

# Essentials of Human Bioelectricity in Developing Wellness in Life

Dr. Umakant Indolia\* and Pankaj Singh Chandel\*\*

\*Coordinator, Center for Tourism Management, Dev Sanskriti University, Haridwar, India

\*\*Teaching Associate, Center for Tourism Management, DSVV, Haridwar, India

## Abstract

Every unit in our body part is part of a huge network of bioelectric currents. In physiological terms, brain and heart work respectively like the generator and the transmitter of the ionic currents in the body. The bioelectric energy resulting from combination of vital force with electrophysiological functions is distributed amongst different parts of the body as per their functional requirements. This electricity in conjunction with the inner strength (consciousness force) of a person produces bio magnetic like fields of attraction, which manifest as the aura (halo of light) around one's body and charm in one's personality. The bioelectrical fields of a person influence and also get affected by – other people's aura, plants/ jewelry and other metallic substances, clothes, food, surrounding ambience, and inter-human interactions. Intense bioelectric currents also make possible distant communication, hypnosis, healing etc. on the other hand wellness tourism is growing its root deeply day by day in promoting health benefits to common people. But common point of adjoining the human bioelectricity and wellness sector as the faults lies in the thoughts and subtle world of the human being, and management of bioelectric services can help the people to rejuvenate, retreat, and restructure the unfit mind and body to sound mind body. The research paper presents lucid account of the origin and manifestations of bioelectricity and its effects with illustrative examples ranging from day to day experiences to scientific experiments and spiritual aspects of wider interest. It also provides guidelines on preserving, protecting and augmenting bioelectricity for more energetic body, sharper mind and healthier ambience to attain wellness in life.

**Key words:** Human Bioelectricity, Wellness, and Therapy from Energy Healing

Article Received: 12-05-2015, Revised: 20-05-2015, Accepted: 02-10-2015; Conflict of interest: None

\*Corresponding Author:

Dr. Umakant Indolia, Coordinator, Center for Tourism Management, Dev Sanskriti University, Haridwar, India

E-mail: [umakant.indolia@dsvv.ac.in](mailto:umakant.indolia@dsvv.ac.in)

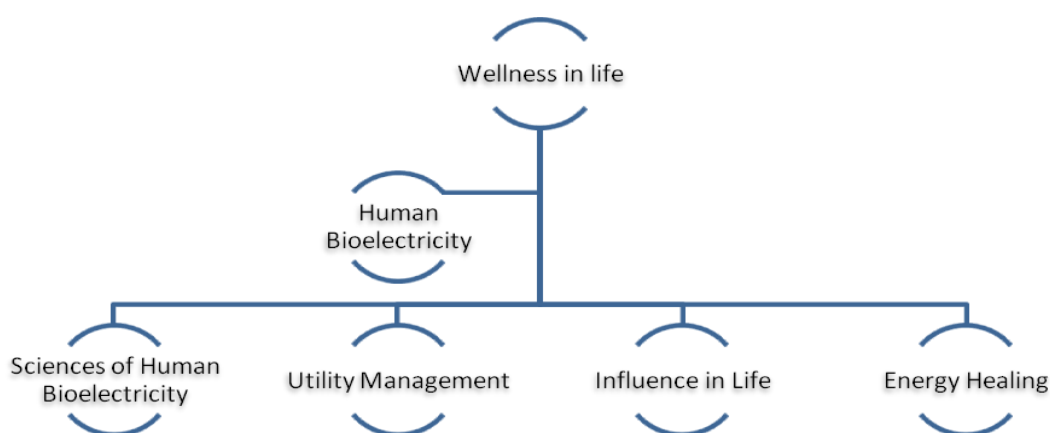
**International Journal of Science and Consciousness (IJSC): a Bio-Psycho-Spiritual approach**  
Published by the Research Foundation for Science & Consciousness, Uttarakhand, India

## Essentials of Human Bioelectricity in Developing Wellness in Life

### Introduction:

Human body functions as a potential powerhouse. Each living being has its own specific bioelectric field (Aura) around the body. This bioelectric field also exerts its influence on the environment around the individual. Experienced yogis can learn much about an individual by sensing the bioelectric field in the

proximity, without actually meeting the person. Psychometric is developed as a science of "divining facts concerning an object or a person associated with it by contact with or proximity to the object". By way of extrasensory perception of a bioelectric field, a yogi can tell many secrets and facts without physically coming in contact of a person, place or an object.



### Science of human bioelectricity

The existence of a bioelectric field in human body does not necessarily require a conceptualization, nor does it need scientific equipment's. The experiments given hereunder will satisfy the curiosity of the reader.

### Manifestation against the Backdrop of a Dark Curtain

This simple experiment would demonstrate the presence of the invisible bioelectric field of the body. Keep one of the chairs facing the least illuminated wall of the room and cover its back with the thick black cloth. Place a dimly lighted wick lamp on the chair. The light should not be visible on the cloth from behind the chair. Be

seated on the second chair facing the back of the first chair at a distance of about a foot from the cloth. Resting elbows on the arms of chair, keep arms in an upright position with the palms and fingers pressed together (as in traditional Indian salutation '*Namastey*'). Now start rubbing both palms together vertically, slowly in the beginning, and then gradually accelerate. A close observation will show a fog-like hazy luminous emission emanating from the palms. The palms may also appear to glow with a couple of sparks flying out of them. Edges of nails would particularly appear luminous.

### Sensory Perception of Bio electromagnetism

This experiment shows the bioelectric magnetism present in the body. Be seated on a

non-conducting chair placed on the insulated floor. Keep body-parts away from any conducting surface (walls, floor or any other conducting body likely to leak the bioelectric charges from the body). Tightly press fingers of both hands together, leaving a little space between the palms. For about a minute keep the hands pressed together in this position. Now keeping the palms together, try to pull the fingers apart. The bioelectric magnetism of the body would resist the effort to separate them. A vibration will be felt in the fingers.

### **Changing Taste of Water by Passing Bioelectric Current**

This experiment proves that bioelectricity flows through material objects coming in contact of the body, changing their physical and chemical properties. In one of the tumblers, insert the tips of your fingers for about five minutes. While doing so conceptualize that the bioelectric current of your body is flowing through the tips of your fingers into water in the tumbler. Let some intelligent person (who had not been watching this experiment) closely observe the color of water in the two tumblers and also take a sip of water from both. The examiner would easily find a difference in the water kept in the two tumblers.

### **Conductivity of Bioelectricity during Physical Contact between Animate Beings**

This experiment proves that during physical contact there is a passage of bioelectricity between animate beings. Make the center of a table clearly visible by making a circular spot on it by the marking pencil. Let the participants be seated around the table forming a circular chain by placing their hands in such a way, that palms and fingers of each person rest on the back of those of the persons sitting on either side. Let each individual concentrate their sight on the spot in the center of the table. The flow of bioelectricity through their bodies will be felt as feeble tremors in their hands and other parts of the body.

### **Recharging the Bioelectrical Field of an Inanimate Organic Body by Human Bioelectricity**

The following experiment shows that by transmitting human bioelectricity, it is possible to delay the decay of organic matter after its "death". When a living being (animal or plant) "dies", it begins to decay on account of gradual leakage of residual bioelectric charge of its body into the cosmic reservoir of bioelectricity. The following experiment will show that it is possible to replenish this loss of bioelectricity for some time with the help of human bioelectric transmission.

Keeping one of the objects selected for the experiment aside, look at the other intently at brief intervals with the thought, that it is being enlivened by your bio-energy flowing into it through your sight. It will be found that, the other object kept aside had undergone normal decay whereas that being subjected to the experiment is retaining its freshness. (Greater concentration is likely to dehydrate the object.)

A woman in France had reportedly developed an unusual bioelectric field in her body. She could prevent the decay of dead organic matter simply by looking at it. Besides observing the effect on plants, flowers and fruits, scientists verified this phenomenon by experimenting with various types of other objects like dead frogs, rabbits, fishes and pigs. Microscopic examination too confirmed the absence of bacteria in the experimented objects for weeks together. Besides, whenever some decaying organic matter was brought to this lady, she could destroy the bacteria responsible for the decay within moments, by gazing at the object.

### **Telekinesis by Bioelectric Transmission**

It is an interesting experiment demonstrating the effect of bioelectric transmission on dynamics of material objects. Even children can carry out this experiment with amusing results. The effects are startling when there are a large number of persons performing this experiment together.

Let the experimenter be seated at a distance of about three feet from the freely suspended needle and fix his gaze on the needle. (There should not be any movement of air in the room to affect free movement of the needle) While concentrating the sight on the needle, let the participant desire the needle to move sideways, backwards-forwards, clockwise or anticlockwise.

After sometime the movements of the needle will be found 'obeying' the intention of the participant. This experiment can also be performed by a large number of participants holding suspended pendulums steadily in their hands.

### **Building a Bioelectric Fence**

Like an electric fence constructed for protection, it is possible for an individual having a strong bioelectric field to build an invisible bio electric fence for safeguard. Such a fence does not permit an undesirable person to enter the safeguarded territory.

The following experiment will serve as an example. The experimenter draws a circle on the ground with a marker, thinking that an electric fence is being built around the area. Ants and similar small worms having weak bioelectric fields will find this area impenetrable. On coming close to this fence, these will circumvent it as though it was built with hot sand.

If such a fence were drawn around a worm, it would find it difficult to come out of the confined space. Even if it crosses it at great risk to its life; it would appear miserable while moving through the confined space. In the great epic *Ramayana*, it is told that *Lakshman* had drawn a similar fence (*LakshmanRekha*) around *Sita* for her safety against the demon king *Ravana*. He dared not enter the fence and abducted her when she crossed the fence for giving him alms.

### **Scanning a Bioelectric Field**

Hands placed on a sensitive photographic plate in a photographer's dark room would produce x-ray like prints of their bioelectric field. Kirilian photography has been used to obtain similar prints from plants.

### **Producing Bioelectric Shock**

The experimenter stands at a short distance behind a person engrossed in some work and concentrates gaze on his spine or on the exposed part of neck, with the intention to startle him by giving him a shock; by sending a bioelectric current through sight. However deeply engrossed in work, the gaze will distract the subject. The sight of the onlooker will create an itching sensation on the part of the body being looked at and the subject will turn his head back to look at the experimenter.

### **Telepathy by Sending Bioelectric Thought Currents**

Let a person be seated before you in comfortably relaxed, in a calm state of mind. With the mind of the subject before you as the target, concentrate on the forehead of the subject with the thoughts desired to be sent telepathically. The bioelectric waves carrying the thoughts being projected will enter the mind of the targeted person producing similar thoughts there. With a little practice, in most cases, this experiment produces encouraging results. However, where the subject has a vacillating mind or is obstinate by nature, the thoughts being transmitted may not be properly received.

Above are the sciences of bioelectric currents present in the world. So in this way we can humbly know the scientific presence of bioelectric currents in the universe. And they do have an effective and significant role in our daily lifestyle. Next is the introduction to wellness and to there different sectors of it. World Health Organization has successfully developed a model that shows a proper form of need of wellness in life.

## Wellness and its sectors of Utility Management

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. "...A state of complete physical, mental, and social well-being, and not merely the

absence of disease or infirmity." - *The World Health Organization*. The following model shows the different sectors of wellness.



**Emotional Wellness** Being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

If you are a person engaged in the process of emotional wellness, you are willing and able to:

- Arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior.
- Live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.

- Form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect.
- Take on challenges, take risks, and recognize conflict as being potentially healthy.
- Manage your life in personally rewarding ways, and taking responsibility for your actions.

### The path to emotional wellness may involve

- Awareness of thoughts and feelings
- Using a positive attitude
- Seeking support and expressing emotions in a suitable manner
- Setting priorities
- Accepting mistakes and learning from them

The path may also involve seeking out support from a mental health professional when needed

and gathering information in order to make informed value decisions.

**Social Wellness** refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of us.
- It is better to live in harmony with others and our environment than to live in conflict with them.

### **The Path to Social Wellness**

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.

**Spiritual Wellness** is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world.

- It is better to ponder the meaning of life for us and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to us.

### **Reaching Spiritual Wellness**

- It is important for everyone to explore what they believe is their own sense of meaning and purpose.
- The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.
- Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.
- If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.

### **Environmental Wellness**

- We may not think much about Environmental Wellness as part of an overall wellness plan, but our environment and how we feel about it can have a huge impact on the way we feel overall.
- Environmental well-being includes trying to live in harmony with the Earth by understanding the impact of your interaction with nature and your personal environment, and taking action to protect the world around you. Protecting yourself from environmental hazards and minimizing the negative impact of your behavior on the environment are also central elements.
- Leading a lifestyle that is respectful to our environment and minimizes any harm done to it is a critical part of

environmental wellness. Examples of environmental threats include air pollution, ultraviolet radiation in the sunlight, chemicals, noise, water pollution, and secondhand smoke.

### **Achieving Environmental Wellness**

Environmental wellness involves a number of different aspects of personal and societal responsibilities, including:

- Being aware of the earth's natural resources and their respective limits
- Living a life accountable to environmental needs, both in the present and in the long-term
- Realizing the effects of their daily habits on the world around them

### **Physical wellness**

- Involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.
- Physical wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

### **Intellectual wellness**

Is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

An intellectually well person:

- Cherishes mental growth and stimulation
- Is involved in intellectual and cultural activities
- Is engaged in the exploration of new ideas and understandings

### **Reaching Intellectual Wellness**

Traveling a wellness path allows you to explore issues related to problem solving, creativity, and learning as well as spending more time pursuing personal interests, including reading books, magazines, and newspapers, while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

### **Therapeutic Power of Bioelectricity to Nurture Wellness in Life**

Today there are many disciplines of medicines in vogue for treatment of diseases. The pharmaceutical industry produces many types of drugs for restoration of health. Some of these drugs are costlier than silver, gold, even priced more than precious stones. Impressive, authenticated certificates by experts are being produced in support of efficacy of such drugs. Nevertheless their use is not unrestricted without the advice of a qualified medical practitioner. A careless administration of these drugs bears great risks of unforeseen reactions. On the other hand, poor person cannot afford to purchase these costly medicines. Besides, any deficiency in the process of their production or error in diagnosis renders them ineffective or even lethal.

In order to relieve the patients of pain in some parts of the body, the therapist increases the

bioelectric activity of that part, by transmitting bioelectric current through palms of hands or tips of fingers. Since, being better conductor of bioelectricity, these have greater curative capability. Greater the bioenergy level of the healer, the more intense and faster would be the effect.

1. **To relieve pain in the stomach:** for a pain, uneasiness or any other disorder felt in stomach, a healthy person should rub palms of his hands and move these on the affected part of abdomen of the patients repeatedly in a circular anti-clockwise motion. Within a short time, the energy level of that part will increase. Consequently the circulation of blood will also increase, providing relief.
2. **To alleviate headache:** a healthy person should intensify his own bioelectric currents by rubbing his hands and then press the head of the sufferer lightly with one or both hands.
3. **Relief from pimples, sprain, itching or inflammation in any part of the body:** caressing (soft patting) with palms or tips of fingers provides relief. In this way, the healing particles of bioelectric current in the affected part get intensified and the clots restricting the free flow of current and thus creating discomfort are neutralized.
4. **Relax the tired muscles:** in India, preventive care or strengthening of the muscles by bioelectricity is a traditional household practice- popularly known as massaging. When a person gets physically tired, intermittent pressing by clasping with hands and fingers all over the legs and arms relaxes and energizes the muscles. Similar is the effect of massaging the back and neck.
5. **Massage as a means for enhancing bioelectric activity:** wrestlers are aware of efficacy of massaging in relaxing muscles. Practitioners of Ayurveda prescribe massage

## **Influence of Bioelectricity on Food Products**

Common man is hardly aware of the effect of "internal purity" of food on mind. In one of his books, Prof. Leadbeater, the founder member of Theosophical Society, speaks about the influence of subtle ingredients of food on human body. According to him, apart from the digestive matter, the food matter also carries with it certain subtle contents and our bodies absorb these as well. We meticulously take care of the external, physical cleanliness of food, overlooking the fact, that its internal purity is much more necessary than its physical purity.

- Food products subtly absorb thoughts/traits of persons handling these for long periods. (Repeated right or wrong thinking becomes a part of habit, ultimately developing into a trait of the person.) The imprints of these thoughts/traits on the edibles created by the bioelectric transmissions of associated persons are carried over to the mind of its consumer.
- The "internal purity" of food is maximally affected by the morality and mental state (at the time of cooking) of its cook. Research tells us that maximum discharge of human bioelectricity takes place through the tips of fingers. Foodstuff repeatedly touched by bare hands and fingers cannot remain unaffected by the good or bad traits of the cook. It is true, that that while heating, many such internal impurities are removed. Nevertheless heating does not purify the food in totality.
- Physical contact is not the only factor responsible for the internal impurity of food. Thoughts are waves of bioelectric current. As such, these are also propagated through sight while looking at things. (Hypnotists and mesmerists utilize this property of transmission of thoughts. The famous saying 'Love at first sight' too illustrates this phenomenon.)



- Food is man's favorite subject. Food products easily attract man. When one casts a glance on the edibles kept on the plate of a neighbor, the thoughts of the onlooker are also transmitted to these edibles. Food served reluctantly or by a person in an unhappy state of mind would certainly have negative effect on the eater. The same is true of the foodstuff forcibly snatched from somebody, or consumed alone in the company of several onlookers, and of the food earned by unfair means.
- In market places, sometimes sweets and cookies and other delicious edibles are displayed in glass showcases. Many onlookers feel tempted, but for some reason or the other, do not, or cannot, purchase these articles. Little children and individuals, who cannot afford to buy these, particularly watch these edibles with a craving. Bioelectric charges of such suppressed desires of many persons continue to accumulate on these food items, making them unworthy of consumption. Whatever be their nutritional value, repeated consumption of commercial products so displayed makes one sick. For this very reason a natural food is considered more beneficial for health than a processed food handled by many persons and displayed in a showcase.

### Conclusions:

- We do need alternative forms of therapies and healings to make our lifestyle better, there are major factors that are influencing us in our day today life. But being conscious towards work will surely make us fit for life. It may be food, thoughts and personality at workplace or home, bioelectricity is important for all.
- Being prepared with loving thoughts and care, a simple, inexpensive ordinary food prepared and served by family members

is much more nutritious and satisfying than the cookies and delicacies acquired from a departmental store.

- The great Hindu epics *Ramayana* and *Mahabharata* narrate the incidents of Lord *Ram* and *Krishna* accepting simple edibles offered by the poor, turning down invitations by kings. When *Ram* greatly appreciated the jungle berries offered by *Shabari* and *Krishna* praised the preparation of leafy-vegetables served by *Vidur*, they did not do so merely to honor their hosts. They knew that the love and devotion of their hosts had enhanced the internal purity of the food manifold.
- Healthy minds sets in healthy body and bioelectric theories gives us the chance to manage our daily routine and to balance our work life with family and friends. The different aspects of human lifestyle are dependent upon many daily routine works and our conscious about those things will make our life better for living and a better world.

### References:

1. <https://www.coursera.org/course/bioelectricity>
2. <http://www.britannica.com/EBchecked/topic/65834/bioelectricity>
3. [http://literature.awgp.org/englishbook/Scientific\\_Spirituality/WondersofHumanBioelectricity](http://literature.awgp.org/englishbook/Scientific_Spirituality/WondersofHumanBioelectricity)
4. Acharya, S. S. Wonders of human bioelectricity, Shantikunj, Haridwar
5. <http://www.akhandjyoti.org/?Akhand-Jyoti/2006/Jul-Aug2006/Human-Bioelectricity/>
6. Scott A. C., Duncan, T. and Thulemark. M. Introducing Lifestyle Motilities
7. <http://www.indiatimes.com/lifestyle/travel/goa-to-promote-health-and-wellness-tourism-96186.html>
8. <http://english.alarabiya.net/en/lifestyle/healthy-living/2013/04/28/Bahrain-promotes-healthy-lifestyles-as-country-eyes-health-tourism-industry.html>

9. <http://www.indian-medical-tourism.com/articles-on-medical-tourism-india.html>
10. <https://www.healthday.com/healthday-health-library.html>
11. Charles W. L. The Christian Gnosis, The St Alban Press, 1983.
12. Ernest, W. 'CWL as I Knew Him', The Theosophist, 124, 10, July 2003.
13. Charles W. Leadbeater-A Biography, Hugh Shearman, The St Alban Press, 1980.
14. Stephen M. P. Evidence of a Yogic Siddhi - Anima: Remote viewing of Subatomic Particles, TPH, 2003.
15. Smith, M. & Puczko, L. (2008). Health and wellness tourism. London, ButterworthHeinemann.
16. "The Global Wellness Tourism Economy". Globalspaandwellnesssummit.org. Retrieved 2013-12-01.
17. Gould, L. "Wellness Travel: Bounty for Body and Bottom Line". Tours.com. Retrieved 2013-11-01.
18. Amster, R. "Wellness Travel Outstrips Global Tourism Growth". Travel Market Report. Retrieved 2013-10-14.
19. Besant, A. and Leadbeater, C. W. Occult Chemistry, TPH, 2003.

**Cite this paper as:** Indolia, U. & Chandel, P. S. (2015). Essentials of Human Bioelectricity in Developing Wellness in Life. *International Journal of Science and Consciousness*; 1(2):21-30.