

# **What is Metaphysics and its Benefits?**



**By Debra Peterson**

**Forum Talk - March 22, 2023**

# Debra Peterson Bio

- Scientific and Academic Background:

- Engineering Technician
- MS Environmental Science

I have an understanding of and live in 'Both Worlds'

- Metaphysical Background:

- Metaphysical Teacher of numerous metaphysical classes through GVRec.org
- Energy and Sound Therapist
- Coordinator of 2 Metaphysical Groups in Green Valley
  - Metaphysical Group in the GVR Meditation Club - 3<sup>rd</sup> Thursdays. Free to all GVR members
  - Friends in Deed Metaphysical Group (1<sup>st</sup> and 4<sup>th</sup> Tuesdays). Free to everyone

Have an open mind. Take what resonates with you, and leave the rest

# Questions

1. How familiar are you with 'Metaphysics'?
  - Very little
  - Somewhat
  - Quite a bit
  
2. What has the most similar viewpoints to 'Metaphysics'?
  - Philosophy?
  - Spirituality?
  - Science?

# Metaphysical Definitions

- Meta means 'above or beyond'.
- Physics all things are governed by universal laws: physical and spiritual.
- Metaphysics: the study of those things and phenomena beyond the physical realm
  
- Metaphysics:  
Looks beyond the nature of physical reality, into the visible or invisible realms
  
- Metaphysical concepts:  
Existence, Soul, Purpose, Space, Time, Cause & Effect, Mind & Matter, Consciousness

# Metaphysics and Philosophy

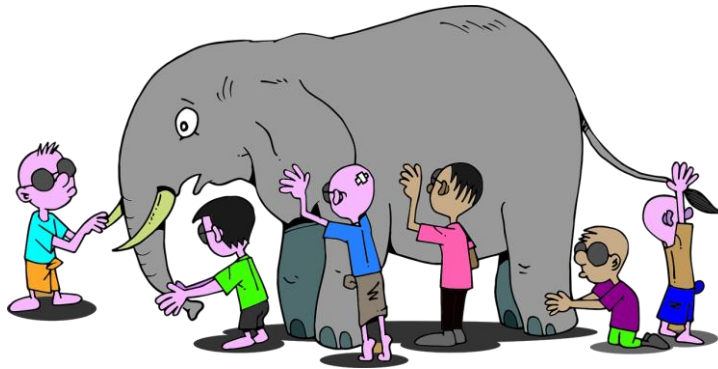
- Four main branches of philosophy:
  - metaphysics (the fundamental essence of things, beings, and reality)
  - epistemology (theory of knowledge)
  - logic (reasoning)
  - ethics (moral principles)
- Metaphysics goes back to the time of the ancient Greeks 2500 years ago
- Metaphysical philosophers: Plato, Aristotle, Kant
- The term is derived from Greek 'meta ta physika' (after the things of nature), referring to an idea, doctrine, or reality 'outside of human sense perception'.

# How Does Metaphysics Look at Reality?

Metaphysics deals with:

- The basis of how we perceive our reality
  - Perspective: a particular attitude toward something; a point of view
  - Perception: ability to become aware of, understand, and interpret something

We all have different interpretations of reality based upon our perceptions and beliefs.



**The Blind Men & The Elephant**

**2:58**

**<https://youtu.be/QY5hc2gz694>**

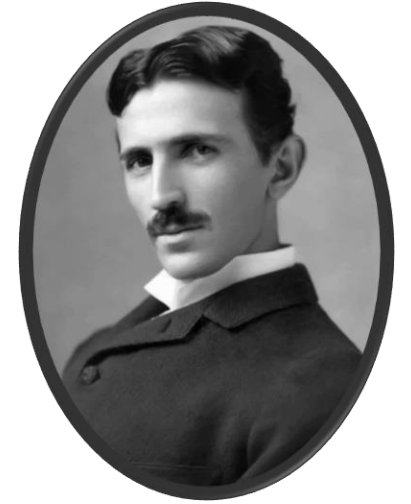
# Metaphysics and Spirituality

- Spirituality ideas: prime creator, immortality, soul purpose, meaning of life
  - Believes we are part of something that is cosmic or divine in nature
- Metaphysics understands that reality that is beyond just the physical
  - It works with the laws of nature, both seen and unseen





# Metaphysics and Science



- Science deals with time, space, laws of nature, matter etc.
  - Science makes precise predictions about the physical world
- Metaphysics questions things of broader significance and generality

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” - Nikola Tesla

- Science: everything (matter) is energy in states of vibration at various frequencies
- Quantum Physics realizes the physical world is ‘non-physical’ energy and matter
- Metaphysical topics deal with energy, frequency, and vibration and the non-physical

# Metaphysics and Quantum Physics

- Quantum Physics - a science which defines the subatomic world
- Metaphysics - a philosophy behind the subatomic world
- Metaphysics and quantum physics have similar concepts, but with different terminology
- Both are based upon energy, frequency, and vibration

## Metaphysics

- Oneness
- Consciousness
- Subtle energy fields
- Realm/Dimension
- Vibration
- Energy

## Quantum Physics

- Singularity (a property is infinite), everything connected
- Quantum Field (energy field containing everything)
- Electromagnetic fields
- Dimension
- Frequency
- Energy

# Metaphysics and Quantum Physics

“The day science begins to study non-physical phenomena; it will make more progress in one decade than in all the previous centuries of its existence.” – Nikola Tesla

Quantum Physics Law of Entrainment – a lower vibrating object raises up in vibration to the higher vibrating object

Metaphysics: i.e., tuning fork sound therapy, energy healing

Quantum Physics Law of Entanglement – individual ‘spatially separated’ object affect each other instantaneously. “Spooky action at a distance” – Einstein

Metaphysics: i.e., long distance healing

# Metaphysics Studies What is Beyond the 5 Senses

- Humans have 5 basic senses to perceive the world: touch, sight, hearing, smell and taste.
- The 'sixth sense' is an extrasensory perception (ESP) beyond our 5 senses



## How to Develop Your Sixth Sense

1. Pay attention - slow down and notice the small things around you
2. 'Feel the vibes' with things in your life, like people and situations
3. Meditate - to calm your mind and body, and connect with your spiritual self
4. Spend time in nature - to get into a quiet, peaceful state
5. Practice using your 6th Chakra of intuition, visualization, and psychic abilities

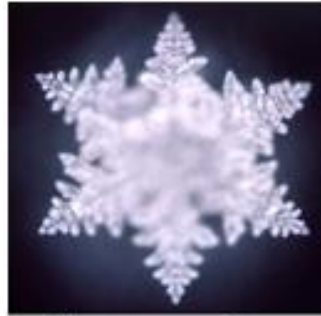
# Metaphysics and Science: Changing Matter with the Mind

- Scientific evidence: of the impact of 'mind and emotion upon matter'
- Masaru Emoto - a Japanese scientific researcher of water
- Discovered: water has memory, and is responsive to our individual and collective consciousness, thoughts, emotions, words, and music
- We can change matter (water crystals) with our thoughts, intent, and positive energy

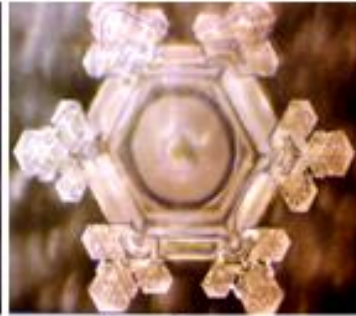




# Dr Emoto Water Crystals



Compassion



Thank you

(Appreciation/Gratitude)



Wisdom



**Truth**



Joy



Love



**Eternal**



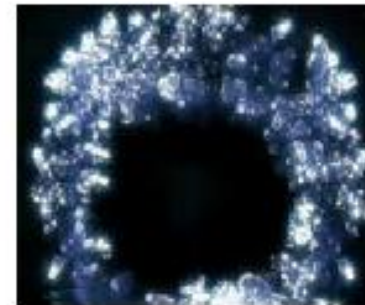
**Harmony**



**Hope**



**Angel**



**Soul**

# Metaphysics Review

- Studies things that are 'beyond the nature of physical reality' (visible or invisible)
- Contemplates the fundamental nature of reality (outside normal 5 senses)
- Deals with the relationship between mind and matter
- A multi-layered metaphysical focus compliment's Philosophy, Science, and Spirituality
- Scientific evidence believes the physical world is 'non-physical' or metaphysical
  - Quantum Physics shares common metaphysical concepts, with different terminology
- Spiritual Metaphysics describes how the spiritual and physical realms meet
  - It believes the mind, body, & spirit are one, & the universe has unity consciousness



# Terminology

[Human Energy Biofield](#) - energy field layers that surround and fill the body. i.e. aura

- Contains electromagnetic and subtle energies
- Heartmath.org - science-based tools about heart and mind electromagnetic patterns

[Subtle Body](#) - our energetic body that holds our Life force energy

- Holds imbalances and traumas that can manifest in the physical

[Subtle Energy](#) - seen and felt by healers and energy sensitive people (Chi, Prana)





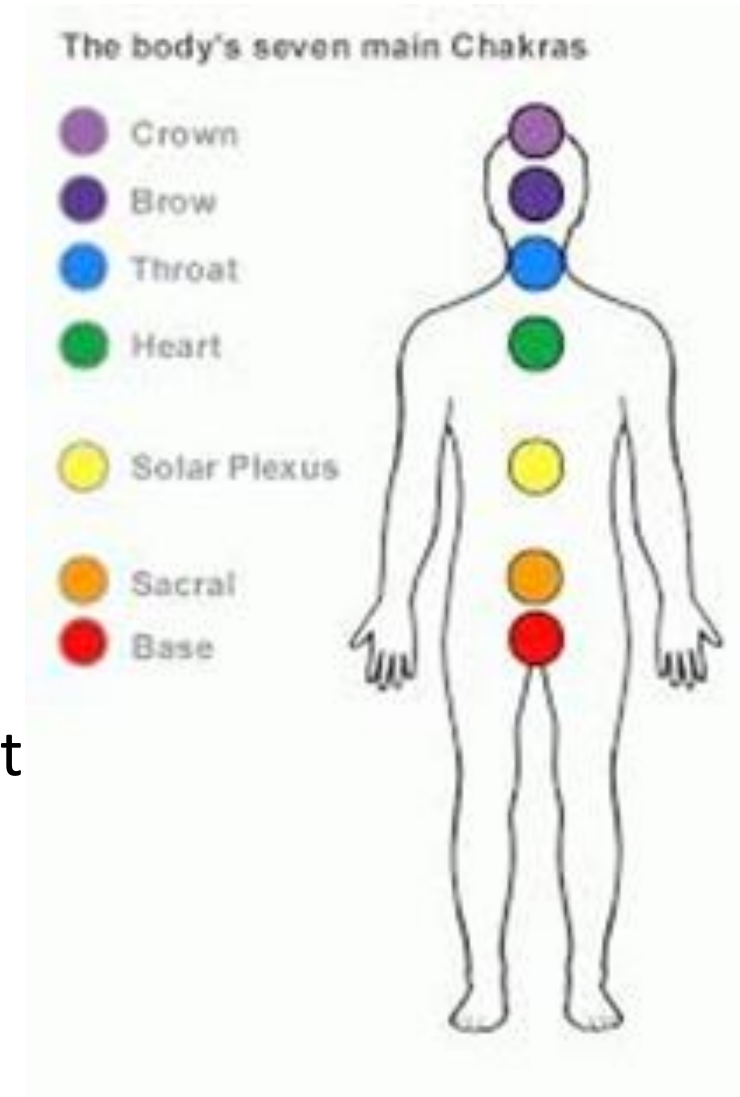
# Science and the Human Energy Field

- 1920's and 1930's: researchers suggested disease could be detected in the body's energy field before physical symptoms
- 1980: Dr. John Zimmerman studied Therapeutic Touch therapists
  - Pulsating biomagnetic fields came from the hands, like brain wave frequencies
- Science has recognized that a human energy field does exist
- Scientific instruments can now detect human subtle energy fields
- Bio-Well GDV Instrument measures the energetic state of a person and chakras



# 7 Chakra Energy System

- Chakra - Sanskrit word meaning 'wheel'
- Spinning energy vortexes that process life energies
- Doorways for emotional, mental, and spiritual forces
- Joints, hands and feet have smaller individual chakras
- A balanced chakra system harmonizes your body, mind, spirit



# Sacred Geometry Helps Align Chakras

- Sacred geometry patterns create positive energy to help balance the human biofield ('Shape Power' book)
- 'Before' and 'After' Chakra Alignment Study with a Biowell GDV device (in 30 mins)



Test Subject 'A' BEFORE MLT Session



Test Subject 'A' AFTER MLT Session



Test Subject 'B' BEFORE MLT Session



Test Subject 'B' AFTER MLT Session



**Is There Scientific Evidence of Chakras? 2020 8 mins <https://youtu.be/tUm3APD0Hbw>**

## Metaphysical Topics

Mind - Body Techniques: Biofeedback, Guided Imagery, Meditation, Relaxation techniques, Yoga, Tai chi, Qi Gong, Music or Art therapy, Hypnotherapy

Energy Therapy: Polarity therapy, Healing Touch, Therapeutic Touch (nurses), Acupuncture, Acupressure, Craniosacral, Sound Therapy, Reiki, Chakra balancing

Other Topics: angelic spiritual beings, extraterrestrials, sacred geometry, dimensions, channeling, astral travel, remote viewing, nature spirits, crystals, dowsing, earth healing, sacred sites, shamanism, psychic readings, near-death-experiences

Metaphysical Concepts: reincarnation, karma, soul purpose, ascension, consciousness

Explore topics which you resonate with to help benefit your life!

## Mind - Body Techniques enhance the mind's capacity to affect the body

- Biofeedback - a technique to learn to control some of your body's functions
- Guided imagery - uses words & music to evoke positive imaginary for beneficial results
- Meditation - focused thought/contemplation for personal healing, spiritual growth, peace
- Relaxation techniques - reduces muscle tension, stress, and pain, lowers blood pressure
- Yoga - uses bodily postures, breathing techniques, and meditation for health and relaxation
- Tai chi & qi gong - meditative exercises combines slow movements, & breathing exercises
- Music or Art therapy - alleviates pain, manages stress, promote wellness, and memory
- Hypnotherapy (hypnosis) - uses guided relaxation, concentration, and focused attention to achieve a heightened state of awareness to promote a desired outcome or change

# Mind - Body Interaction with Guided Imagery and Hypnotherapy

- Science has shown that Guided Imagery can improve athletic abilities
- What the mind believes, the body experiences/feels & remembers (muscle memory)
- Guided Imagery incorporates:
  - Meditative state of consciousness
  - Relaxation techniques
- Hypnotherapy uses guided imagery and relaxation techniques to change subconscious programs



Energy Medicine – a branch of alternative medicine that believes energy imbalances, or blockages result in disease. Practitioners help correct imbalances in the energy fields.

Energy Therapy - a form of complementary and integrative therapy which involves the energy fields in the body, with a therapeutic goal to balance subtle life force energy.

- Polarity Therapy, Healing Touch, and Therapeutic Touch - balances energy flows in body
- Acupuncture and Acupressure - shifts the flow of Qi (life force energy) in the body
- Craniosacral therapy - light touch treatment to help body's natural healing ability
- Chakra balancing - clears and balances the human chakra energy system
- Sound Therapy – uses sound and music for improving health and wellbeing
- Reiki - energy transference technique where the therapist channels healing energy to the energy field of the client





# Sound Therapy Works with Energy and Vibration

- Sound helps facilitate brainwave synchronization by 'Entrainment'
- Sound healing uses audio tones and resonant vibrational frequencies to repair damaged tissues and cells in the body
- Sound Therapy tools: tuning forks, drumming, Tibetan bowls, rattles



# Benefits of Raising Your Energy Vibration

- Balances your body, mind and spirit
- Increases inner peace and tranquility
- Increased synchronicity in your life
- Awakens spiritual gifts and talents (intuition, energy healing, ESP)
- Benefits the human energy field and subtle life force
  - All matter vibrates at specific frequencies
  - Energy flow and vibration affects the body's health
  - Lower frequency = potential sickness, disease, and stress
  - Higher frequency = healthier energies to resist negative lower vibrations



# Ways to Raise Your Energy Vibration

- Meditation or your way of going within for inner peace
- Healthier lifestyle
- A routine spiritual practice
- Reduce stress
- Be in the peace of nature
- Positive inputs
  - (from people, internet, tv, books etc.)



# Thanks for Coming

## Debra Peterson

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Website: [www.Wellness-Energetics.com](http://www.Wellness-Energetics.com)

'Green Valley Metaphysical Groups' – free to attend

- Metaphysical Group in the GVR Meditation Club (3<sup>rd</sup> Thursday) Las Campanas, 3-4:30pm
- Friends in Deed Metaphysical Group (1<sup>st</sup> and 4<sup>th</sup> Tuesdays), 1-2:30pm

Email me to be on my emailing list for group topic updates and events information