

## Appendix 6

### ACT Energy workshop, 2003

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#### Doctor! “I Have No Energy”

**Loss of energy**, tiredness, fatigue are one of the most common group of physical symptoms found in a doctor’s office today. However, in about 74% of these cases, there are no physical organic causes to be found <sup>1</sup>. This figure increases to about 90% in cases suffering with chronic anxiety, when associated with other co-morbidity disorders, e.g. panic attacks. <sup>2</sup>

Could your **Spiritual health** be an underlying related causal factor? If so, how does this affect the patient’s *loss of energy* level and what can be done about it?

**As a medical doctor**, I believe that every person is created and made in the image and likeness of God. I see each person as a spiritual human being, consisting of Body and Soul (Mind and Spirit).

I also acknowledge the limitations in my ability and knowledge to offer a scientific explanation as to the cause of *loss of energy* without evidence of a physical organic cause. We often assume it is stress related but how does that cause energy loss?

**This presentation** is a very basic attempt to try to understand these phenomena of loss of energy in a human being, to explore the spiritual factors and the science of “energy and mass,” as it relates to the synergistic energies of a human being, (Body, Mind and Spirit)

#### **Selected information is taken from:**

*The Catechism of the Catholic Church.*

*A Handbook of Theology of Energy*, by John Cheng, B.Ed., M.Div., Th.M., founder and president of Theology of Energy Research Education.

*The Good News Bible – The Bible in Today’s English Version.*

**I. My theory** as to the cause of *loss of energy* without evidence of a clinical physical organic cause is based on:

- i. **The teaching of St Gregory Palamas**, doctor of Uncreated Energy (1296-1359), on God’s Uncreated Divine Energy as God’s Divine Grace.

- ii. **The Catechism of the Catholic Church** teaching - the human person, created in the image of God, is a being at once corporal (body) and spiritual. The soul signifies the spiritual principle of man. *It is because of its spiritual soul that the body made of matter becomes a living human body*;<sup>3</sup> spirit and matter, in man, are not two natures united, but rather their union forms a single nature.
- iii. **Pierre Teilhard de Chardin's**<sup>4</sup> writings of a human being, seen as a living synergy (synergism or synergic-being), composed of a personal spiritual energy-being and a physical (or bodily) energy- mass.
- iv. **The New Physics**, based on Einstein's theory of relativity, and the quantum theory, tells us that mass is nothing but a form of energy. i.e masses of particles (bundles of energy).

These “bundles of energy” at the sub atomic level, form the stable nuclear, atomic and molecular structures, which build up matter and give it its solid macroscopic aspect, thus making us believe that it is made of some material substance. e.g. the body and its organs- heart. brain, etc.

However when we observe individual atoms, consisting of particles (bundles of energy), we do not see any material substance, but instead dynamic patterns continually changing into one another – **a continuous dance of energy**.

- v. **My personal experience** as a practicing Christian medical doctor and psychotherapist, integrating Christian healing prayer in my clinical work..

## II. The Theory of Loss of Human energy:

The human being as a **personal human energy being**, composed of an invisible human spiritual energy and a visible human physical (bodily) energy mass, requires a continuous source of energy for its existence.

**The Divine uncreated energy of the Triune God is the continuous source of energy.**

*Our experience tells us that the human body seems to stop functioning as a living human body when the human spirit (or human spiritual energy-being) leaves the bodily energy-mass. Our physical energy mass cannot survive as a personal living being without the synergy of our soul.*

**This relationship** is essential for the existence of the synergistic life energies in a human being, in its Spiritual, psychic and physical states.

*“it is because of its spiritual soul that the body made of matter, becomes a living human body”.*<sup>3</sup> “You created every part of me; you put me together in my mother’s womb.”

Ps. 139. vs.13.

Likewise, partial or complete **separation due to sin**, from the continuous source of the Divine uncreated energy of the Triune God, would lead to a varying decrease in the human spiritual energy.

This decrease of human spiritual energy would have a diminishing or altering energy effect upon the physical bodily energy mass of a human being.

Could this alteration of the physical bodily energy mass of a human being, manifest itself as a symptomatic “*loss of energy*” state in a human being? I believe it can.

*“Without me you can do nothing” Jn.15:5*

### **III. Personal Human Energy Being:**

**Teilhard de Chardin: (notes 4 & 5)** views a human being as a personal human energy being composed of a human spirit (i.e. a human soul or psyche) and a human body.

**In energy terms** a human being is seen as a living synergy (synergism or synergic-being), composed of a personal spiritual energy-being and a physical (or bodily) energy-mass.

In other words a human being could be perceived as a **synergistic emission of spiritual and bodily energy or energies: The togetherness** or the joining of these two or more types of energies, penetrating or interpenetrating one another, yet functioning at the same time as one working or living unit, i.e., as a human being.

**The human spirit emits spiritual human energy, whereas God radiates the Uncreated Divine Energy.**

On the other hand the **Human body, made of countless particles of bundles of energy, radiates its physical energy** in the same way as normal particles do.

**This synergistic energy of spiritual and bodily energies.** I believe is necessary to sustain the existence and well being in Spirit, Mind and Body, of every individual human being.

*“I’ve come that you may have life and life to the fullest” Jn.10:10*

### **IV. The Divine Uncreated Energy of the Triune God <sup>6</sup>**

**Divine Energy:** (from the preface of John Cheng’s book, *A Handbook of Theology of Energy*).

The concept of “Divine Energy” is a theological concept imported from the Eastern Christian Tradition. The teaching of St Gregory Palamas, doctor of Uncreated Energy (1296-1359), on God’s Uncreated Divine Energy, as God’s divine grace can be solidly

and historically traced back to the authority of the Eastern Fathers. Some of them include the following doctors of the church: St John Chrysostom, (349-407); St Gregory of Nyssa (331-392), St Basil the Great (330-379).

In general the western mind is not yet accustomed to the term “Divine Energy” as a reference to God’s grace. Used as a theological concept in the West without the Eastern qualification, the term “Divine Energy” may sometimes cause confusion and misunderstanding.

E. Mc Mullin in *New Catholic Encyclopaedia* (1967) observed: “The contemporary philosopher is wary about taking energy as one of his explanatory concepts, not only because the term has been pre-empted by the scientist, but also, because he is forced to use it, either in a sense remote from current science (which may cause confusion) or else to attach a philosophical significance to the scientific construct (which may prove unwarranted).”

It is undeniable that there is much less interest in this concept in the 1960’s than there was in the 1910’s on the part of philosophers and more especially, of theologians. Now today every time when the term “energy” appears, people in the West tend to relate it instinctively to either physical energy, human energy, or the energy now promoted by the New Age Movement, Therapeutic touch, Reiki, Yoga, etc. Some very concerned Christians consider these forms of energy as Diabolical and should not be used in a Christian healing context. Very few of us think of it, in the context of “Divine Energy”.

As it is the Greek word “*energeia*” ( meaning energy, activity, operation, influence, agency, actuality, working, action, way of working) does appear eight times in the original Greek New Testament (NT), ( i.e. Eph1:19-20; Eph3:7; Eph4:16; Col.1:29; Col2:12; 2Thes2:9; 2Thes2:11). The translation is often as “power” or “work” but seldom as “energy”.

The Greek words for (power) appear 119 times in the original Greek NT.; the word (grace) 156 times and the word (Light) 73 times. Indeed, *divine power, divine grace, and divine light or divine energy, have* been used as synonymous terms in Eastern Christian tradition. If the name Theology of Divine Energy was changed to Theology of Divine Grace, or Theology of Divine Light or Theology of Divine Power, few western minds would incline to misinterpret what we are referring to. Nevertheless we should retain our name Theology of Energy, as a Theology of Grace. The center piece of this endeavor is the Divine Energy.

When we attempt to examine its relationship with other energies, such as angelic, saintly, physical, diabolic, subhuman etc, the term “energy” in the Theology of Energy is generic. When it appears linguistically, the terms “power” and “energy” are more or less interchangeable or inter-translatable in English and Greek.

-- **Spiritual Energy** as derived from the *uncreated energy of the Triune God (the Holy Spirit)*, comes as a direct result from the relationship between the human spirit and the Holy Spirit. “*God’s Spirit joins himself to our spirit.*” (Rom 8:16)

This energy permeates our whole being, namely, The Spirit, The Mind and The Body. “*Surely you know that you are God’s temple and that God’s Spirit lives in you.*” (1Cor 3:16)

**Spiritual energy is observed in the praise and worship** offered by a person, when filled with the joy and love of the Holy Spirit.

-- **Loss of Spiritual Energy:** When the human spirit is **separated** from the SPIRIT OF GOD through sin, it also becomes **separated** from the Divine uncreated energy of God. “*So I am not really the one who does this thing; rather it is the sin that lives in me*”. (Rom.7- 17) This state leads to **loss of energy**, as experienced by negative emotions and feelings of loneliness, darkness, detachment, not belonging, loss of inner peace, loss of a sense of who I am, loss of being whole.

**It has been my experience** to see a dramatic or spontaneous recovery of energy, when healing restores the relationship between the human spirit and the Spirit of God.

-- **Psychic energy** is derived from The Mind with its intelligence and Free Will. It is activated by the Holy Spirit, imparting God’s Wisdom, Knowledge, Understanding, Courage, Fortitude, and Self Control. This action enables the person to come into the fullness of the truth. The truth to know, who I am as a child of God and to make wise and life giving decisions in accordance with the will of its Creator. “*We have received the Spirit sent by God, so that we may know all that God has given us*”. (1Cor.2:12)

**The knowledge of the truth motivates the person towards action (Psychic energy).** This is expressed in the positive feelings and emotions of love, peace, joy, happiness, and self control. This builds your faith, humility, gratitude, praise and thanksgiving. Thus emitting psychic energy as manifested in the, ‘fruits of the spirit’ Gal.5: 22

-- **Loss of Psychic Energy:** Loss of Psychic Energy occurs when **The Mind becomes separated** from the Wisdom, Knowledge and Understanding of the **Holy Spirit**. This leads to deception and lies about the truth, as the mind is guided solely by the experiences of its human wisdom, knowledge, understanding and natural desires.

Loss of psychic energy is associated with **false beliefs** about the true identity of God and the identity of the person. **Negative feelings and emotions** of fear, anger, guilt and shame develop. These feelings alert us that something is wrong or missing, with a sense of insecurity, loneliness and unworthiness. The desire to belong, to re-connect, overcomes us. **Spiritual stress** results.

**Could these factors be the underlying root cause of anxiety disorders, depression and other forms of mental illness? One of the commonest and earliest physical symptoms of anxiety and depression is loss of energy.**

**In my experience**, restoration of energy levels, some more dramatic than others, is often seen in patients suffering with chronic anxiety disorders and clinical depression. This occurs, when healing restores the spiritual relationship with the Spirit of God and the truth in the identity of God and self are reclaimed.

-- **Physical Energy:** This is the energy we often refer to, when we state “I have no energy, I feel tired, I am exhausted”, or “I feel energized, I feel strong, I feel healthy, I feel well”. In daily life we say a body has energy when it has the capacity for doing work. e.g. kinetic energy.

**Is physical energy affected by spiritual or psychic energies? I believe the answer is yes.**

**A review of Physical Energy in a human body:**

- i. **A human being** is seen as a living synergy (synergism or synergic-being), composed of a personal spiritual energy-being and a physical (or bodily) energy-mass.
- ii. **As a personal human energy being**, the physical body energy mass becomes a living (energized) human body through its spiritual soul (personal spiritual energy-being). The main source of energy, being the Divine Uncreated Energy of the Triune God. *“It is because of its spiritual soul that the body made of matter becomes a living human body”*.
- iii. **The Physical energy mass of the human body – a continuous dance of energy--** is derived from masses of particles (bundles of energy). These “bundles of energy” at the sub atomic level, form the stable nuclear, atomic and molecular structures, which build up matter and gives it its solid macroscopic aspect, i.e. the body. Thus making us believe that it is made of some material substance.
- iv. **The organs of the Human Body**, also derived from masses of particles (bundles of energy), respond in synchronous harmony via the psycho–neuro–immuno-hormonal-chemical- physiological energy pathways that affect the endocrine, the immune, the cardio vascular, the respiratory, the gastro intestinal, the genitor-urinary, the dermatological, the neurological, the haematological, the mental and psychological, the muscular-skeletal, the ophthalmic and auditory systems.
- v. **Could the disruption of “The togetherness** or the joining of these two or more types of energies, penetrating or interpenetrating one another, yet functioning at the same time as one working or living unit. i.e. as a human being”, be instrumental in the symptom of **“energy loss”**? *“Spirit and matter in man are not two natures united, but rather their union forms a single nature”*.

## The Law of Physics in reference to “Energy and Mass” <sup>7</sup>

- i. Energy is always associated with some process or some kind of activity.
- ii. Total energy involved in a process is always conserved.
- iii. Energy may change its form in the most complicated way e.g. body parts, but none of it can get lost.
- iv. The conservation of energy is one of the most fundamental laws of physics.
- v. Relativity Theory tells us that mass of an object (body) is nothing but a form of energy.
- vi. Energy can not only take the form of a body (mass) but can also be locked up in the mass of the body.
- vii. Mass as energy can be transformed into other forms of energy (bundles of energy). e.g. the nature of sub atomic particles are intrinsically dynamic - a continuous dance of energy.
- viii. The amount of energy contained, for example in a particle is equal to the particle’s mass,  $m$ , times  $C^2$ , the square of the speed of light; thus  $E = MC^2$ .
- ix. In relativistic terms, i.e. where space and time are fused into a four dimensional continuum, the space aspect makes subatomic particles appear as objects with a certain mass (body), and their time aspect are processes involving the equivalent energy.

**-- Loss of Physical Energy:** It is my opinion that Loss of Physical Energy in a human being, when no organic cause is to be found, can be a direct result from loss of Spiritual and Psychic energy.

**How does this occur?** It is my opinion that loss of Spiritual and Psychic energy as mentioned before, can create a disruption of the normal physical energy mass as a living human body, at the subatomic level, (bundles of energy). Persistent disruption may eventually lead to micro or macro organic pathology changes (organic changes). In my experience, it is not uncommon for patients to suffer with loss of energy for weeks or months or even years, without a demonstrable organic cause; only to develop a clinical physical (e.g. fibromyalgia, chronic fatigue) or mental (e.g. depression) organic cause later on.

*Our experience tells us that the human body seems to stop functioning as a living human body when the human spirit (human spiritual energy-being) leaves the bodily energy-mass. Our physical energy mass cannot survive as a personal living being without the synergy of our soul. “I’ve come that you may have life to the fullest” Jn10:10*

## V. Measurement of Psychic and Physical Bodily Energy

Today psychic energy and physical bodily energy can be measured, using the MRI and PET. (Electro magnetic waves). Studies show the synergistic psychic and physical

energies are being radiated non-stop internally or externally in all directions. **The Mind and the Heart are the two most powerful sources of energy.**

The Kirlian Camera<sup>8</sup> has shown that the non stop radiation of psychic energy by a human being can be detected and measured scientifically.

### **Summary:**

**Loss of energy** is often expressed as tiredness, fatigue, drained, exhausted, “I have no energy”, in a Doctor’s office. It is one of the most common physical symptoms, associated with chronic anxiety disorders and major depression. **74 to 90% of the time**, there is no physical organic cause to be found.

**In spiritual terms**, man is seen as a spiritual human being, made in the image and likeness of God.

**In energy terms**, a human being is seen as a living synergy (synergism or synergic-being), composed of a personal spiritual energy-being and a physical (or bodily) energy-mass.

**The source of this created energy** comes from the **Divine Uncreated Energy of the Triune God.**

According to the **Law of Physics, Einstein’s Relativity Theory**, demonstrates that the physical energy-mass of a human body is derived from masses of sub-atomic particles (bundles of energy) - **a continuous dance of energy**. *“It is because of its spiritual soul that the body made of matter becomes a living human body” – in the form of one nature, one person. “Spirit and matter, in man, are not two natures united, but rather their union forms a single nature”.*

**Sin** separates the spirit of a human being from the Holy Spirit of God. This separation decreases the human spiritual energy, which in turn can alter the continuous dance of the physical energy in the living human body, made of matter, i.e. (bundles of energy). This alteration of the continuous dance of the physical energy, may result in symptomatic **“loss of energy”**.

### **Conclusion:**

This paper is a very basic attempt, to demonstrate a possible cause of symptomatic “loss of energy”, without a clinical medical organic cause. This occurs when the relationship between the human spirit and the Holy Spirit of God is separated due to sin. The effect on the physical (or bodily) energy-mass of a human being is loss of energy. Healing restores the “energy loss,” by reconnecting the relationship between the human spirit and the Spirit of God and reclaiming the Truth, in the spiritual identity of God and of the human being. *“ God created man in his Image; In the Divine image He created him, male and*

*female He created them*". (Gn 1:27) "His love is so great that we are called God's children." (1Jn 3:1)

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4. Pierre Teilhard de Chardin, *Human Energy*, trans. from French by J.M.Cohen (London: Williams Collins & Sons Co. Ltd, 1969) pp. 120-121.
5. Pierre Teilhard de Chardin, *The Activation of Energy*, trans. from French by Collins (New York, Harcourt Brace Jovanovich, Publishers, 1971) p.376.
6. *The Mystical Theology of the Eastern Church*. pp.67-90
7. Dr Fritjof Capra, *The Tao of Physics*, "Energy and Mass," pp.211-214.
8. William R., "Kirlian Photography – An Appraisal", in: *Journal of Audiovisual Media in Medicine*, 5(3), 1982, pp. 84-91.

### Addendum: Other Types of Energy:

#### 1. Physic and Physical Energy:

- i. **Subconscious States:** unconscious dispositions, thoughts, mind sets, thought –patterns, drives, instincts, attitudes, however passive it may be, does not cease to release the psychic and physical energies into our cosmic environment.
- ii. **Conscious States:** we should pay special attention to our actual thinking, wishing, feeling, desiring, meditating and striving when we are awake. For these conscious, active, direct, sharply focussing psychic activities, apparently release much more of our psychic energies into our environment.
- iii. **If these psychic energies are holy**, positive, honourable, just, pure, loving and gracious (Phi.4:8) we would bring immense blessings to our own inner and external environments, however invisible and undetectable. (could this be a form of intercessory prayer?).
- iv. However, if they are unholy, malignant, and sub-human we would do a lot of damage to the milieu within and around us.

In our **good human nature**, we may have the energy of friendship, of kindness, of mercy, of goodness, of purity, of loyalty, of generosity, of courage, of honesty, of encouragement, of sacrifice, of magnanimity, etc.

As a **Christian** we may be incorporating into our good human nature, also have the energy of faith, hope, love, trust, prayer, holiness, prudence, wisdom, justice, temperance, and other forms of saintly energy.

**Diabolical and Evil energy: Sub-Human: (evil human nature)** radiation of sub – human energy/light: “if then the light in you is darkness, how great is the darkness!” Mt: 23. “Now the works of the flesh are plain: fornication, impurity, licentiousness, idolatry, sorcery, enmity, jealousy, anger, selfishness, dissension, orgies envy, drunkenness,... those who do such things will not inherit the kingdom of God” (Gal 5:19-21). **Diabolic:** A spirit of darkness radiates diabolic darkness, power or energy: “The whole world is in the power of the evil one” 1Jn5-19. It appears that both the diabolic spirit and the diabolic energy are able to penetrate our human body. “*So when he had dipped the morsel, he gave it to Judas, the son of Simon Iscariot. Then after the morsel, Satan entered into him.*” (Jn13:26-27). The diabolic energy appears to be able to penetrate us, oppress us and lead us to sin. Diabolic radiation are like sound waves, speaks to us whether in the form of human voice or in the form of Diabolic radiation, it penetrates our human energy system. If we resist it, both the devil and his evil energy would be repelled. (Jas.4:7)

**Wholeness, Holiness, Health and Happiness** require the Divine uncreated energy [grace, power, work] for unity of Body, mind, soul, and spirit, united with the Spirit of God.

“Love the Lord your God with all your Spirit, with your entire mind, with all your Soul and with all your strength”. The second is like the first, “Love your neighbor as you love yourself.” (Mt 22:16-17)

“May the God who gives us Peace make you holy in every way and keep your whole being – spirit, soul, and body - free from every sin at the coming of Our Lord Jesus Christ.” (1Thes5: 23)

**Sources of Divine energy** – Prayer, Word of God, Sacraments, Eucharistic Presence.

**Obstacles to Divine energy** – Sin, Lies, Secrets, Unforgiveness, etc.

**Healing** – to remove the obstacles of Sin, deception, Lies, unforgiveness, and replace them with forgiveness, repentance, different forms of healing prayer. The sacraments of Reconciliation and Anointing of the Sick, the Word of God, the Eucharist help this, as does invoking the Spirit of God [Holy Spirit]

**Assisted Spiritual Measures** – Prayer Support, laying on of hands, meditation, and intercessory prayer, Theophostic ministry.

**Assisted Non-Christian Measures** – relaxation exercises, therapeutic touch, psychotherapy, Eastern Reiki, yoga; exercise and diet.

*“The Lord appoints Cyrus to be king to help Israel although he does not know God.” (Is.45:1-4).*

*“Elad and Medad are prophesying in the camp” Joshua, one of the chosen men, said, “My Lord Moses, Stop them!” But Moses said “Are you jealous for my sake? Would that all of the Lord’s people were and that the Lord would put his spirit on them!”*  
(Nm11:25-29)

*“John said to Jesus, “Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us. But Jesus said “do not stop him; for no one who does a deed of power in my name will be able soon afterward to speak evil of me. Whoever is not against us is for us.” (Mk.9:38-40)*

**God can use anyone.** These assisted modalities provide psychic and physical energy,

**Divine energy occurs when the person providing the service is united with the Holy Spirit of God.**

I would gratefully appreciate your comments, corrections and suggestions.