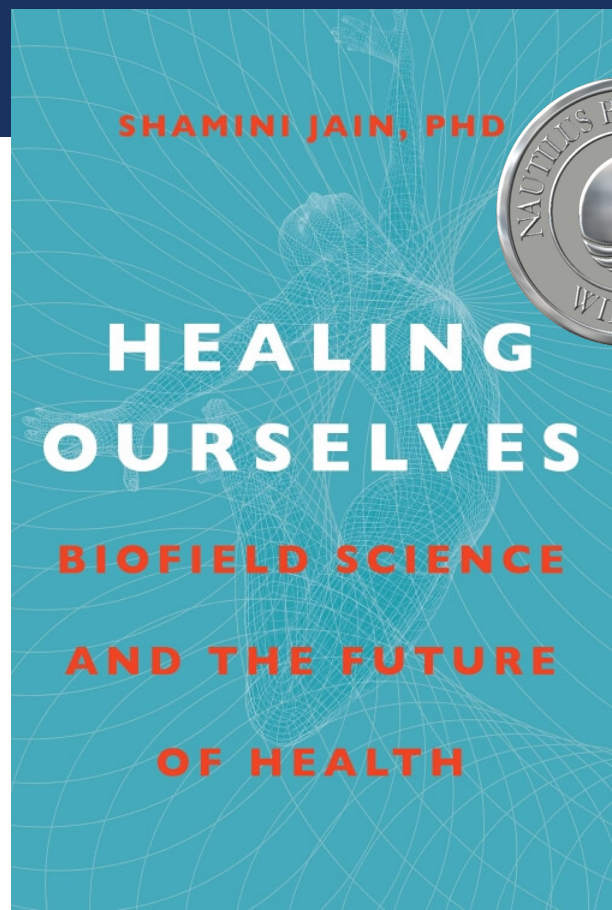


MIND, BODY AND BIOFIELD SCIENCE: How Consciousness Catalyzes Healing



Shamini Jain, Ph.D.
Founder and CEO
Consciousness & Healing Initiative

EVIDENCE AND PRACTICE

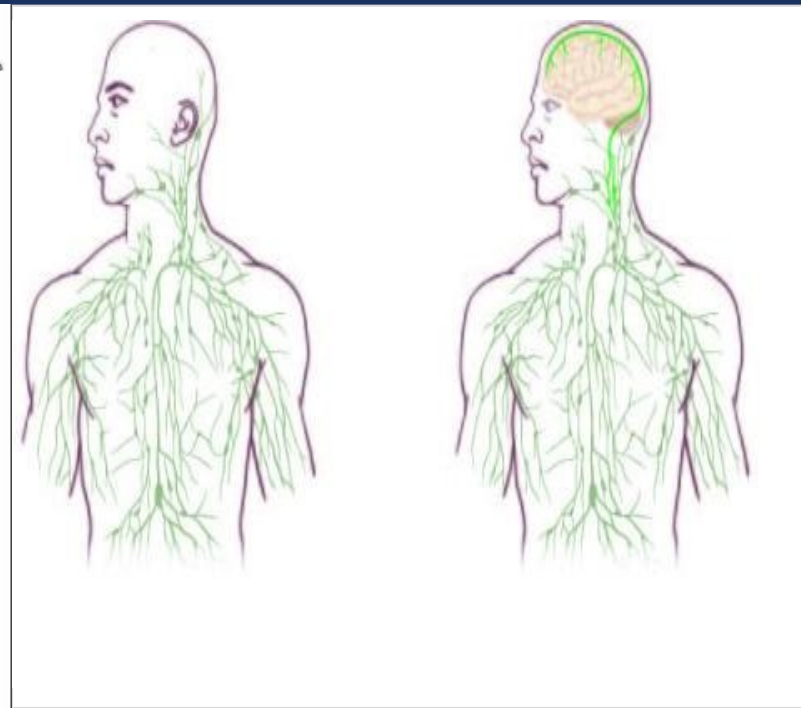
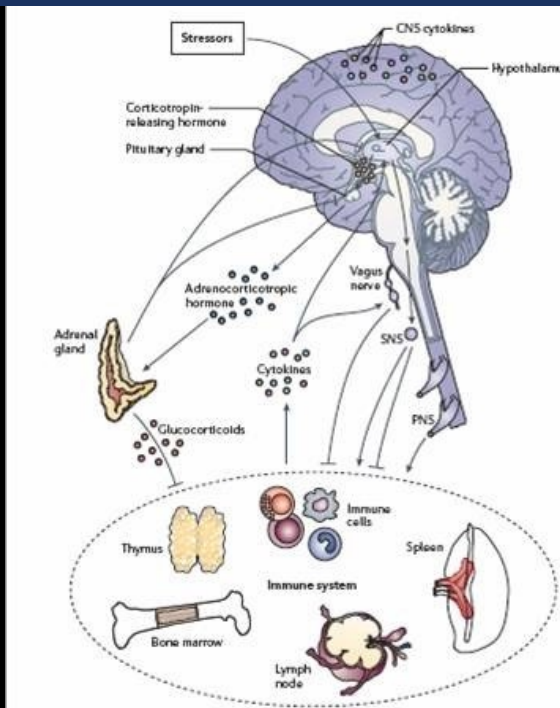


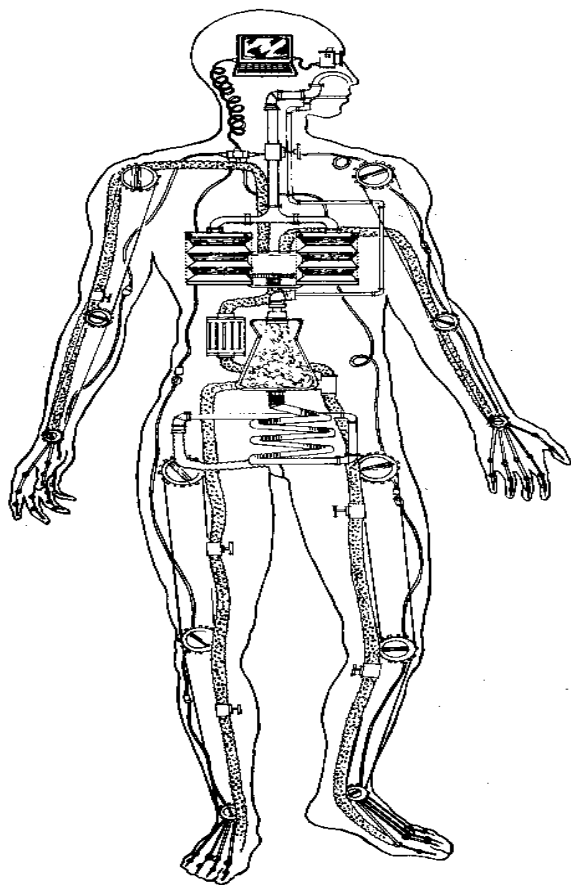
Over 700 Peer-reviewed Scientific References

Science (Ancient + Modern) -
Consciousness, Biofield, Placebo,
Mind-body

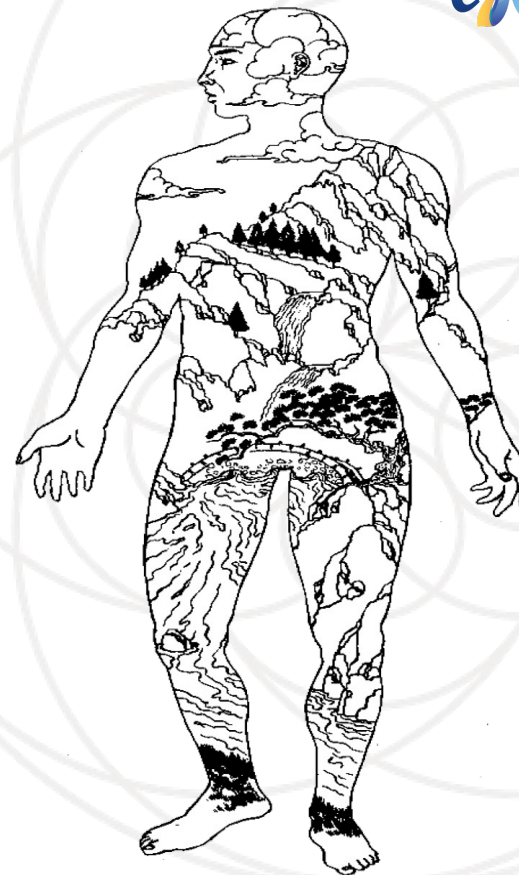
Practice (The Healing Keys)
Self-Healing Guidelines and Meditations

TOWARD A COOPERATIVE SYSTEMS SCIENCE





The Body as a Machine



The Body as a Garden

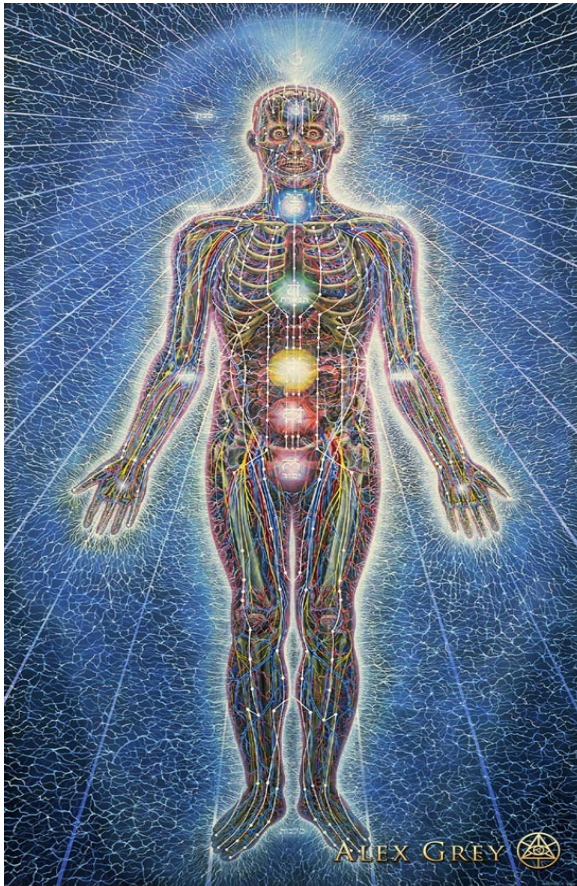
FRONTIER THINKING IN PNI

"Disciplinary boundaries and the bureaucracies they spawned are biological fictions that can restrict imagination and the transfer and application of technologies...**On the contrary, the evidence indicates that relationships between so-called “systems” are as important and, perhaps, more important than relationships within “systems;” that so-called “systems” are critical components of a single, integrated network of homeostatic mechanisms.**”

- Bob Ader, co-founder of
Psychoneuroimmunology (PNI)



The Biofield

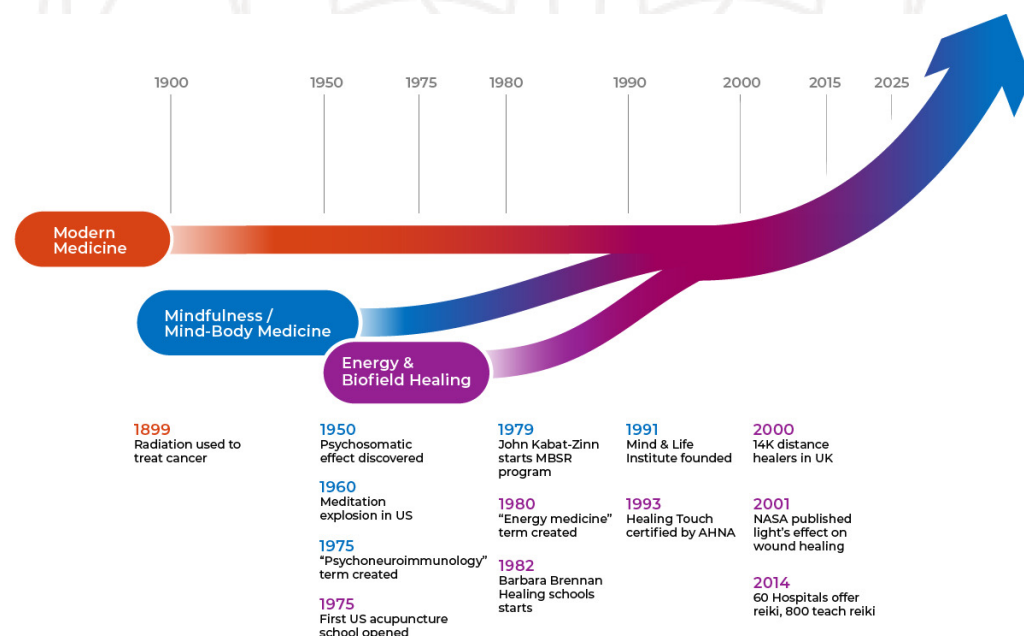


Biofield(s) - interacting and interpenetrating fields of energy and information that regulate the homeodynamic functioning of a living organism.

Poised for Healing Growth

The biofield science and healing movement is in an even more advantageous spot than mindfulness was twenty years ago. Our current analysis, found in our [Systems Mapping Report](#), indicates that there are over 70,000 practitioners nationwide. Similar to the mindfulness movement, as the science base behind biofield healing and biofield devices continues to grow, the healing service, education and technology sectors will expand exponentially.

Energy/biofield healing has already been noted as the [leading positive disruptor in medicine](#), aligning with the ever-growing, [\\$4+ Trillion wellness industry](#).

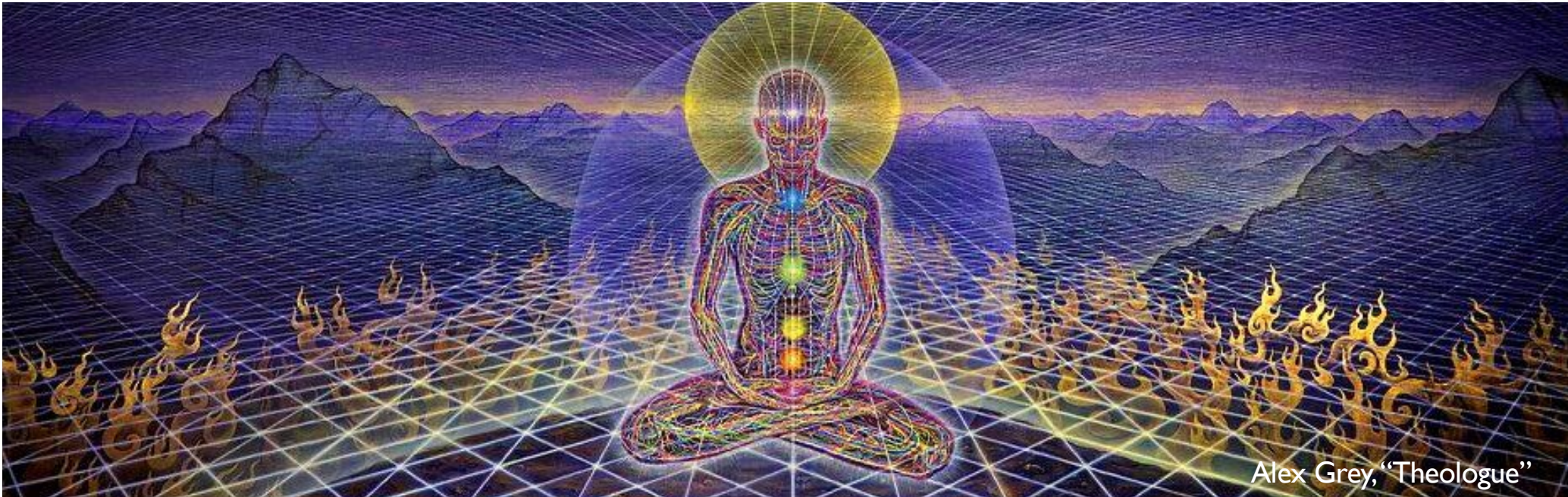


THE FIELD IS THE BRIDGE!

Ancient
Science

BIOFIELD
SCIENCE

Modern
Science



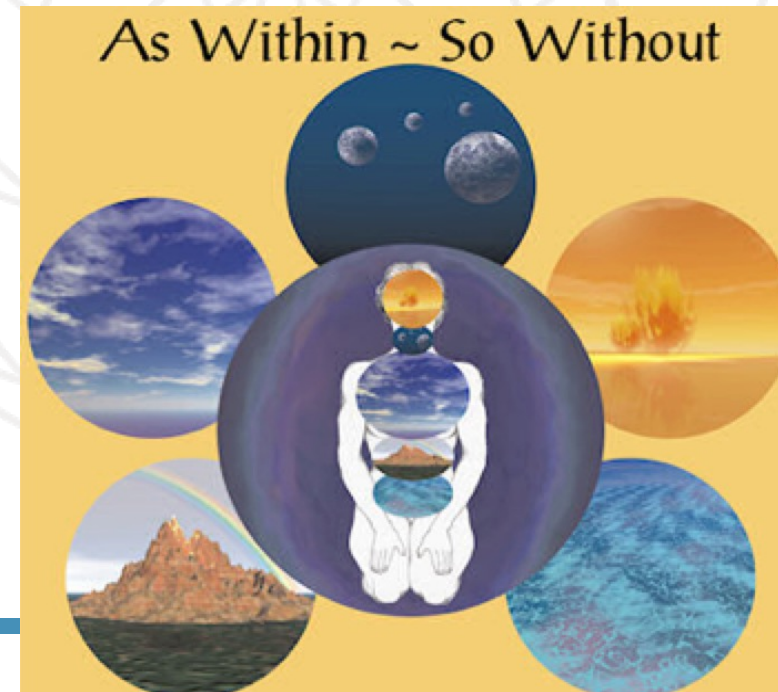
Alex Grey, "Theologue"

ANCIENT WISDOM: CONSCIOUSNESS AND "ENERGY"

“HOLISM — living nature is seen in terms of interacting wholes that are more than the mere sum of elementary particles.” (Merriam-Webster)

Indigenous Medicine:

- Consciousness is fundamental to the healing process
- Healing is the restoration of harmony – both within our body/mind and with our environment
- **Salutogenic** (health-promoting) and whole-person model of health



CONSCIOUSNESS AND ENERGY: VITALISM



Alex Grey, "Wonder"

ENERGETIC FLOW

In: S. Jain, J. Daubenmier, L. Rapgay, D. Muehsam, D. Chopra (2015). Indo-Tibetan Philosophical and Medical Systems: Perspective on the Biofield. *Global Advances in Health and Medicine*.



WHAT ABOUT THE DATA?

Ancient
Science

**BIOFIELD
SCIENCE**

Modern
Science

WHAT IS THE BIOFIELD? PART I: “VERITABLE”



**Known and easily
measureable
electromagnetic
aspects of the biofield
that give information
on our health status
(e.g., EKG, EEG, others)**

nature

International weekly journal of science

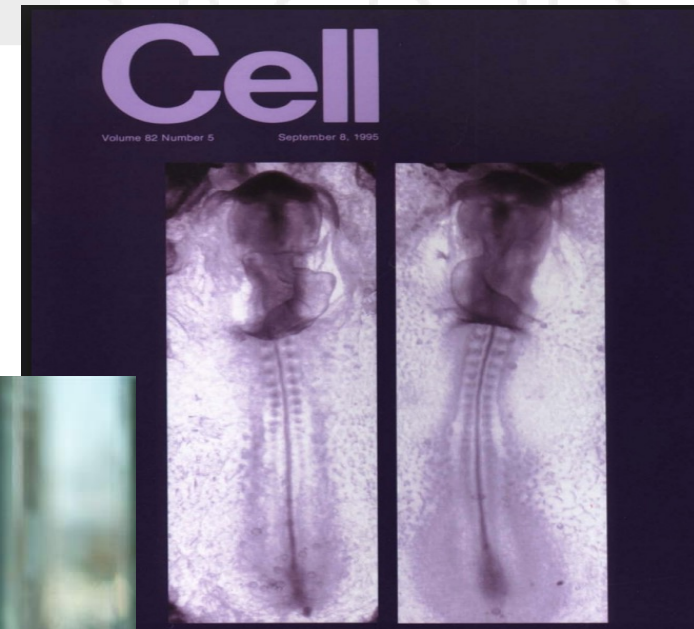
Home | News & Comment | Research | Careers & Jobs | Current Issue | Archive

News & Comment > News > 2015 > October > Article

NATURE | NEWS

Bioelectric signals spark brain growth

Voltage changes coax frog cells to build new brain tissue.



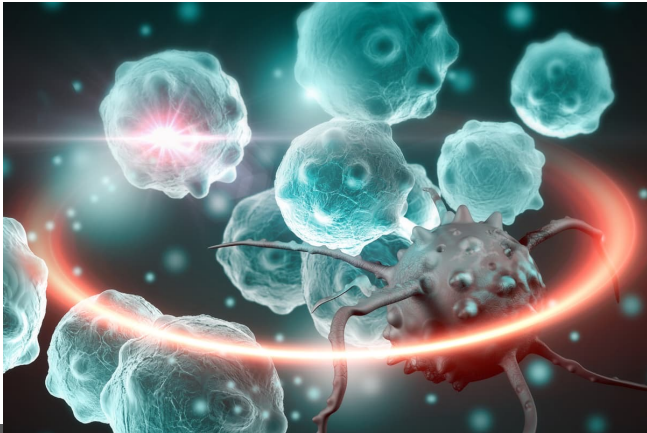
Article | [Open Access](#) | [Published: 11 November 2022](#)

Voltage imaging reveals the dynamic electrical signatures of human breast cancer cells

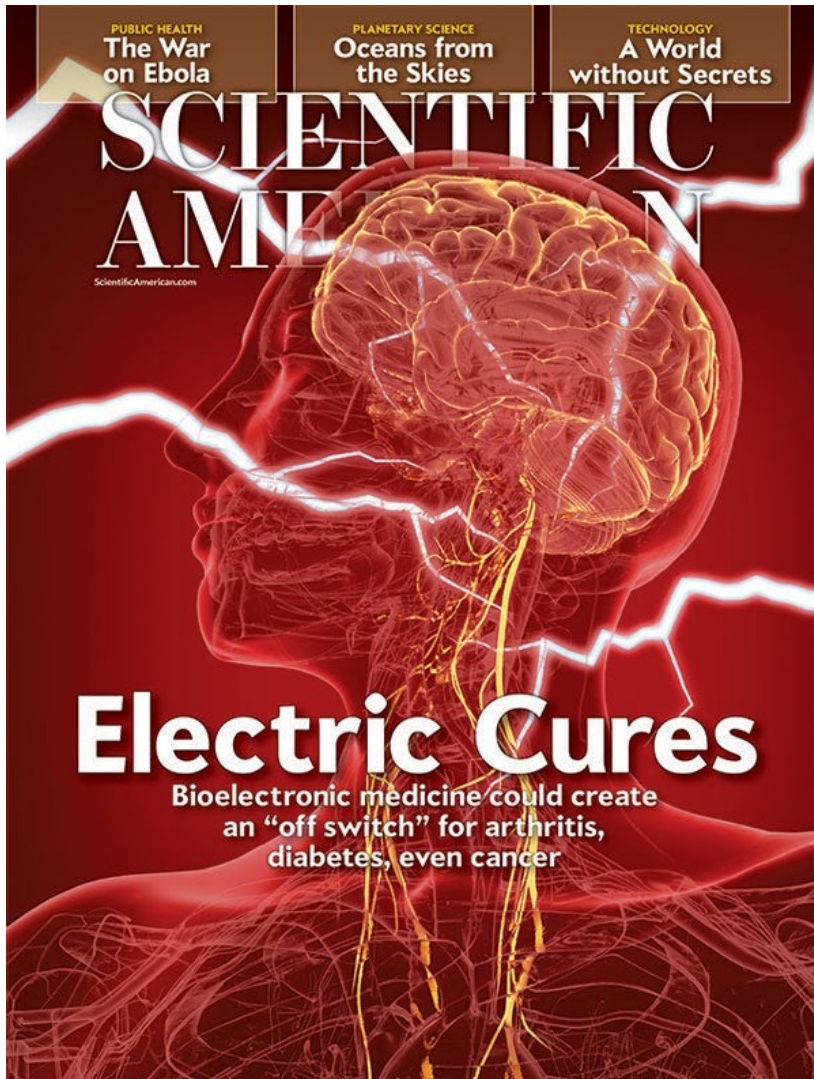
[Peter Quicke](#), [Yilin Sun](#), [Mar Arias-Garcia](#), [Melina Beykou](#), [Corey D. Acker](#), [Mustafa B. A. Djamgoz](#), [Chris Bakal](#) ✉ & [Amanda J. Foust](#) ✉

[Communications Biology](#) 5, Article number: 1178 (2022) | [Cite this article](#)

3528 Accesses | 1 Citations | 262 Altmetric | [Metrics](#)

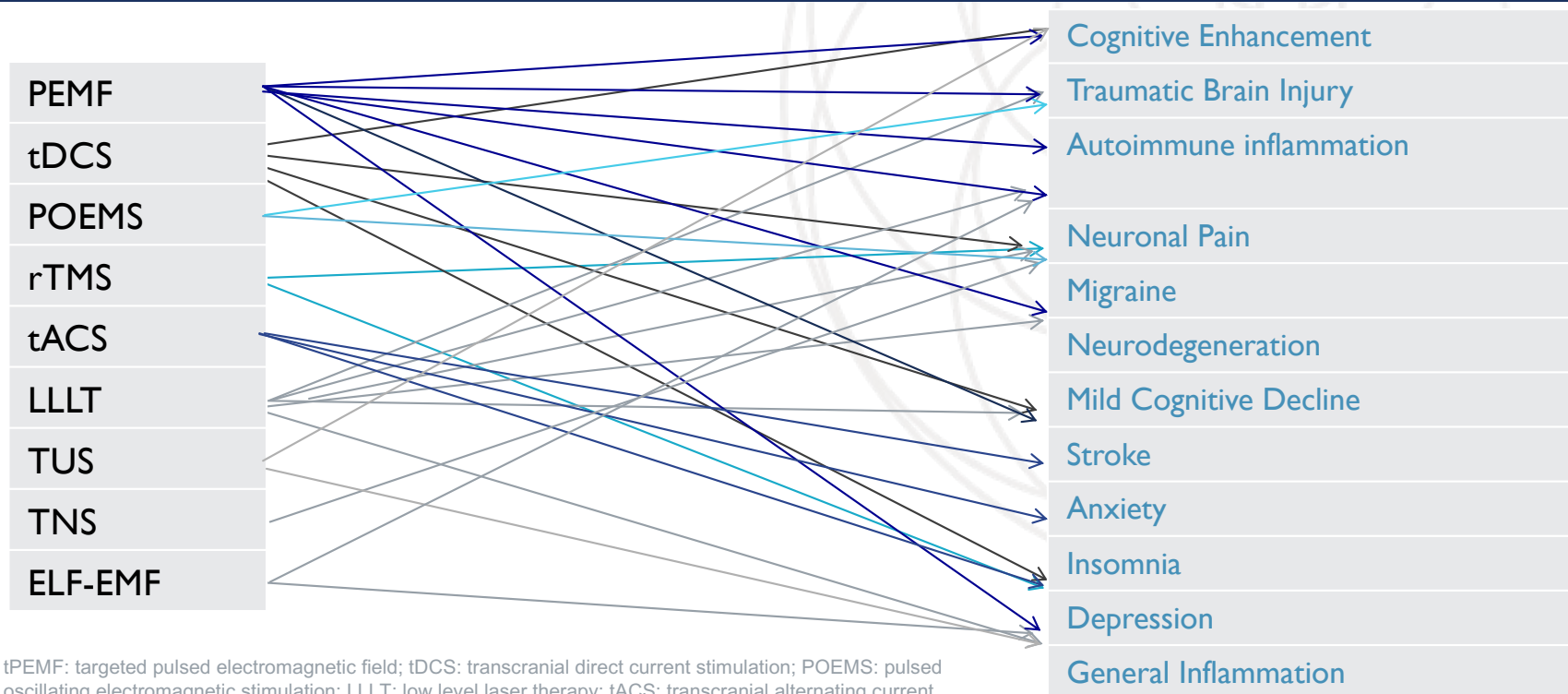


Cancer cells feature a resting membrane potential (V_m) that is depolarized compared to normal cells, and express active ionic conductances, which factor directly in their pathophysiological behavior. Despite similarities to ‘excitable’ tissues, relatively little is known about cancer cell V_m dynamics. **Here high-throughput, cellular-resolution V_m imaging reveals that V_m fluctuates dynamically in several breast cancer cell lines compared to non-cancerous MCF-10A cells.**



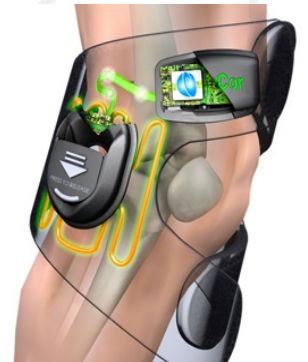
“ELECTROCEUTICALS”

BIOELECTROMAGNETIC MEDICINE



tPEMF: targeted pulsed electromagnetic field; tDCS: transcranial direct current stimulation; POEMS: pulsed oscillating electromagnetic stimulation; LLLT: low level laser therapy; tACS: transcranial alternating current stimulation; rTMS: repetitive transcranial magnetic stimulation; TUS: transcranial ultrasound; TNS: Trigeminal nerve stimulation; ELF-EMF: extremely low frequency electromagnetic fields.

PLUG & PLAY?



CAN WE CONSCIOUSLY HEAL EACH OTHER?



Beyond the “mind”, the
“emotions”, beyond
“placebo”— does our
conscious intention
and volition to heal
another person,
actually have an effect?

BIOFIELD PART 2: “PUTATIVE”

- **Subtle, not directly measurable aspects**, akin to the descriptions of vital force (e.g., chi, qi, prana).
- Used by many practitioners to stimulate whole-person healing

BIOFIELD THERAPIES:

- Reiki, Healing Touch, Therapeutic Touch, Johrei, Pranic Healing, Laying-on-of-hands, Hands-on-healing, External qi-gong
- “HARMONY, ALIGNING ONE WITH SOUL/SPIRIT”



Alex Grey, “Healing”

BIOFIELD THERAPIES



- Practitioner attains a neutral and receptive state and may intend to sense and alter subtle energy currents in the client to foster their own healing
- **“Channeling the currents of compassion”**

ARE BIOFIELD THERAPIES EFFECTIVE?

(SYSTEMATIC REVIEW RESULTS)

- **Systematic Review and Best-Evidence Synthesis of 66 clinical studies** of Biofield Therapies:
 - Strong evidence for decreased pain intensity in outpatients*
 - Moderate evidence for decreased pain intensity in hospitalized and cancer patients, and behavioral symptoms in dementia*
- **Another SR of 28 RCTs** of Non-Touch Biofield Therapies also show positive effects⁺



*Jain S, Mills P. (2010). Biofield Therapies: Helpful or full of hype? A best- evidence synthesis. *Intern J Behavioral Med*;17(1):1-16.

+Hammerschlag et al. (2014). Nontouch Biofield Therapy: A Systematic Review of Human Randomized Controlled Trials reporting use of only non-physical contact treatment. *J Alt Comp Med*, 20 (12); 881-892

“Yes ...

BUT!”

WHAT ABOUT “PLACEBO?”

Complementary Medicine for Fatigue and Cortisol Variability in Breast Cancer Survivors

A Randomized Controlled Trial

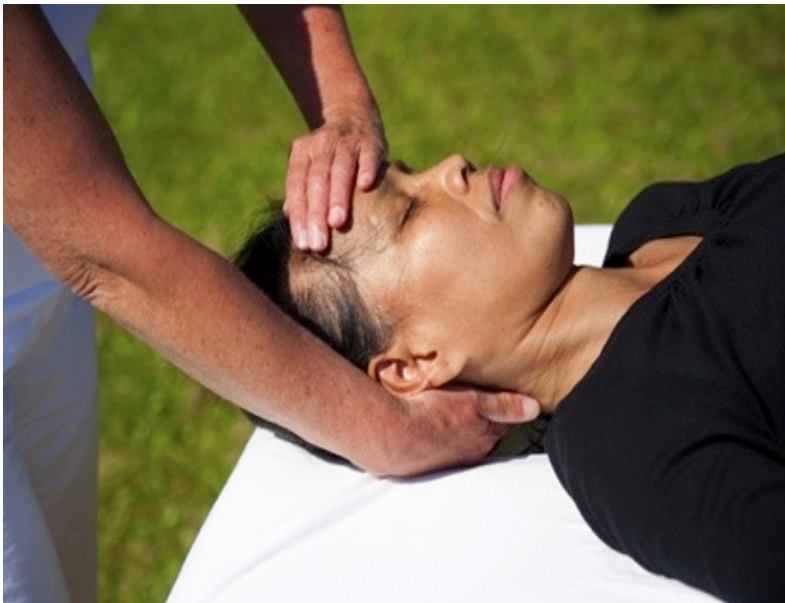
Shamini Jain, PhD^{1,2}; Desiree Pavlik, BA²; Janet Distefan, PhD²; Reverend Rosalyn L. Bruyere³; Julia Acer, MBA²; Rosalie Garcia, BA²; Ian Coulter, PhD⁴; John Ives, PhD¹; Scott C. Roesch, PhD⁴; Wayne Jonas, MD¹; and Paul J. Mills, PhD²

BACKGROUND: Fatigue is a chief complaint in cancer patients, and warrants effective treatment. Biofield therapies are complementary medicine approaches used by cancer populations. There is little information about their efficacy. **METHODS:** This blinded, randomized controlled trial examined the effects of 4 weeks (eight 1-hour sessions) of biofield healing compared with mock healing and a waitlist control group on fatigue in 76 fatigued breast cancer survivors (stages I-IIIa). Secondary outcomes were diurnal cortisol variability (via estimates of cortisol slope), depression, and quality of life (QOL). Treatment belief was assessed to explore whether belief predicted outcomes. Data were analyzed via hierarchical linear modeling. **RESULTS:** There were no significant differences between biofield healing and mock healing on belief; 75% thought they received biofield healing. Compared with controls, biofield healing significantly decreased total fatigue ($P < .0005$, Cohen's $d = 1.04$), as did mock healing ($P = .02$, Cohen's $d = 0.68$), with no significant differences between biofield healing and mock healing. Cortisol slope significantly decreased for biofield healing versus both mock healing and control ($P < .04$ in both cases; Cohen's $d = 0.58$). Belief predicted changes in QOL over and above group ($P = .004$, Cohen's $d = 0.84$). Belief did not impact fatigue or cortisol variability. **CONCLUSIONS:** Nonspecific factors are important in responses to biofield interventions for fatigue. Belief predicts QOL responses but not fatigue or cortisol variability. Biofield therapies increase cortisol variability independent of belief and other nonspecific factors. There is a need to further examine the effects of specific processes of biofield healing on outcomes for cancer populations. *Cancer* 2011;000:000-000. © 2011 American Cancer Society.

KEYWORDS: biofield, healing, complementary, cortisol, fatigue, cancer, breast, immune, complementary and alternative medicine, randomized controlled trial.

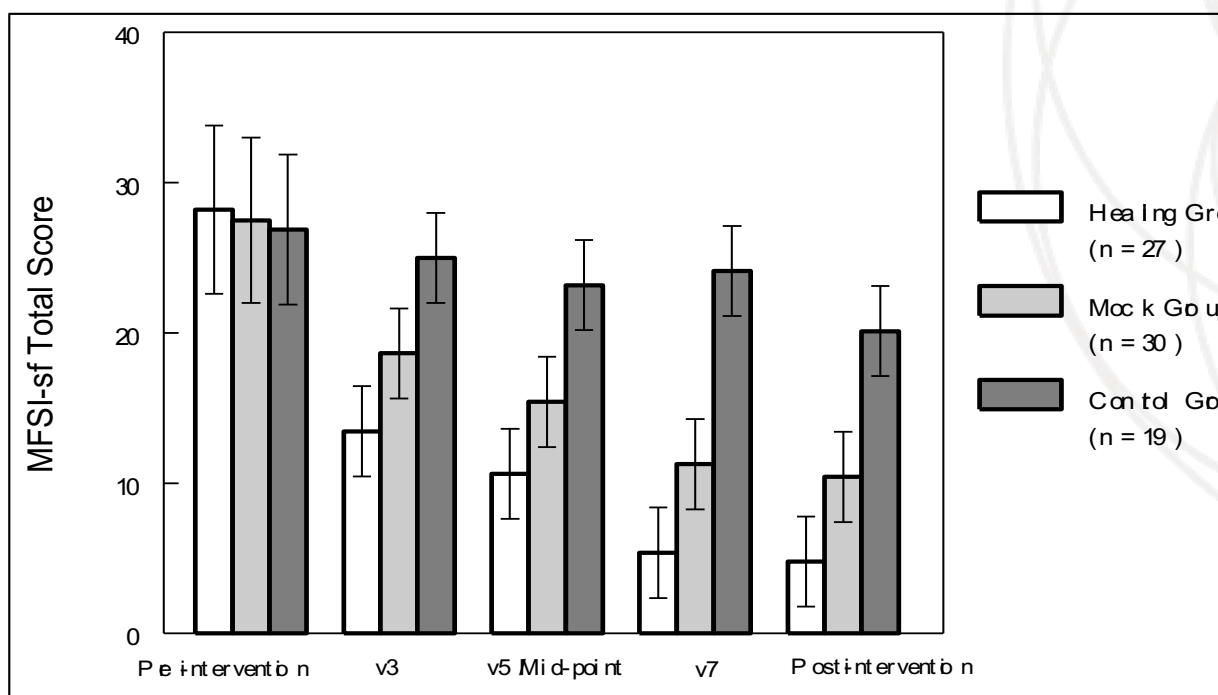


HEALING FOR SURVIVORS RCT



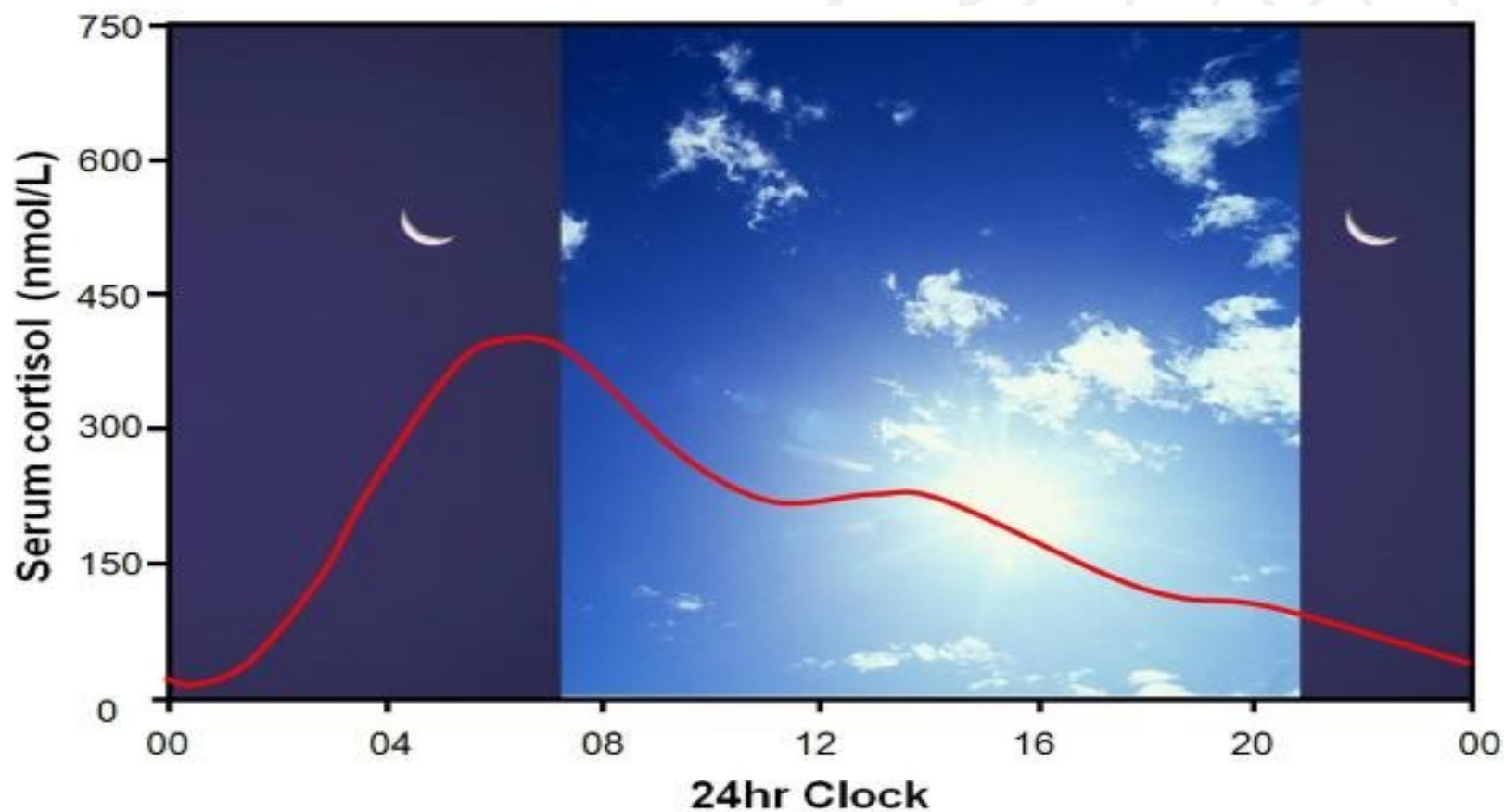
- 76 Fatigued Breast Cancer Survivors Randomized to 3 groups: Biofield, Mock, or Control
 - One-month intervention
 - 8 sessions (two per week)
- Session Length = 1 Hour
- OUTCOMES: Fatigue, QOL, cortisol variability
- Placebo elements measured throughout study:
 - Belief, connection with practitioner

CLINICALLY SIGNIFICANT EFFECTS ON FATIGUE

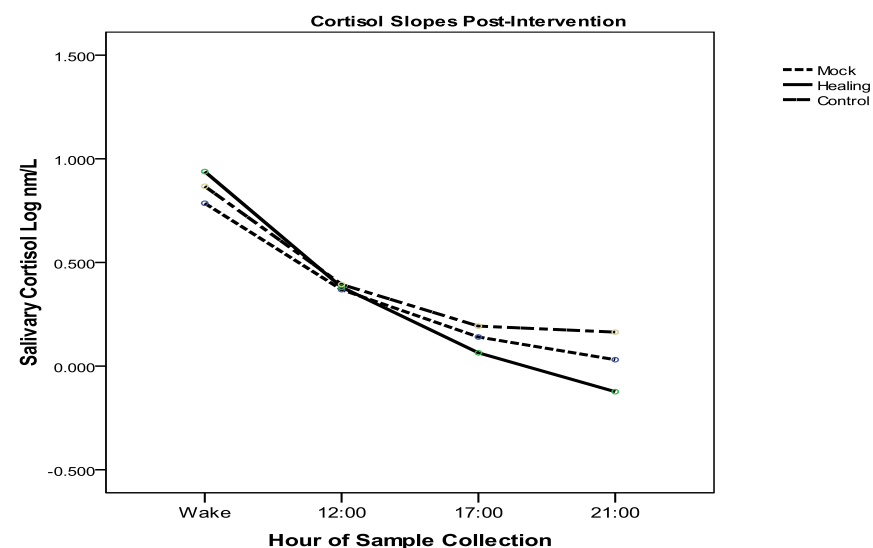
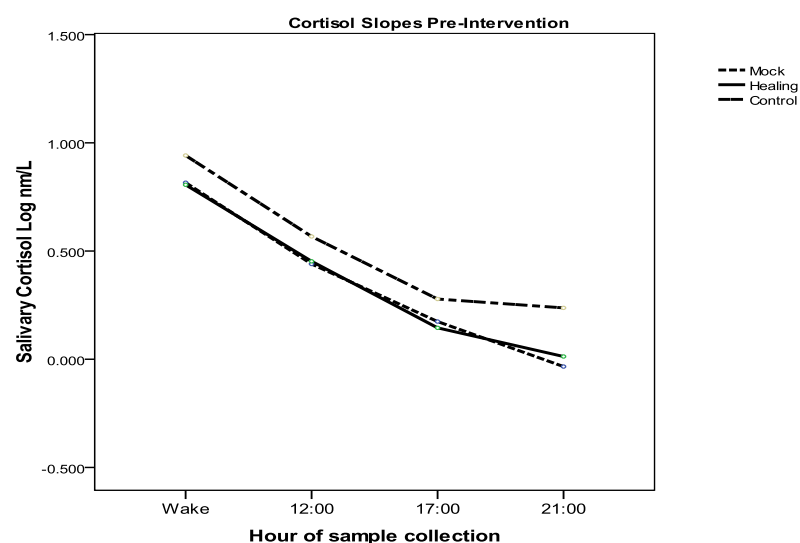


- Healing group sig dif from ctrl ($p < .0005$, **Cohen's $d = 1.04$**)
- Mock group sig dif from ctrl ($p = .02$, **Cohen's $d = .68$**)
- Biofield significantly greater than mock in **General Fatigue subscale**

CORTISOL RESULTS



CORTISOL SLOPE (VARIABILITY) RESULTS



Biofield healing uniquely increased cortisol variability compared to mock healing and no treatment, and was not explained by placebo elements ($p < .04$)

Brain Behav Immun. Author manuscript; available in PMC 2011 Nov 1.

Published in final edited form as:

[Brain Behav Immun. 2010 Nov; 24\(8\): 1231–1240.](#)

Published online 2010 Jun 30. doi: [10.1016/j.bbi.2010.06.014](#)

PMCID: PMC3010350

NIHMSID: NIHMS219317

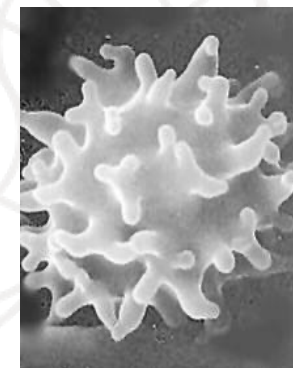
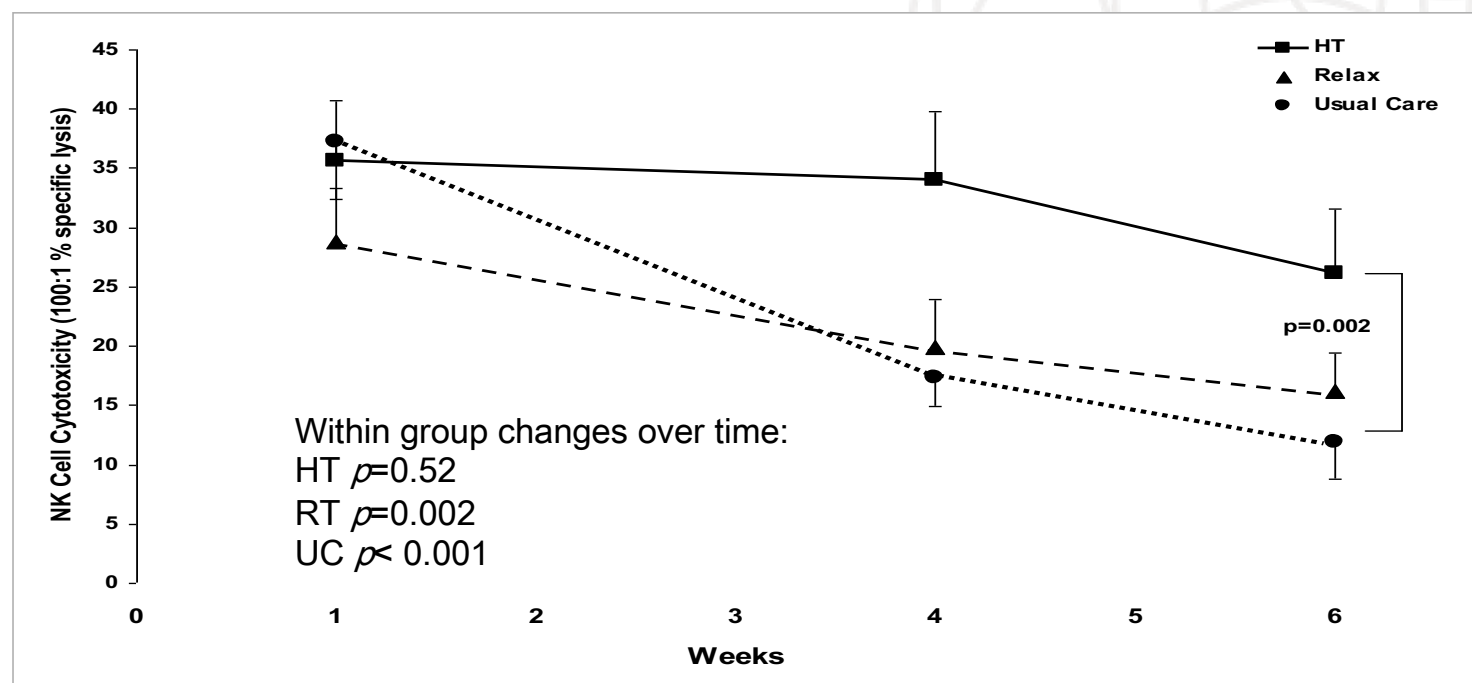
Preservation of Immune Function in Cervical Cancer Patients during Chemoradiation using a Novel Integrative Approach

[Susan K. Lutgendorf](#), Ph.D.,^{1,2,3,4} [Elizabeth Mullen-Houser](#), M.A.,¹ [Daniel Russell](#), Ph.D.,⁵ [Koen DeGeest](#), M.D.,² [Geraldine Jacobson](#), M.D.,⁶ [Laura Hart](#), Ph.D.,⁷ [David Bender](#), M.D.,² [Barrie Anderson](#), M.D.,² [Thomas E. Buekers](#), M.D.,² [Michael J. Goodheart](#), M.D.,² [Michael H. Antoni](#), Ph.D.,⁸ [Anil K. Sood](#), M.D.,⁹ and [David M. Lubaroff](#), Ph.D.^{3,4,10}

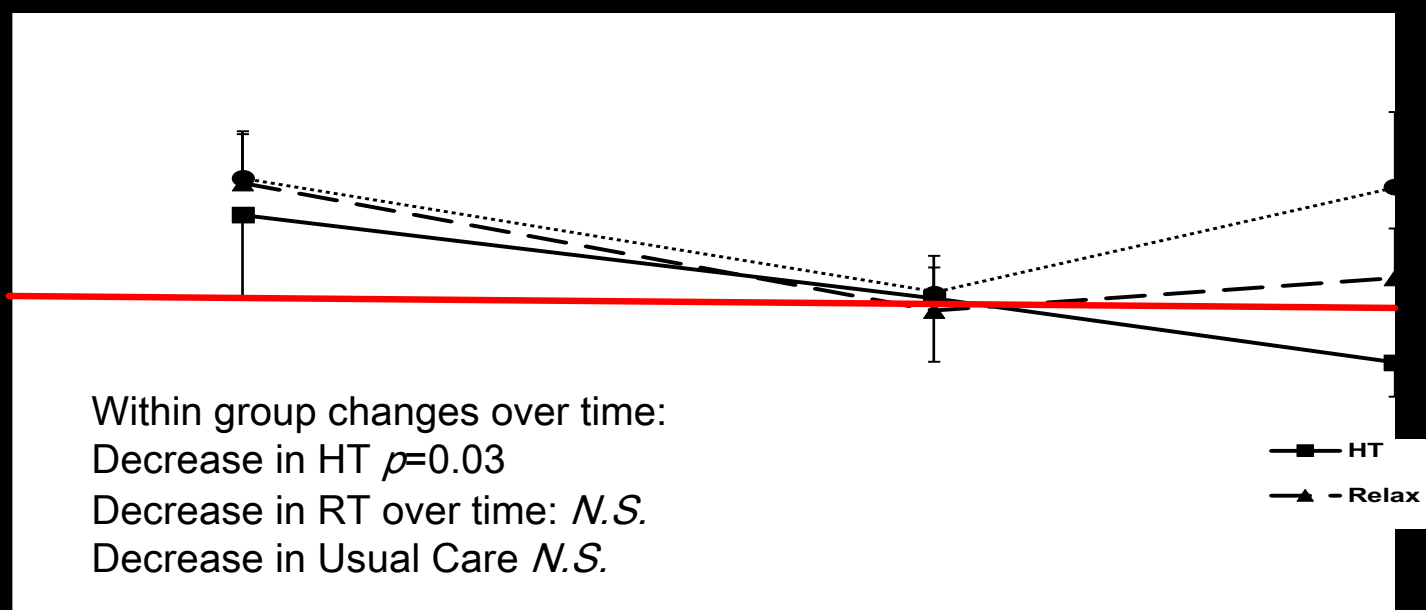
[Author information ►](#) [Copyright and License information ►](#)



HEALING TOUCH HELPS MAINTAIN IMMUNITY FOR CANCER PATIENTS UNDERGOING CHEMORADIATION



EFFECTS OF INTERVENTIONS ON DEPRESSION (CES-D TOTAL)



Group X time Interaction $p = 0.09$

Cancer

Original Article | [Free Access](#)

Complementary medicine for fatigue and cortisol variability in breast cancer survivors[†]

A randomized controlled trial

Shamini Jain PhD , Desiree Pavlik BA, Janet Distefan PhD, Reverend Rosalyn L. Bruyere, Julia Acer MBA
... [See all authors](#) 

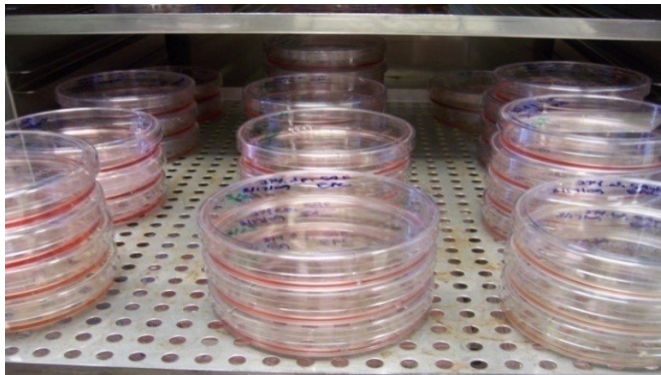
First published: 05 August 2011 | <https://doi.org/10.1002/cncr.26345> | Citations: 29

“Yes ...

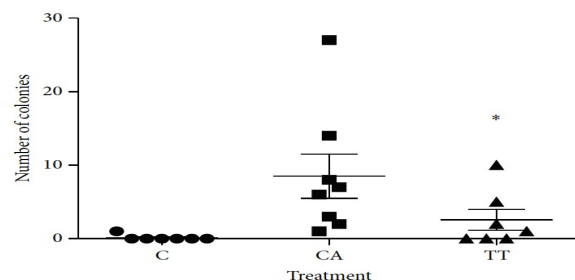
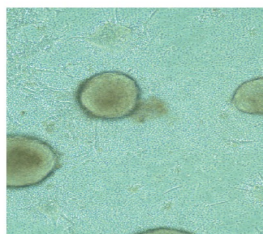
BUT!”

WHAT ABOUT “MECHANISM?”

CELL CULTURE AND ANIMAL STUDIES WITH THERAPEUTIC TOUCH (TT) VS. MOCK TT (GLORIA GRONOWICZ, PROFESSOR, U CONN)



- **TT stimulates the proliferation of normal human cells from bone, tendon and skin**
Gronowicz, G, et al. 2008. *J Alternative Complementary Med* 14(3):233-239
- **TT treatment significantly increased proliferation of primary human osteoblasts (HOBs) but had no effect on an osteosarcoma-derived cell line (SaOs)**
Jhaveri A, et al , 2008, *J Orthop Res* 26:1541
- **TT reduces metastasis and immune factors related to metastasis in mouse cancer model**
Gronowicz, G, et al. 2015. *Evidence Based Complementary Med*
<http://dx.doi.org/10.1155/2015/926565>




HEALING RESEARCH AT MD ANDERSON CANCER CENTER




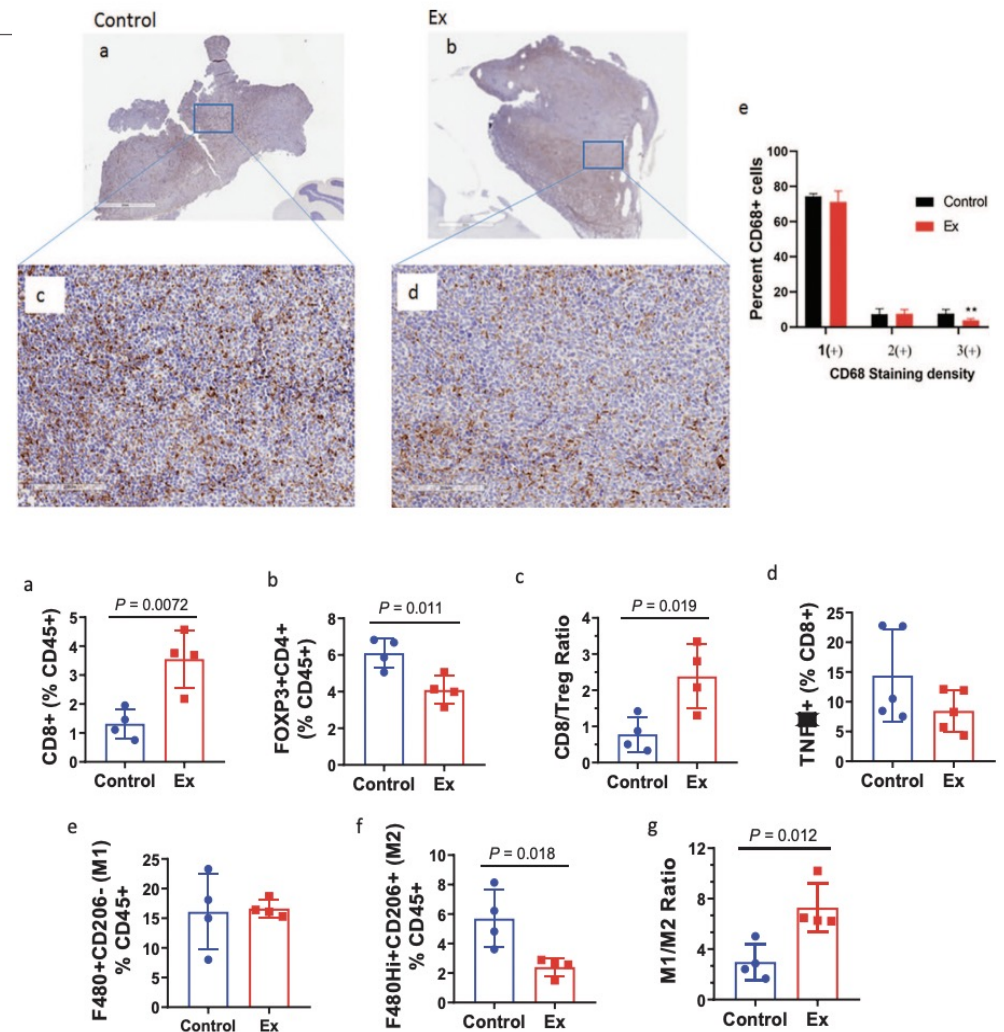
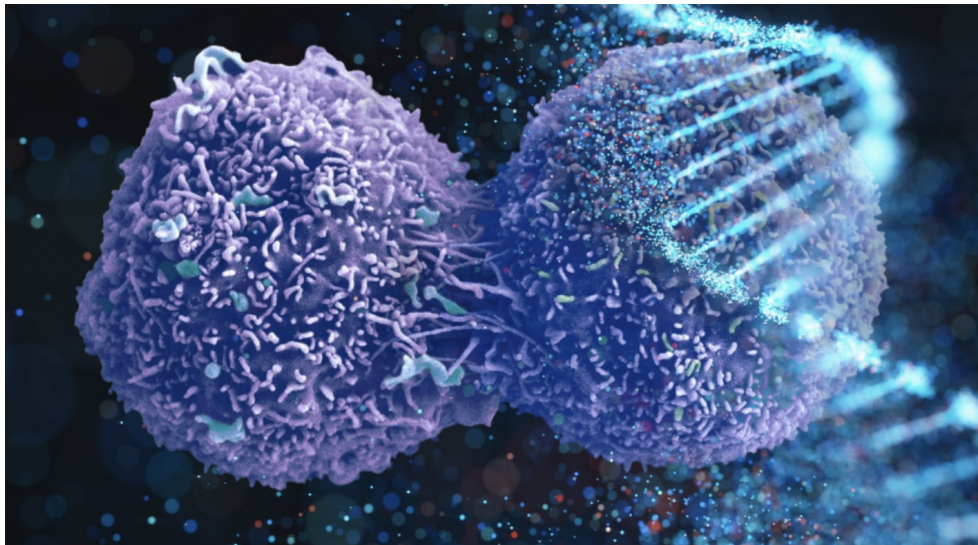
Lorenzo G Cohen, Ph.D.

Department of Palliative, Rehabilitation and Integrative Medicine,
Division of Cancer Medicine

Human Biofield Therapy Modulates Tumor Microenvironment and Cancer Stemness in Mouse Lung Carcinoma

Peiying Yang, PhD¹ , Patrea R. Rhea, BS¹, Tara Conway, BS¹, Sita Nookala, BS¹, Venkatesh Hegde, PhD¹, Mihai Gagea, DVSc¹, Nadim J. Ajami, PhD¹, Sean L. Harribance², Jewel Ochoa, MA¹, Jagannadha K. Sastry, PhD¹, and Lorenzo Cohen, PhD¹

Integrative Cancer Therapies
Volume 19: 1–11
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DOI: 10.1177/1534735420940398
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SUMMARY



- Based on systematic reviews and well controlled RCTs, clinical research indicates efficacy of biofield therapies on:
 - **Pain, anxiety, PTS and dementia symptoms**
 - **Symptoms and physiological data in cancer patients**
- Cell and animal research is beginning to elucidate immune and cell signaling pathways in which biofield therapies have been shown to reduce tumor size and metastasis
- There is much yet to discover!

Consciousness and Healing Initiative: Energizing Healing

Humanity awakens to our power to heal ourselves and others — preventing disease, fostering flourishing, and creating a healthier, more harmonious world.



CONSCIOUSNESS AND
HEALING INITIATIVE



MEET THE CONSCIOUSNESS & HEALING INITIATIVE (CHI)

**Dedicated to expanding the
science and practice of healing.**

Who We Are

A purpose driven, collaborative accelerator
of scientists, practitioners, educators, and
artists that lead humanity to heal ourselves.



OUR VALUES

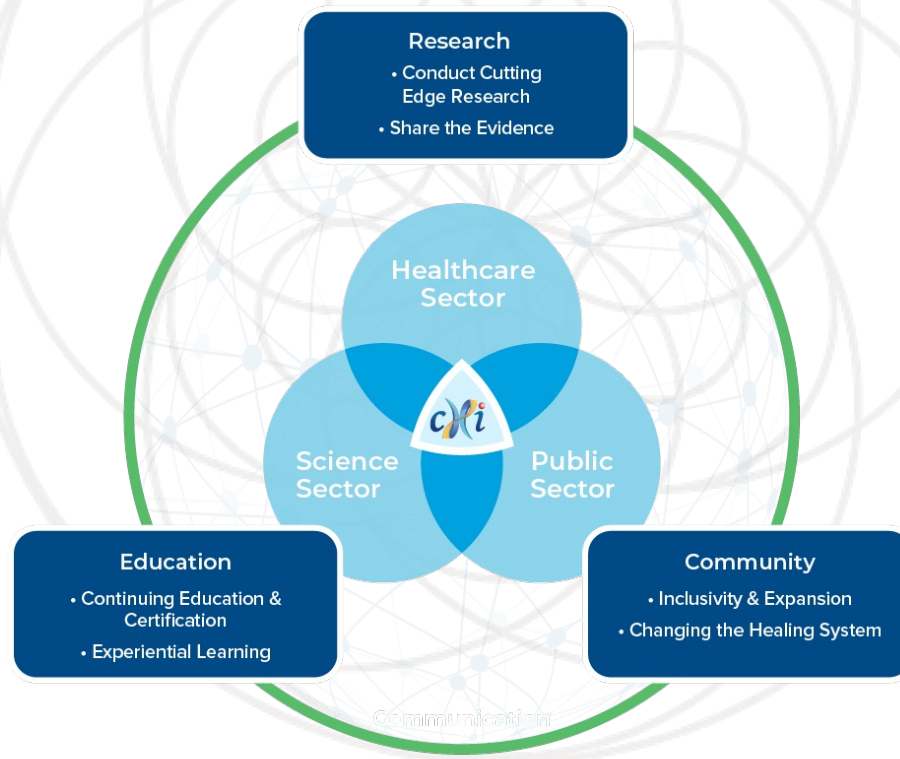
Collaboration • Creative Rigor •
Integrity • Service •
Multiple Perspectives

Our Plan

Our objective is to energize healing through science, education and community building, so that we discover our best untapped resource for healing ourselves and each other.

Our Healing Roadmap and Action Plan outlines key initiatives and action steps we must take in the next decade to bring biofield science and healing into the mainstream. By addressing transformational points in science, education and community, we can ignite and spread world-wide healing.

“ I am an **ER physician** that found myself at a turning point. CHI has inspired me and given me clarity for the direction I need and want to go. Thank you with all my heart for this time to learn and love. ”



CHI: UNIFYING DIVERSE STREAMS OF WISDOM



Sky Dance, Jan van der Greef

LISTEN AND CONNECT

- Engage Diverse Perspectives
- Forward Cross-Cultural Collaborations

INVEST IN OURSELVES

- Invest in Healing Science
- From “Me” to “We”

EDUCATE AND EMPOWER

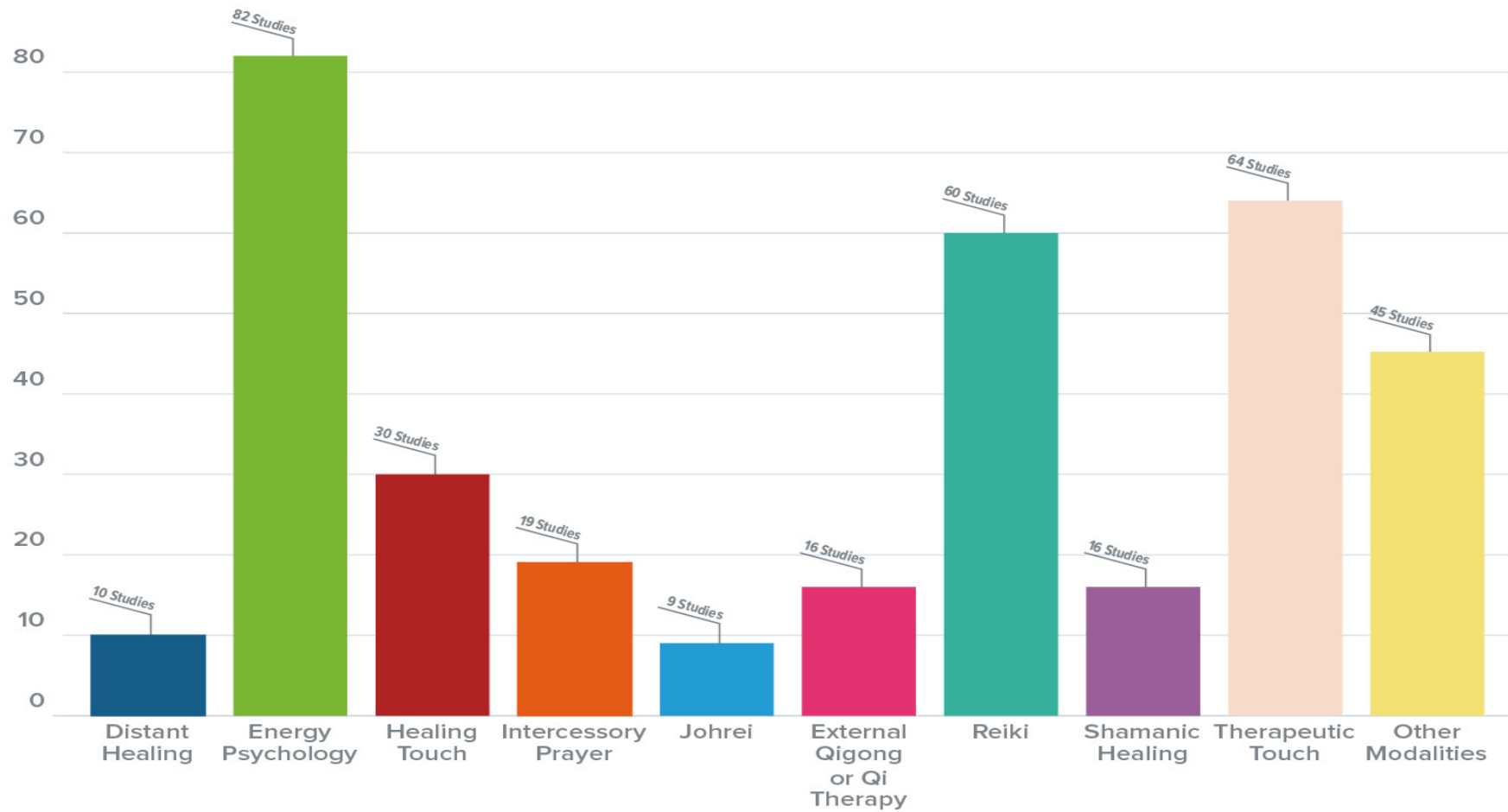
- Share the evidence
- Share the practices

Opening the Scientific Conversation

- **Peer-Reviewed, Published Special Issue on the Science of Healing**
 - Indo-Tibetan Perspectives
 - Physics Perspectives
 - Preclinical Studies
 - Distant Healing Intention
 - Clinical Studies
 - Devices
 - Practitioner Perspectives
 - Sociological Perspectives
 - Healthcare Perspectives



Biofield Modalities included in the Mendeley Databases

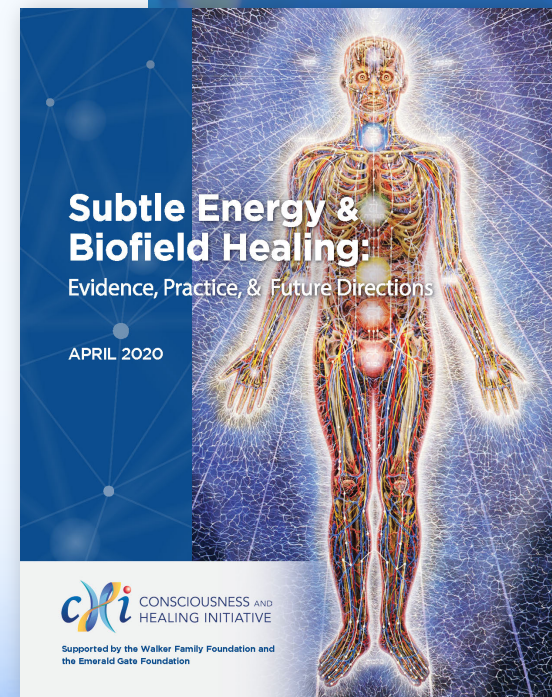


The Evidence for Healing is Rising

Our recent groundbreaking Report on Systems Change for Healing revealed:

- About **75,000 practitioners** in the US report providing biofield healing in clinic, hospital and private settings for patient care.
- Carefully controlled research (including placebo-controlled randomized clinical trials, and pre-clinical studies with cells and mouse models of cancer) demonstrates that **biofield healing positively impact** objective measures of health – from preventing **cancer spread in the body, to alleviating pain, anxiety, and fatigue.**
- There are over **6000 peer-reviewed** published articles in biofield science, and of those 425 are clinical trials of biofield therapies (such as Healing Touch, Laying-on-of-Hands, Reiki and more) for patient care.
- There are **over 280 biofield devices** currently being marketed to healthcare professionals and patients, with variable data supporting their use.

< www.reportonhealing.com



Education with CE credit

“This course is a beautiful, thoughtful, and thorough introduction to the science of healing. Importantly, it brings essential aspects of our well-being - consciousness and the biofield - to the forefront, bridging what ancient traditions have always known into modern day language, with practical applications, and the scientific evidence to support it. Thank you to Shamini Jain and all the staff and faculty involved in bringing this rich contribution to healthcare, the healing arts, science and medicine. Thank you also for continuing to expand the boundaries of research and whole person care.” - Jennifer Bolus



THE SCIENCE OF HEALING

ENERGIZING WHOLE PERSON HEALTH



scienceofhealingcourse.com

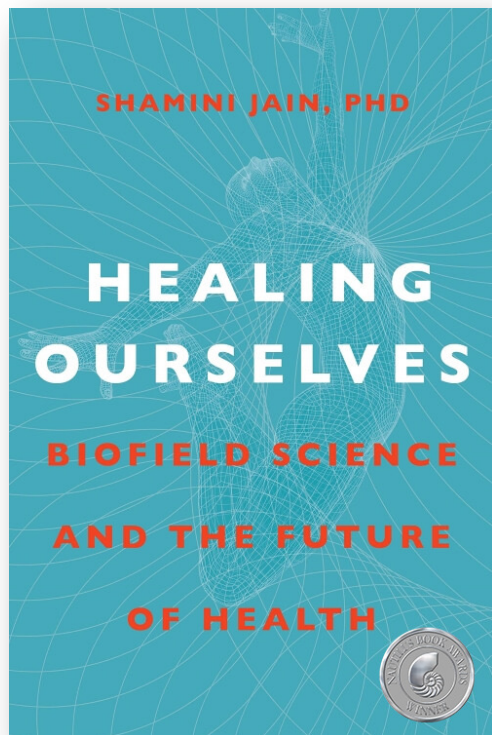
“The organization of the course is wonderful! I've done a lot of learning on my own in healing (many courses, books, webinars etc.) and it can get overwhelming. Everyone has their individual modalities and research to promote, but the big picture is always missing. This course has done a great job of helping me create a big picture/broader understanding and then also the details to back it up. It has also given me a lot of research and resources to use in the future in my own business and advocacy work.” - JS

GOING FURTHER TOGETHER: CHI

- Join the Consciousness and Healing Initiative (CHI) – our nonprofit collaborative that leads humanity to Heal Ourselves.
- CHI synergizes stakeholders for systems change in healing, to massively expand healing worldwide.

www.chi.is

PUTTING IT INTO PRACTICE: THE HEALING KEYS



We are on the
cusp of awakening
to our full healing
potential.

- ***Ground into Presence***
- *Flow with Emotions*
- *Connect with Creativity*
- *Set your Healing Intention*
- *Connect to Heal*
- *Surrender*

THANK YOU!



@drshaminijain

(IG, FB, Twitter, LinkedIn)

www.chi.is

www.shaminijain.com/free-gift

**You have no need to travel anywhere.
Journey within yourself,
enter a mine of rubies and bathe
in the splendor of your own Light.
~ Rumi**