Qualitative and Quantitative Exploratory Research into Therapeutic Ritual Healing:

What experience and benefits do recipients report from Spiritual Hands-on-Healing?

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PHASE I:

Research Question: What might people experience from Spiritual Hands-on-Healing?

Method: Semi-structured interviews of 11 recipients following one-hour spiritual hands-on-healing sessions

Thematic content analysis by a team of researchers found 7 themes from 444 coded words/phrases:

- Improvement Change
- Awareness Deepen Level
- Movement Energy
- Feeling Sensing
- Listening Communicating
- Spiritual Heart
- Pleasant Peaceful

Expanded data analysis by the research team led to categorizing the phenomenological experiences of the recipients into 6 distinct modes of perception:

- Physical
- Emotional
- Mental
- Energetic
- Altered state
- Spiritual

PHASE II:

Research Question: Can anyone facilitate spiritual hands-on-healing? (Research Sub-question: Would participating in the healing experience change the psychological attitudes or beliefs of either recipients or healers?)

Method: Longitudinal study of self-rated spontaneous improvement in chronic conditions (For the Research Sub-question: administration of 5 pre-, post- & longitudinal psychological scales)

Curriculum:
1. Pray for healing
2. Ask to be a channel for divine healing
3. Listen with the heart

First: 19 inexperienced people were trained to give one-hour spiritual healing sessions:

Second: 30 recipients self-reported spontaneous improvement in conditions on 0-100% scale at post-session and 6-week follow-up:

(11 recipients from Phase I + 19 from Phase II = 30)

Outcome Data for spontaneous improvement in chronic conditions of at least three years’ duration analyzed in five categories:

- Physical
- Emotional
- Spiritual
- Energetic (Spiritual)
- Behavioral

Examples:
- Colon cancer
- Depression
- Existential despair
- Right/left body balance
- Active subluxations
- Complex behavior

Conclusions:

Spiritual Hands-on-Healing can:
- Offer rich perceptual experience
- Produce spontaneous beneficial results
- Improve chronic symptoms
- Be successfully taught in a simple format
- Have no measurable effect on specific beliefs or attitudes

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Beliefs in Divine Intervention Scale

Trait Hope Scale

Perceived Stress Scale

Body Insight Scale

Self-Compassion Scale