ALWAYS ACTIVATE THE EMT FIRST

- Stop Bleeding/Bruising: R hand palm on the body (over the wound if able; otherwise anyplace on the body) with L palm on top of R hand at a 90 degree angle (forming an X); hold for at least 5 min. or until bleeding stops
- Pull Out Poison: Switch positions of Stop Bleeding hands (i.e. L palm on the body/R palm over L; hold a minimum of 5 minutes
- Stop a Seizure: Hold the thumbs; if there is another person present, hold big toes; continue holding for 20 minutes after seizure stops

- Stop Choking: Press thumbs into High 1s (2/3 up from knee toward groin on the “inseam” of the leg)
- Stop an Asthma Attack: One hand on 3rd thoracic vertebra/Other hand holds either or both middle fingers
- Stop a Burn: Palm the Calves: cup the calves in your palms with the fingers pointed toward the heart; hold for a minimum of 20 minute
- Stop a Heart Attack: Call 911: R fingers on 5th thoracic vertebrae; other hand holds L little finger

Percussion

The term comes from the Latin *percussio*, meaning to beat. Percussion instruments (including the human body) are vital for driving rhythm, tempo and texture

Stomp, Clap:

<https://youtu.be/SKNou5koIYk?si=o71xXNXijNx5DHO5>

Gamma Hz

Gamma sensory stimulation (GSS) is a non-invasive neuromodulation technique that utilizes rhythmic light, sound, or tactile stimuli at 40 Hz to synchronize brain waves.

- Known as Gamma ENtrainment Using Sensory stimulation (GENUS), it aims to combat Alzheimer's and cognitive decline by reducing amyloid plaques, dampening neuroinflammation, and enhancing glymphatic clearance.

How GENUS Works

Entrainment: Flickering lights and rhythmic audio clicks induce 40 Hz neural oscillations in the brain.

Cellular Clearance: It activates microglia (the brain's immune cells) and enhances fluid flow to help clear neurotoxic proteins like amyloid and tau.

Structural Preservation: Clinical trials indicate that prolonged use may help reduce white matter atrophy and myelin loss.

Research shows that **40 Hz sensory stimulation**—whether through light, sound, or physical vibration—can enhance brain wave synchrony and reduce Alzheimer’s-related proteins like amyloid and tau. [[1](#), [2](#), [3](#)]

While human trials are ongoing, a notable 2023 study by MIT scientists demonstrated that Alzheimer's model mice exposed to 40 Hz whole-body vibrations for one hour daily over several weeks successfully cleared toxic proteins, preserved synaptic connections, and improved motor function. [[1](#)]

The Science Behind 40 Hz Gamma Stimulation

- **Gamma Entrainment Using Sensory stimulation (GENUS):** Induces 40 Hz brain waves, which are typically weakened in Alzheimer's disease.
- **Protein Clearance:** Studies indicate that 40 Hz sensory stimulation helps activate microglia (the brain's immune cells) to metabolize and clear amyloid plaques and tau tangles.
- **Brain Fluid Flow:** It has been shown to boost glymphatic clearance, which helps the brain wash away metabolic waste. [[1](#), [2](#), [3](#), [4](#), [5](#)]

Current Clinical Status

- In Mice:** Tactile, visual, and auditory 40 Hz therapies have consistently reversed pathology and memory decline in mouse models.
- In Humans:** MIT and other research institutions have run small human feasibility trials using at-home visual and auditory 40 Hz devices. Early results show it is safe, well-tolerated, and suggests potential benefits for sleep, daily activities, and memory after weeks to months of use. [[1](#), [2](#), [3](#), [4](#)]
- <https://gammalighttherapy.com/pages/clarity-40hz-light-therapy>



GROWTH AND
CHANGE
REQUIRE “A
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THE SAME
DIRECTION”

EUGENE PETERSON

Robin Harwell, M.A., CCC-SLP
robin@buildthebrain.net