



## Improvement in the Electromagnetic Field of the Human Body Through the Practice of Emotional Self-Healing Validated by Hekalogy

Jonathan Abdiel Calderon Nava<sup>1\*</sup> and Ricardo Javier Ponce Herrera<sup>2</sup>

<sup>1</sup>Graduated from the Faculty of Medicine, University of Zulia, Maracaibo, Venezuela

<sup>2</sup>Creator of Hekalogy, Creator of Emotional Self-Healing, Mexico

**\*Corresponding Author:** Jonathan Abdiel Calderon Nava, Surgeon, Graduated from the Faculty of Medicine, University of Zulia, Maracaibo, Venezuela.

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### Abstract

**Objective:** To demonstrate short-term improvement in the human body's electromagnetic field through the practice of emotional self-healing validated by Hekalogy in participants who attended the event held from May 25 to June 2, 2025, in Cairo, Egypt.

**Materials and Methods:** Explanatory research, experimental design, prospective longitudinal, with a census sample of 28 participants who attended the emotional self-healing event called Activation Egypt 2025, where three electromagnetic field measurements were taken with the SCIO bioresonance device.

**Results:** A significant improvement was observed in 97% of participants within a 9-day period following the last emotional self-healing practice, demonstrated through electromagnetic field measurements with the SCIO bioresonance device.

**Conclusion:** It is concluded that the practice of emotional self-healing has a positive impact on the improvement of the participants' electromagnetic field. The results show that emotional self-healing has immediate effects on the energetic balance of the human body.

**Keywords:** Electromagnetic Field; Emotions; Self-healing; Bioresonance

### Introduction

In recent decades, there has been growing interest in exploring the link between emotional health and human energetic balance, integrating insights from both Western medicine and ancestral traditions. An emerging line of research considers that the human body operates not only at the biochemical and physiological level, but also through a personal electromagnetic or bioenergetic field, the coherence of which is associated with integral well-being [1]. Within this perspective, the chakra system has been used as a model to interpret the flow and distribution of energy in the body, acting as sensitive points for emotional and spiritual changes (Judith, 2004).

In this context, Emotional Self-Healing Validated by Hekalogy is presented as a methodology of inner transformation based on emotional awareness, the release of psychoenergetic blockages, and the reorganization of the human internal field. From this perspective, it is proposed that conscious emotional self-healing can generate a realignment of the energy centers (chakras), positively impacting overall health and perception of well-being.

The scientific literature has begun to document the physiological and psychological effects of practices involving emotional introspection, guided meditation, and the release of emotional memories, demonstrating improvements in cardiac

coherence markers, cortisol reduction, and optimization of heart rate variability [2,3]. Despite these advances, empirical studies evaluating the specific effects of integrated methodologies such as Hekalogy on the human electromagnetic field measured through chakra status are scarce.

The present study aimed to evaluate changes in the personal electromagnetic field through chakra analysis in a census sample of 28 people who participated in an intensive Hekalogy-Validated Emotional Self-Healing retreat. Measurements were taken before, during, and after the retreat using bioenergetic analysis tools, demonstrating an improvement in energetic coherence and alignment in 100% of participants at the end of the process. This study seeks to provide preliminary evidence for the scientific validation of energetic emotional self-healing practices through Hekalogy and their influence on the integral well-being of the human being.

Emotional self-healing is the ability of every human being to heal their emotions through experiencing emotion. Emotions are defined as energy in motion. It has been practiced for over 16 years with different people around the world. The human body, by allowing this energy to flow throughout the body in complete surrender, results in a significant change in the short-term transformation of the practitioner's physical and mental state. Ponce R. [4] *Mirror Relationships: You Attract What You Are*, Bronze.

## Objective

To demonstrate short-term improvement in the human body's electromagnetic field through the practice of emotional self-healing validated by Hekalogy in participants who attended the event held from May 25 to June 2, 2025, in Cairo, Egypt.

## Materials and Methods

### Experimental design

#### Objective

To demonstrate short-term improvement in the human body's electromagnetic field through the practice of emotional self-healing validated by Hekalogy in participants who attended the event held from May 25 to June 2, 2025, in Cairo, Egypt.

## Pre-established hypothesis

Emotional self-healing significantly improves the alignment and energetic flow of the human body, as demonstrated by: Improvement of the vibrational energy field (measured with the SCIO bioresonance device) [5].

## Sample size

The census sample consisted of 28 participants, aged 18 to 60, men and women, who attended the emotional self-healing event called Activation Egypt 2025.

Improvement changes were observed in 22 participants during the event.

Each participant underwent an individual energetic assessment using a specialized bioenergetic analysis device designed to measure the alignment, size, and coherence of the seven major chakras. Measurements were taken at three points:

- Before the retreat (baseline)
- During the retreat (on the third day of inner work)
- After the retreat (at the close of the emotional healing process).

The measurement was performed under controlled conditions of environment, lighting, and baseline physical state (no food or stimulant consumption in the previous two hours). The bioenergetic analysis provided a graphic and percentage profile of the overall energetic state, as well as the individual alignment of each chakra.

## Data analysis

Descriptive statistics were used to evaluate changes in the energy field, considering the following criteria:

- Chakra alignment (angle or central axis)
- Size (energetic expansion or contraction)
- Overall balance (coherence between centers)
- Change in state before, during, and after

An increase in chakra alignment and coherence compared to baseline, reflected in the graphic and numerical reports, was considered "energetic improvement".

### Inclusion criteria

- Signed informed consent.
- Willingness to attend the “Egypt 2025 Activation” event.
- Women and men between the ages of 18 and 60.

### Exclusion criteria

- Noncompliance with the sample collection protocol.
- Use of electromagnetic devices that alter the energy field (magnetic resonators and electrostimulators).

### Controlled variables

- **Measurement time:** 8:00 a.m.
- Same SCIO bioresonance device (serial number SX0411245113) for measurements of the human body’s vibrational electromagnetic field.

### Experimental design

The study was explanatory, experimental, and longitudinal. With informed consent, the electromagnetic field was measured using the SCIO bioresonance device before, during, and after the emotional self-healing practice to determine the elimination of energetic blockages and toxins in the participants. In this way, the energetic vibration of the human body, represented by the chakras, was measured using the SCIO device to discover the importance of emotional self-healing, validated by Hekalogy in medical science today.

The SCIO biofeedback and bioresonance system was created to address the root cause of our body’s dysfunctions. This device works like a scanner that maps our internal electrical, magnetic, and electromagnetic characteristics. Therefore, it performs tests on our body according to the laws of electricity. From this, it is possible to observe our body’s predetermined responses and reactions to different stimuli. SCIO is an officially certified medical device with the CE classification for medical devices, indicating that it complies with applicable EU regulations. We will use this device in our study to measure the energetic vibration of the human body before and after the emotional self-healing process. This will determine the energetic vibration of participants before and after the self-healing process and assess whether there is a significant improvement in their human body’s energetic field. The device reads the electromagnetic frequency of the human body using a safe,

relaxing, non-invasive method with no side effects. It can be used by anyone, at any age. It is known that each element or organ in our body has a unique and identifiable electromagnetic frequency, revealed by the individual’s electrophysiological reactivity through its levels (vitamins, amino acids, enzymes, minerals, nutrients, sugars, toxins, bacteria, fungi, allergies, parasites, viruses, organs, bones, muscles, mental and emotional factors, among others).

Similar to electroencephalograms (EEG), electrocardiograms (ECG), or electromyograms (EMG), which use electrical current recordings to perform diagnoses, quantum therapy, which harnesses the laws of modern quantum physics, uses the infinitesimal energy of DNA to maintain the balance of the “psychobiological machine,” detecting imbalances in the human body.

### Materials

#### Energy field assessment

- SCIO bioresonance device (CE classification as a medical device).
- Electromagnetic frequency analysis software (chakras, aura, energetic toxins).

### Emotional self-healing protocol

Structured Retreat.

### Statistical analysis

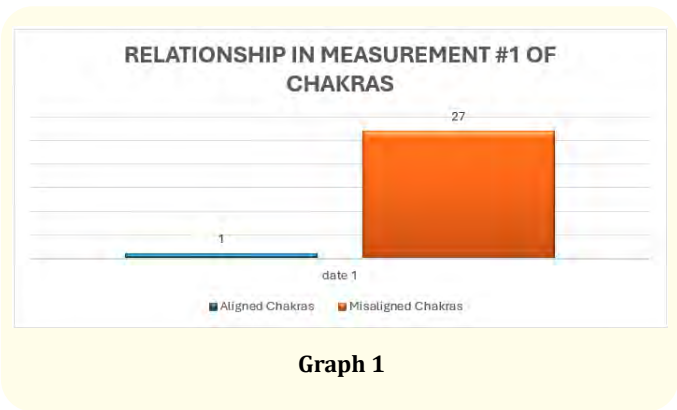
Data will be collected in a database with the results of measurements of the energetic vibrations of the human body, represented in the chakras, using the SCIO quantum bioresonance device on May 25 and 28, 2025, and June 3, 2025. This data will be recorded in an Excel spreadsheet. A correlation between these results will be recorded before, during, and after the emotional self-healing retreat among participants from a randomly selected population of 28 people who attended the event. Importantly, participants did not modify their eating or exercise habits, nor did they use relaxation techniques or exercises such as meditation, yoga, or breathing. Instead, they were induced to experience stressors such as feeling their emotions, pain, crying, or vomiting, which makes our practice and research extremely interesting, unique, and innovative.

Results and Discussion

Graph # 1 Relationship to the first chakra measurement

The following graph shows the relationship between chakra measurements in participants with two or more misaligned chakras as follows.

First chakra measurement on May 25, 2025, at 8:00 a.m. before the self-healing practice.

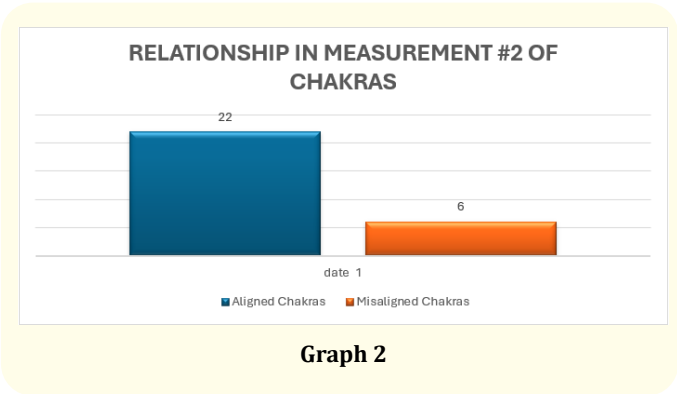


Comment: We can observe that, out of 28 participants, 27 had more than two misaligned chakras in the first measurement, and only one participant had a harmonious alignment of their energy field (chakras).

Graph #2 Relationship to the second chakra measurement

The following graph shows the relationship between chakra measurements in participants with two or more misaligned chakras, as follows.

Second chakra measurement, May 28, 2025, at 8:00 a.m., sample taken on a random day after sample #1, during the self-healing practice event.

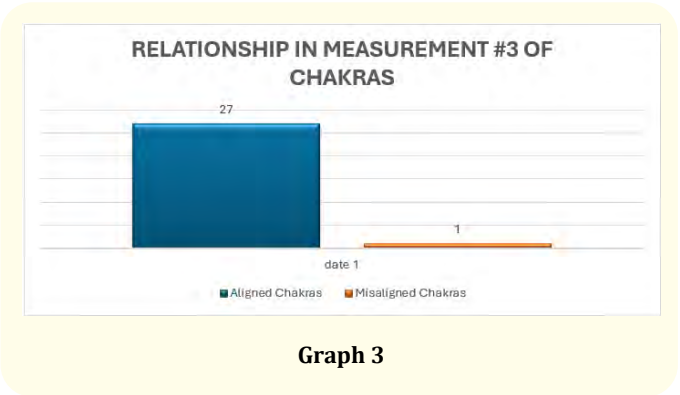


Comment: We can observe that, out of 28 participants, 6 had more than two misaligned chakras in the second measurement, while 22 participants showed improvement in the flow and alignment of their vibrational energy field (chakras).

Graph #3 Relationship to the third chakra measurement

The following graph shows the relationship between chakra measurements in participants with two or more misaligned chakras, as follows.

Third chakra measurement, June 3, 2025, at 8:00 a.m., one day after the self-healing practice event.



Comment: We can observe that, out of 28 participants, 1 participant had more than 2 misaligned chakras in the second measurement, while 27 participants presented harmony in the flow and alignment of their chakras.

The objective of this study is to demonstrate the short-term improvement of the human body's electromagnetic field through the practice of emotional self-healing validated by Hekalogy in 28 participants who attended the event held from May 25 to June 2, 2025, in Cairo, Egypt. Twenty-seven participants (97%) reported significant improvements in the flow and alignment of energy in their human body's electromagnetic fields.

The findings of this study support the hypothesis that the practice of Emotional Self-Healing Validated by Hekalogy can induce tangible improvements in the human body's electromagnetic field, reflected in the balance of the participants' chakras through measurements during and after the event.

These results differ from previous research highlighting the impact of emotional introspection, meditation, and energy awareness practices on human physiological and emotional

balance. Studies in neurocardiology and cardiac coherence have shown that states of deep emotional calm, such as those induced by meditative practices, generate coherence in heart rate variability and greater synchrony between the central and autonomic nervous systems [2,3]. On a complementary level, authors such as Judith (2004) argue that chakra alignment reflects an integration between the physical, emotional, and spiritual levels of the human being, which can translate into greater mental clarity, emotional stability, and a sense of overall well-being.

Although there is not much scientific evidence for the existence of chakras as physical entities, there is research exploring possible correlations with the nervous system, the endocrine system, and the subjective experience of bodily energy. Understanding chakras from a scientific perspective is still a developing area of research. There are few scientific articles on the subject, but this study differs from previous research in that all of them relate to an improvement over time as a result of states of relaxation or relaxation practices such as meditation, deep calm, among others, thereby achieving benefits in the electromagnetic field of the human body.

For his part, Vicuña (2010) indicates that external magnetic fields affect humans. However, not all exposures are negative in this sense, considering both direct and indirect effects. An example of the latter is the induction in the different organs and fluids of living beings. Along these same lines, a direct one focuses on the failure induced by that same field on the pacemaker of a heart patient. Similarly, there are epidemiological studies that demonstrate a correlation between different types of cancer. These studies expose the proven or suspected immediate and mediate effects of the magnetic field on human health [6].

Hekalogy, by approaching emotional self-healing from a comprehensive perspective that includes working with memory, unconscious patterns, and spiritual reconnection, offers a coherent structure to facilitate these energetic realignment processes. The methodology applied during the retreat appears to have fostered an environment conducive to deep emotional self-regulation and the reorganization of the personal energetic field.

However, it is important to acknowledge the limitations of this study. Although the sample was census-based, a control group was not included to allow comparison of the intervention's effects with other types of experiences (such as retreats without a hekalogical

approach or emotional self-healing). Nor was longitudinal follow-up conducted after the retreat to evaluate the sustainability of the observed energetic changes. Furthermore, although chakra measurements were performed using bioresonance bioenergetic technology, there is still debate in the scientific community about the standardization and validity of these assessment methods.

Despite these limitations, the study offers a valuable empirical basis for further scientific exploration of the impact of integrative emotional self-healing practices on the human energy system. Future research could apply more rigorous experimental designs, integrate physiological biomarkers (such as HRV or EEG), and study specific clinical populations (people with anxiety, depression, or psychosomatic illnesses) to broaden the therapeutic scope of Hekalogy [7-9].

## Conclusion

The results obtained in this study provide significant evidence of the ability of the Hekalogy-Validated Emotional Self-Healing practice to promote substantial improvement in the human electromagnetic field, assessed through chakra alignment and harmonization. The improvement observed in 97% of participants at the end of the retreat suggests a direct positive impact of this methodology on personal energetic balance and, consequently, on the individual's overall well-being.

These findings support the hypothesis that conscious emotional release and guided introspection can induce measurable changes in the human body's energetic system, opening new possibilities for the scientific study of energy- and consciousness-based therapies. It also reinforces the importance of integrating complementary approaches that consider the emotional and energetic dimensions in health, prevention, and personal transformation processes.

However, the need for future research that includes control groups, comparative methodologies, and longitudinal follow-up is recognized, in order to validate with greater scientific rigor the effects of Hekalogy and its therapeutic application in different population contexts.

This research demonstrates that the emotional self-healing studied through Hekalogy has a direct and positive impact on the

balance and regularization of the human body's bioenergetic field.

Hekalogy is positioned as an emerging tool within medical science, with the potential to complement conventional mental health treatments, reduce stress, and harmonize the nervous system. Its application represents a step toward a more holistic, humane, and conscious medicine.

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### Author Contributions

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Methodology: JAC, RJP

Research: JAC, RJP

Visualization: JAC, RJP

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Project Administration: JAC, RJP

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### Conflict of Interest

There were no conflicts of interest reported by the authors involved in the preparation of this article. Availability of data and materials: All collected data are available in the manuscript.

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