

Shamanic Healing Work and Plants

"Medicine for the Earth" workshop with Sandra Ingerman, May/June 2005.

This experiment happened while I was taking part in Sandra Ingerman's "Medicine for the Earth" workshop at Cluny Hill College, Findhorn Foundation in May/June 2005.

I would like to give thanks to Sandra and the whole workshop group for giving me their support.

I recorded the plant signals during a two hour healing ceremony that was held by Sandra and the workshop group. In the first part of the ceremony the room and the people were smudged and we empowered the group energy field by collective dancing and drumming. In the following healing work one half of the group was in the middle doing a transfiguration exercise while the surrounding people supported them. After a phase of toning the exercise was repeated with the other half of the group in the middle of the circle. The ceremony was closed with a song after a silent break.

For more information about Sandra Ingerman's work, please visit her website: <http://www.shamanicvisions.com/ingerman.html>

The following timesheet is giving an overview about the timeline of the ceremony and is a good orientation when looking on the timescale of the signal plots below. The time (h:mm) is relative to the start of the ceremony (8:00 PM).

Timeline of Ceremony

0:00
Start logging data
1:25
End break

0:05
Start session
1:28
Group II

0:23
Smudging
1:35
Toning

0:43
Opening and Invocation
1:41
Silent break

0:51
Dance and drumming
1:46
Circle

1:05
Group I
1:50
Song

1:12
Toning
1:55
Closing of session

1:18
Silent break
2:00
End of logging data

Description of the signal plots

You can click on each image to view it full size.

The upper curve in each image is an oscillogram of the signal (a representation of it's amplitude plotted over time), while the lower, colored area is it's spectrogram. Here the vertical (y - axis) represents a frequency range from 0.09 Hz (bottom line) to 0.9 Hz (top of spectrogram). The color represents the intensity of the signal at a particular point. Darker colors mean higher intensities. The horizontal (x - axis) is the same time scale for both oscillogram and spectrogram.

This plot is showing the signal that I recorded during the ceremony. An increasing number of frequencies can be observed after the opening of the ceremony (0:43). The break (1:18 - 1:25) is clearly visible as a gap in the spectrogram. Then the spectrogram is showing an increasing number of frequencies again until the ceremony closes at 1:55. The difference between this recording and the reference and background recordings is obvious.

This is a reference recording that I did by leaving the plant unattended in the room over lunchbreak. The disturbance on the right side, the "blackout" in the oscillogram and the yellow area in the spectrogram are artefacts created by myself coming into the room and fiddling with the cables. The signal is much weaker than that from the ceremony and there are much less variations in the spectrum.

This spectrogram shows the background noise of the equipment used in the experiment. I connected a 4.7 Megaohm resistor as a dummyload instead of the plant. The spectrogram is showing plain noise. The dark colors - high signal intensity is caused by the amplification of the very weak signal (see the oscillogram), that was necessary to create a visible spectrogram.