



BODY WEIGHT REDUCTION THROUGH EMOTIONAL SELF-HEALING STUDIED BY HEKALOGY

DISMINUCIÓN DEL PESO CORPORAL MEDIANTE LA AUTO SANACION EMOCIONAL ESTUDIADA POR LA HEKALOGÍA

REDUÇÃO DE PESO CORPORAL POR MEIO DA AUTOCURA EMOCIONAL ESTUDADA PELA HEKALOGY



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ABSTRACT

Considering that body weight, linked to various diseases, is traditionally addressed through diet and exercise. Hekalogy proposes that being overweight can originate from emotional blockages. Through emotional self-healing releasing stagnant energy the body naturally rebalances itself, reducing weight without external interventions, as demonstrated by scientifically validated experiences. Its purpose is to study the short-term decrease in body weight in participants of the emotional self-healing retreat through the practice of Hekalogy. To this end, explanatory research was conducted using a prospective longitudinal experimental design with a census sample of 30 participants who attended the emotional self-healing retreat called Abandono de Padre Abandonment of the Father in San Miguel de Allende, where body weight was measured before and after the practice. In this way, a significant reduction in body weight was observed in 98% of the participants over a period of two days of emotional self-healing practice, as demonstrated by the measurement of body weight in kilograms. This allows us to conclude that the emotional self-healing practice studied by Hekalogía has a positive impact on the reduction of body weight in participants. The results obtained show that emotional self-healing not only has short-term beneficial effects on body weight reduction, but also on the vital signs taken from the retreat participants. (Ponce R. (2024).

Keywords: Emotions. Self-healing. Weight. Hekalogy.

RESUMO

Considerando que o peso corporal, ligado a várias doenças, é tradicionalmente abordado através da dieta e do exercício. A Hekalogia propõe que o excesso de peso pode ter origem em bloqueios emocionais. Através da autocura emocional, libertando energia estagnada, o corpo reequilibra-se naturalmente, reduzindo o peso sem intervenções externas, como demonstram experiências cientificamente validadas. O seu objetivo é estudar a diminuição a curto prazo do peso corporal em participantes do retiro de autocura emocional através da prática da Hekalogia. Para tal, foi realizada uma pesquisa explicativa utilizando um desenho

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experimental longitudinal prospectivo com uma amostra censitária de 30 participantes que frequentaram o retiro de autocura emocional denominado Abandono de Padre em San Miguel de Allende, onde o peso corporal foi medido antes e depois da prática. Desta forma, foi observada uma redução significativa do peso corporal em 98% dos participantes ao longo de um período de dois dias de prática de autocura emocional, como demonstrado pela medição do peso corporal em quilogramas. Isto permite concluir que a prática de auto-cura emocional estudada pela Hekalogía tem um impacto positivo na redução do peso corporal dos participantes. Os resultados obtidos mostram que a auto-cura emocional não só tem efeitos benéficos a curto prazo na redução do peso corporal, mas também nos sinais vitais dos participantes do retiro. (Ponce R. (2024).

Palavras-chave: Emoções. Autocura. Peso. Hekalogia.

RESUMEN

Considerando que el peso corporal, vinculado a diversas enfermedades, tradicionalmente se aborda con dieta y ejercicio. La hekalogía propone que el sobrepeso puede originarse en bloqueos emocionales. Mediante autosanación emocional liberando energía estancada el cuerpo se reequilibra naturalmente, reduciendo peso sin intervenciones externas, como demuestran experiencias validadas científicamente. Tiene como finalidad Estudiar la disminución a corto plazo del peso corporal en los participantes del retiro de auto sanación emocional a través de la práctica de la Hekalogía. Para ello se procede a la Investigación explicativa, diseño experimental, longitudinal prospectiva, con una muestra censal de 30 participantes que acudieron al retiro de auto sanación emocional llamado Abandono de Padre en San Miguel de Allende, donde se realizó la toma del peso corporal antes y después de la práctica. De esta manera se observa una reducción significativa del peso corporal en el 98% de los participantes, en un periodo de 2 días de práctica de auto sanación emocional, demostrado a través de la medición del peso corporal en unidad de kg, lo que permite concluir que la práctica de auto sanación emocional estudiada por la Hekalogía tiene un impacto positivo en la reducción del peso corporal de los participantes, los resultados obtenidos muestran que la auto sanación emocional no solo tiene efectos beneficiosos a corto plazo en la disminución del peso corporal, sino también en los signos vitales tomados a los participantes del retiro. (Ponce R. 2024).

Palabras clave: Emociones. Autosanación. Peso. Hekalogía.



1 INTRODUCTION

Body weight is a widely used indicator in the field of health, since its excess or deficit can be associated with a series of chronic conditions, such as cardiovascular diseases, type 2 diabetes, hypertension, metabolic disorders, among others. Traditionally, weight reduction strategies have been linked to dietary modifications, increased physical activity, or medical interventions. However, in recent decades, a complementary approach has emerged that recognizes the influence of emotions, the psychospiritual state, and the mind-body relationship as determining factors in the body's healing and regulation processes.

In this context, emotional self-healing validated by hekalogy proposes an innovative model that considers that many physical manifestations, including being overweight, can be the consequence of unresolved emotional blockages. This view proposes that, by releasing these emotional burdens through guided experiences of introspection and inner transformation, the body can naturally readjust its physiological parameters, including body weight, without the need for external interventions such as diets, exercise, or conventional relaxation techniques.

Emotional self-healing is the ability that every human being has to be able to heal their emotions through feeling the emotion, defining emotion as energy in motion, since it has been practiced for more than 16 years in different people around the world, in how the human body by letting this energy flow throughout the body in complete surrender, results in a significant change in the short-term transformation of the practitioner's physical and mental state. (Ponce R, 2024)

According to Joshua J. Mark, Hekalogy was born as an integrative science that studies and activates the inner healing power of the human being through the transformation of his internal energy, conscious emotional movement and the expansion of his level of consciousness. Inspired by the ancestral Egyptian concept of Heka, understood as the creative and transformative life force that connects human beings with their innate capacity for self-healing. (Heka, 2017).

Hekalogy proposes a path where the body, emotion and consciousness are integrated as a single living intelligence, beyond any external technique or control system, this discipline demonstrates, from direct experience and from scientific validation, that the human being can regenerate, balance and release physical, mental and energetic stress by surrendering to deep feeling (Hekalogy, 2025)

The present study explores the effects of an intensive emotional self-healing retreat based on the principles of hekalogy, with an emphasis on decreasing body weight in a short



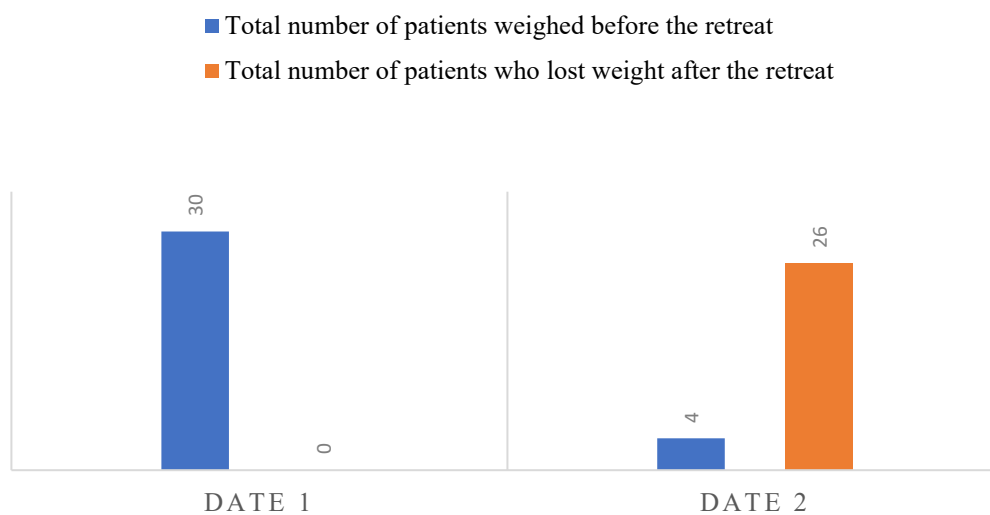
period of time. In order to study the short-term decrease in body weight in the participants of the emotional self-healing retreat through the practice of Hekalogy.

2 THEORETICAL FRAMEWORK

Body weight is a key indicator in health, associated with chronic diseases such as diabetes, hypertension, and metabolic disorders (Definicion.de, 2022). Traditionally, its regulation is based on diet and exercise, but emerging approaches integrate the emotional and energetic dimension. **Hekalogy**, inspired by the Egyptian concept of **Heka**, the creative and transformative life force (World History Encyclopedia, 2017), proposes that the body, emotions, and consciousness form an integrated intelligence. According to this discipline, being overweight can derive from unresolved emotional blockages, and its release through conscious self-healing allows the body to self-regulate without external interventions (Hekalogy, 2025). This perspective redefines weight management, prioritizing the mind-body connection and emotional energy in motion, validating that inner healing induces physiological changes, including sustainable weight loss.

Table 1

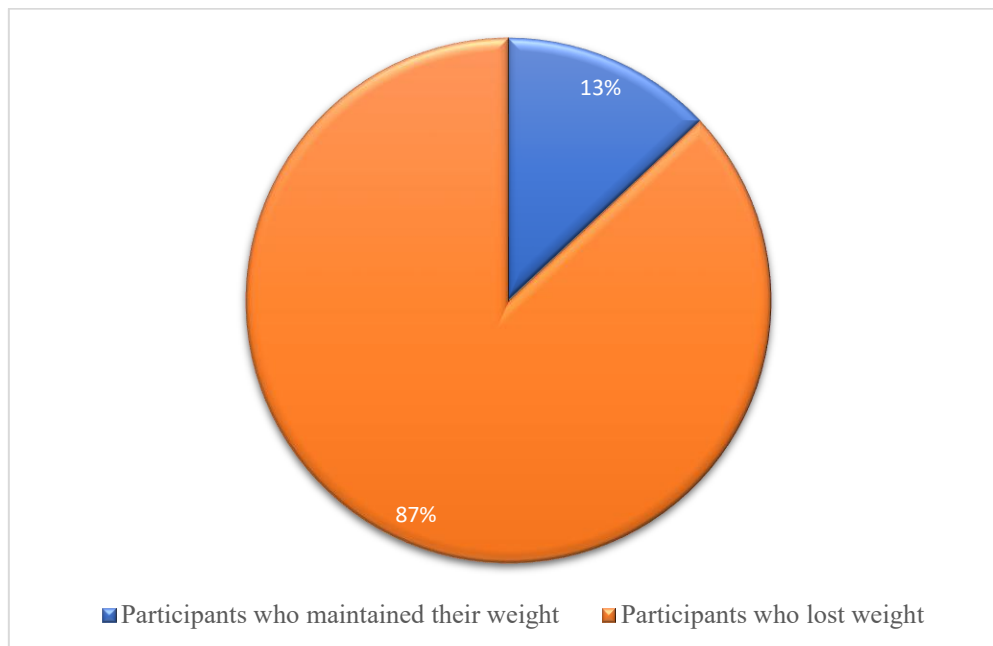
Relación de medición del peso



Source: prepared by the authors

Table 2

Relación en % entre toma 1 y 2



Source: prepared by the authors

3 METHODOLOGY

The type of research was explanatory, experimental design, prospective longitudinal section. The census sample was made up of 30 participants between 18 and 60 years of age, between men and women of different sizes, with informed consent to measure body weight through the scale, calibrated in kilograms, in a suitable place, without heavy clothing or shoes, before and after emotional self-healing to determine the decrease in the body weight of the participants through the practice of emotional self-healing studied by Hekalogy, this measurement was carried out at 8:00 am on February 15 and 17, 2025, to define in this way the decrease of body weight in the human body in total surrender of its emotions, in this way discover the importance of emotional self-healing in medical science such as Hekalogy.

Body weight is the gravitational force that the Earth exerts on the mass of a body. It is measured in kilograms (kg), which is the basic unit of mass in the International System of Units. It can also be expressed in pounds (lb) or in other units, such as in some countries. The word weight derives from *pensum* and this, in turn, from the verb *pendere*, which means to hang, corporal is the result of the evolution of the Latin word *corporalis*, which can be translated as relative to the body. It is made up of two clearly differentiated parts: the noun *corpus*, which is synonymous with body, and the suffix *-al*, which is used to indicate relative "to", and is an important indicator for health in human beings. This concept, on the other hand, can be used to refer to mass (the amount of matter that is present in a body).



This notion refers to the amount of mass that a person's body holds. From this figure, it is possible to estimate certain characteristics about an individual's health conditions, although body weight is not a conclusive data.

It is important that in order to maintain body weight for health fundamentally and aesthetics, several criteria must be taken into account that can alter it in a clear and forceful way:

- a) Foods with a lot of calories and fat. These should be reduced to a minimum in any diet because they do not contribute anything good to the body;
- b) Lack of physical exercise. Leading a sedentary life is another reason why many people gain a lot of weight. Hence, it is advisable to perform physical activity daily, even if it is to walk for half an hour;
- c) Hormonal diseases. It is convenient for anyone to have a medical check-up periodically and that is the way to detect any disease, among which are those of a hormonal class that will make it increase its weight clearly. Among these pathologies are, for example, hypothyroidism;

It should be noted that the results obtained in the reduction of the body weight of the participants were exclusively through the practice of emotional self-healing studied by Hekalogy, since the participants did not have any type of change in eating habits, neither relaxation exercises, meditation, yoga, nor any physical exercise activity or changes in their lifestyles. Likewise, the measurement was made with a new scale, balanced in a unit of kilograms and participants were asked to remove shoes and heavy clothing.

People who go to an emotional self-healing event take away the discovery of all that they have always carried inside. When they go to the depths of their mind they realize emotions that they had not released since their childhood, there they have a space to free themselves from all those burdens that have repercussions on their physical and mental health. At the end of the event, people take away a deep feeling of peace and above all the awareness that they themselves create their reality and can transform it. That generates great empowerment and peace.

All this with the aim of assessing the short-term decrease in corporal weight in the participants through emotional self-healing studied by Hekalogy in order to validate its importance and application as a medical science today.

The design of the research used was of an experimental quantitative type because a random population of 30 participants was taken who attended the emotional self-healing retreat called Father's Abandonment, Higher Chakras, where the initial body weight



measurements were made on February 15 before the retreat, at 8:00 am and on February 17 at the end of the retreat at 8:00 am with the scale calibrated in unit of kilograms.

The information will be collected based on the results of the samples taken from the participants on February 15 and 17 around 7:00 am and 8:00 am and will be reflected in an Excel matrix where these results will be noted, as well as the relationship of these results before and after the emotional self-healing retreat validated as Hekalogy in a randomly selected population of 30 people who went to the retreat. It should be noted that the participants did not make any change in their daily eating habits, exercise, nor was there any relaxation technique or exercise such as meditation, yoga, breathing, but on the contrary they were induced to feel stressors such as feeling their emotions, feeling pain, crying, vomiting, which makes our practice and research extremely interesting and unique.

4 RESULTS AND DISCUSSIONS

Table 1 shows the relationship of weight measurement in participants before and after the practice of emotional self-healing:

- a) First weight measurement dated February 15, 2025 at 8:00 am before the practice of self-healing;
- b) Second weight measurement dated February 17, 2025 at 8:00 am after the practice of self-healing;

We can see that, out of 30 participants, 26 of the participants lost weight compared to the weight measurement on day 15 before starting the practice of emotional self-healing. In turn, Table 2 shows the relationship in % of the weight measurement in the participants before and after the practice of emotional self-healing: We can observe that, in the first weight measurement, 87% of the participants corresponding to 26 people lost weight at the end of the emotional self-healing practice compared to their weight before the emotional self-healing practice.

The objective of this study is to demonstrate the short-term decrease in body weight in unit kilograms of the participants through the practice of emotional self-healing studied by Hekalogy **and** it was possible to identify in 87% of the participants the significant improvement in the reduction of body weight, which leads us to differentiate other practices carried out for the reduction, Improvement and management of body weight in human beings such as the one carried out in Chile in 2016 named Decrease of body fat through intermittent high-intensity physical exercise and nutritional counseling in overweight or obese subjects where they had a population of 65 people between men and women from 18 to 67 years of age which establish regular physical exercise as a cornerstone strategy in the reduction of weight



and fat body, where there is no consensus regarding what would be the most appropriate and efficient methodology to prescribe since the main finding of the study was a significant reduction in body fat mass in overweight or obese subjects after 12 sessions of intermittent high-intensity training, which is due to an increase in muscle mass as a result of exercise, thus compensating for changes in body weight, such results were obtained after 12 weeks of training, 3 times a week with an intense exercise modality according to them (MOLINA, Catalina et al, 2016).

Another study published in the same year in Madrid called a strategy to reduce body weight, based on healthy eating habits and the control of the emotional response to food where 99 overweight adults were subjected to a weight reduction program based on establishing healthy eating habits and lifestyle, The population studied was sedentary, consumed an unhealthy diet and their eating behavior was dependent on emotions. Most of the participants (66% women and 71% men) were classified as emotional eaters. During the treatment program, the participants modified their eating habits and lifestyle, managing to reduce body weight by at least 10% compared to the initial weight and define as a conclusion that knowing the relationship between food intake and emotions allows the dietary strategy to be personalized (A strategy to reduce body weight, based on healthy eating habits and the control of the emotional response to food. (PONTES TORRADO, Yolanda et al, 2015).

In the study carried out in Havana in 2000 called Weight Loss, Weight Control: Experience of a Program shows that through the use of VLCD not only is weight effectively reduced, but that weight loss can be maintained and reasonable results can be achieved in the long term. A moderate, balanced very low calorie diet (VLCD) is a safe and effective method of weight loss. More than 400 recent scientific publications involving more than 50,000 patients demonstrate that VLCDs do not produce pathological consequences. This is confirmed by clinical experience for more than 20 years where more than 20,000,000 people have participated. In general, there are some contraindications and precautions for the application of any type of diet and not only VLCD. VLCDs are a long-term weight reduction management method. The best measure to stabilize weight is to change your lifestyle and for this VLCD is an excellent program. However, it is clear that to achieve this long-term result, efforts are required not only on the part of the dieter but also on the part of the physician/counselor for the perseverance and discipline that the patient requires to achieve the results (AMZALLAG, William, 2000).

Likewise, in the article changes in body weight, physical activity and lifestyle during the mandatory confinement by Covid-19 in Colombia in 2021, they expose that due to the rarity of events that lead to a global population confinement, as happened in the outbreak of



the new coronavirus, the effects of a period of isolation at home have not been well studied, Also since the lifestyles of the population were completely altered, we recognized the opportunity to conduct a survey to determine the effects of quarantine on weight and lifestyle changes. They found that 29% of the surveyed population (1434 people) lost weight, while the rest remained the same or gained weight. A possible explanation for losing weight or keeping it stable in confinement has to do with the decrease in the consumption of food outside the home, which is usually loaded with fats and sugars. Cooking and dining at home meant for many an opportunity to improve eating habits. This finding is consistent with reports that energy restriction may help reduce body weight; Other hypotheses are the decrease in muscle mass due to the cessation of exercise in people who practice it regularly and the presence of depression or anxiety in the face of confinement, which led to altering eating patterns. Therefore, they conclude that the measures to contain the Covid-19 pandemic, such as confinement at home, can cause changes in lifestyle habits and body weight. In general, the panorama evidenced in this survey is not so discouraging, however, it poses challenges in the nutritional and physical activity recommendations by health personnel in cases of pandemic and confinement. Future research is needed to understand whether Covid-19-related lockdown has resulted in long-term reinforcement of adverse dietary habits and associated health problems. (OLARTE, Francisco Oscar Rosero, et al, 2021)

On the other hand, in the study Intervention program: Comprehensive diet and physical exercise in the reduction of anthropometric parameters in Salvador de Bahia-Brazil carried out in December 2021, the study was carried out in a health crisis scenario due to the SARS-CoV-2 Virus pandemic, and in an epidemiological context characterized by high rates of obesity and chronic non-communicable diseases (NCDs). When intervening with this program and observing the results we see significant values in almost all study variables, i.e. the participants experienced a significant decrease in their anthropometric measurements after the intervention program, the same findings were found by In their 12-week study after their intervention, the participants experienced weight loss, and excess body fat. Dietary habits and physical exercise have a positive impact on the normalization of anthropometric measurements and conclude that the results showed that the Lifestyle Medicine intervention program with a comprehensive diet based on whole grains, plant-based proteins, fruits and vegetables, and scheduled physical exercise produced significant reductions in anthropometric measurements and blood pressure. Evidence that the intervention model is capable of preventing high rates of obesity, abdominal fat and reducing potential problems of chronic non-communicable diseases (HUANCA, Gloria Cari, 2022).



In 2022 they expose weight loss and the oxidation of adipose tissue (fat) in fitness where the indicators analyzed show different levels of importance given by each national specialist consulted, levels to be taken into account for weight loss through oxidation of adipose tissue in a fitness training model. This research is a theoretical and methodological validation to prospectively shape a sustainable model of specialized training. It is recommended as a preliminary step to carry out training for national fitness professionals on the real levels of importance of each indicator, emphasizing the integration of each training component, including the principles studied, anaerobic training as a complement to the aerobic intervention process and the complementary alternatives indicated (GUAMAN SANGUNA, Darío Paúl, 2022)

What strikes us is how from researching previous studies to the present all indicate that some activity is carried out in order to make decisions for changes in eating habits, exercises, among other activities to achieve over time the reduction of body weight through the perseverance and discipline that the patient must have to achieve these objectives, which should be noted that these practices also indicate that we must avoid stressors with relaxation techniques, visualizations and projections to a result of well-being in the future.

What self-healing does is being able to heal emotions through feeling the emotion, it involves acknowledging, accepting, processing, and integrating painful emotions and experiences

People who go to a self-healing event take away the discovery of all that they have always carried inside. When they go to the depths of their mind they realize emotions that they had not released since their childhood, there they have a space to free themselves from all those burdens that have repercussions on their physical and mental health. At the end of the event, people take away a deep feeling of peace and above all the awareness that they themselves create their reality and can transform it. That generates great empowerment and peace. There are no longer the culprits, the human being lets us see outwards and begins a path of constant liberation.

It has been practiced for more than 16 years in different people around the world by Ricardo Ponce, creator of emotional self-healing, and it has been shown how the human body by letting this energy flow throughout the body in complete surrender results in a significant change in the short-term transformation of the physical and mental state of the practitioner. (Ponce, R. 2024).

This is also called Hekalogy which is the integrative science that studies the inner healing power of the human being, beyond any external technique or control system, this





discipline demonstrates, from scientific validation, that the human being can regenerate, balance and release physical, mental and energetic stress by surrendering to deep feeling.

Therefore, by giving movement to the emotion through its attention is how its liberation is generated, that is Hekalogy; and for that to be generated, the human being must be in that mental state of surrender, that is; where he is willing to die.

This is how you can move that dense energy (emotion) through the body and as a result, the body looks for a way to express what it feels, generating crying, vomiting or diarrhea, thus physically releasing the density of that energy.

In other words; In this research work we show how there are two paths: the known path through the control and management of what we feel, which generates more tension (stress), therefore the increase of body weight in the human being and the path of total surrender of what we feel, leading to the death of the ego and that is where there is life.

It is important to note that the information that he breaks down from other authors puts as a key point the interaction of the human being with the outside world, here in Hekalogy we demonstrate how the only relevant thing about the external world is what it shows internally to the being and not fall into the mistake of focusing on modifying the external world but rather focusing on transforming our interior in order to transform the perception of the external world.

5 CONCLUSION

The results of this research suggest a significant relationship between the emotional self-healing processes studied by Hekalogy and the physiological regulation of body weight. Despite maintaining inadequate eating habits, characterized by high intakes of food and sweets during the retreat, 87% of the participants of emotional self-healing validated by hekalogy experienced a weight loss in just two days, without performing any type of physical activity, diet or relaxation technique. This finding challenges traditional approaches to weight loss and opens up new possibilities for the study of the human body as a system deeply influenced by the emotional sphere.

Hekalogy, by proposing a structured and validated understanding of the processes of emotional self-healing, offers an innovative perspective that deserves greater attention within the scientific field. These results invite further research into how the release of emotional burdens can generate measurable physiological responses, providing evidence for a more comprehensive view of human well-being. In a world where overweight and associated disorders continue to rise, integrating tools that address not only the physical body, but also





the deep emotional aspects, can represent a transformative advance in contemporary approaches to health.

Hekalogy is positioned as an emerging tool within medical science, with the potential to complement conventional treatments in mental health, stress reduction, harmonization of the nervous system, improvement of vital signs and decrease of body weight in participants. Its application represents a step towards a more comprehensive, humane and conscious medicine.

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