**THE STORY:**

The gentle rocking of a baby’s swing, this motion is known to the Nehiyaw people to induce sleep. During a pipe ceremony in 2001, Darlene Auger experienced a vision where she was shown a large hammock-like swing with an adult in it wrapped like a baby and was told by a spirit grandmother that “people need to be swung” in her native language (Nehiyawewin). In 2017, Darlene completed her doctorate dissertation entitled, DECOLONIZING THE TRADITIONAL STORY: Wîwîp’son, the healing swing: ancestral knowledge and spiritual experience lead scientific measurement.

**INTRODUCTION**

The gentle rocking of a baby’s swing, this motion is known to the Nehiyaw people to induce sleep. During a pipe ceremony in 2001, Darlene Auger experienced a vision where she was shown a large hammock-like swing with an adult in it wrapped like a baby and was told by a spirit grandmother that “people need to be swung” in her native language (Nehiyawewin). In 2017, Darlene completed her doctorate dissertation entitled, DECOLONIZING THE TRADITIONAL STORY: Wîwîp’son, the healing swing: ancestral knowledge and spiritual experience lead scientific measurement.

**METHODS**

**Technology:**
- MUSE Headband and Mindmonitor application were utilized to record electroencephalography (EEG). Hexoskin shirts were used to record electrocardiogram (ECG) and breathing variables.
- Both Hexoskin and MUSE record acceleration of the swing via indwelling accelerometers within the devices.

**Study Design:**
- 14 naive participants participating in 2 swing sessions, 8 additional participants experiencing 1 healing swing session (included only in qualitative analysis at this time)
- 1 control session with only swing movement and one healing session where participants experienced the swing and the full healing session
- Post participation interviews and follow up interviews about experience
- Post participation Visual Analogue Scale (VAS) for alertness performed
- Pre-participation Pittsburgh Sleep Quality Index (PSQI) questionnaires collected
- Random order and blinded analysis of quantitative data

**Demographics**

**Age:** Bimodal distribution of participants with a peak in the 20-28 age group and another in the 44-52 age group. Mean: 39 +/- 11.8

**Self-reported Race/Ethnicity:** Participants were able to self-identify as multiple ethnicities. 40% of participants identified as Caucasian, 52% of participants identified as Metis or First Nations, 8% of participants identified as Asian.

**Self-reported gender:** The study was conducted with participants who self-identified as female with one individual identifying as non-binary.

**Qualitative Findings**

**Data Collection and Import:** Research Assistant collected interview notes during sessions, which were then imported into NVIVO for thematic analysis.

**Initial Coding Framework:** Principal Investigator, Project Coordinator, and Research Assistant collaboratively reviewed notes from participants’ interviews to establish an initial coding framework. This framework was based on interview questions and participants’ responses. “Calm, relaxing, or peaceful” was added later as a code based on recurring participant expressions.

**Emergent Themes:** Patterns emerged as participants shared their physical, sensory, and emotional experiences. Their recollections were categorized into four overarching themes, each further divided into subthemes.

**Quantitative Findings**

**Individual Data**

<table>
<thead>
<tr>
<th>Control</th>
<th>Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time in swing</td>
<td>Time in swing</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>30</td>
<td>30</td>
</tr>
</tbody>
</table>

**Group Data**

- 7 people calmer during ceremony
- 4 people similar
- 2 people stressed or anxious

**Interpretation**

A Wîwîp’son healing swing session with ceremony facilitates a brain-body state consistent with calmness and reduced anxiety in most people. This state is consistent with changes expected as people recover from traumatic stressors and experience Physical, Mental, Emotional and Spiritual healing.