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STUDY ON THE EFFECTIVENESS OF EMOTIONAL SELF-HEALING ON THE ELECTRICAL ACTIVITY OF USERS' BRAINS AT A HEKALOGY EVENT IN SAN MIGUEL DE ALLENDE

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ABSTRACT

The objective of this study is to establish a relationship between mood and brain activity through the electroencephalogram (EEG) in users who attend the emotional self-healing event for Hekalogy in San Miguel de Allende on June 28 and 29, 2025. The study was an explanatory research study with an experimental design. It was a longitudinal prospective study with a census sample of 25 participants. The participants attended an emotional self-healing retreat through the practice of hekalogy called Sexual Energy, Chakra 2, in San Miguel de Allende on June 28 and 29, 2025. Brain activity was measured with the CONTEC MEDICAL SYSTEMS electroencephalogram model KT88-32000, serial 25050300002. The DASS-21 and Ryff Adapted Emotional Well-Being State survey was also carried out 1 day before and 1 day after the event. A shift in the prevalence of theta and delta brain waves was documented one day after the occurrence, along with an enhancement in the emotional state of a considerable proportion of the subjects fifteen days after the event, despite the presence of multiple artifacts. This is attributable to the absence of an adequate structure or laboratory for the execution of electroencephalograms (EEGs). This is a significant constraint in all the results of the pre- and post-event encephalograms of the subjects, as well as in the results obtained through the measurement of brain electrical activity with the 32-channel CONTEC brand electroencephalogram. The study has concluded that Hekalogy exerts a positive impact on the effectiveness of the predominance of theta and delta brain waves, as well as on emotional state, despite the limitations of the adequate space for measuring electroencephalograms (EEGs). The results obtained demonstrate that Hekalogy has beneficial effects on brain health and greater harmony in the activity of the central nervous system. Furthermore, the results indicate an improvement in the emotional state, which translates into various benefits for the participant.

KEYWORDS: Hekalogy; Emotions; Self-healing; Electroencephalogram; Brain Waves; Bioresonance.

1 INTRODUCTION

In recent years, scientific research has demonstrated a heightened interest in investigating the relationships between an individual's emotional well-being, cerebral activity, and comprehensive health status. A variety of self-healing practices have emerged as complementary tools in the regulation of the nervous system and the restoration of psychophysiological balance. Among these approaches, Hekalogy has established itself as a discipline that proposes a methodology of emotional self-healing based on integrating principles of consciousness, energy, and body.

In recent decades, the study of brain waves using electroencephalogram (EEG) has enabled substantial progress in the understanding of the human brain's functionality and in the analysis of practices that promote mental and emotional well-being.

Electroencephalograms (EEGs) are derived from the inhibitory and excitatory postsynaptic potentials of cortical nerves. These postsynaptic potentials are transmitted to the cortex, extending through the skull and scalp. The rhythmic activity of the electroencephalogram (EEG) is determined by the synchronized electrical potentials of postsynaptic cortical neurons, which are regulated by the complex interactions among a substantial number of cortical cells. Cortical neurons interact with subcortical pacemakers. The interaction produces a synchrony that is characterized by its inherent coherence and alignment. Subcortical structures have the capacity to transmit synchronizing impulses to cortical neurons, thereby inducing generalized synchronous rhythmic changes. The system must filter out electroencephalogram activity, external pulses, eye movements, and other artifacts (12).

The objective of this study is to assess the efficacy of Hekalogy in modulating brain waves, employing the electroencephalogram (EEG) as a direct instrument to observe variations in the neuro-emotional activity of the participants.

The objective of this paper is to provide empirical evidence to the nascent field of emotional self-healing, thereby proposing a bridge between the subjective experience of well-being and its measurable physiological correlates.

The human brain is unquestionably one of the most intricate systems in the known universe, and interest in understanding its workings dates to ancient times. The nervous system is composed of approximately one hundred billion nerve cells, known as neurons. These cells share common characteristics and structural components with other cells. However, unlike these cells, neurons possess an

electromechanical nature that enables them to transmit electrical signals over extended distances.

Emotional self-healing is a contemporary concept that suggests the potential for significant physical and emotional transformations in individuals through conscious work on repressed emotions, dysfunctional thought patterns, and self-relations. Hekalogy, a comprehensive discipline integrating emotional intelligence, proposes methodologies for self-exploration, facilitating the process of unraveling psycho-emotional burdens that impede overall individual health.

In this context, emotional self-healing validated by hekalogy proposes an innovative model that considers that many mental and psychological manifestations can be the consequence of unresolved emotional blockages. This perspective suggests that the release of emotional charges through guided introspective practices and inner transformation may be associated with physiological and mental changes in the human body. These changes could influence brain electrical activity, potentially without the need for external interventions such as conventional relaxation therapies or techniques.

Despite the absence of a control group among individuals who did not attend the emotional self-healing event, which precludes conclusive evidential comparison, and the limitation of artifices due to the unavailability of sufficient space for electroencephalograms, this study aims to provide preliminary empirical evidence or proof of concept, thereby laying the foundation for future research with more rigorous designs, such as randomized controlled studies. A potential augmentation in the domain of research concerning the repercussions of self-healing and emotional well-being practices on mental health may contribute to a more holistic conception of human care.

The objective of the research is to establish the relationship between mood and brain activity through the electroencephalogram in users who attend the emotional self-healing event valid for Hekalogy in San Miguel de Allende June 28 and 29, 2025.

2 MATERIALS AND METHODS

2.1 *Experimental Design*

Objective: To establish the relationship between mood and brain activity through the electroencephalogram in users who attend the emotional self-healing event valid for Hekalogy in San Miguel de Allende June 28 and 29, 2025.

2.2 *Pre-established hypothesis:*

Emotional self-healing produces changes of improvement in brain electrical activity and emotional state in a significant percentage, as demonstrated:

1. Improvement of brain electrical activity in predominance of Theta and Delta waves (measured with the CONTEC MEDICAL SYSTEMS electroencephalogram model KT88-32000, serial 25050300002).
2. Improvement in participants' emotional state (through the DASS-21 adapted emotional state survey).
3. Improvement in the emotional well-being of the participants (assessed with the Ryff adapted emotional well-being survey).

2.3 Sample Size

The census sample consisted of 25 participants, between men and women aged 18 and 60, who attended the emotional self-healing practice of a Hekalogia event.

Changes in improvement were observed in a significant percentage of the participants.

Each participant underwent an individual medical evaluation, received an explanation of the study, signed an informed consent form, completed the DASS-21 and Ryff survey in a private room, and had the space adapted and the electroencephalogram equipment installed. The following instructions were provided:

- Avoid caffeine consumption: Caffeine can alter brain activity, so it was recommended not to consume coffee, tea, soft drinks or chocolate at least 12 hours before the exam.
- Do not use hair products: Gel or any product that may interfere with the placement of the electrodes should be avoided. Wash the hair the day before.
- Get adequate rest: If possible, try to get a good night's sleep. Lack of sleep can affect brain activity and, therefore, EEG results.

The day of the procedure was performed as follows:

- **Electrode Placement:** The patient was then positioned supine on the examination table. The specific areas of the scalp were then meticulously cleansed with conductive liquid gel. The measurement was then taken with a tape measure, and the electrodes were strategically positioned according to the 10/20 system. The procedure is not associated with any significant discomfort.
- **Brain Activity Recording:** Once the electrodes were placed, the electrical activity of the brain began to be recorded. During this time, the

patient was instructed to take moments such as taking a deep breath or closing their eyes.

- **Duration of the Procedure:** The total duration of the EEG was 20 minutes.

The measurement of the electroencephalogram was carried out with the 32-channel CONTEC device, the measurements were carried out at two times:

1. Before Withdrawal (Baseline)
2. After the retreat (at the end of the emotional healing process).

The measurement was carried out under controlled conditions of environment, lighting and basic physical condition (without having eaten or consumed stimulants in the previous two hours).

3.4 Data Analysis

Descriptive statistics were used to assess changes in brain electrical activity, considering the following criteria:

- Gamma Brainwave <25 Hz
- Beta Brainwave 13-25 Hz
- Alpha Brainwave 8-12 Hz
- Theta Brainwave 4-7 Hz
- Delta Brainwave 1-3 Hz

"Improvement in brain electrical activity" was considered to be a decrease in the amount of brain wave in a period of 1 with respect to the measurement of dates 1 and 2.

The DASS-21 emotional state survey was also carried out, which is the Depression, Anxiety and Stress Scale (DASS-21), this scale is a set of 21 items designed to measure the levels of depression, anxiety and stress in individuals. It consists of 21 items, divided into three subscales: depression (5 items), anxiety (5 items) and stress (5 items). Each item is rated on a 4-point Likert scale, ranging from 0 (not at all) to 3 (a lot or most of the time). Higher scores on each subscale indicate greater symptom severity in that specific domain.

Table 1. Items and values to each answer.

ANSWER	PUNCTUATION
NEVER	0
SOMETIMES	1
FREQUENTLY	2
ALMOST ALWAYS	3

Total per person: add the points of the 5 items → maximum 15.

Indicative interpretation:

- 0-3: Low level of emotional distress.
- 4-8: Moderate emotional level.
- 9-15: High emotional level.

In the case of the Ryff Emotional Well-Being Survey, it is the Ryff Psychological Well-Being Scale

that consists of a series of statements related to each of the domains mentioned above. Participants are instructed to indicate the degree to which they agree with each statement on a scale of 1 to 5, where 1 means strongly disagree and 5 means strongly agree.

The Ryff Psychological Well-Being Scale is a tool used to assess the psychological well-being of individuals. To calculate the total score on the scale, the scores for each statement within a domain are added together. There are six domains in the scale, and each domain has a total score. Conversely, elevated scores are indicative of elevated levels of psychological well-being within that specific domain. Accordingly, these values have been employed in the subsequent responses:

- Rate each item from 1 to 5.
- Total possible: 4 items \times 5 = 20 points.

3.5 Indicative interpretation

- 16–20: High perceived well-being.
- 10–15: Moderate.
- <10: Low emotional well-being.

3.6 Inclusion Criteria

- Signed informed consent.
- Willingness to attend the Hekalogia event.
- Women and men between the ages of 18 and 60.

3.7 Exclusion Criteria

- Failure to comply with the sample collection protocol.
- Use of electromagnetic devices that alter the energy field (magnetic resonators and electrostimulators).
- History of epilepsy, seizures, sleep disorders.
- No cranial deformity do not take any psychotropic drugs, intake of psychoactive substances.

3.8 Controlled Variables

- Measurement time: 8:00 a.m.
- Same EEG DEVICE CONTEC MEDICAL SYSTEMS model KT88-32000, serial 25050300002) for EEG measurements.
- Same DASS-21 and Ryff emotional well-being status survey.

3.9 Experimental Design

The study was explanatory, experimental and longitudinal. With informed consent, brain electrical activity was measured with the 32-channel CONTEC device before and 1 day after the event as well as the DASS-21 and Ryff emotional well-being status survey was conducted before and 15 days after the event of the emotional self-healing practice validated by Hekalogy to determine the effectiveness of Hekalogy

in brain wave changes through the electrocardiogram, to determine the relationship between mood and brain activity in the users who attended the event. In this way, EEG measurement was obtained in the event participants using the 32-channel CONTEC electroencephalogram device to discover the importance of emotional self-healing validated by Hekalogy in current medical science.

An electroencephalogram (EEG) is a test that measures the electrical activity of the brain. EEG is generated from the inhibitory and excitatory postsynaptic potentials of cortical nerves. These postsynaptic potentials join in the cortex and extend through the skull and scalp. The rhythmic activity of the EEG is a function of postsynaptic cortical neuronal potentials that are synchronized by the complex interactions of large numbers of cortical cells. Cortical neurons interact with subcortical pacemakers. Together there is a synchronicity that results from this interaction. Subcortical structures can send synchronizing impulses to cortical neurons and induce generalized synchronous rhythmic changes. The system must filter out ECG activity, external pulses, eye movements, and other artifacts (13).

3.10 Materials

1. Evaluation of brain electrical activity:
 - CONTEC MEDICAL SYSTEMS EEG device model KT88-32000, serial 25050300002).
 - EEG32 Integrative Machine of Digital EEG Topography brain electrical activity analysis software.
2. Adapted DASS-21 and Ryff emotional well-being status survey.
3. Emotional self-healing protocol:
 - Structured Retreat

3.11 Statistical Analysis

The data were collected on June 28 and 30, 2025, using the CONTEC 32-channel EEG device to measure brain electrical activity. The data were also collected using the DASS-21 and Ryff emotional well-being status surveys. The collected data will be meticulously documented in an Excel spreadsheet. A correlation between these results before and after the emotional self-healing retreat will be recorded among participants from a randomly selected population of 25 people who attended the event. It is noteworthy that the participants did not make any modifications to their dietary or exercise routines. Additionally, they did not engage in relaxation techniques or exercises such as meditation, yoga, or breathing techniques. Conversely, subjects were prompted to experience stressors such as the expression of emotions, physical discomfort, tears, or vomiting. This methodological

approach renders our practice and research highly intriguing, distinctive, and pioneering.

4 RESULTS

Figure 1 shows the relationship of the Theta brain wave taken with the electroencephalogram of the CONTEC equipment on corresponding dates 1 and 2 as follows:

- Theta Brainwave Shot #1 dated June 28, 2025, at 8:00 am before the practice of Hekalogy.
- Theta Brainwave Shot #2 dated April 30, 2025, at 8:00 am 1 day after the end of the Hekalogy practice.

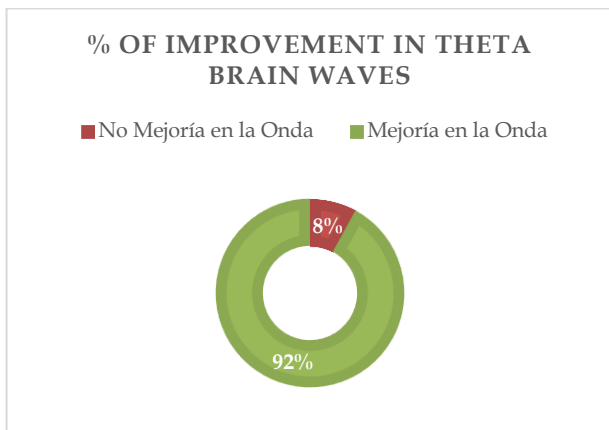


Figure 1. % improvement ratio in theta brain waves.

It is observed that, out of 25 participants, 23 participants (92%) presented a predominance in Theta brain wave velocity compared to takes 1 and 2.

Figure 2 shows the relationship of the Theta brain wave taken with the electroencephalogram of the CONTEC equipment on corresponding dates 1 and 2

as follows:

- Take # 1 of Delta Brain Wave dated June 28, 2025, at 8:00 am before the practice of Hekalogy.
- Delta Brain Wave #2 was taken on April 30, 2025, at 8:00 am 1 day after the end of the Hekalogy practice.

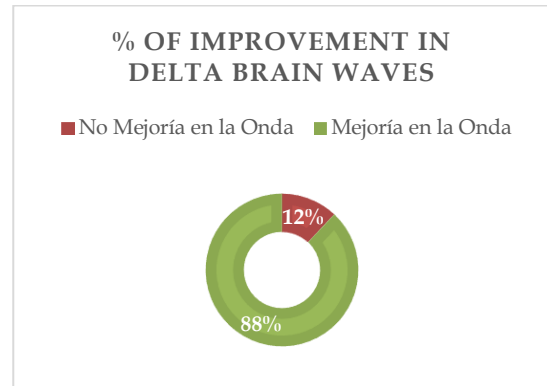


Figure 2. Ratio % improvement in delta brain waves.

It is observed that, of 25 participants, 22 participants (88%) presented a predominance in Delta brain wave velocity in relation to shots 1 and 2.

Figure 3 shows the relationship of the adapted emotional state of DASS-21 on corresponding dates 1 and 2 as follows:

- Take #1 of the DASS-21 adapted emotional state survey dated June 28, 2025, at 8:00 am before the practice of Hekalogy.
- Take #2 of the DASS-21 adapted emotional state survey at 8:00 am 15 days after the practice of Hekalogy.

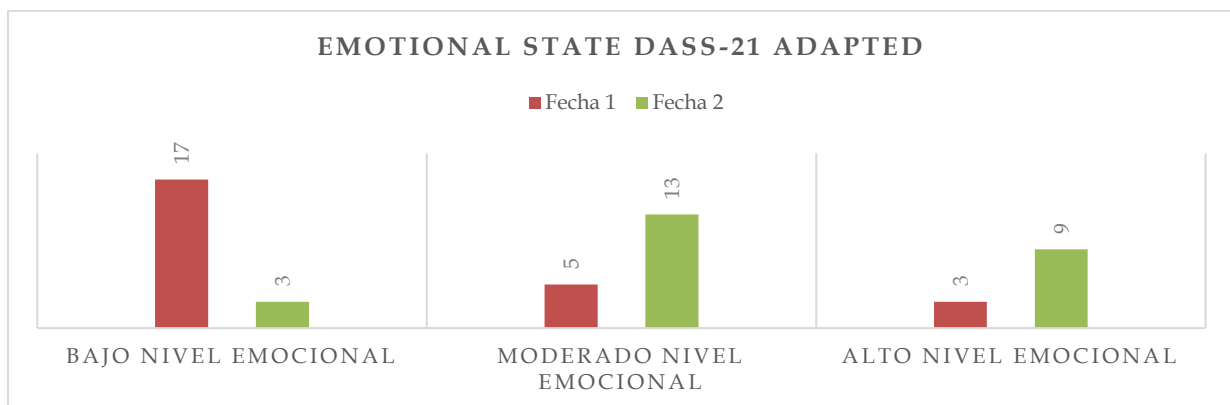


Figure 3. Relationship % emotional state (adapted dass-21)

It is observed how on the first date, according to the survey 17 people had a low emotional level, 5 people at a moderate emotional level and 3 at a high

emotional level. 1 week later, as date 2, the same survey was carried out, obtaining a significant improvement, maintaining only 3 people in low

emotional level.

Figure 4 shows the relationship of the adapted emotional well-being of ADAPTED RYFF on corresponding dates 1 and 2 as follows:

- Take #1 of Ryff Adapted Emotional Well-Being

Survey dated June 28, 2025, at 8:00 am prior to the practice of Hekalogy.

- Take #2 of the Ryff Adapted Emotional Well-Being Survey at 8:00 am, 15 days after the practice of Hekalogy.

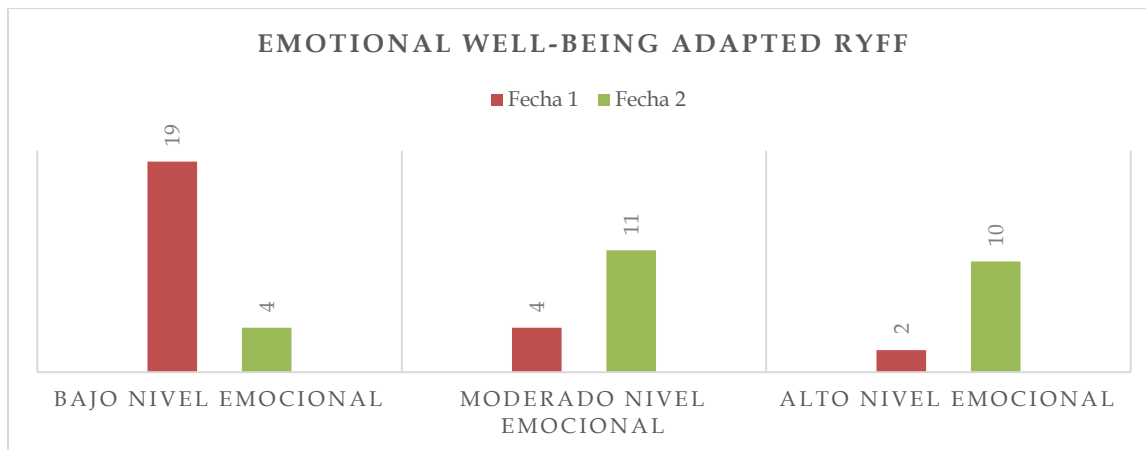


Figure 4. Relationship % emotional well-being (adapted ryff)

It is observed how on the first date according to the survey, 19 people had a low emotional level, 4 people a moderate emotional level and 2 a high emotional level, 15 days after the event as date 2 the same survey was carried out obtaining a significant improvement while maintaining only 4 people in a low emotional level.

5 DISCUSSION

The objective of this study is to establish the relationship between mood and brain activity through the electroencephalogram (EEG) in users who attended the emotional self-healing event on June 28 and 29, 2025, in San Miguel de Allende, Mexico, for Hekalogy. Despite the presence of multiple artifacts in the results of the EEG measurements due to the lack of an appropriate structure or laboratory for the performance of cerebral electrical activity, which was an important limitation in all the pre- and post-event EEGs of the participants, it was possible to identify an improvement in theta and delta wave predominance. There was also a significant improvement in the emotional state of the participants, as measured by the DASS 21 and Ryff surveys. These findings suggest that the practice of emotional self-healing causes a significant improvement in brain wave speed and emotional well-being status in a significant percentage of the participants. It is imperative to note that users who attended this event have led to the differentiation of other practices carried out for the improvement of brain waves. For instance, there is the practice published in July 2017

entitled Memory Analyzed by Brain Electrical Stimulation: A Review of 80 Years of Experiential Phenomena, which concludes that brain electrical stimulation can induce different types of memory, including familiarity, semantics, autobiographical, and episodic semantics. This variety may have been underestimated, suggesting that future studies of EBS-induced reminiscences should take it into account. The findings of this study demonstrate that the type of induced reminiscence appears to be broadly consistent with contemporary anatomical functional models of declarative memory. Nevertheless, it is imperative to acknowledge that the promotion of patient well-being is contingent upon the consistent application of disciplinary measures and the demonstration of perseverance over an extended period (2).

On May 24, 2021, a study was conducted under the title "Evaluation of changes in brain electrical activity during general anesthesia using portable electroencephalography." This study achieved the differentiation of resting state and maintenance of anesthesia, replicating previous findings of conventional technologies. However, it should be noted that these alterations in electrical activity were obtained under the influence of general anesthesia with Propofol (1).

A subsequent study, titled "Visual Stimulation Based on Concepts and Its Analysis by Electroencephalography," was conducted on January 16, 2023. This study arrived at the conclusion that the human brain exhibits distinct waveforms and characteristics. This finding paves the way for future

research that aims to classify these characteristics using the ERP (Event-Related Potential) method. Furthermore, the study posits that these potentials can be utilized to identify the times when signals exhibit maximum variance in the data. This identification of variance enables the discrimination of positive and negative components within each of the presented classes. This, in turn, facilitates a more precise analysis of each signal type.

A study conducted on January 20, 2015, utilized brainwave analysis to ascertain emotional responses to visual stimuli. The study's participants, numbering 22, were exposed to visual stimuli depicting happiness and fear. The findings indicated that approximately one-quarter of the human brain is dedicated to visual processing, surpassing the allocation to any other sensory modality. The cerebral cortex is responsible for a wide variety of perceptible and cognitive processes. The frontal lobes facilitate the planning and execution of actions, while the occipital lobes enable visual perception and recognition. This study utilized a method of brain wave measurement, which revealed a substantial increase in beta waves. Beta waves are known to indicate the activity of an awake individual, and in this case, when exposed to visual stimuli, a stronger correlation with these waves was observed in the experiment (4).

In a similar vein, the study "Brain electrical activity of attention in polyuser adolescents by means of a BCI (brain control interface): a census sample of 46 adolescents" (2017) revealed an increase in specific brain wave frequencies in frontal and prefrontal areas during attention tasks in polyuser adolescents compared to a quasi-control group. The study, conducted in October 2017, utilized a census sample of 46 adolescents and found an increase in beta- β (13-30 Hz), theta- (4-7 Hz), and delta-d (3-4 Hz) brain waves. A substantial discrepancy was identified concerning response time between adolescents who consume psychoactive substances and the quasi-control group in both types of attentional tasks (5).

In contrast, the study's algorithm for classifying brain waves using deep learning techniques, with a focus on lower limb movement, employing a brain-machine interface, concluded in 2020 that the project's objective was successfully achieved and the research question was addressed. This is evidenced by the neural network's overall accuracy of 85.4% in the test sets, as demonstrated in Section 8.2. It is evident that the problem was resolved using a recurrent neural network (6).

It is noteworthy that in April 2017, a study was

presented on the efficacy of neurofeedback as a complementary training method to enhance athlete performance. This systematic review, which offers implications for future research, concluded that neurofeedback training (NFT) has been recognized as a method to improve self-regulation. Recent studies have demonstrated the efficacy of this approach in relieving symptoms in clinical samples and in improving performance in non-clinical samples, including musicians. The domain of sports stands to benefit significantly from the integration of non-fungible tokens (NFTs). However, there is a paucity of studies on the application of NFTs in sports, i.e., those that evaluate their effectiveness in improving sports performance (7).

In June of 2019, the research team conducted a study on the brain electrical activity of attention in polyuser adolescents through a BCI (brain control interface). The results of this study suggest that the consumption of psychoactive substances generates changes in the brain electrical activity of adolescents. These changes are reflected in the attentional deficits observed in polyuser adolescents. Therefore, they constitute a possible risk factor for the initiation and maintenance of substance use. This research provides important data to the field of psychophysiology of brain electrical activity. This data allow and help to characterize possible electrophysiological profiles associated with the adolescent population consuming psychoactive substances. These profiles could be taken into account when carrying out the evaluation, design, and planning of new intervention strategies, such as feedback in this type of population (8).

This phenomenon can be regarded as a clarion call for society, for it highlights the profound interconnection between emotional regulation and the prevalence of physical and mental maladies in humans. This assertion finds corroboration in numerous preceding studies, which have demonstrated that diverse practices are associated with alterations in brain waves. However, it is imperative to acknowledge the caveats associated with these practices. Chief among them are the temporal demands, the necessity for perseverance, and the commitment to discipline if one is to attain the desired outcomes. Moreover, it is crucial to recognize that these practices underscore the imperative to circumvent stressors and to employ relaxation techniques and visual projections as a means to foster well-being in the future.

Individuals who attend self-healing events often report that these experiences facilitate the identification and release of deeply held personal

insights and emotions. Upon introspection, individuals may encounter emotions that have remained unexpressed since their formative years. This process facilitates the release of these repressed sentiments, thereby offering a means to alleviate the associated physical and mental health concerns. Upon the culmination of the event, individuals depart with a profound sense of serenity and, most significantly, the realization that they are the architects of their own reality and possess the capacity to effect change. This approach fosters a sense of empowerment and serenity.

Accordingly, the process of Hekalogy is initiated through the mobilization of emotional energy by means of focused attention, thereby facilitating the individuation of the human subject. This process necessitates a state of psychological surrender on the part of the individual.

This phenomenon occurs as a result of the body's attempt to release the accumulated emotional energy. Consequently, the body may manifest physical symptoms such as crying, vomiting, or diarrhea, thereby facilitating the release of the accumulated emotional stress.

This is also referred to as "hekalogy," defined as the integrative science that studies the innate healing potential of the human being, transcending external techniques or control systems. This discipline utilizes scientific validation to demonstrate that humans possess the capacity for self-regeneration, equilibrium, and stress release through deep emotional release.

Accordingly, the process of Hekalogy is initiated through the mobilization of emotional energy by means of focused attention, thereby facilitating the individuation of the human entity. This process necessitates a psychological disposition of acquiescence on the part of the individual.

This phenomenon occurs as a result of the body's attempt to release the accumulated emotional energy. Consequently, the body may manifest physical symptoms such as crying, vomiting, or diarrhea, thereby facilitating the release of the accumulated emotional stress.

In summary, the present study demonstrates the existence of two distinct pathways: the conventional path, characterized by the regulation and management of emotions, which is associated with elevated levels of stress, and the alternative path, marked by complete relinquishment of emotional control.

The study's findings are pertinent to the documentation of theta and delta wave brain electrical activity predominance, as well as the

enhancement of emotional state in a substantial proportion of participants. It aspires to furnish empirical evidence, acknowledging the absence of a control group, which hinders the presentation of conclusive evidence. Additionally, it recognizes the significance of multiple artifacts in electroencephalograms (EEGs) results due to the unavailability of adequate space or a laboratory for this measurement. These results contribute to the development of future research with more rigorous designs, aiming to demonstrate an emerging field of complementary medicine and neuroscience. This field endeavors to comprehend the interactions between emotional processes, unconventional practices, and objective physiological markers.

6 CONCLUSION

The findings obtained in this study confirm that the practice of Hekalogy, applied in the context of an emotional self-healing retreat, produces positive changes in the state of emotional well-being. These changes are measurable in brain electrical activity, observable through electroencephalographic parameters. The predominant occurrence of theta and delta waves in a considerable proportion of the subjects indicates a shift towards mental states characterized by profound relaxation, emotional rejuvenation, and an openness to healing introspective processes.

These results lend support to the hypothesis that there is a significant relationship between mood and brain electrical activity, and that integrative methods such as Hekalogy can effectively contribute to the restoration of emotional balance through natural body-mind pathways.

Notwithstanding the presence of artifacts, which stemmed from the absence of adequate infrastructure and a designated laboratory for the execution of electroencephalograms (EEGs), a significant caveat that pervaded all the participants' pre- and post-event encephalograms, it is nevertheless recommended that research involving complementary technologies, such as EEGs, be pursued. Moreover, it is imperative to expand the population sample and to continue the scientific validation of the impact of Hekalogy on emotional and brain health. This research trajectory has the potential to establish a new standard for future interventions in integrative health, wherein the convergence of scientific knowledge and public awareness is aimed at enhancing human well-being.

This research posits hypotheses derived from the emotional self-healing paradigm studied by Hekalogy, proposing a direct and positive impact on

brain activity. The findings indicate that practices grounded in consciousness, purpose, and vibration possess the potential to activate internal mechanisms of self-regulation and neurological balance.

The consolidation of these approaches could potentially unveil novel avenues for the integration of Hekalogy and related practices, thereby complementing conventional health models and

promoting a more comprehensive understanding of human well-being. Consequently, the field is poised for future research, as this line of research has the potential to establish a standard for future interventions in integrative health. In this domain, scientific knowledge and public awareness can be utilized to enhance human well-being in the present.

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