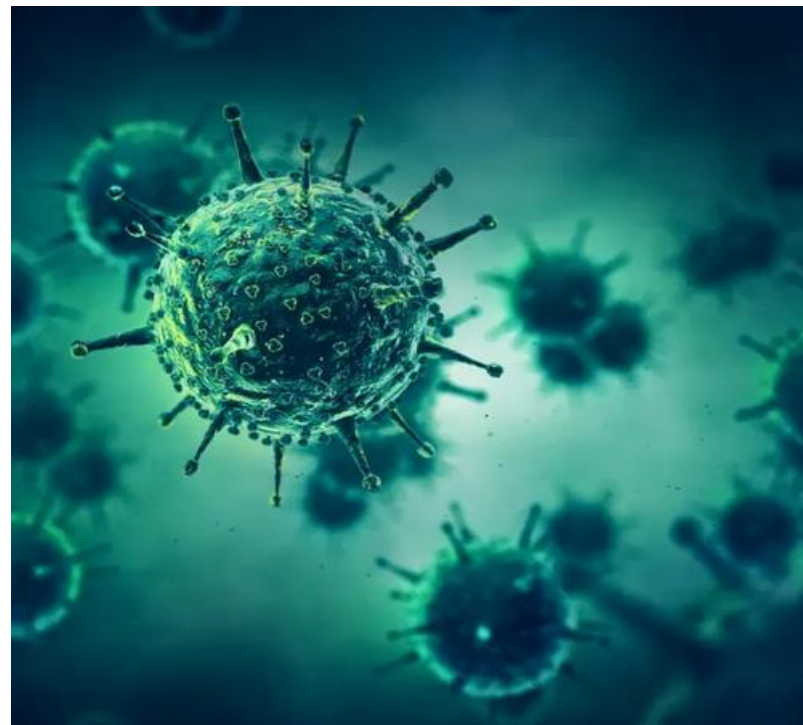


Abstract

The human body possesses a natural healing process known as whole body healing. Every healthy cell within the body emits photons, and diseases can be characterized by altered photon emissions. Both internally and externally, our bodies are comprised of energy, and the mind holds a blueprint of the body. This blueprint facilitates an impressive defense mechanism that helps fight diseases. In the human body, there is a harmonious colony of approximately 18-20 billion symbiotic cells that work in synchronization. These healthy cells emit photons from their DNA, but when a disease occurs, these emissions are altered. Our positive thoughts, or consciousness, also known as quantum thinking, generate energy. This energy, when directed with the genuine intention to heal, leads to what is referred to as quantum healing. Quantum healing is similar to self-healing or automatic healing, where the body taps into its intrinsic energy and mechanisms to restore health.

Introduction

Holistic healing is a whole person healing. Human body works as a whole. If we consider human body as a whole rather than as parts in treating any disease with reductionist chemical drugs yields better results without adverse effects. Holistic healing or whole person healing has much advantage over using reductionist chemical to treat disease. The holistic healing begins to emerge because failure of current system to treat any disease by using chemical drug because of adverse drug reactions. Human body has excellent defense mechanism to combat against any disease. In human body there are around 18-20 billion happy colony of symbiotic cells sync with each other. Each healthy cell of human body emit photon by DNA of cell, disease is an altered emission of photons by human cells. Photons from one human being jump on to other known as quantum tunneling. In this way we can influence other person by our thoughts (human mind). Photons emit from each cell encircle an individual known as quantum entanglement. Quantum field is the space of collective consciousness. Mindful meditation with our positive thoughts or consciousness known as quantum thoughts, a genuine intention to heal any disease creates positive energy known as quantum thinking, healing takes place at spiritual level by production of endorphins known as quantum healing akin to self-healing or auto healing. Pranic healing, meditation, chi therapy creates positive thoughts, with genuine intention to heal any disease known as quantum healing, healing takes place at spiritual level by producing endorphins. Human environment is the cause for most of all disease. Most important part of human environment is the human mind. With regard to cancer, there is little convincing evidence that chronic stress affects cancer initiation; however, there is extensive evidence that chronic stress can promote cancer growth and progression

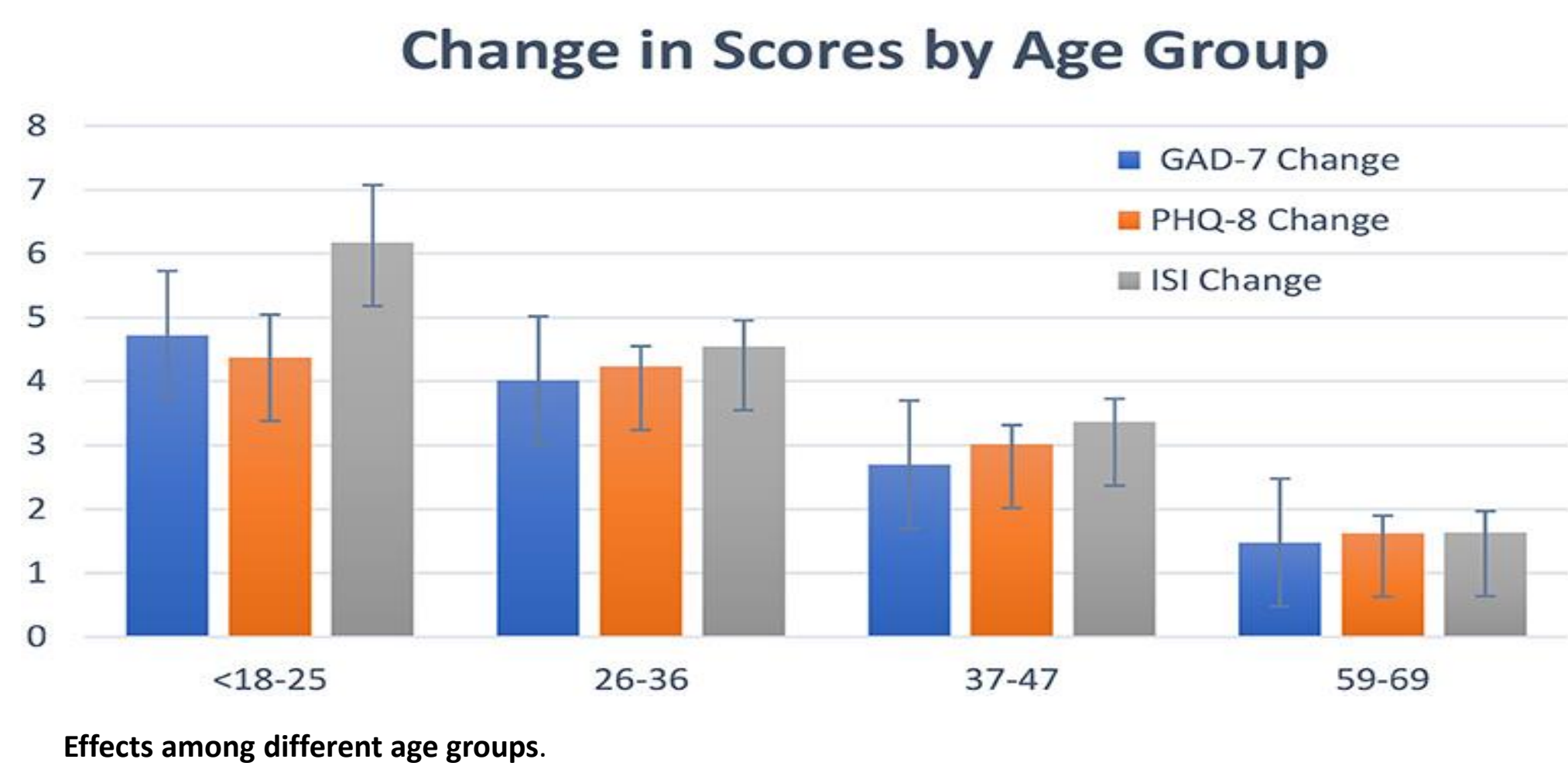
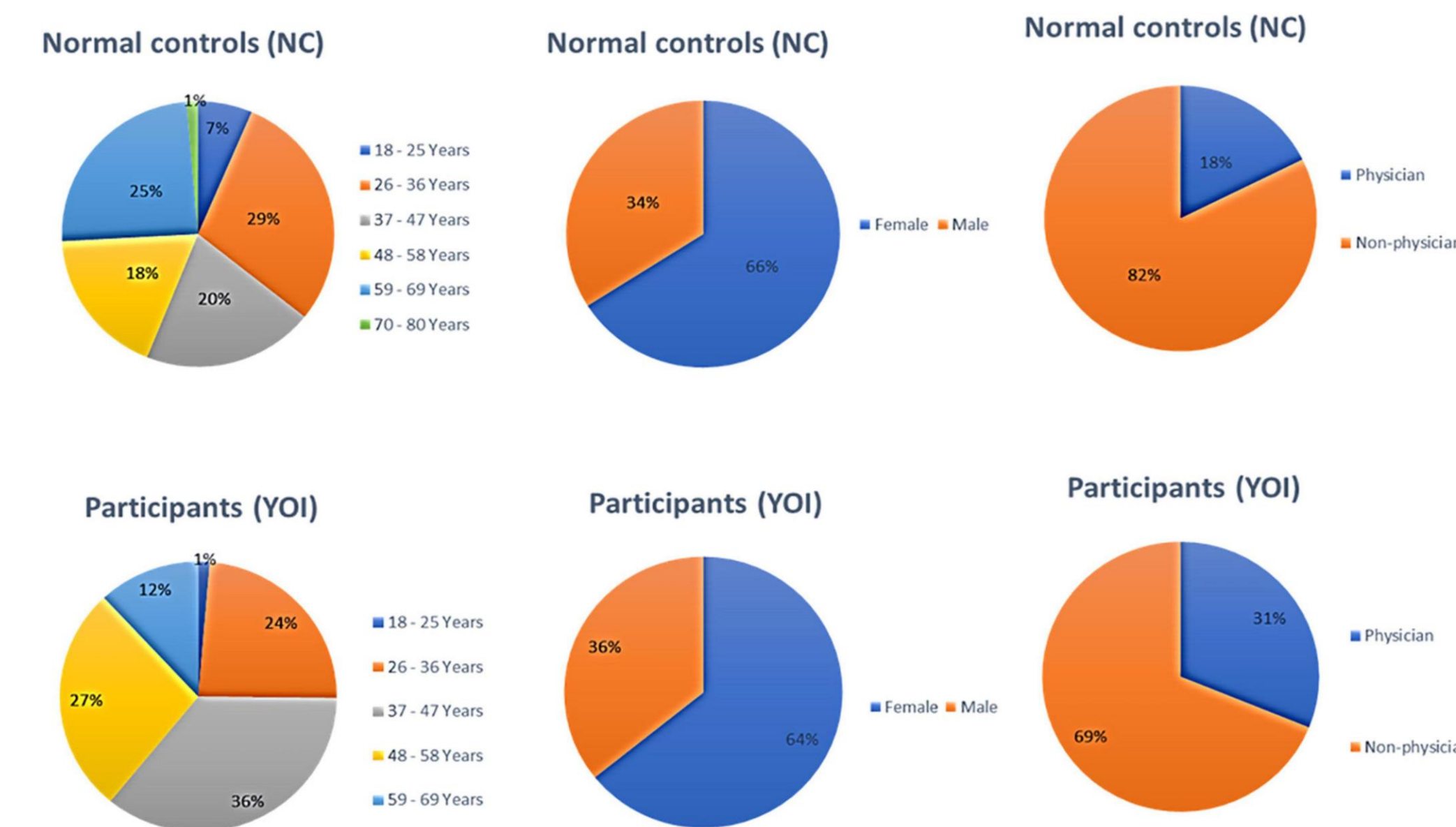


Methods and Materials

Though yoga and meditative practices are associated with numerous physical and mental health benefits. The YOI intervention is an educational program that teaches specific practices based on ancient yogic teachings. Breathwork, whole body movements, and postures—have been shown to have multiple emotional benefits. Breathwork, a core concept, can influence the autonomic nervous system function, including vagal tone, through the voluntary control of breathing patterns. A recent clinical trial found that four weeks of Sudarshan Kriya yoga, a practice focused on breathwork, reduced measures of psychopathology in patients with generalized anxiety disorder. Psychophysiologically, the reduction in depressive symptoms observed following breathwork, such as abdominal breathing, appears to be associated with a reduction in cortisol levels. Abdominal breathing may serve as a bridge linking the autonomic nervous system and the central nervous system to mobilize vagal activation of GABA (gamma-aminobutyric acid) pathways from the prefrontal cortex and insula, and to inhibit amygdala overactivity, leading to decreased depressive and anxiety symptoms which are sources to many diseases

Results

In this study, we found large (often > 50%) and statistically significant reductions in scores on clinically validated mental health scales among participants who completed the YOI program, but not among control participants. This effect was observed for measures of anxiety, depression, and insomnia. Furthermore, the results were consistently positive when subdivided into demographic and age-based subgroups, suggestive of widespread applicability. Specific subgroups of patients had slightly better results with the app in terms of reducing depression symptoms, specifically, younger participants and those who reported a diagnosis of depression. This result indicates that the YOI intervention may be of specific benefit to those already suffering from depression. The sub-item results indicate that the intervention had a slightly arger effect on overall mood and energy levels than other aspects of depressive symptoms



Discussion

Overall, participants who completed the YOI intervention reported significant decreases in symptoms of anxiety, depression, and insomnia. This decrease is comparable to that reported for cognitive behavioral therapy for depression and anxiety— such approaches report effect sizes in the range of Cohen's $d = 0.5$ to 0.8 . In terms of depression, the YOI intervention had an effect size of $d = 0.4$ to 0.6 . However, results from studies of cognitive-behavioral therapy are largely based on longitudinal studies which follow patients for several months. To directly compare the YOI intervention to these other treatments, participants should be followed for longer periods of time. Participants reported significant decreases for total PHQ-8 scores, as well as significant decreases in specific symptoms. Specifically, the largest decrease was seen for the item “Feeling down, depressed, or hopeless,” followed by the items for “Trouble falling asleep” and “Feeling tired or having little energy.”

Conclusions

The human body is composed of energy, which serves as a blueprint for matter. Each time the body transitions between states of energy and matter, it attempts to reconstruct itself differently. This reflects the principle of duality, which suggests that matter is fundamentally made of energy, not solid matter. Nobel laureate research supports the idea that matter can transform into energy and vice versa. This concept is central to quantum healing, which parallels self-healing or automatic healing processes. The human mind acts as a holographic representation of the body, forming a canvas for our thoughts. Most diseases originate in the mind, suggesting that mindful meditation and positive, quantum-level thoughts—intended to heal—can trigger endorphin production, aiding spiritual healing. A deep understanding of the mind in quantum healing could be invaluable for future therapeutic strategies in managing various diseases.

