

RESEARCH HIGHLIGHTS

The 1st Pranic Healing Research & Development Conference | Bogota, Colombia an international forum for presentations and discussions of frontier research in Pranic Healing

Highlighted are three research studies presented at the Conference.

sLORETA and Psychological Functioning Impacts from Meditation on Twin Hearts: Differences between novice and experienced meditators

Jeff Tarrant, Ph.D., BCN, DCEP, Neus Raines, Ph.D., Wayne Blinne, MA, & Nichole Perez, M.D.

This study investigated the effects of Meditation on Twin Hearts (MTH) on subjects' self-reported psychological functioning and sLORETA patterns in specified brain regions. Measures of anxiety, mood and coping self-efficacy were completed pre and post meditation. Novice and experienced meditators EEG was collected while engaging in a guided version of MTH. Psychological functioning variables revealed that the experienced meditators reported significantly less anxiety and higher levels of happiness, calmness and coping self-efficacy than the novice group before the MTH. Pre-post meditation scores for both groups revealed reduced anxiety and increased happiness immediately after MTH with more robust changes in the novice group. Using sLORETA analyses, experienced meditators showed increased gamma activation in regions related to empathy and focused attention. The novice meditators showed patterns of decreased activation.

Pranic Healing in the Geriatric Emergency Room

Lauren Khalifeh RN,BSN & Linda Flar Lund RN, BSN

Objectives: To offer patients of the Geriatric population a holistic modality to be used in conjunction with traditional medicine to relieve pain, stress and/or anxiety. To provide exposure, and education of caretakers and staff, a basic knowledge of Pranic Healing. Loving-kindness is the base of Pranic Healing which aligns to Watson Theory. **Settings and Subjects:** The Geriatric Emergency Department at St. Joseph's Regional Medical Center, patients age 57 and up, male and female. Nurses and family as well were offered as well, but only patients were measured. **Interventions:** Patients identified by primary RN and referred to a Pranic Healer. Verbal consent was obtained from patients. **Measures:** The patients were assessed with a Likert scale of 1-10 to evaluate pain, stress and/or

anxiety. Treatment was given using protocol for specific symptom. Post evaluation was done then documented to the electronic documentation. **Results:** Yielded sample size of 144 patients statistically significant reduction of symptoms $p < .01$. Pain symptom reduction of 7.52 to 4.16, Stress symptom reduction of 7.33 to 2.67, Anxiety symptom reduction of 7.53 to 3.00. **Conclusion:** Pranic Healing was significantly effective in reducing symptoms of Pain, stress and anxiety in the geriatric ED.

Effects of Biofield Therapy on Calcium Release in Immortalized Mouse Keratinocyte HaCaT Cells

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Silva Ricardo, Herrera Alvaro & Velásquez Hordep

Objective: Observe the response on the release of calcium into mouse keratinocyte HaCaT cells subjected to biofield therapy (BT) through a pranic healing technique. **Design:** This was a pilot experimental study. **Settings/location:** The study was conducted in a laboratory at Simon Bolivar University. **Subjects:** Mouse keratinocyte HaCaT cells. **Interventions:** The intervention consisted of a 15-minute biofield therapy using a pranic healing technique. **Outcome measures:** Cells were loaded with 5 μ M calcium indicator Fura 2-AM to monitor changes in intracellular calcium concentration. Cell population was separated into two groups: a control group where cells received no stimulation and the other experimental group where Pranic Healing was applied. **Results:** The cells that were treated with Pranic Healing showed a significant increase in

intracellular calcium concentration as compared with untreated cells. Such increase in calcium concentration is consistent with the depletion of intracellular stores. By the action of Thapsigargin (TG) peak, calcium release is equivalent to cells exposed to Pranic Healing in comparison to control cells. One possible explanation for this observed result is that store of intracellular calcium had been stimulated by Pranic Healing and hence the resulting drain is lower. These results allow us to infer that Pranic Healing has an action on intracellular calcium storage but does not allow us to clarify how calcium has been stimulated.

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FULL LIST OF PRESENTATIONS

PLENARY SESSIONS

The Impact of Meditation on Twin Hearts on Psychological Functioning and Quantitative EEG: A Comparison of Experienced and Non-Meditators

Jeff Tarrant PhD –Columbia, Missouri USA, Neus Raines PhD – San Diego, California USA,
Wayne Blinne, MA – Columbia, Missouri USA

Effect of Pranic Healing in Pain Management in Emergency Department: Randomized Controlled Study

Lauren Khalifeh, RN, BSN, Linda Flar Lund, RN, BSN.
St. Joseph Regional Medical Center, Paterson, New Jersey USA

Therapeutic Effects of Pranic Healing in Neurosurgery

B. Chendil Nathan MCh, DNB, FRCS – Neurosurgeon, Apollo Hospitals, Chennai, India

Evaluation of Pranic Healing in Treating of Smoking

Andrea Veronica Garcia Pacheco, MD – General Practitioner, Cuenca, Ecuador

Pranic Agriculture - Comparative Trials from Germany, India and Colombia

Rainer Krell PhD – Rome, Italy – Barcelona, Spain, Stefan Riebessel – Hamburg, Germany

Impact of Energy Healing in the Treatment of Multifactorial Disorders

Francois Tessier PhD(c) – Ontario, Canada

Pranic Healing Studies in the Laboratory. Effect of Pranic Healing in the Survival of Infected Galleria Mellonella

Luciana Lobo – Rio de Janeiro, Brazil

Pranic Healing in the Laboratory, Effects of Pranic Healing on Calcium Release in Immortalized Mouse Keratinocyte HaCat Cells

Hordep Velasquez – Caracas, Venezuela

Lightning Round Presentations

Effects of Pranic Healing in Acceleration of Wound Healing

Valerie Davis, MD – New Smyrna Beach, Florida USA

Changes in Gamma Brainwaves during the Meditation on Twin Hearts

Jeff Tarrant, PhD – Columbia, Missouri, USA

Pranic Healing in Advanced Stages of Cancer: Case Studies

Telma Torres, RN – Sao Paulo Area, Brazil

Case Report: Pranic Healing in the Treatment of Obesity and Psychic Trauma

Ruth Nobuko Nakabayashi, Marcia Koike, Claudia Vieira Carnevalle – Brazil

Biofield and EEG Changes from Divine Healing

Neus Raines, PhD – San Diego, California USA

Human Development – Comparative Study Between Development Indicators and Energy Centers

Ana Maria Vargas – Barcelona, Spain

Pranic Healing Therapy and Experience in a Pediatric Health Community with Multidisciplinary Interventions

Magali Fernandez Martinez Moncada, MD – Cali, Columbia

Angela Maria Gomez - Cali, Columbia

Effects of Pranic Psychotherapy on Perceived Quality of Life

Jorge Fuentes – Santiago, Chile

Pranic Healing in Assisting Couples with Infertility

Andrea Rodriguez Roca JD, PhD – Santa Cruz, Bolivia

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