



EEG Alpha Spectral Power is Augmented during Energy Healing

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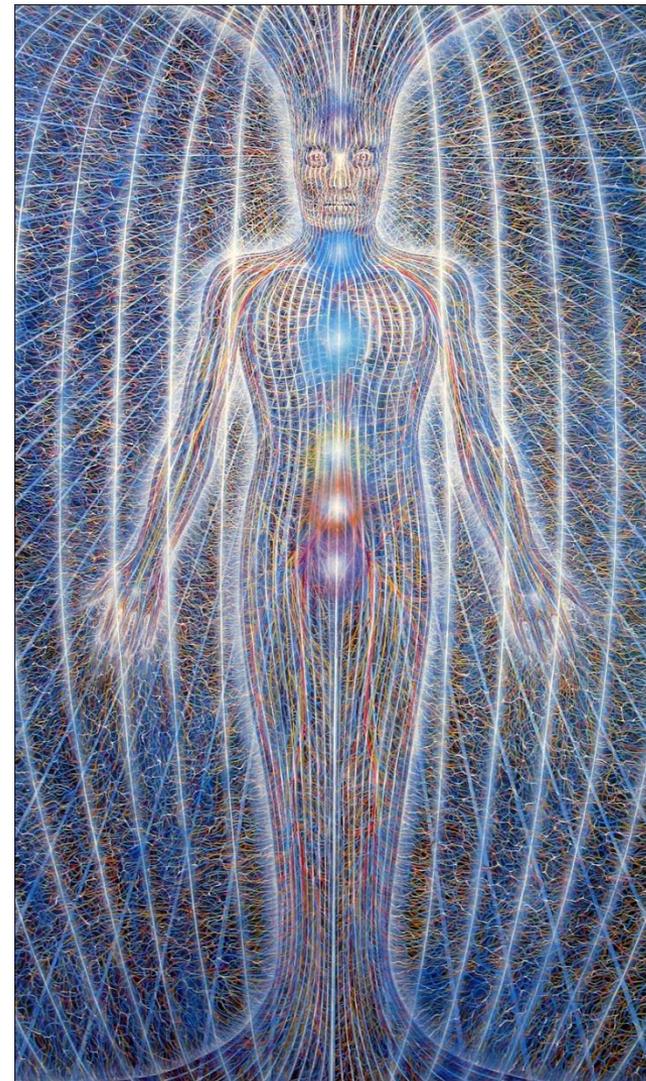


Shamans of Prehistory

Ancient rock art from East Cape, S. Africa ca,10,000 yrs. depicts a community healing dance. In the center of the circle a shaman performs a healing on a patient. From: *The Shamans of Prehistory*. J. Clottes and D. Lewis-Williams, Harry Abrams, NY, 1998.

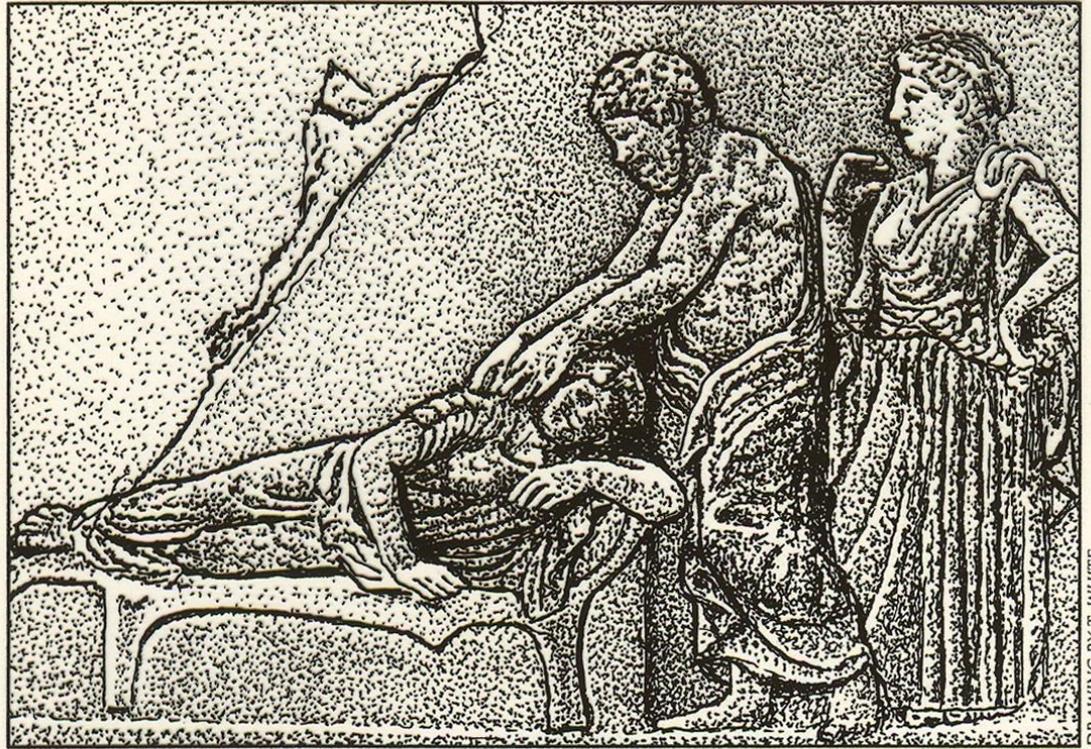
ENERGY HEALERS

I am interested in the Interface of Science and Spirituality. Energy Healing is a good place to look. I've had the privilege of working with many Energy Healers of diverse traditions: Reiki, Pranic, Johrei, Quantum Touch, Therapeutic Touch, QiGong, Vedic, Bioenergetic, Faith Healing, Shamanism, They all believe they are working thru the agency of the *Life Force Energy*, known to many cultures and traditions, variously as: Shakti, Mana, Elan Vitale, Qi, Arutam, Kundalini, Orgone, etc. Healers describe their experience as : “I simply get out of the way”, “Spirit moves thru me”, “Universal Life Force Energy flows thru me and is directed to the right place in the client”, “I gather up and send out (project) this energy”, “I am just a channel for this divine healing”. Some healers claim they work in extra dimensions, parallel universes (alternate realities), they are assisted by spirit guides, divine and angelic entities, Christ energy, Great Spirit, etc. Some healers need a “warm up” to perform effectively. Best results are achieved when both healer and client are working together as a team. The client must have faith and total belief in the skills of the healer.



Alex Grey

Spiritual Energy Body



A relief from the Piraeus asklepion shows a patient, sleeping on a kliné (couch), being healed by the touch of the god Asklepios, whose daughter, Hygeia, watches.



Alex Grey

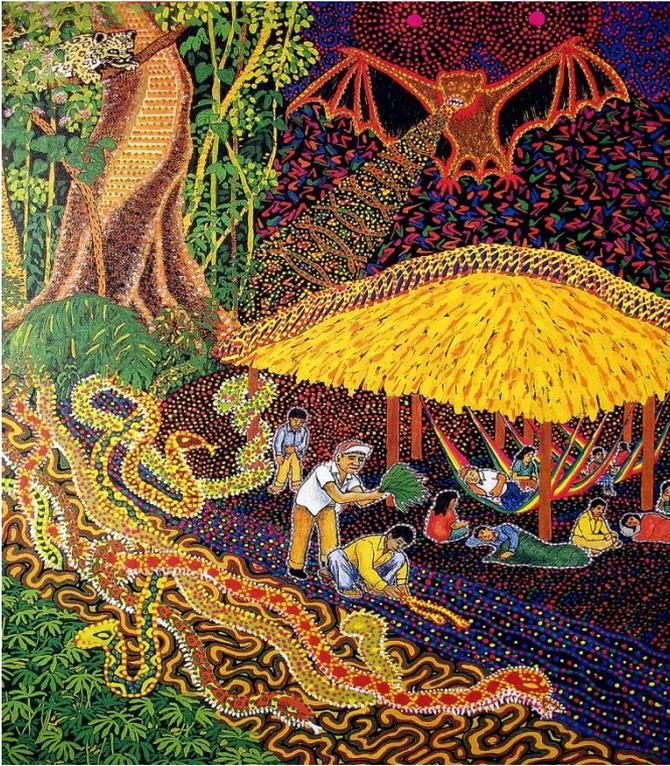
Asklepsios, God of Therapeutics (Shamanic Medicine), Greece

Hans Berger:

“[H]e enlisted for a year of military service in Wurzburg in 1892. During this period, Berger was involved in a bizarre incident.... One spring morning, while mounted on horseback and pulling heavy artillery for a military training exercise, Berger's horse suddenly reared, throwing the young man to the ground on a narrow bank just in front of the wheel of an artillery gun. The horse-drawn battery stopped at the last second, and Berger escaped certain death with no more than a bad fright. That same evening, he received a telegram from his father, inquiring about his son's well being. Berger later learned that his older sister in Coburg was overwhelmed by an ominous feeling on the morning of the accident and she had urged their father to contact young Hans, convinced that something terrible had happened to him. He had never before received a telegram from his family, and Berger struggled to understand this incredible coincidence based on principles of natural science. There seemed to be no escaping the conclusion that Berger's intense feelings of terror had assumed a physical form and reached his sister several hundred miles away--in other words, Berger and his sister had communicated by mental telepathy. Berger never forgot this experience, and it marked the starting point of a life-long career in psychophysics.” (Millet, 2001, 524-525)

Millett, D. (2001) Hans Berger: From Psychic Energy To The EEG, *Perspectives in Biology and Medicine*, 44(4), 522-543 Autumn

The first EEG recording was made by Physician Hans Berger, Univ. Jena, Germany in 1924. Berger published his findings in 1929.



Energy Healing Indigenous Traditions

Amazon, Ayahuasca
Huichol Mexico, Peyote
Cuna Indians, Panama



The present study asked the questions:

1. Do Energy healers from different modalities shift their EEG brainstate (i.e. a different state of consciousness) during the act of healing, compared to a control baseline state?
2. Do the clients receiving the healing treatment also shift into a different brainstate and does it share features similar as the healer's changed brainstate?

QEEG Profiles of Energy Healers.

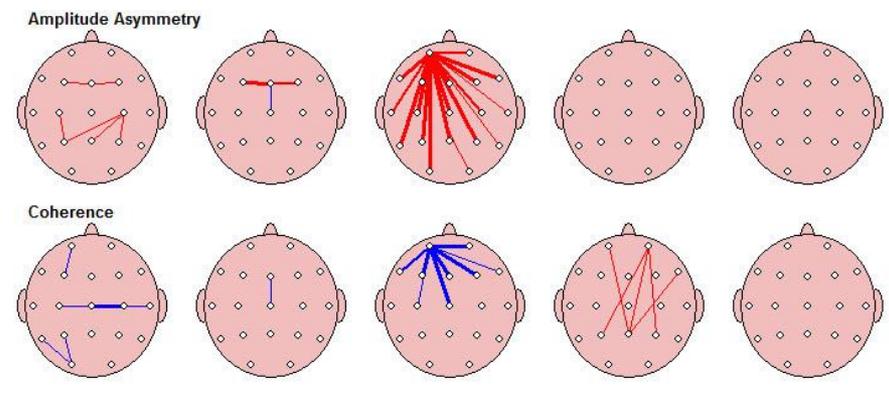
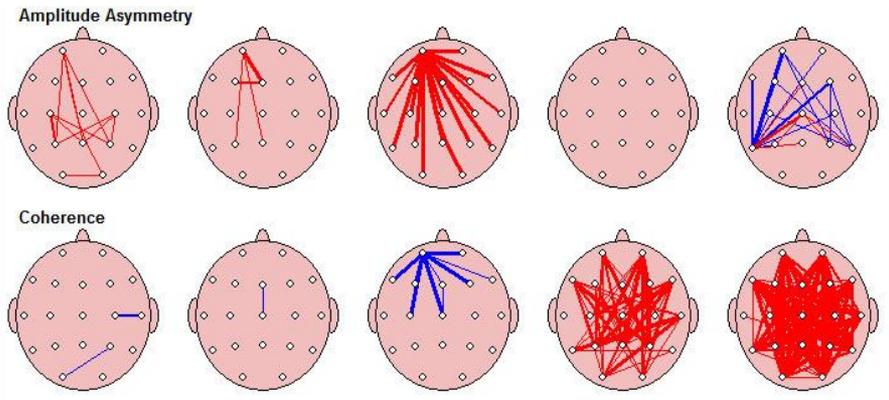
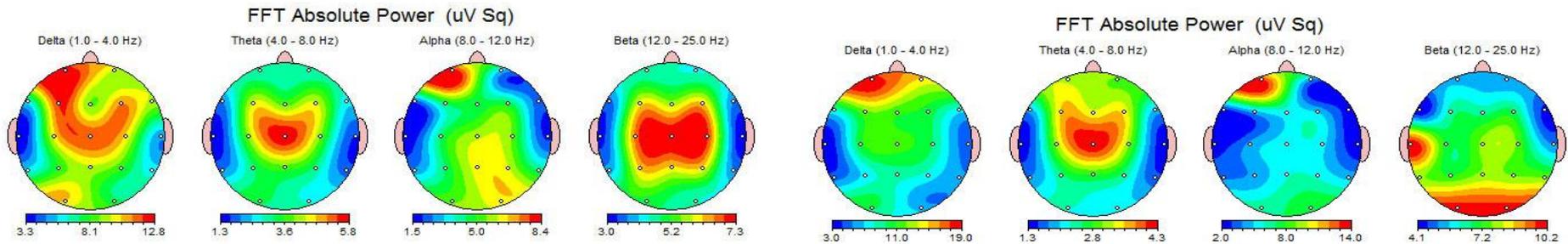
- Alpha dominant frequency band. During healing state (HS) alpha spectral power increases globally (all 10-20 system, 19 recording sites). This was observed in ca. 95% of Healers tested (N= 31). If baseline Alpha power is already very high, there is little additional increase during healing (10-20%).
- Theta is the dominant band. Theta spectral power also increased (N=3).
- Delta/Beta defined spectral peaks are predominant; very low Alpha power (2-3 cases): During HS Alpha peak emerges and increased power was evidenced. Some Beta power increase also observed.
- Gamma band (38+ Hz) power increase (N=1, Richard Bartlett, Matrix Energetics).

Apache Healer William Two Feather with Client, Houston, TX 2009.



Science meets Faith

Healer Comparison

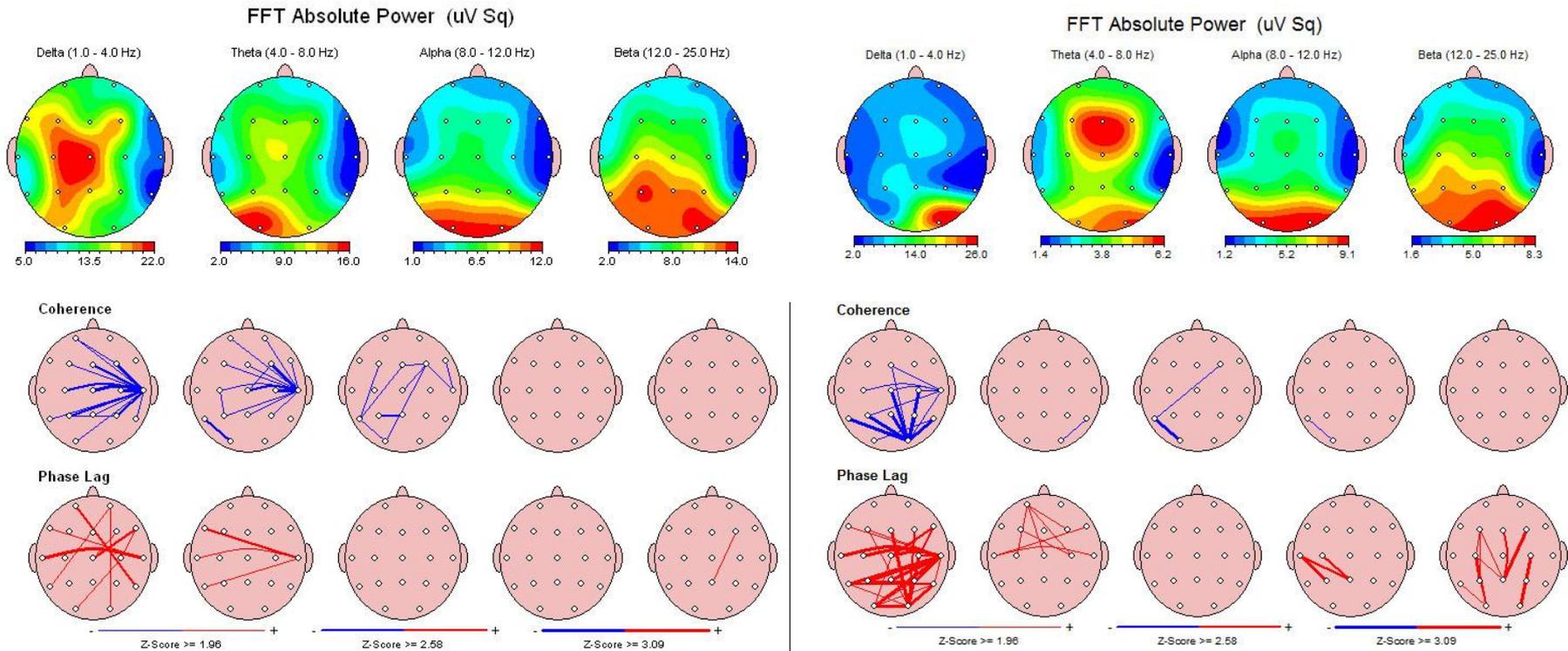


BASELINE

HEALING

Shows significant changes in the patterns of absolute power (Alpha power increased 67%) and connectivity maps between the baseline and healing state (HS).

Client Comparison



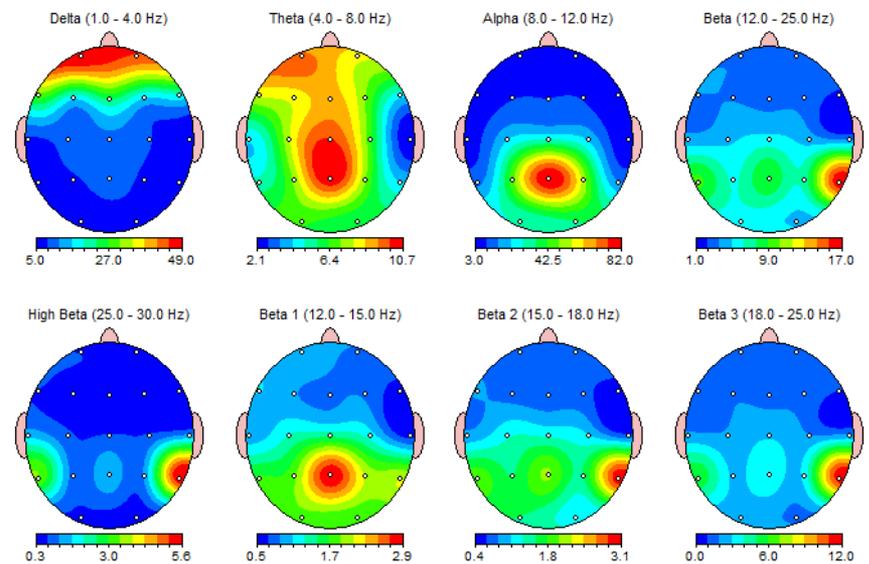
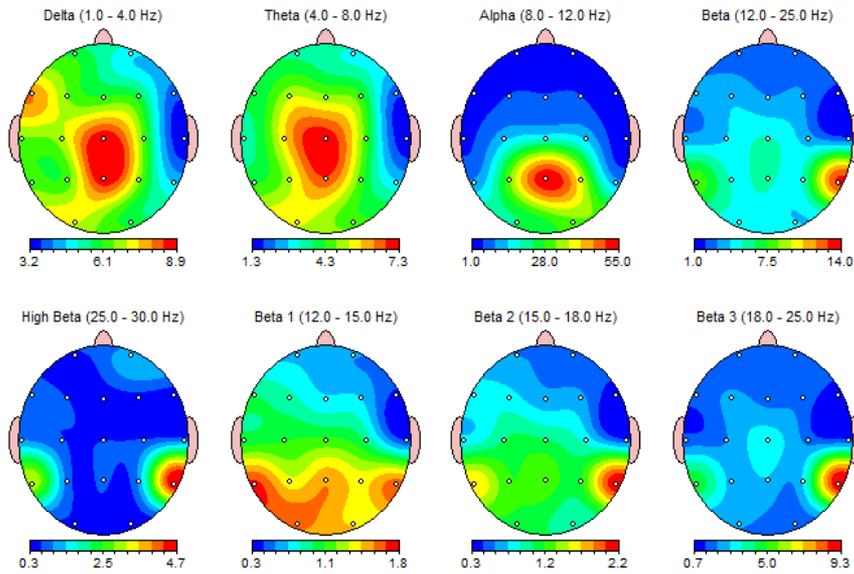
BASELINE

HEALING

Shows significant changes in the patterns of absolute power (reduced Theta and Beta power) and connectivity maps between the baseline and healing state (HS).

FFT Absolute Power (uV Sq)

FFT Absolute Power (uV Sq)



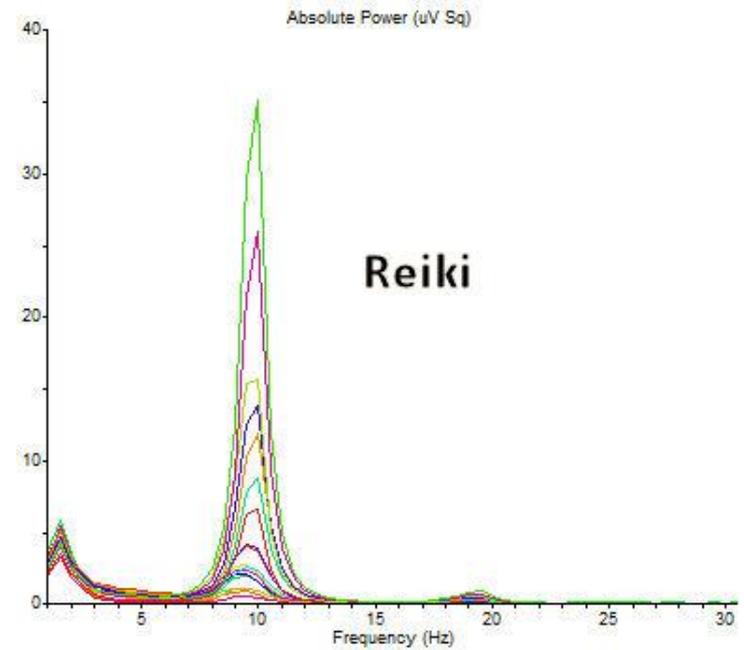
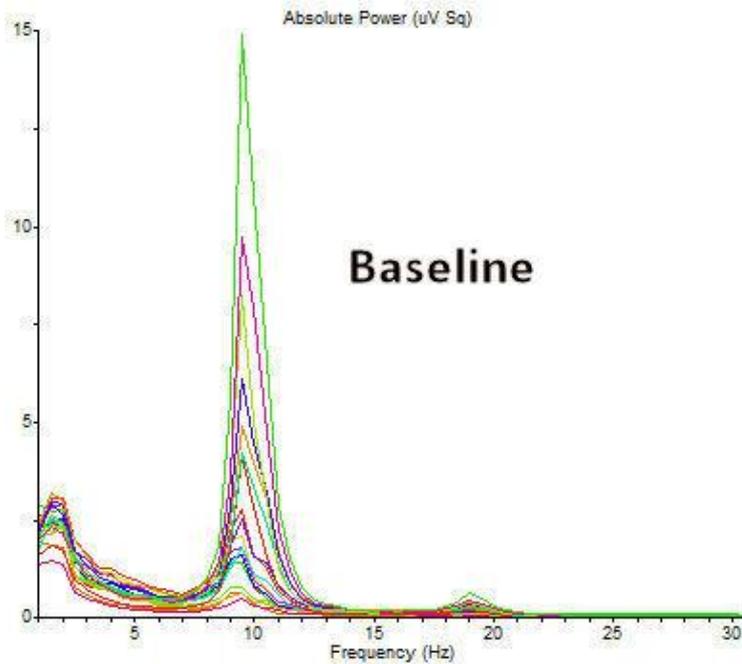
Baseline

Reiki HS

Brain topographic maps show peak Alpha absolute power was increased 49 % during the HS in Reiki healer.

Subject: JAU

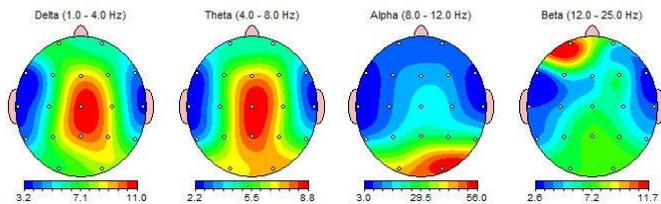
FFT Power frequency spectra comparing Baseline with HS in Reiki Healer



Montage: Default

EEG ID: SMC227EC1

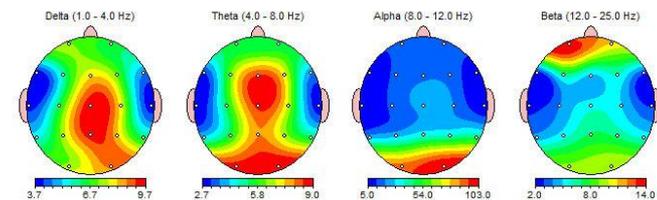
FFT Absolute Power (uV Sq)



Montage: Default

EEG ID: SMC227Reik

FFT Absolute Power (uV Sq)



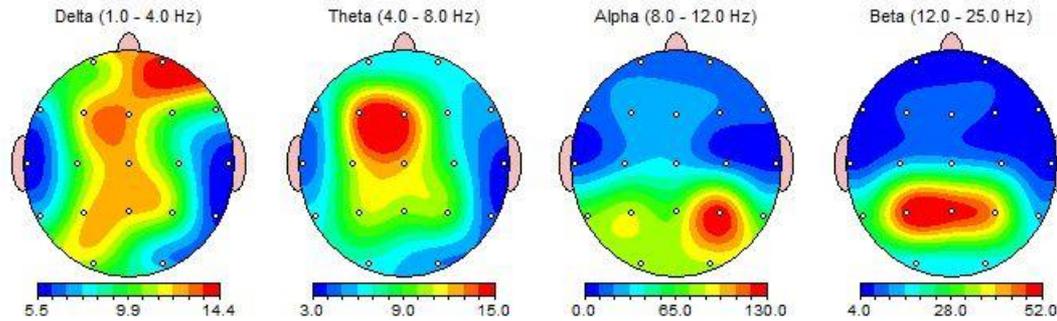
Alpha power 84 % incr.

Alpha power increased 46% in client receiving Reiki healing

Montage: Deymed

EEG ID: YS125EC

FFT Absolute Power (uV Sq)

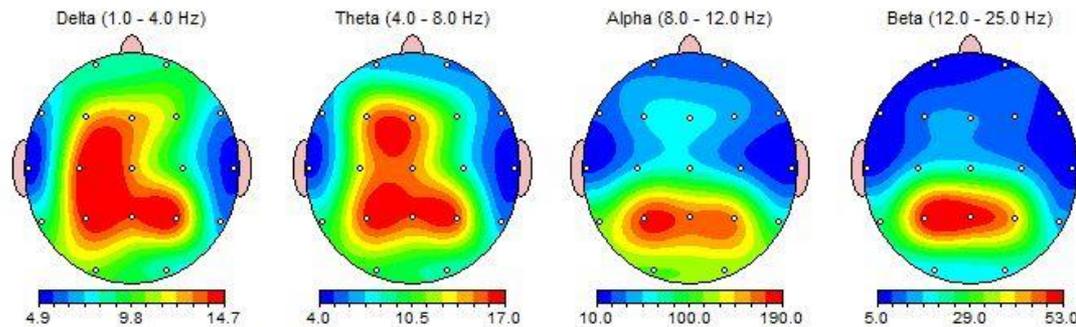


Baseline

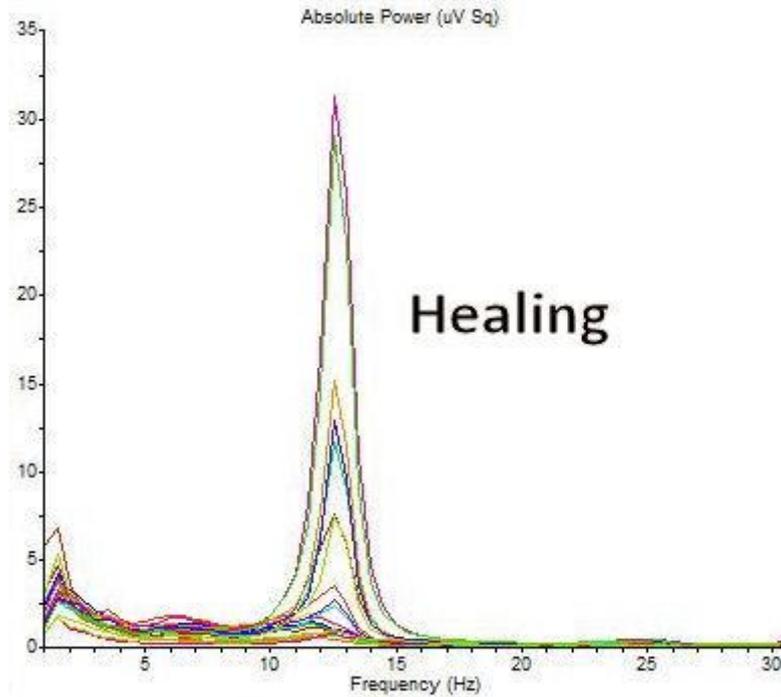
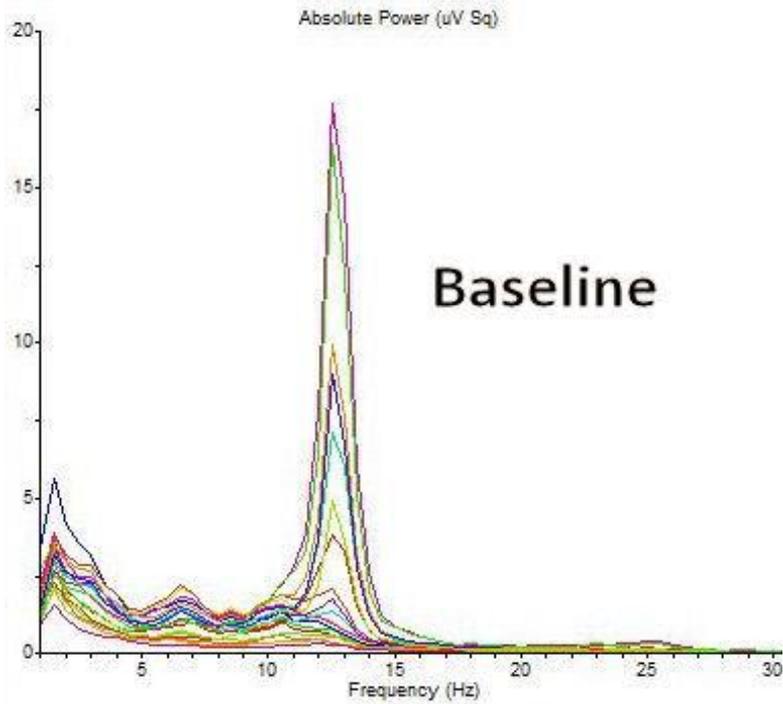
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FFT Absolute Power (uV Sq)



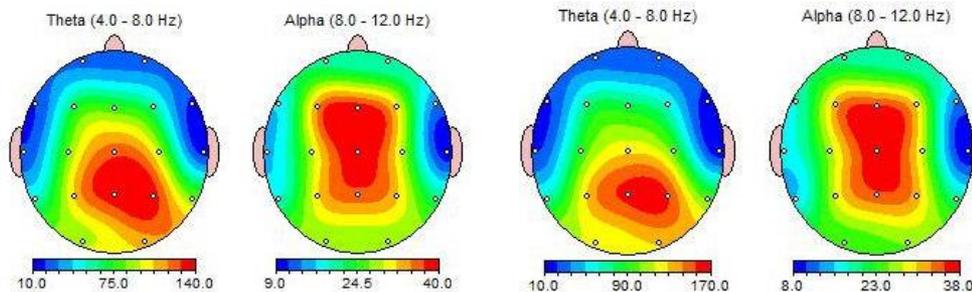
Reiki RH



Increased Alpha spectral absolute power (48% incr.) during HS in Chinese healer trained in QiGong.

Theta Healer KH

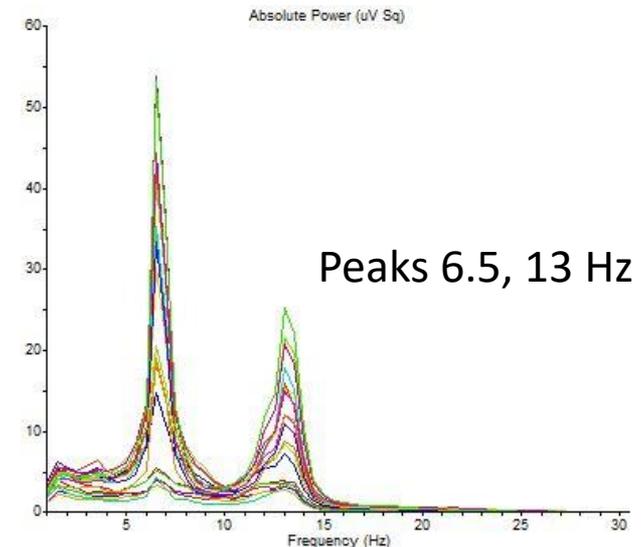
High sensitivity reading clients energy state.
Medical intuitive.
Clairvoyant, highly Empathic.
Heightened ability to enter trance states
and access subconscious material.
Healer KH is in frequent communication
with her Angelic guides.



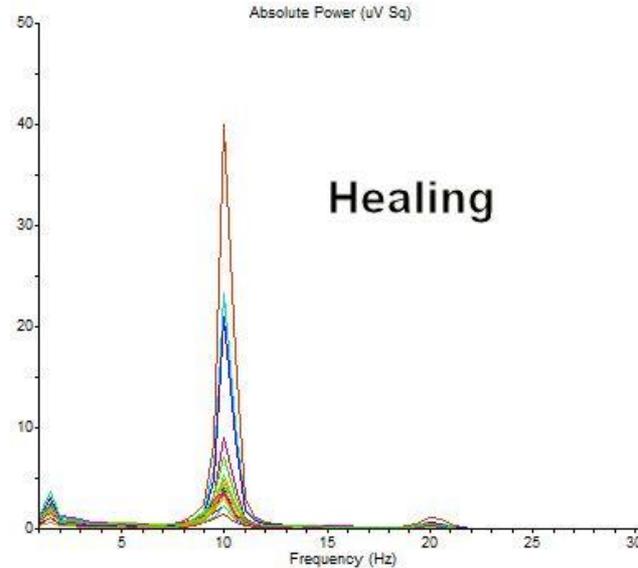
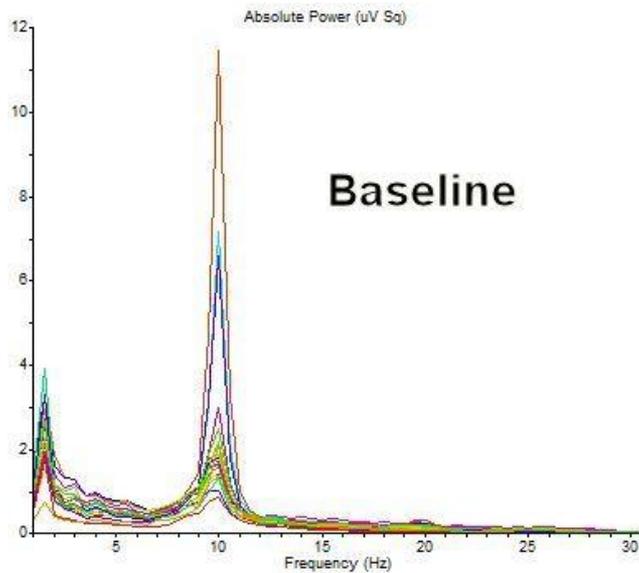
Baseline

HS

Theta power increased 21 %



Theta Healer

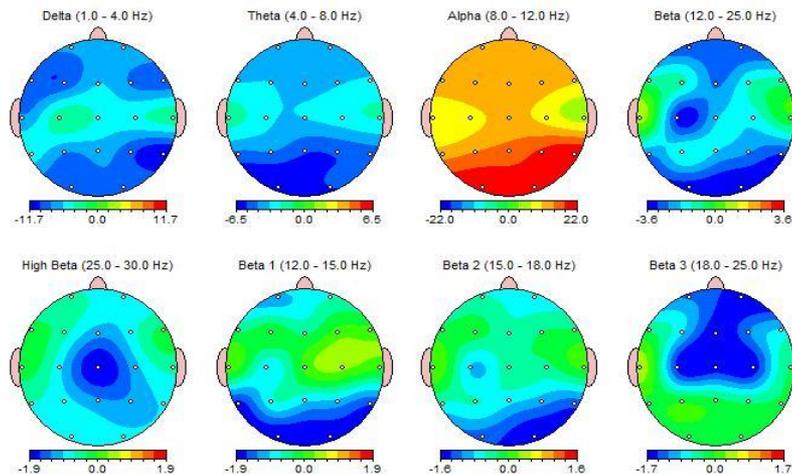


Subject JJ receiving healing from Spiritual Healer KJ. The peak absolute Alpha power was increased 247% (at O2) compared to Baseline.

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JJ227He.nga - JJ227EC.nga

FFT Relative Power Difference (%)



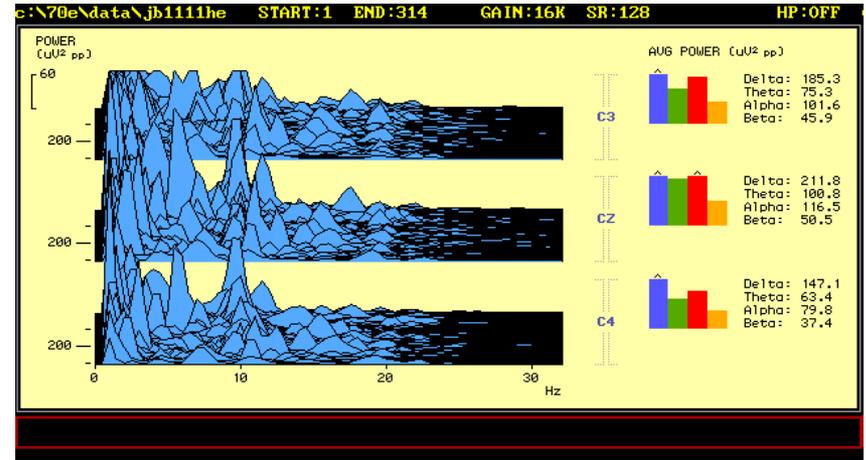
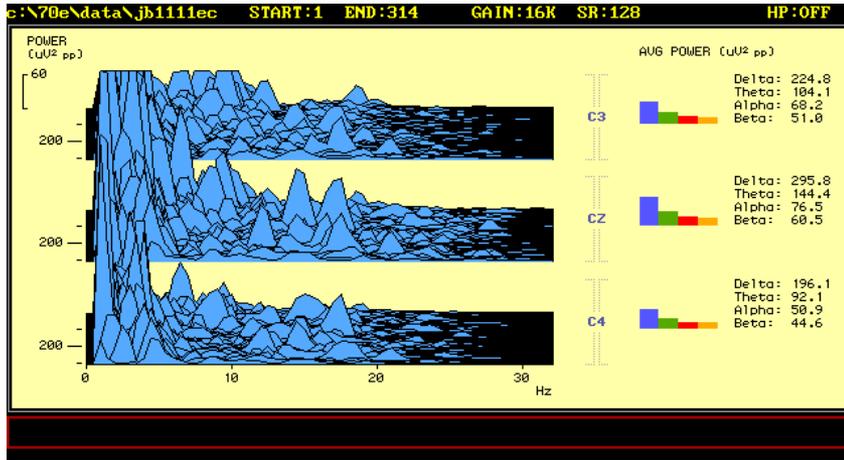
Alpha power selectively increased

Richard Bartlett

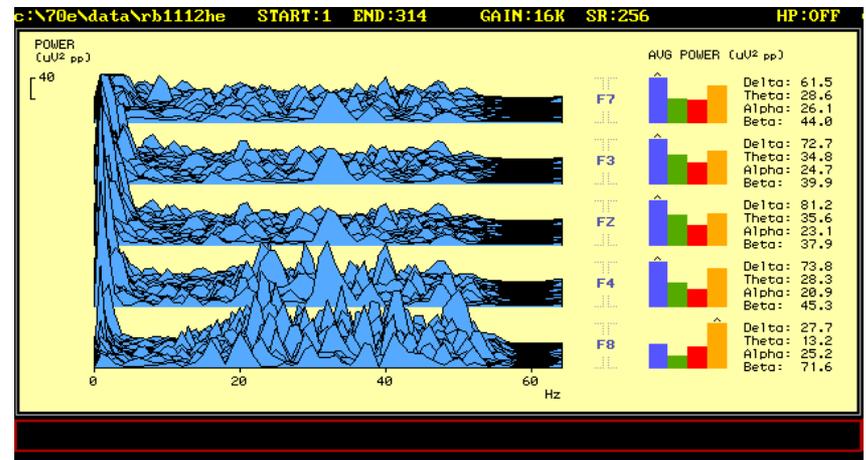
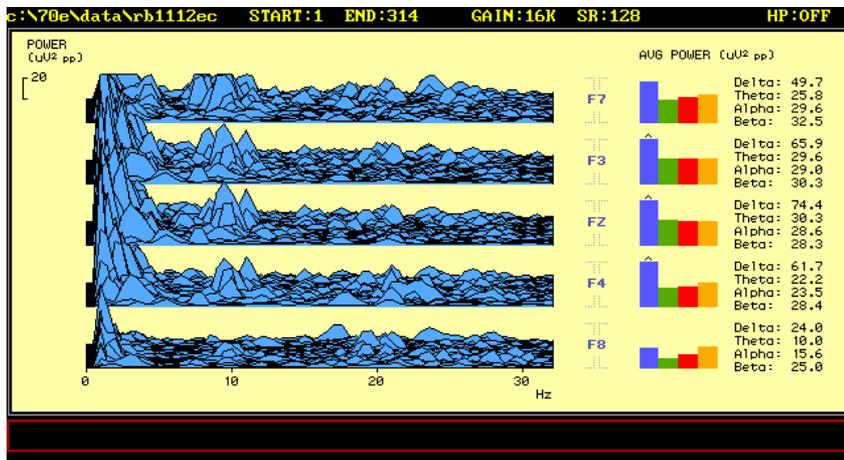
Matrix Energetics



Increased Alpha power in subject receiving Matrix Energetics healing

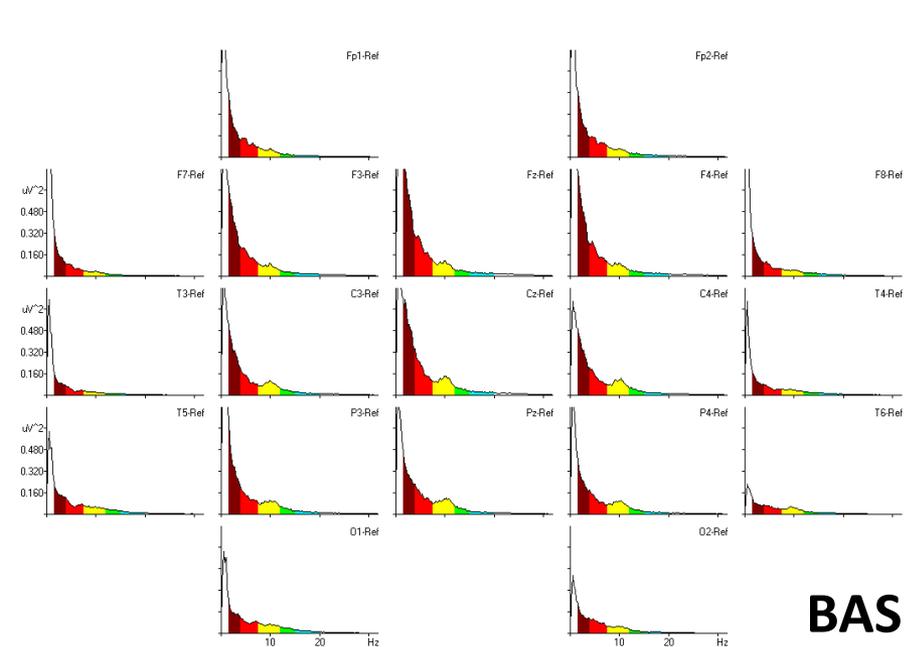


Client RH Alpha power increased 52%

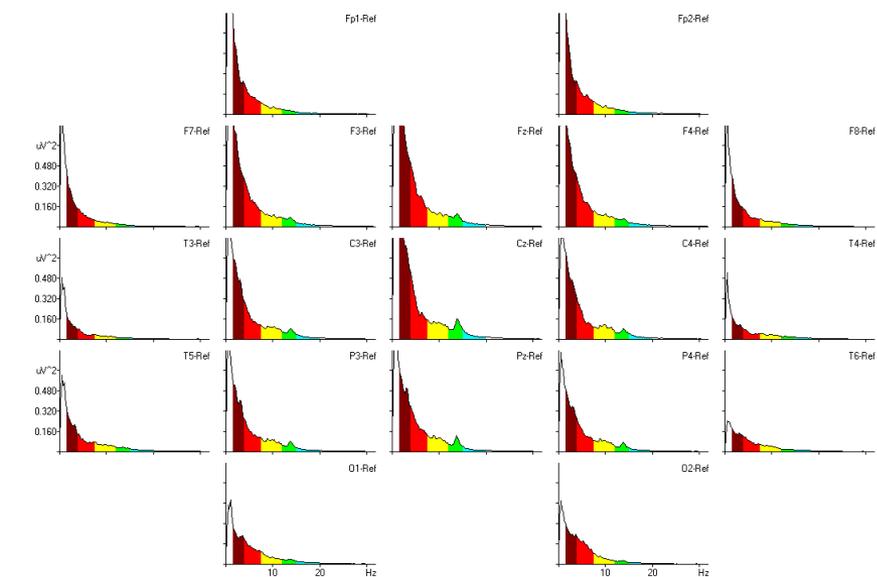
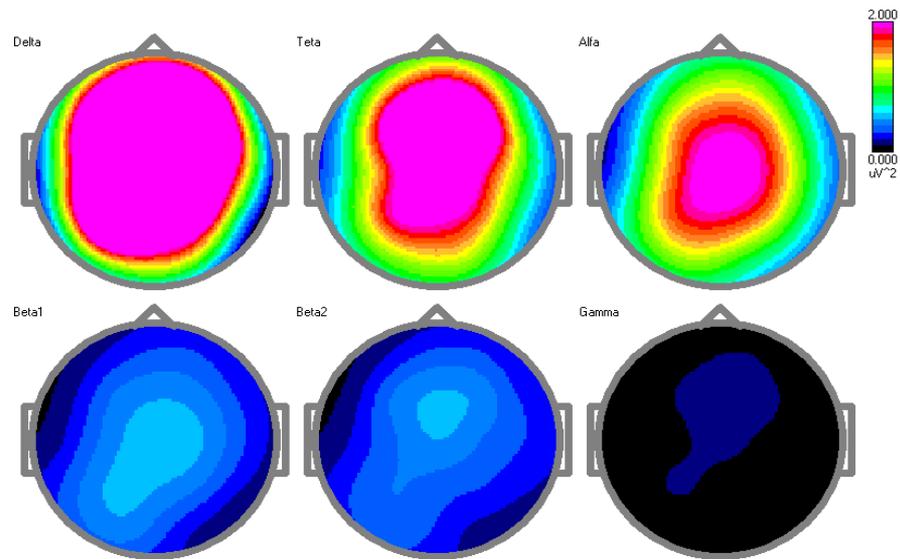


Baseline

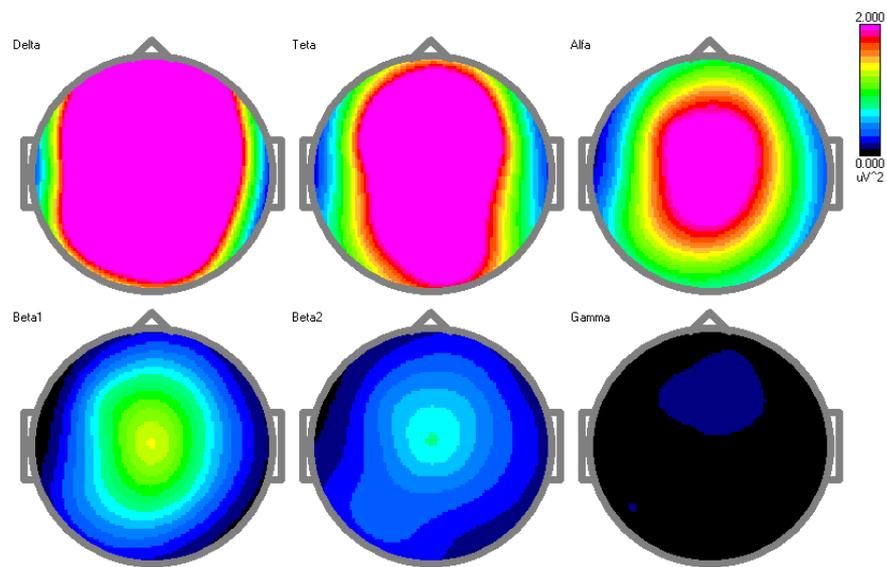
**Healer RB Gamma burst during HS
Healing**

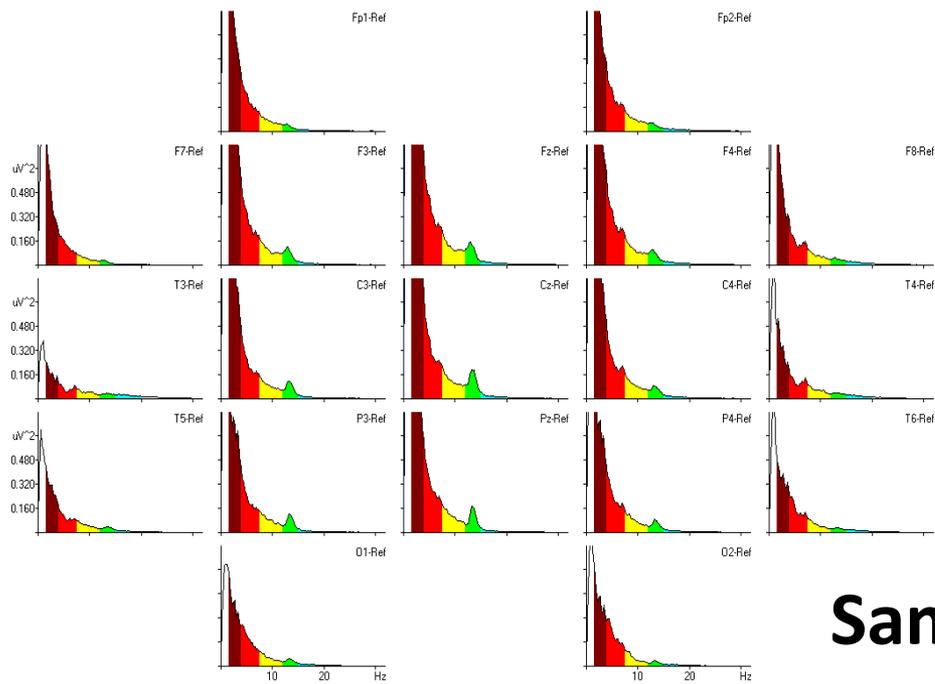


BASELINE

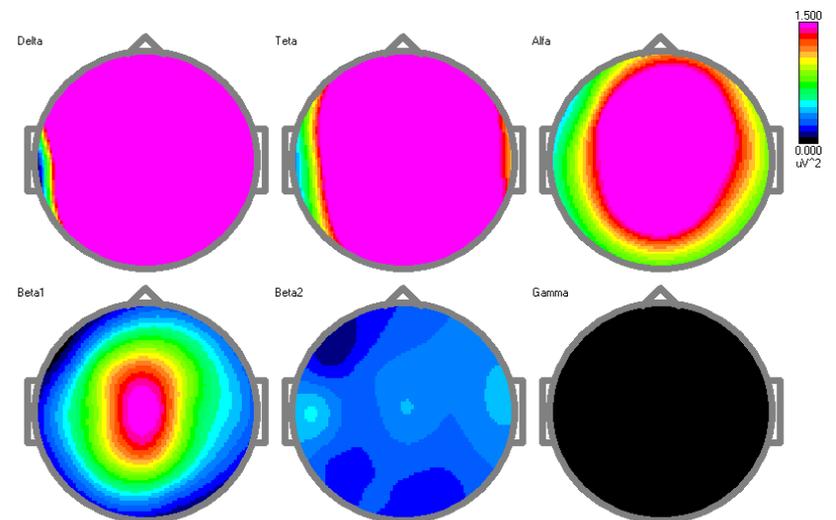
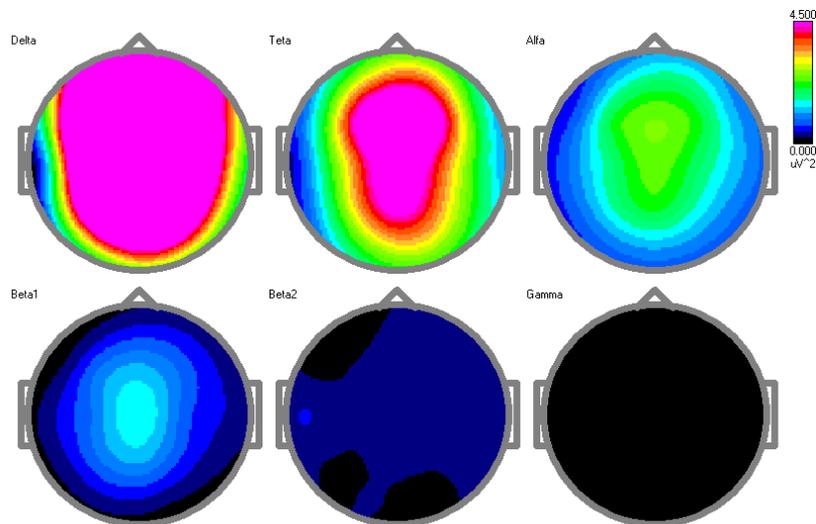


MEDITATION

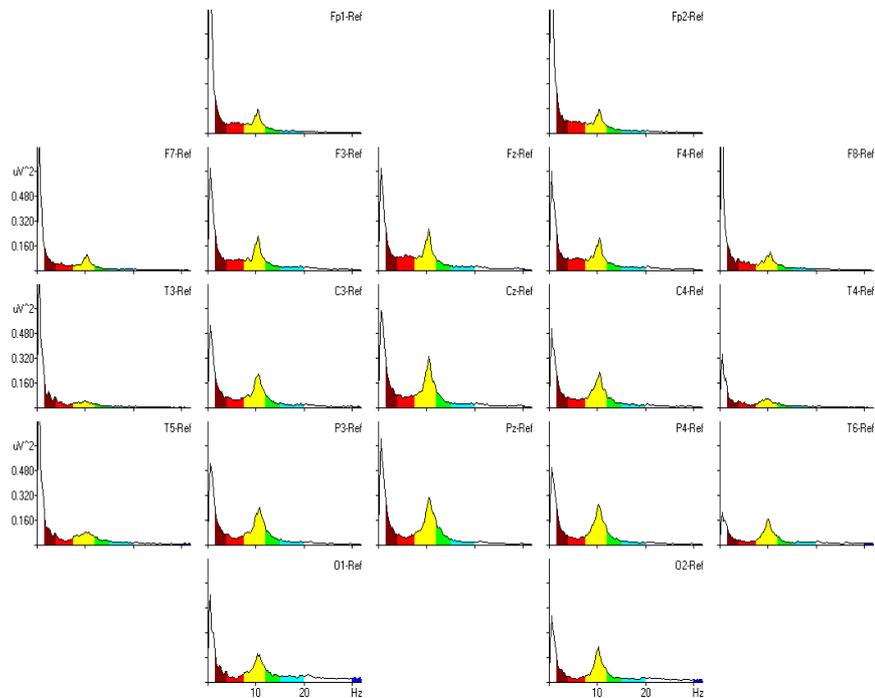




Samadhi

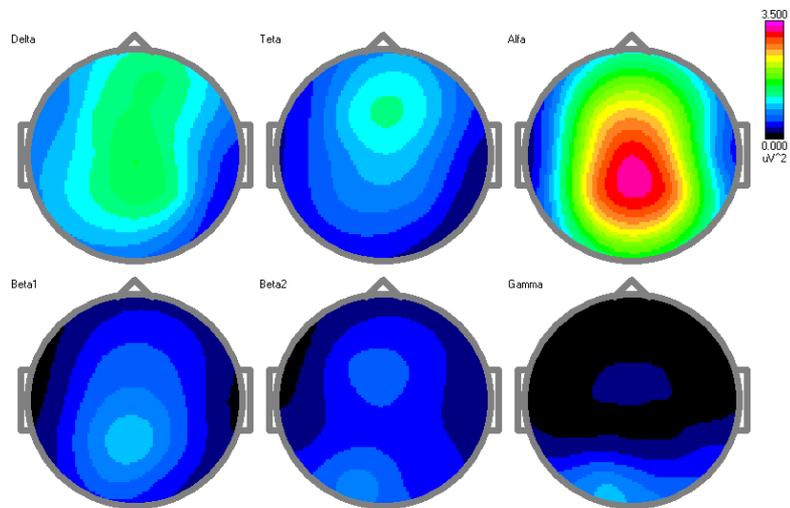


Increased Beta1 Power

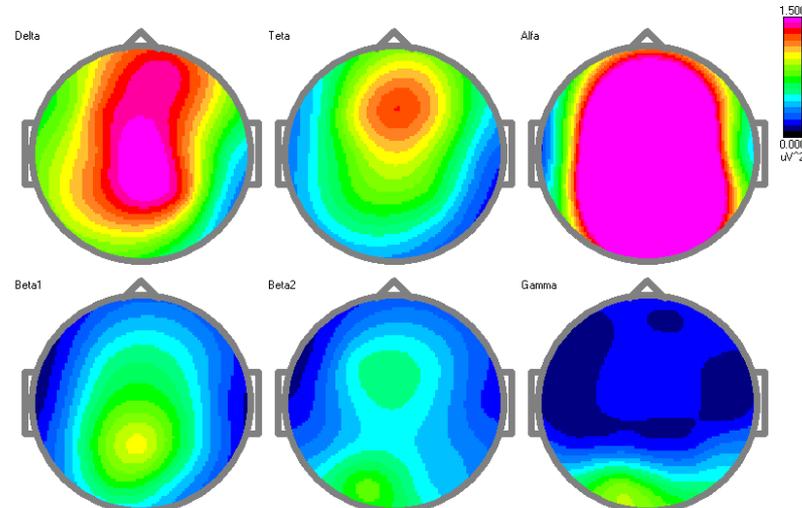


HEALING HS

Robust increased Alpha power

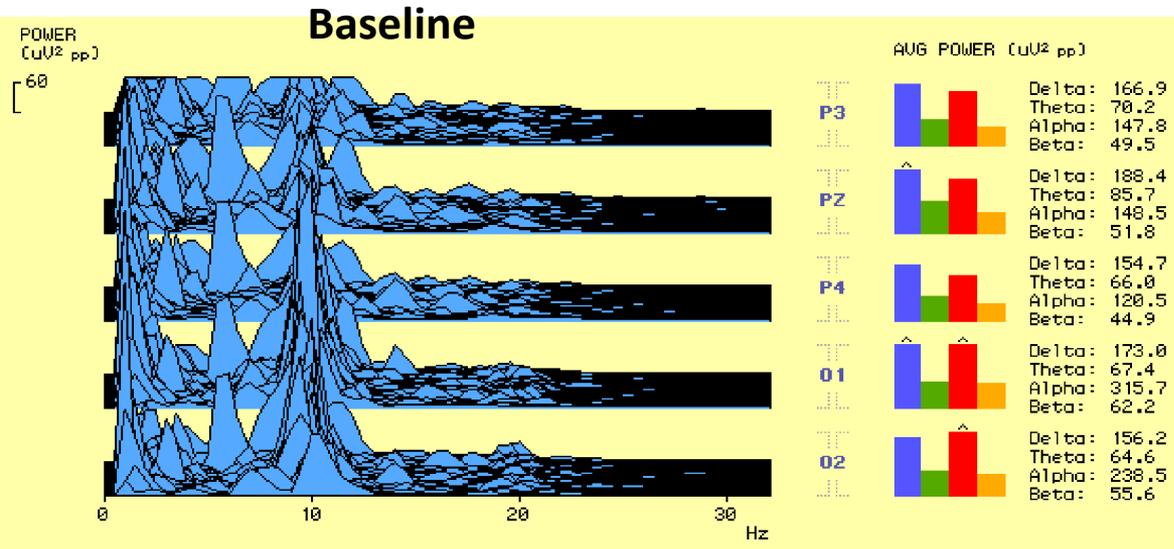
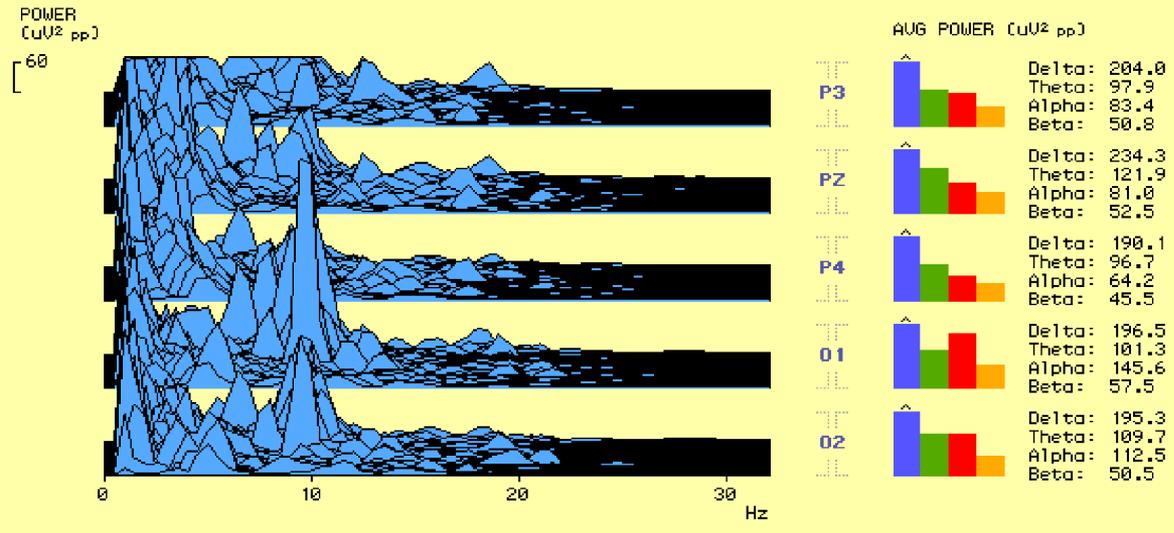


Baseline



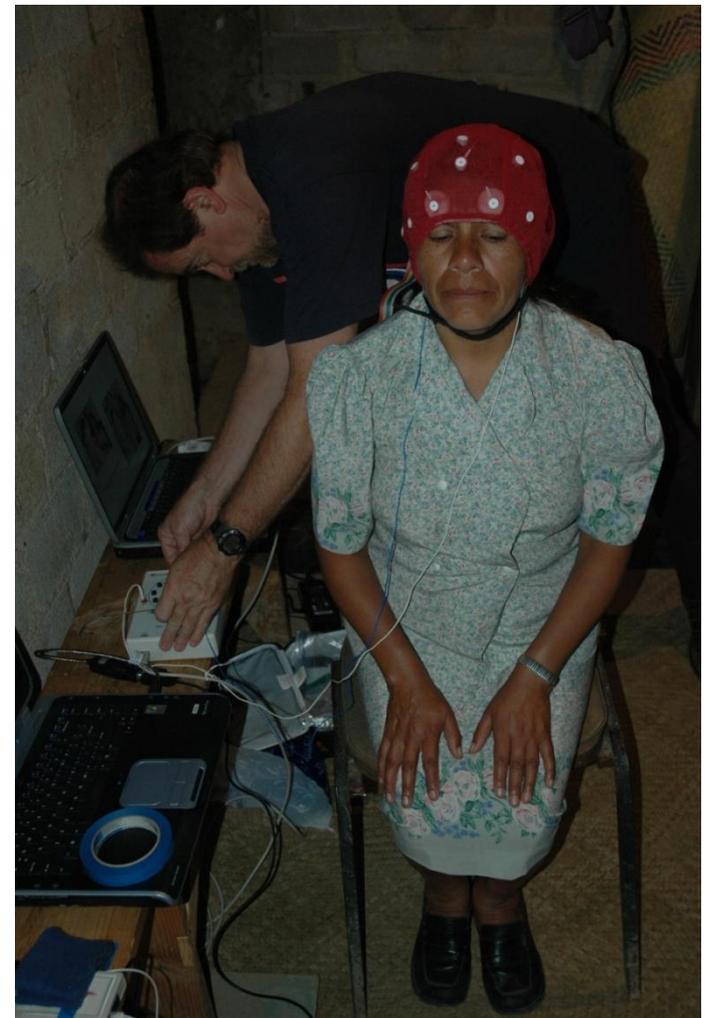
Healing

QEEG studies of Peruvian Shaman



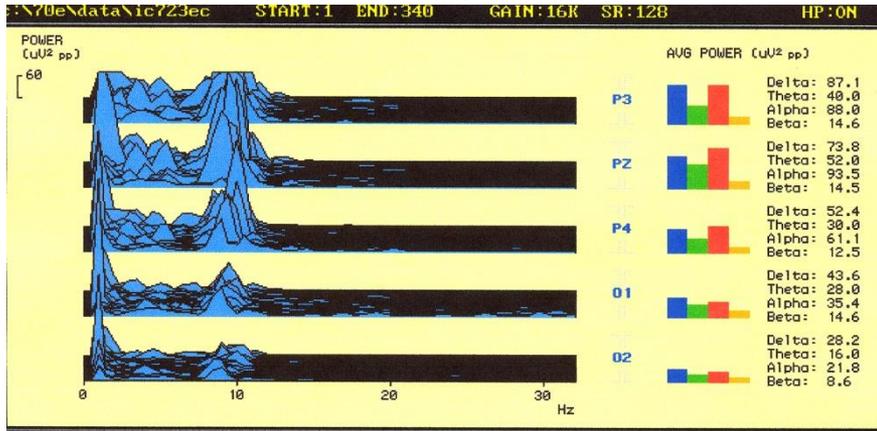
Healing RH

Client Alpha power 99.5% incr. at P-O sites

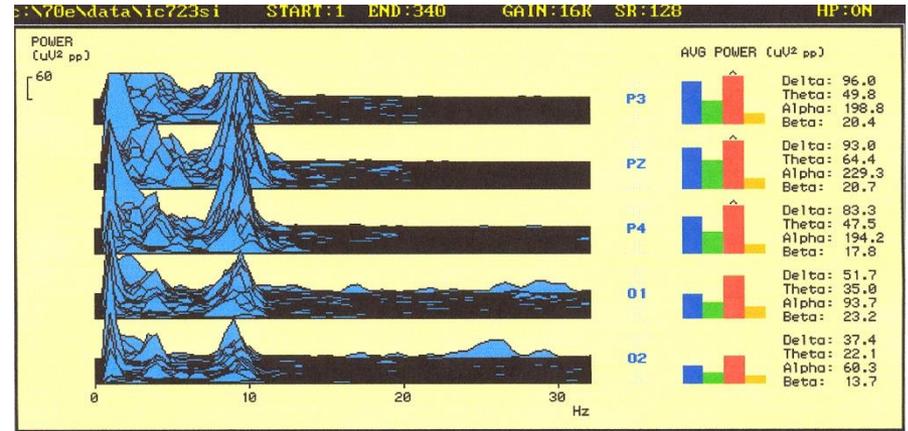


Mazatec Shaman
“Singing” QEEG session
Huautla de Jimenez, Oaxaca

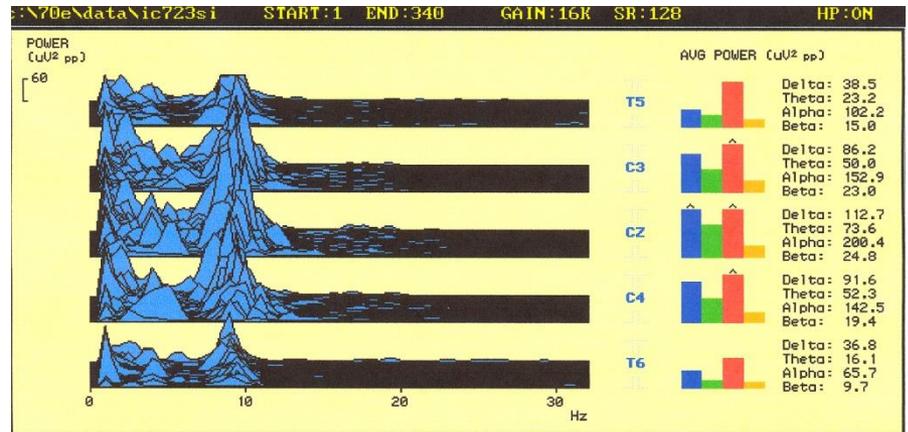
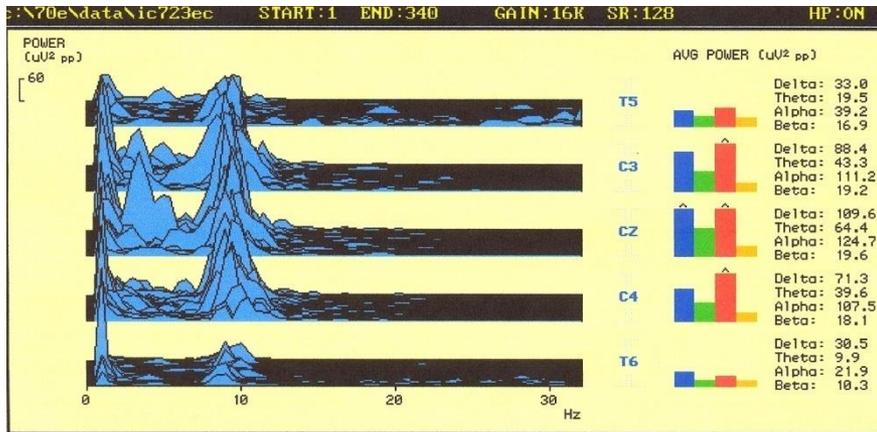
Increased Alpha ave. power during Shamanic healing/singing.



Baseline

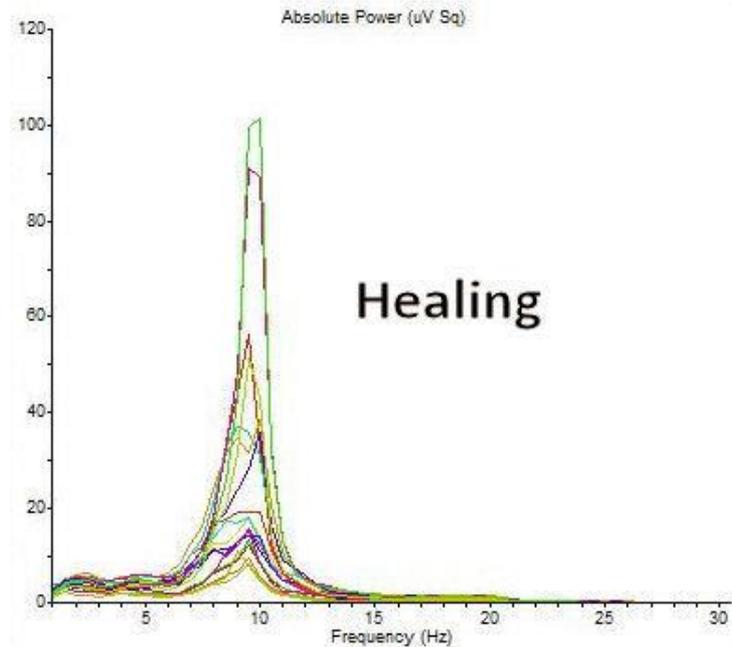
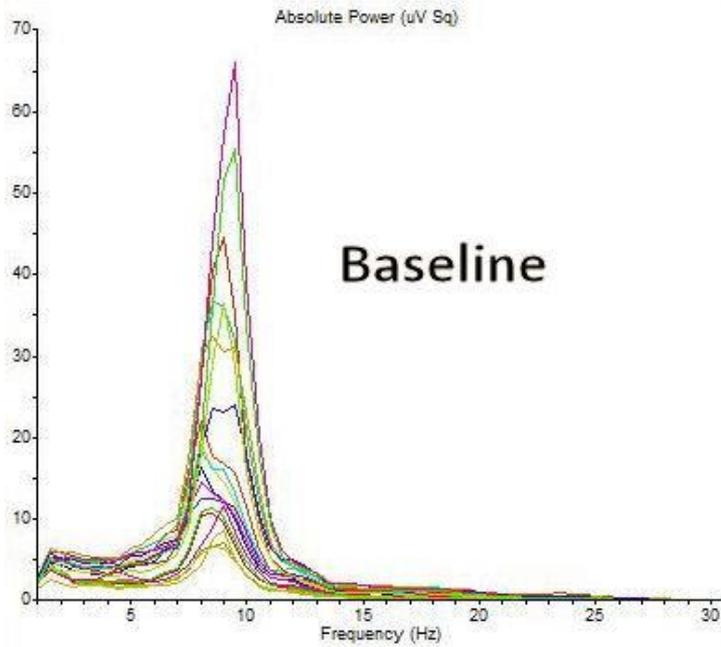


Healing HS



Alpha power increase: Central 44 %, Parietal 145 %

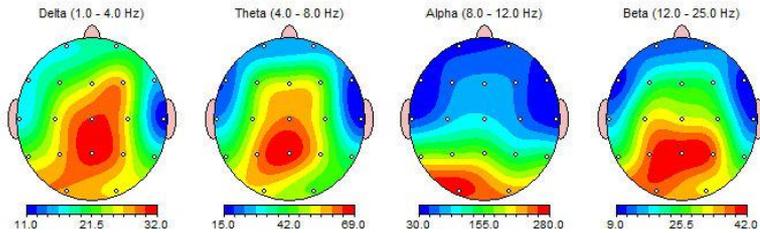
Increased Alpha power during Holographic visualization healing



Montage: Default

EEG ID: SS612EC

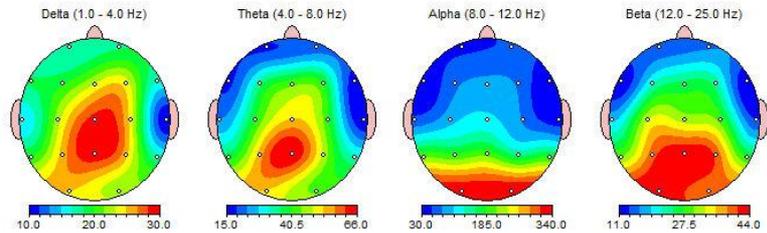
FFT Absolute Power (uV Sq)



Montage: Default

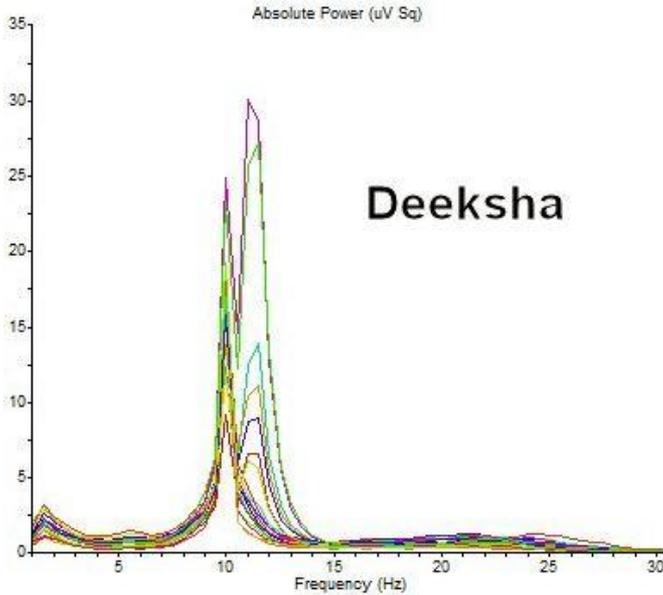
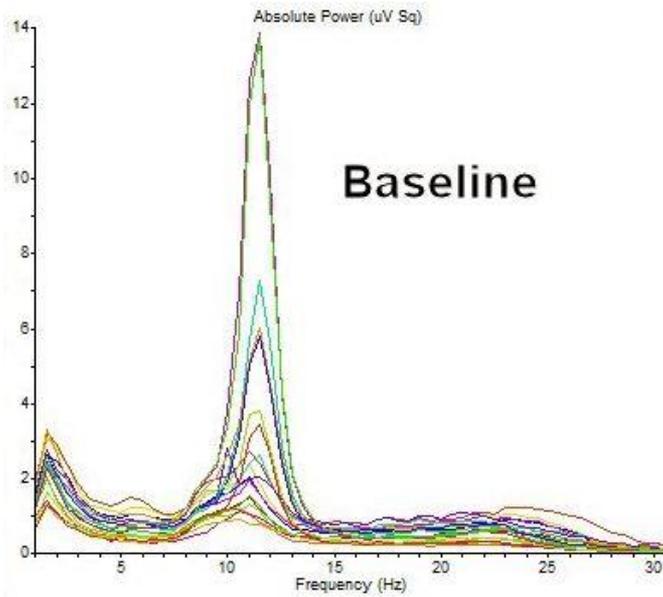
EEG ID: SS612Hea

FFT Absolute Power (uV Sq)



54 % increase peak Alpha

Receiving Deeksha healing



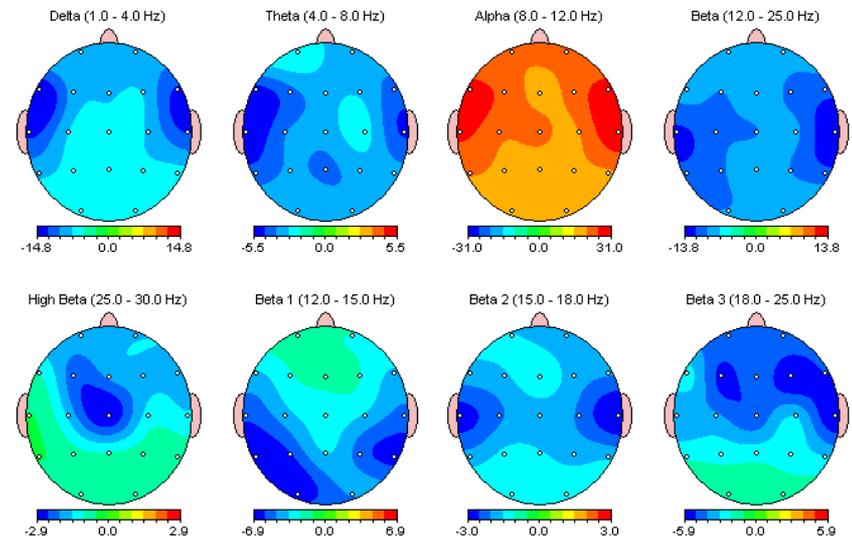
Alpha power 149% incr.

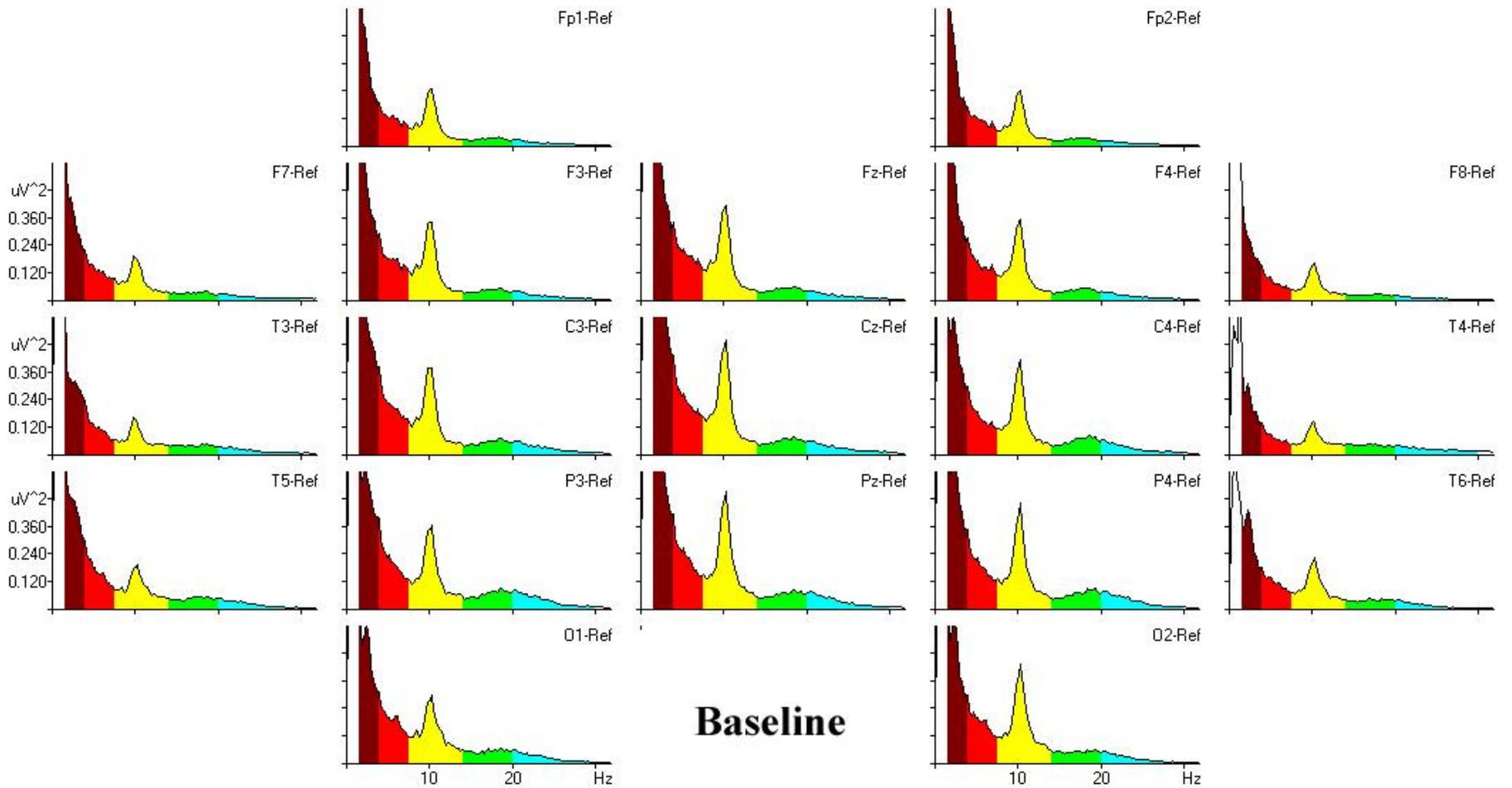


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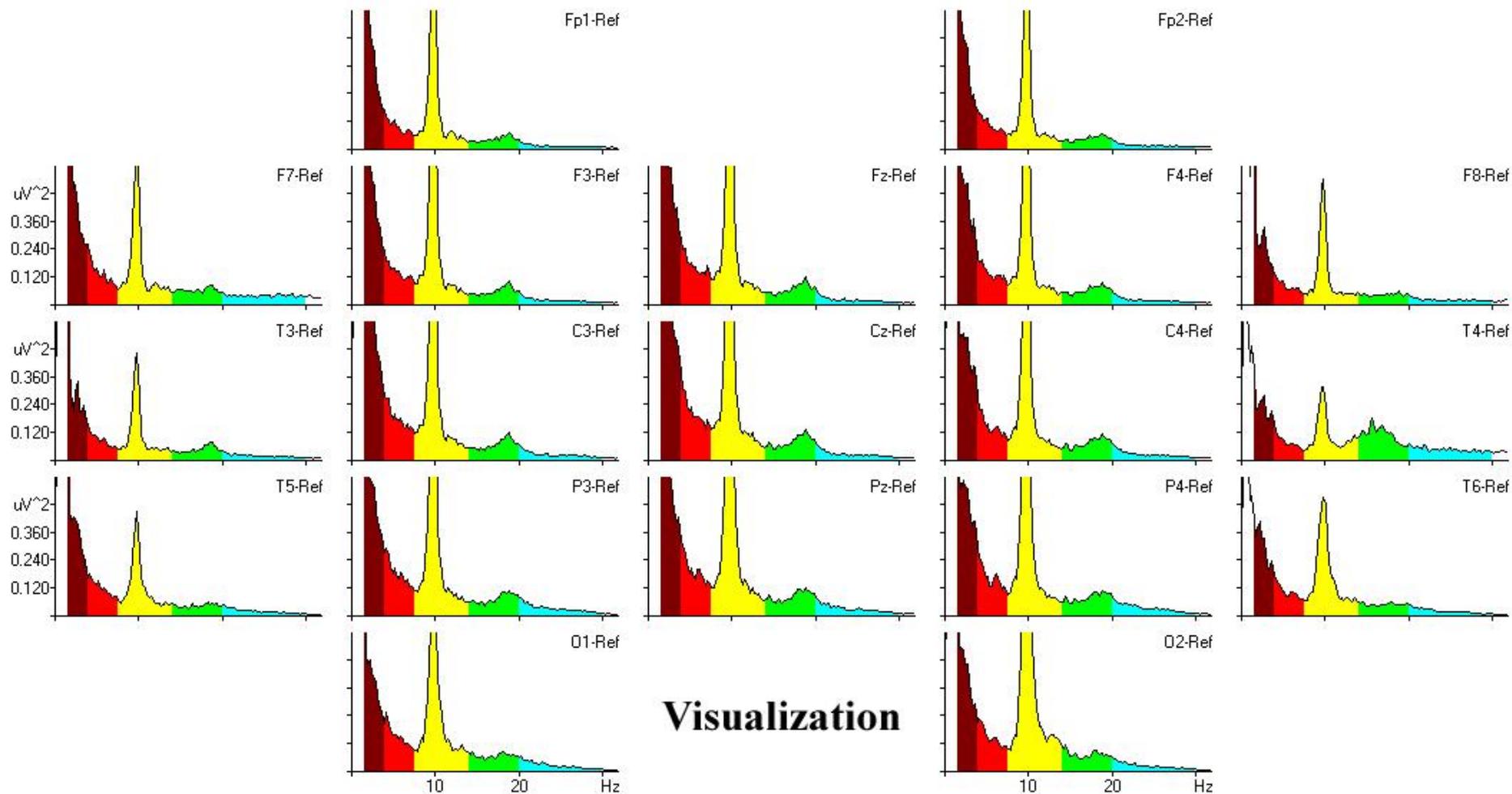
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FFT Relative Power Difference (%)





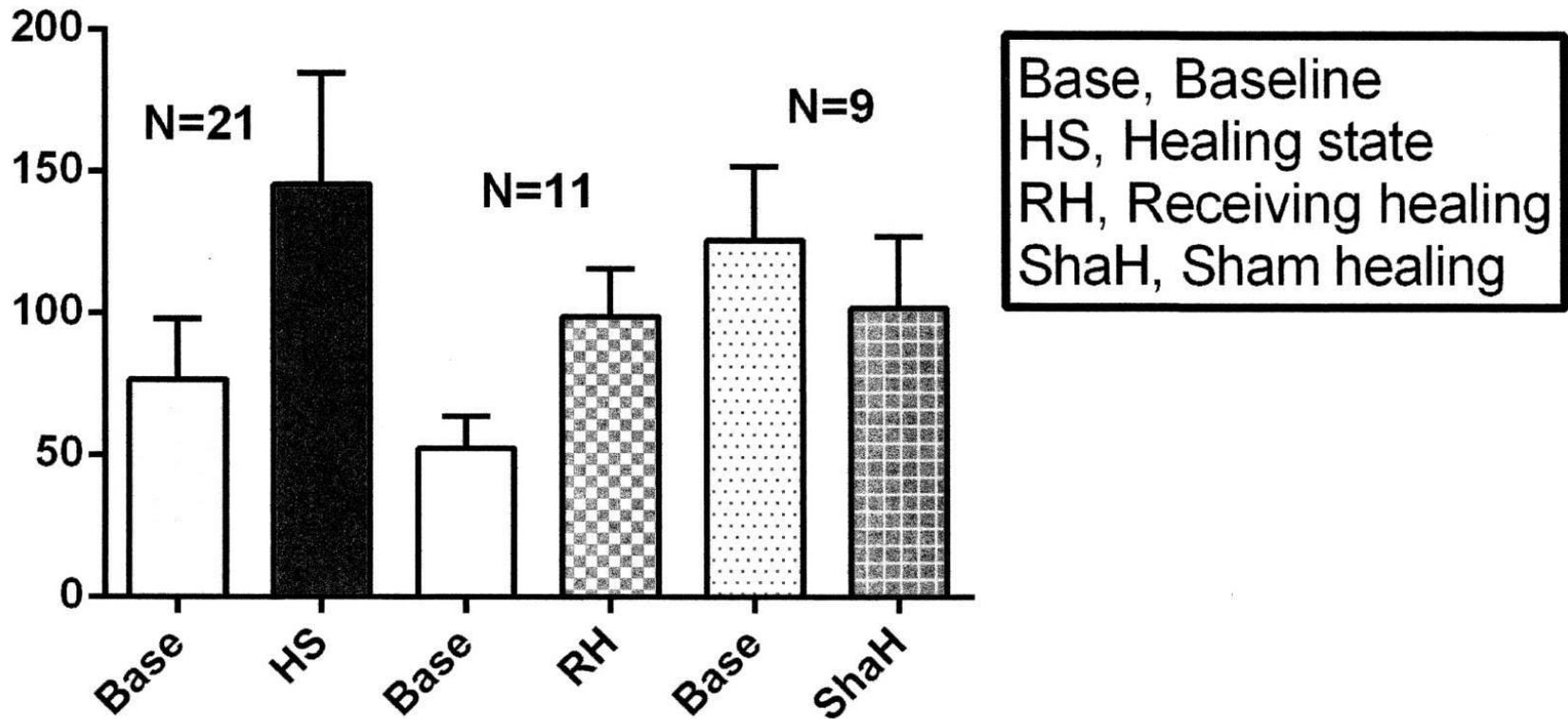
Buddhist Monk, Baseline and Meditation power spectra, 19 scalp locations, 10-20 system.



During a different meditation with visualization task Alpha power increased significantly.

Bargraph summary of overall results.

Mean Alpha absolute power uV2



Statistical t-test comparisons correlated samples, Baseline vs. treatment peak Alpha absolute power values for HS, RH and ShaH conditions.

- **For HS condition:** Peak Alpha absolute power values (uV²) comparison: Baseline (mean \pm SEM), **73.65 \pm 22.4, vs. 138.8 \pm 40.3** for HS condition; N=21 pairs, t= 3.37, df 19, P<0.0032 (two-tailed correlated samples). The mean \pm SEM percent increase was **98.05 \pm 15.10** .
- **For RH condition:** Peak Alpha power values comparison, baseline condition 54.2 \pm 13.9, vs 96.08 \pm 21.13 for receiving healing condition; t=4.4, df 8, P<0.0023 (two-tailed correlated samples). The mean percent increase was **105.17 \pm 26.17**
- **For ShaH condition:** Peak Alpha power values comparison, baseline condition 125.54 \pm 26.24 , vs 101.73 \pm 25.15 for “sham healing” (ShaH) condition; N=9, t 2.5, df 8, P<0.03 (two-tailed correlated samples). The mean percent **decrease** was **17.8 \pm 6 %**

Conclusions:

- A diverse sample of Energy Healers, practicing different modalities, was studied with QEEG brain mapping techniques.
- During testing, healers performed on site with a client present and also distant healing.
- The most consistent robust effect was a significant increase in Alpha absolute power in both the healer and the client during the HS (healing state), and the RH (receiving healing state) compared to control baseline power values.
- Sham-healers (control group) there was no statistically significant change in Alpha power. Analysis yielded a mean percent **decrease of 17.8+-6 %**
- The increased Alpha power is consistent with a visualization task coupled to a state of “letting go” and “getting out of the way”.
- These findings suggest a common physiological state accessed by all the diverse healers studied, and are consistent with a mechanism of resonance between healer and client.