

RESEARCH PROJECT PROPOSAL:

PHYSIOLOGICAL EFFECTS OF DISTANT/NON-PHYSICAL MENTAL FOCUS AND BIOENERGETIC THERAPIES ON RECIPIENTS USING A SKILLED HEALER

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24 March 2019

AIMS OF THIS PROPOSAL

This research proposal is written for scientific researchers who study or want to study the therapeutic effects of distant human intention on other people, and are curious about bioenergetic medicine. It is written by a Biologist, Ph.D. (me), who discovered that he could facilitate bioenergetic and informational healings with great precision, consistency and accuracy. As a scientist myself, I tried to understand these methods as objectively and scientifically as I could, trying to remove much of the unnecessary mysticism and superstition surrounding them. I believe I have thus devised a model, based on sound scientific and objective ideas, that can explain how these methods work from a bioenergetic and informational perspective of the human body-mind¹.

In this paper I summarise the main relevant scientific research done in the field of therapeutic human intention and I propose two lines of research that could yield very interesting results. The proposed themes of investigation are novel in my view. It is of course not meant to be a definite research outline, but more to serve as inspiration and motivation for enthusiastic scientific investigators. As the results obtained with these methods are so consistent and replicable (trademarks of good science), there must be scientific laws governing and underlying them. Thus, it is imperative, in my view, to learn as much as we can about how they work scientifically, as they have proven to be extremely helpful, efficient and cost-effective methods in relieving both physical and emotional discomforts easily, non-manipulatively, quickly and in an enduring way, from chronic pains, to deep emotional traumas.

INTRODUCTION TO THE RESEARCH TOPIC

Bioenergetic and Informational Therapies (BITs) are bioenergetic techniques for relieving physical and emotional symptoms that mainly use human intention, bioenergy and mental focus to achieve their effects. These therapies have been described as revolutionary in terms of the therapeutic results that they can achieve in a short time, and in a non-invasive and sophisticated way². In particular, results such as the elimination or significant relief of physical pain or emotional trauma are usually achieved within minutes without recourse to any external instrument, medication or machine, and are consistent and replicable (I estimate a conservative success rate of at least 70% in all cases of physical or emotional pain, based on my practical experience; similar estimates have been

reported by other healers, which were recently validated by scientific studies with these healers³). The therapist's mental and bioenergetic focus on a recipient, and sometimes only minimal (bioenergetic) touch in certain areas of the body, achieves what is usually considered 'impossible' or 'miraculous': the relief or total eradication of a physical or emotional problem permanently.

Although the mechanisms of action of these methods have already been explained on the basis of an objective scientific model (at least to the extent that they can be explained in this way)⁴, scientific research in the field is still clearly necessary and desirable since, if these fascinating results can be validated by science, they could become mainstream, teachable and replicable by anyone anywhere in the world, thus opening a new era of therapy using a highly effective and inexpensive treatment for a wide range of extremely common physical and emotional complaints in the population worldwide. Moreover, if the results are as described, this forces us to rethink and update our modes of reality and the biology of human beings.

STATE OF THE ART

There are several papers and studies that point to a significant effect of human intention on the physiology of other people, as well as relevant research showing that living systems can indeed communicate beyond mere physical or chemical pathways. Here I will summarize some of the relevant research.

INTENTION EFFECTS AT A DISTANCE

Several studies have demonstrated significant effects of transpersonal influence (between people) at a distance and without knowledge of the intention of such influence on the part of the recipient. These effects were detected and measured physiologically in the recipient of the intention. The work of Dr. William Braud and colleagues in particular seems to me to be very complete in this area. His research team not only performed decades of experimentation on the influence of intention at a distance between people, but also studied the effects of this influence on other biological systems. Other research groups have also studied the effects of human intention on non-biological systems (such as random number machines)⁵, but for now let us stick to the mental influence on biological systems.

Let us look more in detail at the work of Dr. William Braud. In an article summarizing 13 years of research, Dr. Braud describes the results of laboratory-controlled experiments on the possible mental influence at a distance on other people, animals, and cell cultures. The "targets" (recipients of influence) were placed in isolated rooms, far removed from where the influencer was⁶. Measurements on subjects included their skin conductivity, blood pressure and muscle activity, all physiological measures of autonomic nervous system activity. On non-human subjects, the location in space and time of groups of fish, the locomotor activity of small mammals, and the rate of hemolysis of human blood

cells *in vitro* were also tested. The careful methodology used allowed to exclude alternative explanations for the results such as: natural and spontaneous variations, any kind of subtle physical communication, suggestion or expectation on the part of the recipient (the placebo effect), or even coincidence or chance. The experiments involved in total 37 tests, 655 sessions, 449 different recipients, 153 distinct influencers, and 13 different investigators monitoring the tests.

It is admirable the extent of the evidence accumulated in these studies on the statistically significant positive correlation found between the intention of the emitters and the effects measured in the different targets⁷. These results mirror my own experience in the field of BITs, where a direct positive correlation between the physiological and psychological effects obtained in a receptor and the intentional work of the therapist is clearly observed. Dr. Braud's team postulated, on the basis of the results, that there appears to be a communication 'beyond space and time' between the person who intends and the recipient. They describe how the intention-emitter seems to use his or her inner imagination to interact with the target, which coincides perfectly with my own understanding and experience in using BITs and Mental Focus Healing in particular⁸. It may well be that the mechanisms governing these 'transpersonal influences at a distance' are not yet fully understood, but the evidence is sound in the sense that they are real.

Similar evidences and results were found by other research teams in different studies. For example, a study mapped and measured brain activity of a group of people (through magnetic resonance imaging), while Hawaiian healers focused on them in two-minute interspersed intervals, which were randomly assigned and were unknown to the receivers⁹. As in other studies, the recipients of the mental influence were physically isolated from the emitters, and the results of this investigation showed a very significant positive correlation between changes in the recipients' brain activity and the healers' focusing periods, one more clear evidence of the existence of measurable physiological effects of intentional focus at a distance on another person. Here, as in previous studies, the placebo effect was ruled out, since the periods in which influence was to occur, and in which effects were discovered, were randomly defined by a computer, and were unknown to both receivers and transmitters until the very moment of the experiment. This study also points to the universality of the principles of human intention, because it involved, as the senders of intention, healers trained and skilled in very diverse techniques - shamans, hands-on healers, psychic healers, etc. -, and they all had a significant effect on their recipients.

A more recent article, reviewing the results of 11 different studies on transpersonal influence at a distance, also found significant effects of this influence¹⁰. All studies reviewed in this analysis measured the effect of a person's intention, attention, and focus on a second person's attention span (for example, the emitters sought to increase the degree of mental concentration on a recipient). The results showed that there was indeed a significant effect of one person's attention on another; that is, recipients were more attentive and more mentally stable, without wandering, when the emitters mentally 'assisted' them

in this task by non-verbal influence at a distance. In addition, two other review papers of distance-influence studies - one of them analyzing studies that had non-human recipients - also concluded that there are in fact significant effects in most studies, although they consider that in some it would be advisable to improve the methodologies used in order to make their conclusions more precise¹¹.

ELECTROMAGNETIC FIELDS AND COMMUNICATION BETWEEN LIVING SYSTEMS

Let us now look into another fields of study, where it has been found that cell cultures could communicate with one another (i.e. transfer information) at a distance by a type of bioelectromagnetic communication. What is interesting in this kind of experiments, done since the 1920s, is that the physical and chemical contact was controlled, so the observed effect had to be achieved through other means¹². In initial experiments, for example, it was found that pointing the tip of a growing root of an onion (the inductor) to the root of another onion that was not growing (the receptor), both separated by a quartz glass, led to the accelerated growth of the receptor's root, influenced by the first. This effect disappeared when the two onion roots were separated by a crystal impermeable to ultraviolet radiation. It was thus concluded that the transmission of information must occur via electromagnetic radiation in the ultraviolet range, i.e. at frequencies above and beyond visible light. I believe the same 'medium' of communication is used within BITs, and that this is how we achieve the effects found (I personally feel this subtle bioenergetic and informational exchange as very real and almost palpable during a treatment, which leads to a synchronisation of breathing patterns and relief of symptoms).

Subsequent experiments in the decades that followed, conducted by different groups of researchers around the world (right up to this day¹³) have shown that, using as an inducer not only growing cells but also cells subject to some kind of stress (like virus infections or nocious chemicals), it was possible to cause the same stressful condition in recipient cells. In other words, induction of growth or stress occurred according to the respective condition of the inducer, as if the recipient cells assimilated this condition. Again, the idea that this effect would have to be caused by transmission of information through electromagnetic frequencies above visible light became confirmed by experimentation. In addition, the degree of influence appears to be greater when the inducing and recipient cell cultures are of the same species, and also depends on the time of the year in which the experiment was performed, suggesting possible effects of climatic and environmental conditions. These phenomena seem not to be restricted to cell cultures however, since effects of vibrational communication between whole organisms has also been found, for example between embryos of animals at different stages of development¹⁴. These and other studies point to the exciting possibility of living cells, tissues, and whole organisms being able to communicate (i.e. exchange information) by means other than mere physical, chemical, or verbal contact, at a distance through magnetic fields of influence, a mechanism that I very much believe is occurring within a BIT treatment as well.

Indeed, all this sounds very similar to what appears to be happening during a BIT session, but it surely must be experienced first hand (by therapist and recipient) in order to be truly appreciated and believed (it is hard to believe otherwise, hence the need for scientific validation). It seems very likely to me, based on my own personal and very organic experiences, that a similar type of vibrational communication, non/pre-verbal, occurs between therapist and patient in such situations. An invisible communication seems to exist, a wordless but vibrationally felt dialogue between sender (the 'catalyst' of this interaction) and receiver systems, which both understand and process this non-spoken language. Spontaneous simultaneous reactions occurring both in the recipient and therapist (e.g. yawning, sudden changes of breathing, or the disappearance of symptoms)¹⁵ are clear indications of this.

SPECIFIC OBJECTIVES OF THIS PROPOSAL

The investigation I propose would have two well-defined objectives, based on my direct, daily, and 6 years-plus experience with successful healings. These objectives are novel as far as I can tell. They would be:

- 1- to investigate potential synchronicity of brain neurological activity and physiological parameters between therapist and recipients during a BIT session;
- 2 - to investigate potential measurable changes in patterns of neurological and physiological activity related to a symptom (e.g. pain) before and after a BIT treatment.

OBJECTIVE 1 - TO INVESTIGATE POTENTIAL SYNCHRONICITY OF BRAIN NEUROLOGICAL ACTIVITY AND PHYSIOLOGICAL PARAMETERS BETWEEN THERAPIST AND RECIPIENTS DURING A BIT SESSION

It was from the onset noticed by me, as a healer, that there is a curious and fascinating synchronization between therapist and recipient during a treatment, denoted by physiological and behavioral changes in the latter *in the precise moment* when the former feels a bioenergetic shift related to his inner intentional work, as if a real and instantaneous link and communication between the two systems existed. From many years of experience and thousands of such phenomena experienced, it is clear to me that this is a real phenomenon, explained by an energetic attunement between therapist and recipient (like two tuning forks that vibrate together), and the biological electromagnetic exchange of information mentioned above. This is akin to a radio receiver receiving a message when tuned to the frequency that message is sent on. In particular, it is perceived that the two biomagnetic fields (of patient and healer) become one or *attuned* to each other, and a true bioenergetic and informational exchange takes place naturally, and when one of this sides moves or changes (a movement catalysed internally by the healer) the other responds instantaneously.

The major visible effect witnessed in a receiver when a change is catalysed by the healer is a sudden change in breathing at the precise moment of healing, normally in the form of a sudden sigh or deep breath. This is so common, so conspicuous, and so well synchronized with *the precise* moment when the healer feels an equivalent change in energy as expressed by the patient's reaction, that I have come to understand it as a real phenomenon. I believe and expect this synchronisations and sudden bioenergetic shifts felt by patient and healer to be detected and measurable neurologically (through brain scans) and/or physiologically (e.g. sudden changes in heart patterns, breathing patterns or skin conductivity for example) both in the healer and in the recipients. This would constitute good evidence of a real instantaneous extra-physical (energetic) communication between healer and receiver.

OBJECTIVE 2 - TO INVESTIGATE POTENTIAL MEASURABLE CHANGES IN PATTERNS OF NEUROLOGICAL AND PHYSIOLOGICAL ACTIVITY RELATED TO A SYMPTOM (E.G. PAIN) BEFORE AND AFTER A BIT TREATMENT

Brain scans can reflect the internal state of an individual, and these type of exams are routinely used in science to access physiological and cognitive changes in a person, for example when he or she is experiencing acute or chronic pain. It is thus, for some time now, possible to monitor a person's brain activity in real time, while that person is experiencing pain for example, thus seeing the areas of the brain that lit up in response to it. And not only brain scans, but several physiological parameters (e.g. skin conductivity, heart rate) are known to be indicative of a person's emotional status.

I hypothesize that measurable neurological brain patterns and/or the physiological state of an individual in pain would change considerably after a BIT session, when the patient no longer reports feeling the pain or is considerably alleviated. If, for example, at the onset, an area is obviously painful when pressed or when moving the body in a certain way, that reaction could be clearly detected and measured neurologically and physiologically. And, when, after a successful BIT treatment that pain disappears or is reduced, the brain scan (and physiology) should reflect that as well. So, if an individual is unable to move his or her body in a certain way without feeling pain (for example bend an arm or a leg, or turn the neck) when, after a treatment, he or she has no pain anymore making this same movements (which can be seen to be better visually, as witnessed routinely in my practice), then a concomitant brain and physiological scanning should reflect this.

This would, once again, constitute *palpable* evidence of a measurable physiological change in the body after a contactless bioenergetic treatment. Furthermore, the objective measurement of physical range of motion pre- and post-treatment could also be used as further scientific evidence of a change occurring.

NOVELTY OF THE CURRENT RESEARCH PROPOSAL

I believe the current research proposal adds much needed evidence to the extent of scientific work done so far in a field still clouded with skepticism and cynicism within and without the scientific community, and goes beyond it in many respects. In particular it aims to study healing events with a highly experienced mental and bioenergetic healer with consistent results, someone who is demonstrably sensitive to bioenergetic changes leading to concomitant changes in physiology in a recipient, and subsequent reduction of symptomatic phenomena (aches, pains and emotional turmoil).

Furthermore, I know of no research that looked at the synchronization of neurological activity between healer and patient, and which correlated these synchronyous moments to a real-time signalling, by the therapist, of the precise moment when a change has occurred for him. This is novel. Furthermore I am not aware of research analysing neurological and physiological changes in concrete patterns of activity before and after a treatment. Although some studies have looked at changes in the live blood clotting state before and after a bioenergetic-based energy psychology treatment (EFT) for example¹⁶, I would be very interested to see differences in measurable patterns of pain in particular. To have patients think about the pain, touch/press the painful area, or move a limb that is painful before and after a succesful treatment (when they report the pain has subjectively alliviated for them) should be extremely interesting, and constitute strong evidence of a *definite* physical measurable change after an invisible treatment¹⁷.

CONCLUSIONS

It would be extremely advantageous for mankind's evolution to ascertain whether "telepathic" communication is indeed possible, especially as this communication accelerates and catalyzes the resolution of stresses (symptoms) in a recipient's body. BITs are a formidable promise in this field, and deserve to be investigated. Although some efforts have occurred and continue to occur in the world to investigate these phenomena, they are still few and find strong resistance from the scientific community. It is necessary to continue to counteract this tendency and to investigate with seriousness and objectivity these real phenomena, so consistently helpful for those who use them daily to alleviate the suffering of many people, and that are thus extremely helpful for humankind as a whole. But we can only learn something new, if we are open to it.

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NOTES

¹ For a description of this model of functioning of BITs please see Cunha Pereira, H. *Somos Seres de Luz* (2018), that also summarizes all the research surrounding this topic. The book is currently being translated to english.

² *idem*.

³ See the latest research with the healer Charlie Goldsmith in US hospitals, reporting equivalent success rates: Dufresne, F. et al. (2015); see also <https://www.charliegoldsmith.com/studies>

⁴ *idem* note 1 above.

⁵ Noteworthy, due to their extension, were the studies conducted by Jahn and Dunne in the 1980s in the then Engineering Anomalies Research Laboratory, at Princeton University (see e.g. Dunne, B.J. & Jahn, R.G. (1992) and Jahn, R. G. & Dunne, B. J. (1986)).

⁶ Braud, W. & Schlitz, M. J., 1991.

⁷ Braud, W. *Distant Mental Influence* (2003).

⁸ *idem* note 1 above.

⁹ Achterberg, J. et al., 2005.

¹⁰ Schmidt, S., 2012.

¹¹ Astin, J.A. et al., 2000; Roe, C.A. et al., 2015.

¹² These experiments were initially conducted by researcher A. Gurwitsch (see Gurwitsch, A., 1988) and later (1960-1980) by V. Kaznacheev's research group (See Kaznacheev, VP & Michaylova LP, 1985; Kaznacheev, VP & Michaylova LP, 1981; Kaznacheev VP et al., 1979). Review of these and other investigations were also made (see Scholkmann, F. et al., 2013).

¹³ See, for example, Chaban, V. V., 2013.

¹⁴ Burlakov, A.B. et al., 2000.

¹⁵ All this effects, and more, are described in the book *Somos Seres de Luz* (see note 1 above).

¹⁶ See online video showing these results: 'EFT (Tapping) Intro by Gary Craig, EFT Founder' - <https://www.youtube.com/watch?v=5r4kVp1yf5E>

¹⁷ It has been reported, for example, the surprising effect of the imagination on neurology and muscle development, which are also measurable physical effects of an invisible force (the imagination; see e.g. Shackell, E. & Standing, L. (2007) or Pascual-Leone, A. et al. (1995)). The idea is to find similar measurable effects on a recipient's pain before and after a treatment with BITs, also an 'invisible force' like imagination.