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EEG Monitored Guided Meditation for Weight Loss Proving the Materializing Power of Subconscious Mind – Case Report

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Abstract

BACKGROUND: Our study discusses the use of hypnosis as a tool to regulate the subconscious mind, with some researchers viewing it as a form of top-down cognition. The aim of the study was to prove the connection between the subconscious mind and body weight by measuring weight loss caused by hypnosis.

CASE PRESENTATION: The study involved a 25-year-old woman with a BMI of 48.8 kg/m2, who underwent two sessions of guided meditation and was monitored with EEG. Results showed a significant reduction in body weight after 2 weeks, and changes in EEG activity were observed, indicating better vigilance, self-esteem, and a positive state of mind.

CONCLUSION: The study supports the hypothesis that the subconscious mind has materializing power, and the results suggest that turning bad habits into healthy activities and food preferences is related to subconscious productivity. The study could have a positive impact on the patient's lifestyle.

Introduction

Hypnosis is a tool to regulate the subconscious mind. As one of the oldest psychotherapeutic methods, hypnosis appears to be a captivating subject for many researchers. According to American Psychological Association what is meant by hypnosis is "a state of consciousness involving focused attention and less peripheral awareness, marked by a heightened ability for response to suggestions" [1]. This definition states that the hypnotic process is characterized by a state of consciousness during which a modified attention directed toward the individual (internal consciousness) and a decrease in environmental awareness (external consciousness) are observed, as a result of induction and verbal suggestions [2]. Some authors view hypnosis as a form of top-down cognition, in which the subject's mental images have an impact on their physiology, perception, and behavior [3]. Hypnotherapy is used for a number of other disorders, but we are fascinating to proving the materializing power of subconscious mind by measuring the weight loss caused by hypnosis.

Aim

The aim is to conduct a cross-sectional experimental epidemiological study of an obesity patient undergoing guided meditation and monitored with EEG to prove the connection of the subconscious mind with body weight as its material product. Hypothesis: Subconscious can materializing.

Materials and Methods

The study was performed in an electrophysiology laboratory [4]. A 25-year-old women with BMI = 48.8 kg/m^2 (Obese Class III) was studied, informed in advance about the upcoming study, and signed an informed consent form [5]. Measurement of height and weight and calculation of BMI before hypnosis and 2 weeks later after two sessions was done. EEG monitoring was conducted with a device with the following technical specifications: Multifunctional 31-channel digital EEG/EP device with a built-in channel impedance meter with

an indication on the front panel of the device of the state of the electrodes in the registration process; frequency range for EEG channels: 0 Hz–600 Hz; sensitivity for EEG channels: 0.01–10000000 jaV/mm; sampling rate: 1000 Hz. Used monitoring methodology was developed earlier by us [6]. Then the hypnosis was conducted under the 295,5Hz music background.

Case Report

The patient showed a significant reduction of her body weight in a short period of time (2 weeks) following only two sessions of guided meditation. The starting level of BMI was 48.8 kg/m^2 (Obese Class III), and at the end of the study, BMI was 46.9 kg/m^2. At Figure 1 is shown, the differences in EEG record analyses at the beginning (A) and at the end (B). It is clearly visible that the alpha brain activity (green) is highly increased as well as theta and delta ones (red), which is a sign for better vigilance, self-esteem, and a state of mind. Those changes are also tightly connected with the subconscious productivity by turning the bad habits into healthy activities and food preferences. There is an evidence for the materializing power of the subconscious mind proved by weight loss and illustrated at the fully matched EEG record analyses of the brain's activity. This study was a turning point for the patient's lifestyle and brings her only benefits.

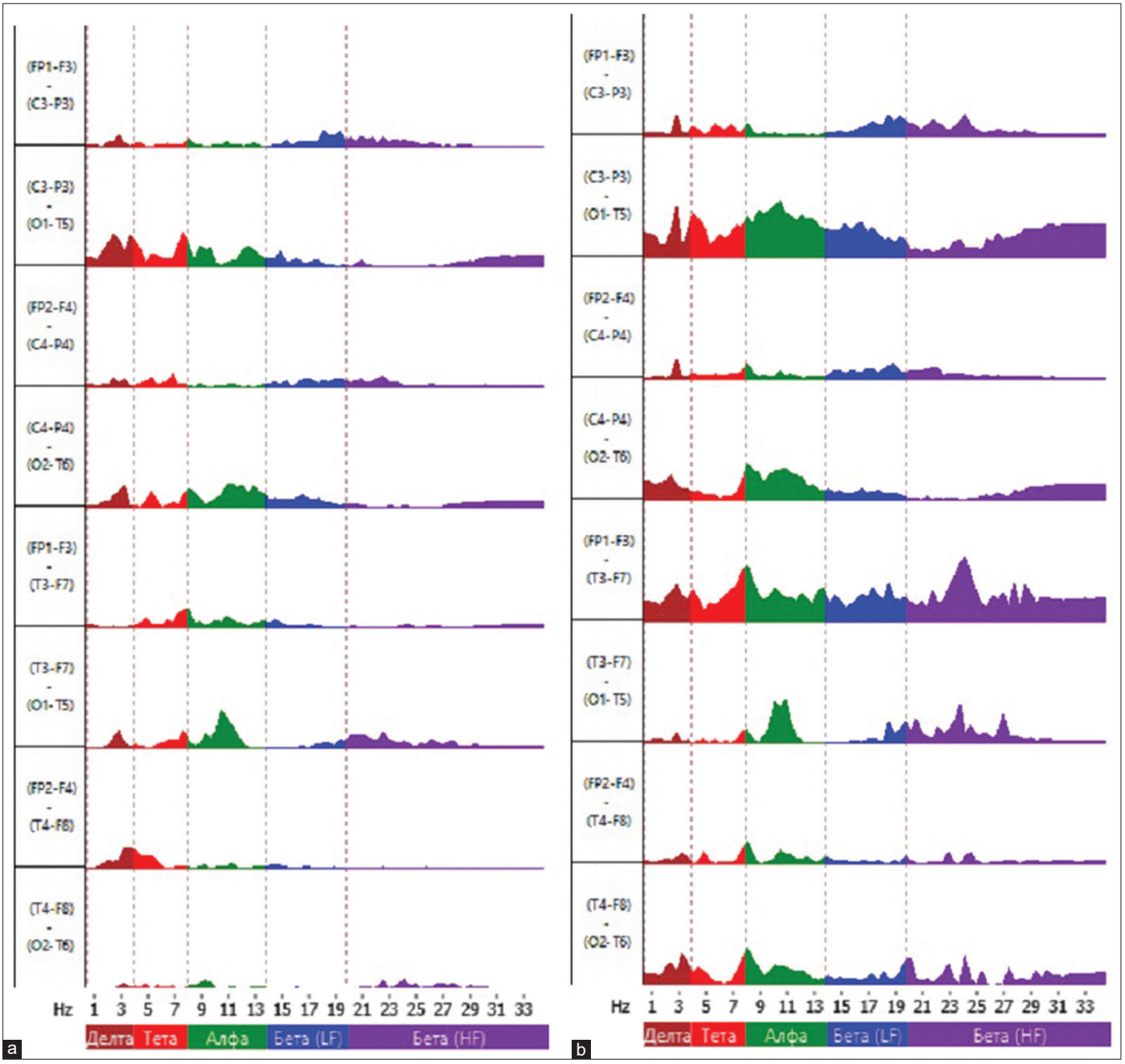

Figure 1: The patient's EEG record analyses before (a) and after the study (b). In red is shown delta and theta brain's activity; in green – alpha; and in blue – beta one

Discussion

Hypnosis for weight loss is a technique that has gained popularity in recent years as an alternative to traditional weight loss methods such as dieting and exercise. Hypnosis is a state of focused attention and increased suggestibility, in which a person is guided into a state of deep relaxation and then given positive suggestions related to weight loss. Proponents of hypnosis for weight loss claim that it can help individuals overcome negative thought patterns and behaviors related to food, increase motivation for exercise, and make healthier choices. Some studies have shown that hypnosis can be effective in aiding weight loss in the short term, although more research is needed to fully understand its long-term effectiveness. However, it is important to note that hypnosis should not be viewed as a quick fix for weight loss. It should be used in conjunction with a healthy diet and regular exercise, and it is not recommended as a sole weight loss strategy. In addition, hypnosis is not suitable for everyone, as some individuals may not be responsive to hypnosis or may have underlying psychological issues that need to be addressed before starting hypnotherapy. It is important to work with a licensed and trained hypnotherapist who specializes in weight loss to ensure the safety and effectiveness of the technique.

Conclusion

Hypnosis for weight loss can be a helpful tool for individuals who are struggling with weight management. However, it should be viewed as a part of a comprehensive weight loss plan and not a standalone solution. It is important to work with a qualified professional to determine if hypnosis is a suitable option for your individual needs and goals. The hypothesis “the subconscious mind can materialize” is proven quantitatively measured by body weight and changes in the structure of brain activity.

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Scientific Responsibility Statement

The authors declare that they are responsible for the article’s scientific content including study design, data collection, analysis and interpretation, writing, some of the main line, or all of the preparation and scientific review of the contents and approval of the final version of the article.

Animal and Human Rights Statement

All procedures performed in this study were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki Declaration and its later amendments or comparable ethical standards. The patient voluntarily signed an informed consent form before the inclusion in the study.

Data Availability Statement

The datasets generated and analyzed in the current study are available from the corresponding author on reasonable request.

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