Distant Mental Interactions between Living Systems
“Our ignorance about healing vastly exceeds our understanding...”

Larry Dossey, MD
Intention in Healing

• Self-healing
• Relational healing
• Transpersonal (distant) healing
Is this someone's idea of a joke?!
Support for Distant Intention

- Cross-cultural reports
- Surveys supporting beliefs and practices in US
- Scientific data using diverse target systems
10 Most Common CAM Therapies—2002

 Prayer/self: 43.0%
 Prayer/others: 24.4%
 Natural products: 18.9%
 Deep breathing: 11.6%
 Prayer group: 9.6%
 Meditation: 7.6%
 Chiropractic: 7.5%
 Yoga: 5.1%
 Massage: 5.0%
 Diets: 3.5%

73% of adults believe “Praying for someone else can help cure their illness”

CNN Poll of 1,004 Americans 6/99
50% of patients want physicians to pray with them.
RESEARCH IN DISTANT HEALING
Quantitative Methodology

DMILS

• Eliminate all possible conventional interactions
• Select objective somatic indicator
• Randomly determine influence schedule (unknown to subject)
• Statistical assessment of results (against “chance” baseline)
Laboratory Layout

- UPS power
- EM/acoustic
- optical fiber
- digitized physiology
- 20 meters
- video
- video signal
- marker
- marker signal
- sliding door
- reception area
- double wall
- camera
- PC-S
- PC-R
Bodily systems associated with intersubjective sensitivities

- Brain (EEG)
- Gut (EGG)
- Palms (EDA)
Skin conductance data in a DMILS experiment
DMILS Epoch Analysis

20 Stare, 20 NoStare epochs
A single DMILS session

\[ p = 0.008 \]
Compassionate Intention Training Study
### Summary Observations

<table>
<thead>
<tr>
<th><strong>Partner</strong></th>
<th><strong>Distant Patient</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>EEG rises</td>
<td>EEG rises</td>
</tr>
<tr>
<td>HR rises</td>
<td>HR rises</td>
</tr>
<tr>
<td>SCL rises</td>
<td>SCL rises</td>
</tr>
<tr>
<td>Respiration rises</td>
<td>Respiration rises</td>
</tr>
<tr>
<td>PPG unclear</td>
<td>PPG unclear</td>
</tr>
</tbody>
</table>
Distant intention meta-analysis

Study

Effect size

British Journal of Psychology, 2004
## Summary of DMILS Studies (Schmidt, 2014)

<table>
<thead>
<tr>
<th>Experiment</th>
<th>$k$</th>
<th>$N$</th>
<th>$d$</th>
<th>$p$</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDA-DMILS</td>
<td>36</td>
<td>1015</td>
<td>0.106</td>
<td>.001</td>
<td>0.043-0.169</td>
</tr>
<tr>
<td>Remote Staring</td>
<td>15</td>
<td>379</td>
<td>0.128</td>
<td>.013</td>
<td>0.027-0.229</td>
</tr>
<tr>
<td>AFFE</td>
<td>11</td>
<td>576</td>
<td>0.114</td>
<td>.029</td>
<td>0.011-0.217</td>
</tr>
<tr>
<td>Sum</td>
<td>62</td>
<td>1970</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Go away you fool, you just ruined my experiment!
Summary

• **Investigators introduce complex psychosocial interactions into experiments**

• **These complexities influence experimental outcomes**

• **Experimenter effects are unavoidable in all behavioral, social and medical experiments**

• **This means it is not possible to repeat exactly “the same effect” when different investigators try to conduct “the same” experiment**
Sensing the Future: A Study of Experimenter Effects
Schlitz, Bem, Delorme
Bial Foundation

Use an established protocol
Register the study

Describe protocol in detail
Recruit 32 experimenters

Understand Experimenters
Selected Clinical trials on humans

Studies explored objective and subjective parameters of healing. Results produced mixed results.

- **Byrd**: CCU. Those receiving assigned prayer had less need for CPR, less need for potent medications, lower incidence of pulmonary edema and pneumonia. Southern Medical Journal. 1988
- **Harris et al**: CCU. Those receiving assigned prayer had a statistically significant, seven percent overall better clinical score than the control group. Archives of Internal Medicine, 1999.
- **Sicher/Targ et al**: Treatment group had a lower incidence of AIDS-associated illnesses, fewer and shorter hospitalizations, better psychological profile scores, fewer doctor visits, etc. Western Journal of Medicine, 1998.
- **Krucoff et al**: CCU. In the pilot study, the prayed-for group had a 50 to 100 percent fewer complications (bleeding etc.) than the group not assigned prayer. In the expanded multi-center trial, there was a highly significant 30 percent reduction in side effects in the group prayed for by a Sufi prayer group. American Heart Journal, 2001.
- **Cha et al**: Triple-blind, controlled trial of off-site prayer for women undergoing in vitro fertilization and embryo transfer in a fertility clinic in Seoul, Korea. The group receiving assigned prayer from people in the US, Canada, and Australia had twice the successful pregnancy rate as women in the control group, a highly significant result. Journal of Reproductive Medicine, 2001.
- **Olver et al.**: A Randomized, blinded study of the impact of intercessory prayer on spiritual well-being in patients with Cancer. Alternative Therapies in Health and Medicine, 2012.
“Expectancy” Effects in Distant Healing of Wounds

Supported by a grant from the National Institutes of Health
Conducted through California Pacific Medical Center
Study Design

Randomized – Triple Blind

- Blind Healing Treatment Group
- Blind No Treatment Group
- Unblinded Healing Treatment Group
DH Pilot on Wound Healing

- No overall differences across the groups.
- Participants’ prior belief in efficacy of DHI negatively correlated with mental health ($p = 0.04$, two-tailed),
Wound Healing Study Results

• Healers’ perceptions of subjective “contact” with participants negatively correlated with change in mood ($p = 0.001$) and collagen deposition ($p = 0.04$).

• Participants undergoing reconstructive surgery after breast cancer treatment reported significantly better change in mood than those undergoing purely elective cosmetic surgery ($p = 0.004$).
DH Wound Healing

Results suggest... ambiguity observed in previous DHI studies may be due to interactions among participants’ and healers’ beliefs, expectations and motivations.
Biofields Studies

• Neuroenergy Transfer Study (NIH/Chopra Institute)
• Qi Gong (NIH)
• Johrei
Visual evoked potential
IONS funded - Leanna Standish, Leila Kozak
“Let the healing begin!”
Why isn’t this front page news?

– It is, sometimes...
  • Nightline, New York Times, New Scientist, 20/20, Nova (PBS), Nature of Things (CBC), Discovery Channel ...
– The general public already believes...
– A minority of elite scientists consider this heresy
  • challenges metaphysical assumptions
  • confused with entertainment
  • lack of access to mainstream funding (changing)
– Institutional & personal fears of
  • embarrassment
  • magical thinking
  • religious dogma
  • unintended consequences
What are the Barriers to Integrating New Perspectives?
If information confirms our values, we are more open minded... and if not, we reject it.

David Kahan,
Yale University’s Cultural Cognition Project
Studies of scientists and science students shows that the brain learns more about data that supports existing theory, but resists new data that does not support the preexisting assumptions.

Dunbar and Fugelsang, 2004
Areas Associated with Learning

caudate

parahippocampal gyrus
Areas Associated with Error Detection

dorsolateral prefrontal cortex

anterior cingulate cortex
It’s Not About the Nail
DEATH MAKES LIFE POSSIBLE
A compelling new movie that bridges culture, science, and healing
noetic.org/deathmakeslifepossible
Important Next Steps For Nonlocal Consciousness:

- Role of Expectancy
- Experimenter Effects
- Nature of Intervention
- Relationship between Healer and Healee
- Role of Beliefs
- Worldview Transformation: How can we change our minds?
Contact Info:
mjmschlitz@gmail.com
www.marilynschlitz.com
Twitter
@marilynschlitz