



Volume 3, No. 2

May 2003

THE ANTHROPOLOGICAL AND SCIENTIFIC CASE FOR PSYCHO-ENERGETIC HEALING - Part 2

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Appendix 2

Psycho-Energetic Healing Questionnaire (Expanded)

Instructions

Please circle the number that best quantifies your response to the question.

Definitions

Energy: A subtle force or power that may circulate in and emanate from the body; though mysterious, it may have import for the psychological, physical and spiritual health of people. Synonyms: bioenergy, chi, orgone, life energy, bioplasma, prana.

Psycho-energetic healing: Any healing technique that allows a healer to intervene in another's energy situation to affect psychological, physical, or spiritual healing. *Examples:* laying-on-of-hands, shiatsu, therapeutic touch, interventions from Confluent Somatic Therapy.

How to use the scale: Think of each number on the scale as a percentage of time for the average psychoenergetic healing session (a psychoenergetic healing session is defined as that period during which you consciously engage in energy work with a client present). *Example:* If you circle 50 for the first question, you mean that when engaged in psycho-energetic healing, you experience your client's energy on or through your skin 50% of the time.

PERCEPTION QUESTIONS

When engaged in psycho-energetic healing, I

1. experience my client's energy on or through my skin.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. feel my energy field and my client's energy field intermingle.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. experience my client's energy field as a subtle pressure on my hands or skin.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. sense energy moving in or around my client's body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. experience my client's body sensations in my own body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. experience my client's energy like a subtle mass around their body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

SENSATION

When I engage in psycho-energetic healing, I

1. feel healing energy flow **through** my body to the client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. feel healing energy flow **from** my body to the client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. feel heat on my hands during healing.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. feel heat somewhere in my body during healing.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. sense energy moving in or around my own body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. feel electrical sensations that flow in the direction of the client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

7. feel electrical sensations within myself, that do not flow outward to the client, and that I do not perceive as coming from the client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

EMOTIONS

When engaged in psycho-energetic healing, I

1. feel joy.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. feel sexual excitement.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. feel love.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. feel anger.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. feel sadness.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. feel fear.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

7. feel my client's emotions.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

8. must keep my own negative emotions from contaminating energy that I send to my client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

9. send my client energy encoded with positive emotion.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

MOTOR

When I engage in psycho-energetic healing, I

1. physically shake or vibrate.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. find myself taking involuntary, deep breaths.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. experience no out-of-the-ordinary body movements.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

ALTERED STATES OF CONSCIOUSNESS

When I engage in psycho-energetic healing, I

1. experience normal consciousness.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. enter into altered states of consciousness.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

EXTRAPERSONAL

When I engage in psycho-energetic healing, I

1. experience clear words or images about my client's problems that suddenly appear in my mind from paranormal sources.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. have ESP experiences about my client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. experience a heightened intuitive knowledge of my client's problems.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. experience demons.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. experience angels.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. experience spirits.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

7. experience energy as coming through me from a source other than myself.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

Please name the source of energy _____ . Thanks!

SPIRITUAL

When I engage in psycho-energetic healing, I

1. believe that there are spiritual dimensions to the experience.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. find encountering energy is in itself a spiritual experience.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. experience energy as coming from God.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. experience energy as coming from the universe.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. gain greater insight into the religious traditions as a result of contact with energy.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. have a spiritual experience.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

TECHNIQUE

When I engage in psycho-energetic healing, I

1. keep my hands a distance from the client's body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

2. lay my hands on the client's body.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

3. work with the client's chakras.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

4. send energy to my client by simply intending to do so.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

5. pray for my client.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

6. unripple disturbed parts of the client's energy field associated with psycho-somatic distress.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

7. work with my client's meridians.

NEVER 0 10 20 30 40 50 60 70 80 90 100 ALWAYS

8. facilitate healing by (please name and briefly describe your psycho-energetic healing technique):

SIXTH SENSE QUESTION

I believe that emotions and cognitions can be transmitted from one person to another through a route other than the five senses.

CIRCLE ONE: Yes No

QUALIFYING THE QUANTIFIED EXPERIENCE

Please note each item that you have marked as 20 or above. Please write a description explaining how you experience that item clinically. *Example:* If you circled 20 or more on the first item on the first page, you might write, "When I experience my client's energy on or through my skin, I experience it as a tactile pressure, as though a subtle mass coming from my client is pressing up against me."

Please take as much time as you would like to quantify your answers. Do it over several sessions, if needed. Feel free to include extra information. The more data the better!

THANK YOU FOR COMPLETING THE PSYCHOENERGETIC HEALING

QUESTIONNAIRE AND FOR TAKING TIME TO QUALIFY YOUR EXPERIENCES

IN WRITTEN FORM. YOU HAVE CONTRIBUTED TO SCIENCE!!!