



Institute for  
the Awakened Mind

## Healing Session: Fred Rible and Felice DuBois

Mind Mirror Study, March 21, 2018, The Monroe Institute  
Report by Judith Pennington, time record by Beth Vaughan

**BACKGROUND** This study took place at The Monroe Institute in Faber, Virginia, during the 2018 Professional Division conference attended by both the healer and recipient. Both were monitored on the Vilistus Mind Mirror 6 EEG. The recipient was also monitored on the Vilistus Blood Volume Pulse sensor, which measures heart rate, heart rate variability, and stress index.

The recipient was Felice DuBois, a 63-year-old retired property manager and former consultant from Bend, Oregon. Before the session, Felice reported problems with her knee, which had recently been treated with a stem cell implant. She was experiencing severe pain and walked with ski poles for support. By nature effervescent and gregarious, she felt depressed and her behavior was subdued.

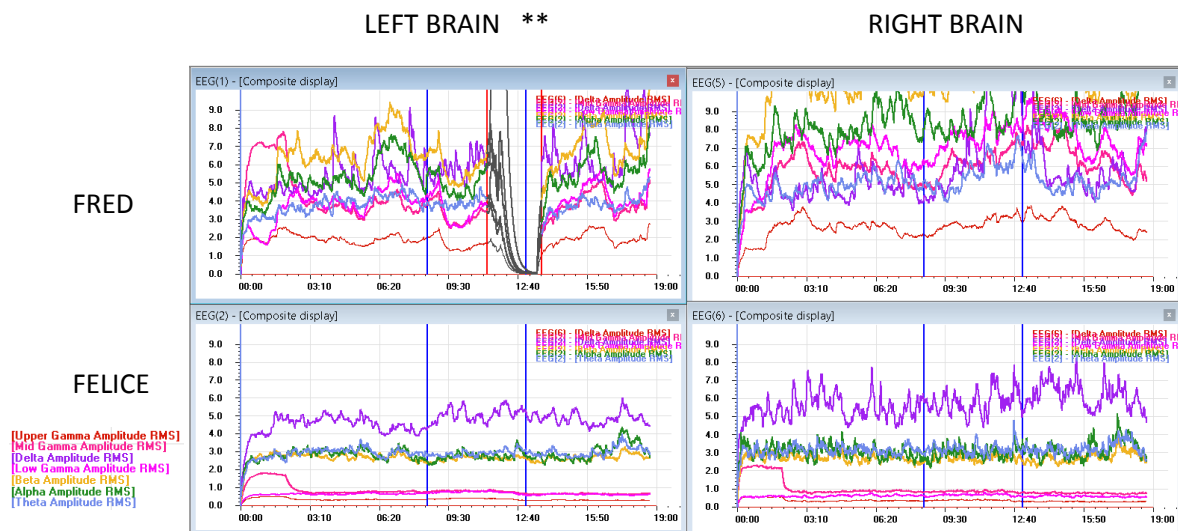
The energy healer was Fred Rible, a Certified Healing Touch Practitioner and member of Healing Beyond Borders who does healing work at a children's hospital. A former Navy captain, he is a long-term member of the board of directors for The Monroe Institute.

During this 18:43 minute session, Felice initially allowed her mind to wander then began to meditate on the energies flowing through her body. After the session she lay on the massage table for 15 minutes to integrate these powerful energies, which caused her to shake and quiver. The next morning she was radiant with health and excitement about creative ideas that had inspired her during the night.

**SYNOPSIS** This study demonstrates the roles of delta and gamma brainwave frequencies in energy healing. The healer, while producing an average 32 microvolts of 0.5-1.4Hz delta matched by the recipient at half that amplitude, also generated extremely high-amplitude right-brain 30-100Hz gamma frequencies which stimulated her right-brain gamma to form the most advanced brainwave pattern observed to date on the Mind Mirror during waking consciousness. This delta-gamma combination either prepared for or effected the healing of the recipient's injured knee and leg.

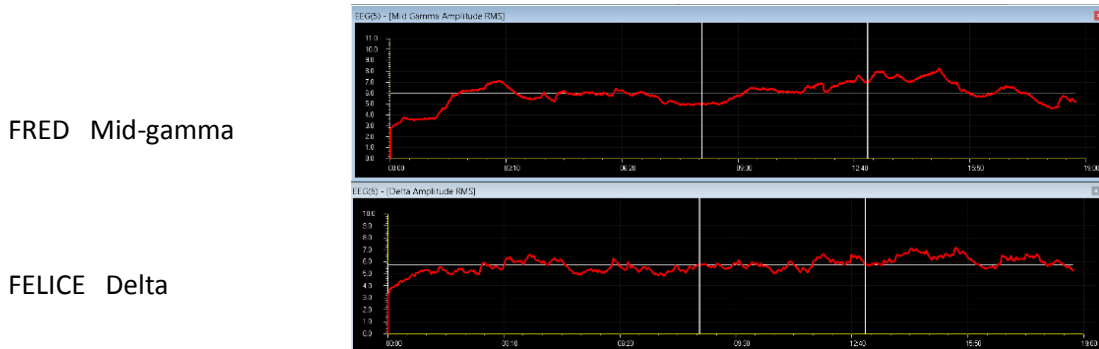
The Mind Mirror displays, Coherence Reports, and summary amplitude windows included in this study demonstrate these findings:

- Fred’s healing abilities operated through a combination of the highest gamma and lowest delta frequencies: both associated with non-local psychic sensing. There was a great deal of resonance between healer and recipient in low-frequency delta. Felice’s right-brain delta amplitudes often flared to twice that of her left-brain delta. This may relate to Fred’s right-brain gamma preference, and if so, it suggests interpersonal cross-coupling: Fred’s right-brain gamma with Felice’s right-brain delta. His right-brain gamma prevailed until the end of the session, when he released the healing energy and his hemispheres re-balanced. Felice’s right brain delta preference (purple data line) was anomalous. During 10 previous Mind Mirror sessions she demonstrated a high degree of symmetry across all frequencies. See their delta (purple) below.

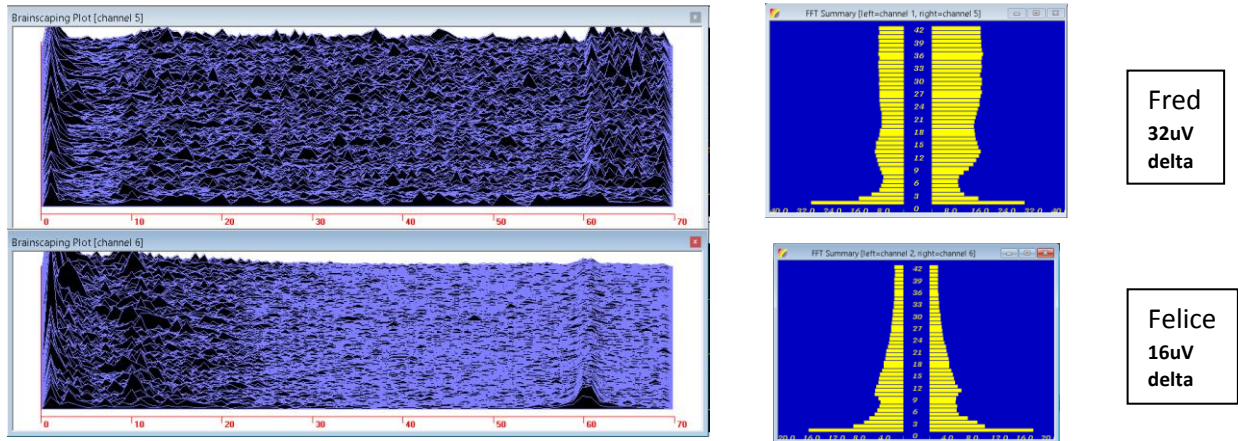


\*\* The greyed-out data in Fred’s left-brain window marks signal quality loss due to an electrode issue.

- Note below the close tracking of the red trend lines in Fred’s right-brain mid-gamma (45-65Hz) and Felice’s right-brain delta (0.5-4Hz). This suggests some interpersonal cross-coupling.

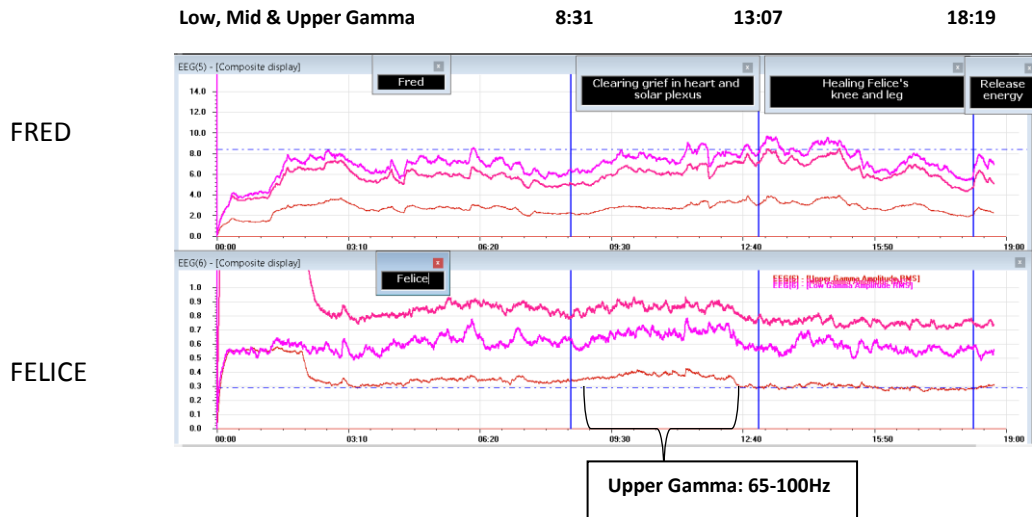


The right-hemisphere Plots and their FFT summaries, below, show Fred's higher waves/amplitudes in the gamma range and Felice's dominant amplitudes in alpha, theta and delta, where healing must occur in the frequencies of the subconscious and unconscious mind.



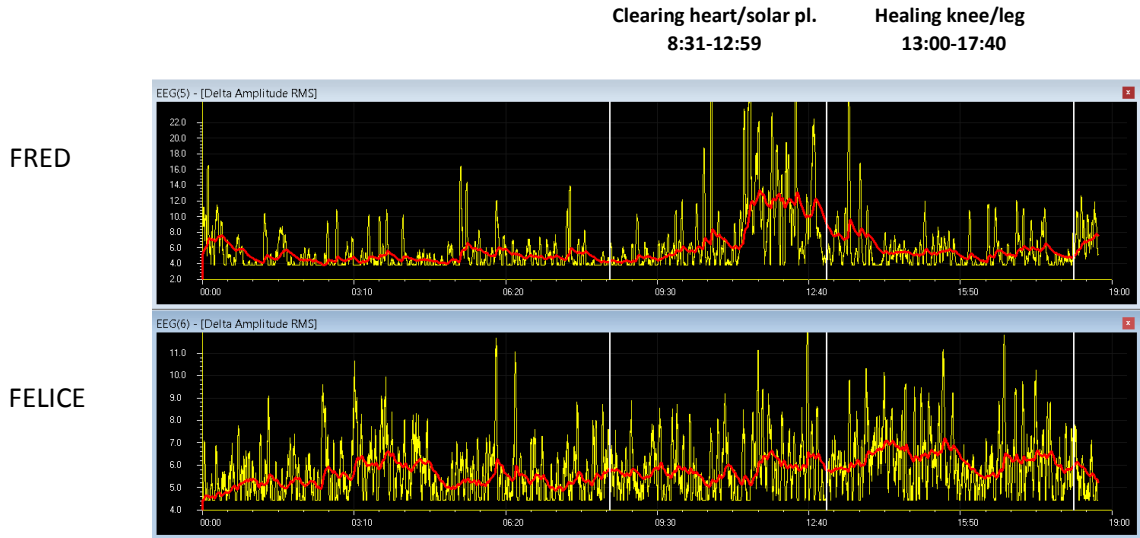
**\*\* The elevated waves at 60Hz are minor electrical or sound artifact.**

- Between 8:31 and 13:07, Felice experienced a mental-emotional healing in her heart and solar plexus [according to the Mind Mirror graphs, low Stress Index in the BVP readings, and post-session subjective reports (see p. 5)]. Note below the sustained amplitude increases in Fred's low, mid and upper gamma during the heart/solar plexus clearing and the simultaneous increase in Felice's mid and gamma amplitudes (see the bottom two data lines).

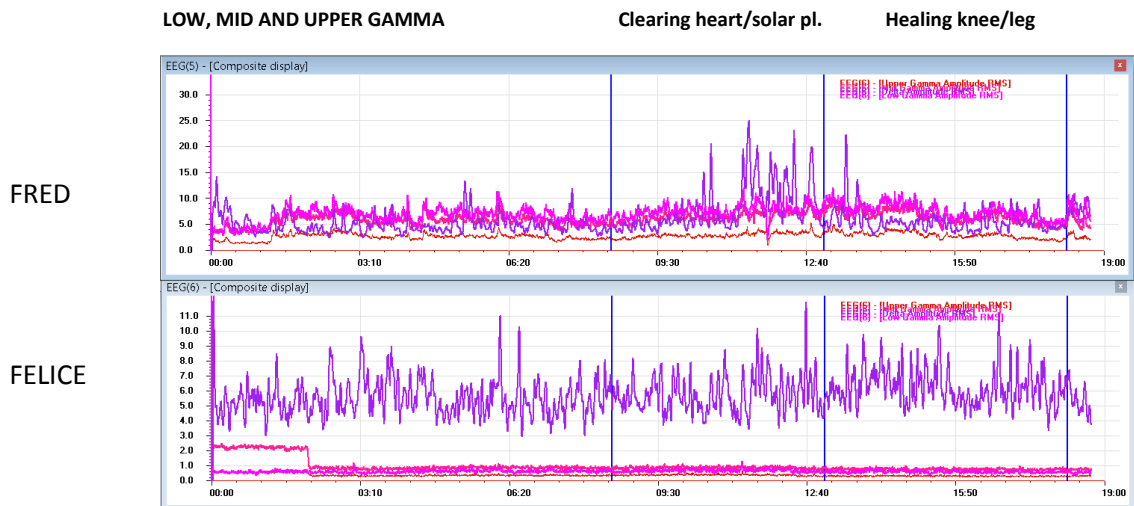


- In conjunction with his gamma, Fred used his intuitive delta to search for/sense the issues that needed healing; Felice also used her delta to connect with Fred and may have received healing through her resonant right-brain delta. Note below Fred's delta surge during the clearing of the heart and solar plexus and its release during the knee healing. Felice's delta continued to

amplify. Delta's psychic awareness is typically involved in the unconscious transmission and reception of healing energies via its low-frequency connection with the quantum field. Their unconscious delta likely served as a bridging mechanism for coupling and field resonance.

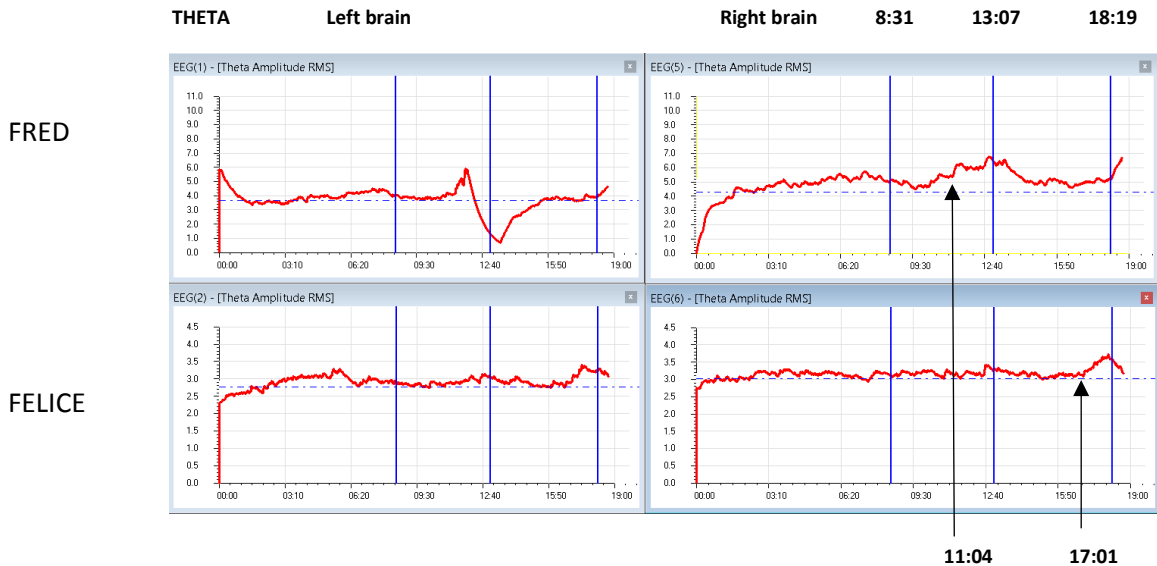


The following composite summary window shows Fred's release of delta (purple data line) in the first few minutes of the knee healing and his increase in gamma (fucsia, violet, and red data lines). The two composite windows confirm their cross-coupled delta/gamma: Fred reduced his delta and increased his gamma; Felice increased her delta and reduced her gamma.



- Effective healing must also involve theta, since mental-emotional issues stored within these 4-7.9Hz frequencies energetically resonate their conditioned patterns into the body and daily life.

The Theta Amplitude windows below show a sharp increase in Fred’s right-brain intuitive, creative, and spiritual theta at **11:04** when he encountered the grief issue in Felice’s heart/solar plexus. Note the surge in Felice’s left- and right-brain theta from **17:01** (when Fred moved energy over her left knee) to **18:07** (when he was energetically working beyond her body). During her one-minute surge of theta, Felice accessed gamma frequencies and potentially used them to rewire the neural circuits in her theta/delta. See this rise in her frequencies and her alpha-theta crossover patterns of healing in the Mind Mirror graphs on following pages.



**CONCLUSIONS** In this session, healer Fred Rible amplified his delta and gamma frequencies to intuitively find and clear the grief in the heart and solar plexus then moved on to transmit healing to the knee and leg via high-amplitude gamma frequencies. Felice resonated with Fred in slow delta until the clearing of the heart/solar plexus; then she amplified mid and upper gamma to receive that healing and prepare for the healing of the knee. At 17:01 her theta amplified to neuroplastically wire the two healings into lower frequencies.

**FOLLOWUP** Three months later, the recipient continued to produce 100Hz Gamma Synchrony brainwave patterns and remained energized and excited about her life. She was walking without support. Her knee was not entirely free of discomfort, but the healing process was nearly complete.

## Post-Session Feedback from the Healer and Recipient

**Felice:** I am integrating the energy; it is still swirling. I felt a shift.

**Fred:** The energy field was compromised around the heart. There was tightness in the chest. When that cleared, I felt it was okay to work on the leg. I was following guidance and going where I was led to go.

**Felice:** I have a long-term issue in the solar plexus. The place where grief is carried.

**Fred:** I felt that. You may feel a little grief tonight and better in the morning as a release.

**Felice:** I was trying to track what I was feeling energetically. I felt it as a swirl in the solar plexus and abdomen when you first started. The swirl moved through my body until it changed directions and swirled all the way up. Then it went horizontally over the second chakra and abdomen. I felt the electricals in my hands early on. They weren't super-strong, but then jumped up my arm. My arm was turned differently. I am still feeling energy. It has actually increased since the energy healing stopped. It was in my feet, the backs of my hands.

When the energy funnel moved up through my head, going all the way through, I wanted it to move in a circular pattern. Now everything is amplifying. I am starting to get shaky all over. The activation sensation is amplified. I felt such a sweetness. It was like honey butter.

**Fred:** I feel like, when I was working with you, that on a deep level there was trust. It was easy for me to tune in, pick up energy, communicate it, because we were communicating on a deep level.

**Felice:** I was deeply receptive. I was paying attention to you and what was happening. I shifted to my meditation first then tracked you to give more support.

**Fred:** I think I perceived that.

**Felice:** Usually it takes me 10 to 20 minutes to drop into meditation, 40 to 50 minutes to activate.

## Notes on the Mind Mirror Graphs

The following Mind Mirror graphs are presented in chronological order and subdivided to show the progressive stages of the healing. These brainwave patterns and explanatory comments support the conclusions outlined in the summary windows presented above.

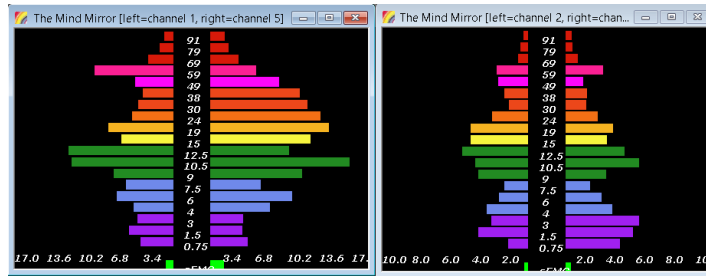
Most notably, changes in the Mind Mirror's attenuation settings (the scale of white numbers below the brainwave pattern) track and measure in microvolts the healer's transmission and healee's reception of subtle energies. These subtle energies thus appear holographically in the Mind Mirror patterns.

These brainwave displays demonstrate the *core findings* of this study: 1/ Fred's transmission of healing energy which powered up Felice's brainwaves via delta-gamma; and 2/ that delta-gamma served as a cross-coupled frequency bridge that organized Felice's brainwave patterns and healed her body.

### KEY TO ABBREVIATIONS

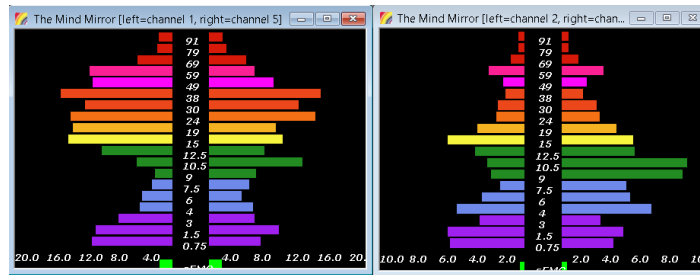
**AM** = Awakened Mind    **EM** = Evolved    **GS** = Gamma Synchrony  
**RH** = Right Hemisphere    **LH** = Left Hemisphere

## Accessing the Field and Tuning In – 0:00-1:39 Minutes



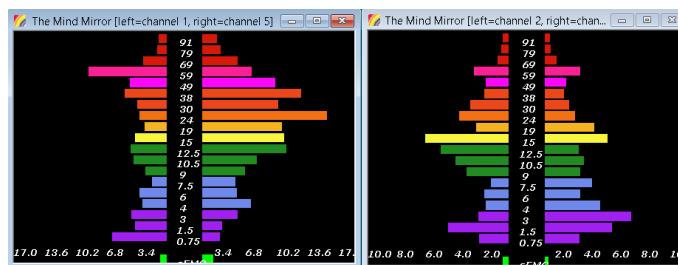
### 0:30 – Access energy field (started 0:24)

Fred flares into 100Hz GS pattern in the LH and a near EM pattern in the RH.  
 Felice produces a low-voltage, low-alpha Awakened Mind indicative of stress, fatigue, and illness.  
 Both show the upturned delta of the Evolved Mind pattern, meaning that energy and information  
 are flowing upward from the personal unconscious mind and/or the quantum field.



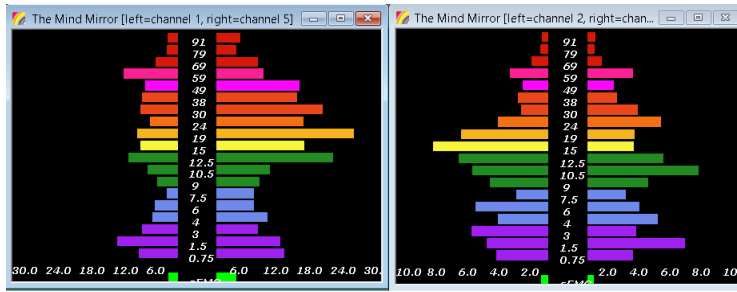
### 0:47-0:49 seconds – Access energy field (started 0:24)

Fred's 100Hz gamma balances across hemispheres; note his right-brain's 10.5Hz alpha (green).  
 Felice's 10.5Hz right-brain alpha (green) powers up toward RH Evolved Mind circularity.



### 0:56 – Access energy field (started 0:24)

Fred's RH gamma moves toward the 100Hz Evolved Mind of non-dual, unity consciousness.  
 Felice's left-brain alpha activates; note her upturned Evolved Mind delta.

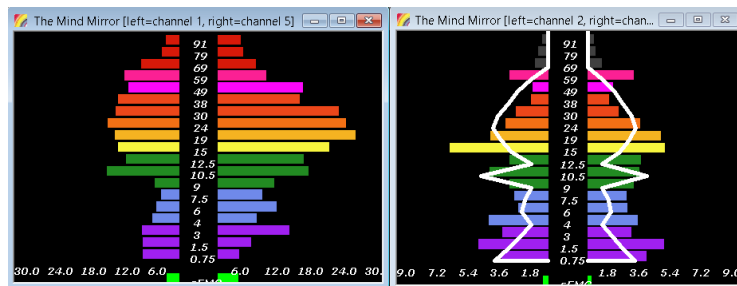


**1:20 – Tune in to energy field**

Fred’s nearly doubles his pattern amplitude; attenuation increased from 17uV to 30uV.  
 Felice flares into a strong RH Awakened Mind pattern (although asymmetrical), still with an upturned delta.

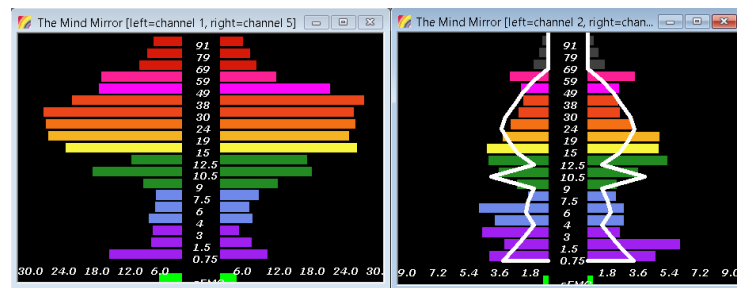
**Working on the Energy Centers – 1:40-2:16 Minutes**

Fred’s initial LH Gamma Synchrony and RH Evolved Mind pattern (see 0:30 seconds) evidences his left-brain (working/local) superconscious awareness and right-brain unity with the non-local quantum field. While he worked on Felice’s energy centers, she experienced a swirling sensation in her abdomen/solar plexus which moved through her body and eventually swirled over her second chakra and abdomen, where the grief issue was stored.



**1:40 – Starts working on Felice’s energy centers**

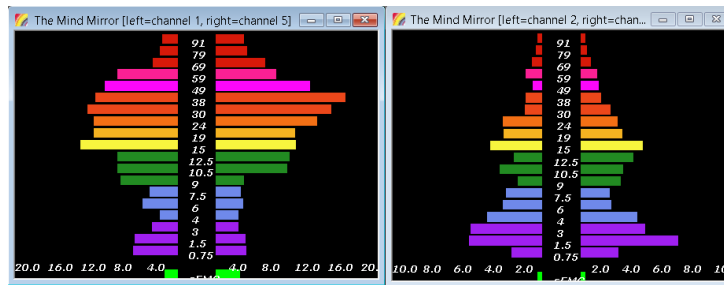
Fred flares into a 100Hz Gamma Synchrony pattern in the LH; approaches Evolved Mind in RH.  
 Felice’s low gamma (30 & 38Hz bars) amplifies toward a 64Hz Gamma Synchrony pattern.



**1:42 – Fred powers up into the top half of an Evolved Mind pattern at 30uV.**  
 Felice’s alpha is still low in amplitude, due to the 15Hz bar of verbal, analytical beta.

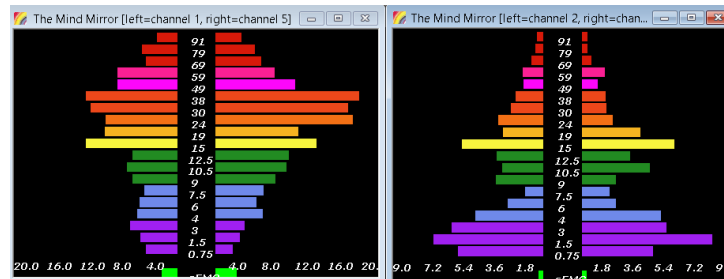


## Work on the Body Begins – 2:17-8:30 Minutes



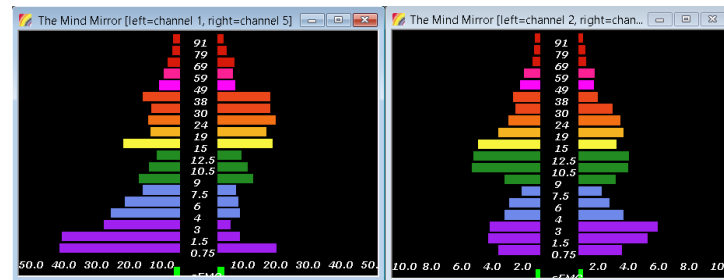
### 2:17 – Left foot and knee

Fred's 100Hz gamma reduces to 20uV, Felice's pattern continues with 15Hz beta and an EM bottom.



### 3:11-3:02 – right foot      3:30 – right foot and knee

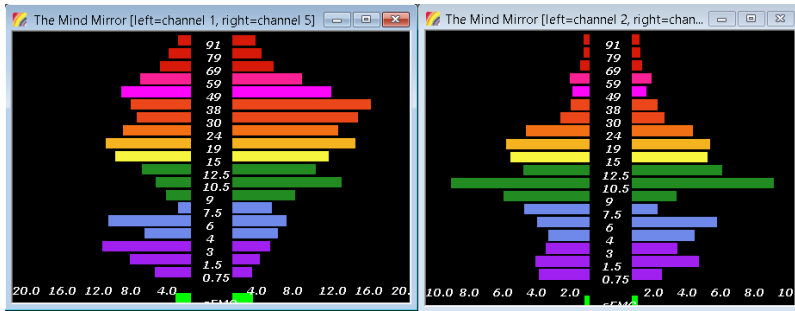
Fred returns to a RH 100Hz EM pattern. Felice's 4Hz theta joins her delta in an amplitude surge.



### 4:14 – Both hips

Fred's sensing/healing delta extends to 40uV in the left hemisphere.

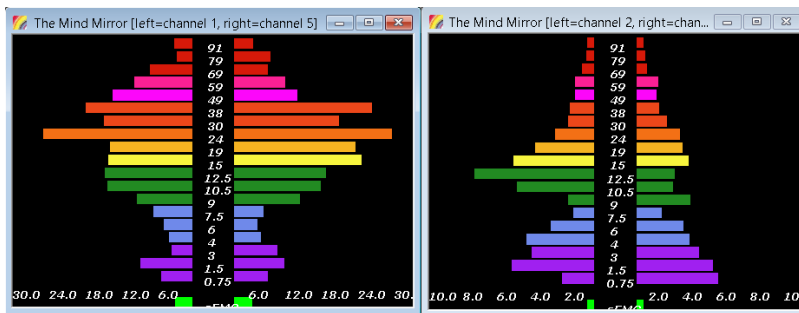
In the screenshots below, note the shift that takes place at 4:36 as Fred moves to Felice's stomach area (which includes her solar plexus). At 5:03, Fred produces a 100Hz Evolved Mind pattern in the right hemisphere. Felice, who has now begun to meditate, reduces her 15Hz beta and amplifies 10.5Hz alpha, showing meditative depth and increased receptivity to Fred and the healing.



**4:36 stomach area/5:17 stomach abdomen**

Fred maintains his RH EM. Felice begins to meditate and powers up her alpha-theta.

As Fred shifts back to the top half of a 100Hz Evolved Mind pattern at 5:07, while working on the stomach/solar plexus, Felice’s alpha peak lifts up from 10.5 to 12.5Hz, possibly resonating with Fred’s 12.5Hz alpha peak (peak frequency being the band in a given category with the greatest amplitude).



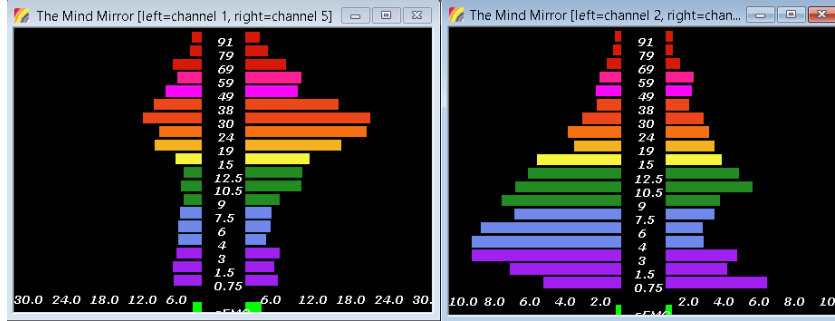
**5:07 – Stomach area**

Note Fred’s massive gamma surge and their matching left-brain alpha peaks at 12.5Hz. Felice’s RH delta reaches out for healing energies; her LH delta curves upward to take them in.



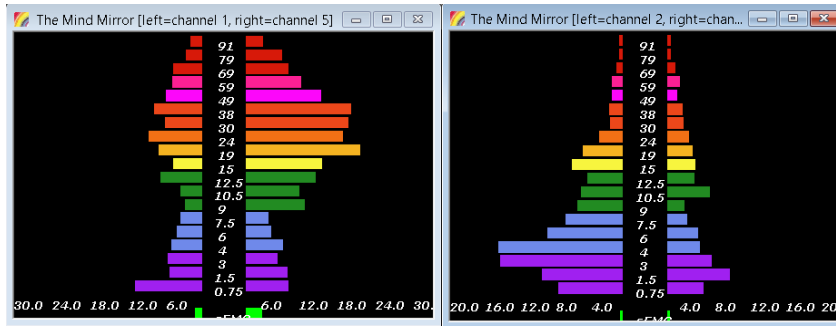
**5:17 – Stomach/abdomen**

Fred’s pattern powers down as Felice’s powers up, signifying an energy transfer. Her alpha stabilizes at 10.5Hz, forming a near-perfect LH GS pattern and RH Awakened Mind. First alpha-theta crossover: her RH 6Hz theta amplifies slightly beyond her alpha.



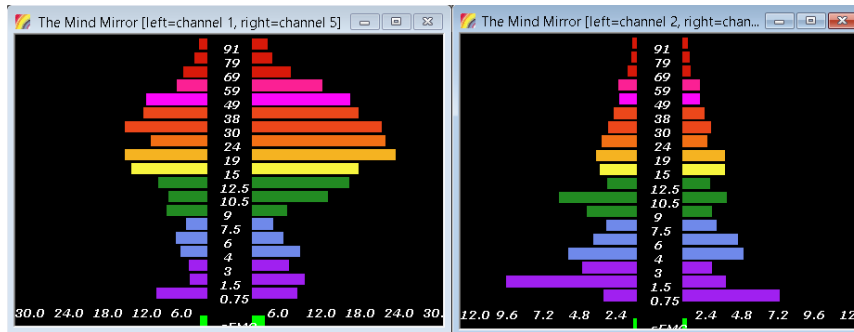
**5:26 – Stomach/abdomen**

Fred's powered-down RH amplifies Felice's LH theta subconscious and delta unconscious. Note her LH alpha-theta crossover as the grief issue in the heart/solar plexus receives attention and/or healing.



**5:27 – Stomach/abdomen**

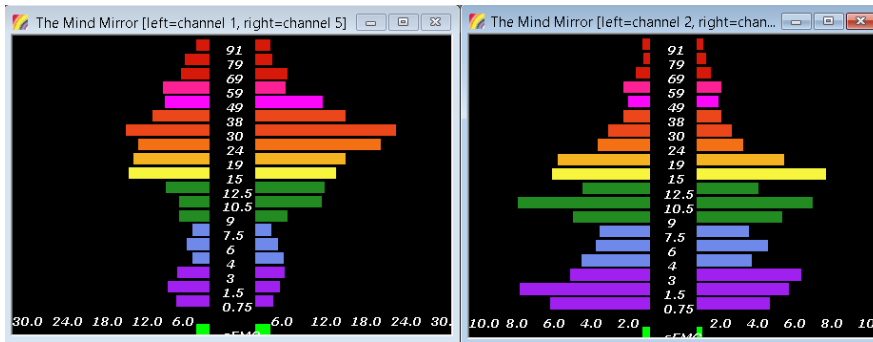
Felice's LH theta and delta amplify to 20uV in resonance with Fred and/or recognition of the issue in the solar plexus.



**5:42 – Stomach/abdomen**

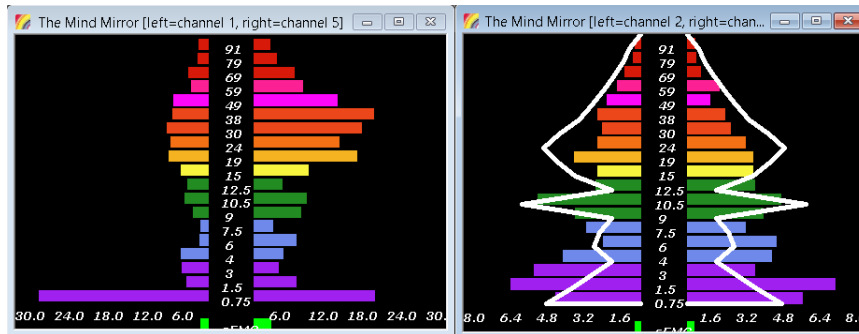
Fred powers up his RH gamma, Felice responds with LH delta.

## Clearing the Issue in the Heart and Solar Plexus - 8:31-12:59 Minutes



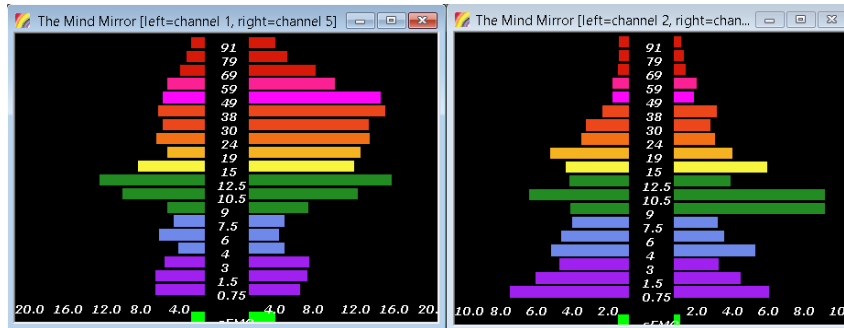
### 8:53 – Both shoulders

Fred maintains his 100Hz gamma. Felice flares into a strong, balanced Awakened Mind for the first time. This may be the point at which she felt a sensation of energy rising up into her arms and hands.



### 9:19 – Chest area (both hands)

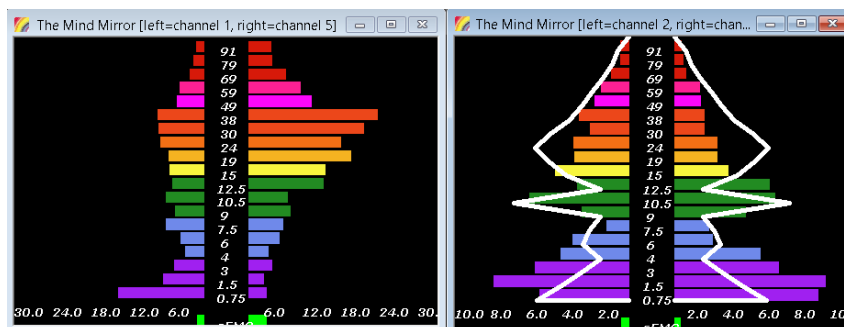
Note Fred's 30uV delta and his gamma reduction as he transmits energy to Felice. Felice forms a 100Hz Gamma Synchrony pattern as he works on her heart.



### 9:36 – Chest area (both hands)

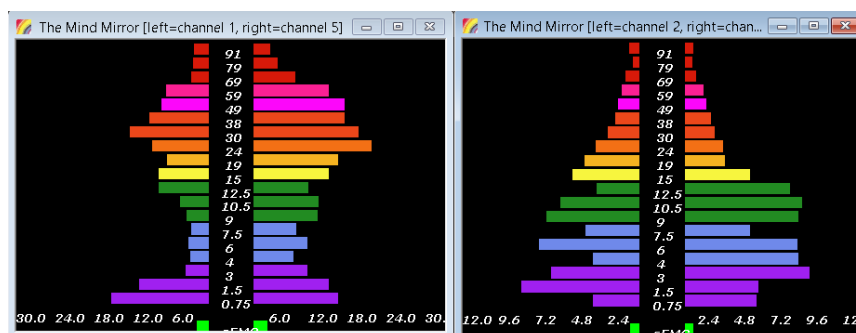
Fred adds alpha, especially in the RH, to his gamma. Felice amplifies her RH alpha to form a dual-hemisphere 64Hz Gamma Synchrony pattern.

## Working at the Crown



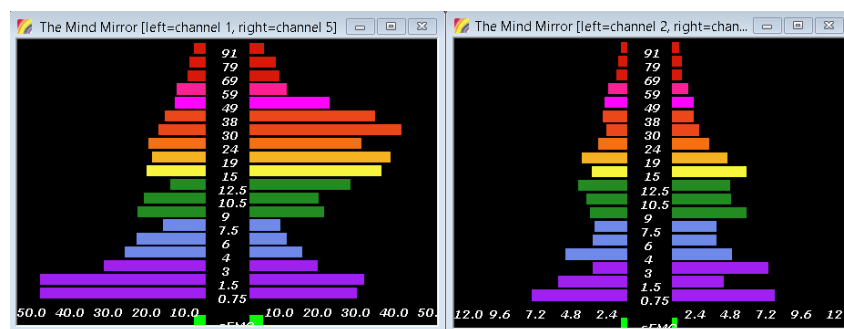
**10:06 – Crown/head (both hands)**

Fred ramps up his right-hemisphere gamma and LH delta to power up the source energies at Felice’s crown. Felice’s forms a remarkably symmetrical 100Hz Awakened Mind, almost a Gamma Synchrony pattern.



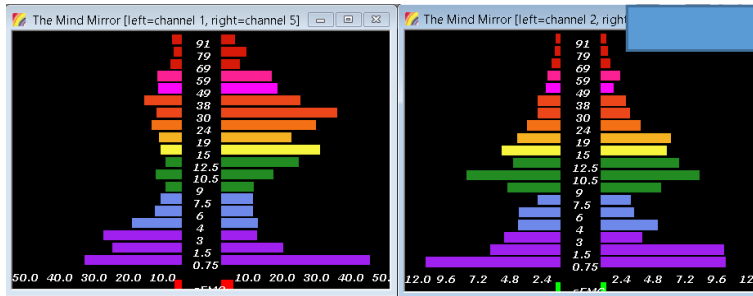
**10:51 – Face and crown**

Fred sustains his high-amplitude RH gamma. Felice’s Gamma Synchrony pattern involves high-amplitude theta at 6uV. This amplification of theta beyond alpha is the “alpha-theta crossover” wherein subconscious healing occurs.



**11:19 – Crown (off the body)**

Fred’s LH delta surges to 48uV, his RH gamma to 40uV, as he works at Felice’s crown chakra. Felice takes the energy deeper into 4Hz subconscious theta.



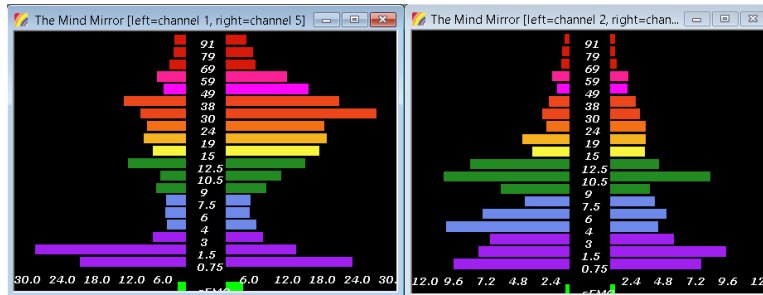
**11:25 – Start healing on solar plexus**

Fred’s intuitive delta extends to 45uV in the right brain.

Felice’s delta responds. She forms a hemispherically balanced 100Hz AM pattern with upper gamma.

She is now primed for the healing of her knee and leg.

**Healing the Knee and Leg – 13:00-17:40 Minutes**

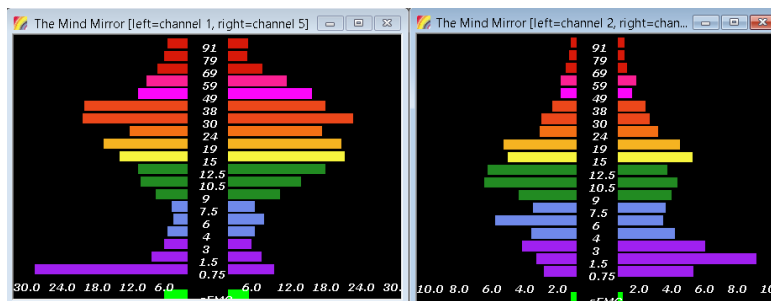


**14:15 – Left knee (started 13:00)**

Fred’s RH gamma and left and right delta power up again.

Felice forms a perfect RH Gamma Synchrony pattern; in the LH an AM with high-amplitude theta and delta.

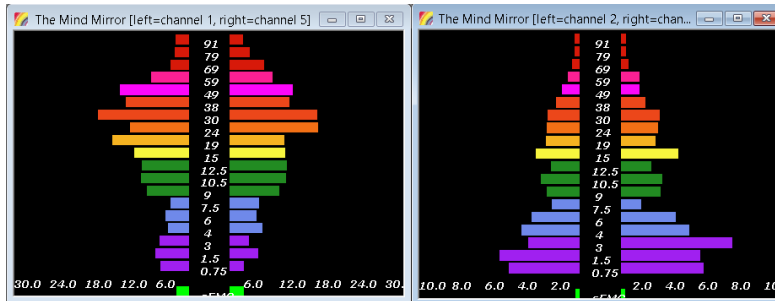
Her LH is an alpha-theta crossover confirming that healing is taking place.



**15:43 – Left foot and knee (started 15:19)**

Fred maintains his power surge, now extending into his left hemisphere.

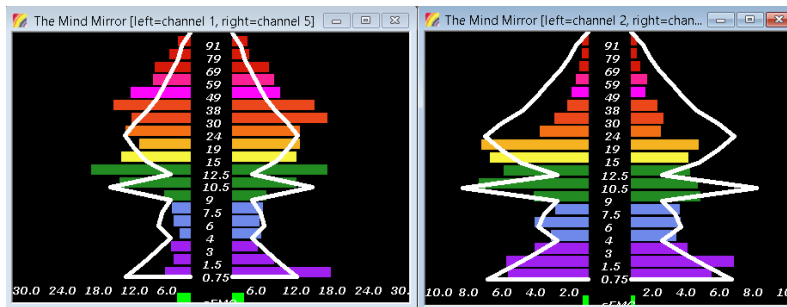
Felice’s RH delta meets Fred’s LH delta.



**15:47 – Left foot and knee (started 15:19)**

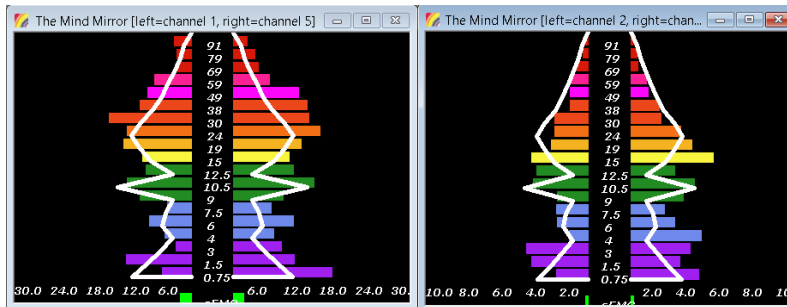
Fred’s high-frequency gamma balances across hemispheres.  
 This balance transfers into Felice’s pattern of primarily high-amplitude theta and delta.

**Resonant “Mind Walking”  
 while Healing the Knee and Leg**



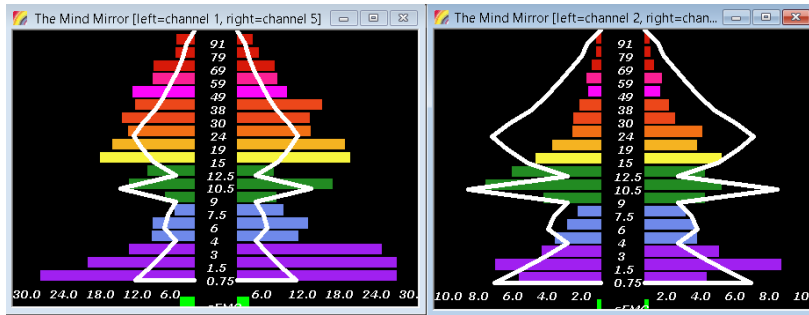
**15:51 – Left leg (under cover) and left knee (started 15:34)**

Both patterns become highly symmetrical during this intentional healing of the knee.  
 Fred: 100Hz GS with a 12.5Hz alpha peak; Felice, a strong AM with increasing gamma.



**16:00 Left leg (under cover) and left knee (started 15:34)**

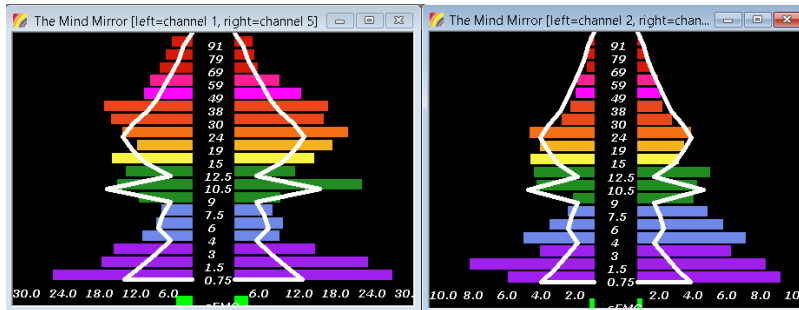
Felice’s gamma increases and integrates with her beta.  
 For the first time, she attains Fred’s 100Hz Gamma Synchrony pattern.



**16:06 – Left leg (under cover) and left knee (started 15:34)**

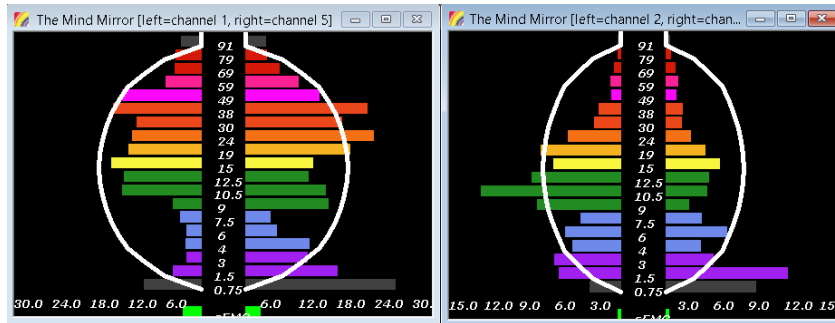
Note their empathetic, intuitive connection in delta as the energy transmission continues.

Fred powers up symmetrically. Felice reduces her gamma to a 100Hz AM pattern.



**16:08 – Left leg (under cover) and left knee (started 15:34)**

Felice's gamma increases. Her RH forms an alpha-theta crossover within the Channelling Pattern as she takes the healing deeper into unconscious delta and rewires her lowest and slowest frequencies.



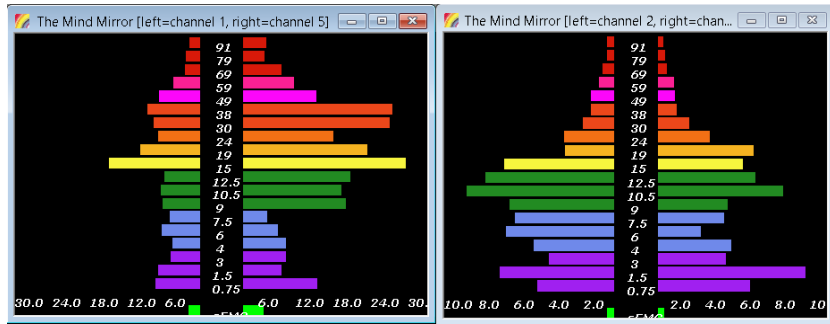
**16:09 – Left leg (under cover) and left knee (started 15:34)**

These white outlines of the Evolved Mind pattern show the bilateral rounding at the top of Fred's pattern.

Healer and heelee intuitively communicate via high-amplitude RH delta at .75uV.

Note the interesting juxtaposition of Felice's LH alpha and RH delta.



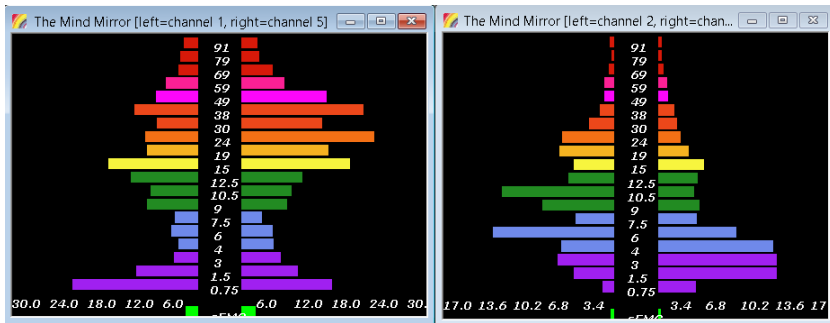


**16:38 – Left leg (under cover) and left knee (started 15:34)**

Note Fred’s RH burst of gamma/beta.

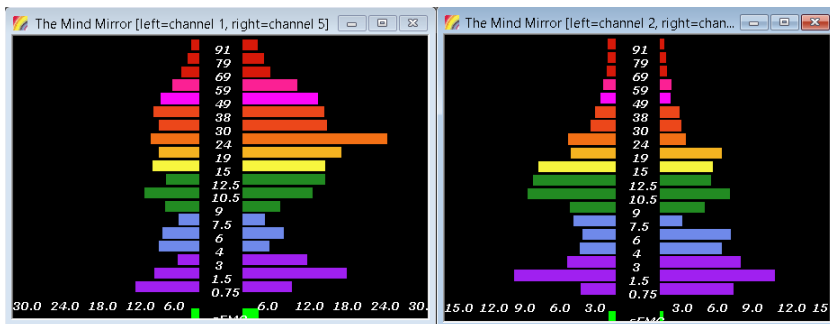
Felice’s Awakened Mind pattern shows high-amplitude LH theta and RH 1.5Hz delta.

The healing energies flow up through her upturned delta into theta to rewire conditioned memories.



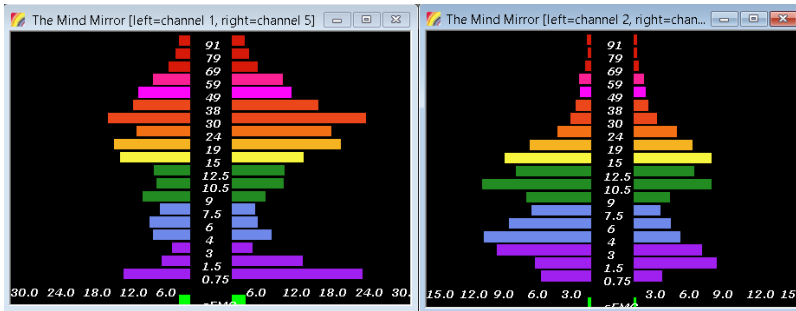
**16:59 – Both hands on knee above cover (started 16:45)**

Felice produces a LH alpha-theta crossover and wires the healing into RH theta-delta.



**17:08 – Both hands on knee above cover (started 16:45)**

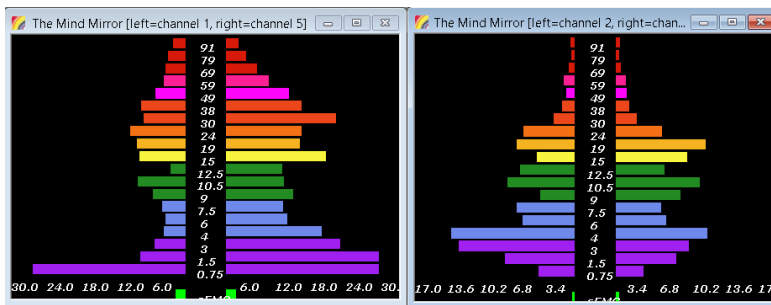
Felice’s RH alpha-theta crossover continues.



**17:19 – Fred moving energy over left knee (started 17:07)**

Fred’s gamma and delta surge in his right hemisphere.

Felice’s delta-theta amplifies and “crosses over” her alpha during a microvoltage increase to 15uV.



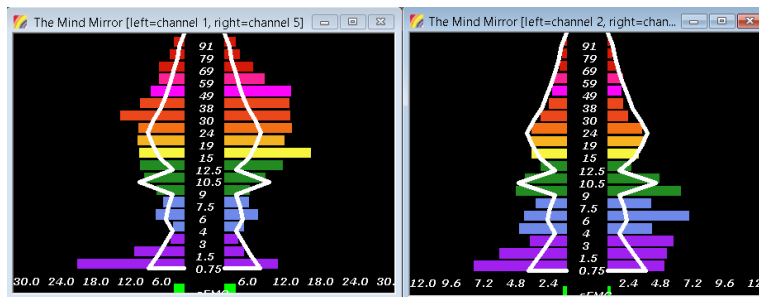
**17:25 – Fred moving energy over left knee (started 17:07)**

Fred surges RH gamma and 30uV delta. Felice uptakes these energies in a 17uV EM delta/theta.

Information and energy flow upward from her Evolved Mind bottom into a strong AM with upper gamma

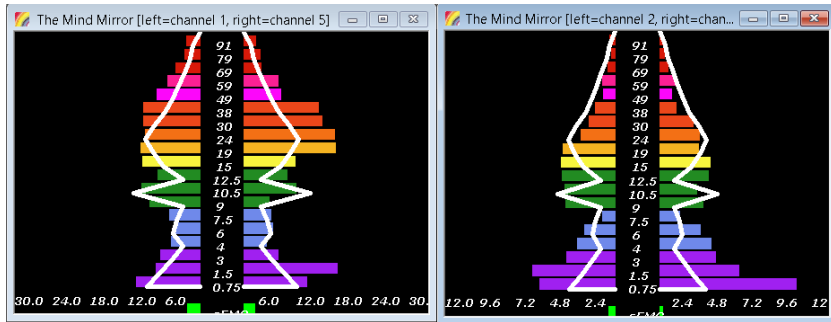
**Closure: Off-the-Body Energy Transmission – 17:41-18:18 Minutes**

The final two segments of the healing are remarkable: 1/ Fred and Felice reduced their amplitudes as they powered down, and 2/ they maintained hemispheric symmetry after the session ended: Fred, in his 100Hz GS pattern; Felice, in 100Hz Awakened Mind and Gamma Synchrony patterns.



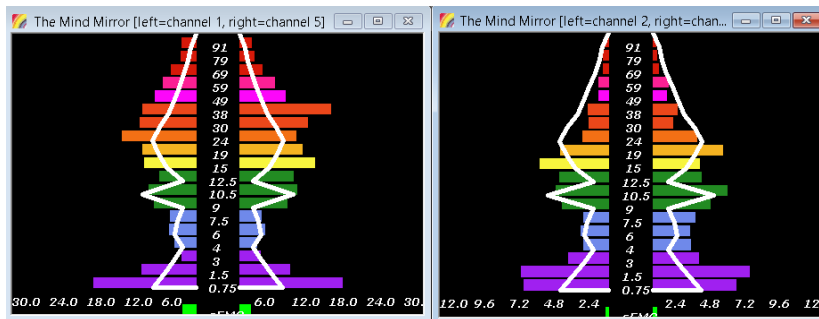
**17:47 – Off the body (started 17:41)**

Note their balanced 100Hz Gamma Synchrony patterns, although Fred’s RH gamma is still powered up.



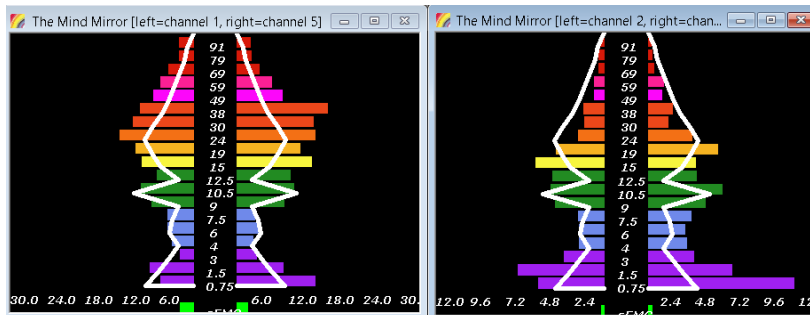
**17:48 – Off the body (started 17:41)**

Fred's upper gamma (top three red bars) decreases.  
 Their RH delta continues to communicate and remains extended.



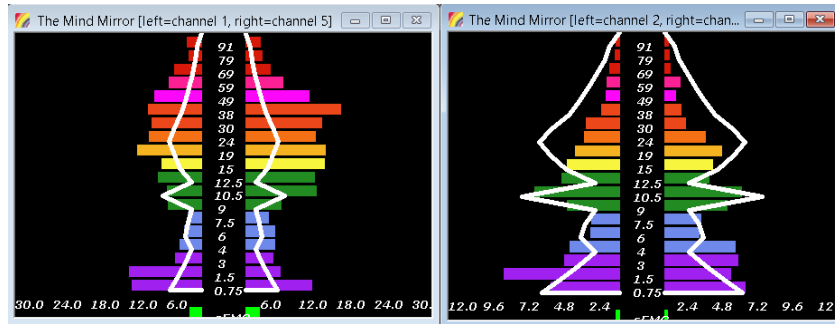
**17:52 – Off the body (started 17:41)**

Fred transmits energy to Felice in 0.75Hz delta.  
 Felice receives it in two bands of upturned delta.



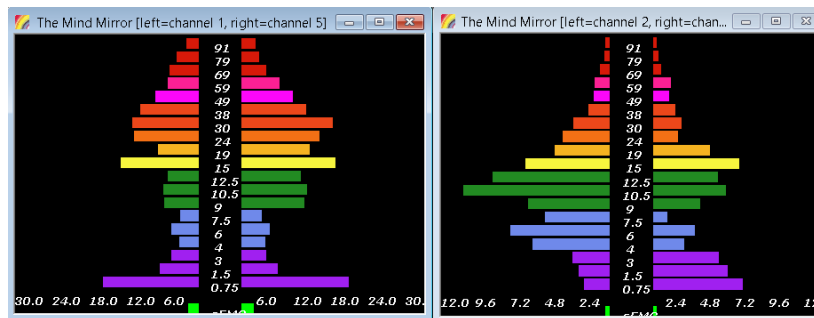
**17:53 – Off the body (started 17:41)**

Holding their balanced and integrated patterns, still with extended delta.  
 Fred, 100Hz GS; Felice, 100Hz AM.



**17:58 – Off the body (started 17:41)**

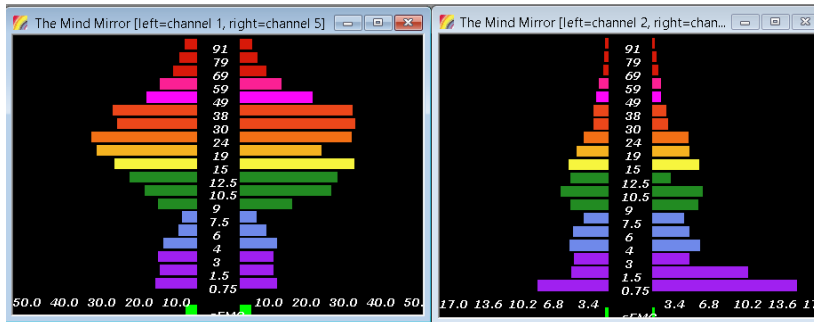
Fred's RH gamma flares in amplitude, Felice sustains her 100Hz Awakened Mind.



**18:09 – Off the body (started 17:41)**

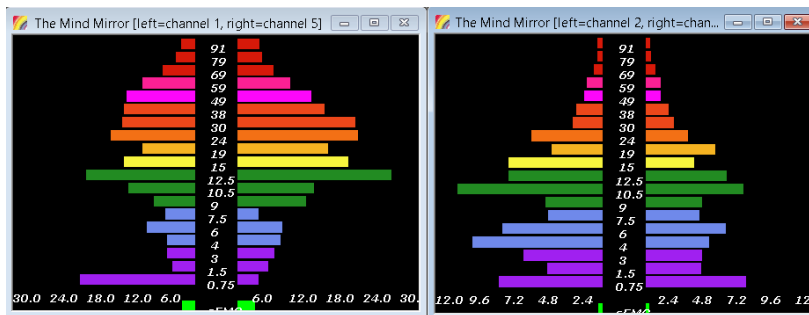
Fred's gamma/delta surges. Felice flares into a LH EM and RH AM.

**Releasing the Energy – 18:19-18:42 Minutes**



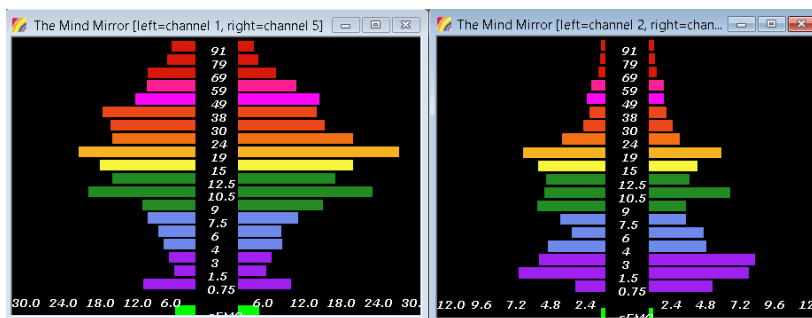
**18:19 – Release energy**

Viewed at 50uV, Fred's gamma flares symmetrically. Felice's RH delta responds.



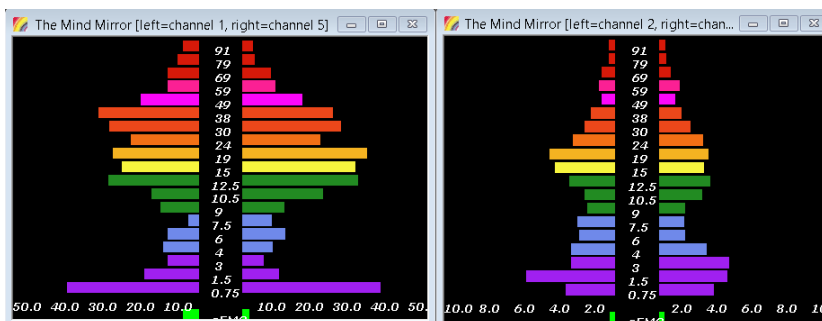
**18:31 – Release energy (started 18:19)**

Fred’s sustained high-amplitude gamma and RH 22uV delta resonate with Felice.  
 She increases her LH 4/6Hz theta to 10uV  
 as she receives and/or integrates the healing.



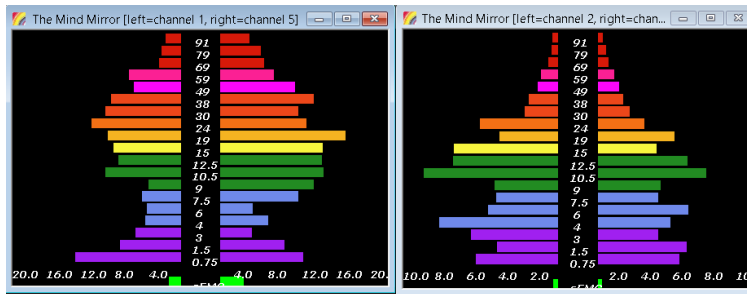
**18:34 – Release energy (started 18:19)**

Fred’s hemispherically balanced high-frequency gamma, viewed at 30uV, continues to surge.  
 Felice takes in the powered-up energy with EM delta and a 19H beta resonating with Fred’s.



**18:37 – Release energy (started 18:19)**

Fred closes with a surge of gamma and 38uV delta viewed at 50uV attenuation.  
 Felice’s alpha retracts momentarily, perhaps as he disconnects.

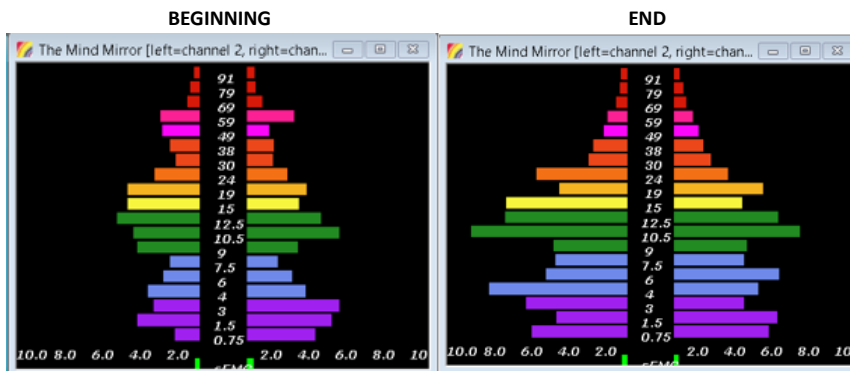


**18:41 – End**

Fred’s gamma and delta power down to 20uV.

Felice forms a near-perfect 64Hz Gamma Synchrony pattern topped with more 65-100Hz Upper Gamma than she began with.

### COMPARISON OF FELICE’S OPENING AND CLOSING BRAINWAVE PATTERNS



By the end of the session, Felice’s low gamma (30/38Hz) has increased.

Her alpha, theta and delta are amplified and symmetrical.

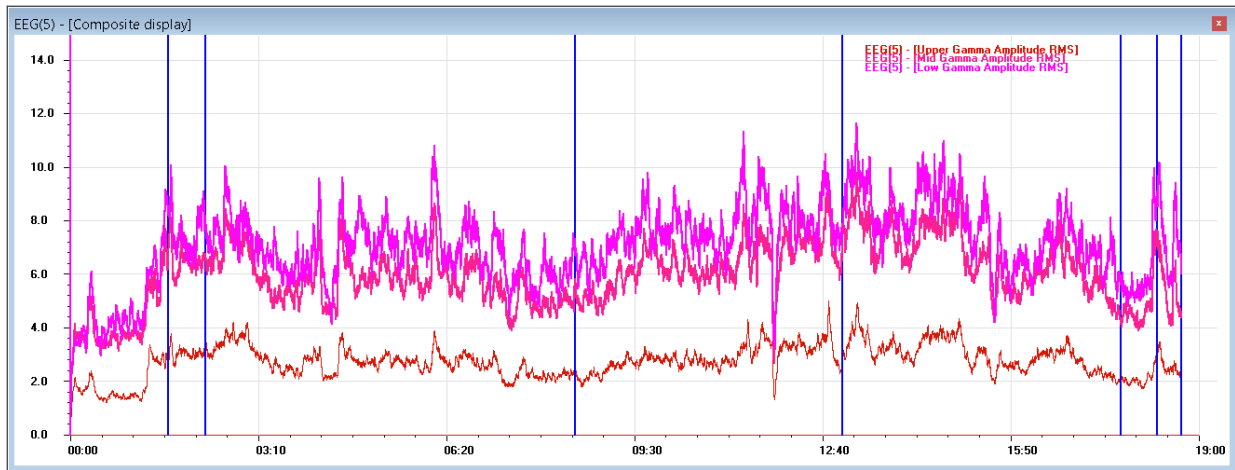
The healing continues in cross-over theta bands at 4 and 6Hz.

The mid and upper gamma she accessed during the healing are still available to her.

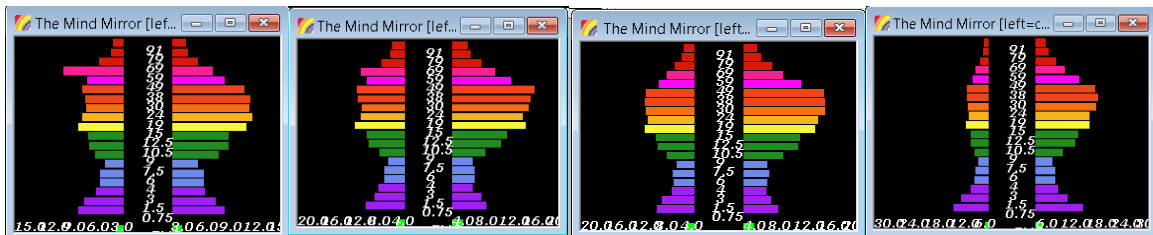
The next few pages present averaged Mind Mirror segment summaries affording comparative views of brainwave changes throughout the session.

## MIND MIRROR SUMMARY PATTERNS - FRED

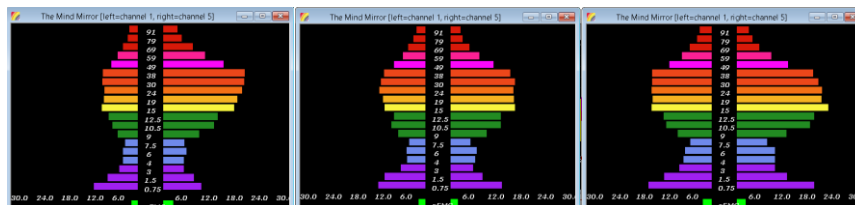
The Mind Mirror Summary brainwave pattern is an average of the amplitudes produced in each frequency bar for the whole session or a segment of it. The following graphs compare the averaged brainwave patterns of the healer and recipient for each of each segment of the healing. Fred's composite summary for low, mid, and upper gamma amplitudes defines each segment below its blue event marker. Note the averaged microvoltage amplitudes for each segment.



Tune In Energy to Field Ctrs.
Working on the Body
Clearing Heart/Solar Plexus
Healing Knee and Leg
Off Release Body Energy



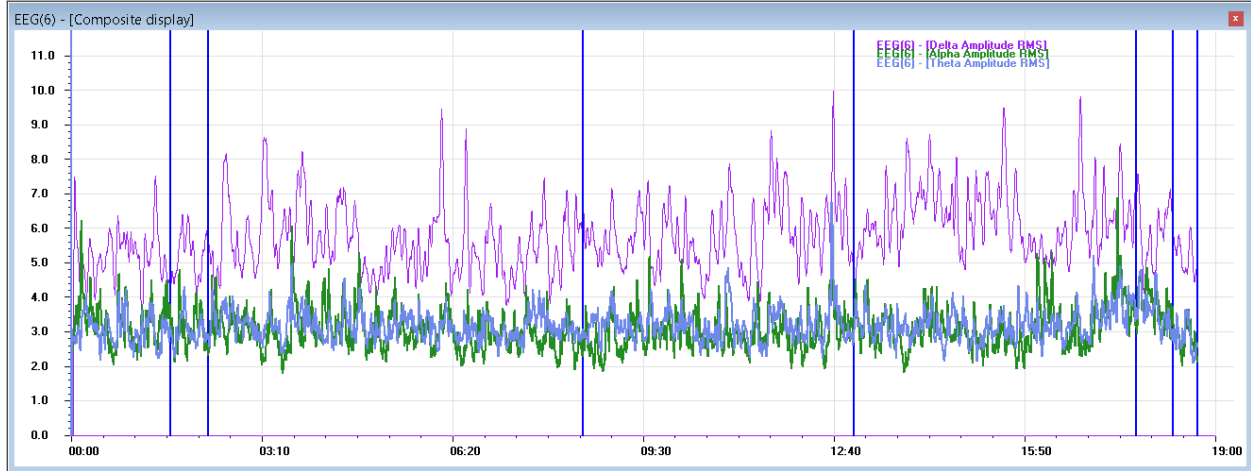
Tuning In - 15uV
Energy Centers - 20uV
Body Work - 20uV
Heart/Solar Plexus - 30uV



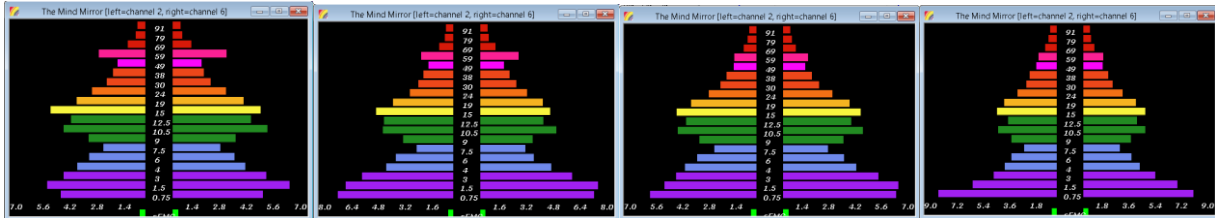
Healing Knee/Leg - 30uV
Healing Off-Body - 30uV
Release Energy-End - 30uV

## MIND MIRROR SUMMARY PATTERNS – FELICE

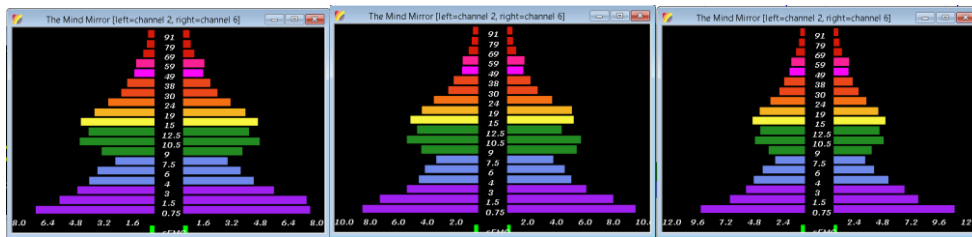
This composite summary window of Felice’s alpha, theta and delta amplitudes is provided for reference. Her segmented Mind Mirror Summary patterns are below.



Tune In Energy Working on the Body Clearing Heart/Solar Plexus Healing Knee and Leg Off Release Body Energy  
to Field Ctrs.



Tuning In – 7uV Energy Centers – 8uV Working on Body – 7uV Heart/Solar Plexus – 9uV



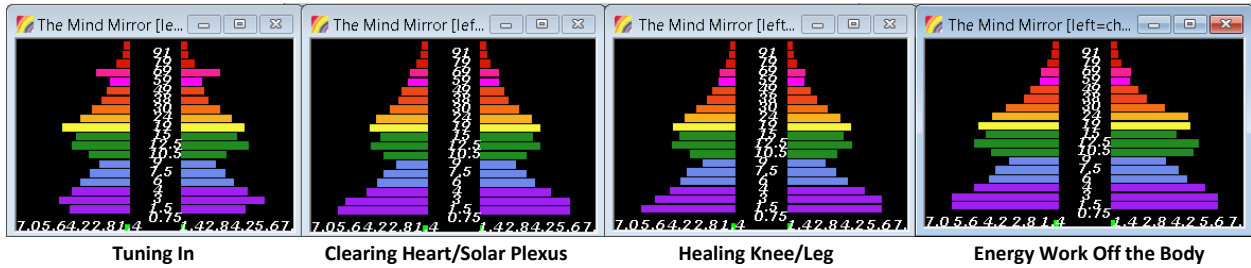
Healing knee/leg – 8uV Working Off-Body – 10uV Release Energy-End – 12uV

**Note on Felice’s summary patterns:** Close study of these highly similar patterns reveals important differences, such as the decrease of her 15Hz bar of beta as she let go of thoughts and began to meditate. See previous summary windows and the Mind Mirror graphs above to track her increases in 100Hz gamma, which are averaged out of these summaries. Most notably, Felice’s pattern amplitudes increased from an opening 7uV to a closing 10uV (discounting Fred’s energy release at the end, which amplified her delta to 12uV). This dramatic change in amplitude from 7 to 10uV and the dominance of



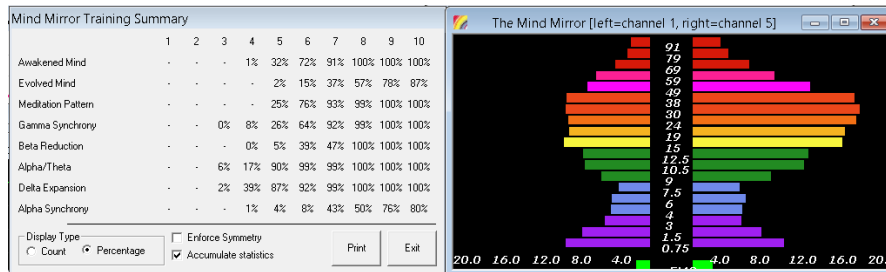
her alpha and delta frequencies as the session progressed strongly suggests that she received and processed healing energy and embodied it in her brainwaves and physical being.

The following segmented summaries are shown at the opening attenuation setting of 7uV. The amplification of her alpha, theta and delta is thus more visible.

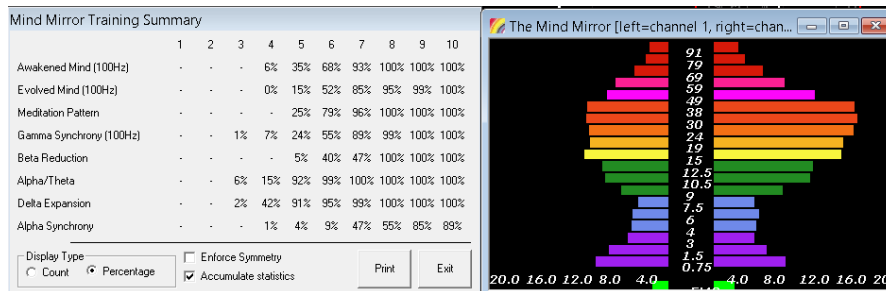


## MIND MIRROR SUMMARY, WHOLE SESSION - FRED

### 64Hz statistics



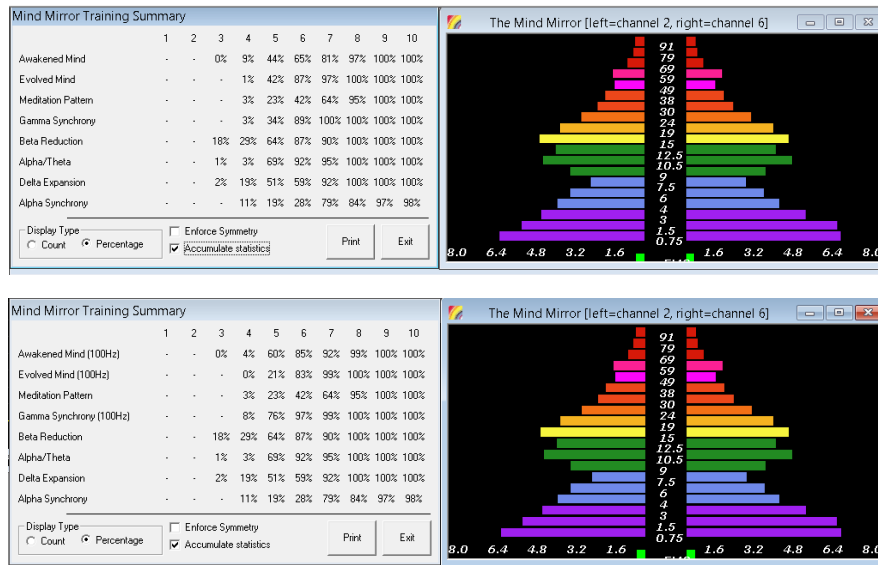
### 100Hz statistics



At Training Level 5, Fred’s pattern statistics are a low 26-24% attainment for the Gamma Synchrony pattern on the 64 and 100Hz Training Summary scales. This is due to the amplification of his gamma far beyond the ratios of the pattern.

In other words, his gamma exceeds the typical values. Fred’s gamma amplitudes are unprecedented among healers studied on the Mind Mirror.

## FELICE

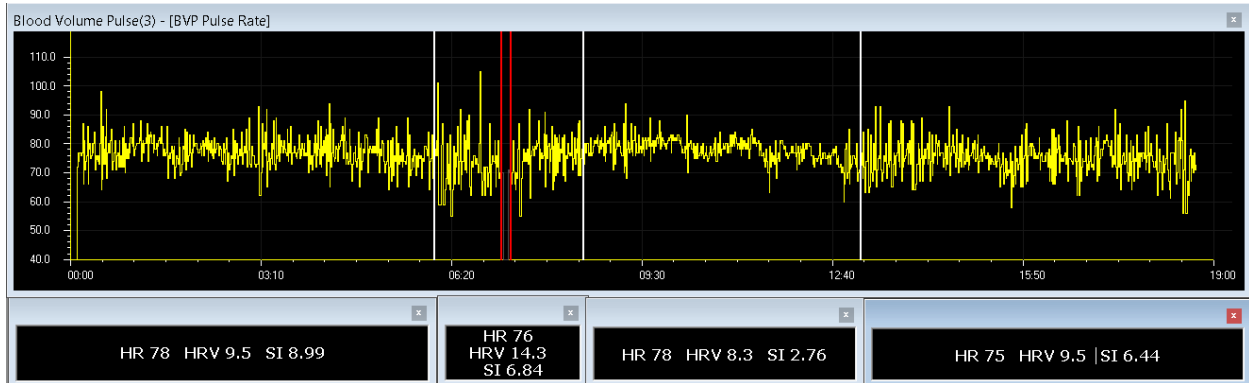


Felice's summary patterns for the whole session show 34% rewards for Gamma Synchrony at Training Level 5 on the 64Hz scale and a remarkable 76% for the 100Hz pattern. This 100Hz Gamma Synchrony pattern is of extraordinarily high value. It confirms that, on average, her Upper Gamma was active enough during the session to win this high statistic and that her upper gamma appropriately integrated with her mid and low gamma.

**Important note:** In June of 2017 at The Monroe Institute, Felice *occasionally* produced 100Hz patterns during a week-long sound-meditation workshop involving 40, 80 and 120Hz gamma beats administered during 10 meditation sessions. Nine months later after this healing session with Fred, extensive follow-up recordings of her brainwave patterns showed her *commonly* producing 100Hz AM and GS patterns. ***This shows lasting and possibly permanent effects through neuroplasticity.*** She attributes this positive change in her brainwave frequencies and patterns to Fred's energy healing—and, of course, her ongoing conscious evolution.

The inescapable conclusion is that this healing stimulated enough upper gamma frequencies in Felice to wire her brain to a new and lasting pattern which allows her greater access to spontaneous creativity, non-local awareness, and intuitive perception.

## Felice's Heart-Rate Measurements



Felice's heart rate (pulse) was regular from the beginning of the session until the first white event marker at 6:03 minutes, when the peaks and valleys increased as Fred worked on her solar plexus (stomach area started at 4:36, stomach/abdomen at 5:17). The red markers exclude movement artifact.

The second white marker, at 8:31 minutes, begins the 4.5-minute segment during which Fred worked on her heart and solar plexus. Her beats-per-minute range narrowed to an uncommonly "thready" data line when Fred moved from her right arm and shoulder to both shoulders and on to her chest (9:07), head (9:43), face and crown (10:22), and worked at her crown off the body (11:00), her solar plexus (11:25), and her solar plexus left side (12:25) before moving on to her knee at 13:00 minutes. During this time her SI (Stress Index) reading dropped from a previous 8.99 and 6.84 to 2.76, which means unstressed and therefore peaceful. Low Stress Index also suggests high-level heart-brain coherence.

Rollin McCraty, Ph.D, and research director for the Institute of Heart Math agreed with a suggestion by another researcher that Felice's thready pulse during the heart/solar plexus cleansing could be due to psi effects—that is, energetics. This writer concurs, as this was the period during which Fred worked on Felice's crown chakra, her upper gamma amplified, and she attained the 100Hz Gamma Synchrony pattern. Gamma is associated not only with brainwave coherence, or synchrony, but also with psi effects of various kinds, ranging from spontaneous mystical illumination to out-of-body travel.

That her heart rate would become thready during this segment is surprising but logical. ***Sending energy to the heart chakra could and in this case did affect Felice's physical heart and healed the grief contained therein.***

## TECHNICAL ISSUES

The extended 59Hz band seen in the Mind Mirror graph for the first two minutes of this session was due to electrical interference: the monitor failed to unplug the laptop and run it on battery power. After the 2-minute point, the 59Hz bar integrated with the rest of the pattern, but a small amount of electrical or sound artifact in the room passed through the USB emissions filter and was present in the readings for both Fred and Felice. This 60Hz noise was low enough in amplitude that it did not affect other frequency bars in the brainwave pattern.

Additionally, an electrode detachment led to a signal quality problem and data loss from 11:18-13:54 minutes, *in Fred's left brain only*. Artifact markers were placed around this compromised data, as shown in the greyed-out segment in the Composite Summary window at top left on page 2.

Fred moved slowly and deliberately around the massage table as he worked on Felice. Some movement artifact would have been inevitable. As there is no way to differentiate between gamma amplified for healing and gamma amplified by sEMG artifact, this study considers that gamma activity sustained over a period of time, as opposed to artifact spikes, is real, except where the timekeeper noted gross movements or the brainwave patterns distorted due to movement or speech.

## RESEARCH RESULTS

This report yielded several noteworthy findings, some new and some of them verifications of existing knowledge about the brainwaves of healers and recipients. Most of these findings apply only to this session, but a few can be generalized. All can be used for comparison purposes in other studies on energy healing.

- Working at the crown of the head, particularly when the healer is producing/transmitting high-frequency, high-amplitude gamma, powerfully affects the healee's brainwaves. In this session, Fred's transmission of gamma to Felice's crown stimulated 100Hz Gamma Synchrony patterns.
- Gamma production often increases the heart rate of the meditator or healee. In this study, Felice's heart rate was steady until Fred focused healing on her heart chakra and solar plexus; at that point, her pulse contracted into a narrow, thready data line. This may indicate that gamma frequencies generated into the heart chakra measurably influence the physical heart.
- If the amplification of gamma during healing at the crown and sudden contraction of the pulse rate during healing of the heart generalize to other studies, this is a finding of considerable importance. It would mean that the effects of subtle energies on brainwaves and the heart rate can be measured on affordable and accessible biofeedback instruments. Additional studies should test this.
- Energy healing involves a high degree of intuitive sensing, hearing, feeling, and knowing. Fred used his delta waves to connect with Felice and intuitively perceive the grief issue in her heart and solar plexus. Felice's sensitivity to subtle energies enabled her to perceive the powering up of Fred's gamma waves and the energy currents flowing through her chakra system and body. She also used her delta waves to perceive his recognition of the grief issue. She was aware that Fred had encountered the issue, and she knew when he was healing it—without words to that effect being spoken until after the healing.
- The alpha-theta crossover—a phenomenon during which theta amplitudes exceed alpha amplitudes—is associated with healing, mystical union, and transpersonal events. Felice produced the alpha-theta crossover several times during Fred's healing of her heart and solar

plexus. This alpha-theta crossover may relate to the neuroplasticity which presumably occurred in her body-mind and conditioned high-frequency gamma waves and physical healing.

- Sustained delta activity indicates personal empathy and/or the transmission and reception of healing energy. Felice's delta waves gained in amplitude over the course of the session, partly in response to simultaneous delta surges in Fred. Less well known is the phenomenon of frequency cross-coupling, wherein the healer's delta influences the healee's gamma, and vice-versa, as in the present study. More studies need to be undertaken on this interpersonal cross-coupling of high and low frequencies.
- Frequent microvoltage changes and direct energy transfers—for example, the reduction of Fred's pattern amplitudes and simultaneous increases in Felice's—strongly suggest that the transfer of high-frequency energies from one person to another is measurable on EEG equipment. Subtle energies may be more detectible than generally believed.
- Scrutiny of the Mind Mirror's coherence reports for the temporal and occipital regions of the brain shows that Felice's coherence (interhemispheric amplitude symmetry) increased in every category, although from very low to mid-range levels; this was due to instability (symmetry variations) in the frequency bands until the end of the session. Felice's highest coherence readings were in mid and upper gamma, both at mid-range values.

Fred's beta, mid gamma, and upper gamma sharply increased in coherence over the course of the session, eventually reaching mid-range levels. Fred's low gamma, at a value of 0.6, approached high coherence from the 17-minute point, while he was moving energy over Felice's knee, to the end of the session. Fred's alpha also surged toward high coherence while he was healing Felice's knee.

Coherence was unexpected in this session, considering the right-brain dominance in healer and healee.

- The steady increase of coherence in several of Felice's brainwave categories confirms the claim that gamma organized and optimized her brainwaves. The steady increase of coherence in most of Fred's brainwave categories proves that healing heals the healer.

It was my privilege and pleasure to monitor Fred and Felice's brainwaves during this study. If there are questions about this report, please contact [Judith@AwakenedMind.org](mailto:Judith@AwakenedMind.org).

*Submitted by Judith Pennington*

*May 16, 2018*

*Updated and resubmitted on Sept. 21, 2018*