

Coherence is Catchy- The Experiment

I devised an experiment intended to answer the following questions:

- If I am in a measurable state of coherence, and intend once to include another person in my energy field, will that bring about a measurable change in coherence for a person **in the same room as I am?**
- If I am in a measurable state of coherence, and intend once to include another person in my energy field, will that bring about a measurable change in coherence for a person **at a distance?**

Procedures

The subject and I put our Inner Balance Connectors on and started our apps.

- 3 minute Control: just chatting.
- 10 minute experiment: I instructed the subject to just sit there for the next ten minutes, not intending to help me, not intending to resist anything either. Just basically sit and think their thoughts as usual. The subject and I started the apps again. I set two alarms, one for 5 minutes, and another for 10 minutes. Then, I began meditating into coherence, using measured breathing and focusing on gratitude. At the 5 minute alarm, I intended to include my subject in my energy field, and continued the meditation. At the 10 minute alarm, we both stopped our apps.

Materials

For this experiment, I used two HeartMath Inner Balance Connectors, and two Bluetooth devices running the Inner Balance app. The app gave me the ability to measure coherence for myself and another person, and compare the results to each other by taking screenshots and lining them up above each other.



I did the same experiment 10 times with different people with me locally, and another 10 times with 10 people in Ohio joining me virtually (in Maryland) by Zoom videoconference.

Results Part 1: 5 Minute Spikes

In my actual experiments, I was looking for a change in coherence levels for my subject at the five minute mark, at which time I had deliberately intended to include the subject in my energy field.

In eight subjects tested, or 40%, there was a large, obvious spike in the subject's coherence at that time.

What's significant about that?

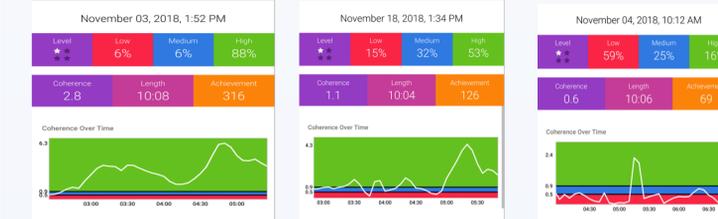
We can reasonably assume that throughout the entire ten minute test, a subject has an equally possible chance to have an increase or decrease in coherence levels without outside influence or personal effort. Taken minute by minute, that means there might be a 10% chance of any given minute showing a marked increase in coherence.

Therefore, at the 5 minute mark, there was a 10% chance that a subject would randomly have an increase in coherence. **47%** of the subjects had not only an increase, but a significant "spike" increase of several "points" all at once.

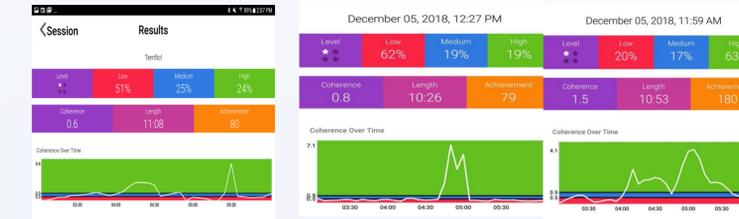
This result was equally distributed between my local and distance subjects; four people in each category had these notable spikes in coherence levels within five seconds of the five minute mark during the ten minute test.

Data: 5 Minute Spikes

Local:



Distance:



Results Part 2: Coherence Resonance (Entrainment)

In 100% of the experiments, there were comparable peaks and valleys in coherence levels between my subject and me. Although my results consistently displayed that I was at a higher coherence level than my subject (which would be expected since I had spent so much time practicing and preparing for these experiments), there were several striking parallel ups and downs at the same time between my subject and me throughout the entire test. An energetic resonance, or Entrainment, in our energy fields became apparent.

Data: Entrainment



Note: compare the subject's results (upper) to mine (lower) at the same time (minutes timeline along the bottom).



Note: similar peak at 06:00, dip just after 07:00, and peak again just before 08:00.

Note similarity in peaks and drops in coherence levels at the same time.