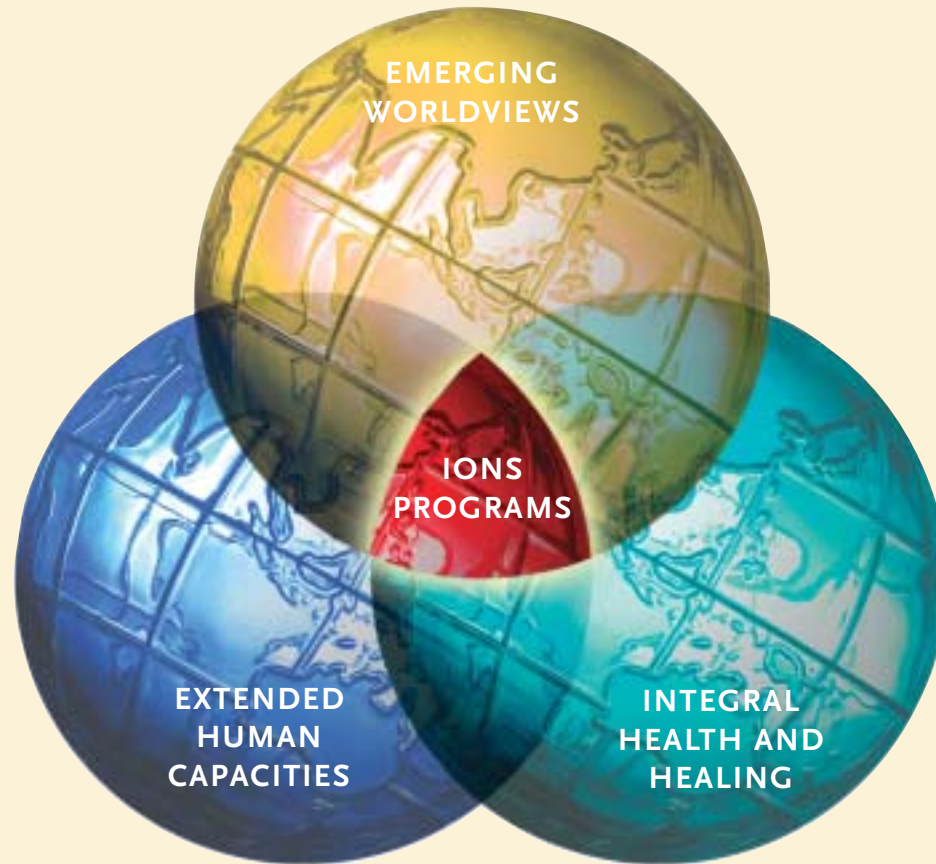


Consciousness, Science and Society



A PROGRAM of RESEARCH and EDUCATION: 2003-2004

Science is not only compatible
with spirituality; it is a profound
source of spirituality.

— CARL SAGAN

Integral Health & Healing

BIOFIELDS

SUBTLE ENERGIES

DISTANT HEALING

GLOBAL MEDICINE

INTEGRAL MEDICINE

MIND BODY MEDICINE

REMISSION/EXTENDED

SURVIVAL

PLACEBO EXPECTANCY

EFFECTS

This program area focuses on the integration of ancient healing practices, contemporary medical science, and emergent worldviews. We are transforming our understanding and our approaches to individual and social health, and the nature of the healing system within us all.

ACCOMPLISHMENTS

- Our work on mapping the healing system was further advanced through the study of case reports of spontaneous remission. IONS' creation of the world's largest data base, the *Spontaneous Remission Bibliography*, and the *Heart of Healing* television series and book, have brought the healing system to the attention of the world. This in turn led to a major Congress on Spontaneous Remission in Heidelberg, Germany (1997), where studies documenting spontaneous remission are now underway. The German Cancer Society has now authorized a central remission registry.
- Researchers and clinicians alike have despaired over the inability of biomedicine to find a cure for AIDS, or even—until recently—to find drugs

that prolong life substantially. IONS researchers Fred Sicher and Elisabeth Targ completed a study on distant healing intention to help late-stage AIDS patients, now published in the *Western Journal of Medicine*. Two small grants from IONS in 1997-98 made it possible to conduct this research and then to obtain funding from the National Institutes of Health for two additional clinical trials on distant healing.

- Anticipating the emerging field of subtle energies, a small seed grant to Garret Yount, PhD, allowed this young IONS researcher to study the possible effects of Qi gong on brain tumor cells in a state-of-the-art laboratory setting. Today this work continues under the sponsorship of the National Institutes of Health.
- In 2002 and 2003, IONS sponsored 24 medical students in a month-long, fourth-year rotation on integral medicine. This work offers an opportunity to foster a new view of medicine by working with the health care providers of the future.
- *The Science and Spirituality of Healing* conference, co-sponsored by IONS, and later published in book form, brought together a balanced forum of leading scientists and practitioners to explore the methods, ethics, and practical issues involved in research on spirituality and healing.

I lls of the body may be cured by physical remedies or by the power of the spirit acting through the soul.

— PARACELUS, FATHER OF MODERN MEDICINE

Program Area

2

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CURRENT PROJECTS

Current Research

Connexiones: Developing a noetic approach to conscious parenting

*Marilyn Schlitz, PhD,
LuAnn Palmer, RN, PhD, & Cio Hernandez*

This study examined the effects of a noetic intervention designed to encourage maternal infant bonding and communication in pregnant Latino teenagers of Marin County, many of whom are highly stressed economically by virtue of recent immigration. Because significant risks are associated with teen pregnancy in low-income populations, the eight-week intervention provided weekly classes on nutrition, meditation techniques, and social support. An innovative component was theatrical improvisation to facilitate self-awareness and self-expression. Outcome measurements, now in the process of data analysis, included self-concept, depression, parental stress, and infant development. Funding completed.

Effects of compassionate/loving intention as a therapeutic intervention by partners of breast cancer patients

*Ellen Levine, PhD, Jerome Stone, MA, RN,
Marilyn Schlitz, PhD, & Dean Radin, PhD*

Partners or spouses of women with breast cancer are being taught how to focus a compassionate or loving intention on their partners, even if she is not physically present. This practice

will be studied to see its effects on the partners, the women, and their relationships. This study is a collaborative program between California Pacific Medical Center and the Institute of Noetic Sciences. It was funded by the Center for Unlimited Love, Case Western Reserve (\$100,000). **Additional funds requested, \$30K/year for 2 years.**

Distant healing and placebo effects for wound healing in breast cancer patients

*Marilyn Schlitz, PhD, Harriett Hopf, MD,
& Cassandra Vieten, PhD*

This clinical experiment builds upon an ongoing IONS program in distant healing. The study compares a distant healing vs. control group (no distant healing) with a placebo group on acceleration of wound healing in women with breast cancer. This project is based at California Pacific Medical Center and is in partnership with the Wound Healing Laboratory at the University of California, San Francisco. The study is partially funded by the NIH (\$250,000).

Additional funds requested, \$30K/year for 2 years.

Physiological synchronization between healer and patient

*Leanna Standish, PhD, Deepak Chopra, MD,
& Marilyn Schlitz, PhD*

This project involved the development and use of neurophysiological techniques to evaluate hypotheses emerging from the field of mind-body medicine; specifically, the possibility

that conscious states can exert biological effects at a distance. By using both EEG and fMRI technologies, investigators found significant brain electrical activity between isolated pairs of people. This study, now in the final data analysis and documentation phase, was funded by the Chopra Center for Well-being. Funding complete.

Impact of external Qi gong on cancer cells: Effects of dose and distance

Garret Yount, PhD & Chinese Academy of Medical Sciences, Beijing, China

This study is researching the hypothesis that human gene expression responds to the effects of intentionality on the part of Qi gong masters operating from a distance. It is also investigating the effects of dose and distance as they attempt to influence cancer cells. Ten Qi gong masters have been recruited from China and they will each be in residence on the IONS campus for one month over the next two years. This study is based at the California Pacific Medical Center. Dr. Yount used data from an IONS-funded pilot study to obtain an NIH grant to support this research (\$250,000).

Additional funds requested, \$20K.



Current Educational Events and Conferences

Bridging Worlds and Filling Gaps in the Science of Spiritual Healing: Publication of the conference papers and proceedings

Mitchell Krucoff, MD, Wayne Jonas, MD, & Marilyn Schlitz, PhD

This project was designed to bring together scientists from a variety of disciplines representing laboratories and medical centers from Asia, Europe, and the United States. The goal was to address specific areas for further discussion before developing a comprehensive research agenda on spiritual healing. The conference focused on bridging East and West, identifying promising lines of research bridging neuroscience and spiritual healing, and ways of measuring the range of subtle energy practices, the intuitive diagnosis process, and setting an agenda for future research. Funded by the Samuelli Institute for Information Biology, Laurance Rockefeller, Earl Bakken, Mary Baker Library for the Betterment of Humanity, Richard Pavek, and IONS.

Current IONS Learning Media

Distant healing curriculum project

Marilyn Schlitz, PhD, Dennis Kenny, D Min, Leslie Davenport, MA, Ken Corr, M Div IONS, & California Pacific Medical Center

This curriculum on distant healing will integrate seminar-style learning experiences with a set of rich media

resources. It will include an overview of both ancient and contemporary understandings of the nature of healing, exploration of non-local effects on healing, a review of current scientific research, interviews with healers who currently use distant healing practices, and experiences of individuals who have been the beneficiaries of distant healing. The goal is to create a stand-alone module that can be licensed or sold for use in medical schools, nursing schools, academic settings, and continuing professional education certification programs. Funding completed.

Distant healing web project

Marilyn Schlitz, PhD, Kelly Durkin, & Ken Corr, M Div

IONS is developing a new content area within the IONS web site that provides resources in text, audio, and video formats exploring distant healing as a practice that is growing in interest within the field of complementary and alternative medicine. The distant healing web area will include resources of interest to both the general public and to researchers, academic institutions, and health and healing practitioners. Funding completed.

Integral medicine:

A noetic sciences reader

Marilyn Schlitz, PhD & Tina Amorok, MA, PsyD (cand)
What will medicine look like in the 21st century? Current trends in health care indicate that medicine and the systems that deliver it are

in a period of unprecedented change. But change toward what? Rather than focusing on the deficits of contemporary Western biomedicine, or the problems facing healthcare providers and their patients within this context, this anthology brings together key contributors from a variety of disciplines to describe an integrated vision of medicine that includes body, mind, and spirit. Funded by the Deutsch, Pond, and Lucy Gonda Foundations. The book will be published in 2004 by Elsevier Publishers.

PROPOSED PROJECTS

Proposed Research

Identifying the elusive power behind bioenergy healing modalities

Marilyn Schlitz, PhD

What occurs within practitioners when they offer a distant healing intervention? The lack of understanding of this aspect of the healing system makes it difficult to compare different studies, which may have used healers with differing healing practices. The study will approach this question through detailed interviews with distant healers from a range of traditions and schools, and use qualitative analysis to identify a taxonomy of methods and beliefs.

Funding requested, \$50K.

Program Area



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Physiological synchronization between healers and patients

Dean Radin, PhD & Marilyn Schlitz, PhD

The goal of this project is to develop and use psychophysiological techniques to evaluate hypotheses emerging from the field of mind-body medicine; specifically, the possibility that conscious states can exert measurable biological effects at a distance. We will attempt to replicate the EEG correlation findings of Grinberg-Zylberbaum suggesting that visually evoked potentials generated in one human brain can generate a correlated EEG signal in the brain of non-stimulated, isolated human subject. If replicated, this study will provide a useful technology to quantitatively investigate the characteristics and neural mechanisms of remote effects of mental events.

Funding requested, \$50K.

Iridology and Intuitive Diagnosis

*Chu Chu Onwuachi-Saunders, MD, MPH
Howard University*

Iridology is a noninvasive analytical tool that uses intuitive knowing and a holistic—body, mind, spirit—model of health. Practitioners report that it enhances a provider's ability to offer patients insight (the eyes are the window to the soul) to their illnesses by assisting them to find and understand their spiritual nature. The proposed research on intuitive diagnosis would offer a unique application of CAM therapies in communities of color.

Funding requested, \$15K.

The MANTRA Project: Phase II

Mitchell Krucoff, MD

This distant healing project centered at Duke University examines whether “noetic therapies” (defined as subjective techniques, i.e. meditation, visualization, biofeedback, etc.) can facilitate healing in seriously ill cardiac patients. The MANTRA Pilot Project is now complete, and the results show that these modalities can significantly augment standard medical care. A larger and more comprehensive confirmation study, presumably capable of generating statistically compelling data, is presently underway in five cardiology units across the US.

Funding requested, \$25K.

Proposed Educational Events and Conferences

Compassionate Intention: Assessing the evidence for distant healing

This proposed three-day mini conference will include scientists such as Larry Dossey, MD, Marilyn Schlitz, PhD, Garret Yount, PhD, Jerome Stone, RN, MA, and Andrew Freinkel, MD, as well as distant healing practitioners who will describe their methods. The program will also include several experienced spiritual teachers who can describe the practice of distant healing from their personal perspectives.

Funding requested, \$15K.

Global Medicine education program, 2004

Pali Carolyn Delevitt, PhD (cand)

This month-long fourth-year medical school elective rotation will be held on the IONS campus for the month of April 2004. In its third year, the program offers medical students a personal and integrative approach to healing and healthcare, one that honors both science and the human spirit. Students are introduced to the philosophy, principles, and practices of some of the world's major healing traditions in fields such as homeopathy, Chinese medicine, acupuncture, and ayurvedic medicine. The program also provides time and support for personal reflection and contemplation through which students are encouraged to develop self-care skills and experience transformative changes in their own lives. Faculty include Allan Neims, MD, Rachel Remen, MD, Marilyn Schlitz, PhD, and Wayne Jonas, MD. Program is accredited by University of Florida College of Medicine.

Funding requested, \$35K/year.



**Spirituality and healing:
A community-based approach**

*Marin Integrative Health Network
& Institute of Noetic Sciences*
In conjunction with the Marin Integrative Health Network, this is a unique, collaborative initiative to promote wellness of mind/body/spirit by providing resources of faith and spirituality in collaboration with community partners to the residents of Marin County. We will organize a series of research seminars to address the growing local crisis of breast cancer and to address the research that is now underway.

Funding requested, \$10K.

*Proposed IONS
Learning Media*

**Compassionate Intention: Assessing
the evidence for distant healing**

*Marilyn Schlitz, PhD, Ken Corr, M Div,
Kelly Durkin, & Jenny Mathews*
This IONS DVD and videocassette series will provide a comprehensive overview of the latest research in the important area of distant healing. Included in the DVD will be interviews with leading scientists and health and healing professionals along with segments from recent major conferences on the topic. The DVD learning program will explore philosophical, historical, and scientific issues related to these ancient healing practices.
Funding requested, \$15K.

**IONS integral health and healing
multimedia database**

Marilyn Schlitz, PhD & Ken Corr, M Div
Over the last 30 years IONS has conducted and collected extensive research on health and healing. In the coming years IONS will continue generating more data in this area in various digital formats. The IONS Integral Health and Healing Database is a long-term project that will analyze and index the knowledge IONS has gathered over the years and make it more available to IONS staff, outside researchers, institutions, and the public through distribution of learning media in diverse formats including videotapes, DVDs, audiotapes, CDs, the IONS website, and print materials. The integral health and healing database will be thoroughly integrated with the databases concurrently being developed in the other IONS program areas.
Funding requested, \$30K.

Stories of Hope

Marilyn Schlitz, PhD & David Kennard
Building on our programs focusing on spontaneous remission and extended survival of cancer, as well as the successful television production of the *Heart of Healing*, this video presents two life stories of long-term survivors of metastatic cancer. We wish to disseminate this video to cancer centers around the country.
Funding requested, \$20K.

**The remission project:
Dissemination of results**

This project aims to stimulate awareness of the IONS' database on spontaneous remission within the medical community. An updated bibliography and searchable online database will be created that can be accessed through the Internet.
Funding requested, \$20K.

**Transformative capacity building for
non-profit organizational health**

*Marilyn Schlitz, PhD, Dean Radin, PhD,
& Joyce Cassells, PhD (cand)*
This applied training and evaluation research project focuses on transformation of individual and organizational consciousness as part of organizational and community development.
**Funding requested, \$25K for planning.
\$450K per year.**



Program Area



- BIOFIELDS
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