

Bioenergetic Landscapes How the energy of plants can improve our health

By Marco Nieri (Italy)



The idea that plants and in particular trees are beneficial to men is today broadly shared. Over the last decades, university institutes and research centres all over the world have addressed this issue, carrying out experimental studies on the influence of green areas at psychological, sensory and emotional level, above all in medical facilities, study rooms and workplaces. Results are often astonishing. Research activities carried out by the University of Texas demonstrated that patients hospitalised in facilities provided with gardens have shorter hospitalisations and are more satisfied, as is the staff: ultimately lower costs and higher comfort (R.S. Ulrich et al., 1984-1999-2002; Cooper-Marcus and Barnes, 1995; Whitehouse et al., 2001). Also at workplaces, the presence of plants can increase the yield by up to 12% and reduce stress and sick leaves (V.I. Lohr et al.; Washington State University, 1996; T. Fjeld, 1998). Studies have also proved that just watching natural landscapes and plants is enough to improve blood circulation in a few minutes, reducing stress (R.S. Ulrich et al., 1991-1999; Hartig, 1991; Nakamura and Fujii, 1992; Heerwagen, 1990) and activating a therapeutic effect based on emotional suggestion, which could be therefore defined a “placebo” effect. Hence it is confirmed that the “healing tree” is an archetype of ancient origin that is still today deeply rooted in our psyche. Over the last twenty years these results have encouraged many designers to create “Healing Gardens”, which are gardens thought above all for the weakest and most disadvantaged people, with the purpose of producing wellbeing feelings through the therapeutic effect of the landscape, which is mainly linked to emotional, psychological and sensory

stimulations. For a few years, new studies have been investigating the reasons of the beneficial influence that plants and above all trees can exert on human beings, analysing this interaction in terms of “energy”.



Ancient cultures used to teach practices and rituals that included the physical contact with trees, as they thought they had a therapeutic power based on the exchange of vital energy. We are linked to the plant world through a biological affinity, which seems to have been confirmed by scientific research, as it has highlighted the existence of great similarities between some aspects of the animal and plant physiology. For example, recent discoveries by LINV (International Laboratory of Plant Neurobiology) of Florence have proved that the plant root system has a great similarity with the animal brain and that plants have sophisticated skills enabling them to react to external stimuli and to choose the most suitable answer to the environment and the human beings they come in contact with. Moreover numerous studies have proved that all physical forms (humans, animals, plants and minerals) are held together and controlled by electromagnetic energy fields (*electrodynamic theory* by H.S. Burr, Yale university, 1940; H. Frolich, 1988, F.A. Popp, 1989), spurring further research to deepen the knowledge on the relation existing in this field between human beings and the environment. Hence it is no surprise that in terms of energy men, animals and plants depend on the environment even though at the same time they emit biological energy fields, in form of weak, but specific electromagnetic fields.

In the 60s the Belgian researcher, Dott. Walter Kunnen (1921-2011) started to investigate the electromagnetic influences of biosphere on life and health of human beings, stating that we are not really aware that the only difference between a corpse (animal or plant) and a living body is neither of physical, nor of anatomic nature, but it is only an energy matter. His unconventional studies highlighted the existence of subtle electromagnetic fields emitted by men and of those existing in nature,

which are able to influence health. Thanks to the evolution and the use he has developed of the most advanced tool of biophysical measurement, the “Lecher antenna”, he was able to measure the biological quality of natural and artificial electromagnetism with a precision that still today is impossible for electronic equipment.

As a consequence, new studies have been recently carried out in the plant field to deepen the knowledge on the energetic relation between men, trees and biosphere, which lead to the idea of “Bioenergetic Landscapes”. It is an innovative technique, which, through specific measurements, recognizes that plants and in particular trees are able to influence men and their vital functions from an energetic point of view and which is used to create therapeutic “bioenergetic gardens”. All this is possible because plants emit electromagnetic frequencies, which are identical to those produced by human organs, the intensity and quality of which vary according to the plant genus and species. These frequencies interact with our organism by resonance, the same principle applied for the functioning of radio, and according to their characteristics they can provide energy to the different human organs, sometimes producing also great benefits. Electromagnetic properties of each species can be precisely measured and used for therapeutic purposes in the creation of green spaces and areas where is beneficial to have a relaxing and regenerating stop.

Actually the intensity of electromagnetic fields emitted by trees is very low (like the one of bio-energetic fields produced by man, which are currently studied in many universities all over the world); yet it has an extremely high biological affinity. It usually does not have any influence on the organism if the distance from the tree is more than few tens of centimetres. Yet the study carried out has enabled the discovery of natural electromagnetic vectors, called “generator fields”, able to transmit the energy properties of trees, which can be defined their “biological information”, up to a some meters of distance. Thanks to accurate measurements, plants are located with high precision and in compliance with specific procedures along the path followed by these vectors, which collect the bio-electromagnetic information of the plant. This allows to create bio-energetic areas rather large. These can stretch up to 20-30 metres from the plants, roughly of the same width.

To better illustrate the phenomenon, it could be useful a simile. Imagine the natural electromagnetic field as a pure and clear

mountain stream; then we immerse in the middle of it a glass filled with ink of a certain color, that in our case is the tree with its particular energy: until the ink will come out from the glass, the water will flow downstream coloring itself for some distance, until returning transparent. Much like this happens in electromagnetic reality studied by the Bio-energetic Landscapes, with the only difference that the tree never wears out.



Bioenergetic areas are particularly suitable for a rest and they have different levels of beneficial *electromagnetic qualities* to our organism according to the plant used and its specific properties of biological influence. Staying a few minutes in these spaces facilitates and nourish the most vital functions and well-being of our organs (*immune system, circulatory, liver, thyroid, adrenal gland, etc*) and involves a more intense and effective recovery from stress as evidenced by the measurements performed with diagnostic tools as GDV Bioelectrography (Gas Discharge Visualization) by prof. K. Korotkov - University of St. Petersburg – (Russia) and with various vibration devices of electromagnetic and TRV infrasound and ultraviolet analysis.

Using this technique, it is possible to plan and then create bioenergetic parks and gardens, the therapeutic function of which is truly based on the beneficial properties of selected plants, achieving levels of qualification for the environmental electromagnetism that no other system can provide. To obtain this result, the choice of plants is fundamental. Most of the common Mediterranean and continental species exert a positive influence on the different organs, and only few of them have negative effects, such as the Walnut (*genus Juglans*) or Cypress.

Interestingly over time men have used their experience and sensitivity to recognize the positive influence of many tree species, which have then become symbols of vitality and objects of worship. In ancient times, they represented the powers and the qualities of the deity, who was associated to them and who

sometimes chose the tree as dwelling. For example, Oak (*Quercus robur*) is a tree with an excellent resistance and particularly beneficial for the cardiovascular, immune and endocrine systems, as well as for the reproductive organs. In antiquity, in the whole Mediterranean basin and up to northern Europe, it was considered an oracular tree, a sacred tree, which was placed at the centre of the Celtic *Nemeton* or of the Roman *Locus* as object of worship evoking the power of Zeus or northern deities. It is not excluded that the thaumaturgic power attributed to some sacred trees could stem from a particular position that enjoyed the best conditions of the local biosphere, thus enabling them to enhance and spread around their great beneficial force.

The link between tree and symbolic and divine meaning is clear also in other plants belonging to the European sacred tradition, like the Olive, the Ash and the Birch. These trees have a positive effect for the organism, they help the heart and the immune system, and hence they are precious for our health. As far as the Ash is concerned, for example, we know that in the Greek mythology it was sacred to Poseidon, the god of the sea, the springs and the waterways. The bio-energetic analysis of this tree highlights an excellent therapeutic influence also as regards kidneys, bladder, lymphatic system, all organs concerning indeed liquid flows of the body.



The ancient gesture of hugging a tree achieves a higher meaning, as it brings us in contact with the real energy emissions able to activate wellbeing mechanisms, as well as walking in a wood enables us to move and rest within an environment that is deeply influenced by the bio-electromagnetic properties of trees, thus transforming our trips into moments of pleasant energetic therapy.

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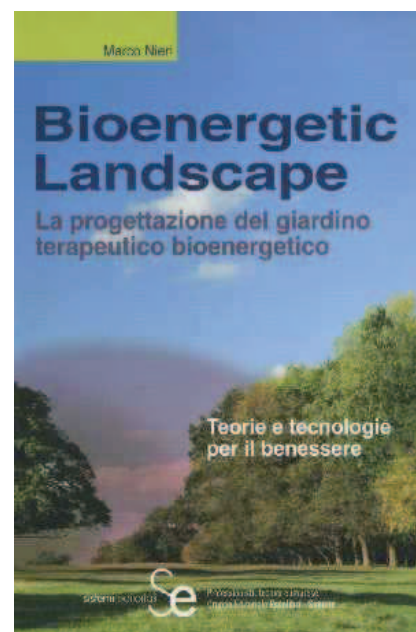
Marco Nieri is working as eco designer, expert in health of habitat and bioenergetic research. His activity is inspired by the principles of Psycho-architecture with the purpose of respect the deep human needs and the environment. For over 15 years he has collaborated with Dr. Walter Kunnen, founder

in Antwerp (B) of the Institute of Archibio Biologica, studying with him the biological effects on the health of the Biosphere, using conventional and unconventional methods and instruments.



He conceived and developed the "Bioenergetic Landscapes", an innovative technique to create parks, green spaces and "Bioenergetic gardens", which realizes in Italy and abroad. In the last years he deepened the global influence of green spaces at physical, psycho-emotional and energetic level, collaborating with agronomists and landscape designers to the realization of natural places for the well-being. Frequently holds public lectures and courses on these topics and his articles appear in many newspapers and magazines.

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