



CONSCIOUSNESS AND HEALING INITIATIVE

# ***Consciousness and Healing Initiative (CHI) 2018 Annual Report***



<https://www.chi.is/>



**(619) 363-3218**



**admin@chi.is**



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## **Letter from President and CEO**



***Greetings CHI Community, Contributors and Supporters! We hope this letter finds each of you in the best of health and spirits, and that your 2019 is off to a great start!***

***2018 was an exciting and productive year for CHI, with many wonderful surprises along the way! Our vision to “ignite human healing potential to help foster healthy, sustainable lives” has helped us cultivate impact and experiences that none of us anticipated. We are excited to share CHI’s notable achievements with you in this 2018 Annual report.***

***We are also excited to share with you that upon 3 weeks of applying to the IRS in the summer of 2018, CHI obtained approval to become its own tax-exempt 501c3 organization! We have never heard of any organization obtaining 501c3 status so quickly and believe this as a “sign from the universe” that the time has come for CHI to grow and scale its impact. Within weeks of obtaining 501c3 status, CHI received multiple donations from new foundations, which reflects the enthusiasm our growing community has for our work.***



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***Lastly, we are immensely grateful for and wish to publically thank CHI's Founding Partner, San Diego Cancer Research Institute (SDCRI), for all their tireless support in fostering CHI's growth as a sponsored project under their nonprofit umbrella. SDCRI's support over the past few years enabled CHI to grow its impact while preparing to become its own 501c3 tax-exempt, social profit organization. Special thanks to the SDCRI team who put in tireless hours and love to help nurture and grow CHI over the years, including Dr. Daniel Vicario, Mary Hollander, Penby Au and Claudio Garcia.***

***We look forward to continued collaboration with SDCRI as well as CHI's other Founding Partners, including Miraglo Foundation, Institute of Noetic Sciences, and Chopra Foundation in 2019, and are excited to expand our collaboration and impact with new organizations as well.***

***On behalf of the CHI BOD, Partners and Collaborators, we thank you for supporting our collective mission to lead humanity to heal ourselves.***

***Sincerely,***

***Shamini Jain, Ph.D.  
President and CEO (Collaborative Execution Orchestrator)  
Consciousness and Healing Initiative - CHI***



## Summary of 2018 Progress

### ***Network Impact and Community Education (NICE) Program***



Educated over 100,000 people in the science and practice of healing



Launched Monthly CHI Webinar Series



Built CHI Contributor Center with monthly meditations, connection platforms, unlimited webinar access, conference discounts and more



## ***CHI Science Program Achievements***



Fostered Scientific Research Collaborations among 25 scientists, healers and spiritual leaders nationally and internationally



Took scientific delegation to India to foster cross-cultural dialogue and research in group meditation and prayer



Fostered healer-scientist protocol development and research examining reliability of healers in sensing the biofield



## **Network Impact and Community Education (NICE) Program 2018**

### **Updates:**

**A key focus for 2018 has been to share what we know about the science and practice of healing with the greater broader community, and foster inter-professional collaboration among scientists, educators, healers, technologists and artists who all work in the service of scaling healing. CHI's NICE Program achieved the following in 2017:**

- **To date, educated over 100,000 people on the science and practice of healing, through CHI's educational videos (via CHI's [Facebook Page](#) and [Youtube Channel](#)), which showcase a diverse group of leading scientists, doctors, artists and spiritual teachers on scientific and clinical perspectives on healing.**
- **Educated over 3000 scientists, healthcare practitioners, business executives, and educators through 9 live keynote presentations at academic and health-related conferences and universities in the United States (through CHI Core members Dr. Shamini Jain, Dr. Richard Hammerschlag, and Dr. David Muehsam).**
- **Provided in-depth education to over 5,000 CHI community members on the science and practice of healing through bi-weekly newsletters featuring key leaders in the science and practice of healing. Newsletters feature cutting edge current research, clinical perspectives, and cultural perspectives on consciousness and healing from scientists and practitioners in the field, as well as share key events and gatherings on consciousness and healing from our partners and collaborators. We CHI gets tremendous positive feedback on these newsletters, with open and click-through rates that are double and triple of normal open rates for non-profits, respectively. In case you missed any of them, please see our [archive of newsletters, here](#).**
- **Ignited human healing potential to new community members through CHI's first live transdisciplinary workshop, entitled "[Free Your Energy, Transform Your Life](#)" with CHI Scientists and Healers at Kripalu Yoga Center in October 2018. We received glowing reviews from attendees, including one attendee who said this was the best workshop she attended in 16 years at Kripalu. (Anonymous reviews of the workshop are available upon request). We will be holding this retreat again at Kripalu on September 8-13, 2019, so mark your calendars!**



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- **Educated over 1500 people through a new, “[CHI Webinar Series](#)” (started in September 2018), which brings luminaries in the science and practice of healing to discuss cutting-edge biofield research as well as clinical perspectives on the biofield and healing. These webinars were requested by the CHI community, and have had very high attendance rates. We are receiving lots of gratitude from the healing community for these webinars.**
- **Fostered deeper connection and education as well as sustainability, through a “[CHI Contributor Center](#)”, where for a modest \$60/month, contributors receive:**
  - **downloadable monthly meditations from CHI’s luminaries in healing**
  - **unlimited access to CHI Webinars including replays, audio downloads, and powerpoint slides**
  - **all access to the 2016 CHI Summit materials, including videos, powerpoint presentations, and audio files**
  - **conference discounts to Partner events**
  - **connection platforms for CHI Community members**
  - **other resources including the Biofield Science Special Issue**
- **Created an easily accessible [CHI Blog posts](#) webpage that features key science, practice, and policy perspectives by CHI scientists, healers, educators and other CHI contributors on website and social media**
- **Maintained a free, state-of-the art, easily navigable resources page with free, evidence based information on the science and practice of healing (please see [www.chi.is/resources](http://www.chi.is/resources))**
- **CHI and its partner Miraglo Foundation co-sponsored the annual [Rock Goddess Tribute](#) Benefit in San Diego, to raise awareness and support for the [Tariq Khamisa Foundation \(TKF\)](#) to aid in their mission of creating safer schools and communities by teaching and inspiring peace, hope and forgiveness in youth. The event brought together and highlighted 9 local female musicians, who raised nearly \$5000 for TKF through their tribute of female soul and rock legends from the 60s to the present day.**



## **CHI Science Program 2018 Updates:**

**CHI has received grants for and commenced several scientific research projects:**

***The Power of We Project is an exploration of the power of collective intention, meditation and prayer. With an emphasis on the study of group meditation, shared ritual experience and global events, CHI is using leading edge methods to explore how peoples' physiological and energetic bodies respond and may even become synchronized during group activities.***

- ***India 2018: To kick off this research program, and help answer these questions from a collaborative, intercultural perspective, CHI and its partner Miraglo Foundation fostered a delegation of 7 scientists to Tamil Nadu, India last November, where we visited several ashrams in the traditions of bhakti yoga, jnana yoga, and integral yoga. Our scientists had the opportunity to have deep dialogue and experience with spiritual leaders as well as resident scientists in these Indian ashrams, leading us to expand our frameworks of understanding consciousness and healing, through indigenous spiritual perspectives. (Check out our [webpage for videos of the cross cultural dialogue between our scientists and India's spiritual leaders](#),). As you can imagine, the experience was profound for our delegates.***

***While in these ashrams, we collected synchronous brain (EEG) and heart (EKG) data on participants during group meditation and prayer activities, to explore whether or brains and hearts come into coherence during collective practice. We also collected data to explore possible changes in human biophotonic emission and atmospheric capacitance while in sacred, "conditioned" spaces. Data analysis for this project is currently underway, and we are excited to share the data results through scientific publication and other methods in 2019. Stay tuned!***

***Biofield Tuning - Tuning Fork Diagnosis (in collaboration and supported by the Biofield Tuning Institute)***

***Developed by Eileen Day McKusick, Biofield Tuning (BT) is a vibrational medicine technique for sensing changes in the biofield around a person using a***



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***handheld tuning fork. According to McKusick, BT practitioners learn to work with mind and memory by hearing and feeling changes in the vibration of a tuning fork as it moves through a person's biological field. CHI has recently performed a pilot study to test whether several BT practitioners can identify the same areas of turbulence within the biofields of a series of volunteers. This study will provide a scientific perspective on the idea that BT practitioners can detect health-related information stored in the human biofield. The study design CHI has developed will provide a template for further scientific study of many holistic therapies via the biofield. Results are now being analyzed. Once completed, the results will be submitted for publication in a peer-reviewed scientific journal.***

### ***Phantom Leaf Project: multi-site replication***

***Persistence of aura-like outlines under high-voltage gas discharge conditions (Kirlian photography) of whole leaves following removal of a portion of the leaf has been reported since the 1970s and was recently reported in the Journal of Alternative and Complementary Medicine (JACM. 2015 Feb;21(2):83-90). This groundbreaking result requires clear replication and extension in order to produce a better understanding of the underlying mechanisms. Seven laboratories will collaborate on the study using identical imaging equipment in order to attempt simultaneous replication. This study will use state-of-the-art digital high-voltage discharge imaging techniques. Replication in multiple laboratories would produce convincing evidence of the phantom leaf phenomenon, leading to some of the clearest and convincing evidence that biofield interactions carry information corresponding to the physical structure of living organisms.***