

# Research in Relation to the STIRLING METHOD for Website

Omitted in this research is the effects of physical exercise on the body. It is evident that physical exercise increases muscle strength and endurance, supports good posture and balance, increases bone density, and maintains or improves heart health.

**Biofield Science:** Energy healing work such as Raki and Healing Touch is being referred to in the scientific world as Biofield science. There is much to read and learn about this exciting field.

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“Biofield science is an emerging field of study that aims to provide a scientific foundation for understanding the complex homeodynamic regulation of living systems. By furthering our scientific knowledge of the biofield, we arrive at a better understanding of the foundations of biology as well as the phenomena that have been described as “energy medicine.” Energy medicine, the application of extremely low-level signals to the body, including energy healer interventions and bio-electromagnetic device-based therapies, is incomprehensible from the dominant biomedical paradigm of “life as chemistry.” The biofield or biological field, a complex organizing energy field engaged in the generation, maintenance, and regulation of biological homeodynamics, is a useful concept that provides the rudiments of a scientific foundation for energy medicine and thereby advances the research and practice of it. An overview on the biofield is presented in this paper, with a focus on the history of the concept, related terminology, key scientific concepts, and the value of the biofield perspective for informing future research.”

<https://journals.sagepub.com/doi/abs/10.7453/gahmj.2015.038.suppl>

## **Biofield Science and Healing: History, Terminology, and Concepts**

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“In the modern age, the notion of a universal life energy is nearly ubiquitously employed by energy healing practitioners, who often describe energy coming from their hands and other parts of the body. These same practitioners report utilizing energy awareness not only to sense imbalances in patients’ energy fields but to regulate energy flow and release energy blockages perceived to be impeding the healing process. Most traditional healing practices maintain that disease starts with an energetic imbalance such as a blockage or other irregularity in the energy flow through the body. Modern CAM systems such as chiropractic, homeopathy, and classical osteopathy are also founded on principles of a vital force.

Therapeutics in these practices involves restoring or rebalancing the vital force to promote healing.”

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## Exercise and the Brain

“Research outcomes tell us that participating in physical fitness/activity releases endorphins in the brain that support mental wellbeing.” (Nys, et al 2022) (Marques et al 2022) (Lin & Kuo 2013).

- Abdominal breathing is a natural result of aerobic and other exercises that increase the heart rate and release of endorphins. Using the STIRLING METHOD, participants achieve desired results through specific fitness workouts.

**ORIGINAL RESEARCH article** Front. Psychiatry, 25 March 2019 Sec. Neuroimaging Volume 10 - 2019 | <https://doi.org/10.3389/fpsy.2019.00132>

## What is Kiai?

The Kiai breathing technique is used primarily in Martial Arts training and performance. Academic studies have been done with the focus on how and why kiai effects the abilities of Martial Arts students and practitioners.

Articles from QUORA and FULL CIRCLE Martial Arts Academy describe the functions of kiai.

“In many martial arts, practitioners often create sounds while practicing techniques. These sounds are known as kiai (気合) in Japanese martial arts such as karate and judo. The purpose of making these sounds serves several important functions:

1. **Focus and Energy Release:** Making a sound like a kiai can help martial artists focus their energy and intention into a particular technique. It can also help to release tension and stress, allowing the practitioner to perform with more power and speed.
2. **Intimidation and Confidence:** In some martial arts, the kiai can serve as a form of intimidation towards an opponent. By emitting a loud and powerful sound, a martial artist can demonstrate confidence and strength, potentially affecting the mindset of their opponent.
3. **Breath Control:** Kiai often involves a sharp exhalation of breath. Proper breathing techniques are crucial in martial arts as they help with power generation, balance, and stamina. Making sounds during practice can help practitioners develop better breath control.

4. **Timing and Rhythm:** The sound of the kiai can also help with timing and rhythm during practice. By coordinating the sound with the execution of a technique, martial artists can improve their timing and precision.

Overall, creating sounds during martial arts practice, such as the kiai, serves multiple purposes that can enhance the effectiveness of techniques, improve focus and energy . . .”

[https://www.quora.com/Why-do-martial-arts-players-create-sounds-during-practice?top\\_ans=1477743760289275](https://www.quora.com/Why-do-martial-arts-players-create-sounds-during-practice?top_ans=1477743760289275)

- The STIRLING METHOD adapts kiai to certain exercise moves with a focus on the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> chakras of the Energy Body, in alignment with the four functions listed above.
- The caveat being, the STIRLING METHOD focuses attention **inward** where by the participants’ opponent(s) are their own personal oppositional thoughts, unwanted programing, and blocks to confidence, thus creating space for inner strength, personal power, balance, stamina, breath control, personal timing, and steadfast precision.