

World Summit on

STRESS, MINDFULNESS AND PHILOSOPHY &

5th International Conference on

STRESS, MENTAL HEALTH AND DEMENTIA

August 27-28, 2018 | Boston, USA

Quantitative electroencephalography (qEEG) assessment of individuals participating in a group healing intention session

Stephanie Sullivan, Emily Drake, Preeti Modi, Rachel Youkey, Dan Tuttle and Ronald Hosek
Life University, USA

Statement of the Problem: Research related to the healing tradition of intention often centers around the results observed in the individual or object being intended to. Little is known relative to putative changes observed in the health and wellbeing of individuals sending the intention. The objective of this study was to evaluate changes in brain activation patterns, mood and pain states of participants sending healing intention.

Method: Seven healing intention sessions were conducted. Participants signed an informed consent document and received training in Lynne McTaggart's Power of Eight Intention protocol. One participant per group volunteered to be the target of the intention, and a unique intention statement was developed. The remaining group members focused on sending the intention. Prior to and immediately post the intention session, each participant completed surveys related to mood and pain levels. From the intending group, one individual volunteered to receive an electroencephalogram (EEG) (Cadwell Easy II, 19 Channel) before, during and after the intention session.

Results: EEG results ($n=6$) were analyzed using quantitative electroencephalography (qEEG). The senders exhibited statistically significant decreases baseline to post-intention within the alpha ($p < 0.01$), beta ($p < 0.01$), and gamma ($p < 0.01$) bands, predominately in the right hemisphere. Changes were noted within the central strip, frontal, temporal and parietal regions. Significant improvements were also noted in overall mood ($P < 0.03$) and the arousal-calm ($p < 0.02$) and negative-relaxed ($p < 0.01$) subscales (Brief Mood Introspection Scale, 1988). As most participants were considered healthy, no changes in pain status were observed in the Quadruple Visual Analogue Scale.

Conclusion: The data from this case series suggest that the act of sending a healing intention may alter brain activation patterns and improve the mood of the individual sending the intention.

stephanie.sullivan@life.edu