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MORE:

Response to “The Healer’s Cost”

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MORE is provided with additional information and commentary on previously published articles and is provided to support clarification in response to feedback received by the journal.

Introduction:

The May 2026 edition of the *International Journal of Healing and Caring* included the article titled “The Healer’s Cost: The Biophysical and Vital Equivalent of Healing Modalities” by Dr. Igor Nazarov. The examples used in Dr. Nazarov’s article are all individuals who had a natural opening, no training, and because of this did not know how to ground. Unfortunately, this means that the information gathered from them cannot be extrapolated to practitioners who HAVE been trained to ground. Individuals who have and have not been trained to ground should not be combined in the same group in research because of this difference. Research has shown that physiological changes occur when people ground (Chevalier G, Mori K, Oschman, JL.,

2006), which raises questions, at least, of comparability. This study specifically showed changes in EEG, EMG, and Blood Volume Pulse (Chevalier G, Mori K, Oschman, JL., 2006).

Discussion:

Part I specifically discusses an individual whose hands would heat while working with a concomitant decrease in her body temperature in other areas. Baldwin, A., et al., 2007 show that Reiki practitioners' hands do get warmer due to micro-capillary dilation. A follow-up study, Baldwin, A. & Schwartz, G., 2012, looked at capillary dilation in the hands while energy is run, but using both Reiki and Reconnection practitioners, and found that while both groups showed capillary dilation and heating of the hands, the specific patterns were different depending on training. Unfortunately, the device used, a doppler laser perfusion imager, was not able to look at the temperature of the rest of the body to see if there was the same drop mentioned by Dr. Nazarov, but the differences in the pattern of dilation do suggest that training has an impact.

Part II discusses an individual who showed spikes in heart rate and blood pressure, as well as significant decreases in body weight. Both Baldwin, A., et al., 2007 and Baldwin, A. & Schwartz, G., 2012 looked at heart rate and blood pressure in the participants, and did not see an increase. When there was a significant change, it was a decrease which is stated to suggest relaxation. Unfortunately, no research has been done comparing energy practitioner's weight before and after a healing, though there are many anecdotal accounts of practitioners being hungry or thirsty afterwards. Given the lack of structured research, it is difficult to make a determination on this specific point, and research in this area may provide interesting insights.

Part V describes Sathya Sai Baba using energy pulled from his soul to create matter. It should be noted that there have been no research studies on this topic, so this section will be entirely based on training and anecdotal reports from a variety of different training modalities.

There are a number of different types of energy healing that use the soul or life force to manipulate either the environment or the human body. Most recognizably Qi Gong practitioners collect life force from the world around them to utilize, though there are historical records of practitioners using all of the life force collected and switching to using their own. Those records also document the hazards of that choice, in that it can result in the loss of the ability to gather and use energy, or, at extremes, death. There are some modalities that go straight to using life force to heal a client. In all cases, negative effects on the practitioner are expected, and other modalities have demonstrated the ability to create the same effects in the client without the negative effects on the practitioner. Given this suggests that the choice to use the soul or life force is an unnecessary one with negative effects, it may be a poor choice to make.

Conclusion:

Dr. Nazarov provides us important insight into how simple differences in skills levels shows that extrapolation of the way in which energy is used cannot be taken as a broad strokes answer for all forms of energetic practices. In all of these examples, it suggests that the act of using energy, particularly in a healing, has a cost. It may. The fact that energy practitioners who have not been trained to use grounding as part of their practice regimen, who regularly describe being hungry and thirsty after a healing, certainly suggests that something is being utilized. However, the differences between practitioners who ground and practitioners who do not ground, suggest that it is not possible to generalize between the two groups.

References:

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Bio:

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