

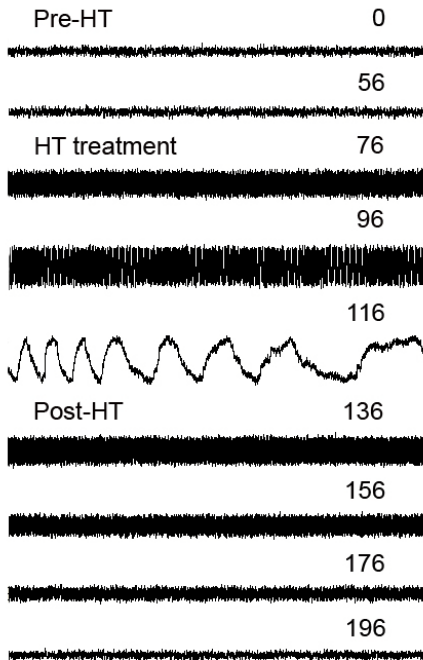
# Volunteers Needed for a Scientific Study

## “Environmental changes and healer self-assessment associated with bioenergy healing”

You are invited to participate in a research study of bioenergy healing, specifically Healing Touch. You were selected as a possible subject because you are trained and certified in Healing Touch. The study is being conducted by Margaret M. Moga, PhD, Department of Anatomy & Cell Biology, Indiana University School of Medicine – Terre Haute, with IRB approval from Indiana University – Purdue University Indianapolis (IUPUI).

The purpose of this study is to determine whether bioenergy healing (for example, hands-on healing or Healing Touch) can be measured scientifically with equipment currently available in the laboratory. Questions we will address during this study include: Can we detect when a healer is sending or giving healing? Does the healer’s physical health and emotional state have an effect on healing?

If you agree to participate, you will be one of 20 healers who will be participating in this research. During each Healing Touch session, magnetic field activity will be recorded about 2-3 feet away from the healer and client, permitting the healer unimpeded access to the client. If you would be interested in participating in this study, please contact Dr. Moga at: [mmoga@iupui.edu](mailto:mmoga@iupui.edu) or 812-240-3302 (cell).



◀ An example from our experimental data showing how environmental magnetic field activity increased during a Healing Touch session. Minutes into the session noted on right. Session began at 60 minutes. Note the increase in oscillatory activity and greater amplitude of the magnetic field during the Healing Touch session, which returned to normal about 3 hours after treatment.

## IUPUI and CLARIAN INFORMED CONSENT STATEMENT FOR

### **Environmental changes and healer self-assessment associated with bioenergy healing**

You are invited to participate in a research study of bioenergy healing and bioenergetic activities, covering a diverse range of therapies and groupwork, including: hands-on healing, distant healing, Reiki, Qigong, Healing Touch, Therapeutic Touch, Craniosacral Therapy, acupuncture, therapeutic massage, group meditation, Tai Chi, group spiritual healing, and hypnosis. Participants in these therapies and activities often report a sense of “deep relaxation”, the movement of some sort of energy or “life force”, healing of mind/body/soul, meaningful imagery and other positive experiences. You were selected as a possible subject because either, 1) you are trained and experienced in bioenergy healing, bodywork or a bioenergetic activity, whether for yourself and/or for others, or 2) you have no training or experience in bioenergy healing, and are willing to serve as a “sham healer”, or 3) you are willing to receive bioenergy healing as a client, or 4) you are a student practitioner of a mind-body or bioenergetic activity, or 5) you are an instructor or person-in-charge of a class, clinic or workshop involving bioenergy healing or bioenergetic/spiritual activity. We ask that you read this form and ask any questions you may have before agreeing to be in the study.

The study is being conducted by Margaret M. Moga, PhD, Department of Anatomy & Cell Biology, Indiana University School of Medicine. It is currently funded by the Indiana University School of Medicine – Terre Haute (IUSM-TH).

#### **STUDY PURPOSE**

The purpose of this study is to determine, 1) whether bioenergy healing (for example, hands-on healing) can be measured scientifically with equipment currently available in the laboratory, 2) whether groupwork based on bioenergy (for example, Tai Chi) causes measurable changes in the environment, 3) whether the healer’s physical and emotional state can affect their ability to heal during a particular session, and 4) whether energies or energy changes felt by participants can be detected with scientific instruments.. Questions we will address during this study include: Can we detect when a healer is sending or giving healing? Does the healer’s physical health and emotional state have an effect on healing? Are environmental changes greater or more pronounced during group bioenergetic activities (i.e., is there a group effect)?

#### **NUMBER OF PEOPLE TAKING PART IN THE STUDY:**

If you agree to participate, you will be one of approximately 300 subjects who will be participating in this research (locally and nationally).

#### **PROCEDURES FOR THE STUDY:**

If you agree to be in the study, you will do the following things:

**For bioenergy healing and bodywork experiments (e.g, Healing Touch and therapeutic massage),** you may participate as a healer or therapist, or a client. The date and time of each healing session will be prearranged with the research investigator (by phone call or email), based on what day/time is good for you (some evenings and weekends may be available). During these sessions, we will record the magnetic field (or other environmental fields) in close proximity to the healer and the client (typically 3 – 6 feet away, but as much as 15 feet away). We will place the sensor in a position agreeable to both the healer and the client, after consultation with both parties. In a small number of experiments, the “clients” will be laboratory mice.

**Healers and therapists** will give bioenergy healing or similar treatment to clients or “healees”, as they are able. The method of treatment is your choice, based on your training in a healing tradition or discipline, but we ask that you provide the research investigator with a verbal description of your method prior to the session, and a short written summary of the method used in the “Healer Feedback” after the session. After each session, we ask that all **healers** and **therapists** fill out a survey (“Healer Feedback”) summarizing how the healing session went for you - whether you felt good, whether you felt any physical sensations, energy movement, etc.

**Clients** will receive a bioenergy healing or bodywork treatment (e.g., Healing Touch, massage) with a healer/therapist. In a small number of cases, clients will listen to a guided meditation CD without a healer. At any time before, during or after the session, we ask that you inform us if you are uncomfortable with the setup (for example, if the magnetic field probe is too close for comfort), or if you would like to terminate the session, and/or if you need assistance of any kind (e.g.,

blanket or pillow, change the lighting, etc.). We may ask you to fill out a short survey (“Client Feedback”) before and after the session to help us determine whether a healing effect has occurred during the session.

**For bioenergetic or spiritual activities (e.g., Tai Chi, meditation),** you may participate as a member of a previously scheduled adult class, workshop or service. The date and time of the activity will be determined by the leader, organizer or minister of the activity. During these sessions, we will record the magnetic field (or other environmental fields) along the periphery of the room or group, and if feasible in an audience situation, in the middle of the group in an empty chair. The closest proximity of the sensor to any participant will be 2 – 6 feet away, but as much as 50 feet away in large auditoriums. We will place the sensors in positions agreeable to both the leader of the activity and participants, after consultation with both leader and participants. These recordings will determine, 1) whether there is a measurable group effect during bioenergetic or spiritual activities, and 2) whether mind-body activities have an effect similar to bioenergy healing. After the activity or service, you may complete an optional survey, “Participant Feedback”, providing the research investigator with feedback regarding your experience or experiences.

**Instructors, ministers, clinic supervisors and administrators** are asked to read and sign this informed consent as agreement that the proposed experiments may be conducted on the premises under their charge.

The total duration of the study will be approximately 3 years. We will provide you with a summary of the results either at the end of the study or after completion of the segment of which you took part.

### **RISKS OF TAKING PART IN THE STUDY:**

While participating in the study, you may experience the following risks:

The risk of completing the survey is being uncomfortable at times answering the questions, as for example, when your physical health or emotional tone are less than optimal and you would rather not reveal this.

The risks of possible loss of confidentiality include people finding out that you do this kind of healing or activity with either positive or negative consequences (e.g., negative including public ridicule, loss of job, and positive such as requesting a healing from you).

The risk of receiving negative feedback (if for example, we are unable to detect any magnetic field changes during the session) is embarrassment and losing confidence in your ability to heal, or loss of faith in the bioenergetic or spiritual therapy or activity.

There may be other risks that we cannot predict.

We will employ the following measures to minimize the risks listed above:

While completing the survey, you can tell the researcher that you feel uncomfortable or do not care to answer a particular question. Participants in the group activities have the option of not completing a survey.

Your contact information, and your training and ability to heal, will be kept confidential by the study investigator and will not be shared with support personnel.).

While participating in this study, you may suggest changes to the treatment regimen that would increase the likelihood of healing effects.

### **BENEFITS OF TAKING PART IN THE STUDY:**

The benefits to participation that are reasonable to expect are, 1) you will make a contribution to scientific research on bioenergy healing and bioenergetic practices, and 2) you will receive feedback regarding your ability and/or your group’s ability to heal or alter the immediate environment.

### **ALTERNATIVES TO TAKING PART IN THE STUDY:**

You have the option of not taking part in this study.

## **CONFIDENTIALITY**

Efforts will be made to keep your personal information confidential. We cannot guarantee absolute confidentiality. Your personal information may be disclosed if required by law. Your identity will be held in confidence in reports in which the study may be published and in databases where the results will be stored prior to publication.

Organizations that may inspect and/or copy the research records for quality assurance and data analysis include groups such as the study investigator and her research associates, the IUPUI/Clarian Institutional Review Board or its designees, the study sponsor (IUSM-Terre Haute), and (as allowed by law) state or federal agencies (specifically the Office for Human Research Protections (OHRP), and granting agencies, such as the National Institutes of Health (NIH).

## **COSTS**

For local healer/subjects doing bioenergy healing in-person (as opposed to distant healing), taking part in this study may lead to travel costs, such as mileage for travel to and from the animal facility. You will not be responsible for these study-specific costs, and may seek reimbursement through the study investigator, Dr. Moga, at the Indiana University School of Medicine – Terre Haute.

## **PAYMENT**

Participants in group bioenergetic and spiritual activities will not be reimbursed for their time and contribution, due to the large number of individuals involved in these activities. For individual healing sessions, healers will receive payment for their services, and clients will receive a small incentive to participate. In general, payment will be made within two weeks after the session or sessions.

## **COMPENSATION FOR INJURY**

In the event of physical injury resulting from your participation in this research, necessary medical treatment will be provided to you and billed to your health care insurer. Costs not covered by your health care insurer will be your responsibility. It is your responsibility to determine the extent of your health care coverage. There is no program in place for other monetary compensation for such injuries. However, you are not giving up any legal rights or benefits to which you are otherwise entitled.

## **CONTACTS FOR QUESTIONS OR PROBLEMS**

For questions about the study or a research-related injury, contact the researcher, Dr. Margaret Moga at 812/237-3420 (office) or [mmoga@iupui.edu](mailto:mmoga@iupui.edu) or 812/240-3302 (cell). If you cannot reach the researcher during regular business hours (i.e. 8:00AM-5:00PM), please call the IUPUI/Clarian Research Compliance Administration office at 317/278-3458 or 800/696-2949.

In the event of an emergency, you may contact Dr. Margaret Moga at 812/240-3302 (cell).

For questions about your rights as a research participant or to discuss problems, complaints or concerns about a research study, or to obtain information, or offer input, contact the IUPUI/Clarian Research Compliance Administration office at 317/278-3458 or 800/696-2949.

## **VOLUNTARY NATURE OF STUDY**

Taking part in this study is voluntary. You may choose not to take part or may leave the study at any time. Leaving the study will not result in any penalty or loss of benefits to which you are entitled. Your decision whether or not to participate in this study will not affect your current or future relations with Dr. Moga or other researchers at the Indiana University School of Medicine – Terre Haute.

## **SUBJECT'S CONSENT**

In consideration of all of the above, I give my consent to participate in this research study.

I will be given a copy of this informed consent statement to keep for my records.

SUBJECTS SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_  
(must be dated by the subject)

SIGNATURE OF PERSON OBTAINING CONSENT: \_\_\_\_\_ Date: \_\_\_\_\_

## **Biological mechanism of energy healing: A preliminary study.**

### **RESEARCH DESIGN**

**Overview:** Our long-term goal is to understand how bioenergy healing works. We are particularly interested in animal models, as the placebo effect, a complicating factor in human studies, does not apply to animals. In the present study, we will attempt to replicate the results of Bengston and Krinsley (2000), who reported significant tumor remission in mice following hands-on healing.

We are also interested in measuring the putative biofield emissions of healers. Seto et al. (1992) observed a low-frequency magnetic field pulsation adjacent to the hands of Qigong healers as they did healing. We will attempt to replicate the Seto et al. findings using a sensitive magnetometer located adjacent to the hands of bioenergy healers.

We propose a preliminary set of experiments to determine whether bioenergy healing is possible in the laboratory. If so, what is the optimal treatment regimen? Are magnetic field pulsations associated with the healing sessions? If so, are they an indicator of healing effectiveness (i.e., tumor regression or increased survival)?

Based on the preliminary findings in our animal experiments, we propose a pilot study to survey the DC magnetic field environment during bioenergetic therapies involving human subjects. These experiments will determine whether low-frequency magnetic field pulsations are a common feature of bioenergy healing and human bioenergetic activity.

[I've deleted the bioenergy healing of mice experiments, as they have been completed. 05-26-2010]

**Specific Aim 3: To test whether DC magnetic field changes are associated with bioenergy healing involving human subjects:** Does the DC magnetic field increase or decrease in size during bioenergy healing sessions? Are magnetic field pulsations associated with bioenergy healing sessions? Can we predict healer/healee responses based on the magnetic field activity during a session?

**Experimental protocol:** A magnetometer (or other environmental sensing device, e.g., radiofrequency detector) will be placed in close proximity to a healee (human subject receiving a bioenergy therapy intervention), approximately 2 – 4 feet away from the subject, in a position comfortable and agreeable to both healer and healee. As a control, an additional magnetometer will be positioned distally (more than 5 feet away) from the subject or in another room with no bioenergy intervention. The magnetometers will be connected to a recorder and PC. Before each experiment, magnetometers will be zeroed with a mu metal chamber. For each experiment, the magnetic field will be recorded continuously for 1-4 hours before the session (pre-session), during the session, and for 1-4 hours after the session (post-session). After the session, healers will complete a 'Healer Log', with self-assessment of physical and emotional health, and qualitative description of the session (e.g., any felt changes). In some experiments (e.g., with Healing Touch), healees will be asked to complete a short evaluation before and after the bioenergy intervention ('Client Feedback').

A variety of controls will be used to test whether magnetic field changes are specific to bioenergy healing. In one set of controls, we will compare magnetic field activity during therapeutic massage with that obtained during bioenergy healing. Both bioenergy healing and therapeutic massage are "bodywork modalities" that typically involve relaxing touch given to the client on a massage table for approximately 1-hour. In general, massage therapists ascribe the healing effects of massage to physical touch, not to "putative energies". This control will determine whether bodywork, in general, can produce magnetic field changes. As another set of controls, we will ask volunteers to

listen to guided meditation for relaxation CDs, to test the possibility that magnetic field changes are due to relaxation and release of tension by the human subjects.

**Specific Aim 4: To test whether DC magnetic field changes are associated with mind-body and bioenergetic activities.** Can magnetic field changes be detected during mind-body and bioenergetic activities, such as meditation and Tai Chi? Does the magnetic field display any frequency coherence during group bioenergetic activities? Can we predict group or practitioner responses based on the magnetic field activity recorded during a session?

**Experimental protocol:** One to four magnetometers (or other environmental sensing devices, e.g., radiofrequency detector) will be placed in a room during a mind-body or bioenergetic activity, with locations along the periphery of the room and/or in the center of the group, in locations comfortable and agreeable to the practitioners, but generally within 2-15 feet of the human subjects. As a control, additional magnetometers will be positioned distally (more than 15 feet away) from the group or practitioner or in another room with no activity. The magnetometers will be connected to a recorder and PC. Before each experiment, magnetometers will be zeroed with a mu metal chamber. For each experiment, the magnetic field will be recorded continuously for 1-4 hours before the activity (pre-activity), during the activity, and for 1-4 hours after the activity (post-activity). In some experiments (e.g., Tai Chi), practitioners will be asked to complete a short feedback form ("Participant Feedback") after the bioenergetic activity.

**Analysis:** In Specific Aims 3 and 4, magnetic field activity will be analyzed with Labscribe and SigmaView software. The number of magnetic field pulsations will be summed and compared across pre-session, session and post-session, and across different sessions and bioenergy healing methods and bioenergetic activities. The scores on the healer logs and healee/practitioner feedback forms will be tabulated, and examined for possible correlations with magnetic field changes during a session.

**Possible complications and alternative plans:** Further study and analysis may determine that the magnetic field changes are random with no correlation to bioenergy healing. Alternatively, we will examine other environmental fields, such as infrasound and radiofrequency signals. Changes in these fields have been reported during bioenergy healing. It is possible that our technology may not be able to detect reproducible and/or significant changes during these therapies and activities.

## **MATERIALS AND METHODS FOR HUMAN SUBJECT EXPERIMENTS**

**General.** During bioenergy healing and bodywork experiments, all participants will read and sign an informed consent form. During bioenergetic group activities, the study will be described to participants, and copies of the informed consent form will be available for all participants. In group activities, participants will be provided the option of practicing close to, or far away from, the recording equipment. Each experiment will be done at a site where the particular intervention or activity normally occurs. For example, therapeutic massage sessions will be recorded at a massage therapy business location. Tai chi classes will be recorded in a public location where classes for adults are normally held. The Healing Touch sessions will be recorded at locations currently used by HT practitioners, including St. Francis Pain Clinic in Indianapolis and Maple Center for Integrative Medicine in Terre Haute, IN. In all cases, the local administrator or person-in-charge will be contacted for permission to record at their location, and they will be asked to sign an informed consent.

**Bioenergy healing and bodywork.** Bioenergy healers and bodyworkers will do one or more healing sessions, using techniques learned and practiced in their healing tradition or discipline. They will provide the principal investigator with a written or verbal description of the method or methods used during the session or sessions, and the

number of years they have practiced this method. After each session, healers and bodyworkers will complete a “Healer Feedback” survey with a brief self-assessment of their physical and emotional states, and descriptions of any sensory input they received during the session. In a subset of experiments (e.g., Healing Touch), clients will complete a short survey, “Client Feedback”, rating the severity of their symptoms in general terms before and after the session. Bioenergy healing and bodywork sessions will focus on Healing Touch, therapeutic massage and relaxation CDs, with a survey of other therapies as needed for additional pilot studies.

**Bioenergetic and mind-body activities.** Student and experienced practitioners will do bioenergetic activities and mind-body techniques (e.g., Tai Chi or meditation), either singly or in a group setting. In group settings, the person-in-charge will be contacted for permission to record a session or sessions, and if permission is granted, a research statement will be read to the participants, with copies available to all participants upon request. Participants may complete an optional “Participant Feedback” form. Bioenergetic and mind-body activities will focus on Tai Chi classes, with recording of other large-group activities when available (e.g., Qigong weekend workshop).

**Magnetic field measurements.** The magnetometer sensor or sensors and the recorder/PC will be positioned in a location comfortable to all participants. This consultation will occur before the recording, and will typically involve the healer and healee, practitioners, and/or person-in-charge. Before, during and after each session, magnetic field activity will be continuously monitored using a magnetometer attached to a recorder (iWorx) and PC with capture/analysis software (Labscribe). Frequency coherence will be analyzed with SigmaView software.

