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Electroencephalographic Studies of the Channeling Phenomenon and Their Comparison with Cognitive Processes: Cases-control series

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Abstract

Channeling is a practice, which is characterized by receiving information from non-physical courses (spirits, higher self etc.). Various studies have already demonstrated that this phenomenon is not a pathological psychiatric disorder. The main scientific question remains open: does information actually received during channeling happen through cognitive processes such as psychological analysis of a person, creative stories, and recall memories? Our goal was to compare the phenomenon of channeling with cognitive process. After conducting the first case study and obtaining initial results, it became important for us to replicate the study on a larger sample and expand it.

22 participants took part in the preliminary validation of Channeling ability with double-blind study, then performed medical examination (independent psychiatric evaluation with DSM-5, ICD-11 guidelines, MRI imaging test, hematological and biochemical blood test, physical examination), and final and crucial stage - Electroencephalogram in 6 states: Baseline, Channeling state (silent and vocal) , Cognitive Processes (logical tasks, autobiographical memory recall and creating storytelling from imagination).

In preliminary validation of Channeling ability, we got 330 feedback opinions, where volunteers rated the channeler's responses in the categories: 297 responses (90%) as accurate, 33 responses (10%) as partial accuracy, and 0% as not inaccurate [Table 1]. . A binomial test revealed that the proportion of accurate ratings was significantly higher than expected by chance ($p < 0.0001$). The 95% confidence interval (CI) for accurate responses ranged from 86.29% to 92.79% and the standardized effect size was large (Cohen's $d = 0.88$; 95% CI = 0.74-1.02). Independent psychiatric evaluation: no pathologies detected in 22 participants, in accordance with the diagnostic guidelines of the DSM-5 and ICD-11. In MRI no morpho-anatomical abnormalities or organic changes in the central nervous system were

detected. In physical examination no pathology was observed. During EEG common patterns are demonstrated in different states. During channeling there symmetrical
dominant alpha rhythm predominantly over the occipital and posterior temporal leads, especially at O1, O2, T5, and T6. In different cognitive processes there is a dominant ?-rhythm in Frontal and fronto-central regions (F3, F4, F8, C3, C4).
This study presents the first systematic, with 22 participants and consist of multimodal investigation of the psychophysiological characteristics of the channeling state using EEG, The findings indicate that channeling—particularly in its vocal form—is associated with distinct neurophysiological signatures, including posterior alpha–theta synchronization, interhemispheric symmetry, and, in some cases, spike–slow wave complexes not observed during control cognitive tasks. These patterns significantly differ from those recorded during logical reasoning, autobiographical memory recall, and creative verbal output.

Keywords: Channeling, EEG, Cognitive Process, Neurophysiological Phenomena