

Presentation at The International Society for the Study of Subtle Energies and Energy Medicine 20th Annual Conference

Evidence-Based Spirituality for the 21st Century
June 25-29, 2010 at the Westin in Westminster, Colorado.

Title:

The Heart and the Brain: Two Organs that Reflect the Power of Energy Healing

Summary:

This elective session introduces people to two physiological measures that characterize an individual's general health and well-being, heart rate variability (HRV) and brain wave frequencies, that we have used to characterize the physiological influence of two modalities of energy healing, Reconnective Healing and Reiki. The session will be divided into three parts. Firstly we will show how HRV and brainwaves of different frequencies reflect a person's emotional mental and spiritual state. Volunteer participants will be given the opportunity to experience HRV measures on stage, using sensors and computer software. Secondly, we will present the results of our recent scientific research performed on over 100 Reconnective Healers (50 novice, 50 experienced and 8 instructors) showing how interaction with the Reconnective energy frequencies affects the practitioners' HRV, blood perfusion in the hands and fingers, and brain waves. We will also show how these responses differ from our results with Reiki practitioners. Thirdly, Doug de Vito, or another of the primary teachers of The Reconnection, will demonstrate on stage, while being monitored by the sensors, how his HRV and brain waves are affected by the Reconnective energy frequencies. This session will show participants that specific measures of heart and brain response can be used to differentiate between at least two healing modalities and that these measures could potentially provide a means for baseline testing of practitioners.

Main Points

- Learn about heart rate variability (HRV) and brain wave frequencies
- Experience how they reflect a person's spiritual, mental and emotional state
- Discover how 'feeling' Reconnective Healing energy frequencies and 'sending' Reiki energy alters HRV and blood flow in fingers
- Watch live demonstration of how 'feeling' Reconnective Healing energy frequencies alters HRV and brain wave frequencies
- Discuss how heart and brain responses indicate how healing energy is being accessed and the potential for use of these responses as indicators of activation of the healing process

Agenda

75 min session

- 0–20 min: Power Point presentation describing HRV and brain frequencies and how they reflect a person's spiritual, mental and emotional state

- 20–30 min: Volunteers are connected to an ear lobe HRV sensor linked to a computer on stage and asked to experience different emotions so that the audience can see what happens to their HRV in each case.
- 30–50 min: Power Point presentation showing the results of our scientific research on how ‘feeling’ Reconnective Healing energy frequencies and ‘sending’ Reiki energy alters HRV and blood flow in fingers
- 50–65 min: Live demonstration of the effects of Reconnective Healing on HRV and brainwave frequencies
- 65–70 min: Discussion of scientific results and their implications for differentiating between different energy healing modalities and possible baseline testing of practitioners.
- 70–75 min. Audience question/answer session

Qualifications:

Ann Linda Baldwin is a Research Professor of Physiology and director of Mind–Body–Science. She has a BSc in Physics, an MSc Radiation Physics and a PhD in Physiology. She is an Usui Reiki Master and has completed levels I/II in Reconnective Healing. Dr. Baldwin is a licensed HeartMath provider (June 2008) and has completed courses in heart rate variability and neurofeedback through the Biofeedback Certification Institute of America. She has published over 100 articles in peer–reviewed scientific journals and has been a member of several review panels for National Institutes of Health and the National Science Foundation.

Gary E. Schwartz is a Professor of Psychology, Medicine, Neurology, Psychiatry, and Surgery, and Director of the Laboratory for Advances in Consciousness and Health, at the University of Arizona. He received his MA in Clinical Psychology and PhD in Personality Psychology from Harvard University. He served as a Professor of Psychology and Psychiatry at Yale University, Director of the Yale Psychophysiology Center, and Co–Director of the Yale Behavioral Medicine Clinic. His publications include over 400 scientific papers, 11 edited books, and *The Energy Healing Experiments* (Atria / Simon & Schuster, 2008).. He was the PI and director of the NCCAM funded Center for Frontier Medicine in Biofield Sciences.

Learning Objectives:

1. Participants will define the term 'heart rate variability'
2. Participants will identify different frequencies of brain waves
3. Participants will be able to measure heart rate variability and demonstrate how it is affected by negative and positive emotions
4. Participants will describe the research data on the physiological effects of Reconnective Healing and Reiki
5. Participants will distinguish between the autonomic effects of Reconnective Healing and Reiki on the practitioner
6. Participants will appreciate the implications of the use of heart and brain responses for baseline testing of energy healing practitioners

Methodology:

This session will involve two Power Point presentations, experiential audience participation on stage to demonstrate the effects of emotion on heart rate variability, live demonstration on stage of effects of Reconnective Healing on the heart and brain of the practitioner and an audience question/answer period.

References

'The Effect of Self-Directed Reiki on Finger Perfusion', International Society for the Study of Subtle Energies and Energy Medicine, 19th Annual Conference, Westminster, CO, June, 25, 2009. Contact: Melinda Connor (520- 609-1765)

'Communication and Connection', Epona Equestrian Center, Apache Springs Sonoita, AZ, March 18, 2009. Contact: Linda Kohanov (520-647-0068)

'How Biofeedback with Massage Promotes Full Relaxation', Lotus Massage & Wellness Center, Tucson, AZ, April 22, 2009. Contact: Laura Key (520-326-7700)

Advert

The Heart and the Brain: Two Organs that Reflect the Power of Energy Healing
See how the heart and brain of energy healers respond as they 'feel' the frequencies of Reconnective Healing and as they 'send' Reiki energy and how these responses differ so radically between the two modalities. Live demonstrations on stage! What does this tell us about different ways of accessing healing energy? Can these responses be used as indicators of activation of the healing process?

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Brainwaves:

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Reconnective Healing:

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Reiki:

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Baldwin AL The Effect of Self-Directed Reiki on Finger Perfusion, International Society for the Study of Subtle Energies and Energy Medicine, 19th Annual Conference, Westminster, CO, June, 25, 2009.