

Article

The Spinal Flow Technique and the Quantum Body: A Clinical Investigation into Collective Coherence and Consciousness

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Abstract

Spinal Flow Technique (SFT), created by Dr. Carli Axford, is a modern technique for healing based on traditional knowledge and new science that identifies the spine as an energy and consciousness source. The research here inquires about the effects of SFT on the quantum medicines group energy fields. The study had 102 participants and was conducted in Barcelona as part of a seven-day immersion program and used the Bio-Well Sputnik device for measuring environmental energetic changes. The study also explored the effects of collective emotional coherence on the external energetic field, which has been found through quantum physics. Significant changes were experienced in taking real-time quantitative measurements, most notably a gigantic decrease in Deviation (S) on Day 4 emotional release sessions, which showed gigantic energetic processing and coherence. The study is founded on the assumption that SFT has drastic effects on energy fields and emotional synchronisation fields. These energetic shifts were subsequently verified using the simultaneous complementary data of a 5D scalar room during a global meditation. The studies reveal a dynamic interplay between intention, emotional coherence, and environmental energy, and validate the application of SFT as an effective intervention in quantum energy field-based healthcare models and healing modalities that factor in collective consciousness. It is a worthy addition to the field of quantum healthcare from the aspect of presenting empirical findings on how methods like the Spinal Flow Technique can affect the energetic field and facilitate group emotional coherence. The findings corroborate that human consciousness and emotional state have an impact on the quantum state.

Keywords: Consciousness, quantum body, collective coherence, spinal flow technique, quantum state.

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1. Introduction

The Spinal Flow Technique, developed by Dr. Carli Axford, is a contemporary healing practice grounded in ancient wisdom and new scientific discoveries that highlight the spine as an energy channel and site of consciousness (Axford, 2022). The technique uses soft touch and concentrated attention to stimulate a spinal wave, thought to restore the natural course of energy in the body, leading to profound emotional and physical healing. In this regard, the technique is not only a physiological therapy but access to the quantum body, an idea founded on the belief that consciousness and energetic fields are an inseparable aspect of human well-being. This research places the Spinal Flow Technique within the context of quantum medicine, an area that combines quantum physics with integrative healthcare modalities. Quantum medicine borrows ideas like superposition, entanglement, and coherence to investigate the intrinsic interconnectedness of mind, body, and world (Drouin, 2011), and its multidimensional perception of healing is in harmony with the growing need for non-invasive, consciousness-led methods (Frass, 2012, p. 46).

The science that underpins this new outlook was provoked by fundamental interpretative advances in quantum mechanics, including the double-slit experiment, which indicated that subatomic entities can have both wave-like and particle-like behaviour based on the context of observation (Kleppner, 2000, p. 895). Although the contribution of consciousness to this process is a subject of ongoing philosophical discussion and not a widely shared view among mainstream physics, it has influenced integrative medicine theorists to ask how observation, intention, and emotional states would potentially interact with physiological processes. Quantum medicine thus bases itself on these principles, with the focus on the body as a self-organising system that reacts to internal and external fields of energy (Hameroff, 1994, p. 118). As one component of this paradigm shift, practices such as meditation, yoga, and qigong, which have been treasured in traditional medicine for centuries for their capacity to harmonize the body and mind, are now perceived quantumly as practices that cultivate coherence, a measurable state of synchrony that is also therapeutically beneficial (Goswami, 2008).

This research is an exploratory study, demonstrating whether the Spinal Flow Technique, a consciousness-based healing technique, can affect collective coherence under conditions of immersion practice. It employs the Bio-Well Sputnik device, which was invented by Dr. Konstantin Korotkov to evaluate shifts in electromagnetic energy fields numerically by quantifying the parameters of the signals, such as the energy level, area, and standard deviation, and, therefore, provides a quantitative approach to the perception of energetic dynamics in the environment during the group practice (Korotkov, 2018). As an observational method using devices, this pilot study is not attempting to establish causality but rather to produce empirical observations regarding the relationship between collective intention and changes in environmental energies. Sputnik sensor responds sensitively to variations in the environment caused by human presence, emotion, and collective intent and gives us a useful methodological

touch point between the subjective experience of healing and the objective readings required of scientific endeavour (McTaggart, 2019).

Collective emotional coherence is a term used to describe harmonisation of emotional states in a group, a process that is similar to physical coherence in the theory of waves and indicates that group alignment generates stabilised and intensified energetic consequences (Whitfield, 2010, p. 224). In group practices such as the Spinal Flow Technique, in which participants are involved in coordinated healing activities within a common intention, the ability to produce such collective coherence is enhanced through mechanisms similar to constructive interference. This wave physics principle explains how harmonious frequencies combine to produce more energetic fields, thereby strengthening the overall effect of the practice (McCraty, 2017, p.2). This resonance is not only energetic but also emotional because the mutual release of accumulated tension and sensation of mutual emotional support enhances individual as well as group cohesiveness.

As limitations of the symptom-centred drug-focused approach become more obvious, there is a growing need to find less reductionist treatments that encompass the complete range of experiences of the human being. Quantum medicine, being such a notion, creates a potent option indeed by validating old holistic knowledge in the landscape of modern physics, which unites the past and future (Bisiani, 2023, p.2). The objective of this study is to investigate the impact on collective emotional coherence and the energetic environment around a controlled group setting from practising the Spinal Flow Technique. More precisely, the research endeavours to quantify and study the modifications in the energetic field with the help of the Bio-Well Sputnik device during a seven-day immersion and how collective intention and uniform participation influence measurable energetic dynamics. By examining the connection between the Spinal Flow Technique and group coherence and the possible moderating influence of a controlled physical space, this study seeks to further elucidate the mechanisms by which holistic modalities affect group energy dynamics. In addition, the research hopes to add empirical evidence to the new field of quantum medicine by providing one of the first recorded examples of measurable shifts in the energetic field associated with a major-scale, consciousness-driven healing practice.

2. Literature Review

Quantum Principles and the Conscious Body

Quantum mechanics proposes a non-classical perception of reality with subatomic particles displaying characteristics like superposition, coherence, and entanglement. Superposition enables particles to take on many states simultaneously, collapsing into a specific state only during observation (Bisiani, 2023, p.4). However, mainstream neuroscience resolutely dismisses a direct implementation of this model of consciousness. According to Koch, cognitive activity emerges from the complexity of neurons rather than from quantum occurrences (Koch, 2006, p. 11).

Applied to the medical sciences, this postulate implies that physiological functions can be non-determinate but vary with internal and external factors, perhaps with observation or intention as a possible influence (Hameroff, 1994, p.91).

For example, molecular drug targets might act probabilistically, with therapeutic action dependent on subtle quantum variables. Entanglement accounts for the process through which particles that have become connected continue to function as one through immense physical separations. The state of one entangled particle determines another's state (Curtis and Hurtak, 2004), while critics assert that biological systems are too warm and noisy for persistent entanglement (Dehaene, 2007, p. 30). In medicine, it opens the door to the possibility of nonlocal signalling or influence, an idea repeated in research considering intercellular synchrony and distant physiological effects (Hameroff, 1994, p.95).

Quantum coherence, the preservation of a constant phase relationship in a system, has been seen in biological phenomena like photosynthesis and bird navigation (Zhang, 2015, p.1327). Loss of coherence typically indicates system disorder or illness. In clinical settings, coherence can be a condition of optimal physiological integration, and its preservation may hold the key to restoring health (Hameroff, 1994, p.118). The consequences of these principles carry over into the study of consciousness. The quantum mechanics measurement problem, which posits that observation collapses the wave function into a single reality, has the implication that consciousness is involved in actively forming material outcomes (Bisiani, 2023, p.2).

Nevertheless, such interpretation is conjectural and debated in cognitive science. Consciousness has not been uniformly agreed to be actively involved in wavefunction collapse (Dehaene, 2007, p. 32). This connection of consciousness with physical matter has profound implications for medicine, especially in mind-body practices and psychophysiological health. Goswami (2008) contends that such a model places consciousness in the foreground not as the epiphenomenon of biology but as a causal agent, with the ability to shape neurological and somatic states.

Some theorists have built on these concepts to propose quantum-based theories for cognition and mental health (Goswami, 2011). Superposition might provide a way of making creative or intuitive jumps, and entanglement might be the basis for empathic links or shared intention. These concepts present new avenues for treatment modalities based on the intersection of consciousness, energy, and biophysics. Hassanzadeh argues that quantum technologies may one day be employed to develop non-invasive diagnostic systems, leveraging quantum entanglement for cell-level communication (Hassanzadeh, 2020, p.260).

At the same time, superposition principles may allow the creation of patient-tailored therapies that probabilistically adjust to shifting biological states. Such technologies would represent a paradigm shift toward an integrative, consciousness-sensitive model of medicine. Bisiani declare that quantum views can bring about a new model in healthcare, one that recognises coherence, entanglement, and consciousness as the basis for both disease and healing (Bisiani, 2023, p.3). If further validated, quantum medicine has the potential to fundamentally reshape our knowledge

of health and wellness. In spite of such possible promise, these accounts need further empirical support and have to be carefully interpreted as tentative and not definitive.

Collective Coherence and Shared Emotion

The concept of collective emotional coherence is used to describe the alignment of energetic and emotional states at group levels. Making symbolic comparisons with quantum coherence, McCraty explains this as a coordinated state where members of a group emotionally resonate, leading to enhanced communication and overall well-being (McCraty, 2017, p.1). But to prevent being confusing, emotional or energetic coherence needs to be operationally defined. The HeartMath Institute evaluates emotional coherence in terms of heart rate variability (HRV) measures and coherence ratios utilising tools such as emWave and Inner Balance (McCraty, 2016, p. 362). This effect is a reflection of ground-level principles in quantum systems. As the states of particles in coherence are interdependent, emotionally coherent groups might be affectively interdependent, with affective states shared beyond verbal communication. Group processes are said to be nonlinear—small alterations in an individual's state can create system-wide changes, a characteristic of emergent properties as found in quantum interactions.

Wlodarczyk points to the function of openness, both in human relationships and particle systems, as a condition of coherence (Wlodarczyk, 2020, p. 3). In collective environments, emotional openness permits the exchange of energy and mutual regulation, similar to the way that quantum particles communicate with each other through shared states of energy. This process is also influenced by cooperativity. In populations, members directed toward a mutual objective, like healing or meditation, build up the collective system's coherence. Similarly, quantum systems become coherent through cooperative particle action, exemplified best with entangled states.

Methods like group meditation, intention-setting, and synchronised breathing have been found to hold potential for the development of emotional coherence. Their application is not only psychological, as they can also have effects on physiological health by synchronising the autonomic nervous system and enhancing parasympathetic dominance (McCraty, 2017, p.4). Energy field effects on physiology should be approached with caution and measured by psychophysiological methods such as electrodermal activity or EEG-based synchrony (Tschacher, 2007, p. 4). Empirical evidence supports these theories. The Global Consciousness Project (GCP), conducted by Roger Nelson, revealed correlations between collective emotional intensity and random number generator deviations for global events (McTaggart, 2019).

These findings indicate a physical, potentially quantum-influenced, interaction of consciousness with physical systems. Physiologically, HeartMath Institute research attests that those who feel emotional coherence experience enhancements in stress resistance, immune system function, and mental acuity (McCraty, 2017, p.4). Group coherence seems to enhance these benefits, with social harmony and group resilience being fostered. Parallel studies of transcendental meditation

(TM) propose that a small proportion of people, perhaps 1% of the population, can measurably affect such measures as crime and accident rates in society (Maharishi International University, 2024). Such collective changes imply an energetic field or morphic resonance based on coherence and collective intent (McTaggart, 2019). Quantum biology corroborates these assertions indirectly. For example, plants make use of quantum coherence during photosynthesis to make energy usage more efficient (Kassal, 2013), and migratory birds can utilise quantum entanglement to find their way through Earth's magnetic field (Zhang, 2015, p.1340). These discoveries add credence to the notion that biological systems—human and nonhuman- function partly by quantum means.

The Spinal Flow Technique: Origins and Operations

The Spinal Flow Technique (SFT), created by Dr. Carli Axford (2022), combines the concepts of chiropractic practice with energy medicine. As compared to other methods like Reiki or Network Spinal Analysis (NSA), SFT was chosen in this research because it has a systematic focus on the filum terminale and the inclusion of emotional, neurological, and energetic principles into one coherent system. NSA is spinal entrainment-oriented and lacks energetic assessment tools like the Bio-Well. Based on earlier models like NSA, SFT adds an energetic and consciousness-based system to manual therapy (Senzon, 2016, p. 550).

It extends the concept that spinal blockages can hinder the natural flow of life force energy and, in turn, create physical and emotional malfunctioning. Built upon previous models like Network Spinal Analysis (NSA), SFT incorporates an energetic and consciousness-based component to manual therapy. Using energy healing modalities, SFT considers the spine to be not only a mechanical system but a pathway for life force or native intelligence. The method employs soft tissue at specific access points along the spine to release congestion and re-establish flow (Axford, n.d.-b). This is consistent with chiropractic and somatic paradigms that focus on the spine's function in balancing the central nervous system.

The method is particularly interested in the filum terminale, a fibrous mass that tethers the spinal cord to the coccyx. Formerly thought to be vestigial, new research indicates that the filum is packed with dense concentrations of sensory receptors and mechanotransducers (Klinge, 2022, p.618). Its proprioceptive role enables it to report spinal tension and alignment to the central nervous system, rendering it a key leverage point in SFT interventions. Senzon propose that filum stimulation can modulate defensive neuromuscular patterns, decreasing tension and increasing relaxation (Senzon, 2016, p. 544). Touch feedback may therefore affect deeper spinal dynamics. In pathology such as tethered cord syndrome, incorrect tension in the filum terminale may lead to widespread neurological problems, demonstrating its value as a therapeutic access point (Klinge, 2022, p.620). SFT also prioritises energetic interaction between the practitioner and client. McCraty illustrate that coherent heart fields developed by the practitioner can impact the client's energy field in light-touch therapies (McCraty, 2016, p.365).

This resonance can trigger systemic coherence and enhance the technique's therapeutic effects. Despite this, the majority of evidence remains anecdotal or published in marketing contexts. To address this, more scholarly investigation needs to be done, including independent trials and comparative studies. SFT stands out for its focus on energy movement through the filum and its inclusion of emotional and spiritual aspects. But both modalities are intended to restore neurological entrainment and increase coherence between the body and emotions.

Measuring Biofields: The Role of the Bio-Well and Sputnik

The Bio-Well technology, created by Konstantin Korotkov, utilises gas discharge visualisation (GDV) technology to scan the human biofield by recording electromagnetic emissions from the fingertips. Based on the Kirlian effect, it captures these signals and processes them using software to generate visual parameters, area, entropy, and intensity, to indicate an individual's physiological or energetic condition (McTaggart, 2019). Based on ancient Chinese medicine, fingertips are connected to inner organs through meridians, and the Bio-Well tries to depict chakra alignment and distribution of energy accordingly. Despite being used more in complementary medicine, there is still debate regarding the scientific validity of GDV. There are external variables like moisture, pressure, and conductivity of the skin that can influence results, again making standardisation an issue.

While it has been utilised to monitor changes in meditation and Spinal Flow sessions, its outputs as yet lack rigorous testing within controlled biomedical trials. The Sputnik sensor, a Bio-Well attachment, broadens its use to monitoring the environment. It detects ambient electromagnetic oscillations thought to be related to collective human feeling or intention during events such as thunderstorms, meditation, or parties (Korotkov, 2013). With Tesla resonance coils, it transduces subtle variations into quantifiable data, pointing towards an interaction between consciousness and environment (McTaggart, 2019). Yet these technologies are disputed. While aesthetically appealing, the results are not widely regarded as biofield markers in mainstream science. Therefore, while they have potential as discovery devices in energy medicine, more validation against physiological measures is needed to secure clinical acceptance.

Morphogenetic Fields and Collective Memory

Rupert Sheldrake's morphogenetic field theory creates a theoretical connection between quantum physics and consciousness. These fields are theorised to contain collective memories and patterns of behaviour passed on through generations (Goswami, 2008). Sheldrake suggests that morphic resonance enables organisms to tap into inherited information, similar to fields of energy that direct biological form and psychological tendencies. This theory is also helped by such examples as the "Hundredth Monkey Effect," in which behaviour learned by one group seems to spread nonlocally to another (Watson, 1979). Although controversial, these kinds of

examples mirror quantum physics's nonlocality and offer a system for explaining the transpersonal effects noted during collective emotional coherence experiments. Morphic fields can also affect epigenetic expression, in keeping with Sheldrake's implication that they act via downward causation, where higher consciousness impacts biological development (Shermer, 2005, p. 38). Goswami synthesises these concepts into quantum medicine, implying that consciousness and energy fields have direct effects on health outcomes.

Though empirical evidence for the existence of morphic fields is scarce, the hypothesis provides a compelling framework for explaining how group practices such as the Spinal Flow Technique could have a therapeutic effect. Group emotional synchrony may reverberate within a morphogenetic field, creating harmonious patterns of energy detectable with instruments such as the Bio-Well device. Goswami's unification of consciousness with quantum mechanics and morphic fields opens the door to a fundamentally new conception of healing, one in which intention, awareness, and resonance become the key to health.

Rupert Sheldrake's Morphic Resonance Theory

Rupert Sheldrake's theory of morphic resonance was an alternative to mainstream biology. His fundamental concept is that of morphic fields, non-physical forms that influence the development and behaviour of organisms by carrying species-wide memory (Goswami, 2008). These exist beyond time and space, so the behaviours of ancestors can affect present individuals (Shermer, 2005). According to Sheldrake's theory of morphic resonance, the same patterns repeat through memory-like fields, not through genetic inheritance. He refers to the "Hundredth Monkey Effect" in explaining this idea, behaviours learned by one troop of monkeys seemingly being transferred to others in a nonlocal way (Watson, 1979). He goes on to suggest that morphic fields can shape epigenetic expression. While the theory is in agreement with holistic health theories in suggesting that behaviours and illness can arise from shared memory, it is contentious as there is limited empirical support (Shermer, 2005). However, Sheldrake's concepts offer a new alternative to materialist perspectives of evolution and consciousness.

Amit Goswami's Integration of Morphogenetic Fields into Quantum Medicine

Theoretical physicist Amit Goswami builds upon Sheldrake's ideas by incorporating morphogenetic fields into quantum medicine (Goswami, 2011). His holistic model describes five interconnected levels of consciousness: the Bliss Body (pure transcendence), Supramental Body (ancestral intelligence), Mental Body (emotions and thoughts), Vital Body (energetic flow), and Physical Body (biological form). Morphogenetic fields function within the Vital Body, passing influence through processes Goswami calls downward causation, whereby higher consciousness impacts physical shape (Goswami, 2011). His theory substantiates practices such as meditation, yoga, and acupuncture, which work to reestablish coherence between these bodies. Integrating

morphogenetic fields into diagnosis and preventative medicine, Goswami provides a model for viewing disease as an energetic information imbalance, not strictly material malfunction. His research has impacted integrative medical education by advocating for a combination of old wisdom with new science (Goswami, 2008).

3. Methods

Research Design

The research utilised a single-site, observational design in a controlled setting to evaluate the effect of Spinal Flow Technique (SFT) immersion on the group's collective energy field of participants. The investigation attempted to quantify changes in environmental energetic dynamics with the Bio-Well Sputnik device, while remaining in a non-invasive, observational position about participants' behaviour and emotional state. A mixed-methods methodology was applied indirectly by situating quantitative measurements within rich environmental, procedural, and participant contexts.

Study Setting and Participants

The study was carried out at the W Hotel Barcelona in Spain, in the "Mega Room", between March 30 and April 5, 2024. The room was 59.1 feet by 59.1 feet with a height of 9.8 feet and a total area of about 3,487.5 square feet. The ambient conditions of the room were regulated through a typical HVAC system with a constant temperature of 21°C and humidity of 50%, without air purifiers or artificial environmental modulation. These conditions provided consistency in environmental measurements, unaffected by temperature or moisture variations.

The design of the Mega Room included 31 massage tables, which were being used as desks or treatment areas, with folding chairs placed underneath. The lighting system consisted of overhead LED can lights and two 8x10-foot projection screens used for instruction. Four speakers placed strategically (two front, two side-midway) provided even sound distribution, all overseen by one dedicated AV technician. Access was controlled by hotel security, limiting entry to students with ID badges. Restrooms were open access.

The research included 102 overall participants, which included 91 students, nine certified SFT practitioners (referred to as the "green team"), and two instructors. The group of participants consisted mostly of women between 35–65, with two male students and one male practitioner. The participants represented a multidisciplinary group from various professional fields—chiropractic, nursing, medicine, energy healing, and wellness. The student participants had all been online for coursework and volunteered to attend the immersion. Nearly all had no previous in-person experience with the technique.

To enable experiential learning and data consistency, participants were grouped into triads. One massage table was utilised by each triad and was cycled through three positions: client,

practitioner, and observer. This format permitted every participant to experience the technique from all angles, making it more authentic and comparable.

The 7-Day Spinal Flow Technique Immersion

The 7-Day Immersion in Spinal Flow Technique is an intensive, orderly training to immerse the participant in both the theoretical underpinnings and the practical application of SFT. The technique lies in recognising spinal congestion that can interfere with energetic flow and seeks to restore coherence and alignment through gentle, intention-guided touch at specific spinal access points.

The immersion was based on a predictable daily routine involving four sessions:

- Session 1: 9:00–10:30 AM (30-minute instruction + 3 healing sessions)
- Session 2: 11:00 AM–12:30 PM (same structure)
- Session 3: 2:00–3:30 PM (same structure)
- Session 4: 4:00–5:00 PM (Discussion/Q&A)

Each triad took turns in each 20-minute interval, so each attendee practised the technique, received the technique, and witnessed it throughout each session. The daily regimen had two breaks and a 1.5-hour lunch for physical and emotional recovery. The green team practitioners were active, providing technique correction, guiding participants, and handling each person's challenges. Two instructors gave supervision, one-on-one demonstrations, and ensured fidelity to the approach.

Despite no official complementary practices going along with SFT, participants were also invited to incorporate centring, grounding, and intentional presence, practices viewed as crucial for practitioner-client energetic resonance (McCraty et al., 2016). One practitioner characterised their experience as "a gut knowing," similar to strong emotions like parental love, demonstrating the felt-sense and embodied aspect of the healing process (Adkins, S.). The immersive format enabled habitual exposure to the technique for seven consecutive days, thus providing an unparalleled platform to observe cumulative energetic effects and possible emotional synchronisation within the group.

Data Collection

Bio-Well Sputnik Device Measurements

Data was collected with the aid of the Bio-Well Sputnik, a sophisticated, non-invasive environmental measuring device invented by Konstantin Korotkov. The instrument is an integral environment analyser, which can pick up minor changes in the electromagnetic fields (EMF) of an environment. It is being used extensively in research that involves group meditations, emotional coherence, and energetic dynamics.

The instrument comprises a high-voltage pulse generator and a sensitive antenna that is mounted on the Bio-Well system to measure changes in atmospheric capacitance, construed as changes in energetic density. When attached to the Bio-Well system, it measures changes in environmental entropy, area, intensity, energy, and signal deviation employing Gas Discharge Visualisation (GDV) technology. The system captures the light emissions resulting from the corona discharge around fingertips or spaces, and then interprets them through specialised software.

Since emotional states influence the autonomic nervous system (e.g., sweating, vasodilation), this directly influences skin conductivity, a parameter indirectly assessable through EMF changes. The Bio-Well measures these changes, allowing inferences regarding the collective emotional tone of a group based on group assessments without individual biometric measurements.

Throughout the experiment, the Sputnik sensor was installed in the rear corner of the Mega Room, separated from the AV system to reduce electromagnetic interference. It recorded one reading per second, providing a high-resolution timeline of environmental fluctuations throughout each day. A baseline measurement was taken each evening between 6:00 PM and 6:00 AM, when the room was empty and AV systems were turned off. The system recorded data in real time with Bio-Well's proprietary cloud platform, and redundant backups were made in PDF as well as CSV format for safety and later analysis.

Procedure and Timeline

The data collection procedure followed a strictly specified timeline and framework to maintain consistency and data integrity throughout the course of seven days of immersion. On 29 March 2024, the Bio-Well Sputnik device was installed and had initial calibration checks to ensure it was operational. The next day, 30 March, experienced a software failure that resulted in data resolution problems, leading the research team to reject all measurements collected that day and modify the frequency of measurement from 60-second periods to one-second periods. Between March 31 and April 5, 2024, the device made successful constant recordings every day from 9:00 AM to 5:00 PM, coinciding with the entire Spinal Flow Technique immersion session schedule. Apart from these daytime recordings, a special overnight baseline measurement was made on April 4, 2024, between 8:00 PM and 6:00 AM with no participants and electronic apparatus present so as to provide control data against which results of session days would be comparable. The last day of data gathering was April 5, 2024, and then the main experimenter shut down the equipment, locked the gathered data, and stored it locally and in the cloud.

During the immersion period, the main experimenter was always in charge of the equipment's proper operation of the Bio-Well Sputnik device. This involved conducting daily operational checks for accuracy, calibrating the settings, and ensuring the security and integrity of the data. Individuals were informed of the presence and use of the device but not asked to interact with it or change their natural behaviour at all. This facilitated free-group interaction and maintained the integrity of the immersion experience. Notably, the device was placed in one fixed position and

left untouched during the study, thus removing the threat of artefacts caused by repositioning or manual interference and avoiding environmental readings from being invalidated or rendered inaccurate.

Data Analysis

Quantitative Analysis of Bio-Well Sputnik Data

Quantitative analysis was centred on the assessment of five key parameters:

- Area (S): Total photon emission—served as a surrogate for group energy.
- Intensity (I): Coronal discharge brightness—indicating the power of the group field.
- Energy (E) Evaluated in Joules calculated using the formula $(E = S \times I \times 4 \times 10^{-8})$. Quantifies environmental energy output.
- Standard Deviation (SD): Indicates stability of the environmental signal.
- Entropy: Describes the disorder or uncertainty, variability in group emotional state.

Baseline data gave a control reference, enabling direct comparison of occupied and unoccupied states to assess energetic changes caused by the immersion.

Statistical Methods Used

Analysis of the data involved several statistical methods:

- Descriptive statistics (mean, median, SD) were computed for all key variables.
- Independent-sample t-tests compared session and baseline data to assess statistical significance.
- Trend analysis monitored fluctuations over each day and located possible cumulative or peak coherence periods.

Together, these analyses provided a basis for assessing whether the Spinal Flow Technique immersion had an impact on the group's environmental energy field and whether such changes correlated with significant moments of collective interaction.

Ethical Considerations

The research followed stringent ethical guidelines. Informed consent was assumed through briefing of participants, and personal or identifying information was not gathered. Since the Bio-Well Sputnik takes readings of ambient energy fields, there was no recording of human tissue, emotion, or biometric information, which maintained complete anonymity and privacy. The process was completely non-invasive with no risk to participants. Emotional safety was ensured by the presence of trained practitioners ("green team") in case support was required. All data

were safely stored on encrypted servers and backup files, complying with confidentiality requirements for human-subject research.

Limitations and Assumptions

Even though the study was carried out under strictly controlled conditions, there are a number of limitations and assumptions that need to be recognised. A particular limitation is the population homogeneity of the participants, who were largely women between 35 and 65 years of age. This homogeneity might limit the generalisability of the results to other populations or to other demographic groups. Furthermore, the research context, a conference room in a luxury hotel, was a controlled and constant environment that is perhaps not representative of the variable and complicated settings in which the Spinal Flow Technique is used in the real world. Yet another challenge is how to separate the direct impact of the Spinal Flow Technique from other variables with potential influencing effects, including group dynamics, emotional state of subjects, interpersonal interaction, and placebo effects, which might all contribute to the changes that occur in the environmental energetic field.

Besides, while the Bio-Well Sputnik device relies on principles of physics and has been used in many studies of bioenergetics, its methods remain questionable to the mainstream scientific community. Whether the device can measure emotional or energetic coherence on a collective level remains questionable, and results should be interpreted carefully. However, this research offers a serious, evidence-based, and well-documented model for studying collective energetic phenomena in immersive wellness environments. It provides a worthwhile addition to the nascent literature on energy-based healing practices and the possible role of group coherence in integrative healing modalities.

4. Results

Descriptive Statistics of the Bio-Well Sputnik Data

The Bio-Well Sputnik device was employed to capture the dynamic changes in the energetic environment during the six-day Spinal Flow Technique immersion course. Descriptive statistics for key metrics—area, intensity, energy, standard deviation, and entropy—summarised baseline conditions and Days 2–7 of immersion. Baseline readings taken overnight, free from human or electronic interference, provided stable reference points and showed relatively steady energy levels with low variability, confirmed by Deviation (S), selected for its stability.

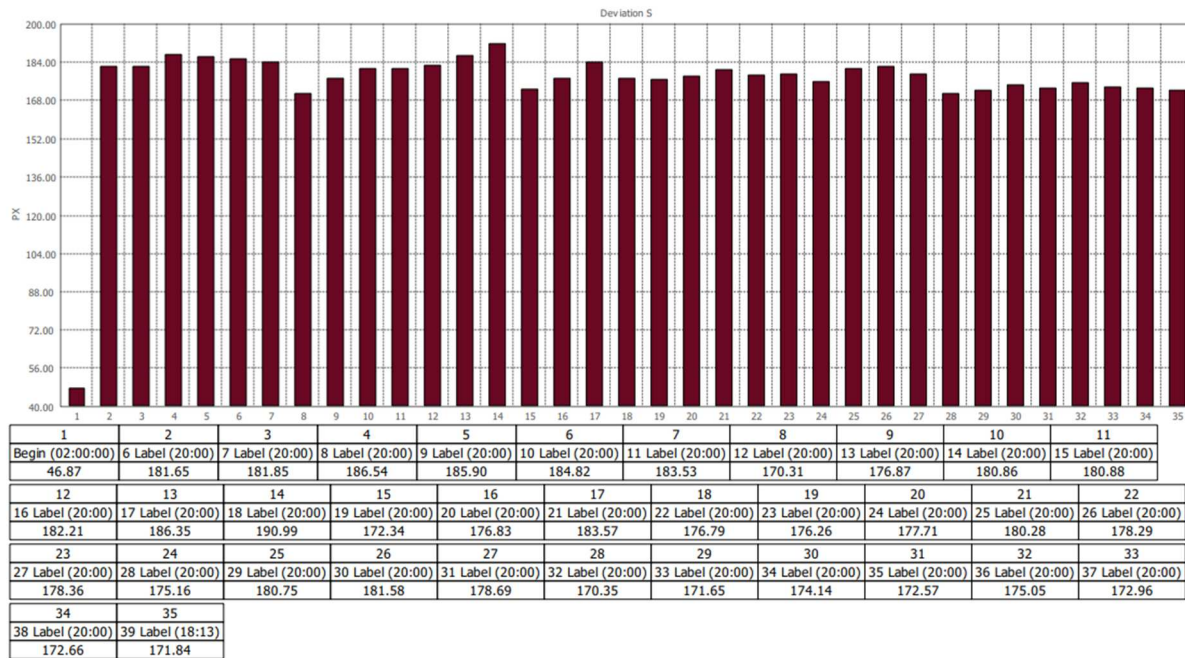


Chart 1. Baseline measurements taken over 11 hours in an empty room served as a source for comparison, and Deviation S was the metric of choice because of its stability.

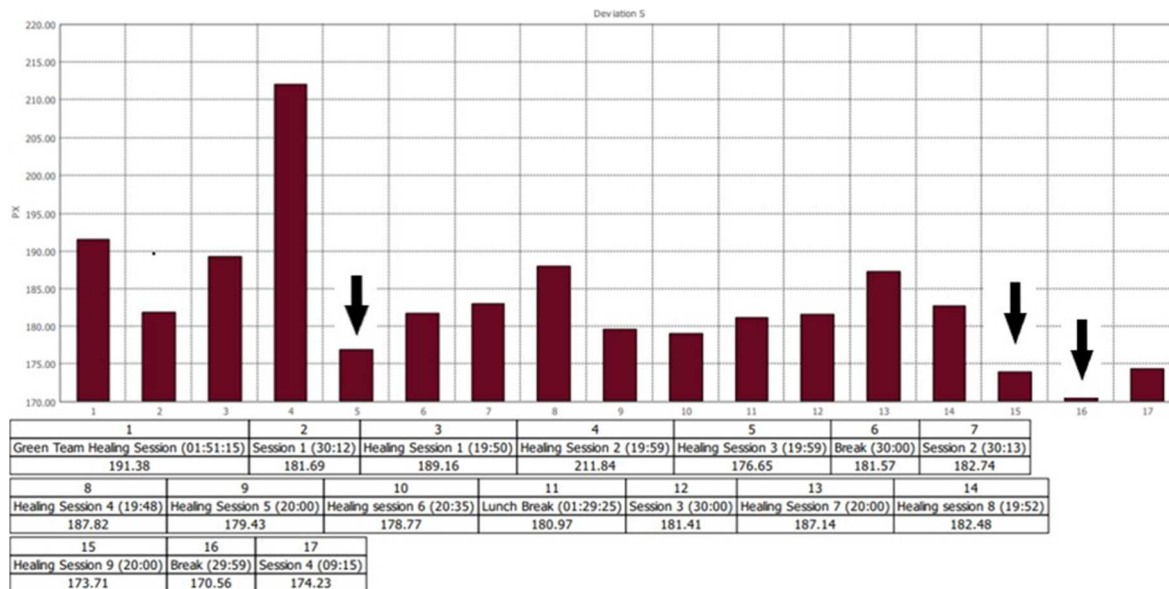


Chart 2. Deviation (S) was measured on Day 4 of the SFT 7-day immersion. Note the arrows in healing sessions 3 and 15. These values show a decrease in activity to the point near or below the reading of the baseline.

During the course, a reduction in mean Deviation (S) values, especially in some Day 4 sessions, aligned with the emotional release components of the immersion. These sessions were designed to support deep emotional and energetic processing. On Day 4, increased standard deviation and

entropy pointed to heightened variability and dynamic changes in the room's energetic field, consistent with emotional intensity and group energy shifts.

These descriptive statistics demonstrate the impact of Spinal Flow Technique on the collective energetic environment. Measurable shifts in key values during intense emotional sessions provide empirical evidence supporting holistic practices' influence on environmental energy fields and the interplay between emotional coherence and collective energy.

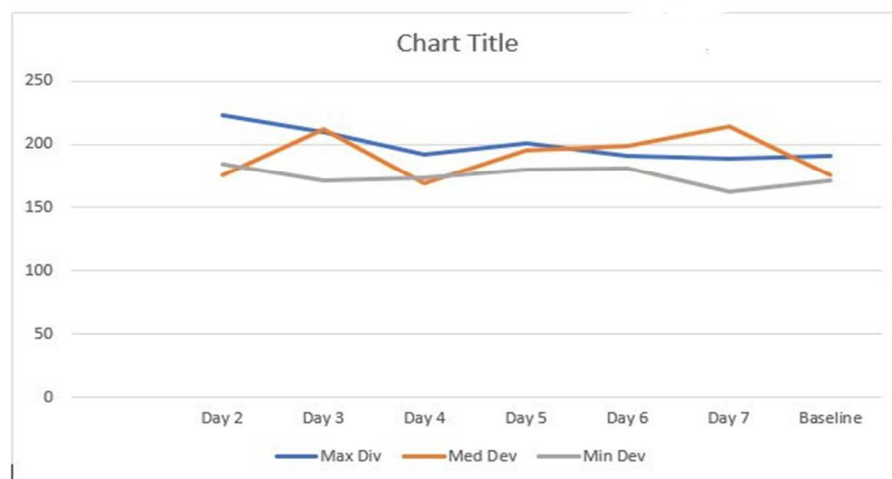


Chart 3. The comparative analysis of Deviation (S) levels across the seven-day immersion, segmented into three categories: Min, Max, and Min. Px's (pixels)

Max Deviation (S):

- Baseline: 190.99 PX
- Day 2: 223.62
- Day 3: 209.68
- Day 4: 191.68
- Day 5: 200.58
- Day 6: 191.01
- Day 7: 188.42

Mid Deviation (S): PX

- Baseline: 175.57
- Day 2: 212.06
- Day 3: 169.23

- Day 4: 176.24

- Day 5: 195.31

- Day 6: 198.47

- Day 7: 214.54

Min Deviation (S): PX

- Baseline: 170.31

- Day 2: 184.06

- Day 3: 170.69

- Day 4: 173.79

- Day 5: 179.65

- Day 6: 180.72

- Day 7: 162.21

The chart provides a clear depiction of the deviation (S) levels, showing the minimum, maximum, and mid-values for each day across the immersion period. The baseline measurements show moderate deviation (S) values, with a minimum of 170.31 PX, a maximum of 190.99 PX, and a mid-value of 170.31 PX. These values served as reference points for comparing the subsequent days of the immersion.

Significant reduction in energy on Day 4

The Bio-Well Sputnik data from Day 4 provided a focused snapshot of emotional release activity. A reduction in the mean deviation of the area compared to baseline corresponded to deep emotional sessions. Increased standard deviation and entropy on this day indicated dynamic changes in the room's energy field. Critical readings, particularly a drop in Deviation (S), reflected significant energy reduction during emotional release and Movement, Breath and Perception sessions, with values falling below baseline.

Deviation (S), or Area Standard Deviation, is a core parameter that reflects signal variation. It denotes signal stability and overall energetic consistency: low deviation indicates coherence, while high deviation reflects instability. This parameter is also essential in calculating the Activity Level of the Environment. The coherence of the signal on Day 4 was a key indicator of the energetic effects during the immersion. These results again confirmed the influence of Spinal Flow Technique on group energy, with emotional sessions leading to measurable shifts, supporting the relationship between emotional coherence and environmental stability.

Environmental Study in a 5D scalar room during a Worldwide Meditation

To confirm the findings from Day 4, an additional environmental study was conducted using the Bio-Well Sputnik in a 5D scalar room in Grand Cayman during a worldwide meditation event. This two-hour event involved twelve participants (four men, eight women) at the Lightroom. Baseline readings were taken the evening prior, and the meditation started at 9 am GMT-6. In contrast to the SFT study, the device recorded data every 10 seconds for higher resolution.

The results were conclusive: during meditation, group energy levels coherently dropped below baseline, reflecting similar trends to the SFT immersion. Though the scalar room theoretically functions using non-Hertzian longitudinal energy, baseline values were expected to be stable. However, some initial baseline peaks matched meteorological events. For accuracy, analysis focused on the two hours of stable baseline immediately before the event.

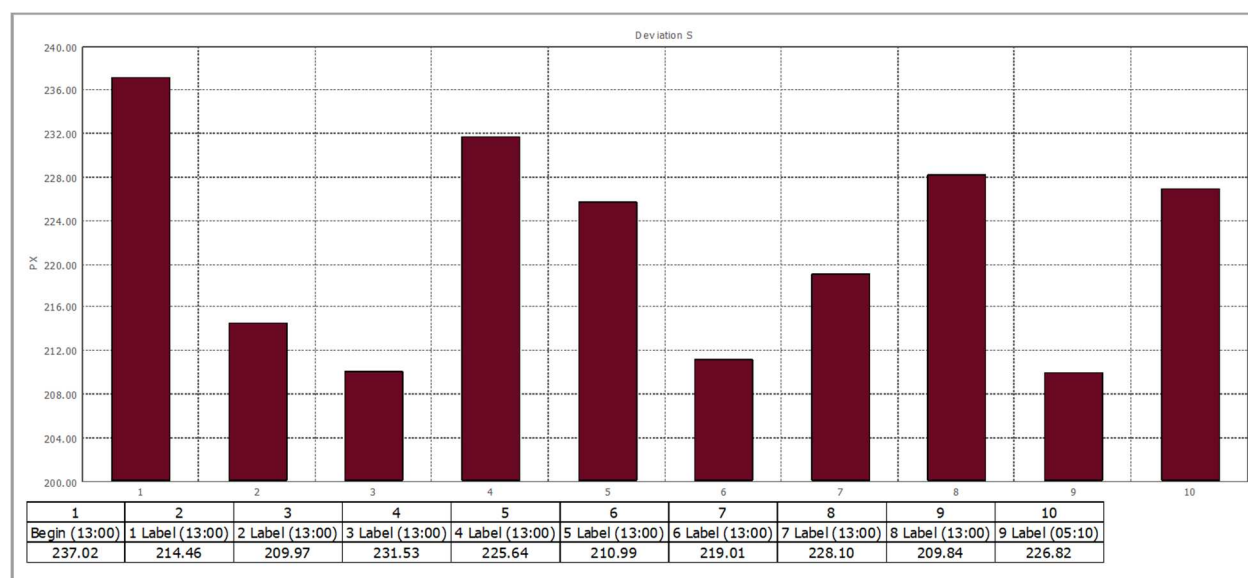


Chart 4. Baseline measurements were taken on the evening of 6/1/2024 in a 5D scalar room designed by EESystems.com. This site is located in George Town, Grand Cayman, Cayman Islands.

This supplementary study reinforced the Spinal Flow immersion findings. It showed that collective intention and emotional coherence during meditation led to measurable environmental energy reduction, supporting the idea that collective consciousness influences energy fields. These data strengthened the hypothesis of intentional group practices creating coherent energetic outcomes.

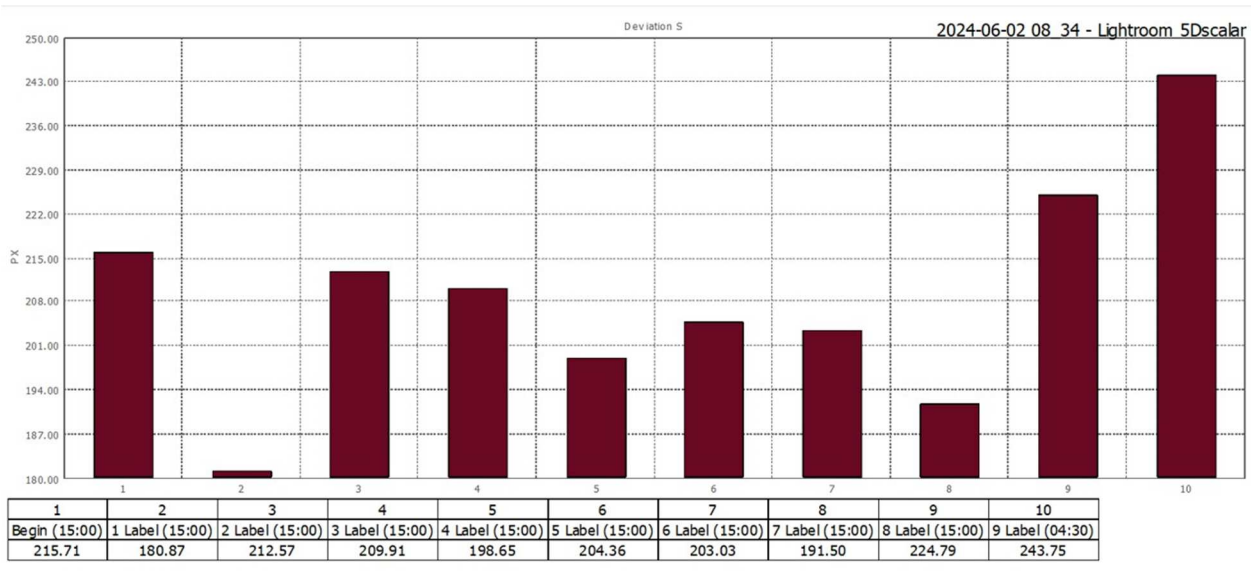


Chart 5. The results of the environmental reading by Bio-Well Sputnik on the morning of 6/2/2024 with 12 people in the room during a global meditation in over 100 other 5D scaler rooms showed a decrease in environmental energy below baseline, further supporting

Trends and patterns observed

Analysis of the Bio-Well Sputnik data throughout the 7-day SFT immersion revealed clear trends. On Day 4, initial healing sessions showed a major reduction in energy, especially during deep emotional release sessions. This reduction was accompanied by increased variability (standard deviation) and higher entropy, indicating greater energetic disorder and reorganisation.

As the immersion progressed, energy levels began to stabilise. Standard deviation trended downward, suggesting increasing coherence. These findings confirm that the Spinal Flow Technique influenced group energy, with a progression from emotional upheaval to stability. This shift from disruption to coherence by the end of the immersion supports the hypothesis that group emotional alignment can stabilise environmental energy fields.

Correlational analysis of collective emotional coherence and energy levels

The correlational relationship between emotional coherence and levels of energy at immersion found a negative correlation. As emotional coherence among participants was higher, levels of energy were lower. This indicates that the higher the emotional alignment, the more stable and cohesive the collective field of energy. These findings suggest a process by which collective emotional intention entrains the energetic environment. The results indicate how states of emotion affect environmental energy and reinforce the hypothesis that emotional coherence is an impelling factor for changes in energy dynamics through holistic healing.

Additional findings and observations

Aside from the main emphasis on emotional coherence and levels of energy, there were other findings. Fluctuations in energy and phases of stabilisation were noted, corresponding to quantum coherence wherein synchronised group intention produces coherent energy fields. Entropy fluctuations indicated phases of disorder and reorganisation, akin to quantum entanglement wherein interconnected systems affect one another instantaneously, independent of distance. These findings further illustrate the intricacy of the Spinal Flow Technique. Group practices established quantifiable effects within the energetic field, demonstrating interconnectedness and coherence like quantum systems. The results are consistent with a greater conceptualisation of holistic group practice and the collective intention's energetic impact.

5. Discussion

Interpretation of the Results

The Influence of Collective Emotional Coherence on the Quantum Realm

The effect that collective emotional coherence has on the quantum world is fascinating, especially when examining the relationship between collective emotional coherence and quantum coherence. The theory of downward causation, as postulated by Goswami (2011), states that consciousness is the realm of all possibilities. When there is quantum coherence in the waveform, superposition enables it to dance with countless possibilities. Consciousness then drips into the quantum world, collapsing the possibilities into particles that harmonise into a reality.

As seen in Figure 1, this process illustrates how collective emotional coherence can cause great quantum leaps in consciousness. Such leaps are the outcome of the underlying creativity and harmonious expression of the supramental body, which is a reservoir for universal archetypes. Convergence of vital force energy from the vital bodies to the supramental bodies within a collective consciousness is a powerful source of conjunction. This alignment creates a condition of collective coherence that has the potential to open doors to the bliss body and heighten the collective consciousness experience.

Through an exploration of the mechanism of downward causation, it is apparent that collective emotional coherence is affected by the quantum level but also allows for deep change. Collective convergence and harmonisation of energies within a group can have a powerful effect on the general state of group consciousness, and this can be conducive to improved well-being and coherence.

The Role of Group Intention and Coherence in the Observed Energy Reduction

Day 4 showed a decrease in entropy and a coherent integration of the signal in the Mega Room. This indicates a dramatic shift towards an ordered state in the energy field of the room. The decrease in entropy, typically reflective of system disorder reduction, is consistent with the synchronised emotional and bioenergetic responses of the participants. Including the process of stochastic resonance (McCraty, 2009) gives an understanding of how the system enhances weak signals via the 'noise' from fluctuating bioenergetic states. This noise could have improved sensitivity and coherence in the energy field. The measurements indicate that the energy levels fell below baseline and were approaching the zero-point field, the quantum mechanical state with the lowest possible energy (McTaggart, 2019). This state proposes thought-provoking implications for quantum physics and holistic healing practices, indicating a unique state of collective coherence that could have profound calming effects.

Integration with Quantum Physics

Coherence, Entanglement, and Superposition

Quantum coherence, entanglement, and superposition provide significant insights. Quantum coherence involves synchronised states in superposition until collapse into a definitive state. This parallels the collective intention of participants whose coherent states led to observable energy changes. This coherence involves emotional and psychological alignment, creating a unified field of intent and purpose. Entanglement, where particles influence each other regardless of distance, mirrors participant engagement via heart connections. Studies on HRV (McCraty, 2017, p.267) show that groups can achieve heart-based coherence. Emotional and psychological entanglement occurs when empathy and compassion create deep connections. These entangled states describe a quantum leap into a non-local reality, representing a shift in collective consciousness. Superposition allows multiple states to coexist. The participants' collective intention and emotional coherence collapsed into measurable energetic changes. This alignment with quantum physics suggests that collective emotional coherence influences the quantum realm.

Measurement Problem and the Role of Consciousness

The observer effect in quantum mechanics, where observation affects the system, implies that consciousness may alter outcomes. Studies show that the presence and emotional state of researchers can influence results (McTaggart, 2008, p.60). In holistic practices, subjective factors may impact data and must be considered in methodologies. Consciousness is not passive but actively shapes reality. The group's choice to embody peace and tranquillity demonstrates that conscious choice can influence healing. Superposition also explains how different healing outcomes emerge from collective intention.

Interaction with Morphogenetic Fields

Rupert Sheldrake's theory of morphic fields explains how living systems organise and behave. These fields contain a collective memory and influence development, traits, and behaviours. Morphic resonance explains how similar forms are shaped by past forms. These fields act like a database of collective memory. This theory may explain the mechanisms behind the Spinal Flow Technique. Gentle manipulations during SFT may interact with morphic fields related to the spine and nervous system. By stimulating mechanoreceptors in the filum terminale, practitioners may modulate these fields and promote spinal release and alignment. The effects of SFT may extend beyond the individual. As more people benefit, the technique's effectiveness may be reinforced in the morphic field. This could allow easier access to these states by others. Morphic fields may store and transmit emotions across generations.

During the Bio-Well Sputnik experiments, the group's collective coherence may have been facilitated by interaction among individual morphic fields. As participants cultivated positive states, their fields entrained and contributed to overall coherence. The measurements during sessions reflect this emotional energy coherence. From a human perspective, the event on Day 4 raises questions about shared emotional experiences and their energetic impact. Emotional expressions and empathy hint at a powerful collective release. In a historical context, descendants of war-affected individuals may have tapped into transgenerational trauma stored in morphic fields.

The 90 million lost lives of Europeans have left a mark on the collective consciousness. The Emotional release that occurred during the event could have echoed with the trauma of that period, creating transmission of emotional energy. Quantum entanglement proposes correlated and connected emotional fields where shared coherence is amplified. The measurements of Bio-Well below the baseline point toward extreme field reorganisation. These findings are an invitation to explore consciousness, emotion, and reality's fabric. Synthesising Sheldrake's and quantum principles provides a window into healing transgenerational trauma.

This implies that methods such as SFT can enhance individual health and be part of healing transgenerational trauma. Experiences such as immersion call for intense investigation into human experience, quantum fields, and morphic resonance. Goswami (2004) advances Sheldrake's theory into quantum healing by conceptualising morphogenetic fields as templates for development and consciousness. Morphogenetic fields determine health outcomes through the provision of information patterns. When engaging in SFT, individuals may reorganise this information to promote healing. Healing practices like meditation and intention-setting resonate with morphic fields and align bodily patterns. This resonance can trigger healing on multiple levels. During SFT, participants' fields resonate, forming a collective field that amplifies healing. Bio-Well measurements support this, showing significant energy changes. Goswami's integration shows how collective and individual healing can be understood through morphic fields.

Implications of Quantum Medicine

Quantum medicine is the latest hope of modern medicine which brings the concept of quantum physics along with integrative health modalities together in order to offer a higher awareness of the Mind, Body and spirit interplay. The most important sense of quantum medicine is that it can describe intricate interdependencies of consciousness and wellness. Consciousness is a natural part of life which might influence body states, sometimes by mere intention alone. This understanding facilitates the use of techniques such as the Spinal Flow Technique, in which intention and emotional congruence are utilized to create healing. Emotions are central to the process, functioning as a marker and governor of well-being. Emotions are energy in motion. The use of methods for creating emotional coherence, like group meditations or intention-setting practices, has been demonstrated to create measurable changes in energy and health outcomes.

With an expansion of our concept of the interrelatedness of consciousness, emotions, and health, quantum medicine can direct the development of new holistic healing modalities. Moreover, recognition of collective emotional coherence efficacy offers the potential for healing practices at the community level. The Spinal Flow Technique is a promising point of entry for integrative medicine based on a holistic view of health. One example is the healing of chronic pain. The Spinal Flow Technique can complement traditional pain management methods by healing energetic and emotional blockages. It also has a lot of potential in the areas of mental health and emotional well-being. Another potential application is the enhancement of immune function. The Spinal Flow Technique is also valuable in recovery and rehabilitation environments. For preventive health care, it presents an initiative-taking strategy. In summary, the Spinal Flow Technique has great potential for integrative medicine. By incorporating Spinal Flow Technique into medical practice, clinicians can provide more effective and individualised care, ultimately leading to better patient outcomes and well-being.

Limitations and Future Directions

While this research offers insightful contributions to the impact of collective emotional coherence on the quantum world based on the Spinal Flow Technique, it should be noted that limitations to a controlled environment, particular subjects, and intricate variables such as group behaviour and individual emotional levels have to be considered. Assumptions had to be made, for example, in the reading of Bio-Well Sputnik results. There should be future research that enhances methodology and instrumentation, investigates underlying mechanisms that include the nervous system and connective tissue, and incorporates the Spinal Flow Technique into healthcare systems through assessment of cost-effectiveness, feasibility, training programs, and evidence-based guidelines.

6. Conclusion

Summary of Main Findings and Their Significance

The importance of these findings is in their empirical support for integrating holistic practices with quantum medicine. The recorded decreases in energy levels and shifts in coherence underscore pivotal moments in the collective healing process, showing the Spinal Flow Technique's potential to impact the quantum world and encourage well-being. The research supports understanding collective emotional coherence and its influence on the energetic field, confirming the application of the Bio-Well Sputnik device to measure these changes.

Contributions to Quantum Medicine

This research is a modest but significant step in quantum medicine with the empirical support of how holistic interventions like the Spinal Flow Technique can impact the energetic field and induce collective emotional coherence. The enormous reduction of energy noted on Day 4, corroborated by the results of the 5D Scalar room meditation, signifies a turning point in collective emotional processing. The unexpected reduction in energy levels below baseline during the emotional release sessions suggests the quantum-level effects of these practices. This study also advances the methodology for measuring collective emotional coherence. The structured approach to data collection and analysis serves as a model for future research. The findings can inform the design and implementation of group healing practices such as workshops, retreats, and therapy groups. This highlights the practical implications of the findings. The results support the notion that human consciousness and emotional states can influence the quantum realm.

Recommendations for Future Research

While the seven-day immersion provided valuable insights into the immediate effects, it did not account for the long-term sustainability. Longitudinal studies are essential to assess the enduring impacts. Future studies should incorporate more objective and standardised measures along with self-reported data. Using live and dry blood studies, heart rate variability, and EEG studies can offer a multidimensional perspective. Future research should explore other potential benefits of the Spinal Flow Technique. Interdisciplinary research will bridge the gap between theoretical concepts and practical applications. Future research should explore the optimal duration, structure, and setting for group activities. This study demonstrated the feasibility and value of using the Bio-Well Sputnik device. Future research should refine these tools to improve their sensitivity and accuracy. By incorporating a similar number of participants but more frequent study of immersion groups, utilising objective measures, and adopting interdisciplinary approaches, future research can further elucidate the technique's potential.

Final Reflections

These findings reveal significant insights into how collective emotional states can influence the energetic environment. The concept of collective coherence aligns with the idea that a sufficiently large group can reach a state of emotional synchronisation. The significant reduction in energy levels below baseline indicates profound energetic shifts. Participants in such groups have reported experiences of quantum leaps leading to “bio-resets.” This study suggests that similar phenomena might occur. The collective coherence achieved during the Spinal Flow sessions opens doors to the collective subconscious. The 9/11 attack corresponded to the global collective emotional response, demonstrating how powerful collective emotional coherence can be. Sheldrake’s theory of morphic resonance is integral to understanding these findings. The collective nature of the group intensified this process. Participants reported experiencing deep emotional catharsis. The collective energy of the group appeared to enhance these responses. The Spinal Flow Technique presents a powerful modality for exploring these frontiers of human potential and quantum medicine.

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