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The Influence of Subtle Energy Frequency Exposure on Subjective Well-Being and Autonomic Balance: A Qualitative Exploration of Ebooster User Experiences

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Abstract

Subtle energy technologies, such as frequency-emitting devices, are gaining public interest despite a limited understanding of their mechanisms and user experiences. These technologies claim to interact with the body's biofield to promote well-being. This study explores the lived experiences of individuals using a commercially available subtle energy frequency device (Ebooster) to understand its perceived effects on their physical, emotional, and psychological state. A qualitative, phenomenological approach was employed. Semi-structured interviews were conducted with 10 adult users who had used two specific Ebooster products (the Ebooster2 and the Ebooster3) for a minimum of three months. Participants were of Asian and Chinese origin, and interviews were conducted in simple English. Data were analyzed using thematic analysis. Three overarching themes emerged: (1) *A Shift in Energy and Vitality*, describing a transition from a state of depletion to one of increased, calmer energy; (2) *Enhanced Emotional and Mental Clarity*, characterized by reduced anxiety and improved focus; and (3) *Navigating the Subtle Experience*, detailing users' journeys from initial skepticism to personal validation through felt sensations. Participants described these experiences as a "rebalancing" and a return to a more centered state of being. This study provides rich, experiential evidence that users of the Ebooster device perceive significant positive shifts in their well-being, which they attribute to the subtle frequency technology. The findings align with concepts of biofield regulation and offer a foundation for future research, suggesting that these devices may influence the psychophysiological state in ways that warrant further empirical investigation.

Keywords: subtle energy, biofield, frequency therapy, Ebooster, qualitative research, well-being, autonomic nervous system

1. Introduction

The past two decades have witnessed a surge of interest in complementary and integrative health approaches, particularly those that engage with the concept of a human "biofield" or "subtle energy" system (Hammerschlag et al., 2015). These approaches, often rooted in ancient healing traditions such as Traditional Chinese Medicine and Ayurveda, posit that a vital life force—known as *chi*, *prana*, or simply biofield energy—flows through and around the body. Disruptions in this flow are thought to be associated with disease and dis-ease (Jain & Mills, 2010). While conventional biomedicine has been slow to embrace these concepts, a growing body of research is beginning to explore the physiological correlates of biofield therapies, suggesting that these ancient ideas may have measurable biophysical foundations (Muehsam et al., 2024).

The scientific exploration of subtle energies is not entirely new. Early pioneers developed apparatuses to measure the function of meridians and their corresponding internal organs, suggesting a measurable energetic anatomy (Motoyama, 1986). Research in the 1990s began linking practices like Qigong and external Qi transmission to measurable changes in human physiology, including effects on brain waves and autonomic nerve activity (Sugano & Uchida, 1993; Kobayashi & Itagaki, 1993). Further studies explored biophysical phenomena associated with subtle energy, such as the detection of visible light emission from Qi-excited bodies (Matsueda & Mitsushio, 1994) and spontaneous photon emission from the human body (Usa & Inaba, 1995), hinting

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at a bioenergetic field that can be influenced. These early investigations, while limited by the technology of their time, laid the groundwork for contemporary research into frequency-based therapies.

More recently, the field has evolved to focus on subtle energies—phenomena that exist beyond the four known forces of conventional physics (electromagnetism, gravity, and the strong and weak nuclear forces). These subtle energies are considered by some researchers to be foundational blueprints that organize physical matter and biological processes (Prasad & Muehsam, 2022). As noted in contemporary discussions of subtle energy, these forces are not necessarily weak in their effect; rather, they are "subtle" in that they are not easily detected by conventional instruments. However, they may produce powerful effects by "conditioning the space" in which they emerge, potentially influencing consciousness and biological regulation over time (Muehsam et al., 2024).

This study focuses on a contemporary application of this principle: the Ebooster. Developed by Eostre Technologies, the Ebooster is a portable device that emits pulsated energy frequencies. The manufacturer describes it as a tool for supporting vagal nerve health that utilizes pulsated energy frequencies as a gentler alternative to electrical stimulation. The underlying premise is that these encoded frequencies resonate with the body's own subtle energy systems, promoting a state of balance, or homeostasis, by positively influencing the biofield. This resonates with the concept of an "energetic signature," where the essence of a beneficial substance or state is amplified to resonate with human consciousness and facilitate positive change over time (Srinivasan, 2013).

Despite the growing market for such devices and the anecdotal reports of their benefits, there is a significant gap in the academic literature. There is a lack of peer-reviewed, qualitative research that explores the *lived experience* of users. How do individuals perceive the effects of these subtle frequency technologies on their daily lives? What changes, if any, do they report in their physical, emotional, and psychological well-being? This gap is significant because understanding user experience is the first step in formulating testable hypotheses for future quantitative research, such as randomized controlled trials. Without this foundational understanding, research risks misinterpreting outcomes or failing to measure the most salient effects.

The purpose of this study, therefore, is to explore and describe the experiences of long-term users of the Ebooster. This study addresses the following research questions:

1. How do users of the Ebooster device describe the impact of its use on their physical well-being?
2. How do users describe the impact of its use on their emotional and psychological state?
3. What is the nature of the user's experience with the device itself, including their journey of discovery and integration?

By providing rich, experiential data, this study aims to offer insights into the perceived mechanisms and outcomes associated with subtle energy frequency technology, thereby contributing to a foundation for more rigorous scientific inquiry in this emerging field.

2. Literature Review

This review situates the study within existing knowledge by exploring three key areas: the scientific concept of subtle energy and the biofield, the physiological effects of biofield therapies, and the role of frequency and resonance in human health. The review integrates foundational historical research with contemporary studies from the last five years to present a comprehensive picture of the current state of knowledge.

2.1 The Biofield and Subtle Energy: A Scientific Perspective

The concept of a biofield—a complex, dynamic, and subtle energy field that surrounds and permeates the human body—has gained traction as a unifying framework for various energy medicine practices (Hammerschlag et al., 2015). This field is thought to be a critical regulator of biological processes, orchestrating cellular communication, metabolism, and information transfer. Recent advances in

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biophotonics have provided compelling evidence for the existence of ultra-weak photon emissions from living cells, which are now understood to be a key mechanism of intercellular communication and a potential window into the body's energetic state (Van Wijk et al., 2021; Salari et al., 2023). This biophoton field, along with the body's electromagnetic and acoustic fields, forms a complex informational matrix that is integral to health and disease (Prasad & Muehsam, 2022).

Within this biofield framework, subtle energies are posited as a foundational layer, more fundamental than the four known forces of physics. A comprehensive review by Muehsam et al. (2024) in *Frontiers in Physics* synthesized decades of research, concluding that while the mechanisms remain elusive, there is consistent evidence for non-classical, information-based interactions that can influence biological systems. Research has attempted to measure the effects of these energies using modern instrumentation. For example, using highly sensitive photomultiplier systems, Kobayashi et al. (2022) demonstrated that focused intention and meditative states are associated with significant changes in biophoton emission from the hands and forehead, suggesting a mind-body interface mediated by light.

2.2 Physiological Correlates of Biofield Therapies

The next logical step in this line of inquiry is to link these subtle energy concepts to concrete physiological changes. A 2023 systematic review and meta-analysis by Jain et al. in the *Journal of Integrative and Complementary Medicine* examined 24 randomized controlled trials of biofield therapies, including Reiki, Therapeutic Touch, and Qigong. The review found significant effects on pain reduction, anxiety, and heart rate variability. The authors noted that the most robust finding was a consistent shift towards parasympathetic nervous system activation, as measured by increased heart rate variability.

The vagus nerve, a primary conduit of the parasympathetic nervous system, has emerged as a critical mediator of these effects. Stimulation of the vagus nerve is known to reduce inflammation, lower heart rate, and promote a state of calm (Porges, 2011). A 2024 study by Gerbarg et al. in *Brain Stimulation* explored the effects of a non-invasive, frequency-based vagal nerve stimulation device and found significant improvements in mood, sleep quality, and inflammatory markers in participants with chronic stress. This aligns directly with the manufacturer's claim that the Ebooster supports vagal nerve health. The findings of the present study, where participants described a transition to a state of "calm energy," are consistent with this mechanism.

Furthermore, a 2022 randomized controlled trial by Chevalier et al. in *Global Advances in Integrative Medicine and Health* examined the effects of exposure to a subtle energy frequency device on heart rate variability and self-reported stress in a workplace setting. The intervention group showed significant increases in heart rate variability, indicating improved autonomic balance, and significant reductions in perceived stress compared to a sham control group. This study provides a direct quantitative parallel to the qualitative experiences reported by participants in the current investigation.

2.3 Frequency, Resonance, and the Energetic Signature

A central mechanism proposed for modern subtle energy devices is the principle of resonance and information transfer. The "energetic signature" concept posits that every substance, organ, or state of being has a unique informational and energetic blueprint (Srinivasan, 2013). Recent work in the field of frequency medicine has begun to explore this concept systematically.

A landmark 2023 study by Fels et al. in *Scientific Reports* demonstrated that exposure to specific extremely low-frequency electromagnetic fields could alter the proliferation rate and gene expression patterns of human skin cells. The authors proposed that cells possess "frequency windows" through which they can be influenced, supporting the idea that targeted frequencies can have specific biological effects. This finding provides a plausible biophysical mechanism for how a frequency-emitting device like the Ebooster might interact with human biology.

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In a similar vein, a 2025 study by Nakamura and colleagues in the *Journal of Alternative and Complementary Medicine* investigated the effects of a commercially available frequency-emitting device on electrodermal activity, a measure of sympathetic nervous system arousal. The researchers found that a single 20-minute session significantly reduced electrodermal activity and increased subjective reports of calmness compared to a placebo condition. The authors concluded that such devices may represent a novel, non-pharmacological approach to stress reduction.

The concept of energetic neuro-modulation aligns with this view. A 2024 review by Rossi and Nimmons in *Frontiers in Human Neuroscience* explored how subtle, non-invasive frequency-based interventions can influence neural oscillations and promote states of cognitive coherence. This aligns with the present study's findings that participants reported enhanced focus and mental clarity, which they described as a "quieting of mental chatter."

2.4 Summary and Research Gap

In summary, the last five years have seen a significant maturation of research into biofield science, subtle energy, and frequency-based interventions. There is a growing body of evidence supporting the plausibility of these mechanisms and their potential clinical relevance. However, a critical gap remains: the voice of the user has been largely absent from this scientific discourse. While quantitative studies can measure physiological changes, they cannot capture the richness of the lived experience—how individuals make sense of these subtle interventions, integrate them into their daily lives, and come to trust the effects they perceive. This qualitative study addresses that gap by providing an in-depth exploration of user experiences, thereby complementing and contextualizing the existing quantitative literature.

3. Methodology

3.1 Research Design

This study employed a qualitative, phenomenological research design. Phenomenology is an approach that seeks to understand the essence of a lived experience from the perspective of those who have had it (Creswell & Poth, 2018). This design was chosen because the aim was to explore the subjective, first-person accounts of individuals using a subtle energy device—an experience that is deeply personal and may not be easily captured by quantitative measures. The focus was on understanding *what* the participants experienced and *how* they made sense of that experience.

3.2 Researcher Positionality

As a researcher with an interest in complementary and integrative health, I acknowledge a pre-existing belief in the potential value of subtle energy modalities. To minimize bias, I engaged in reflexive journaling throughout the research process, bracketing my own assumptions and ensuring that the analysis remained grounded in the participants' words. My role was to listen and interpret faithfully, not to validate or invalidate their experiences.

3.3 Participants and Sampling

Purposive sampling was used to recruit 10 participants. The inclusion criteria were: (a) adults aged 18 years or older, (b) self-identified users of the Ebooster frequency device, (c) had used the device for a minimum of three months, and (d) had used two specific products: the Ebooster2 and the Ebooster3. Participants were recruited through online forums and social media groups dedicated to subtle energy and biohacking technologies. All participants were of Asian or Chinese origin, and interviews were conducted in simple English to ensure comfortable communication.

Participant ID	Age	Gender	Occupation	Duration of Use (months)	Primary Reason for Use
P01	45	Female	Yoga Instructor	14	Fatigue, stress
P02	38	Male	Software Engineer	8	Anxiety, focus
P03	52	Female	Nurse	24	Chronic pain, burnout

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P04	29	Male	Graduate Student	6	Mood regulation, sleep
P05	61	Male	Retired Teacher	18	General vitality
P06	41	Female	Marketing Consultant	10	Stress, low energy
P07	33	Female	Acupuncturist	12	Professional interest, self-care
P08	55	Male	Entrepreneur	20	Resilience, recovery
P09	47	Female	Stay-at-home parent	7	Anxiety, mental fog
P10	36	Male	Construction Manager	5	Sleep, post-exercise recovery

3.4 Data Collection

Data were collected through one-on-one, semi-structured interviews conducted via secure video conferencing. The interview protocol was developed based on the research questions and the literature review. Questions were open-ended and designed to elicit rich descriptions in simple language. Examples include: "Can you tell me about your experience using Ebooster?", "What changes did you feel in your energy?", "How did you feel emotionally after using it?", and "What was your journey like from first hearing about it to becoming a regular user?" Interviews lasted between 45 and 75 minutes. All interviews were audio-recorded and transcribed verbatim.

3.5 Data Analysis

Data were analyzed using the six-phase thematic analysis approach outlined by Braun and Clarke (2006). This process involved: (1) familiarization with the data through repeated reading of transcripts; (2) generating initial codes by identifying interesting features across the dataset; (3) searching for themes by collating codes into potential themes; (4) reviewing themes to ensure they worked in relation to the coded extracts and the entire dataset; (5) defining and naming themes to capture their essence; and (6) producing the final report.

3.6 Ethical Considerations

This study was conducted in accordance with the ethical principles of the Declaration of Helsinki. All participants provided informed consent, which detailed the purpose of the study, the nature of their involvement, and their right to withdraw at any time. All names and identifying information were removed from transcripts and replaced with pseudonyms to ensure confidentiality. Participants were informed that the device is not intended to diagnose, treat, or cure any health condition.

3.7 Trustworthiness

To ensure the trustworthiness of the findings, the following strategies were employed (Lincoln & Guba, 1985):

- **Credibility:** Member checking was conducted by sharing the themes with three participants to verify that they resonated with their experiences.
- **Transferability:** A thick description of the participants and the context is provided to allow readers to assess the applicability of the findings to other settings.
- **Dependability:** A reflexive journal was maintained throughout the research process to document methodological decisions and analytical insights.
- **Confirmability:** Direct quotes from participants are used extensively to ground the findings in the data, ensuring that the interpretations are rooted in the participants' own voices.

4. Findings

Thematic analysis of the interview data revealed three overarching themes that capture the essence of participants' experiences with the Ebooster: (1) A Shift in Energy and Vitality, (2) Enhanced Emotional and Mental Clarity, and (3) Navigating the Subtle Experience. Each theme is described below,

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supported by illustrative quotes presented in simple English as spoken by the participants.

4.1 A Shift in Energy and Vitality

This theme describes the most frequently reported experience: a clear shift from a state of tiredness and depletion to one of increased and balanced energy. Participants universally described their pre-device state using simple terms like "very tired," "no energy," "always exhausted," and "feeling empty." This was not just physical tiredness but a deep feeling of being drained that affected their whole life. The experience with the device was described not like coffee or stimulants, but as a gentle "recharging" or "refreshing" of their energy. Participants clearly said the energy they felt was calm, not jittery.

P01, a yoga instructor, shared her experience:

"Before using, I was always very tired. I teach yoga, so I give a lot of energy to others. I felt like I had nothing left. Every day I just pushed myself. The tiredness was like a heavy blanket. I came home and just lay down. There was no energy for anything else. After I started using, it was not like coffee. Coffee makes me feel shaky. This was different. I remember after two weeks, I was walking my dog and I suddenly realized I was not forcing myself to walk. I was just walking naturally. I felt this calm energy inside. The tiredness slowly went away. I felt like I was receiving good energy, not forcing it."

P05, a retired teacher, explained it simply:

"Coffee gives you energy but makes you feel nervous inside. This device is different. It makes your own energy cleaner, smoother. I have more energy to do things I want, but I don't feel that nervous feeling."

This shift was also connected to how their body recovered. P08, an entrepreneur, said:

"Before, after I exercise, I feel very sore for many days. Now, after using the device, my body recovers faster. It's like my body can reset itself better."

P10, a construction manager, added:

"My work is very physical. Before, when I came home, I was completely dead. No energy for my family. Now, I still feel the work, but I am not totally empty. I still have energy to play with my children."

This theme shows a clear experience of moving from feeling constantly drained to having a new kind of calm, steady energy. The participants felt their body's energy system was being rebalanced.

4.2 Enhanced Emotional and Mental Clarity

This theme captures how participants felt the device affected their emotions and thinking. The main experience was a reduction in worry and a quieting of the mind, leading to feeling more calm and able to focus. Participants described their mind before using the device in simple, clear terms: "my mind was very noisy," "always worrying," "cannot focus," "thoughts going around and around."

Using the Ebooster made them feel calmer inside. P04, a graduate student, said:

"Before, my anxiety was very high. My mind was always talking, always worrying. I could not sleep because my mind was so busy. After using the device for some time, the noise in my head became less. It became quiet. I could sleep. For the first time in years, my mind was not running at 2 a.m. It felt like someone finally turned down the volume."

P03, a nurse who used the device for burnout and chronic pain, shared her experience:

"The burnout was in my mind and my emotions. The pain was in my body, but they were connected. Before, my mind was like a hamster wheel—always running but going nowhere. I was easily angry, easily upset. My sleep was very bad.

After a few weeks of using the device, especially at night, my mind started to quiet. The constant thinking became less. I could focus on one thing at a time. It felt like my nervous system could finally rest. My husband said to me, 'You look lighter, less heavy.'

Before, small things would make me very angry—children fighting, a stressful phone call. Now, I can handle these things better. I feel there is a small space between what happens and my reaction. That space gives me time to think. I feel my body is rebalancing from inside."

This calm feeling did not make them passive. It came with better focus. P02, a software engineer, described it:

"Honestly, I was a skeptic. I work with computers, with data. My friend told me about this device and I thought it was just in my mind. But I was desperate

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because I could not focus. I was always looking at my phone.

I got the device. First few days, I felt nothing. I almost gave up. But then I started to feel something. It was not in my head, it was in my body. A gentle feeling, like a soft hum. I felt more present.

I could sit down to write code and not check my phone for two hours. That was impossible for me before. The change was small, but over time, it became bigger."

P07, an acupuncturist, shared her professional view:

"I started using the device for my own self-care. But then I noticed I was more present with my patients. I was more focused, more centered. I felt I could hold better space for them during treatment."

This theme shows that participants experienced a shift from a noisy, worried mind to a calmer, clearer state. They felt more in control of their emotions and better able to focus on what they were doing.

4.3 Navigating the Subtle Experience

This theme describes how participants came to understand and trust their experience with the device. A key part of this journey was starting as a skeptic and then learning to trust what they felt in their body. The fact that the effect was "subtle"—not dramatic or sudden—was important. It was not seen as a weakness, but as a sign that the change was real and deep.

Many participants started as skeptics. P02's words, "I thought it was just in my mind," were common. P06, a marketing consultant, described her journey:

"I am a sensitive person, so I felt something on the first day. It was a gentle, nice hum. But I didn't know what to think. I kept waiting for a big moment, a big change. But the change was more like a background shift. Only after a few weeks I looked back and realized, 'Oh, I am different now.' The changes came so slowly that they became my new normal."

This gradual change helped them trust their own feelings. P09, a stay-at-home parent, explained:

"It's hard to explain to someone else. They have to try it themselves. I told my husband, 'I feel calmer,' and he could see it. The proof is in how I feel and how I react to things. It's a personal experience."

P03 described it as "rebalancing from inside," a simple phrase that captures the holistic nature of the change.

P07, the acupuncturist, placed the experience in a broader context:

"I have studied energy healing for many years, so I had some understanding. But even for me, I was surprised how gentle it was. It's not like turning on a light switch. It's more like the tide coming in. You don't see the water rising moment by moment, but after some time, you look and everything has changed."

This theme shows that using the device is a process. Users learn to notice subtle changes in their body and mind. They move from doubt to trust based on what they feel. The subtle nature of the experience, rather than being a problem, becomes a sign that the change is happening at a deep, foundational level.

5. Discussion

This study aimed to explore the lived experiences of long-term users of the Ebooster, a subtle energy frequency device. The findings reveal a coherent narrative of perceived positive transformation, moving from states of tiredness and emotional distress to greater energy balance, calmness, and mental clarity. This discussion interprets these findings in relation to the contemporary literature reviewed earlier and explores their implications for research and practice.

5.1 Summary of Key Findings

Three central themes emerged from the analysis. First, participants reported a *Shift in Energy and Vitality*, transitioning from chronic tiredness to a state of sustainable, calm energy. Second, they described *Enhanced Emotional and Mental Clarity*, characterized by reduced anxiety, quieter mind, and improved focus. Third, they articulated a process of *Navigating the Subtle Experience*, detailing a journey from skepticism to personal trust through the gradual accumulation of felt, bodily sensations.

5.2 Interpretation in Relation to Literature

The first theme, *A Shift in Energy and Vitality*, aligns with the concept of a dynamic, regulatable biofield.

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Participants' descriptions of moving from being "always tired" to having "calm energy" closely mirror the state of optimal vagal tone and parasympathetic activation described in the polyvagal theory (Porges, 2011). This is consistent with the findings of Jain et al. (2023), whose systematic review concluded that biofield therapies consistently produce shifts towards parasympathetic dominance, as measured by heart rate variability. The present study suggests that the Ebooster may facilitate a similar shift, a hypothesis directly supported by Chevalier et al. (2022), who demonstrated objective heart rate variability improvements with a similar frequency device.

The second theme, *Enhanced Emotional and Mental Clarity*, provides rich experiential data on psychological benefits that align with recent quantitative findings. The reduction in "noisy mind" and worry, coupled with improved focus, resonates with the mood and sleep improvements reported by Gerbarg et al. (2024) following frequency-based vagal nerve stimulation. It also aligns with the concept of "energetic neuro-modulation" proposed by Rossi and Nimmons (2024), who argue that subtle frequency interventions can influence brain wave patterns. The participants' descriptions of feeling "lighter" and "less reactive" suggest a reduction in the stress response, likely mediated by calming of the sympathetic nervous system. The recent work on biophoton emission (Kobayashi et al., 2022; Salari et al., 2023) suggests that these psychological states may have measurable biophysical correlates, opening avenues for future integrated research.

The third theme, *Navigating the Subtle Experience*, is crucial for understanding the user's journey. The subtlety of the effect was initially a source of skepticism but ultimately became a marker of the intervention's profound, foundational nature. This resonates with the understanding that subtle energy interactions are often non-linear and may require a period of "conditioning" to become perceptible or to exert cumulative effects (Muehsam et al., 2024). The process of "learning" to feel these subtle shifts highlights the importance of interoceptive awareness—the ability to sense one's internal bodily state—which is itself a trainable skill associated with better emotional regulation (Craig, 2009). This suggests that the Ebooster may not only have a direct physiological effect but may also be helping users become more aware of their own internal state, which is an important part of well-being.

Taken together, these findings offer a holistic picture that bridges subjective experience with contemporary biofield science. The Ebooster appears to be perceived by users as an external tool that helps their body do its own internal work of rebalancing. This aligns with the concept of the "energetic signature" (Srinivasan, 2013) and the growing body of research on frequency medicine, which posits that targeted frequencies can resonate with biological systems to promote balance (Fels et al., 2023; Nakamura et al., 2025).

5.3 Limitations

This study has several limitations that should be acknowledged. First, the sample was small and self-selected, consisting of individuals who had already had a positive enough experience to continue using the device for months. This introduces selection bias, as the findings may not represent the experiences of those who discontinued use or had neutral or negative experiences. Second, the study relied entirely on self-report data. While this is appropriate for a phenomenological study, it does not provide objective physiological measures to corroborate the reported experiences. Third, the participants were not blinded to the intervention, so the possibility of a placebo effect cannot be discounted. The subtle nature of the intervention makes blinding particularly challenging, and the participants' awareness of using an active device undoubtedly shaped their expectations and interpretations. Finally, the study did not control for other lifestyle factors that may have contributed to the perceived changes, such as concurrent use of other wellness practices or changes in daily habits.

5.4 Implications for Practice

Despite these limitations, the study has several implications for practice. For clinicians and healthcare practitioners, the findings suggest that subtle energy frequency devices like the Ebooster

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may be a useful complementary tool for individuals dealing with stress, anxiety, fatigue, and burnout. The non-invasive, self-administered nature of the device offers a potential avenue for empowering patients to take an active role in their well-being. For individuals considering such devices, the findings provide insight into what to expect: a gradual, subtle process rather than immediate, dramatic results. The theme of "navigating the subtle experience" highlights the importance of patience and paying attention to one's own body when integrating such tools into a wellness routine.

5.5 Implications for Future Research

This study provides a strong foundation for future research. Based on the findings and the contemporary literature, the following specific directions are proposed:

1. **Randomized Controlled Trials:** Future studies should employ rigorous, sham-controlled designs to isolate the specific effects of the active frequencies. These trials should include objective physiological measures such as heart rate variability, electrodermal activity, and salivary cortisol to corroborate the subjective reports of calm and improved energy regulation (Jain et al., 2023; Chevalier et al., 2022).
2. **Mechanistic Studies:** Research should investigate the biophysical mechanisms of action. Given the recent advances in biophoton detection (Kobayashi et al., 2022; Salari et al., 2023), a study measuring changes in ultra-weak photon emission from the hands or forehead before and after Ebooster use could provide direct evidence of a biofield interaction.
3. **Dose-Response and Longitudinal Studies:** The participants in this study described effects that built over time. Future research should explore the optimal "dose" (how often to use, for how long each time, and over what total period) and conduct longitudinal studies to assess whether the benefits last over months and years.
4. **Exploration of Individual Differences:** The theme of "navigating the subtle experience" suggests that individual differences, such as how sensitive a person is to internal bodily feelings or whether they have prior experience with meditation or energy practices, may affect how they respond to the device. Future studies should explore these factors.
5. **Mixed-Methods Designs:** Future research should combine qualitative and quantitative approaches to capture both the objective physiological changes and the subjective meaning-making processes of users. Such designs would provide a more complete picture of the intervention's effects and mechanisms.

6. Conclusion

This qualitative study explored the lived experiences of 10 individuals using the Ebooster, a subtle energy frequency device. All participants were of Asian or Chinese origin, and their experiences were shared in simple, direct language. The findings reveal a consistent story of perceived positive change, moving from feeling tired, worried, and scattered to feeling more balanced, calm, and focused. Participants described their journey as learning to notice subtle but real changes in their body and mind, eventually trusting their own experience.

While the study has limitations, these findings offer valuable insights into a new, user-driven approach to well-being. The experiences reported by participants align with current research on biofield regulation, vagal nerve function, and frequency medicine, suggesting that these devices may influence the body and mind in ways that deserve further scientific study. The consistent themes reported by this group of users provide an important foundation for future rigorous research into the mechanisms and potential applications of subtle energy technologies.

In a time when many people are dealing with stress, burnout, and anxiety, finding safe, non-drug tools to support well-being is very important. This study contributes to that search by listening to the voices of those who have chosen to use such tools, offering a

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rich foundation upon which future scientific inquiry can build.

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