

Jeffrey Smith Case Study

Abstract:

This case study explores the integration of intuitive energy and meditation in the treatment of a patient presenting with symptoms of stress which affect his mood.. The patient, a 37 year old male, underwent a series of sessions during a 1 hour period where intuitive energy healing was administered while he meditated and while connected to a Brain-Computer Interface (BCI) using Quantitative Electroencephalography (QEEG) software to monitor his brain activity in real-time. The aim was to investigate the potential synergistic effects of these modalities to enhance therapeutic outcomes. This patient's main concern was stress.

The QEEG measurements provided valuable insights into the patient's mental states, allowing for objective monitoring of changes in brain activity patterns throughout the sessions. By analyzing the QEEG data, correlations between the application of intuitive energy healing techniques and shifts in neural activity were observed, suggesting a potential influence on the patient's cognitive and emotional processes.

Furthermore, the integration of intuitive energy healing with mindfulness demonstrated promising results in alleviating the patient's symptoms of stress, anxiety, and depressed mood. Subjective self-reports included herewith indicated significant improvements in stress levels, mood, and overall well-being following the treatment sessions.

This case study contributes to the growing body of evidence supporting the efficacy of Jeffrey Smith's intuitive energetic healing practices. It additionally highlights the potential benefits of utilizing QEEG monitoring and Geoffrey A Cole's scientific analysis of

brainwaves to objectively measure changes in mental states and assess the impact of intuitive energy healing interventions on brain functioning.

Additionally, findings from previous studies support the use of QEEG in evaluating mental health conditions and guiding treatment interventions. Research by Lubar and Shouse (1976) demonstrated the utility of QEEG in identifying neurological abnormalities associated with various psychiatric disorders, paving the way for its application in clinical settings. Moreover, studies by Thompson and Thompson (2003) and Vernon et al. (2003) have shown promising outcomes in using neurofeedback to treat conditions such as anxiety, depression, and attention-deficit/hyperactivity disorder (ADHD), further supporting the effectiveness of this therapeutic approach.

In conclusion, this case study provides preliminary evidence suggesting that integrating intuitive energy healing with meditation, monitored through QEEG, may offer a promising approach for improving therapeutic outcomes in individuals with stress, anxiety, and depression (and possibly many other symptomologies). Future research with larger sample sizes and rigorous methodologies is warranted to validate these findings and elucidate the underlying mechanisms of action.

Keywords: Intuitive energy healing, meditation, QEEG monitoring, stress, anxiety, depression, therapeutic outcomes.

The Process:

The Patient, Chad Olin, a 38 year old male with a very high level of psychological wellbeing and mindfulness skills and practice, was seated in a comfortable chair with 10 sensors connected to his scalp via EEG paste creating 4 channels at two different groupings of EEG sites. The actual 10-20 placement locations are shown below. The

intuitive energy practitioner, Jeffrey Smith, was seated next to the patient and performed his modality throughout the sessions as follows. 14 sessions for 1 to 2 minutes each were performed with variant interactions which are explained below. The descriptions below include changes to the Stress Bands (proprietary), Stability Bands (proprietary), and Mood Bands (proprietary) when compared with the baseline sessions and the sessions afterwards. Session 1: Baseline was compared to Session 2 - 7 individually and the differences were discussed in the discussion for each session. Session 9: Baseline was compared to Session 10 - 16 individually and the differences were discussed in the discussion for each session. Session 17 was compared to session 1 as is discussed in the discussion of Session 17.

For the first 8 sessions the placements were, T3-T4, C3-C4, O1-O2, and F3-F4.

- Session 1: Baseline - The Patient sat and meditated for 1 minute. The brainwave data showed that the subject's mindfulness experience has greatly conditioned his nervous system to function extremely efficiently and fluidly. The different levels of brainwave frequencies were extremely aligned and stable.
- Session 2: Meditation with intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for 30 seconds. Findings - There were noticeable changes at the 15 second and 45 second marks. In the lowest frequency measured, all channels increased in volume with the Occipital Lobe Channel (OLC) spiking the most, from .5 uv to 4uv. The other frequencies that showed significant spikes in volume at the 15 second mark include 1.5 - 3.5hz, 3 - 8hz, 8-12Hz, 12-15Hz, and 15-23Hz. This spike in volumes in these frequency bands seems to have been caused by the implementation of Mr. Smith's energy method as this type of spiking was not evident any other time during this minute. The OLC may have spiked at this level due to the shift in self-identity when Mr. Smith began his treatment. The Stress Band Indicators showed a 7.76%

improvement during the minute while the stability indicators showed a reduction of 15.06% while mood reduced by 1.26%

- Session 3: Meditation with intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for 30 seconds. The graphs did not show any specific changes at the 15 second or 45 second marks. The amplitude level comparisons from session 1 to session 3 indicate that the Stress Bands dropped by 7.56%, the Stability Bands dropped by 5.07%, and the mood Bands improved by 3.3%.
- Session 4: Meditation with intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for 30 seconds. The graphs did not show any specific changes at the 15 second or 45 second marks. The amplitude level comparisons from session 1 to session 4 indicate that the Stress Bands dropped by 5.05%, the Stability Bands dropped by 5.4%, and the Mood Bands improved by 3.42%. After this segment Chad stated he felt lighter and more open.
- Session 5: Meditation with Lighter Touch Awareness and expansion into the quantum with Jeffrey Smith's intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for 30 seconds. The graphs indicated a clear shift during the time Jeff Smith was engaged in the process (at the 15 second and 45 second marks). Chad's meditation and Jeff's intention was to expand access to the quantum or higher plane. As would be expected, Chad's Gamma waves increased as his consciousness shifted higher. This helped him to feel safer and more at peace while his body actually became a little bit uncomfortable with Chad's shift into higher consciousness. These observations came from the brainwaves and were reinforced by the changes in average volumes. His Stress Bands dropped 15.73% while his stability (he was shifting) dropped 8.97% and his mood dropped 59.29%

- Session 6: Meditation with intervention - the patient meditated for 1 minute, Mr. Smith performed his method with the addition of adding “hands on” him after 15 seconds for 30 seconds. The graphs indicated a clear shift during the time Jeff Smith was engaged in the process. The Lower frequencies increased more than 30% while the higher frequencies increased by approximately 25%. These readings reflect the touch and connection felt by the Patient. His stability dropped almost 20% which is also in alignment with the occurrence of Jeff Smith’s touch and then release. The biggest shifts were in the Occipital Lobes which are the areas of the brain that process self-identity, self-needs, and self-security. The Stress, Stability, and Mood Bands were not applicable in this exercise, so they were not noted here.
- Session 7: Meditation with Jeff Smith “Pull Out” intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for approximately 5 seconds. There were clear brainwave shifts during the time Mr. Smith performed his intervention. There was a clear and large increase in Occipital Lobe volumes especially in the lower frequencies at the time Jeff Smith was applying his technique. This intervention was for only 5 seconds which would have minimal effect on the entire minute of data collected, accordingly, the Stress, Stability, and Mood bands were not noted here.
- Session 8: Meditation with no intervention - the patient meditated for 1 minute in order to present a secondary baseline for comparison purposes. The Patient reported feeling lighter, calmer, and having more space and connection. His brain waves showed evidence of these shifts.. The EEG reporting showed a 25.79% increase in the Stress Bands which may have been due to the shifts just made because the Patient reported feeling calmer. The Stability Band showed an 11.02% improvement and the Mood Bands showed a 91.28% improvement in overall happiness.

EEG placements were shifted to T3-T4, FPZ-CZ, PZ-OZ, and CB1-CB2.

- Session 9: Baseline - Was the baseline for the second set of placements.
- Session 10 and 11: Meditation with intervention - the patient meditated for 2 minutes, Mr. Smith performed his method after 15 seconds for 67 seconds and then The patient stayed meditating for an additional 34 seconds.
- Session 12 & 13: Meditation with intervention - the patient meditated for 2 minutes with the instruction to expand consciousness into the quantum, Mr. Smith performed his method of Quantum Allowance after 15 seconds for 1 minute and 3 seconds. There was a clear shift in the patient graphs at the 15 second mark. The overall effects of this exercise included a 23.49% improvement in the Stress Bands, a 12.87% improvement in the Stability Bands, and a 63.39% improvement in the Mood Bands. The client stated that after this session he felt “A lot more expansive awareness including awareness of spatial vastness, a sense of wonder, feeling of structure being dissolved into something bigger and more stable. He described feeling tingling in his body as well as in his “third eye” area of his head. Mr. Smith stated that he was stretching the structure of reality to a bigger footprint. And he sensed the client's mind allowing increased spaciousness.
- Session 14 & 15: Meditation with intervention - the patient meditated for 2 minutes, Mr. Smith performed his method after 15 seconds for 57 seconds. At the 15 second mark there were shifts in the brain wave bands from Theta up through Gamma (3 hz up to 50HZ). Client reported that he was a bit distracted at first and then whoosh felt like he had gone in an upward state of more light accessing more space without time. Mr. Smith reported feeling more mental strengthening. The client's Stress Bands improved by 11.48%, his Stability Bands improved by

improved by 42.92% and his Mood Bands improved by 110.41% (This is obviously a drastic improvement).

- Session 16: Meditation with intervention - the patient meditated for 1 minute, Mr. Smith performed his method after 15 seconds for 45 seconds. The direction for the client was to meditate on releasing the beliefs that were now obsolete and no longer served him. Mr. Smith connected and observed energy. He sensed resistance and assisted in the letting go and letting it out process. At this point Mr. Smith began moving his hands above the space where the client was sitting as if he was fanning or moving energy out of the space (he later reported that he was helping the energy which was released be dispersed from the client's space. The brain wave graph shifts from 15 seconds until the end were significant in every frequency band. The client reported feeling moving and tugging on the left side of his body (right side brain waves showed extreme increases in volume). He reported that this was accompanied with the feeling of falling and fear. He sensed that he underwent a bit of an ego death and a refining of "who I am". This experience was followed with a question "Who am I now?" The frequency band comparison was foregone based on the client experience and the large shifts in right side brain waves which rendered the comparison algorithms useless.

A brief break was taken while the client recomposed himself and then a final meditation was monitored for the closing of the session.

- Session 17: Final Baseline: Meditation with no intervention - the patient meditated for 1 minute. The Session 17 baseline may have been influenced by excess traumatic responses that may have occurred during Session 16. A baseline taken later would be recommended. The Stress Bands showed a worsening of 13.99%, the Stability Bands showed an improvement of 34.35%, and the Mood Bands showed an improvement of 18.11% Even with the traumatic

events described in Session 16, these results are significant for a session that lasted less than 1 hour in total duration.

CONCLUSION

In this case study, we've observed the innovative integration of intuitive energy healing and meditation, monitored through QEEG, in addressing stress, anxiety, and depression symptoms in a 37-year-old male patient, Chad Olin. Over 17 sessions, we meticulously examined the impacts of various interventions on the patient's brain activity, revealing notable shifts that occurred at precisely the same time as when Mr. Smith "connected" with the patient and correlated with improvements in his psychological state (and some physiological effects as well).

The QEEG data served as a cornerstone for this study, offering objective insights into the patient's brainwave patterns and their fluctuations in response to the healing practices. This technology enabled us to observe the immediate effects of intuitive energy healing on specific brain regions, thereby providing a quantifiable measure of the interventions' efficacy.

One of the most striking findings from this study is the evidence suggesting a synergistic effect when combining Mr. Smith's intuitive energy healing with meditation. Not only did we observe a stabilization in brainwave patterns, but there were also significant improvements in the patient's self-reported levels of stress, anxiety, "lightness", and happiness levels (Mood). These subjective reports were corroborated

by the QEEG data, which showed alterations in brain activity that are characteristic of reduced stress levels and enhanced mood and stability.

Moreover, the case study highlighted the potential of "hands-on" interventions and the directed use of energy healing to induce shifts in consciousness, evidenced by changes in gamma wave activity. Such findings open up intriguing possibilities for exploring the boundaries of consciousness and its therapeutic manipulation.

Despite the promising outcomes, it is important to acknowledge the limitations of this study, primarily its focus on a single patient. While the detailed analysis provides valuable preliminary evidence supporting the integration of intuitive energy healing and meditation for mental health treatment, further research with larger sample sizes and controlled study designs is essential to validate these findings and explore their applicability to a broader population.

In conclusion, the Jeffrey Smith case study shows clear and concise evidence of the significance of Mr. Smith's modality. This study also offers a pioneering look into the potential of combining intuitive energy healing with meditation and QEEG monitoring as a holistic approach to mental health care. The positive outcomes observed lay the groundwork for future research, encouraging a deeper exploration into these practices' underlying mechanisms and their integration into conventional therapeutic modalities. The pursuit of such knowledge could significantly enrich our understanding and treatment of stress, anxiety, depression, and potentially other psychological conditions, marking a step forward in the evolution of mental health therapy.

Submitted by Geoffrey A Cole (aka G Cole), April 1st, 2024.

realgcole.com

