

This is Dr Nelson's explanation.

“Proxy testing is muscle testing that is done on a proxy- a person who acts in place of another person. If Jane in England wants to help Alice in Australia, she can act as proxy for Alice herself, using self-testing, or she can also have an assistant act as proxy for Alice. Then Jane can carry out the work as normal, just as if Alice were right there, and all the while intending to help Alice. When Jane is done, she or her assistant will make sure to disconnect again from Alice- just like hanging up the phone at the end of a chat.

Actually, proxy testing works quite a bit like how cellular phones work. Our bodies have a built-in capability to quickly and easily “dial” someone else, and create an energetic connection with them. Once you're connected, you can get answers about what is going on with this other person's body, because you're picking up their energetic signal. Then once you know what needs to be fixed, you can fix it on the proxy person as well, and it corrects the problem on the person who you're intending to help, no matter how far away they are. ”

I also point out that while it's interesting to understand these things, it's not a necessary condition that they work. Do I know how a phone works, how the remote tuner works, how a computer works? You guessed it ... NO! Do I ask about how a headache relief tablet works before I choose to take it if I have a bad headache?

Mmm – ask a scientist how gravity works or why ice expands rather than contracts (as most things contract when cold) – or why a bumblebee can fly and in so doing, defy all laws of physics.

The point should be made that energetic healing can't be understood in a classic mechanistic way. It requires a paradigm shift in thinking. I have thought about this matter endlessly.

The big take away point I'd like to make is that the apparency of the universe we perceive is not fundamentally real in the way it seems.

In particular, physical reality doesn't define all reality.

The modern quantum mechanical view postulates a completely non-material view of the universe, that all the things in it in the final analysis have no material base. All the interactions that, seen through the lens of the senses, appear to be mechanistic and causal, are simply changes in the imagined apparency that consciousness elects its presence to occupy, from within a field of infinite possibility.

Most people like an 'explanation' that doesn't require much effort to follow and understand. That's just not going to be possible with this sort of thing. You can get a feel for it in the work of Dean Radin. This youtube video "Quantum Theory and Distant Healing" is helpful. <https://www.youtube.com/watch?v=OHcAkwTZcE> (I picked this video because it is UNDER 2 minutes in length.)

In his book: "Entangled Minds" Dean Radin describes an experiment in which two subjects are fitted with EEG apparatus to record their brainwaves. They are asked to meditate together and it is observed tat their brainwaves become entrained to a coherent pattern. hen they are separated and each put in a Faraday cage shielded room that filters out any electromagnetic radiation eliminating the possibility of communication through any known energetic medium. One of the subjects is exposed to the flash of strobe lights and immediately that person's brain waves change to reflect that stimulus. Amazingly, the other subject, who is in a shielded room away from the strobe demonstrates an identical change in their brain waves. The unavoidable conclusion is that human minds become linked in some subtle way that is not explainable in terms of conventional concepts about matter and energy.