

Experimental Investigation of Physiological Response to Distant Mental Healing

Results:

Two double-blind experiments explored the effects of healing intention directed towards a distant person. The distant person's respiration, heart rate, fingertip blood volume and skin conductance were continuously monitored during 20 randomly counterbalanced one-minute "treatment" and control epochs. The first experiment examined the effects of a group's healing intention directed at volunteers isolated 200 meters away. The second experiment studied the effects of Umbanda mediums who directed their healing intentions from São Paulo, Brazil towards volunteers monitored two months earlier in Las Vegas, Nevada. The first study showed that group intention (group size = 21) was associated with a modest increase in breathing rate ($p = 0.053$, two-tail) and a decrease in electrodermal activity ($p = 0.055$, two-tail) in distant volunteers ($N = 15$). The second study showed that even with a separation of 6,000 miles in space and two months in time, the mediums' healing intention was associated with an increase in fingertip blood volume ($p = 0.013$, two-tail) and an increase in skin conductance ($p = 0.031$, two-tail) in distant volunteers ($N = 21$).

After consideration of alternative explanations for the reported effects, it was concluded that these studies provide support for the concept that intention interacts with human physiology, apparently unconstrained by the usual limitations of time and space.

Published work:

Radin, D. I., Machado, F. and Zangari, W. (2000). Effects of distant healing intention through time and space: Two exploratory studies. *Subtle Energies and Energy Medicine*, 11 (3) 207-240.

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