

# Alpha power increases during energy healing. EEG studies of healers, mystics and shamans.

22th ISSSEEM Conference Research Symposium, June, 2014.

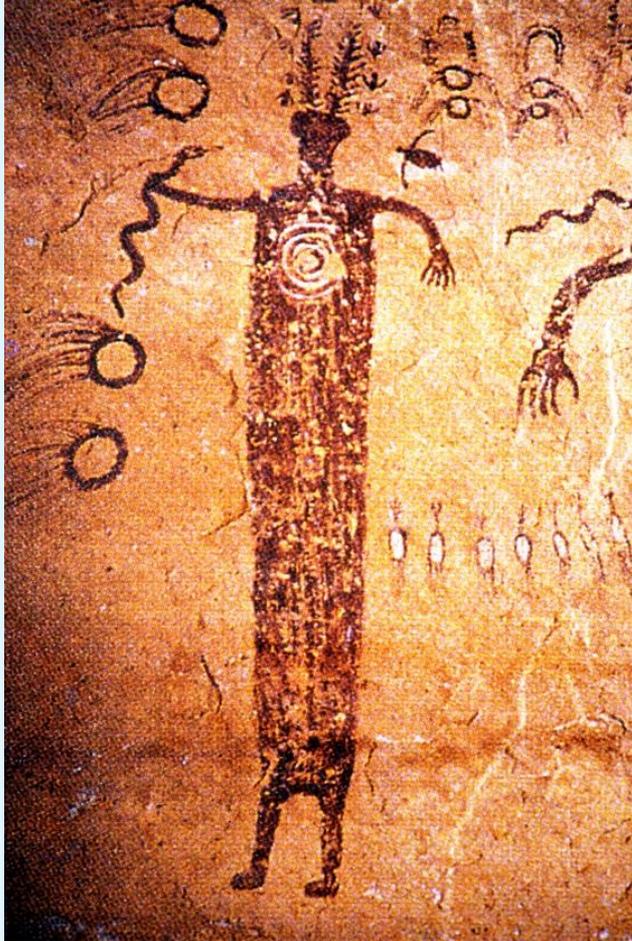
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[www.energymedresearch.com](http://www.energymedresearch.com)

[www.brainwavesandheartwaves.com](http://www.brainwavesandheartwaves.com)



# Energy healing practice is ancestral



## 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.



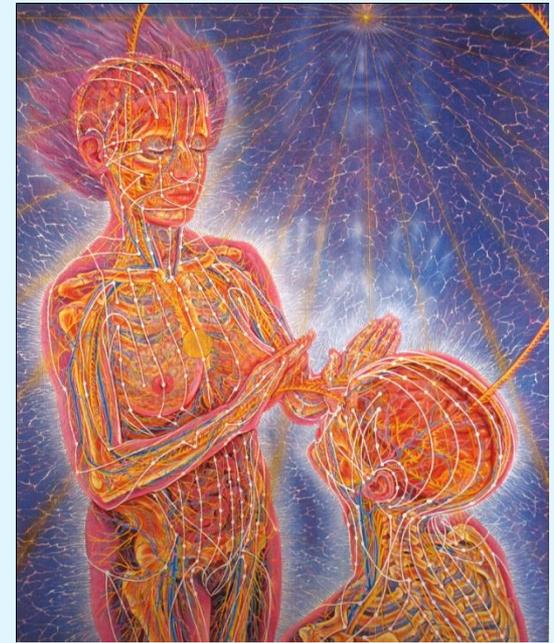
Alex Grey

## Spiritual Energy Body





Alex Grey



The present study asked the questions:

1. Do Energy healers from different modalities and traditions 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 match the healer's changed brainstate?



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



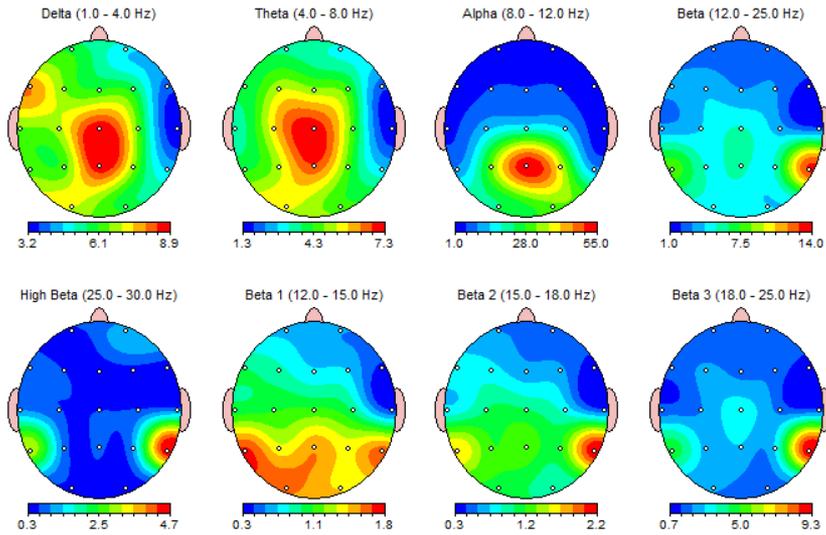
The author and William



## Science meets Faith

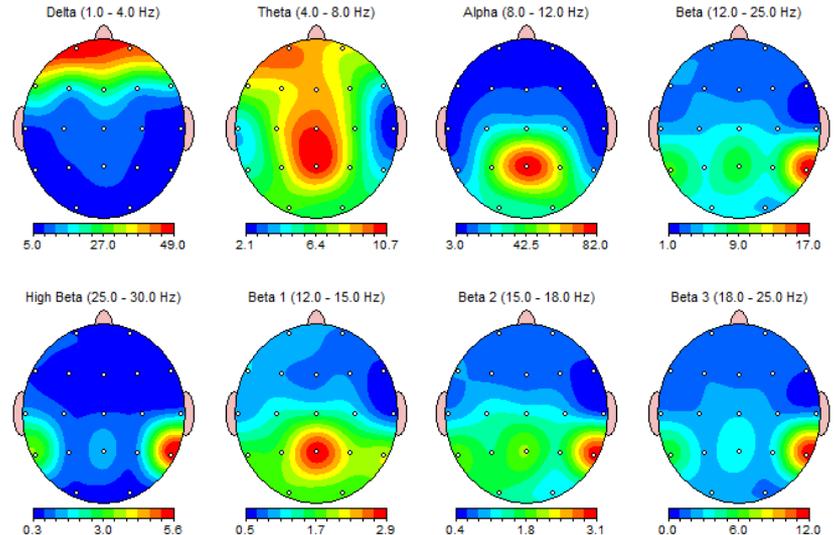


FFT Absolute Power (uV Sq)



Baseline

FFT Absolute Power (uV Sq)



Reiki HS



**Giving Reiki**

Brain topographic maps showing peak Alpha absolute power was increased 49 % during the HS (healing state) in Reiki healer.

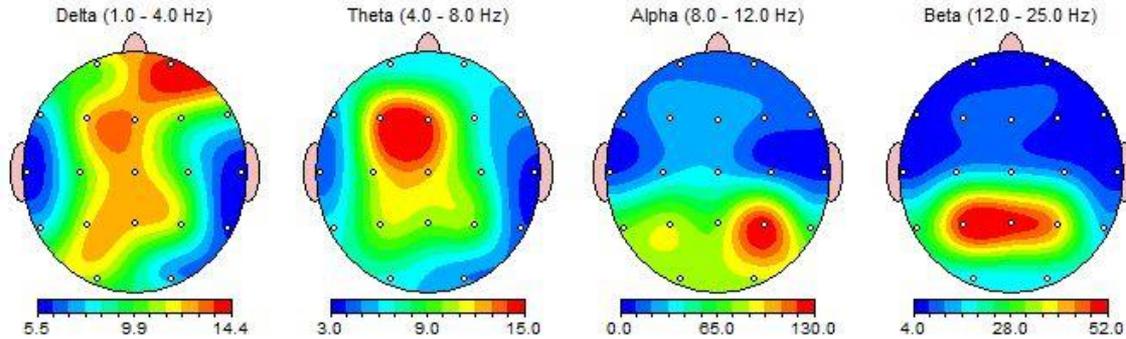


# Receiving Reiki

Montage: Deymed

EEG ID: YS125EC

FFT Absolute Power (uV Sq)

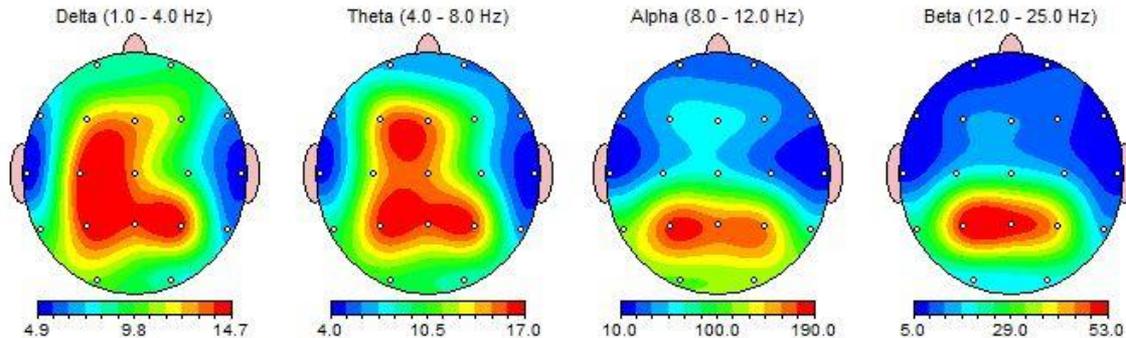


Baseline

Montage: Deymed

EEG ID: YS125HE1

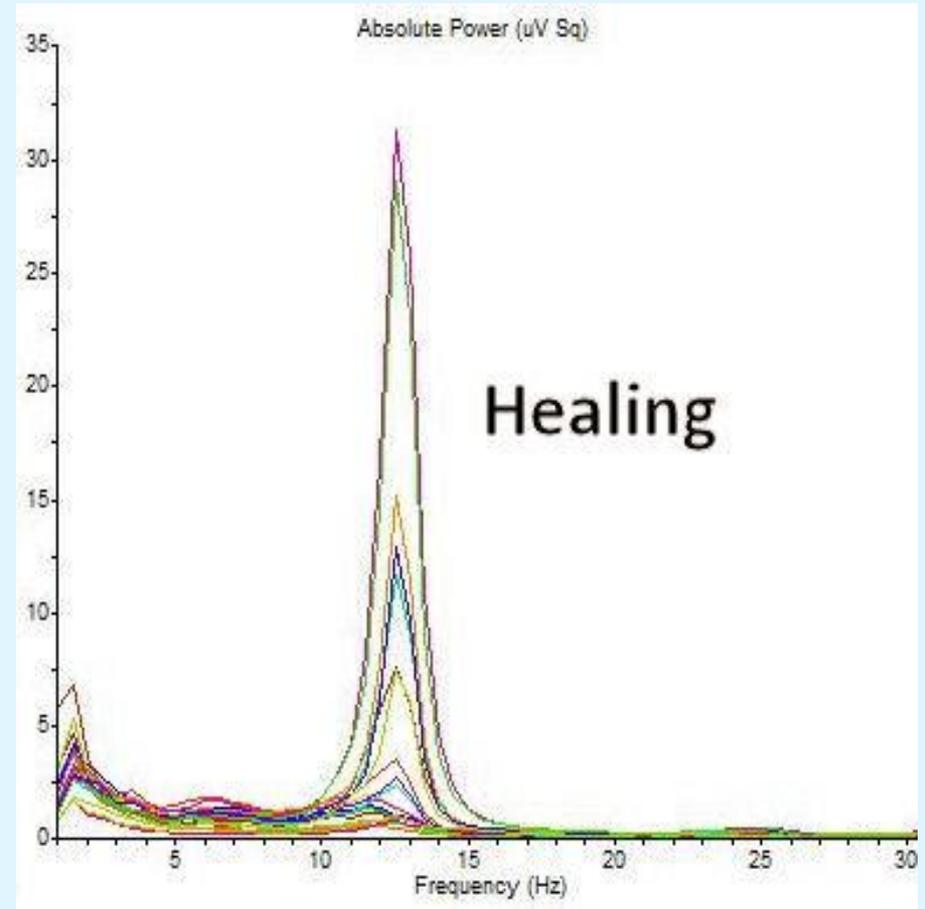
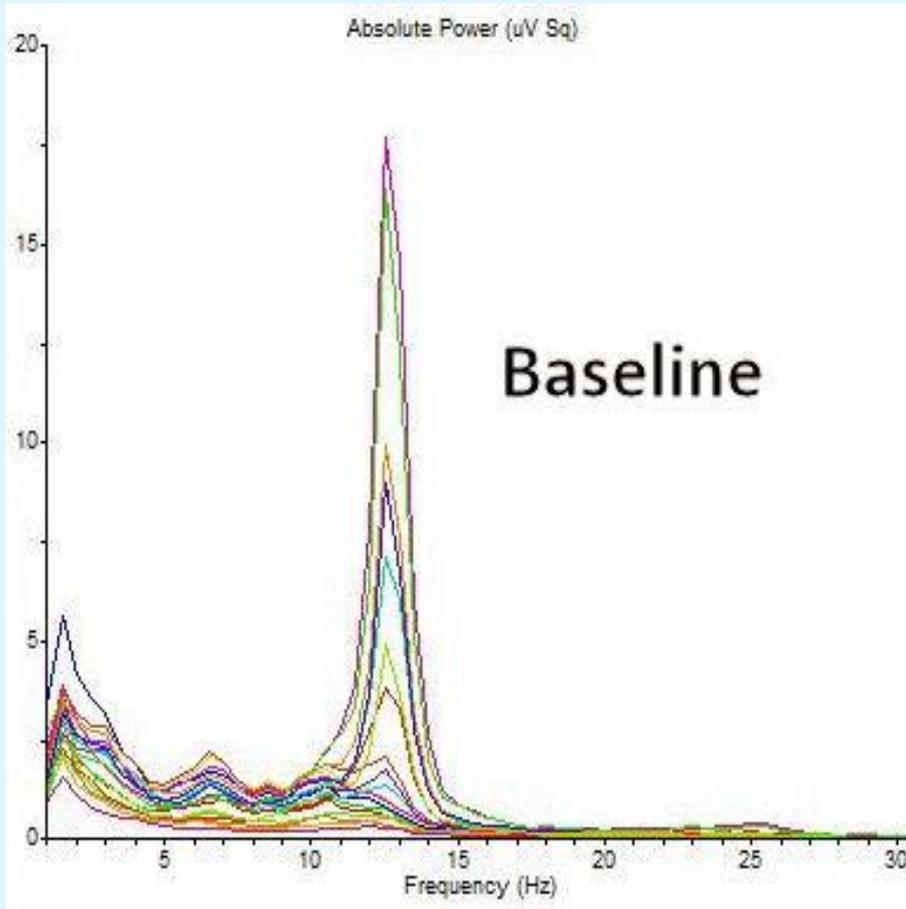
FFT Absolute Power (uV Sq)



Reiki

Topographic maps showing Alpha power increased 46% in client receiving Reiki healing (RH condition)



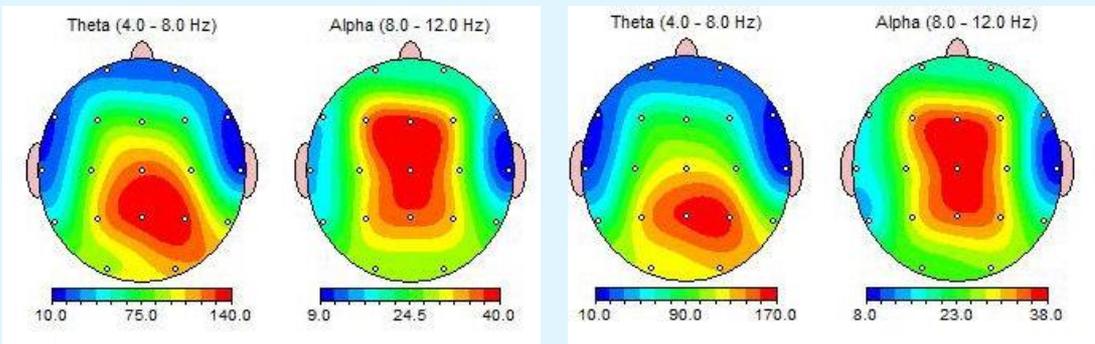


**FFT power-frequency spectra showing increased Alpha absolute power (48% incr.) during HS in Chinese healer trained in QiGong.**



# Theta Healer

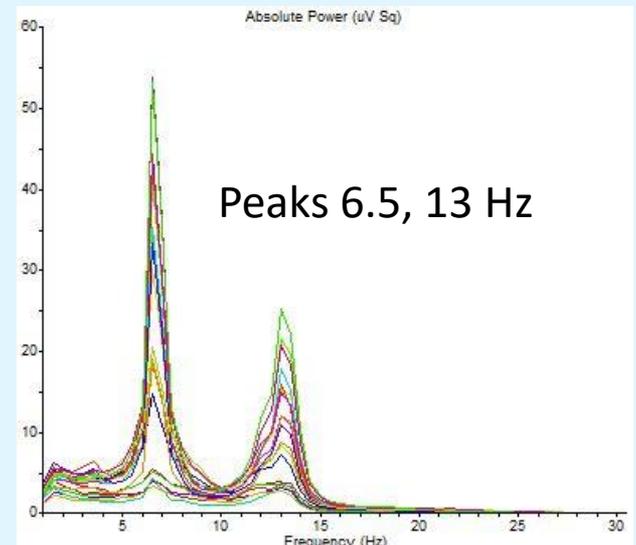
- High sensitivity reading clients' energy state.
- Medical intuitive, clairvoyant, highly empathic.
- Heightened ability to enter trance states and access subconscious material.
- Healer KH is in frequent communication with her Angelic guides.



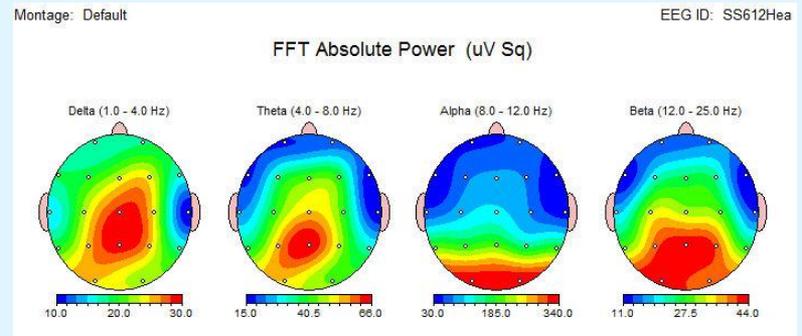
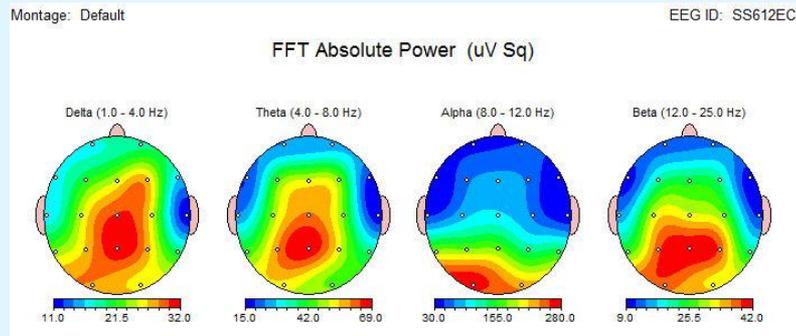
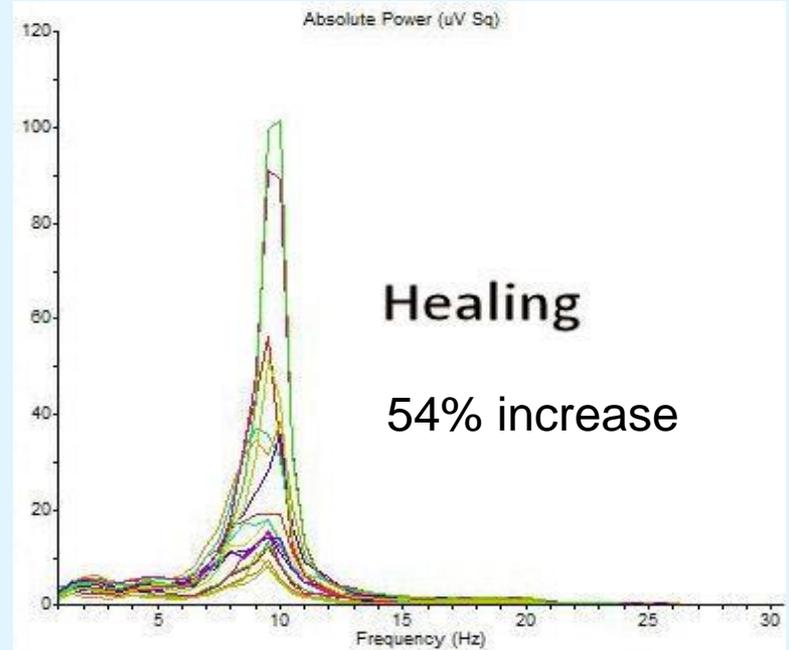
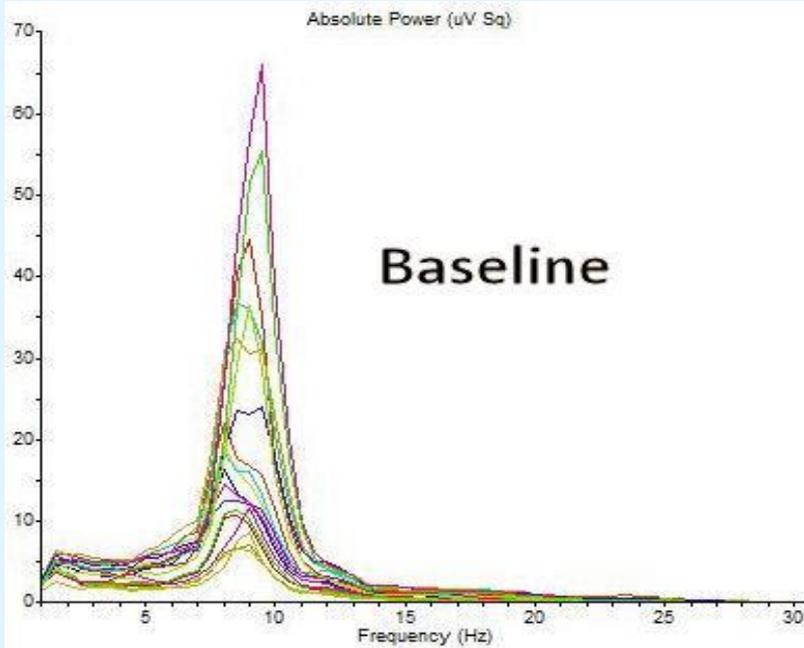
Baseline

HS

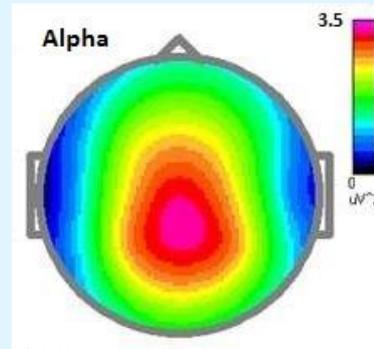
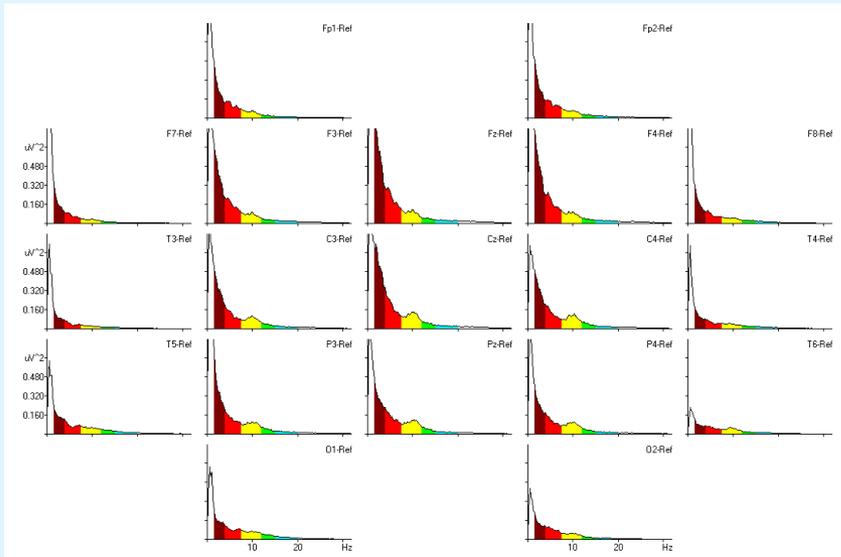
Alpha peak missing and so Theta (6.5 Hz) power increased 21 % during HS



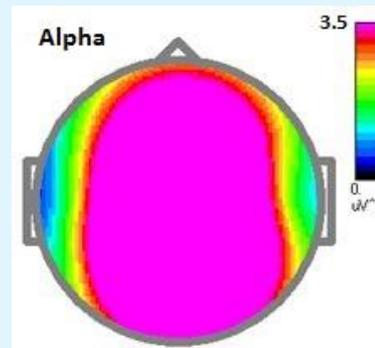
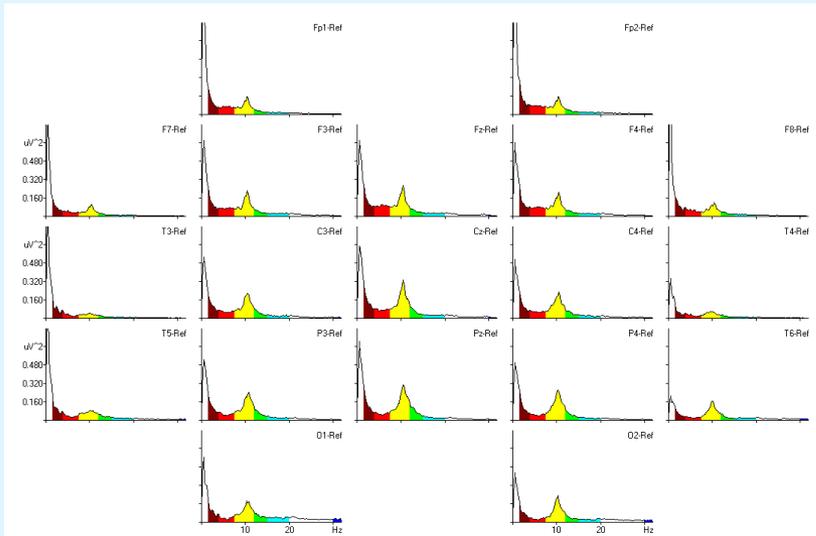
# Increased Alpha power during Holographic visualization healing



# Swamiji Nithyananda



**Baseline**



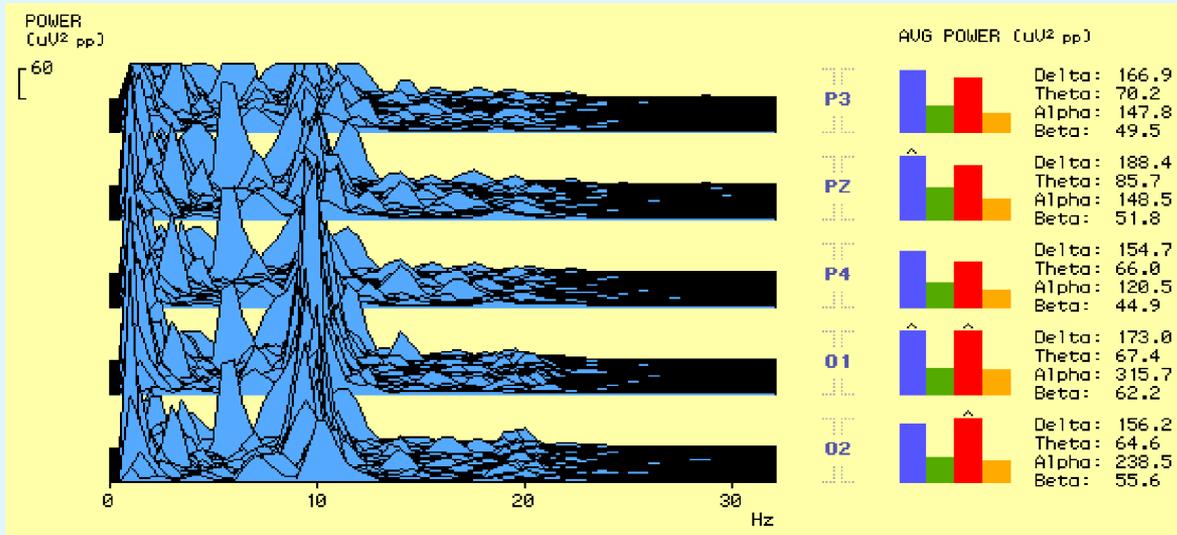
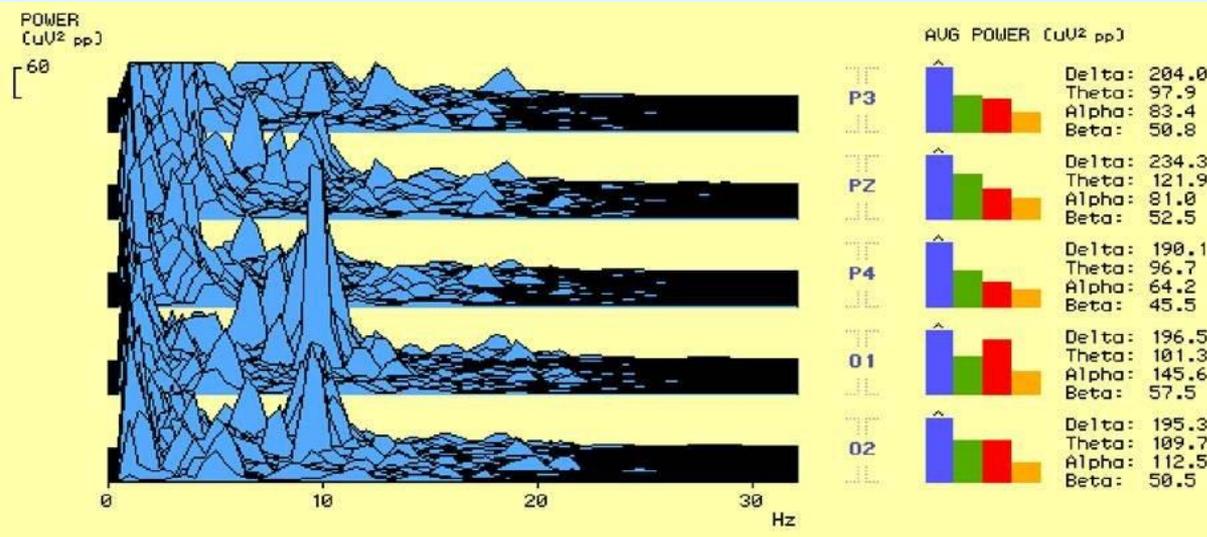
**Healing**



**Robust increase in Alpha power globally during healing (HS)**



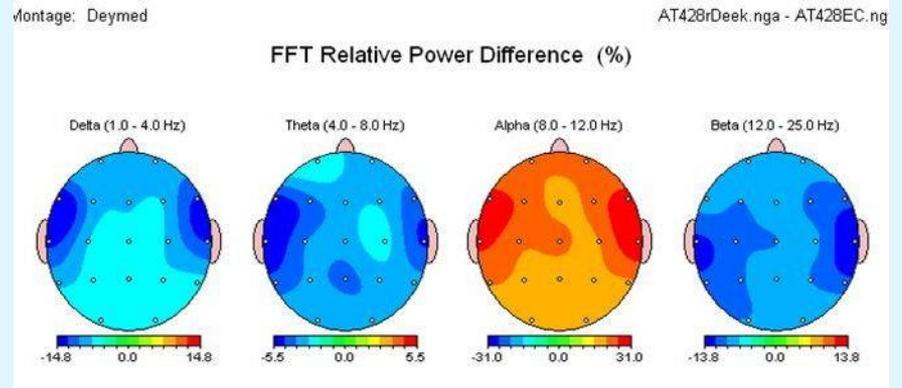
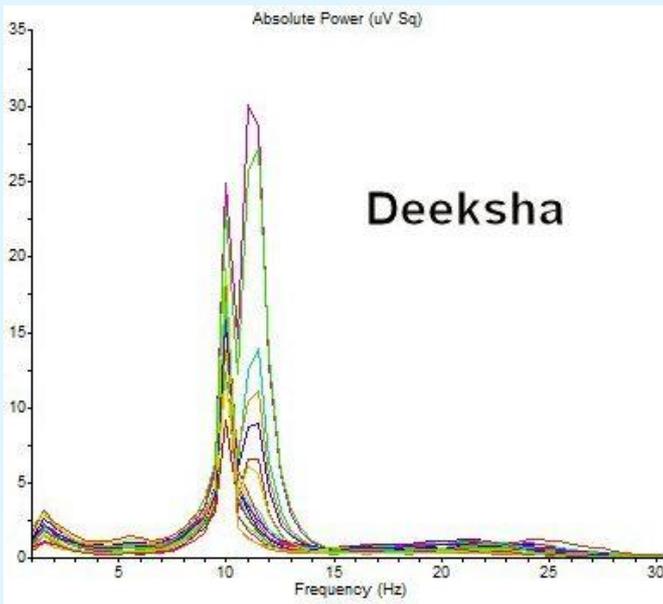
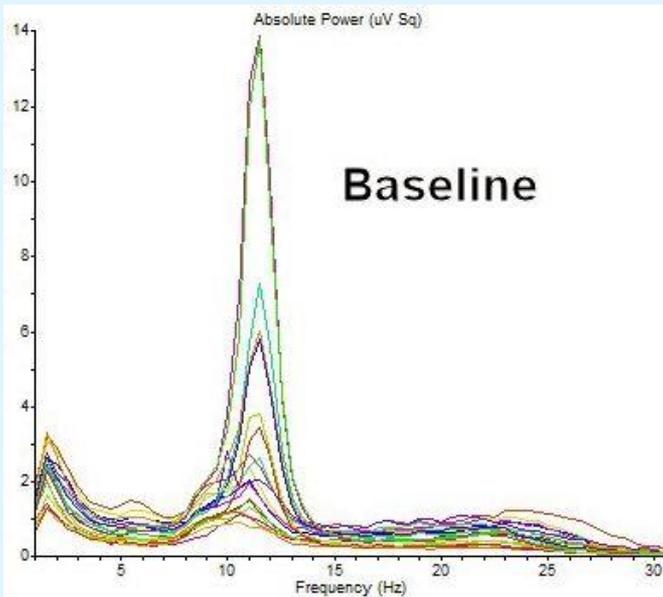
# QEEG studies of Peruvian Shaman



Showing Alpha power increased at parieto-occipital scalp sites



# Receiving Deeksha healing



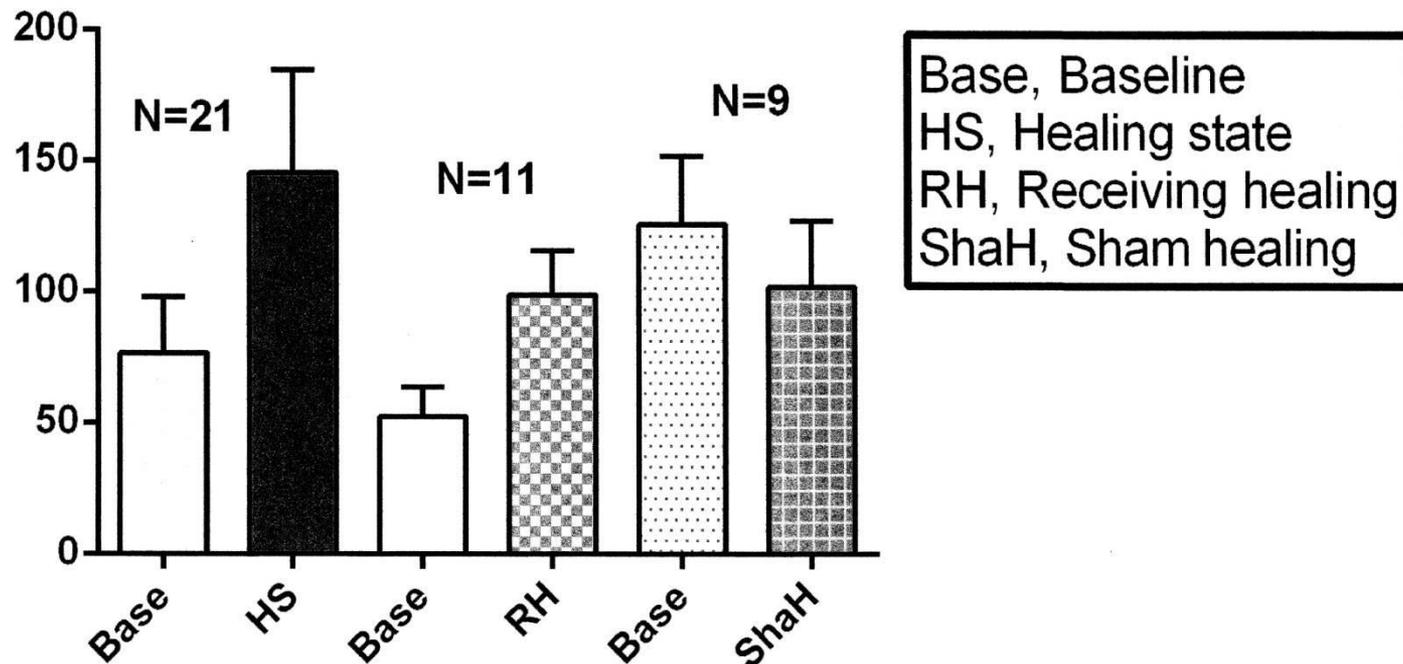
Showing selective increase in Alpha power

**Alpha power increased 149%**



## Bargraph summary of overall results.

Mean Alpha absolute power  $\mu\text{V}^2$



## Statistical comparisons of Baseline vs. treatment peak Alpha absolute power values for HS, RH and ShaH conditions:

- **For HS condition:**
- Peak Alpha absolute power values ( $\mu V^2$ ) 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

- EEG testing of healers was carried out under two conditions:
- 1. on-site with a client present, and 2. distant healing.
- The most consistent and 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 (ShaH as a control group) did not show increased Alpha power (no statistically significant change) and the analysis yielded a mean percent **decrease of 17.8+-6 %**
- The increased Alpha power was consistent with subjective self-reported visualization task coupled to an internal 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 possible mechanism involving resonance between healer and client.

