



CONSCIOUSNESS AND
HEALING INITIATIVE

Subtle Energy and Biofield Healing Roadmap

Subtle Energy and Biofield Healing Roadmap and Action Plan: Initiatives for Systems Change

DATE: JUNE 25, 2020

BACKGROUND

In 2019, the Consciousness and Healing Initiative (with support from the Walker Family Foundation, the Emerald Gate Foundation, and Tom Dingleline) embarked on a systems-change endeavor to assess and advance the field of subtle energy healing and biofield science. The goals were to 1) identify the stakeholders, assets, opportunities, challenges, and levers for change in the subtle energy and biofield science and healing domain, and 2) provide guidance for making that system more robust, coherent, connected, and evidence-based. These goals are in service to reducing

suffering from chronic disease and mental illness, expanding and improving the overall mainstream healthcare system, and enhancing personal wellness practices for improved societal health.

The resulting [Subtle Energy and Biofield Healing: Evidence, Practice and Future Directions](#) report summarizes the current state of progress, constituents/stakeholders, and gaps/next steps/future directions in the subtle energy and biofield healing and science domain.

PURPOSE STATEMENT

The purpose of this Subtle Energy and Biofield Healing Roadmap and Action Plan is to build upon the key learnings and leverage points identified in the [Systems Mapping for Subtle Energy and Biofield Healing Project](#) and kickstart a radical transformation in how healing is understood and integrated into society. We invite you to join in a collaborative catalytic process for fostering systems-change in the subtle energy and biofield healing and science system. If you would like to be involved any of the initiatives or action items outlined below, please contact us at healingreport@chi.is.

The [Consciousness and Healing Initiative](#) and

the Funding Collective for Subtle Energy and Biofield Healing seek partners to contribute to this coordinated systems-change endeavor to advance scientific understanding and increase integration of evidence-based subtle energy and biofield healing modalities as healthcare options.

Taking these crucial steps will lead to subtle energy and biofield science and healing reaching its full potential in healthcare integration, corporate wellness, and public empowerment. Our mission is to foster increased thriving, decreased suffering, and reduced healthcare costs and consequences of chronic disease.



CONSCIOUSNESS AND
HEALING INITIATIVE

Subtle Energy and Biofield Healing Roadmap

Initiative I: Empowering Global Research

NEED STATEMENT: There is a need to scale-up well-funded, adequately powered, replicated research by established, credible researchers at Tier-1 universities and independent research organizations worldwide. There is also a need for a coordinated research strategy designed to rigorously investigate the potential impact of subtle energy and biofield therapies and their mechanisms of action.

OBJECTIVE: Advance the science and understanding of subtle energy and biofield healing modalities to investigate efficacy, and to encourage greater adoption of evidence-based modalities by mainstream healthcare professionals and the public.

🕒 ACTION ITEMS

1. Scale Up and Replicate Clinical Research:

Execute on a systematic research agenda targeting what the current research indicates are the most promising subtle energy and biofield healing modalities on the most responsive clinical targets (such as pain, anxiety and trauma). Identify and replicate the most promising clinical studies to date.

Dependencies: Evidence Map and Systematic Review (#2) will indicate best bets for modalities, outcomes, and populations as well as gaps in research.

Clinical study reporting guidelines (#3) will ensure that studies are following best practices for conducting and reporting on biofield therapy research.

IMPACT: Supporting a set of research studies that are adequately powered, controlled, and designed to address efficacy (do they work under controlled conditions?), effectiveness (do they work in real-world settings?) and mechanism of action (how do they work?)

will increase understanding of the potential benefit of subtle energy and biofield healing modalities in clinical populations and support integration of evidence-based therapies into healthcare settings.





Initiative I: Empowering Global Research

🕒 ACTION ITEMS

2. Create Evidence Map & Conduct

Systematic Review: Map the evidence for subtle energy and biofield healing modalities to inform future “best bets” for clinical research. Conduct a systematic review to assess the evidence for biofield therapies on specific outcomes (such as cancer, pain, trauma, or anxiety).

IMPACT: An evidence map of all clinical studies on subtle energy and biofield healing modalities provides stakeholders and researchers with a better understanding of the scope of peer-reviewed research conducted to date, identifies knowledge gaps, strategically guides research directions, and helps to identify best-bet funding and investment opportunities for biofield science. A systematic review provides a critical assessment and detailed high-level view of the effect of subtle energy and biofield healing modalities on specific outcomes (such as cancer, pain, trauma, etc.) which guides evidence-based clinical recommendations, policy decisions, and is a key step towards clinical adoption.

3. Develop Clinical Study Reporting

Guidelines: With a multidisciplinary working group, develop, publish, and circulate biofield therapy clinical studies reporting guidelines, to standardize and improve clinical trials research in subtle energy and biofield healing modalities (similar to STRICTA guidelines for acupuncture research).

IMPACT: Standardizing clinical study reporting guidelines have fostered advancement in related research fields such as acupuncture, and will encourage researchers to report on subtle energy and biofield healing clinical trials accurately, completely, and transparently. This will increase replicability of positive trials and bolster the field’s credibility. Having standardized research reporting guidelines will also provide a more synergistic, coherent program of research across laboratories and universities.

4. Innovate Research Methods/Measures:

Develop innovative methods to image and measure subtle energy and the biofield and determine whether and how subtle energy and biofield modalities influence biology. Develop research protocols to address RCT/placebo challenges.

IMPACT: Discovering and supporting new and innovative ways to study subtle energy and biofield healing modalities will elevate the quality of the research and accelerate researchers’ abilities to investigate efficacy/ effectiveness and mechanisms of action.



Initiative I: Empowering Global Research

🕒 ACTION ITEMS

5. Provide Small Grants for Dissertation

Work: Provide small grants for thesis and dissertation work to increase the knowledge base and encourage and support a new generation of subtle energy and biofield healing researchers

Dependencies: Evidence Map and Systematic Review will influence funding decisions on topical areas for most impactful research.

IMPACT: Supporting young investigators will sustain and grow the field of biofield science and healing while simultaneously increasing the knowledge base.

6. Establish Centers for Subtle Energy and Biofield Research at Tier 1 Universities:

In order to galvanize scientific inquiry into and scaling of biofield science and healing practices, centers for biofield science should be established in several universities worldwide.

These centers will help to achieve aims set forth in action items (1) and (2) (i.e. clinical research and innovating research methods) and involve senior faculty, junior faculty, and promising student researchers across scientific disciplines to grow biofield science.

IMPACT: Integrative medicine and mindfulness sectors are witnessing significant growth and impact with investment in academic centers of research. Seeding biofield research centers at universities legitimizes the field and allows top-talent researchers to conduct groundbreaking research. Biofield science centers at leading universities will leverage resources and talent across university divisions, as well as with affiliated hospitals and clinics.

KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items within the Empowering Global Research Initiative.

- Both independent, free-standing studies should be conducted, as well as multi-site trials with identical protocols, and large-scale coordinated multi-project research efforts (emulating the U01 mechanism at NIH, for example).
- Subtle energy and biofield researchers need more opportunities for constructive interaction. High-level invitational meetings and potentially a biofield science-based association and conference would be useful.
- All studies should include perspectives and information from healing practitioners on design, measures, and interpretation of data. For example, practitioners can aid researchers by describing how they visualize the biofield and help researchers and engineers identify key opportunities for biofield measurement. Practitioners can also be consultants on research design, to ensure intervention fidelity and enhance ecological validity of the protocol.



Initiative I: Empowering Global Research

KEY CONSIDERATIONS

- Research should follow the stages of intervention development. Emulating the NIH Stages of Behavioral Intervention Development may prove useful for the field. Too often, subtle energy and biofield healing interventions are subjected to a clinical trial prematurely, without having established an effect under controlled laboratory conditions, or having engaged in appropriate levels of intervention refinement, modification, and adaptation for a research context through pilot testing. It is important that funders recognize that this pilot work, when done well, is essential to make clinical trials more likely to be successful. A small underpowered pseudo-clinical trial is not a good pilot study. Establishing feasibility, qualitative studies, optimizing the interventions and assessment protocols are appropriate pilot level projects for relatively untested interventions.
- Research should be adequately funded to afford enough subjects/appropriate power and adequate designs to answer the research questions. Funds are better leveraged to support larger, more expensive studies than to fund multiple underpowered studies that cannot answer primary research questions.
- Include a mixed methods approach incorporating 1st, 2nd, and 3rd person measures, qualitative and quantitative measures, explicit and implicit measures, and biological markers of outcomes when possible.
- Measure potential mechanisms - psychological and biological.
- Engage in rigorous theoretical work, including the investigation of indigenous perspectives on the biofield, on the underlying ontology/frameworks that are purported to underlie these therapies (beyond symptom reduction and pathogenesis).
- Attempt to measure environmental indications of the purported subtle energy or biofield (such as biophoton emissions, random number generators, etc.).
- Include well-defined populations, well-described specific interventions, and specific conditions (as opposed to mixed patient populations, multiple healers with different approaches, etc.).
- Continue to identify and include in the researchers database, the most qualified researchers, their laboratory capabilities and their access to clinical populations.



Initiative II: Advancing Biofield Technologies

NEED STATEMENT: There is a need to develop, assess, and validate devices to image and measure subtle energy and the biofield. There is also a need to develop, optimize and validate technologies that claim to prevent and treat disorders, or that are designed to facilitate or amplify the work of healing practitioners.

OBJECTIVES: Stimulate innovation of subtle energy and biofield healing technologies for diagnosis, treatment, and measurement. Improve and assess the claims of existing subtle energy and biofield health technologies.

🕒 ACTION ITEMS

1. Identify Most-Promising Devices &

Measuring Sensors: With a working group of device and technology experts, identify/establish:

1. The most promising device technologies for clinical applications
2. The most promising current sensors, for measuring the biofield - based on existing understandings and synthesis from the Research Publications Database and Devices Database, as well as other sources.
3. "State of the art" technologies for biofield mapping (e.g. ultra-weak electromagnetic fields, biophotonics, infrared imaging, acupuncture meridian system analyses, near infrared spectroscopy, fMRI, electrophysiology (EEG/HRV/GSR), etc.).
4. "State of the art" sound and light technologies (e.g. vibroacoustic therapies, ultrasound therapies, acoustic

neurofeedback, binaural beats, infrared and visible light therapies, low level laser therapy)

5. Standards for reporting results and claims made regarding the effectiveness, efficacy, and mechanism of subtle energy and biofield devices.

IMPACT: Identifying and evaluating promising devices and sensors will enable researchers and technologists to begin to visually represent and measure aspects of the biofield, as well as communicate the evidence supporting effective devices to alleviate suffering.





Initiative II: Advancing Biofield Technologies

🕒 ACTION ITEMS

2. **Establish Underwriters Lab for Biofield Devices:**

Establish an underwriters lab to assess/validate biofield devices and test manufacturers claims.

Dependencies: Tie in with research goals above regarding imaging, measurement and research methods for assessing outcomes of subtle energy and biofield modalities relevant to devices and technologies.

IMPACT: Evaluating biofield devices/technologies in a third-party, unbiased manner will raise the quality bar and reputation of the industry through trusted best practices. Validating devices should increase availability for use in research studies, enhance usefulness in clinical practice and in the public, and inform the public when devices are not validated. This process should also improve existing devices/technologies.

3. Image the Biofield: Use existing state of the art technology, devices, and sensors as well as descriptions of the biofield as visualized/experienced by healers and clairvoyants, to create images of the human biofield.

Dependencies: Identify Most-Promising Devices and Measuring Sensors

IMPACT: Producing scientifically validated images of subtle energies and biofields is a key next step to substantiating their existence and communicating to other researchers and the public what the biofield is, how it can

be measured, how biofield therapies work (mechanism of action), and the impact healers and devices can have on it. This will be a game-changer for both biofield science and clinical practice and could aid in early detection of illness and disease prevention before it manifests in the physical body.

4. **Launch X-Prize/Moonshot Program:**

Sponsor an X-Prize/Moonshot Program to develop a groundbreaking device/method to discover how to reliably measure and visualize subtle energy. Link assessments to objective markers for both early detection of disease patterns and prevention, and wellness maintenance.

Dependencies: Identify Most-Promising Devices and Measuring Sensors

IMPACT: Incentivizing an X-prize/moonshot program will spur the development of new technologies and engage the larger global community of researchers, engineers, and technologists.





Initiative II: Advancing Biofield Technologies

KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items within the Advancing Biofield Technologies Initiative.

- Projects should be transdisciplinary and incorporate expertise from healing practitioners as well as cutting-edge scientists and technology innovators.
- There should be an understanding that:
- Biofields may be physical and directly measurable using advanced versions of existing technologies and devices.
- Some biofields may not be directly measurable - instead they may be only measurable by their effects on physical or biological systems.
- Some biofields that have been reported by practitioners may not be verifiable.
- Understand, disclose, and employ safeguards for potential financial conflicts of interest.
- Innovate triple/quadruple bottom-line business models that allow for a return on investment without unethical profiteering, in other words, not emulating the majority of the pharmaceutical industry.
- While it will be most fruitful to prioritize development and assessment of therapeutic technologies to addressing pain points in healthcare (e.g., devices for pain in an elderly population), we also recognize that because of the difficulty in obtaining funding to go through the FDA approval process, many start-up biofield device companies may choose to market their devices under FDA wellness guidelines; these guidelines do not require clinical studies. However, US FTC requires that marketing claims are substantiated, so many wellness devices also require research in order to make claims. Regulations on devices are far less stringent in the EU and elsewhere. Regardless of the business trajectory, device claims should resemble the data and assessment of efficacy or effectiveness in addition to taking into account the clinical vs. wellness trajectory set by the device company.
- Assess the risk of biofield devices and investigate whether these devices may have short- or long-term health consequences, particularly for those claiming to deliver electromagnetic fields, electric currents, subtle energy or biofields as treatments, but also for diagnostic purposes (for example, the x-ray was initially thought to be completely safe).



Initiative III: Empowering Practitioners

NEED STATEMENT: Currently, the healing practitioner workforce is diffuse and disparate, of varying quality and skill, and faces challenges in communicating with one another, explaining who they are, what they do, and if/how they are certified.

OBJECTIVES: Help organize and empower the subtle energy and biofield healer community with helpful scientific resources. Facilitate connections with scientists, communication specialists, engineers and other stakeholders. Increase public awareness of subtle energy and biofield healing practitioners' impact on health and healing. Establish competency standards and ethics within the practitioner community. Increase access to evidence-based modalities by skilled practitioners in the community, and integration of healers into healthcare settings.

ACTION ITEMS

1. Establish Practitioner Advisory Panels:

Convene a regular working group of diverse healing practitioners to:

- a. Serve as consultants/collaborators to key leaders in science, education, policy and communication about subtle energy and biofield healing.
- b. Articulate and activate key needs for subtle energy and biofield healer workforce empowerment.
- c. Establish essential content for curricula in training of healthcare professionals (e.g. what should be included in books, videos, courses), and consensus-based competencies.

IMPACT: Increasing the voice of subtle energy and biofield healing practitioners in science, education, communications, and policy - including in national and state regulations for certification, licensure, and insurance

reimbursement, will ensure that biofield healing advancement is conducted in integrity with the practice.

2. Create Practitioner Database for Consumers:

Create and manage a living database and mobile app of vetted and peer-rated biofield practitioners in the US, making it easier for consumers to find reliable practitioners who are best-suited for their needs.

Dependencies: Establish competency standards for practitioners.

IMPACT: Increasing access to subtle energy and biofield healing practitioners by creating a database with information about their training and healing practice will facilitate and expand the use of healing practitioners by the public and grow the market share.

Initiative II: Empowering Practitioners

① ACTION ITEMS

3. Optimize Practitioner Certification

Process: Align subtle energy and biofield healing practitioners under one umbrella that advocates for clear certification standards and policies across modalities. Regulate ethical, legal, and certification guidelines and help drive legislative efforts toward adoption of biofield practitioners into healthcare sectors.

IMPACT: Supporting an overarching umbrella organization overseeing the certification process across subtle energy and biofield healing modalities/traditions will increase public access to qualified subtle energy and biofield healing practitioners and help integrate them into healthcare settings.



KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items within the Empowering Practitioners Initiative.

The projects/programs funded should:

- Incorporate precautionary measures to protect traditional/indigenous healing practitioners and practices which can be appropriated or exploited during standardization.
- Avoid homogenization of healing practitioners, modalities, and cosmologies. It may be that various healing systems can be effectively combined across modalities and orientations, much like the American Psychological Association provides diagnostic criteria and ethical guidelines across therapeutic orientations. It may be that different healing modalities have their own specific codes of conduct.
- Establish ethical guidelines for participation in these activities, as is done in other healthcare fields, and fair processes for exclusion of practitioners who do not commit to or comply with the guidelines.



Initiative IV: Increasing Awareness

NEED STATEMENT: There is a need for better understanding, awareness, and effective communication/messaging of the evidence base and practice of subtle energy and biofield healing modalities among researchers, practitioners, the public, healthcare professionals, and policy makers. There is also a need to improve the rigor and discernment of communications in the field of subtle energy and biofield healing.

OBJECTIVES: Effectively communicate trustworthy information about the science and practice of biofield therapies and their impact on health, healing, and wellbeing to significantly increase public awareness about the availability of and evidence base for subtle energy and biofield healing.

🕒 ACTION ITEMS

1. Develop Lay-Friendly Communications:

Develop and disseminate brief evidence summaries, promote adoption of these summaries at National Institutes of Health (NIH)/National Center for Complementary and Integrative Health (NCCIH), Centers for Disease Control (CDC), the Mayo Clinic, etc., and engage Wikipedia editors to update energy healing and biofield pages.

Dependencies: Media article placement (Wikipedia only sites secondary sources)

IMPACT: Communicating the evidence and promise of biofield therapies via brief, evidence-informed lay-friendly summaries adopted by NIH/CDC/Mayo Clinic etc. will reach exponentially more people than academic journal articles. Wikipedia is the world's encyclopedia, and a primary source of information, so must be brought into a more accurate representation of the field.

2. Strategically Reframe Biofield Healing:

Engage a premier public relations firm to message subtle energy and biofield healing, backed by the best evidence, to reduce historical stigma and increase literacy among healthcare professionals and the general public. Develop a communication strategy and platform, including communication training of researchers and practitioners, ongoing press releases, media placements, and other publicity on noteworthy studies, service projects, and technological developments in the biofield space to galvanize public awareness and investor interest.

Dependencies: Systematic Review, Evidence Map

IMPACT: Reframing, repackaging, publicizing, and effectively communicating to the media/press what subtle energy and biofield healing modalities are and the state of the evidence supporting their use, will introduce a wider audience to these modalities and increase public awareness, interest, and use.

Initiative IV: Increasing Awareness

① ACTION ITEMS

3. Consensus Driven Taxonomy/

Language: Bring together stakeholders (healers, policy influencers, communication specialists, healthcare professionals) to develop a consensus-based taxonomy of terms/commonly accepted definitions related to subtle energy and biofield healing.

IMPACT: A shared consensus driven taxonomy/language will enable stakeholders to communicate the field of subtle energy and biofield healing in a more strategic and thoughtful way, and improve communication among researchers, healthcare practitioners, and the general public.



KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items in the Improving Awareness Initiative.

- Be aware of implicit bias - address how cultural or religious biases can impact scientific or clinical objectivity.
- Be consensus driven, precise, and jargon-free.
- Engage subtle energy and biofield skeptics to provide critiques of communications.
- While consensus is important, value diversity of theories, language, and approach.
- Actively discourage/exclude fraudulent, exaggerated, or exploitive claims.
- Respect the perspective of healing practitioners and patients, accurately convey what is scientifically supported and what is not, and at the same time highlight clinical experience and patient perspectives as forms of evidence.
- Train scientists and practitioners to make clear distinctions between when they are talking about theory vs. evidence.



Initiative V: Enhancing Education

NEED STATEMENT: There is a need to educate the public as well as train students, researchers, and healthcare professionals on subtle energy and biofield healing practices, to enhance wellness, increase resilience, and prevent chronic disease.

OBJECTIVE: Increase opportunities for the public as well as students, researchers, and healthcare professionals to experience, study, and apply subtle energy and biofield modalities to their health and well-being.

🕒 ACTION ITEMS

1. Educate the Public on the Science and Practice of Healing: Create and deliver multimedia resources on the science and practice of subtle energy and biofield healing modalities.

These include:

- State of the art website with multimedia resources
- Podcasts
- Webinars
- Conferences
- Books
- Online summits
- Online courses

Educational material will highlight 1) each healing tradition's cultural origins and perspectives on healing, 2) existing research, and 3) best self-care practices for common ailments including pain and emotional healing. This item also serves as a method to unify healers toward common goals and deliverables.

IMPACT: Providing education materials will increase the understanding of and provide accurate information about subtle energy and biofield healing modalities, what differentiates and defines them, and the research to date on different healing modalities.

2. Create Biofield Self-Care Program for Vulnerable Populations: Develop and disseminate a 4-week evidence-based biofield self-care program designed to address anxiety, stress, trauma, and enhance resilience. This self-care program will focus on first responders, healthcare professionals, and other vulnerable populations (e.g. COVID-19) and will evolve over time to address the needs of different populations and integrate new research on subtle energy and biofield healing modalities.

IMPACT: Disseminating an online program can help expose and make accessible subtle energy and biofield healing modalities to first responders in need, which will increase healthcare's understanding and use of the impact and effectiveness of these modalities.



Initiative V: Enhancing Education

ACTION ITEMS

3. **Create Definitive Educational Resources for Healthcare Professionals:**

Create a framework of content (knowledge) and competency (skills and attitudes) for courses/syllabi, online learning, continuing education requirements, and a foundational textbook - including the history, science, and practice of subtle energy and biofield healing.

Dependencies: Evidence Map and Systematic Review

IMPACT: Increasing education of the history, science, and practice of subtle energy and biofield healing by through consensus-based curriculum modules and competency standards will help establish the scientific credibility of the field as well as optimize integration of biofield practices in healthcare.

4. **Remove Barriers for Continuing Education Credits for Biofield Science and Healing:**

Provide evidence-based information and facilitate conversations among key accreditation and continuing education agencies (including ACCME, APA, NCBTMB, CCNE and others) to de-stigmatize the area of biofield healing and work toward approval of continuing education credits for evidence-based education and communication of subtle energy and biofield healing practices.

Dependencies: Evidence Map and Systematic Review

IMPACT: Removing current barriers to receiving continuing education for healthcare professional education in biofield science and healing practices will increase the understanding and integration, of subtle energy and biofield healing modalities within healthcare settings and by healthcare professionals.

KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items in the Enhancing Education Initiative.

- Use embodied educational models which emphasize hands-on experiential exercises and personal encounters with subtle energy and biofield modalities.
- Emulate other healthcare domains in which content guidelines and competency standards led to development of curricula.
- When funding dissertation seed grants, or other university efforts, watch for a tendency to sideline or diminish head-on subtle energy and biofield modalities research - resist efforts to water down curricula to general wellness.
- Emphasize community education equally to professional education. Educate, empower, and link up diverse community members in the Biofield Sphere by developing and facilitating practice circles, podcasts, and in-person events.



Initiative VI: Establishing Informed Policy

NEED STATEMENT: There is a need to increase policy makers' understanding and exposure to subtle energy and biofield healing modalities in order to inform healthcare legislation.

OBJECTIVE: Increase communication among policy makers and subtle energy and biofield healing scientists and practitioners to drive legislative changes enabling biofield practitioners to work in healthcare settings and help to address state and nationwide healthcare crises (such as chronic pain and opioid dependency/abuse).

🕒 ACTION ITEMS

1. Educate Policy Makers: Distribute and explain policy briefs/evidence summaries that communicate the state of the evidence and practice.

Dependencies: Evidence Map, Systematic Review, Lay Communications

IMPACT: Educating policy makers on the evidence base supporting the use of the subtle energy and biofield healing modalities to address workplace, state or nationwide health concerns (e.g. pain, opioid dependence) will increase the likelihood of their inclusion in health care setting and regulated health related legislative initiatives.

2. Increase Exposure to Healing

Modalities: Provide opportunities for policymakers, potential funders, and other influencers to experience subtle energy and biofield healing modalities.

IMPACT: Allowing policy makers to experience subtle energy and biofield healing modalities will increase their understanding of how they work, the healer-healee dynamic, and why they should consider integration into healthcare settings.

3. Introduce Legislation: Work with state legislators to introduce subtle energy and biofield healing legislation at the state level.

Dependencies: Scale Up Tier-1 Scientific Research

IMPACT: Introducing and passing legislation that helps establish certification, training, and ethics standards at a state level for subtle energy and biofield healing practitioners will increase their use by the public and in healthcare settings and establish a pathway toward reimbursement.

KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items in the Establishing Informed Policy Initiative.

- Use caution when establishing policy/legislation recommendations to not unintentionally exclude cultural and religious healers from practice - either in medical settings or in the community (e.g. do not intentionally or inadvertently make indigenous/traditional healing practices illegal).



Initiative VI: Supporting Systems Change

NEED STATEMENT: There is a need for supporting systems change through funding, strengthening, and growing the network of and fostering collaboration among subtle energy and biofield healing organizations, influencers, scientists, healing practitioners, policy influencers, educators and technology innovators who are working to advance subtle energy and biofield healing modalities among the public and within healthcare settings.

OBJECTIVE: A coordinated, and supported systems-change coalition of funders and stakeholders will have a greater ability to impact and increase the understanding, use, and integration of subtle energy and biofield healing modalities into healthcare settings and the general public.

🕒 ACTION ITEMS

1. Establish and grow a Biofield Systems Change Coalition supported and organized by the collaborative backbone organization the Consciousness and Healing Initiative (CHI). Over a period of five years, CHI has developed resources (including the Systems Mapping Project and the [Subtle Energy and Biofield Healing: Evidence, Practice and Future Directions](#) report), educational programs, and a community of thousands of stakeholders in the subtle energy and biofield science and healing domain.

CHI will foster and grow the Systems Change Coalition by:

- convening regular working group meetings to categorize and organize resources and assets to complete research, technology, practice, communication, education, and policy goals and key deliverables;
- facilitating scientific research;
- providing experiential/embodied education to healthcare professionals and the general public; and

- fostering cross-disciplinary interactions among stakeholders.

IMPACT: Supporting an allied and organized ecosystem of stakeholders from research, technology, communications, education, practice, and policy will accelerate the understanding, public use, and integration of subtle energy and biofield healing modalities into hospitals and clinics.

2. Establish and grow a Subtle Energy and Biofield Healing Funding Collective to fund and support systems change.

Executors: Emerald Gate Foundation, the Walker Family Foundation, & David Leibsohn

IMPACT: Coalescing philanthropists and individual donors into an organized larger-scale funding collective will increase influence and effectiveness to move the field beyond small incremental grants, underpowered projects, and uncoordinated activities.

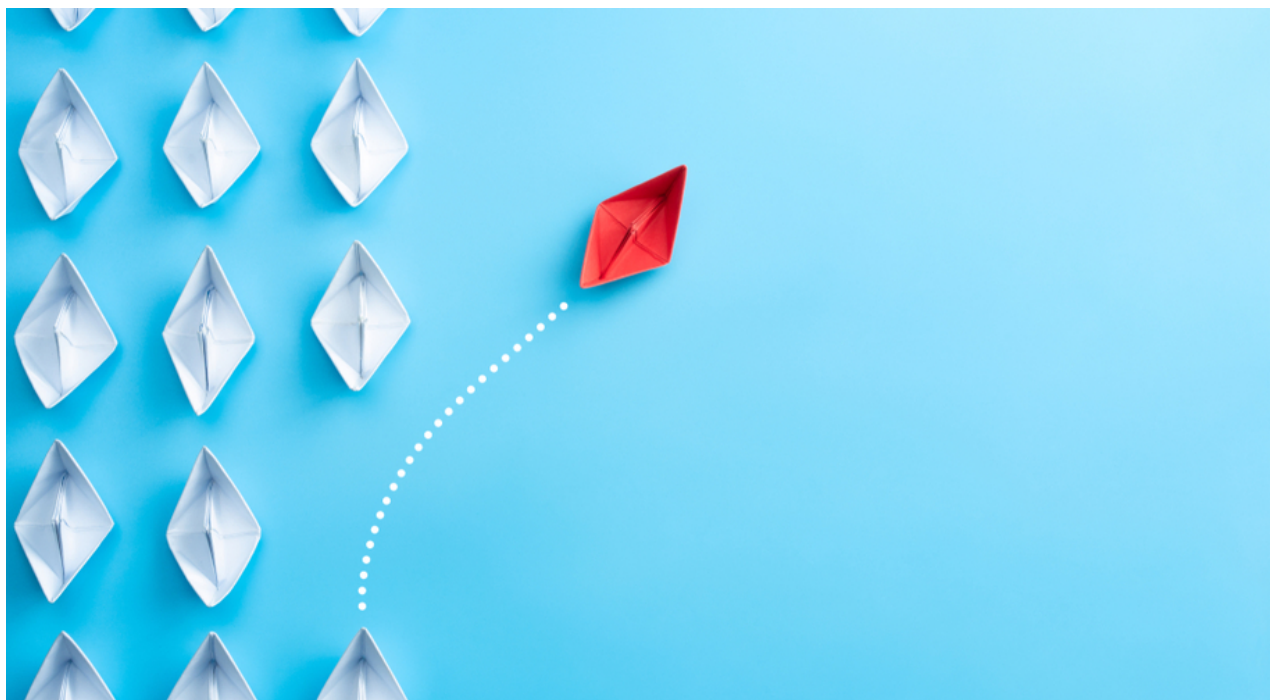


Initiative VI: Supporting Systems Change

KEY CONSIDERATIONS

The following are recommendations for how to effectively carry out the action items within the Supporting Systems Change Initiative.

- It is important that this initiative takes a comprehensive and multidisciplinary approach to advancing the understanding and application of subtle energy and biofield healing. This must be fueled by coordinated collaboration among stakeholders and key organizations (as opposed to disparate, siloed efforts).
- Interdisciplinary engagement and adequate representative of the many stakeholders and perspectives is key to continued community participation and long-term organizational commitment and buy-in.
- It is crucial that participating key stakeholders and engaged organizations are transparent and freely exchange information and findings. Open source materials that are easily accessible to the community and interested people and organizations interested will increase the advancement and understanding of subtle energy and biofield healing and science.
- Continually assess capacity and resources needed for stakeholders and aid leaders and organizations in key areas needed to move forward and address key next steps.





Subtle Energy and Biofield Healing Roadmap

TIMELINE

	2020	2021	2022	2023	2024	2025
I. Empowering Research						
Scale Up & Replicate Studies						
Conduct Evidence Map & Systematic Review						
Create Study Reporting Guidelines						
Innovate Methods & Measures						
Seed Dissertation Grants						
Establish University Centers						
II. Advancing Technology						
Identify Promising Devices & Sensors through WG	Assessment & Report		Ongoing Engagement, Assessment & Updates			
Establish Underwriters Lab	Assessment & Setup		Initiate Testing			
Image the Biofield						
Launch X-Prize/Moonshot						
III. Empowering Practitioners						
Establish Practitioner Advisory Panels	Establish & Engage		Ongoing Engagement			
Create Practitioner Database for Consumers	Develop		Ongoing Maintenance			
Optimize Practitioner Certification	Develop		Ongoing Updates			
IV. Increasing Awareness						
Develop Lay Communications						
Reframe Biofield Healing PR	Reframe		Ongoing Messaging			
Build Consensus Taxonomy through WG						
V. Enhancing Education						
Educate the Public on the Science and Practice of Healing	Establish	Ongoing Updates & Dissemination				
Create Biofield Self-Care Program for Vulnerable Populations	Develop	Launch Globally & Periodically Update				
Create Definitive Educational Resources for Healthcare Professionals	Establish	Ongoing Updates & Growth				
Obtain Continuing Education Credits Approval		Initial Development			Ongoing Updates & Dissemination	
VI. Establishing Informed Policy						
Increase Experience of Healing Modalities	Develop					
Educate Policy Makers						
Introduce Legislation	Develop					
VII. Supporting Systems Change						
Establish a Systems Change Coalition						
Establish Funding Collective						