

Research project: The short version

By Grace Bubeck, August 2012.

The vision, the intuitive understanding, and putting it to the test

Heart of Love healing is a way of working with people therapeutically and in a healing way that came to me in a vision. The vision was that I myself was totally open to, and immersed in, an energy of pure Love, and that I interacted with people with and from this energy in a healing way. I had never done this before, and I also did not know whether and, if so how, the therapeutic modalities that I used as a matter of course (counseling, intuitive energy work, acupressure, massage) in my sessions with clients could be integrated into this way of working.

My intuitive understanding was that love is really the most powerful healing force of all, for two reasons. The first one is that love is the most harmonious, peaceful and nurturing of all energies. If we speculate that dis-ease and dis-comfort are a form of distortion of what would naturally be more harmonious and therefore comfortable and at ease, then the energy of love has the power to reverse or 'undo' disharmonious states and to enable people to move back into the direction of harmony, ease, and comfort. The second reason is that love, in its purity, is at the origin of all life. Love is the life force that runs through us all and that we get disconnected from in various ways. So being exposed to this energy cannot but be helpful and healing in allowing us to reconnect with our own life force.

So how could my vision and the idea that such love is a powerful healing force be put to the test? Was there a way of finding out whether this is indeed true? The research project was a way of verifying this hypothesis. Even though it does not meet what are the usual scientific standards (statistical analysis, double blind study, control group, replicability), it provides interesting and striking answers as a small case study of how heart of Love healing actually did make a positive difference for those who participated in the research project.

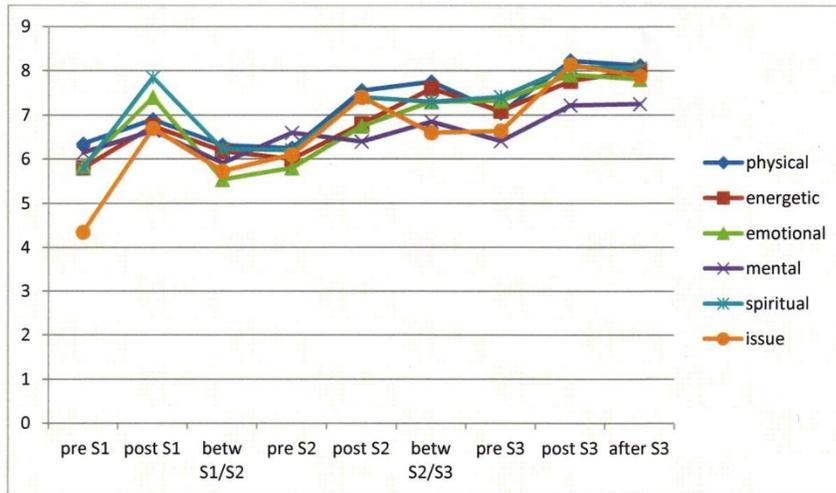
Research sessions and questionnaires

The research sessions were conducted in spring 2012 in Montreal and the Laurentians, both in person and on the phone. 11 persons participated in 3 sessions each. During the sessions, I took care to maintain an awareness, focus, and anchor in the open heart and the energy of Love, while using the usual therapeutic modalities of counseling, energy work and body work. I used 'tuning in periods' at points where I felt I needed to deepen the connection with Love. Participants were given quantitative scales before, immediately after, and one day after the sessions, as well as qualitative questions about various aspects of their experience. The interval between sessions was one week.

The quantitative results

There was improvement in all respects over the course of the three sessions. Interestingly enough, the improvement was greatest during the first session, as reflected in the difference between the pre-session and post-session answers, and was subsequently lost to some extent. The improvement seemed to stabilize more after the second session, and continue on with the third session. Chart 1, which shows the overall trend over the course of the three sessions in all the variables, gives an impressive visual representation of this trend.

Chart 1: ratings before (pre), immediately after (post), and one or more days after the sessions (betw S1/S2, betw S2/S3, after S3), for all variables.



Upon more detailed analysis of the quantitative data, there was more overall improvement in terms of how participants felt about their issue, and how they felt emotionally and spiritually. This is also confirmed by the evaluations of their overall experience throughout the three sessions (see table 2).

Table 2: evaluation of the series of sessions as rated in closing questionnaire

Helpful overall	Helpful: physical	Helpful: energy	Helpful: emotional	Helpful: mental	Helpful: spiritual	Awareness	Healing	Personal journey
6.8 (n=9)	5.83 (n=6)	6.92 (n=6)	8.6 (n=5)	7.58 (n=6)	7.8 (n=6)	7.39 (n=9)	6.1 (n=9)	8.28 (n=9)

When looking back, participants clearly felt that the sessions were more helpful in terms of their emotional, mental and spiritual wellbeing, as compared to their physical and energetic states, and they also indicated that the sessions had been very helpful especially in bringing more awareness and supporting them in their personal journey.

The quantitative results, then, show overall improvement both during and as a trend throughout the three sessions in all the variables that were used to measure the effect of the work during the sessions. The improvement is highest as far as the issue is concerned that participants chose to focus on, and also very significant at the more subtle emotional, mental and spiritual levels compared to the physical and energetic levels.

The qualitative results

Participants mentioned throughout that the sessions were helping them with the issue they had chosen to work on (with the exception of one participant who had no improvement in their purely physical condition). They often described in more detail the shifts and changes that had taken place during and after the sessions, the insights they had had, as well as experiences of relaxation, wellbeing, freedom, trust, hope, peace, love, and closer connection to themselves that had resulted. They also often expressed feeling safe to feel and go more deeply into themselves during the sessions, as well as appreciating the insights and comments that I contributed during sessions.

More specifically in relation to ‘heart of Love healing’ as a modality, many participants commented on the helpfulness of the ‘tuning in’ periods which allowed me to connect more deeply with the energy of Love, and also on the qualities of loving presence (love, kindness, empathy, good will, active listening) that they had experienced in me.

Discussion and Conclusion

Since I had no idea what would come of this journey into the unknown territory of ‘heart of Love healing’, I was very pleased about the overall very positive outcome. As a therapist, I am used to perceiving subtle shifts and changes in my clients, or even major energetic, emotional, mental or spiritual shifts and breakthroughs. Having these perceptions confirmed through the quantitative and qualitative results was a very new, and personally very confirming experience.

Reflecting further on the results, it is interesting to look at how the experience of being in the presence of a loving energy can have a healing and transforming effect. There were many comments by participants that they were able to reach into the depths of their psyche and experience because they felt safe to do so in a therapeutic environment that was loving, compassionate and kind. The very clear and conscious anchoring of my intention and being in the energy of Love certainly helped enormously in creating this safe environment for participants. In fact, this may be one of the explanations of the healing power of Love: when faced with pure love, protection and defenses are simply not necessary, allowing the person to open fully to whatever it is that needs to be seen or felt, and to relax whatever tension is habitually there as a result of their protective defenses. In this deep relaxation (another aspect that was often remarked on by participants), what is tight and contracted can release, thus allowing people to let go of old emotional, mental and spiritual patterns of contraction and holding. A further point of explanation may be that the release also allows vital energy and forces to flow more freely.

This deep relaxation and re-vitalisation could eventually have an effect even at the physical level – which is the densest and therefore slowest to respond – and bring about healing at that level, too. It is therefore possible, even though there is no evidence of this from this research project, that healing will result also at the physical level, much as it did at the more subtle levels.

Another point worth remarking on is the profound and almost mystical nature of some of the moments of pure Love during the sessions, described by one participant as ‘love coming full blast through the phone’. They were moments of grace when the energy of love became so strong that both therapist and participant were deeply touched by them. It is not surprising, then, that participants felt the benefit of the sessions at the spiritual level, too, even though they tended to comment more on the benefits with respect to the issue they were focusing on.

In conclusion, the research project did provide a ‘reality check’ in terms of seeing what effects heart of Love healing could have. The results are strong enough to support the conclusion that heart of Love healing does have a very positive effect on people’s well being and personal growth. The project was also enormously helpful for me in that it confirmed the intuitive understanding of the healing power of Love that I started off with, and it allowed me to develop ways of working with people that were an expression of this Love. In fact, the results are so encouraging that I started reflecting on integrating heart of Love healing into all of my work with clients. The beauty of the energy of Love is that it can indeed be combined with all sorts of other healing modalities, as I found out during the course of the sessions for the research project. It inspires me to offer this healing modality to those who feel drawn to it.