



How Do Energy Psychology Modalities Work? An Energy-Based Theoretical Perspective

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Abstract

Energy Psychology (EP) modalities, integrative methods that strategically involve accessing human energy for therapeutic purposes, enjoy a rich and diverse evidence base. As such, many attempts have been made to explain how they work. Explanations have primarily utilized a biological basis for explicating the mechanisms by which EP may function. These contributions are extremely valuable; however, none have been able to offer a fully satisfactory understanding of the efficacy of EP. The currently accepted theoretical model is not robust enough to explain a number of EP effects, and acupoint stimulation remains a confounding factor even though research shows it is an essential component in predominant EP modalities. In many professional EP trainings, negative emotions are said to be caused by a block in the meridian system, so energy-based theory is invoked but not well explained.

Since acupoints are part of the meridian system that distributes vital energy (sometimes called *qi*) and are therefore energy-based, employing an energy-based perspective for modeling EP could advance theoretical understanding. In this paper I offer an energy-based perspective grounded in Tiller's multidimensional model. I describe how main components of the model function and apply those to EP, specifically with regard to acupoint stimulation. The objective is to propose a perspective that includes existing theoretical models and extends our understanding of the mechanisms by which EP may work by expanding the theoretical base, contributing to a model with increased scope and explanatory power.

Key words: Energy psychology, EFT tapping, energy medicine, biofield, consciousness

Introduction

Many attempts have been made over the years to explain how Energy Psychology (EP) modalities, such as Emotional Freedom Techniques (EFT), also known as *Tapping*, work. The need for a robust theoretical model grows more urgent as the substantial research base supporting the efficacy of EP grows with currently over 200 studies, including 65 randomized control trials and five meta-analyses (ACEP, 2020).

The most widely accepted EP model, put forth by Feinstein (2015, 2019), which I will refer to as the *Feinstein model*, holds that the mental activation of traumatic experiences or fear-based learnings -

exposure techniques - combined with countering maladaptive thoughts - cognitive restructuring - while tapping on acupoints rapidly changes the brain. The role of exposure techniques and cognitive restructuring can be explained by established research, as those methods are used in other therapeutic approaches. However, acupoint stimulation is specific to EP and meta-analysis shows that it is an “active ingredient” of the tapping technique’s effectiveness (Church et al., 2018).

Although Feinstein’s model makes significant contributions to understanding the neurological underpinnings of EP protocols, the sequential, step-by-step, neurotransmitter-based “dock and lock” process described by the model is too slow to explain the instantaneous field-wide changes that have been documented with EP modalities. In many instances, EP clients experience immediate and, at times, lasting relief from depression or anxiety, even physical pain. Tissue collagen may play a crucial role but, ultimately, nerve cells take time to grow; new neural pathways typically do not develop instantaneously and show evidence of permanency.

Further, the Feinstein model does not elucidate how electrical activation via the tissue collagen translates into new brain synapses. The model utilizes Ecker’s Memory Reconsolidation Process, which holds that memory reactivation of a traumatic experience, followed by a mismatched experience invoked during a roughly five-hour “reconsolidation window,” results in unlocked and reconsolidated brain synapses. According to Ecker et al., problematic emotional learning is unlocked, allowing new learning to unlearn, rewrite and eliminate the old learning (2012). Acupoint stimulation seems to be an add-on without the Feinstein model addressing the mechanisms by which the generalized electrical activity induced by tapping translates into the specifically desired brain changes, or how the components of the model interact together. Although no model explains how psychotherapy, in general, translates into new brain synapses, that explanation seems a reasonable requirement of biological based theories.

The model also fails to account for the larger *energy* component of energy psychology modalities. Many people feel subtle energies. For example, research shows we can feel someone staring at us, even when we cannot see the person (Schmidt et al., 2004; Sheldrake, 2014). In addition, emotional contagion, a phenomenon well documented in the social sciences, demonstrates that we begin to feel the specific emotional energies of others, sometimes without visual cues, within minutes of being in proximity to the person. A related phenomenon, *group heart coherence*, that is not identical but bears mentioning, has been repeatedly demonstrated at the Institute of HeartMath (Leskowitz, 2019; McCraty & Childre, 2010). As tracked and measured in the lab, a person in proximity to others who are in a state of heart coherence will become coherent within minutes. Further, many EP clinicians successfully integrate a variety of energy-based modalities into their practices, modalities that involve working with the chakra system, pranic energy, the aura, the biofield, and so forth. The Feinstein model has no room for these experiences or modalities.

Finally, the Feinstein model is trauma dependent in that it requires the mental activation of traumatic experiences or fear based learnings. The EP data, though, go beyond trauma or fear and reveal that the techniques work for a wide variety of issues, including changed physical reactions as well as certain thought patterns, behavior habits and addictions that do not typically involve trauma. For example, the research has shown EP modalities function to improve sports performance, reduce food cravings, improve communication skills, facilitate weight loss, improve wellbeing, reduce physical pain, support chronic disease healthcare, reduce the side effects of certain medications, help with some addictions, improve test performance, and help with insomnia. These data indicate a more robust theoretical model, with more scope and explanatory power, is needed.

The Feinstein model, like most, is grounded in material-based science, utilizing a biological - typically neurological - basis for explicating the mechanisms by which EP may work. The body is understood as the most fundamental level of human functioning, with the brain as the control center. These biological-based contributions are extremely valuable; however, none have been able to offer a fully satisfactory understanding of the efficacy of EP. The currently accepted EP model is not robust enough to explain a number of EP effects evident in the research data, and the role of acupoint stimulation remains a

confounding factor even though research shows it is an essential component in order for predominant EP modalities to work.

The model may be constricted by the philosophy of materialism, “the doctrine that matter is the only reality and that the mind is nothing but the physical activity of the brain” (Campaign for Open Science, 2014). Encouraging science to extend beyond this limited doctrine, a manifesto authored by eight prominent researchers and founders of the Campaign for Open Science, the Manifesto for a Post-Materialist Science contains hundreds of signatories from university affiliates throughout the world. Listing 18 postulates the manifesto argues that, with the advent of quantum mechanics over a hundred years ago, the physical world is no longer the primary or sole component of reality. Thus, exploring an energy-based theoretical model, that includes but is not limited to material-based modeling, may provide a key to advancing our understanding of EP.

In sum, several questions relevant to the EP data remain unanswered by the currently accepted biological-based theoretical model. First, what are the exact mechanisms by which acupoint stimulation works as an active ingredient? Second, what about non-trauma related EP efficacy, also supported by the research? Third, how can more generalized subtle energy experiences and results be accounted for? Finally, could an energy-based model help inform these answers?

Objectives

1. To explore a theoretical model that is congruent with the unique energy component of EP and with the biological-based model; and
2. To advance a more complete understanding of the mechanisms by which EP modalities work, specifically with regard to acupoint stimulation; and
3. To propose a theoretical model with increased scope and explanatory power that can address much of the relevant EP data, including generalized subtle energy experiences

Methods

Tiller’s multidimensional model (Tiller, 1997; Tiller, 2007; Tiller et al., 2001; Tiller et al., 2005), an energy-based model, was chosen as a theoretical model that is aligned with the unique energy component of EP and inclusive of the biological-based models. The multidimensional model was applied to EP. Using that framework, the energetic underpinnings of acupoint stimulation, a main component of EP, were examined.

Results

Tiller’s energy-based theoretical model appears to complement the established biological-based models while enhancing scope and validity, and seems to provide a more complete understanding of the workings of EP. Application of this model to acupoint tapping, in particular, may offer a viable explanation of the mechanisms by which this efficacious yet confounding component of EP works. Further, the energy-based model appears to have substantial explanatory power and is applicable to a broad array of EP research data.

Discussion

Stanford University Professor and materials science engineer William Tiller’s model (Tiller, 1997; Tiller, 2007; Tiller et al., 2001; Tiller et al., 2005) an energy-based model, was chosen as a theoretical model that is aligned with the unique energy component of EP and inclusive of the biological-based models. The model takes energy as its starting point. It gives a higher order of importance to the unseen as opposed to the physical; however, this is not accomplished by excluding the physical, which is accounted for in the model. Tiller’s model is inclusive and holistic. In effect, it is a unified field theory of

matter, energy, information and consciousness. It represents a new paradigm, one that substantiates an energetic-field-like reality. Rather than privileging the physical body, it privileges the *psyche*. Tiller calls his paradigm *psychoenergetic science*, an apt fit for energy psychology (EP).

Tiller's multidimensional model is extremely complex and sophisticated, filled with dense mathematical formulas and physics equations that support its components. Tiller's contributions are vast and comprehensive, far beyond the scope of this paper. Thus, for the purposes of this paper, I am oversimplifying, and will leave the technical details of the model to others.

With the discovery of the Higgs Boson in 2012 it appears as though a field-based depiction of reality is gaining legitimacy in mainstream science. Said Higgs himself, bosons are "packages of energy of some kind of field". There is "a background field of some sort that pervades the universe" from which everything else, including matter, is generated (2014). This fundamental understanding forms the basis of the Tillerian model.

Four main components of Tiller's Multidimensional Model are: energy, information, consciousness, and subtle domains.

Energy

In Tiller's model *energy* is understood as force, or the capacity to do work, but not in the classical physics sense. It refers to subtle energies that exert force but are beyond the four recognized by present-day science. Subtle energies evade conventional measurement and vibrate faster than the speed of light, according to Tiller; however, their influences and aftereffects in the physical body, such as electromagnetic effects, can be detected.

Information

Subtle energies are understood to be laced with information. According to Tiller, all energy in its various manifestations, in different dimensions, is an ongoing information transfer process. In other words, subtle energies do not merely consist of force-energy. They are carriers of messages. Further, according to the model, information is not just data. Instead, it functions causally. Information makes things happen.

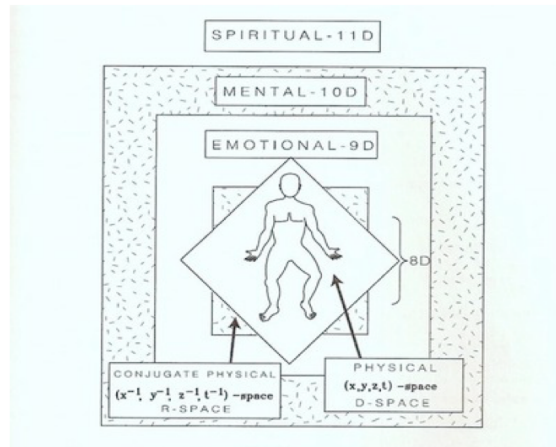
Consciousness

Consciousness in Tiller's model emanates from the spiritual level. It is understood as an expansive energy/information field, radiating at infinite speed, that creates matter. We humans are uniquely equipped to attune to this energy/information field with our *biobodysuit* (Tiller's term) that consists of four main energy components. Tiller refers to these as *subtle domains*.

Subtle domains

The human is understood to occupy distinct but overlapping subtle domains that correlate to dimensions beyond the physical. The dimensions are organized hierarchically, from fewer to greater, with each subtle domain embedded within the others. Humans are understood to be comprised of four subtle domains that, for ease of reference, I refer to as *energy bodies* (Greene, 2009). The four main energy bodies are: the physical/etheric (understood as one body), the emotional, the mental, and the spiritual (Fig. 1). In his model Tiller uses the terms *conjugate physical* and *etheric* interchangeably. For the purposes of this paper I will use the term *etheric*.

Figure 1.
Tiller's Multidimensional Model



The physical body exists in D-Space, conventional physics spacetime, (Fig. 1), and is comprised of anatomical/biological substance and physiological functioning. The etheric body exists in R-Space, reciprocal spacetime (Fig. 1), and is comprised of the chakra/meridian/aura system. As mentioned above, the physical and etheric are understood as one body. Put another way, they are seen as *coupled*, as two sides of the same coin. Tiller describes these two bodies as conjoined by the mirror principle, meaning, they are in an inverted relationship, just as a mirror reverses left and right. Like conjoined twins, what happens to one happens to the other, however, the etheric body is primary.

Reciprocal spacetime, the domain of the etheric body, is “a creative force that coordinates all spatial vibrations [and] is a necessary factor when considering... the origin of material forces and matter” (Tiller, 2007, p. 225). The energy/information of the etheric body determines what happens in the physical body on an ongoing, moment to moment basis. Thus, the physical body is an out-picturing of the etheric. Because the etheric body is comprised of the chakra/meridian/aura system, this means that changes made at the etheric level catalyze field-wide changes in physiology and biological functioning.

Top-Down versus Bottom-Up

Each energy body exists in distinct but overlapping space dimensions organized hierarchically from greater to fewer. As the number of dimensions increases, so does the capability of the energy body. Thus, with the spiritual body occupying 11 dimensions, and the physical/etheric body occupying eight, there is a top-down flow of influential energy/information from the spiritual to the physical.

This top-down direction of influence, from the higher dimensional bodies to the lower, is in contrast with biological based models in which the physical body, the brain in particular, is seen to determine all aspects of human functioning. In such bottom-up models all experiences, from the mindless mundane to elevated spiritual states, and everything in between, are understood to be determined by the physical body/brain. In the Tillerian model, in contrast, the etheric body largely determines what happens in the physical body. As well, the higher vibratory frequencies of the emotional body inform the physical/etheric, just as the mental informs the emotional, and the spiritual informs the mental.

This is not to discount physical influences, which certainly play a role, but the role is limited. For example, we need to eat food, a physical body necessity, but the ever-important choices we make about what food we eat, how much we eat, how often we eat, and so forth, originate, according to Tiller's model, from the energy/information bodies (emotional, mental, spiritual). In contrast, the bottom-up neurological model cannot account for where choices come from, or where thoughts come from.

A second example of top-down functioning can occur when we sleep and dream. If a dream is fear invoking, we can awaken with heart pounding and breathing accelerated, a physical body reaction. Yet the dream was not “real,” having only happened in the mind and not in physical reality. As a result of the fear dream, the lower frequency physical body “displays” the fear experience of the higher frequency mental and emotional bodies, regardless of what is happening on the physical level (i.e., the dreamer being safely snuggled in bed). To put it differently, the physical body “obeys” the higher frequency bodies.

Similarly, when a person undergoes a deep spiritual transformation, or experiences a powerful epiphany, oftentimes such experiences cause a “shift” in consciousness that lasts over time. Why are spiritual experiences more salient than mundane experiences? The bottom-up models cannot explain this, whereas Tiller’s top-down model suggests that the higher dimensional spiritual body can exert great influence on the lower frequency bodies, thereby causing them to permanently shift.

As a top-down model, the Tillerian model is consciousness-based and evolutionary, wherein the higher dimensional bodies are understood to have more potency and coherence and the lower bodies are influenced accordingly. The physical represents a small portion of reality, an aftereffect, as it were, and it is the exclusive component available to the purview of establishment science. The other bodies are beyond ordinary detection, yet Tiller provides scientific equations and mathematical formulas as evidence to support their existence.

Tiller’s model has significant heuristic value as Tiller and others have used it to explain a variety of energy-based therapeutic approaches typically utilized by EP practitioners. More specifically, the model has been used to explain the function of chakras, meridians, and auras (Tiller, 1997; Tiller, 2007; Tiller et al., 2001; Tiller et al., 2005; Gerber, 1988/1996; Swanson, 2011). Further, the Association for Comprehensive Energy Psychology (ACEP), a professional association advancing EP practices, offers professional training, including continuing education credits, for courses focused on human energy systems such as the chakra/meridian system. Tiller himself has been an invited keynote speaker at the ACEP annual conference.

In addition, Tiller’s model has been used by Krebs (1998; Krebs & O’Neil McGowan, 2014) to explain the mechanisms of kinesiography muscle testing, or *muscle monitoring* as Krebs calls it, in which kinesiography is seen as an information system that uses subconscious muscle response as a feedback mechanism allowing for a vast array of applications. Muscle testing is another tool typically used by EP practitioners, one that also tends to evade material-based modeling.

As well, Tiller’s model has been used to explain how various parapsychological phenomena work (i.e., remote viewing, psychokinesis, clairvoyance, precognition, and telepathy, to name a sampling) (Tiller, 1997; Tiller, 2007; Tiller et al., 2005). Intercessory prayer and distant healing with intention are also addressed. These phenomena, well documented anecdotally and in the literature, largely evade material-based modeling. Further, unlike the biological-based model, which excludes subtle energy functioning, the multidimensional model includes biological functioning, making it a higher fidelity model. The fundamental difference is that the Tillerian model is a top-down multidimensional model, whereas the biological based models are mono-dimensional and bottom-up.

Specific Questions

With this admittedly oversimplified description of the basic components of Tiller’s model, let’s now turn to specific questions related to EP modalities and theory building.

1. The question of acupoint stimulation

With regard to acupoint stimulation, a necessary component of EP, two unique qualities of the etheric body pertain to understanding how the stimulation of acupoints may work to effect changes in the physical body, which necessarily includes changes in the brain. One is the blueprint effect and the other is the interface effect.

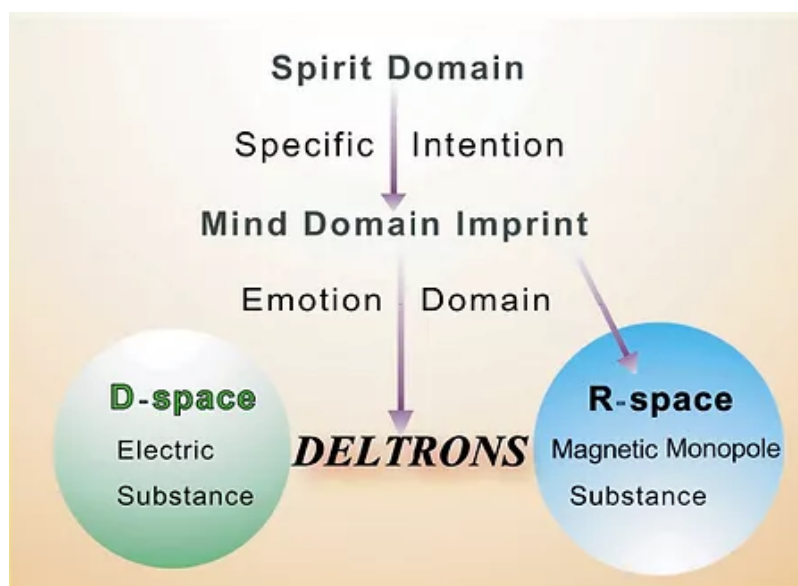
First, as outlined above, Tiller sees the physical/etheric bodies as coupled; however, he stipulates that the etheric is *primary*. In keeping with the top-down flow of influence, the etheric body “programs” the physical body by acting as an antenna transmitting energy/information to the physical body. The etheric body interfaces with and programs the physical body through higher dimensional information transmitted via the chakra/meridian/aura system. This has been referred to as the *blueprint effect* in which the etheric body acts as a blueprint for the physical body (Greene, 2009).

Blueprints pre-exist physical structure and determine how physical structure is constructed and reconstructed. According to Tiller’s model, the etheric body exists in a realm outside of conventional space and time, a realm Tiller calls *reciprocal spacetime*, as described above. In the model the etheric body supplies the energy and information necessary to construct and reconstruct the physical body on an ongoing, moment-to-moment, basis. Thus, changes on the physical level, such as changes in the brain as evident in tapping acupoints, are understood to originate in the energy/information transmitted via the etheric body.

The emerging study of neuroplasticity, which holds that the physical structure of our brain changes with our thoughts, emotions and perceptions of our environment (Church, 2007; Lipton, 2005; Dispenza, 2015) lends support to Tiller’s model. Thoughts, emotions and perceptions are understood to originate in the influential higher frequency bodies and thought to be transduced, via the etheric body, to the physical brain thereby “instructing” the brain on what to do. Conventional neurological models cannot explain where thoughts come from, or why they would have the capacity to alter the brain.

How the energy/information from the etheric body gets passed to the physical body happens through a process involving what Tiller calls *deltrons* (Fig. 2). Deltrons are “a postulated type of substance from the emotion domain of reality” that can interact with both physical and etheric bodies (Tiller, 2007, p. 224). By way of comparison, the history of physics is replete with examples of postulated particles such as photons, bosons, and gravitons that are hypothesized, sometimes for decades, before being proven to exist. The result of the deltronic activity, says Tiller, is a constant energy/information transfer process between the physical and etheric bodies on an ongoing basis. That transfer process is mediated via the chakra/meridian/aura system, which acts as an energy/information interface between the two bodies.

Fig. 2 Tiller’s depiction of the top-down flow of energy/information, with deltrons mediating between the physical (D-Space) and the etheric (R-Space), and the etheric shown as primary



According to the Tillerian model, the energy bodies exist in a hierarchy of dimensions whereby the physical is embedded within the higher dimensional domains. Each energy body represents a discreet, yet overlapping, frequency domain in which the energy bodies mutually influence one another, however, the general flow of energy/information is top-down (Fig. 2). Spirit/consciousness is at the top, transmitting higher dimensional energy/information to the other energy bodies. The etheric body acts as an interface between the physical body and the other energy bodies. This has been referred to as the *interface effect* and, in addition to the blueprint effect, represents a second unique quality of the etheric body (Greene, 2009).

An interface is a place where discrete systems meet and communicate with each other. In this case, the discrete systems are the spiritual, mental, and emotional bodies. They are understood to meet and communicate with the physical via the etheric body. Others have outlined these types of energy/information connections as well (Leskowitz, 2020; Rubik et al., 2015). In essence, the etheric body appears to be a gateway to the other energy bodies. It seems any one, or more, of the energy bodies can be accessed through the etheric body. This could explain why healing modalities that specifically involve the etheric body, in other words, those that involve the chakra/meridian/aura system, can help with physical ailments as well as emotional/psychological issues, mental focus, and even spiritual development.

The interface effect may be evident in brain scanning using fMRI in which real-time imaging shows how the physical brain changes with our thoughts and emotions. In the case of fMRI studies on experienced meditators, the images directly reflect what happens in the brain when thoughts are consciously regulated (Boccia, et al., 2015; Mahone et al., 2018). Neuroscientists have no explanation from where thoughts originate and continue to examine the brain for clues. From a Tillerian perspective, thoughts are non-physical forces that do not originate at the level of the brain. The brain “displays” the evidence of the thought, as in an fMRI, much like a computer monitor displays evidence of information that has been inputted elsewhere. The computer monitor does not create the content it displays. Similarly, through the interface effect, the higher frequency energy/information of our thoughts, emotions and spiritual experiences display, via the etheric body, in our physical bodies.

In many EP modalities, acupoints are stimulated while verbal statements are uttered. For example, the protocol for Emotional Freedom Techniques (EFT) involves formation of a Set-Up statement that typically follows this format: “Even though I have this (problem) I love and accept myself,” which is a specific statement of intention. It could be argued that such statements carry specific information that gets encoded into the etheric body by simultaneously tapping acupoints. In Tiller’s model, information is causal. It *causes* things to happen. Thus, when the etheric body is encoded with the new information, field-wide changes can happen instantaneously on all levels (physical, emotional, mental and spiritual).

2. The question of non-trauma related EFT efficacy

Tiller’s multidimensional model could also be used to explain the efficacy of non-trauma related EP research data. According to the interface effect, described above, in addition to interfacing with the physical body, the etheric body also interfaces with the other energy bodies--the emotional, mental and spiritual. This may explain why energy-based techniques such as acupuncture, Reiki, Healing Touch, Touch for Health, and Classical Homeopathy, for example, can help, not only with physical ailments, but can support emotional and mental health as well.

In other words, effecting a change on the etheric level (i.e., through acupoint/meridian stimulation) effects change on other levels as well. This can explain how acupoint stimulation helps calm the emotions (emotional body), as well as change patterned thoughts (mental body), correct behavioral habits and addictions (emotional and mental bodies), and advance spiritual development (spiritual body), among other effects reported in the research. The interface effect also suggests that the energy/information that programs the physical body, via the etheric body, originates at the emotional, mental and spiritual levels—not at the physical level.

In the case of EP, in which acupoint stimulation is done with a specific intention (i.e., “Even though I have this fear, I love and accept myself”), the intention supplies the information with which the physical/etheric body gets programmed. That information, in turn, affects other levels. The EP research shows that performance enhancing statements and positive affirmations have also been successfully used. This suggests that trauma reactivation or invocation of fear is not necessary in order for EP techniques to work. The Tillerian model suggests that any statement can be used to supply the information/intention to program the etheric body, thereby affecting the other energy bodies.

3. The question of general energy experiences/modalities

Tiller’s model is not specific to acupoint stimulation. It accounts for a broad array of energy-based modalities relevant to EP. In clinical practice, many EP therapists have had the experience of affecting change at the subtle energy level, using a variety of chakra/meridian/aura based techniques, and realizing rapid changes on the physical level and beyond. Reiki and Healing Touch, for example, often involve the hands-off manipulation of subtle energies in which a practitioner does not make touch-contact with the physical body, yet clients often experience quick relief of physical pain and/or relief on other levels as well.

With its inclusion of the *information* component, the Tillerian model also accounts for distance healing, another phenomenon substantiated in the research and employed by a number of subtle energy practitioners. The work of Bengston (2010) and his success with the Bengston method in which healing intention can be recorded, stored and played back to produce biological responses in cancer cells (Bengston et al., 2018) is one example. In addition, Tiller and his colleagues (2004; 2007; Tiller et al., 2005; Tiller et al., 1999, 2001; Tiller et al., 2000) demonstrated how intention/information can be imprinted into small electronic devices, transported, and successfully discharged at remote locations, producing the intended effects. Other research by Radin (2000) shows how healing intention/information can be effective regardless of distance or time.

Conclusion

In sum, the currently accepted theoretical model for explaining how EP modalities work, a neurological model, has certain limitations in that it is unable to account for the rapidity of EP effects, as well as non-trauma related effects, and more generalized subtle energy experiences relevant to EP. Tiller’s energy-based multidimensional model may offer expanded understanding. It could provide an explanation for the mechanisms by which tapping acupoints can produce almost immediate effects. Through the energy/information transfer process described in the model, tapping acupoints does more than unblock subtle energy flow, relieve stress, or enhance rapidity of results. Particularly when combined with statements of intention, in other words, *information*, acupoint tapping appears to have the capacity to “reprogram” the body/mind/spirit system, even in the absence of trauma reactivation.

Further, the model describes the process by which other subtle energy modalities may work, potentially extending the theoretical base for EP to address more of the relevant data. These three contributions 1) describing specific processes by which tapping acupoints may affect changes in the brain; 2) addressing trauma-free EP applications, and; 3) including a broader array of experiences and modalities relevant to EP – demonstrate how Tiller’s energy-based model could provide a theoretical model for EP that includes biological based models and potentially offers extended scope and explanatory power.

One significant limitation of the model is the role of *deltrons*, a hypothetical substance that Tiller introduces in order to bridge the physics of the mind-body interaction. The contributions of neuroscientist and pharmacologist Candace Pert, particularly her work on the role of emotions in health and consciousness, seem to support the notion of some type of substance bridging the emotional and the physical. Says Pert (2005):

Emotions run every system of the body. Don't underestimate their power to contribute to health and disease. In fact, emotions are the glue that holds your body and mind together. They hold your cells together. A psychosomatic network of the molecules of emotion - endorphins and other peptides - bind to receptors on every cell in your body. These molecules tell cells when to divide and when not to divide, when to move to a new location and when to stay still, when to make and release new peptides, neurotransmitters, hormones and other informational molecules and when to remain quiet.

These pervasive “informational molecules” described by Pert may hold a key to discovering Tiller’s hypothetical *deltrons*, which he describes as a type of substance from the emotion domain that bridges the physical and the non-physical, turning information from the etheric into medicine.

It wasn’t that long ago when photons were merely hypothesized and thought not to exist. Similarly, the Higgs boson was hypothesized for decades but not confirmed until 2012. More research is needed to advance understanding of the interface between the energy/information contained in our emotions, thoughts, spiritual experiences and our physiological functioning. Perhaps the Tillerian model can point the way.

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