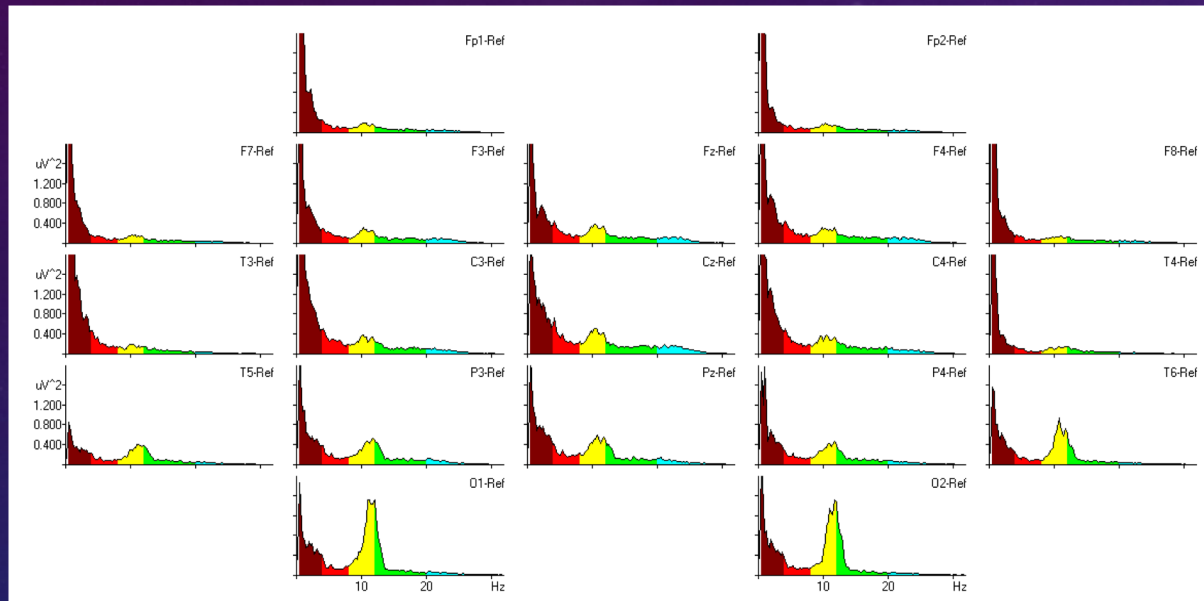
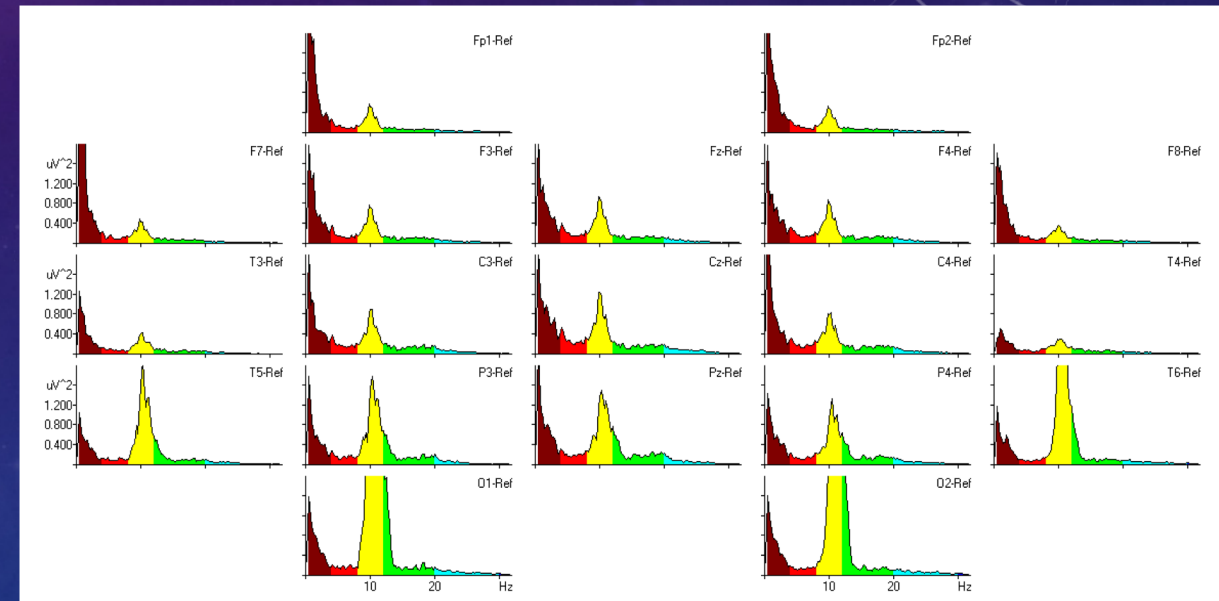


# FROM AN ALPHA PERSPECTIVE: HOW SHIFTING STATES SHOWS UP IN BRAINWAVE BEHAVIOR

8/14/2014 QEEG Sound healing and Reiki session with Clare Hedin. Prepared by Juan Acosta-Urquidi, PhD, QEEGT

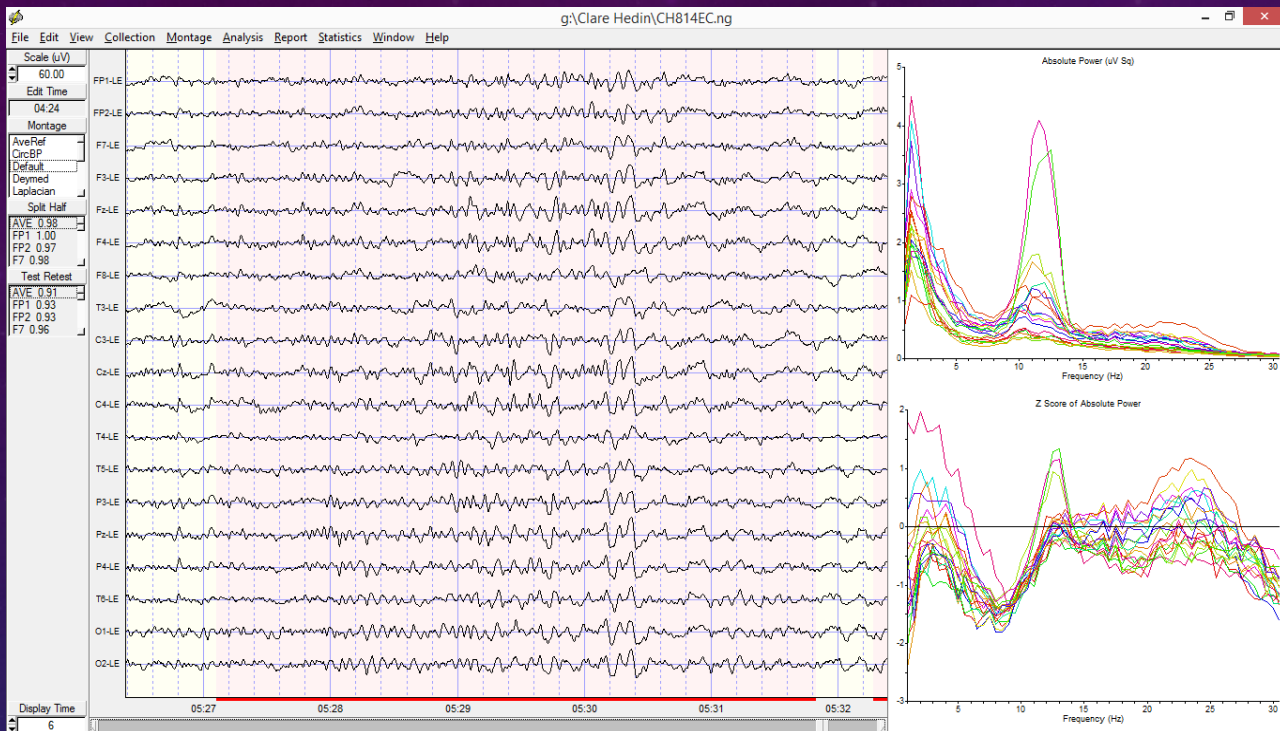


Baseline EC CH814EC (Mitsar WinEEG)

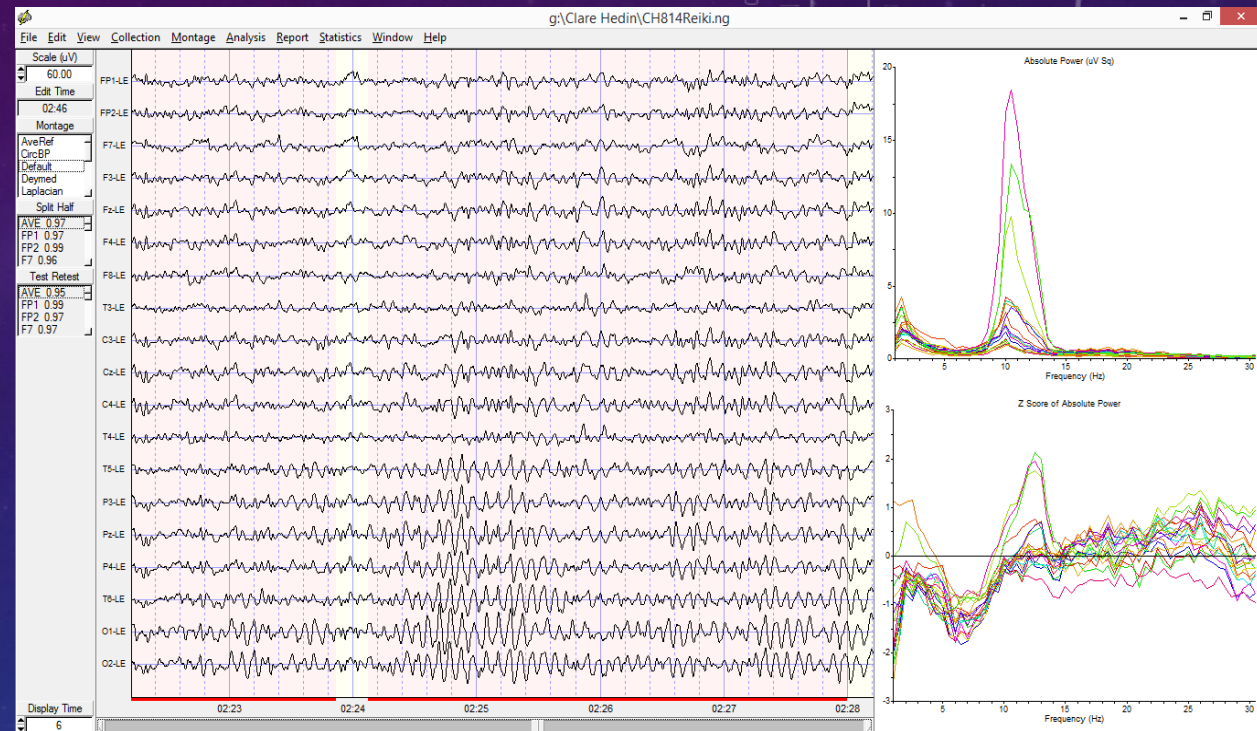


Reiki

Reiki session revealed a very significant increase in Alpha power. Alpha peak is ca.12 Hz (fast Alpha).



Baseline FFT spectra and sample raw EEG (Neuroguide software).



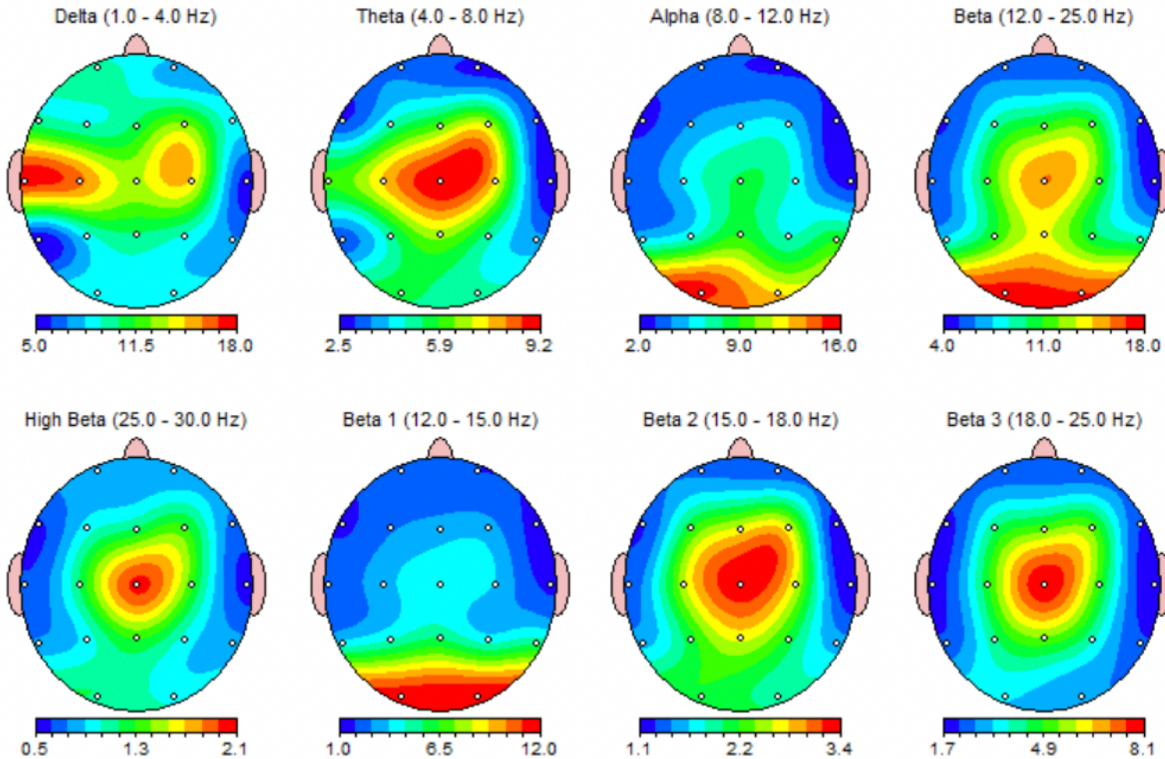
FFT spectra during Reiki session revealed very significant increase in Alpha power.



Montage: Default

EEG ID: CH814EC

FFT Absolute Power ( $\mu\text{V Sq}$ )

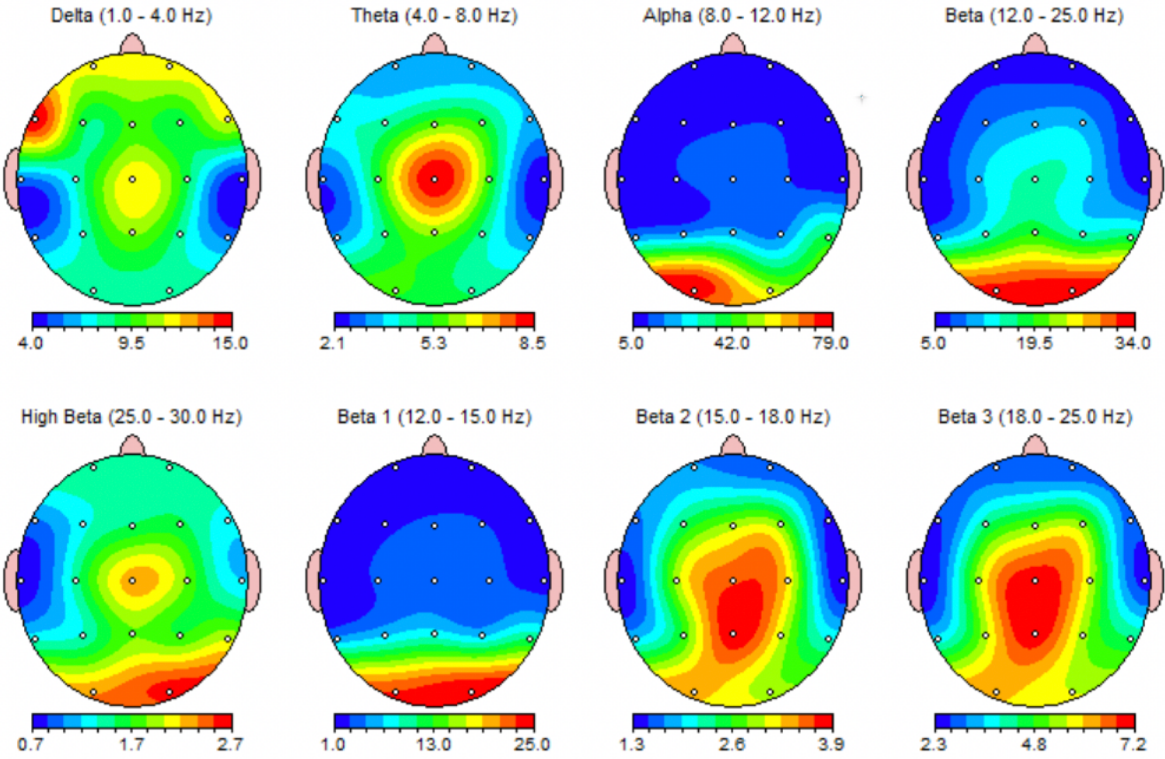


Baseline

Montage: Default

EEG ID: CH814Reiki

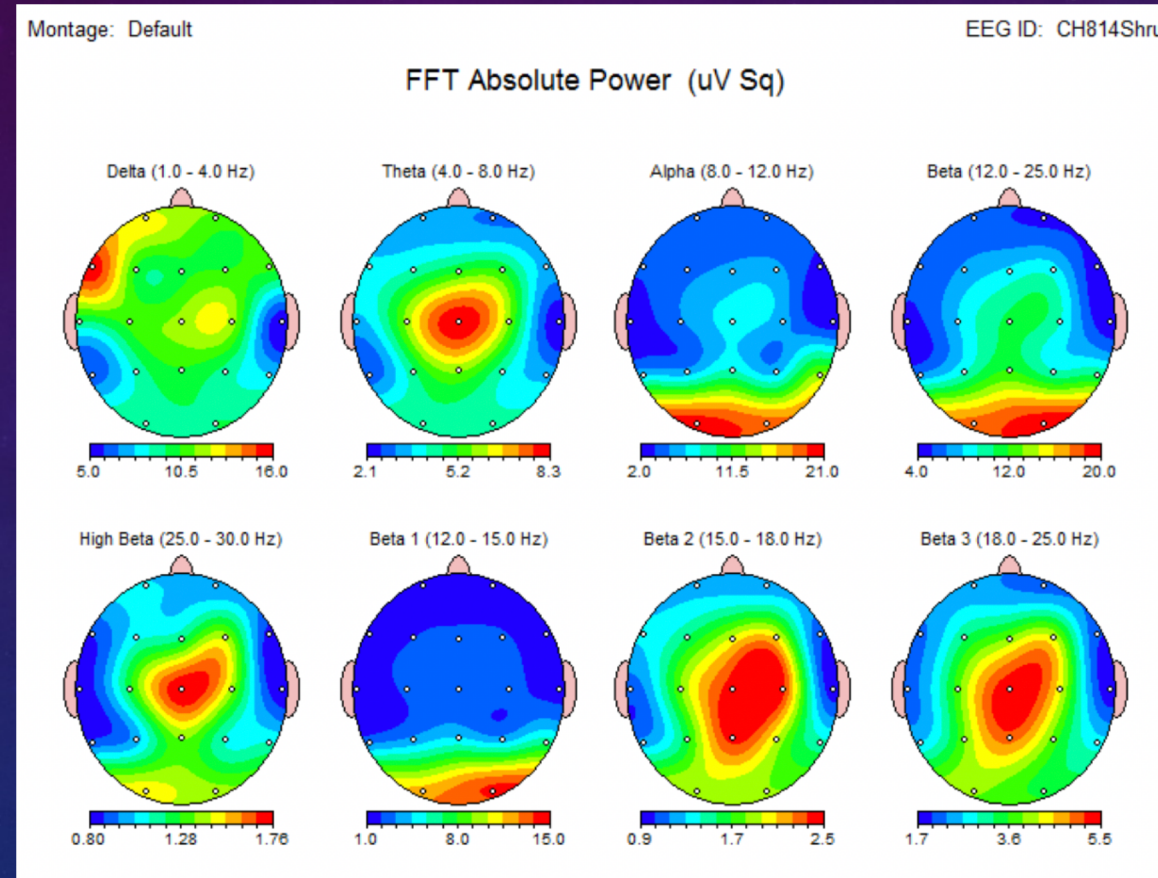
FFT Absolute Power ( $\mu\text{V Sq}$ )



Reiki



Comparison of Brain topographic maps showing Absolute power for all frequency bands. During Reiki healing Alpha power (peak value, red) increased from 16 to 79; a 393% increase.



During Shruti sound healing Alpha power increased from 10 to 21; a 110% increase.