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Neurophysiological Characteristics During Trinity Transmission: A Quantitative EEG Case Report Background

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Abstract

Background

The Trinity Transmission Method (TTM) is a novel integrative psychotherapeutic approach developed by Evgeniia Nikulina that combines emotional processing, consciousness-based practices, and heart-centered integration within a structured 60-minute intervention. The method consists of three sequential stages—Emotional Awakening, Higher Consciousness, and Heart Integration—and is designed to facilitate psychological transformation through emotional regulation, expanded awareness, and heart-centered integration.

Objective

To describe the functional brain activity observed during a Trinity Transmission session using quantitative electroencephalography (qEEG).

Case Presentation

A healthy woman underwent a single 60-minute Trinity Transmission session. During the final stage of the intervention, the practitioner intentionally maintained a heart-centered state of unconditional love while performing directed transmission toward the participant. Continuous qEEG was recorded with the participant's eyes closed using a standard 19-channel EEG system. Before the intervention, the participant reported moderate psychophysical fatigue. Following the session, she reported an approximately 80% increase in perceived energy level, accompanied by a profound sense of inner calm, emotional lightness, mental clarity, and overall improvement in psychological well-being.

Results

Quantitative EEG demonstrated a highly organized pattern of cortical activity throughout the Trinity Transmission session. The most prominent finding was a stable dominant posterior alpha rhythm with a

spectral peak at approximately 10–11 Hz, predominantly localized over the parieto-occipital cortex. The alpha peak was narrow and well defined, indicating a stable functional brain state maintained throughout the recording. Topographic analysis revealed pronounced cortical synchronization with coordinated activation across distributed neural networks. Brain activity exhibited a highly organized spatial distribution without evidence of fragmented or disorganized cortical activation. The predominance of alpha oscillations was consistent with a relaxed but fully awake state characterized by sustained internal attention and efficient neural self-regulation. Theta and delta activity remained within physiological limits without abnormal slow-wave enhancement, indicating preservation of wakefulness during deep relaxation. Beta1 and Beta2 activity was moderate and localized, without generalized high-frequency activation typically associated with cognitive overload, stress, or anxiety. Overall, the electrophysiological profile reflected a brain state characterized by high functional organization, preserved physiological spectral architecture, synchronized cortical oscillations, sustained internal attentional focus, and the absence of generalized cortical hyperarousal.

Conclusion

This case demonstrates that the Trinity Transmission Method was associated with a stable and highly organized pattern of brain activity characterized by dominant posterior alpha synchronization, preserved physiological cortical organization, and coordinated neural network activity. Following the intervention, the participant reported an approximately 80% increase in subjective energy level, together with improved emotional well-being and mental clarity. These preliminary findings suggest that quantitative EEG may serve as a valuable objective tool for investigating the neurophysiological characteristics associated with Trinity Transmission. Further studies involving larger cohorts, controlled experimental designs, and multimodal psychophysiological assessments are warranted to evaluate the reproducibility and broader significance of these observations.

Keywords: Quantitative EEG, Trinity Transmission Method, Brain Oscillations, Alpha Synchronization, Consciousness, Psychophysiology, Case Report