

Experimental

EEG ALTERATIONS DURING ABSENT “HEALING”

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ABSTRACT

Five separate individuals who regard themselves as healers or spiritual healers, in a time controlled situation, were asked to send healing energy to a total of 110 subjects who were located from 100 feet to 160 miles from the healer. In all instances, there were moderate to quite striking changes in the subject's EEG usually occurring within the first five minutes of the sending of healing energy, but sometimes appearing most dramatic twenty minutes after the completion of the healing. Almost always there was a marked increase in delta activity in all areas of the brain with less significant increases in theta and alpha activity. In 50 of the subjects, the healer was directed to send energy initially either to the frontal or occipital area and then later to reverse the intended area of the brain. In these cases, there was a much greater increase of brain wave activity in the part of the brain to which the healers' energy was directed, although most of the time the increased healing energy also affected other lobes of the brain. It appears that human mental intent to heal, especially by trained healers, is transmitted through space from over 100 feet to 160 miles.

KEYWORDS: EEG brain mapping, absent healing, healer directed EEG changes

Although there is no physiological technique at this point in time that would allow measurement of the direct effects of individuals doing spiritual healing or the laying-on of hands, there have been two individual reports on the use of EEG brain mapping and synchrony between “bioenergy” practitioners or “healers” and subjects. In order to assess the reliability of EEG brain mapping to detect the possible influence of individuals who claim to be “healers,” we have now done EEG brain maps on 110 human subjects during a time when one of five separate healers worked at a distance to do healing on each of the subjects.

SUBJECTS

Seventy subjects were female and forty were male. None had any serious illness or were on any type of psychotropic drugs. Some had a diagnosis of depression or chronic pain. Many were relatively asymptomatic “normal” volunteers. Subjects ranged in age from 19 to 74.

Each subject would lie in a quiet room while connected to a Lexicor computerized EEG recording device. The subject was asked to lie quietly with eyes closed and to focus only on deep breathing and relaxation. Baseline recordings of the EEG were done over a minimum of a twenty minute period. At a specific coordinating time, the healer was asked to focus upon sending healing energy to that person over a ten minute period. Continuous EEG recordings in the subject were made and analyzed from the ten minute baseline period just before the institution of healing, during the ten minutes of healing and for up to 25 minutes following the healing. Average EEG activity for each five minute period was then analyzed. The technician recording the EEG sat in the room with the subject throughout the recording period noting the five minute intervals, not knowing exactly at what time the healer would be doing the healing.

In all but three situations, the healer sat in a room over 100 feet away from the subject in a separate but connected building. In 100 of the recordings, the healer did not meet the subject in advance but did have a Polaroid® photograph of the subject and his/her name and age. One healer did the entire healing process from a distance of about 160 miles via a telephone communication with the senior author.

HEALERS

All of the healers were male, ranging in age from 28 to 76 years. Only one of them, Ostad Hadi Pavvarandi, professes any specific religious aspect to his work. He is a devout Moslem and believes that he is a channel for God's energy. He simply sat quietly sharing intently at a full length photograph of the patients who were in a room over 100 feet away in another building. The youngest healer is Russian and considers himself a bioenergy therapist. His work, when done in the presence of a client, includes intense scribbling on a piece of paper making circles with many sharp jabs at the paper. He worked from a distance of 160 miles. The other three healers worked outside the EEG room, up to 60 feet away, standing and just "sending energy." They do not consider their work to be channeling of God's energy but simply chi or life energy balancing.

RESULTS

During the last ten minutes of the baseline EEG, the average power spectrum is quite stable and although it varies from individual to individual, the majority of the power is generally seen in the delta range with varying degrees of activity in theta or alpha and usually virtually minimal discernible activity in the beta range.

In 60 of the 110 healing sessions, the healer was asked just to "send" or apply healing at the specific time. In all observed cases, there was a distinct alteration in the EEG activity. The most common was some increase in activity in delta, theta and/or alpha rhythms. In 50 of the clients, the healer was asked to "send" healing either to the frontal region initially or the occiput initially, and then to reverse the order.

INTERPRETATION

Paient number one demonstrated the most striking changes, as seen in the EEG Records. The composite record shows a significant increase in frontal

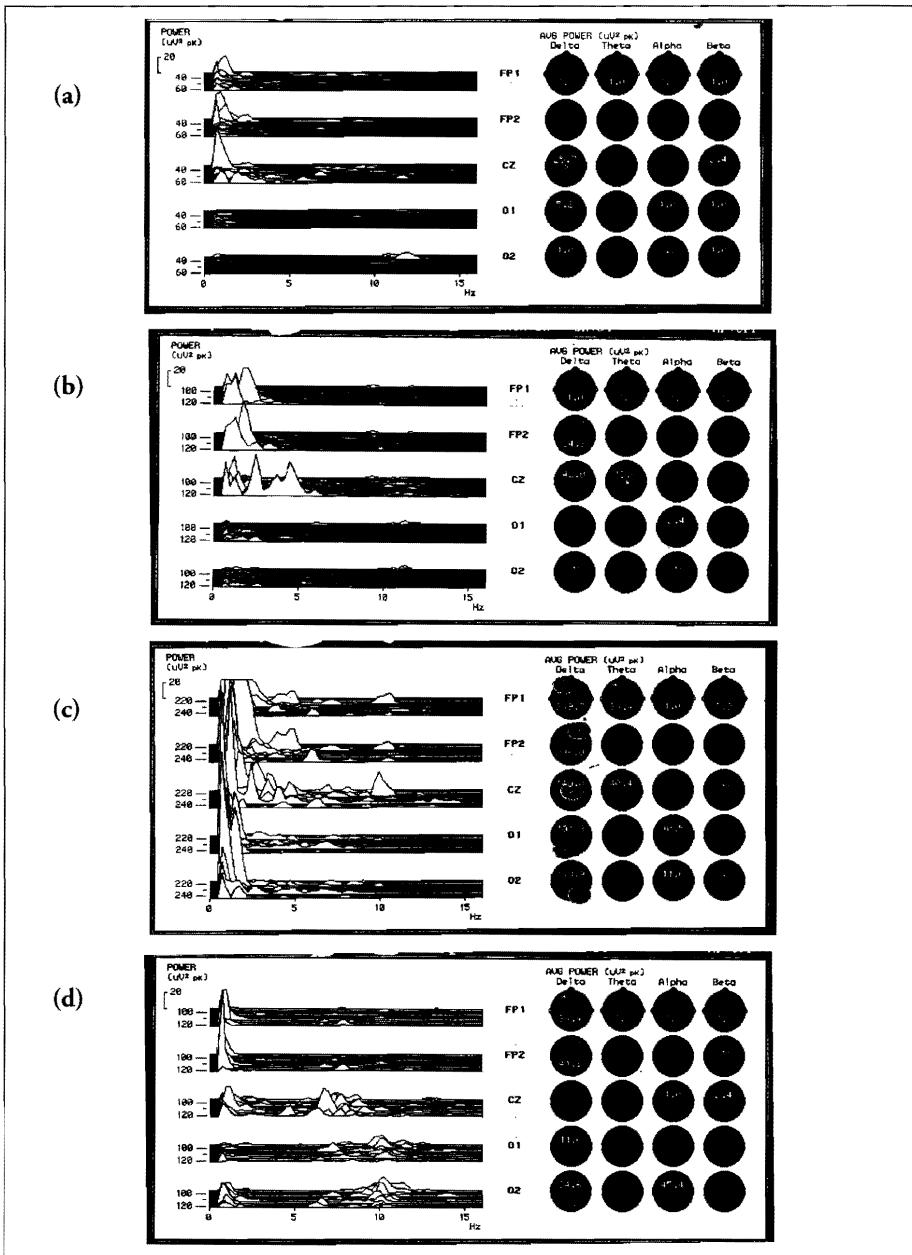


Figure 1. Patient 1 (a) baseline, (b) healing to frontal, (c) healing to occiput, (d) post healing.

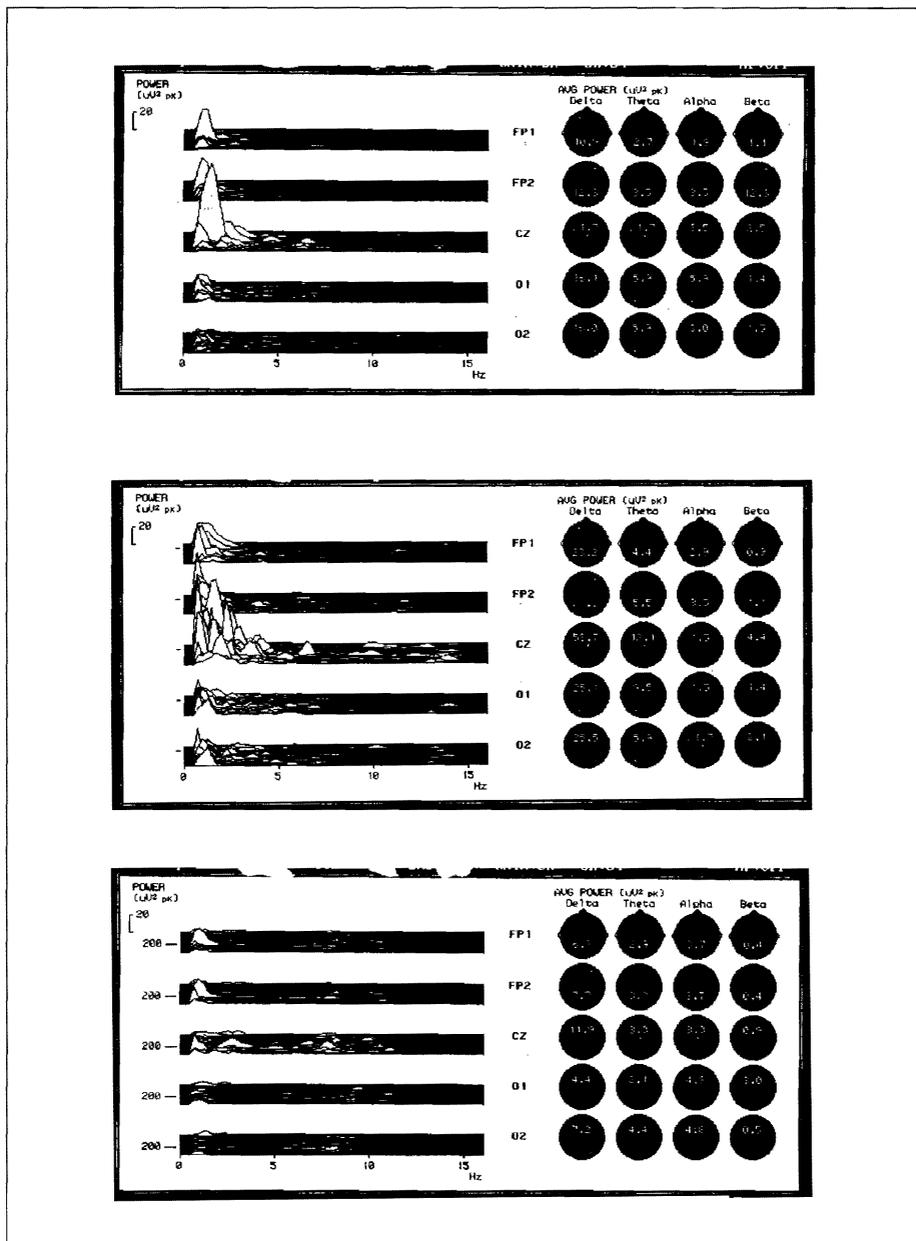


Figure 2. Patient 2 (a) baseline, (b) during healing, (c) post healing.

Table I
EEG Total Power Changes with Healing
(microvolts squared pk)

Patient 1				
	Delta	Theta	Alpha	Beta
Baseline	74.3	23.7	29.2	6.4
Frontal Healing	135	38.3	29.2	6.5
Occipital Healing	906.4	142.1	75.7	13.5
10 min. post	184.6	80.4	122.6	25.1
Patient 2				
	Delta	Theta	Alpha	Beta
Baseline	77	23.1	13.6	7.7
Healing	155.8	30.4	20.4	10.6
10 min. post	41.5	19.0	26.1	2.7

activity during frontal healing intent, with only minimal change occipitally. During healing intent directed at the occipital area, the occipital delta energy increased over 20 times baseline, with further increases frontoparietally. Indeed, even 10 minutes post healing total power remained over double baseline.

DISCUSSION

Fahrion, Wirkus and Pooley in 1992 reported healing at a distance, as well as in the presence of the client.¹ This led to high frequency, high amplitude beta and gamma rhythms in the right frontal area with low amplitude left occipital and central theta rhythms. In 1995, Bearden reported with a single subject a drop in frontal beta power during local healing.²

In the current study 110 subjects were individually sent absent healing from as far away as 160 miles. The EEG showed generally increases in delta activity most often in all areas of the brain and often lesser degrees of increased activity in the theta or alpha range. These are usually of a bilateral symmetrical nature.

In some 50 individuals, however, where the healer was asked to “send” healing either to the frontal or to the occipital area at different timing, the same type of effect was seen but with a strong tendency for the response to be greater in the area of the brain to which the healer was sending energy. In some cases, this was quite isolated to the frontal or occipital areas respectively but in most cases, there were some changes throughout the brain with greater increased activity in the area of the brain to which healing was directed.

In the two previously reported articles (Fahrion et al. and Bearden) a total of only three subjects were evaluated. In our study, we have 110 brain maps on an equal number of subjects. None were suffering from a specific illness and none were on psychotropic drugs. The effects of the healers’ activity, however, were consistent with activation of EEG activity in the subject.

We have not studied the effect of untrained individuals who might tune in and “send” healing energy to an individual at a distance. On the other hand, we are reminded of the fact that Dr. Elmer Green demonstrated that a copper wall in front an individual in an isolated room picked up the EKG of that individual. Thus, we all seem to be transmitting our organ specific bioenergy. In the world where remarkable amounts of electromagnetic energy have been introduced in the past 100 years ranging from megahertz (radio), through radar (gigahertz), and satellites (50 to 80 gigahertz), it is worth noting that human mental intent to heal appears to be transmitted through space from over 100 feet to 160 miles when this is done by apparently talented healers. Whether the same can be said for all individuals remains to be studied.

SUMMARY

Five separate individuals who regard themselves as healers or spiritual healers, in a time controlled situation, were asked to send healing energy to a total of 110 subjects who were located from 100 feet to 160 miles from the healer. In all instances, there were moderate to quite striking changes in the subject’s EEG usually occurring within the first five minutes of the sending of healing energy, but sometimes appearing most dramatic twenty minutes after the completion of the healing. Almost always there was a marked increase in delta activity in all areas of the brain with less significant increases in theta and alpha activity.

In 50 of the subjects, the healer was directed to send energy initially either to the frontal or occipital area and then later to reverse the intended area of the brain. In these cases, there was a much greater increase of brain wave activity in the part of the brain to which the healers' energy was directed, although most of the time the increased healing energy also affected other lobes of the brain.

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