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# THE ENERGY FIELD

INTERNATIONAL ENERGY PSYCHOLOGY NEWS AND ARTICLES

## **Energy fields, intentionality and . . . the Red Sox?**

By Rick Leskowitz, MD, ABHM

The Boston Red Sox won the 2004 World Series in exciting fashion nearly two years ago, but like many other New Englanders, I'm still basking in the after-glow. The sequence of unlikely events that led up to that victory was memorable for many reasons, not the least of which was the intense energetic impact that event had on an entire region (and even a nation, if you believe in the concept of Red Sox Nation). I began to reflect on the many unique subtle energetic aspects of that season, and soon realized this process exemplified principles of energy psychology. In fact, using the Red Sox as a case example has proved to be an effective way to introduce energy concepts to mainstreamers who might otherwise not get exposed to these ideas.

Consider these ingredients that all contributed to the Sox having such a big home field advantage: highly focused intent from adoring sellout crowds, millions of fans worldwide sending distant intercessory prayers, and a fun loving team attitude that melted away performance anxiety and bound the team into a coherent whole. It turns out that there's good science to validate each of these seemingly superstitious factors. The HeartMath people have shown that focus on the heart chakra can entrain EEGs in groups of people; Rupert Sheldrake has shown that people's energy fields and nervous systems can sense when

they're being looked at; Larry Dossey has described how distant prayer can catalyze physical healing; and William Tiller has shown at the quantum level how certain spaces can be "conditioned" by focused human attention so that chemical reactions happen differently there (though he hasn't analyzed Fenway Park yet!).

Imagine what it would be like to hear these prominent researchers talk about the connections between leading edge science and good old All-American baseball games, about the subtle energy links between fans and players. That curiosity led me to begin production of a documentary entitled "The Joy of Sox: 'Weird Science' and the Power of Attention". If you'd like to learn more about a project that bridges the gap between energy science and the mainstream, go to [www.TheJoyOfSoxMovie.com](http://www.TheJoyOfSoxMovie.com) and check it out (and don't miss the 4 minute trailer!).

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