

Testing Intentionality on Pinto Beans Using the Bengston Energy Healing Method®

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The purpose of this experiment is to test to see whether I can influence the growth of pinto beans through my intention using the Bengston Method of energy healing. I took two jars and grew pinto beans in them, an experiment similar to those done in many middle school science classes. One jar was treated with energy healing (T), the other was the untreated control (X). My theory, based on other experiments done with healers on plants, was that the treated beans would “grow noticeably better”. The results were surprising!

Day 1. I first put 4 beans in each jar, added water, treated the target jar with a meditative energy treatment, then let the beans soak overnight. (Fig 1 and Fig 2).



Fig 1



Fig 2

Day 2. No change observed. Planted beans in jars (treated on right). Jars are lined on the inside with paper towels, additional paper towels placed at bottom to press towels firmly against side of jar. Beans placed between paper towel and glass. Filled with 150ml of water to keep paper towels moist. Paper towels will act like a wick to draw water. Repeated meditative energy session on treated jar on right. (Fig 3)



Fig 3

Day 4 3/16” Sprout on one bean in treated Target (TB1). No change in untreated (X).

Day 5 Sprout on TB1 grows to 5/8”. TB2 looks like it’s about to sprout. (Fig 4). Still no change in X.

Seems like my intention for the treated beans to “grow noticeably better” is working.



I must add that sometime around Day 5 I had the mindset that I did not want the treated beans competing with the untreated, outdoing them. Rather I wanted the untreated beans to cooperate and collaborate with the treated beans to give them a head start so that the experiment would be successful. Not sure if this affected the intention during these sessions.

Day 8 TB1 growing, TB2 no change, growth may have stalled. XB1 (untreated bean 1) starts to sprout. (Fig 5)

During this time I was doing treatment sessions 3 times a week and making sure that I added water.

Jar with treated beans on the right.



Fig 5

Day 12 TB1 growing healthy root. TB2 growth looks to have stalled and started showing white mildew/mold. TB3 also showing white mildew/mold. XB1 also growing root. (Fig 6)

My intention for the treated beans to “grow noticeably better” is still working.



Fig 6

Day 14 Showing similar progress. The root of the treated bean (TB1) is pushing the bean up. XB1 root is growing. (Fig 7)



Fig 7

By this time I was convinced that the experiment was a success as the treated bean was clearly “growing noticeably better”. Now my focus was on how to replicate the results to make sure that it was not a one-time fluke. But as the experiment progressed, I was in for a big surprise!

Day 15 The untreated bean, XB1 flowered first.

Day 16 TB1 starts to flower, root pushed up bean to the top of the jar. XB1 growing TB2, TB3, TB4 mildewed or mold, XB2, XB3 and XB4 no action.

Day 19 TB1 flowering stalled, XB1 growing.

Day 22 TB1 stalled, XB1 growing XB2 flowering with no root.

Day 23 TB1 stalled (Fig 8), XB1 growing XB2 flowering and small root (Fig 7) (which may have been there the day before, though I did not notice it).



Fig 7



Fig 8

Day 26 With TB1 still dormant, and XB1 and XB2 growing, it started to look like my intention for the treated beans to “grow noticeably better” was not working.

Day 29 Same as Day 26, however today I did a treatment session with the intention that TB1 “returns to life”.

Day 30 I was quite excited to see that TB1 had a change! I thought it was beginning to sprout another flower. (Fig 9) However it was only the bean splitting as it dried out. I continued to treat it with the intention that TB1 “returns to life”.



Fig 9

Day 32 TB1 looks like it is indeed coming back to life, sprouting a tiny leaf. XB1 and XB2 continue growing, XB2 grows another leaf. (Fig 10)

Clearly the untreated beans on the left were “growing noticeably better” than the treated beans on the right.



Fig 10

Day 46 I started topping off the treated jar with treated water from other experiment, untreated with regular tap water. TB1 the rest of bean dropped off.

Day 58 The final picture (Fig 11 below), there is no doubt as to the outcome.

So now I was wondering, did my treatment inhibit the growth of the target instead? What did this mean? I have had some success in energy healing with cancer (pets and people). Was I somehow inhibiting the growth of cancer cells?

Of course the next step is to replicate the results. I was concerned that using only 8 beans was not a large enough sample set. So I decided to replicate the experiment using broccoli seeds (similar to Kayna's experiment posted on BengstonResearch.com), using 50 seeds in each dish. I have been running the experiment for a few weeks now and should be able to publish results in a few weeks. But here's a sneak preview: the treated dish had the first sprout, by the 3rd day the non-treated dish "grew noticeably better"!



Fig 11