

IONS

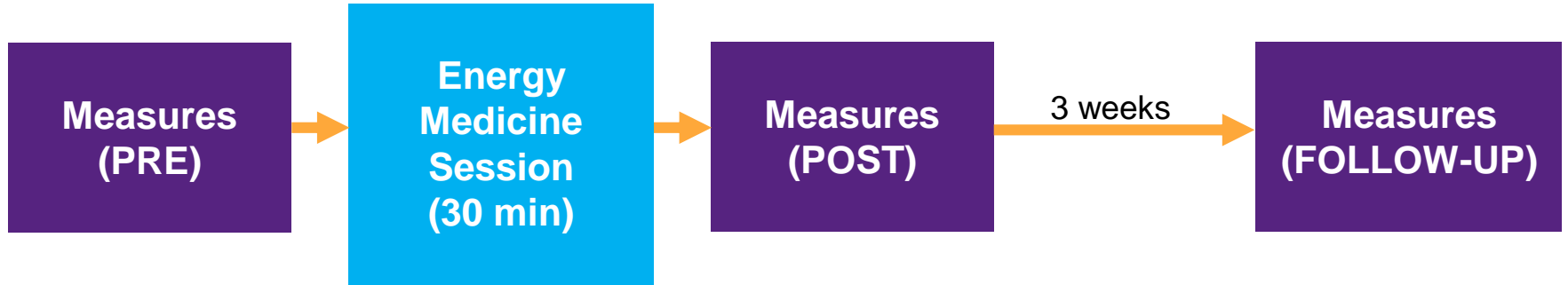
INSTITUTE OF NOETIC SCIENCES

**Exceptional Healers
Pilot Study: Evaluating
the Effectiveness of
Energy Medicine
Modalities**

 **Emerald Gate**



Pilot Study Design



Prospective, within-subject design

No control condition (all subjects received authentic treatment)

Healing Intention

**Alleviation
of Pain**



Alleviation of Pain

**Hand and
Wrist Pain**



Practitioner Criteria

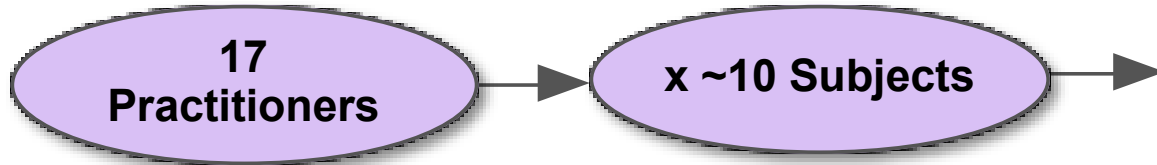
- Provide exceptional professional referrals
- Experience alleviating pain
- Believe they can reduce pain in one session
- Willing to reside at IONS for a week
- Able to deliver ~10 sessions during the week
- Willing to remain seated for first and last 6 minutes of session (for quality of ECG data collection)



Biofield Therapy Modalities

- Shaktis
- Barbara Brennan method
- Reiki
- Rosalyn Bruyere method
- Clairvoyant healing
- Bengston Energy Healing method
- Healing Touch
- Peruvian shamanic healing
- Psychokinetic healing
- Channeling healing energy of ascended masters
- Calling in Holy Spirit
- Quantum healing
- Exponential Intelligence
- Pranic Healing
- Quantum Touch
- Krysantha Healing
- Psychic manipulation of auras

Experiments Conducted Over 9 Months



190 Subjects

Inclusion Criteria

- Over 18 years old
- Pain, numbness, or tingling in the hand, fingers or thumb

Exclusion Criteria

- Pacemaker
- Pregnancy

Electromagnetically Shielded Chamber

Steel walls
8 ft. x 8 ft. x 8 ft.



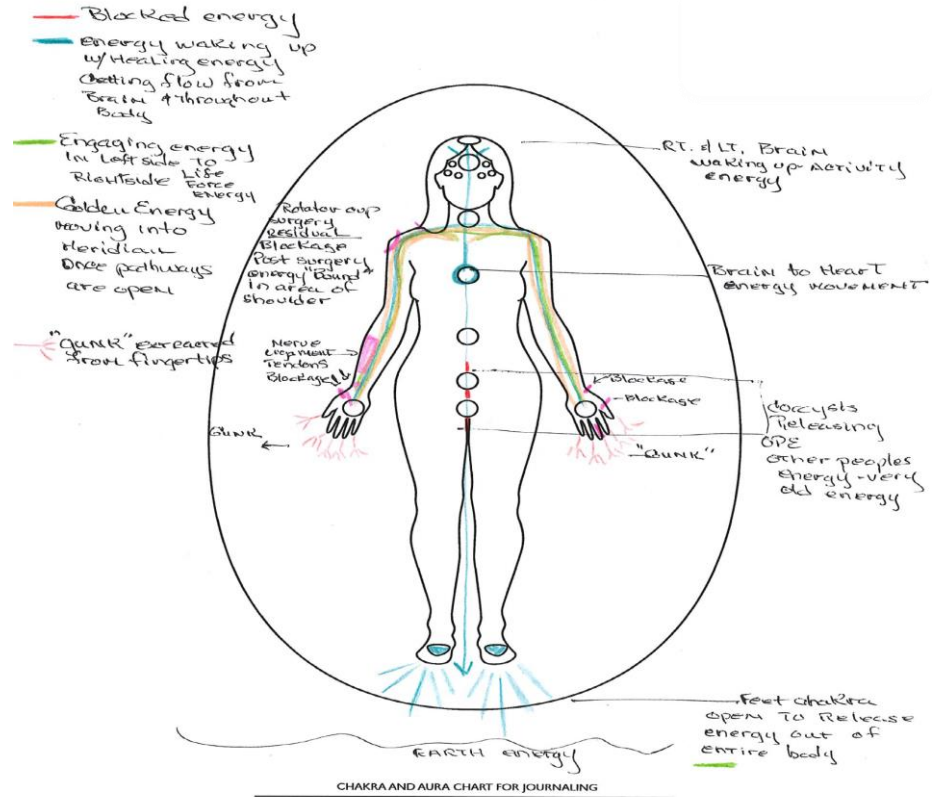
Electromagnetically Shielded Chamber

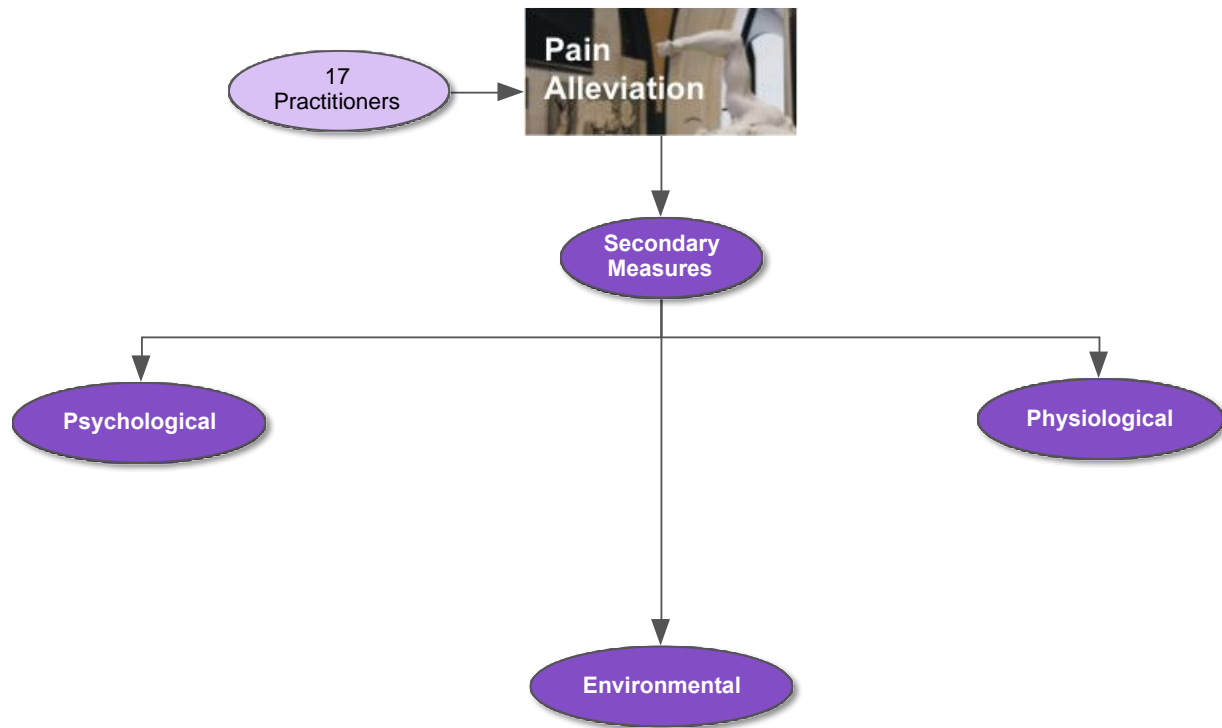


Seer



Ritual clearing of the energy of the room between sessions
(Clean Sweep, Energy Tools Intl.)





Demographics

Age 54.4 (14.4)

Education 15.6 (2.4)

Female 86%

Caucasian 82%

In Relationship 66%

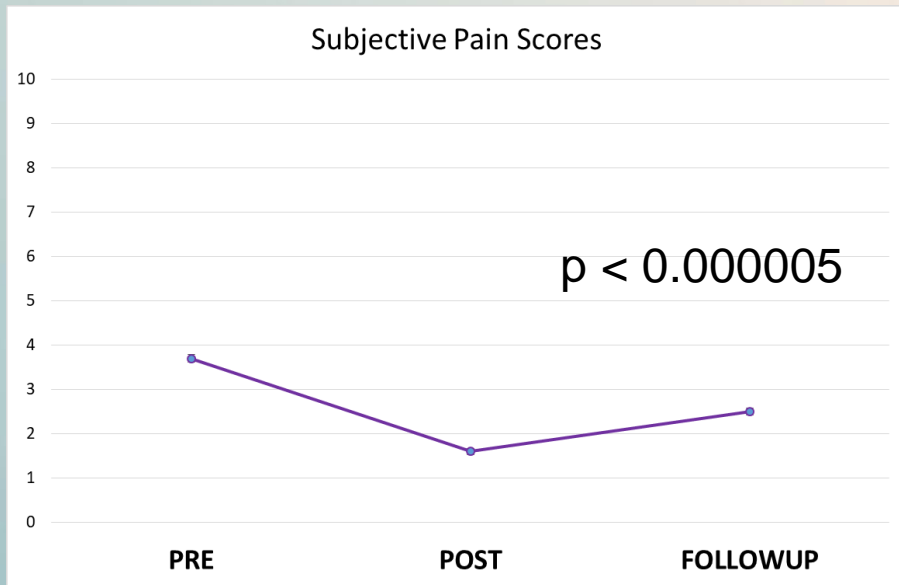
Overall Health

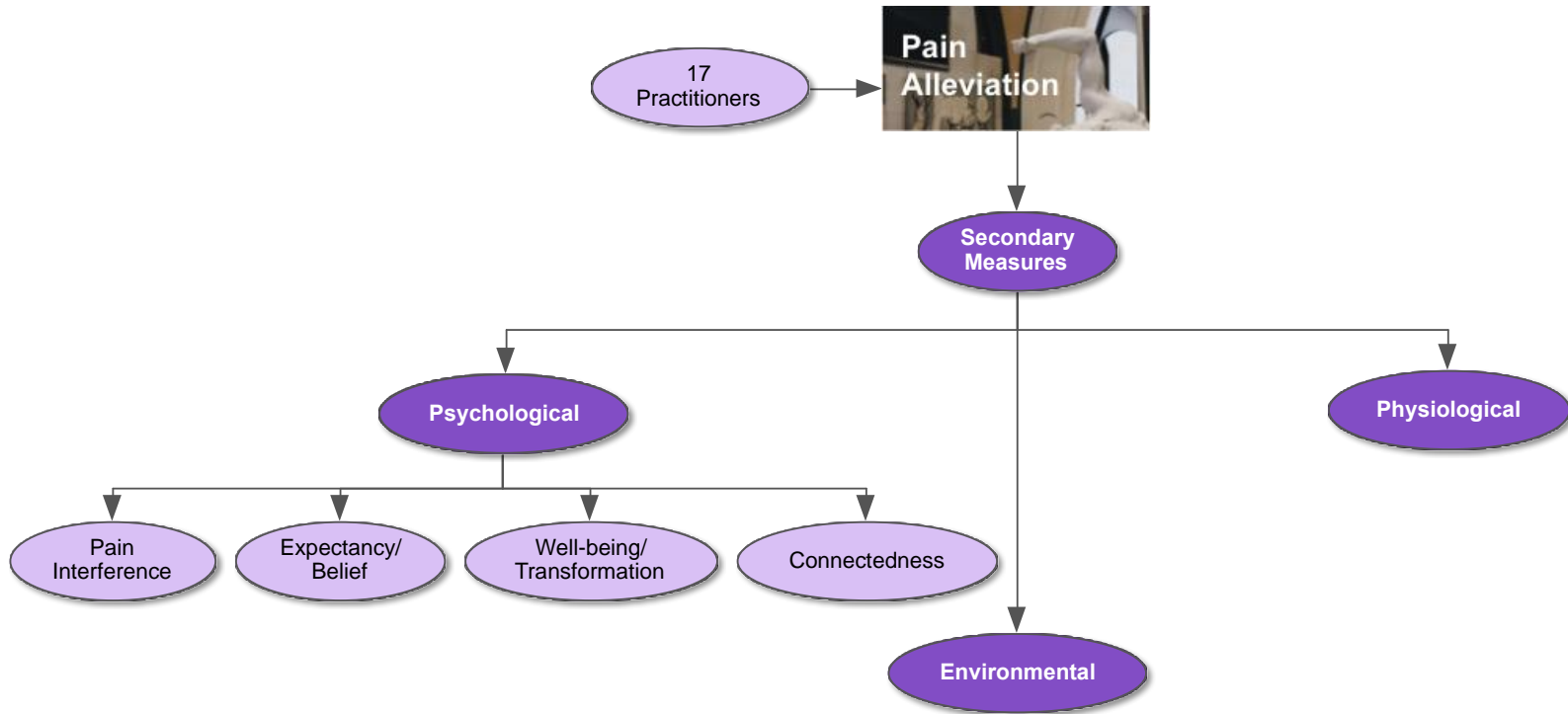
Good, Very Good or Excellent 79%

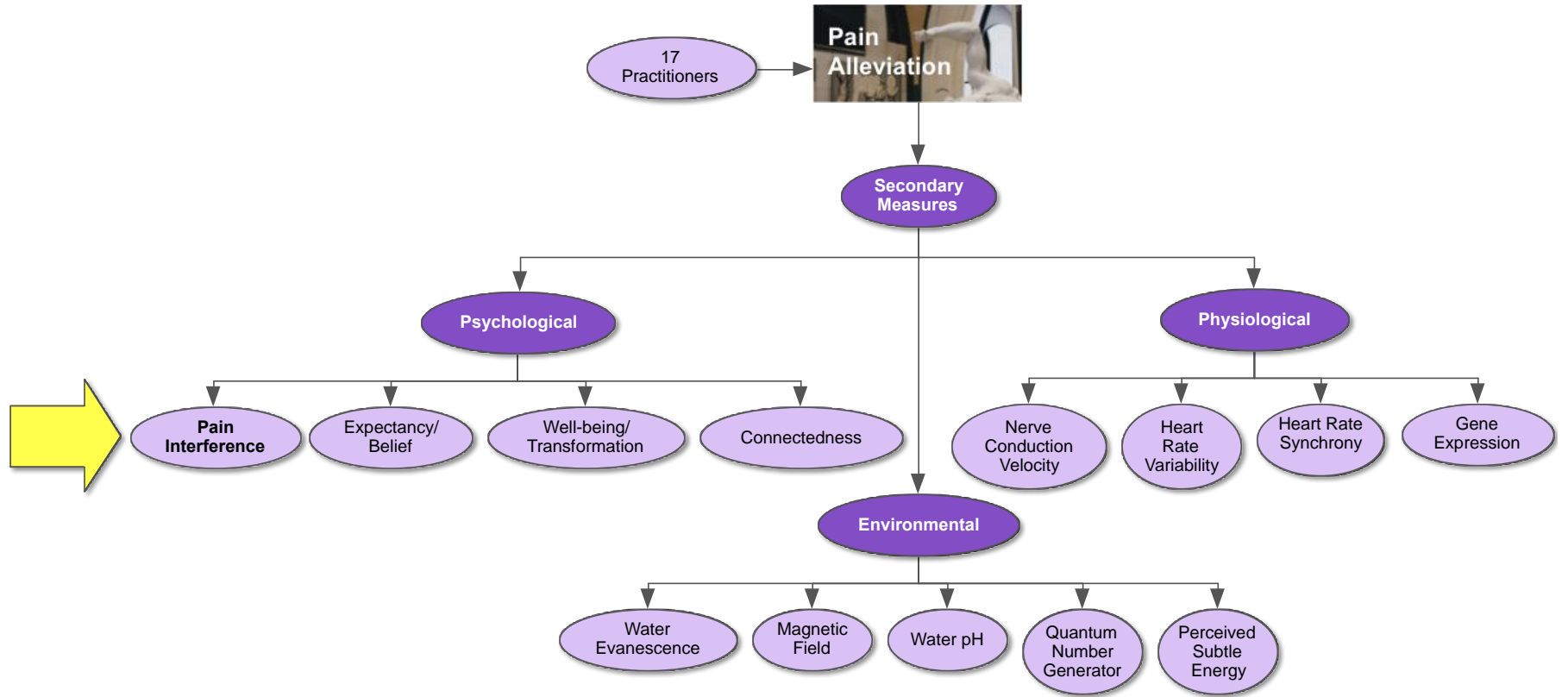
Meditators 64%



Pain Relief



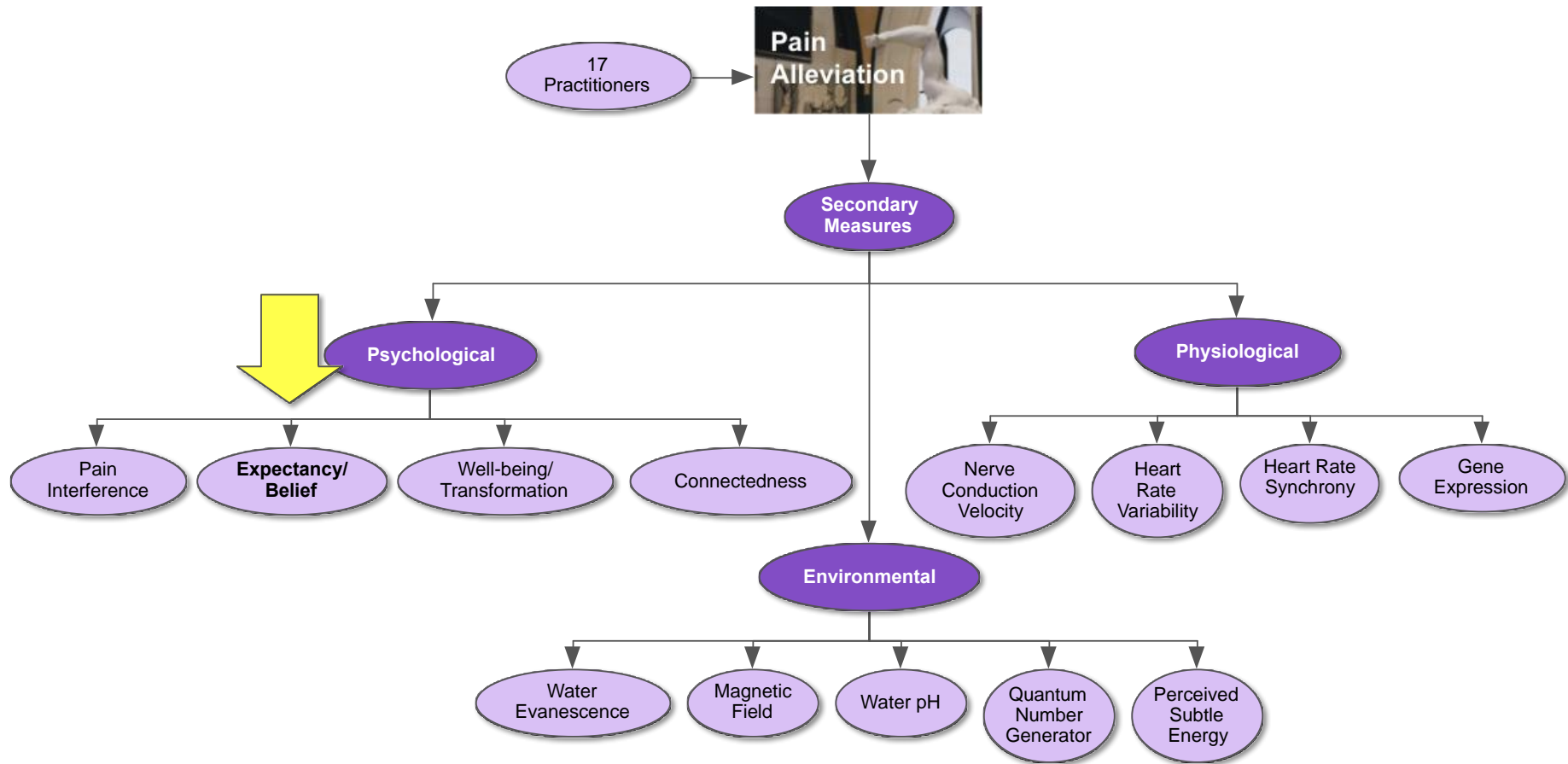




Pain Interference



Interferes with:	PRE-MEASURE	3-WEEK FOLLOW-UP	PROBABILITY VALUE
Normal work	4.7	3.0	<0.000005
Relationships	2.0	1.3	<0.000005
Enjoyment of life	3.9	2.5	<0.000005

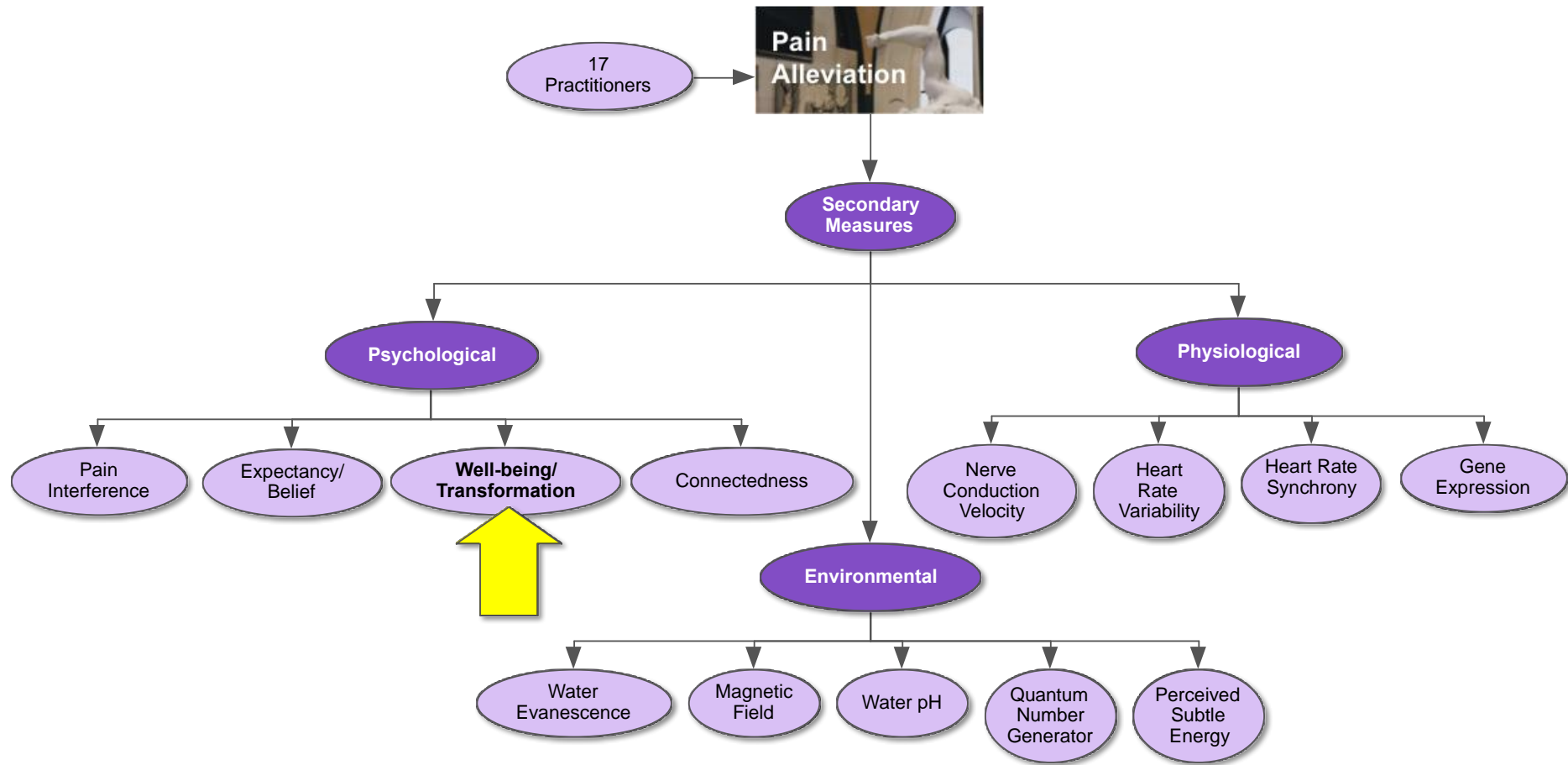


Expectancy and Belief



Expectancy $p = 0.24$, Belief $p = 0.39$





Well-Being

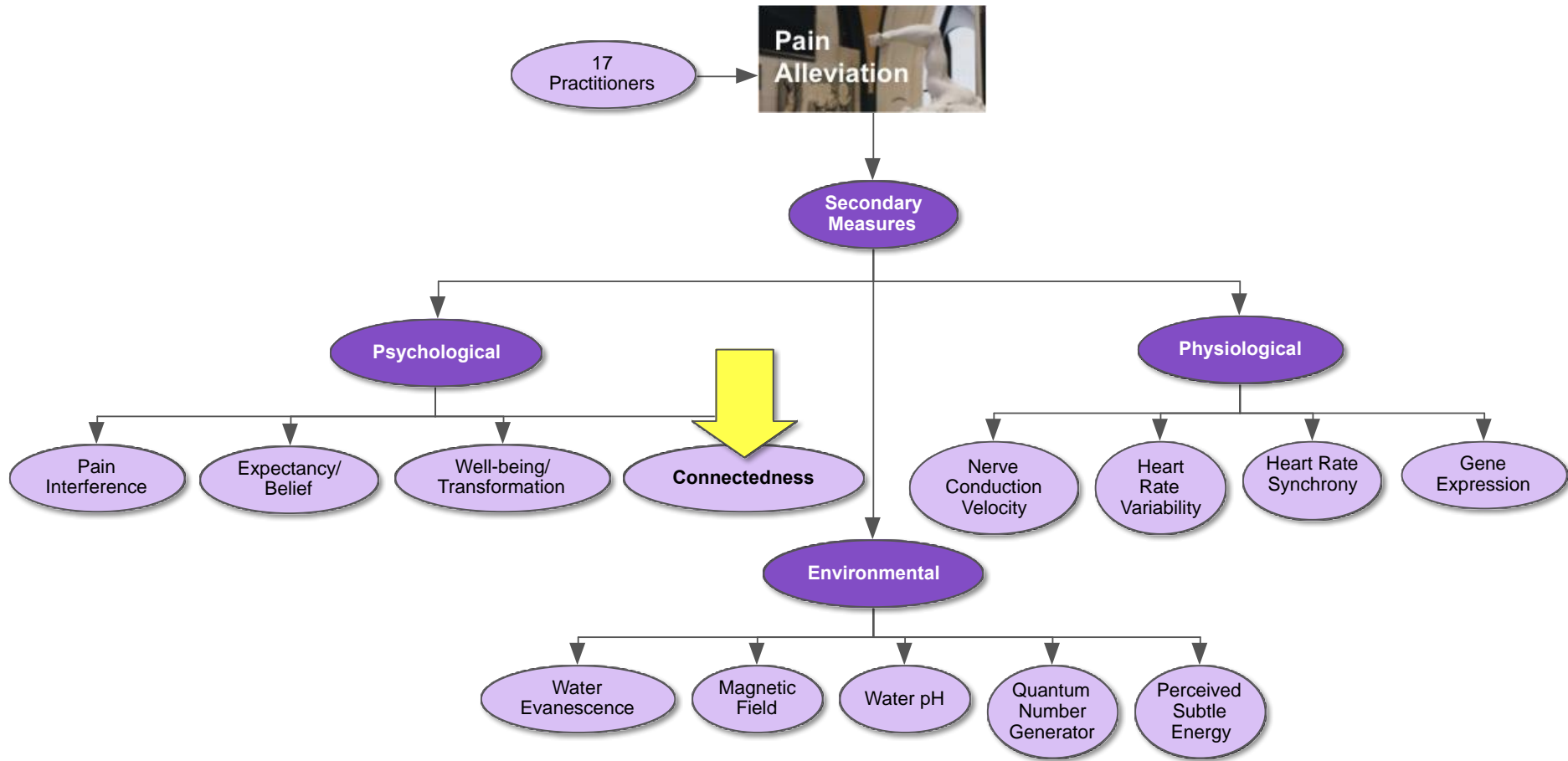
Overall well-being- Sense of well-being, taking into account your physical, mental, emotional, social, and spiritual condition over the past 24 hours

$F(1, 314) = 2.20$ $p < 0.000005^*$

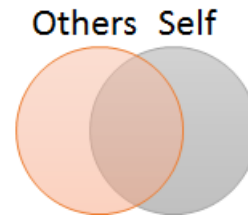
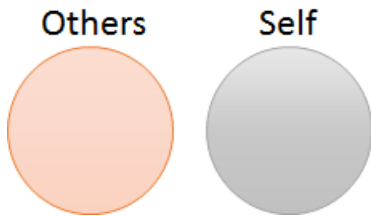
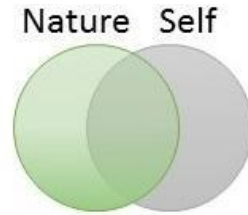
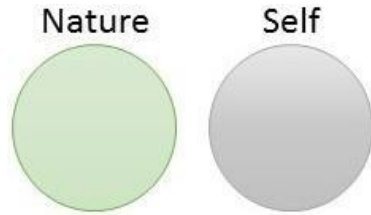
Negative emotion $F(1, 318) = 2.23$ $p < 0.000005^*$



Measure	Value
I feel like I have positively changed as a result of this session (0-100; 100 = Definitely True; mean \pm standard deviation)	69.9 (23.4)
I experienced a moment of clarity or profound insight during my session	67%
<i>If yes to above question</i> "I feel that my behavior and relationships will change as a result of this experience" (0-100; 100 = Definitely True; mean \pm standard deviation)	72.0 (20.3)

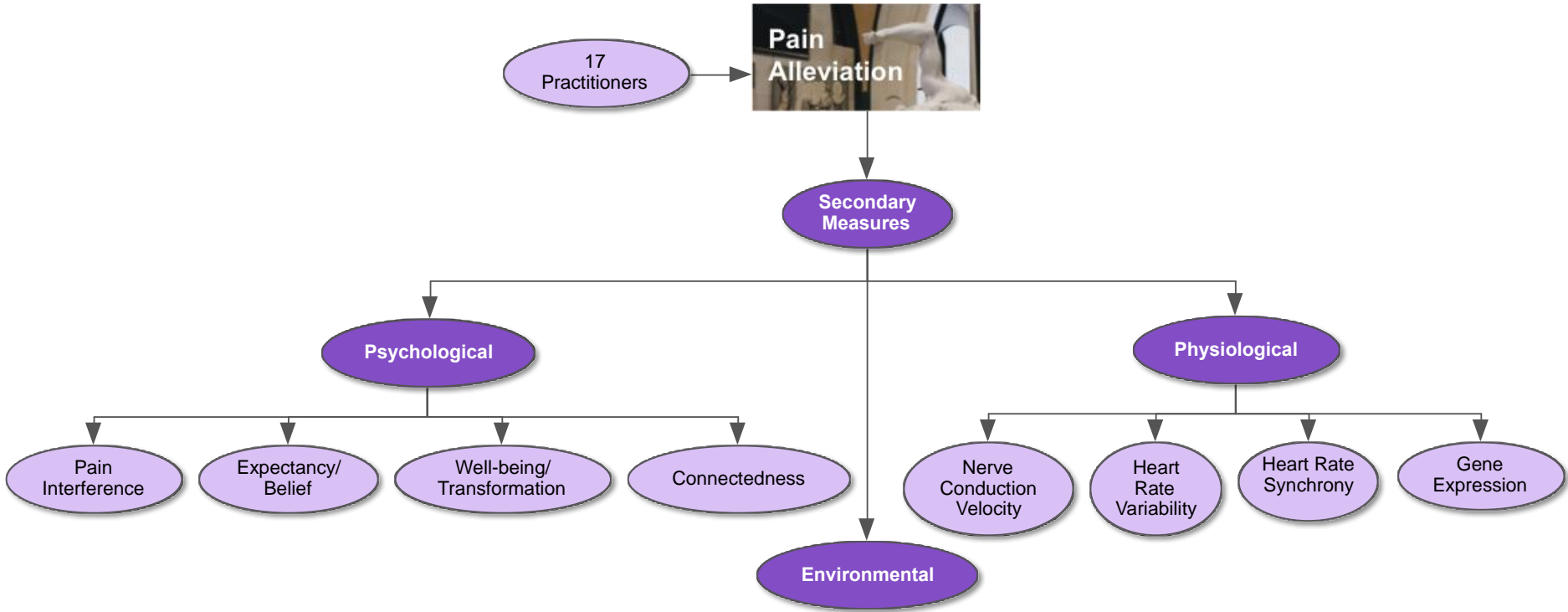


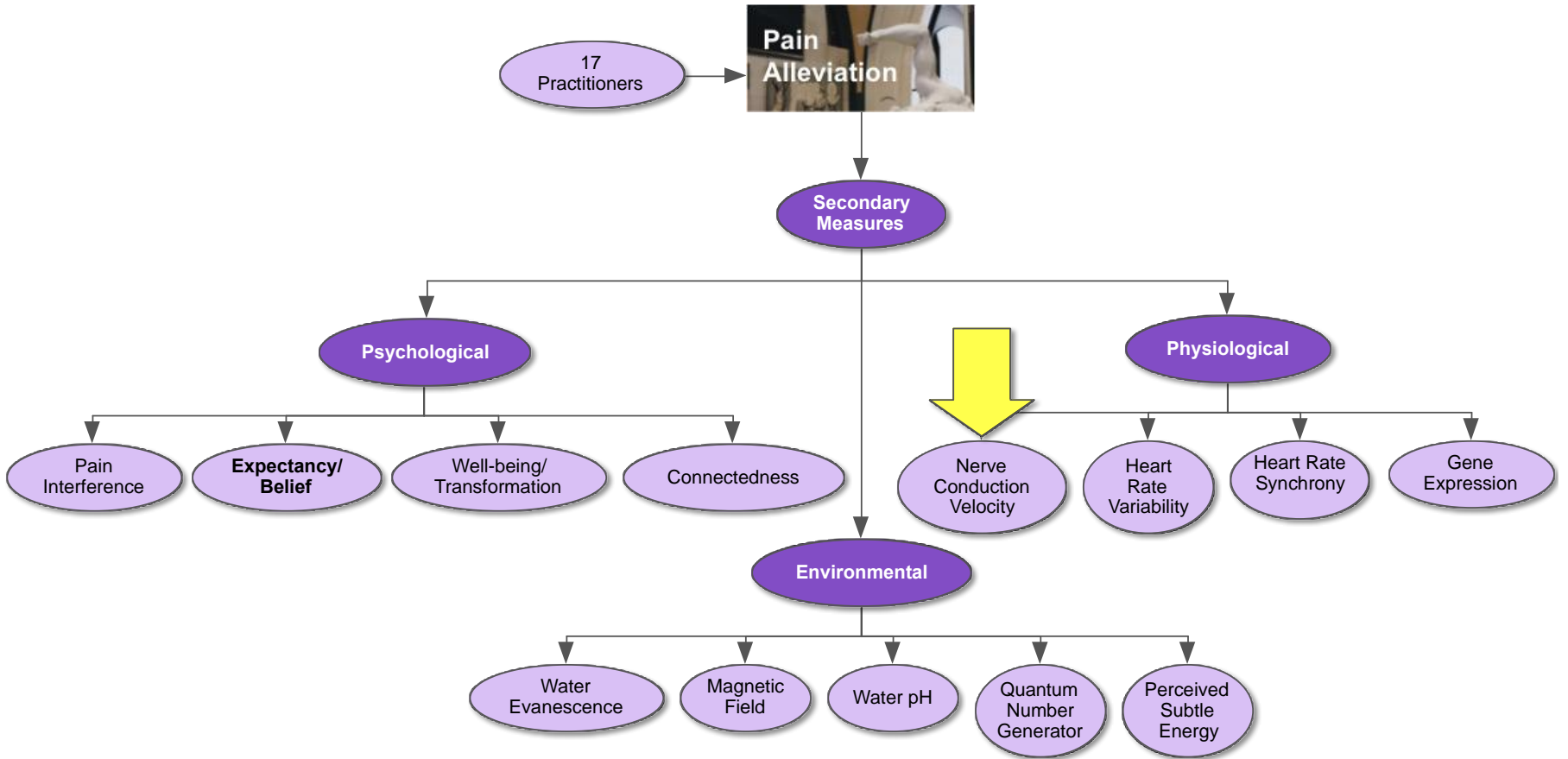
Connectedness



Measure	Pre Mean (SD)	Post Mean (SD)	P value
Cloninger self-transcendence scale (0-15)	9.4 (2.8)	10.5 (2.7)	<0.000005*
How interconnected are you with nature? (0-100)	72.3 (20.7)	77.1 (16.2)	0.0021*
How interconnected are you with others? (0-100)	63.9 (22.2)	69.7 (20.2)	0.0045*

*These comparisons are significant using a False Discovery Rate for multiple comparisons.

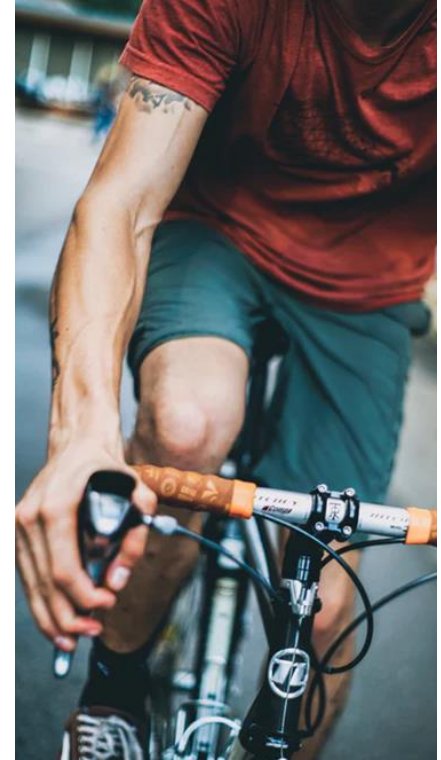




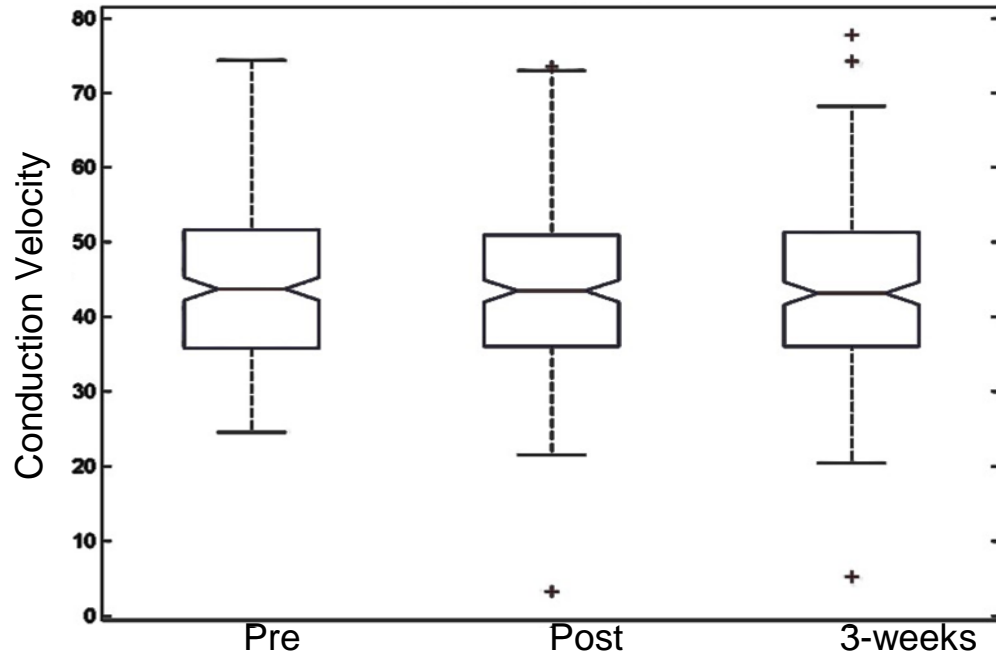
Nerve Conduction Velocity



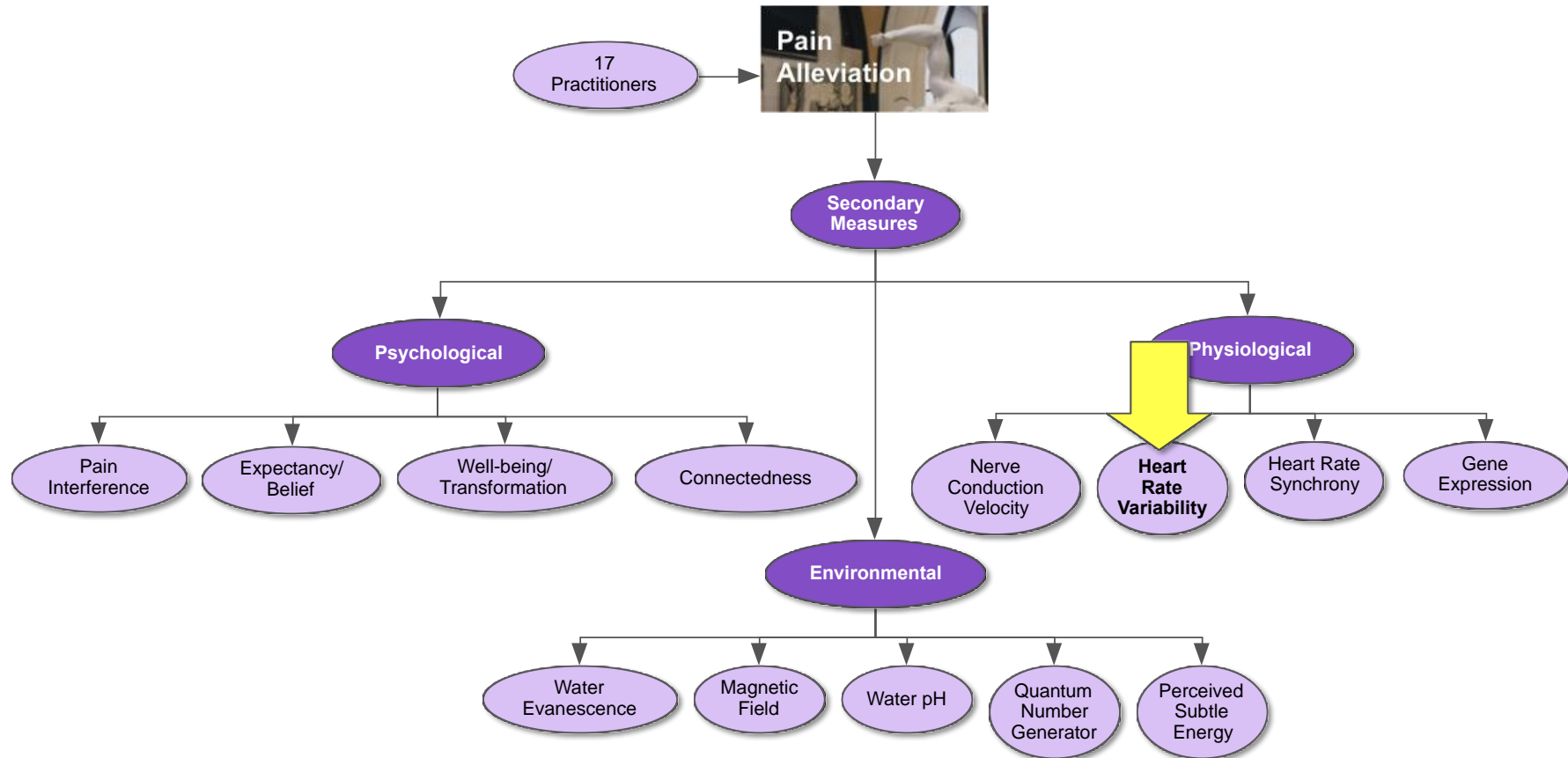
Median
Sensory
Nerve



Nerve Conduction Velocity



$p = 0.39$



ECG

Out of 64 ECG measures, 7 significantly changed

- PNS index
- SNS index
- mean RR interval
- mean heart rate
- minimum heart rate
- HF peak frequency
- pNNxx

Direction of parasympathetic activation

*These comparisons are significant using a False Discovery Rate for multiple comparisons.



Participant – Practitioner Alignment

Heart Rate Synchrony

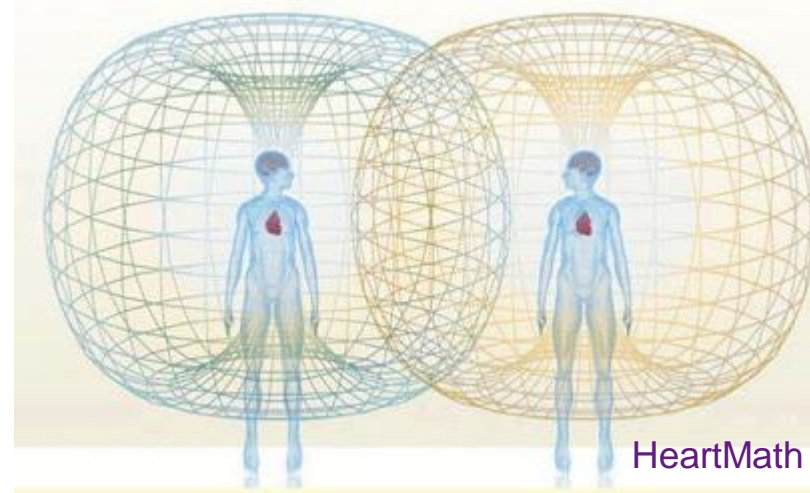
Correlation - correlation of amplitude

Phase Coherence – alignment of phase

Coherence – mixture of amp & phase

-No difference first and last 6 minutes

-High Frequency Coherence min 1-6



*These comparisons are significant using a False Discovery Rate for multiple comparisons.

17 Practitioners



Secondary Measures

Psychological

Physiological

Pain Interference

Expectancy/
Belief

Well-being/
Transformation

Connectedness

Nerve
Conduction
Velocity

Heart Rate
Variability

Heart Rate
Synchrony

Gene
Expression

Environmental

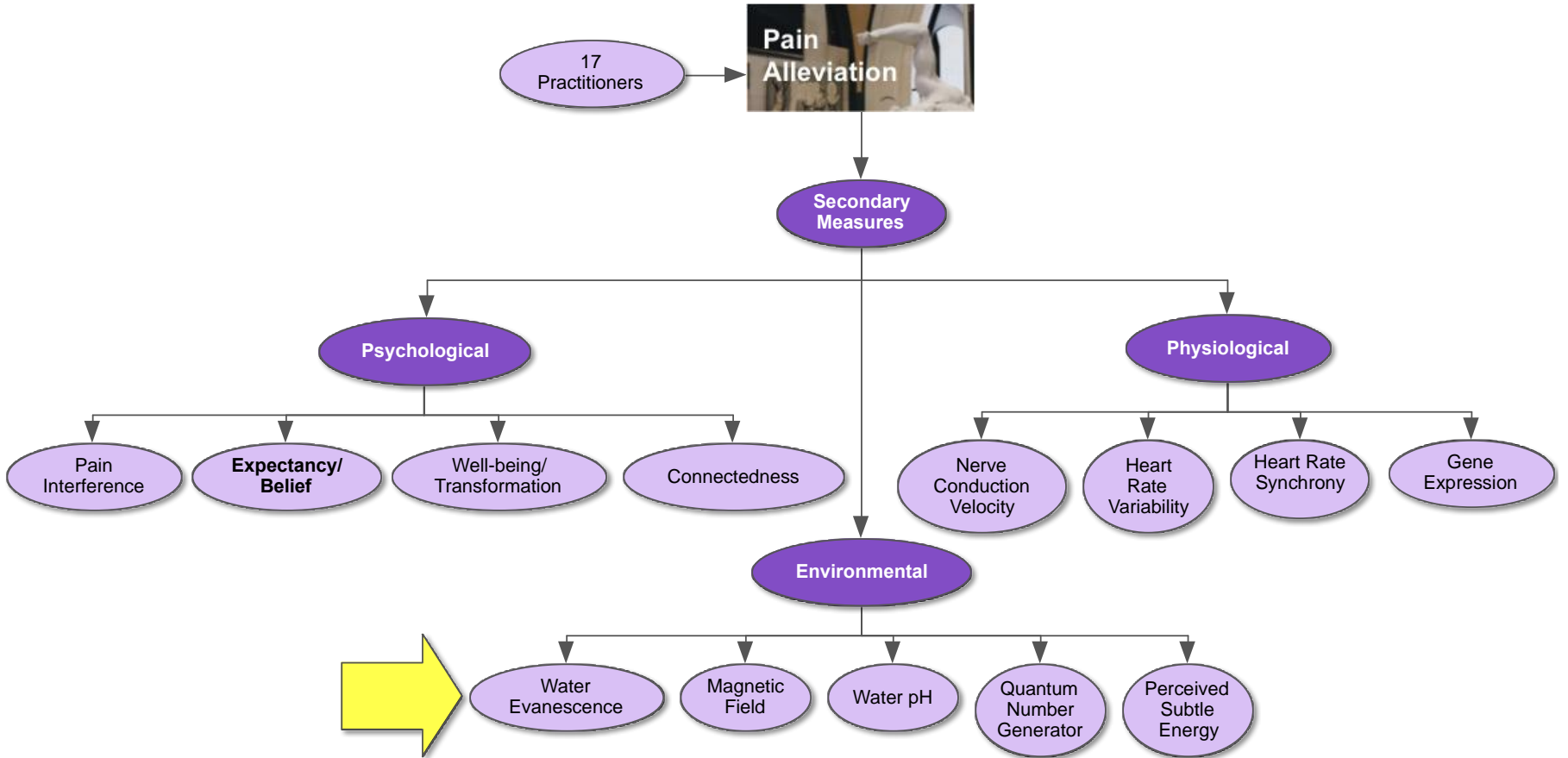
Water
Evanesence

Magnetic
Field

Water pH

Quantum
Number
Generator

Perceived
Subtle
Energy



Why Water Evanescence?

ORIGINAL RESEARCH

INFRARED SPECTRA ALTERATION IN WATER PROXIMATE TO THE PALMS OF THERAPEUTIC PRACTITIONERS

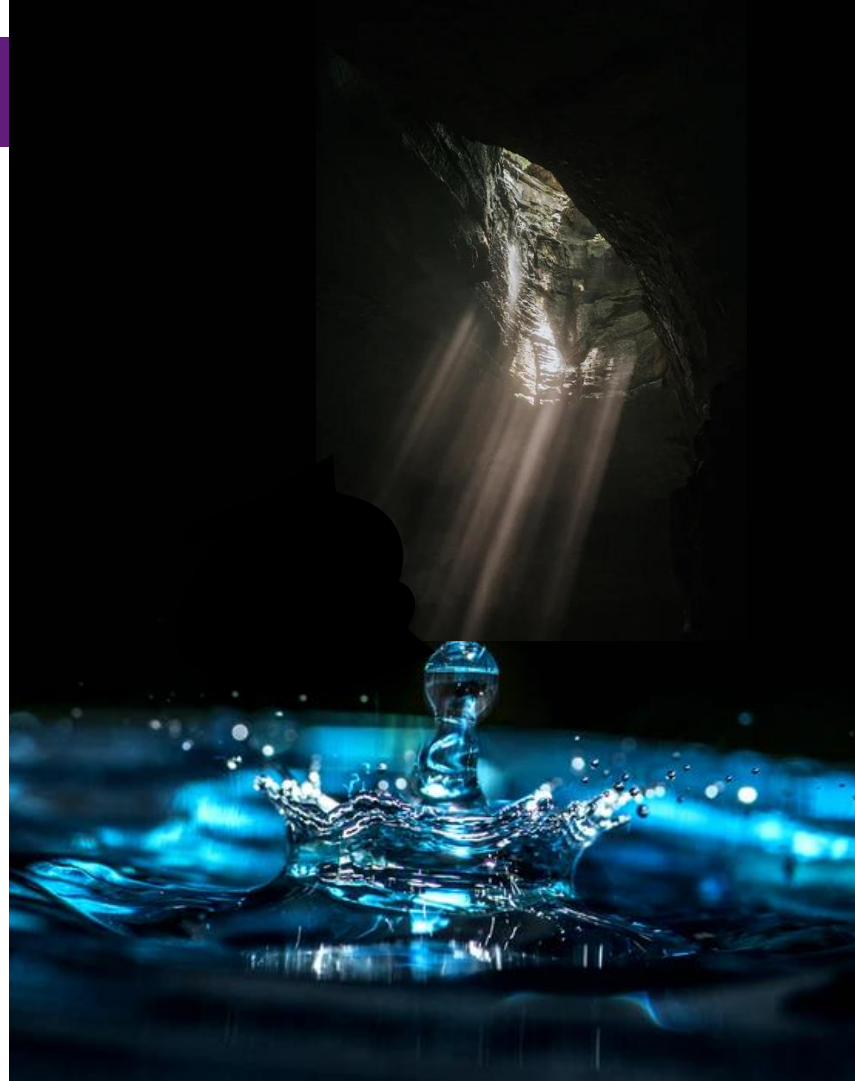
Stephan A. Schwartz,^{1#} Randall J. De Mattei,² Edward G. Brame Jr.³ and S. James P. Spottiswoode⁴

Attenuated Total
Reflection (ATR) Fourier
Transform Infrared
spectroscopy (FTIR)



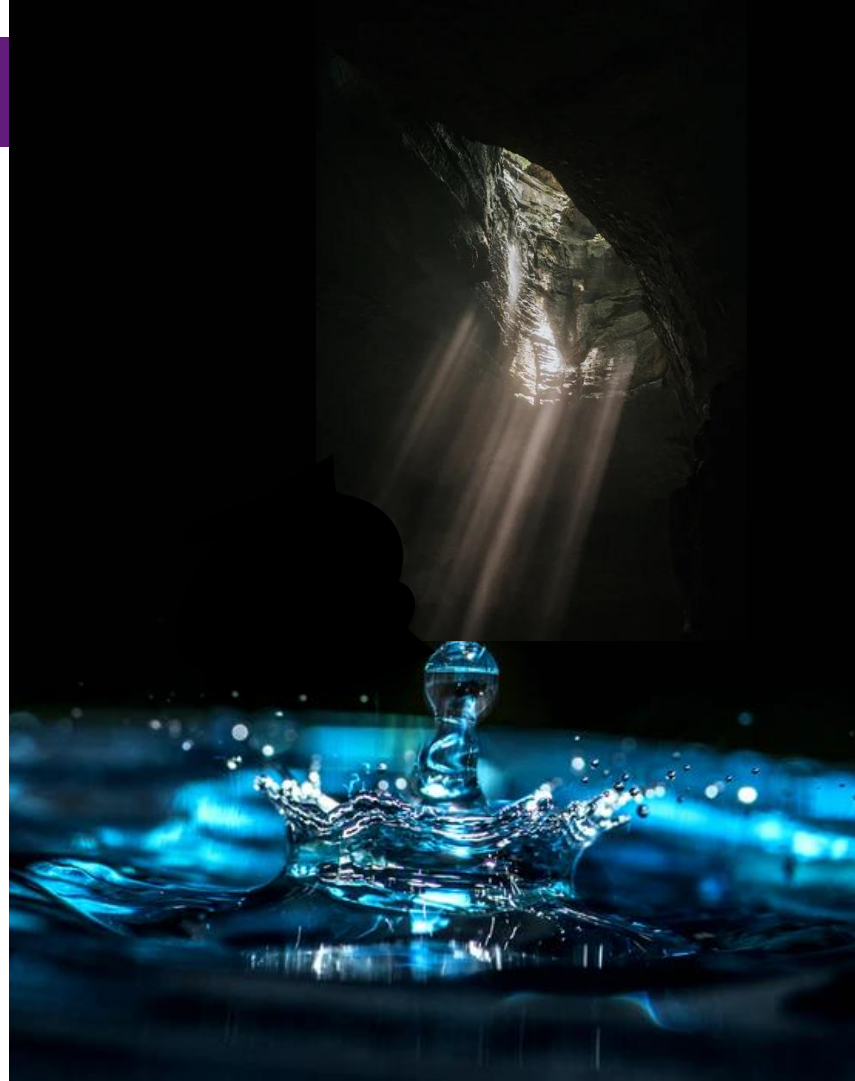
ATR-FTIR spectrometer

sends a beam of infrared light a fraction of a micron into the surface of water ...



ATR-FTIR spectrometer

sends a beam of infrared light a fraction of a micron into the surface of water, where it reflects multiple times between the water and the crystal.



Evanescence Wave



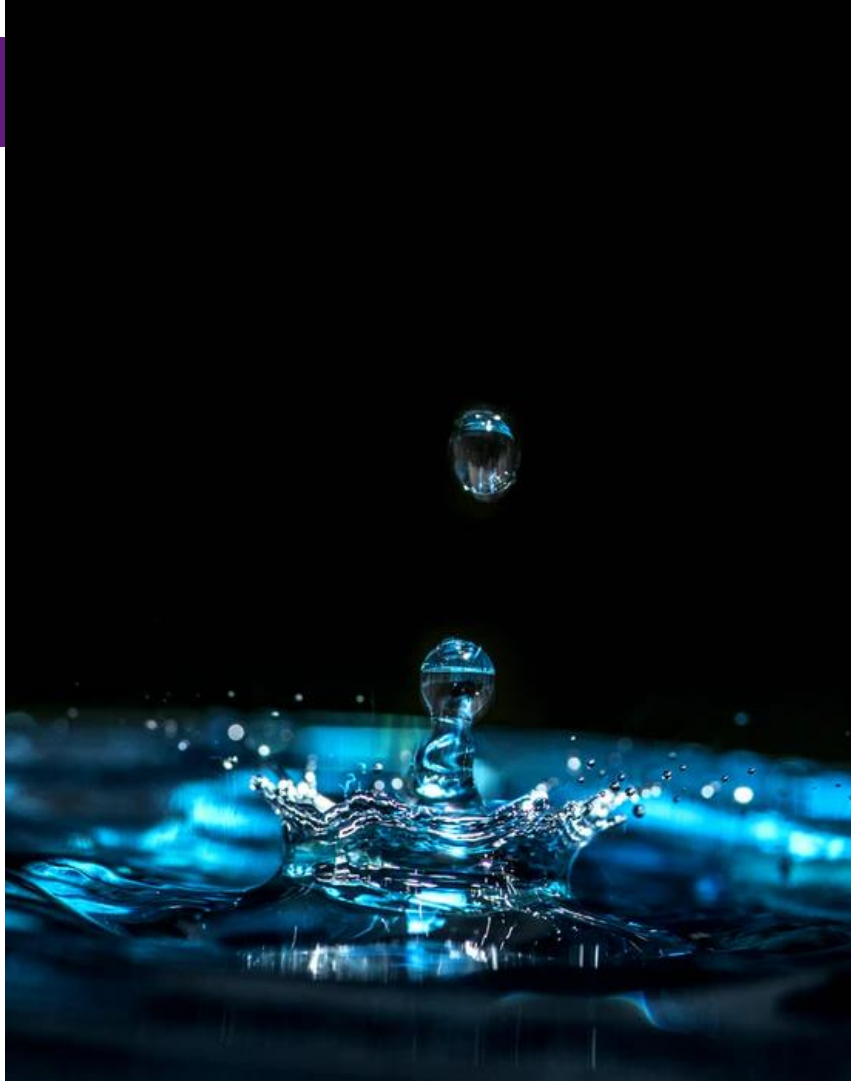
Absorbed when in resonance with the vibrations in the water's molecular bonds.

Absorption Spectrum

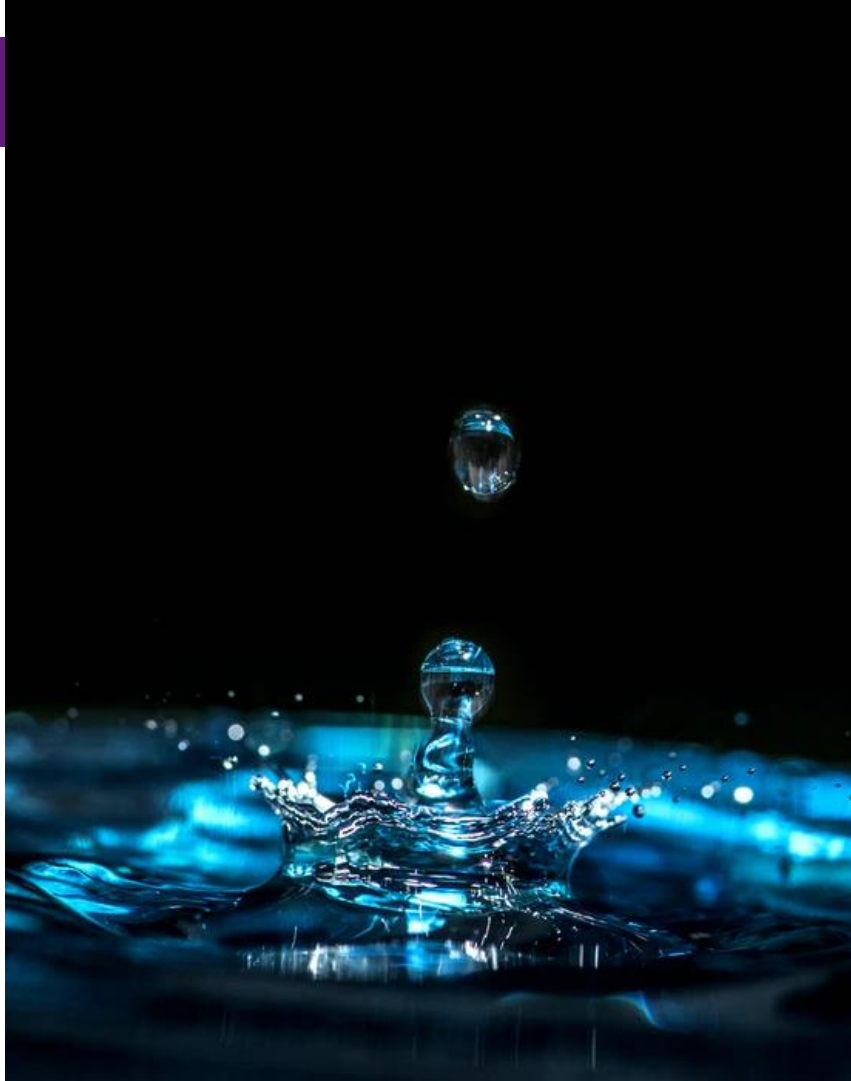
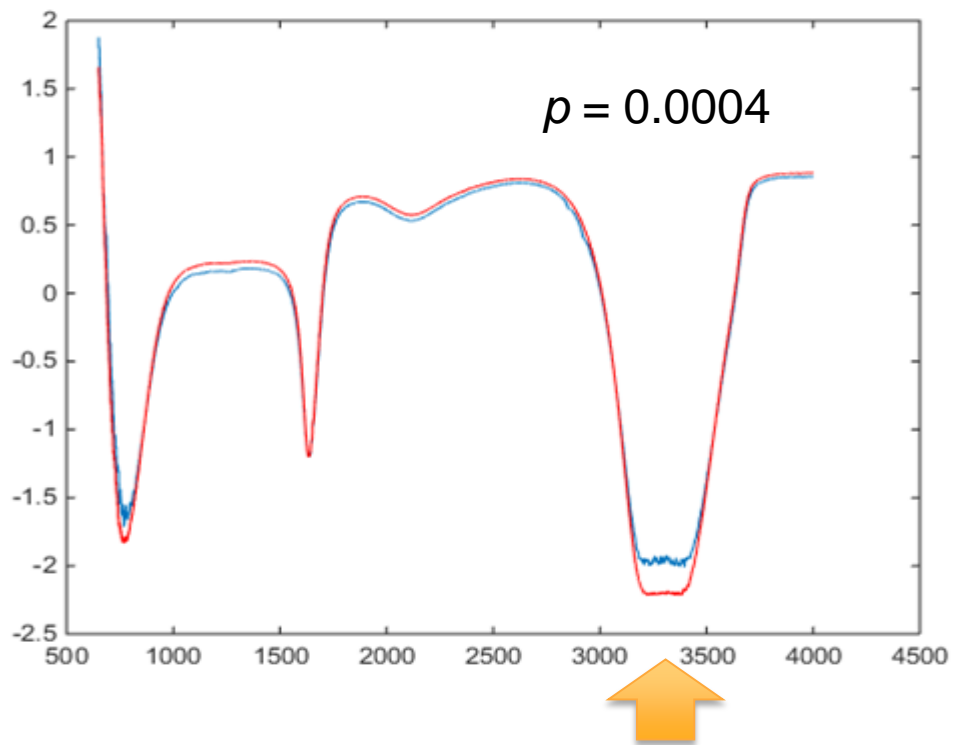


Reveals information about the **molecular structure** of water.

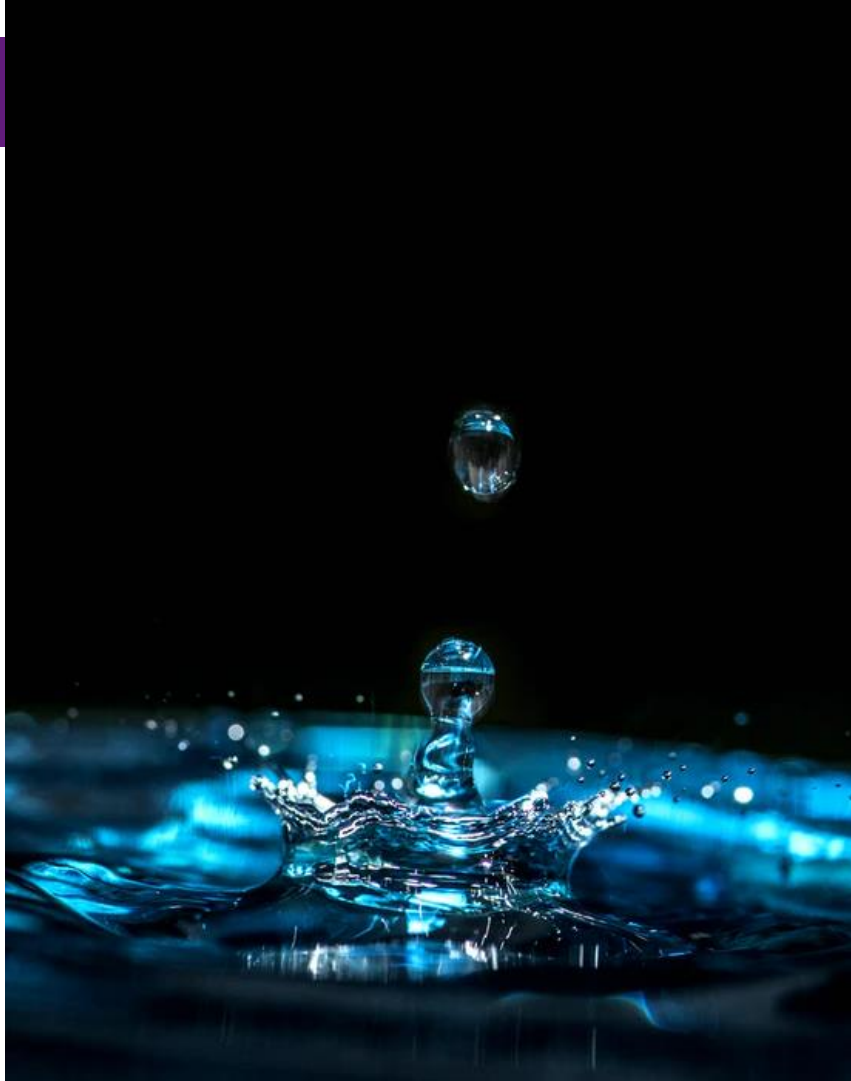
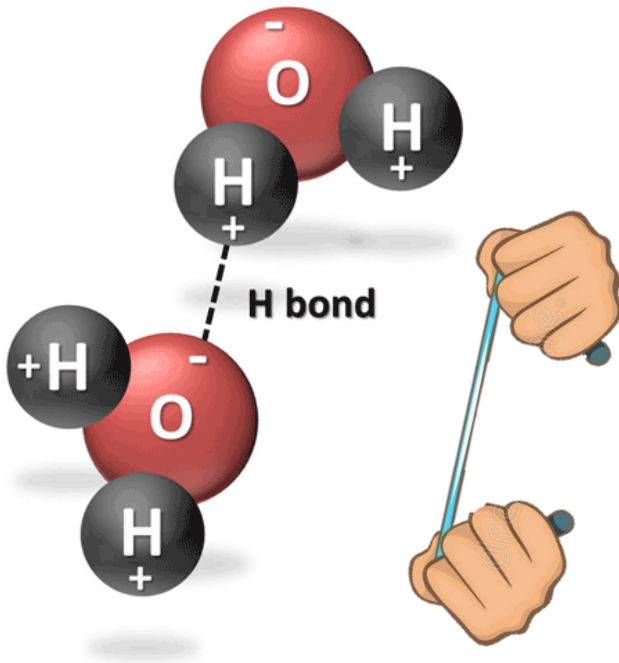
Water as a “witness”

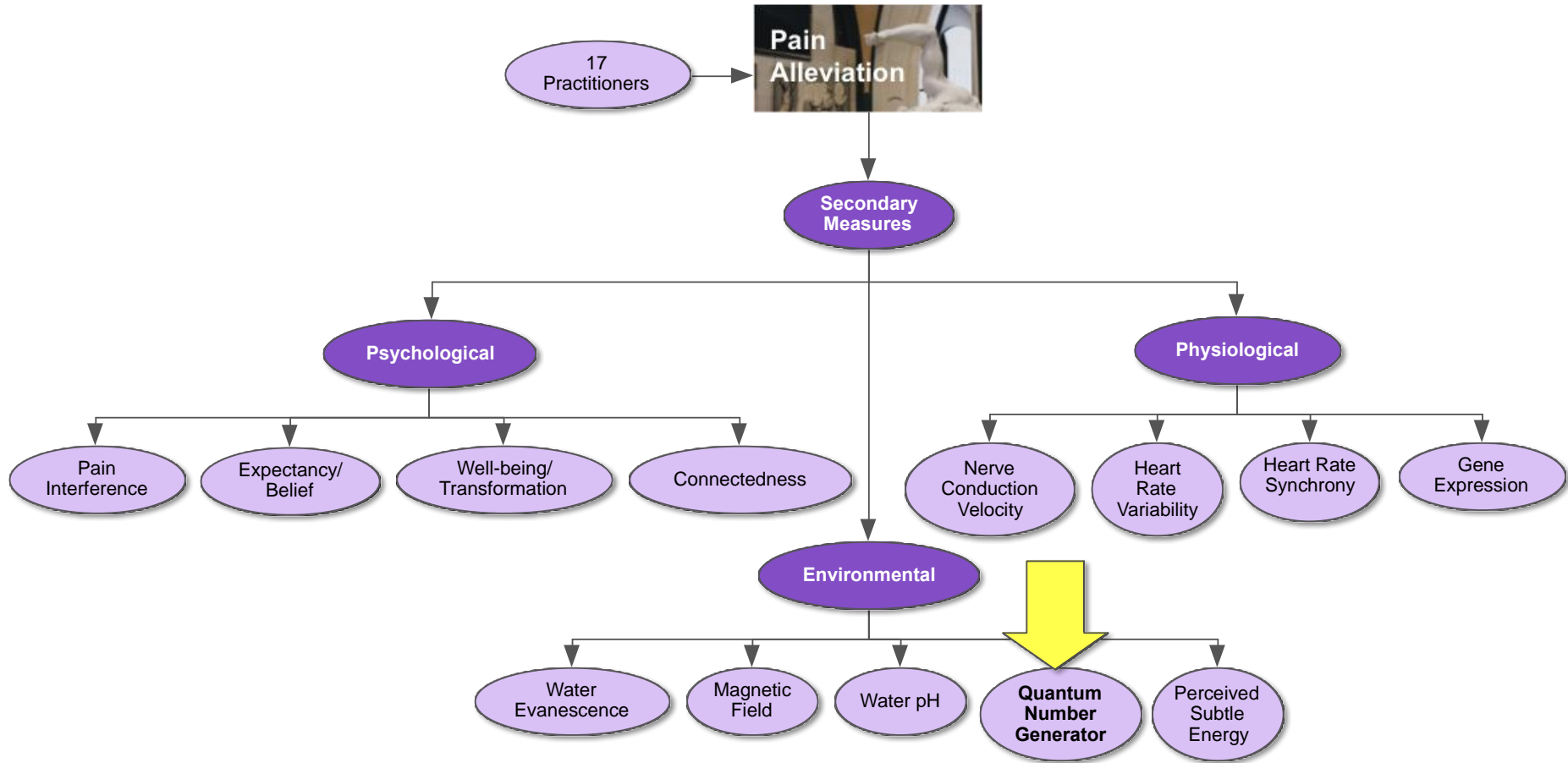


H-O covalent bond

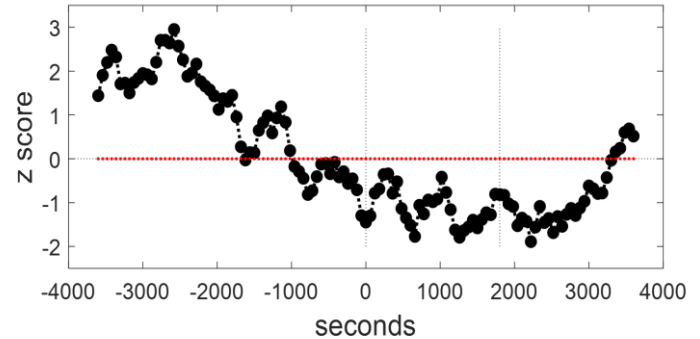
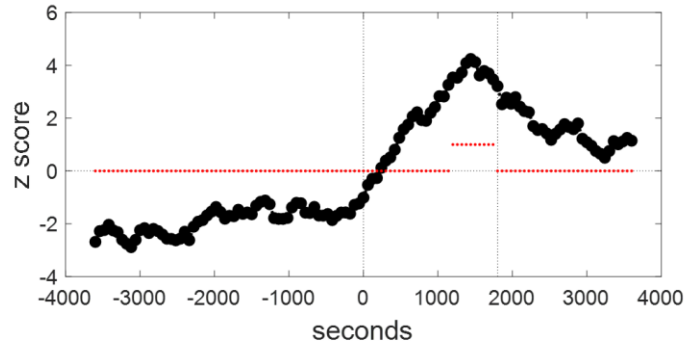
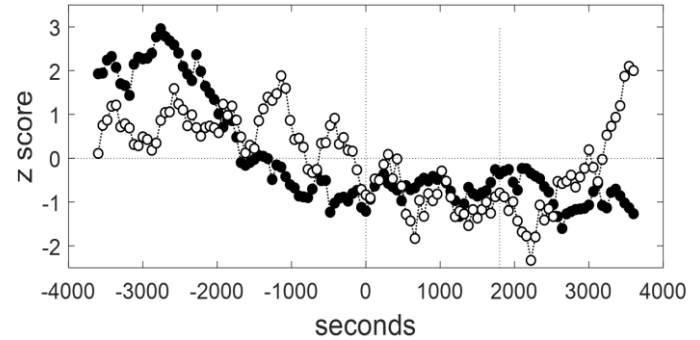
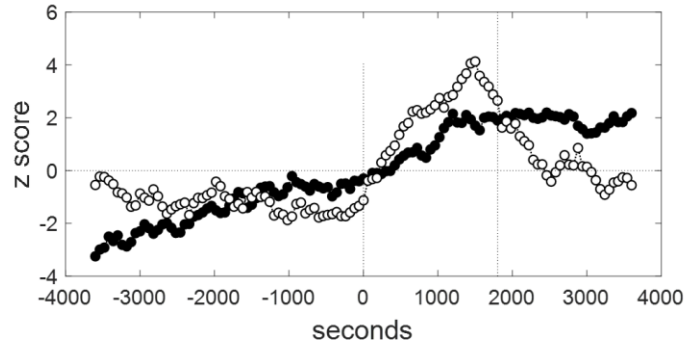


H-O covalent bond stretching





Quantum Noise Generator



Peak - 24 min
 $z = 4.24, p < 0.00003$

Seer Perceptions

- 1) Physical symptoms caused by multiple etiological origins, including physical, emotional (especially traumatic), spiritual, and energetic
- 2) Relationship is important to the healing process
- 3) Healing process is unique to the individual rather than being a fixed method performed by the practitioner
- 4) Energy exists in the space within and between the participant and practitioner, and can be manipulated
- 5) The practitioner affects this energy, either alone or with assistance from ostensible non-physical beings, and through various techniques, with the intention of healing the participant
- 6) Energy characteristics of action, movement, color, intensity, shape, meaning, and purpose or intention
- 7) Energy's characteristics change as the energy medicine session ensues and perceived healing occurs.



	Change in Pain		
	<i>Baseline to Post-Session</i>	<i>Baseline to 3-Wk Follow-Up</i>	Δ
Moving and changing of energy	t = -2.4, p = 0.018		Decrease
Energy color Red		t = 2.4, p = 0.02	Increase
Energy color Orange	t = -2.5, p = 0.015		Decrease
Energy color Yellow	t = 2.2, p = 0.033	t = 2.3, p = 0.026	Increase
Energy in Shapes		t = 2.0, p = 0.05	Increase
Lightly touching participant	t = -2.5, p = 0.015	t = -2.0, p = 0.05	Decrease
Non-Physical Beings: Guides or helpers	t = -2.8, p = 0.006		Decrease
Non-Physical Beings: Overtly Spiritual (e.g., God, Supreme Being, Buddha, Angelic, Spiritual)		t = -2.3, p = 0.024	Decrease
Non-Physical Beings: Helping, assisting, teaching		t = 2.1, p = 0.04	Increase
Seer reporting specific times	t = 2.4, p = 0.018		Increase
Participant energy affected		t = 2.8, p = 0.006	Increase

THANK YOU



Garret Yount (Co-PI) Sue Steele
Dean Radin Dee Merz
Arnaud Delorme Earthrise Staff
Loren Carpenter Steven Swanson
Joyce Anastasia Cedric Cannard
Meredith Pierson Practitioners
Heather Mandell Participants

