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## Science & Well Being Impact of Contagious Yawning

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### The Science of Contagious Yawning and Its Impact on Well-Being: An Analysis of the 2024 Yawnathon

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#### Event Overview

The Yawnathon took place on November 10, 2024, streamed live across YouTube, Facebook, and LinkedIn from 4:00 PM to 4:15 PM UK time. It featured eight on-screen participants and a global online audience. A total of 143 natural yawns were captured on screen. Participants discussed yawning's sensations, effects, and benefits while encouraging observers to engage. Video to view on this link: <https://www.youtube.com/live/HKt8qx9shh8?si=ntAFodDGpcpmv46U>

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#### Abstract

Yawning, a widely observed physiological phenomenon, has implications for social cohesion, stress relief, and emotional regulation. **The Great Big Yawn (TGBY)** events, including the 2024 Yawnathon within National Yawning Day, explored contagious yawning as a catalyst for group synchronization and well-being. Using self-reported participant experiences, yawning frequency, and the Wyrdoscope's (Institute of Noetic Science 2023 prize winners invention from the Go Wyrd.org team) collects 0's and 1' thrown out into the atmosphere in random. The possibility of being able to manipulate the 0's and 1's into a cohesive state is what is measured with 2 random event generators inside the Wyrdoscope which makes the probability even more remote. 5 channels and a remote walk are included on the data captures.

This study examines the physiological, emotional, and energetic effects of collective yawning. The findings reveal yawning's potential for relaxation, body awareness, and coherence within communities, offering insights for therapeutic applications and community engagement.

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#### Introduction

Yawning is a natural behaviour often dismissed as a reflex, yet its role in thermoregulation, empathy, and neurological reset is increasingly recognized. Collective yawning, particularly when intentional, may synchronize group dynamics

and enhance emotional connection. Events like TGBY's Yawnathon provide a structured setting to study these effects, integrating traditional observations with innovative tools of the Wyrdoscope, to measure energetic shifts.

## Methods

### Wyrdoscope Data

The Wyrdoscope created by \*\*Dr Wolfhart Janu at Go Wyrd and winners of the Institute of Noetic Science Linda O'Bryant Award in 2023, to research consciousness existing outside of the human body. It includes 2 random event generators to measure quantum coherence and random walk patterns. This machine is an updated version of the \*\*PEARS Princeton University equipment used by Dr Robert Jahn and Brenda Dunne research teams who carried out thousands of experiments for 28 years, on plants, water, humans and even the Egyptian Pyramids.

\*\*The Global Consciousness project founder Roger Nelson one of the original team from PEARS lab uses random event generator with their global research for the last 20+ years.

Live4Energy TC uses the Wyrdoscope during TGBY events, analysing group entanglement and energetic alignment. Data from the Yawnathon, National Yawning Day, and other TGBY activities were included for comparative analysis.

## Results

### 1. Yawning Frequency (Yawnathon)

The Yawnathon recorded 143 natural yawns in 15 minutes, averaging 17.88 yawns per participant (Table 1).

Participants	Yawns Captured On Screen
ME	30
RE	23
SJ	24
JB	23
KS	15
KD	7
SC	4

## 2. Self-Reported Feedback

Participants described diverse physical and emotional responses:

- **Relaxation:** Many noted a calming effect, as R.E. stated, *“My whole system is starting to calm down.”*
- **Body Awareness:** Participants like M.E and K.S. reported yawns triggering deep stretches and muscular sensations, particularly in the neck, back, and chest.
- **Sinus and Respiratory Effects:** Comments from S.J. and R. highlighted sensations such as sinus clearing and loosening of facial muscles.
- **Emotional Release:** Several participants observed watery eyes and nasal release, indicating autonomic nervous system engagement.

## 3. Wyrdoscope Quantum Coherence Data

### Yawnathon (November 10, 2024)

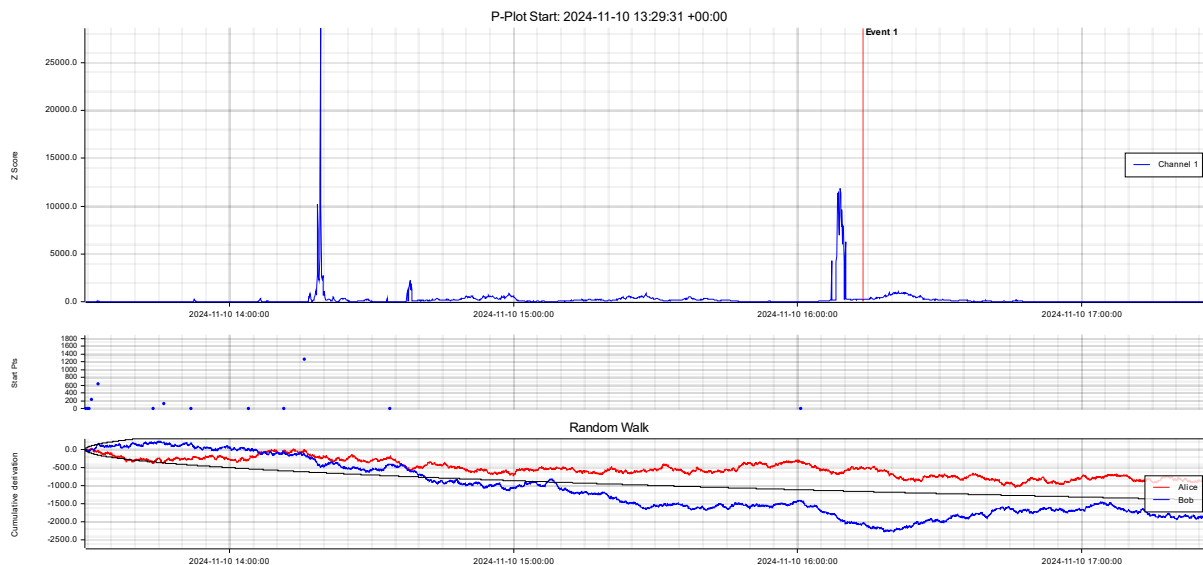
- Coherence peaked at:

- Channel 1: 10,000 (4:05 PM to 4:15 PM)

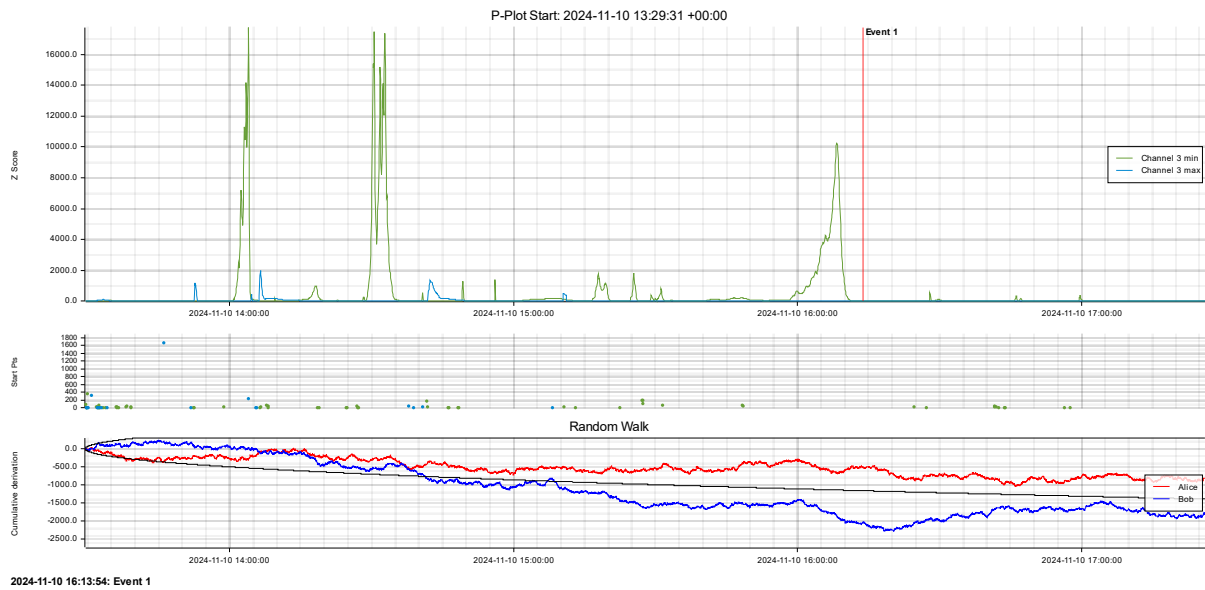
- Channel 2: 20,000 (4:05 PM to 4:15 PM)

- Channel 3: 10,000 (4:00 PM to 4:15 PM)

- Random walk patterns remained outside the parabola (-1,000 to -2,000) throughout the session, suggesting heightened energetic alignment.



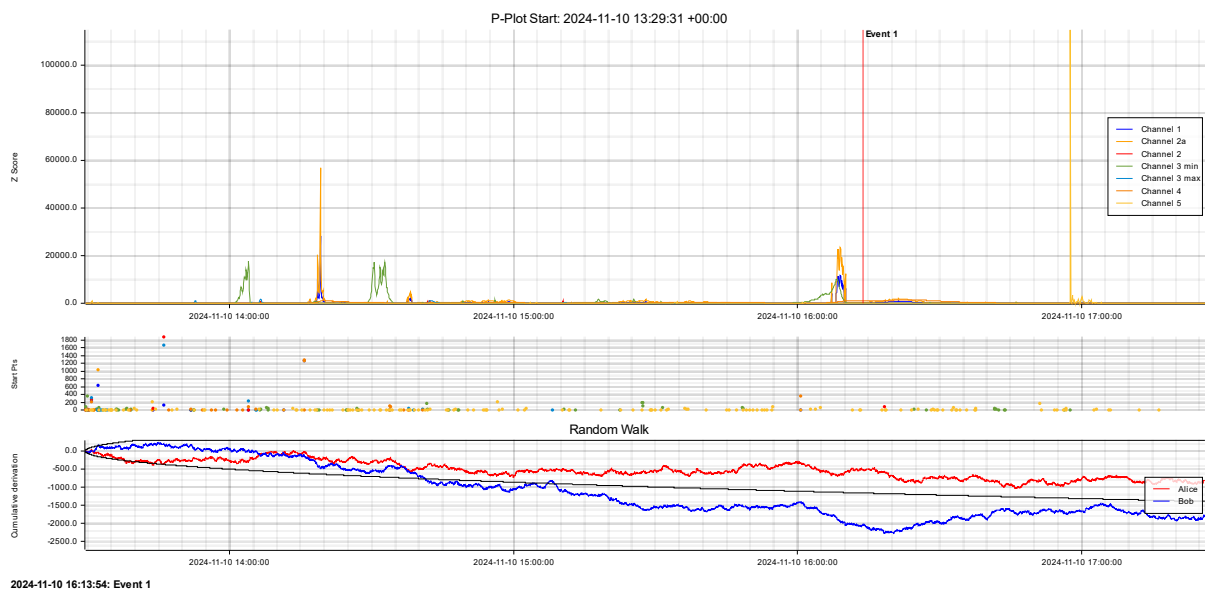
2024-11-10 16:13:54: Event 1



## National Yawning Day (November 10, 2024)

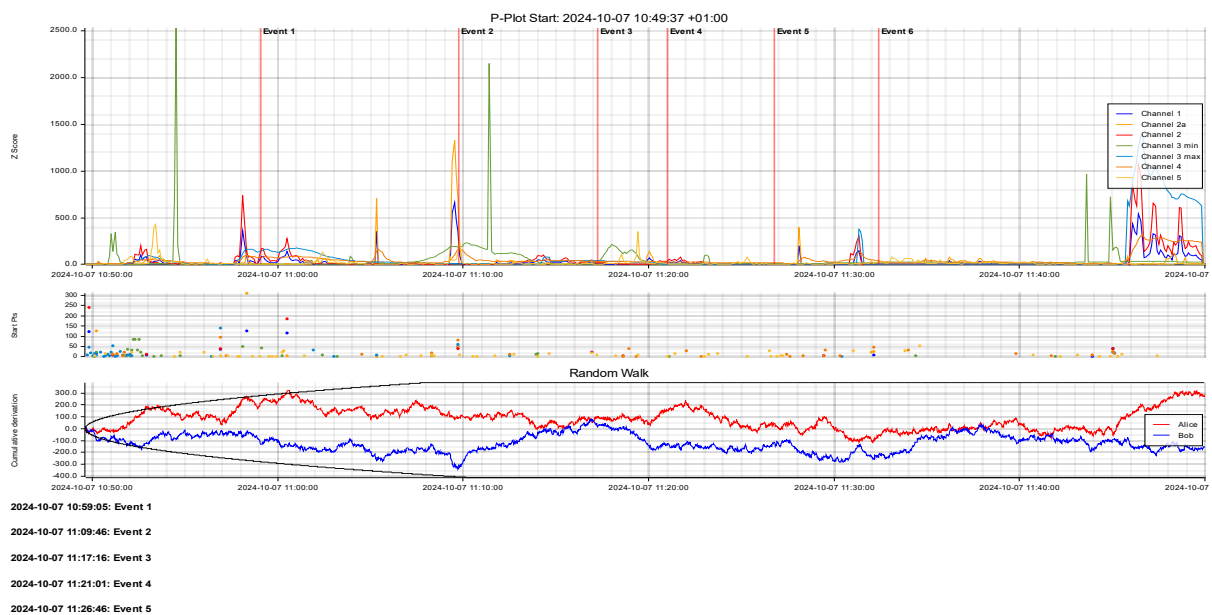
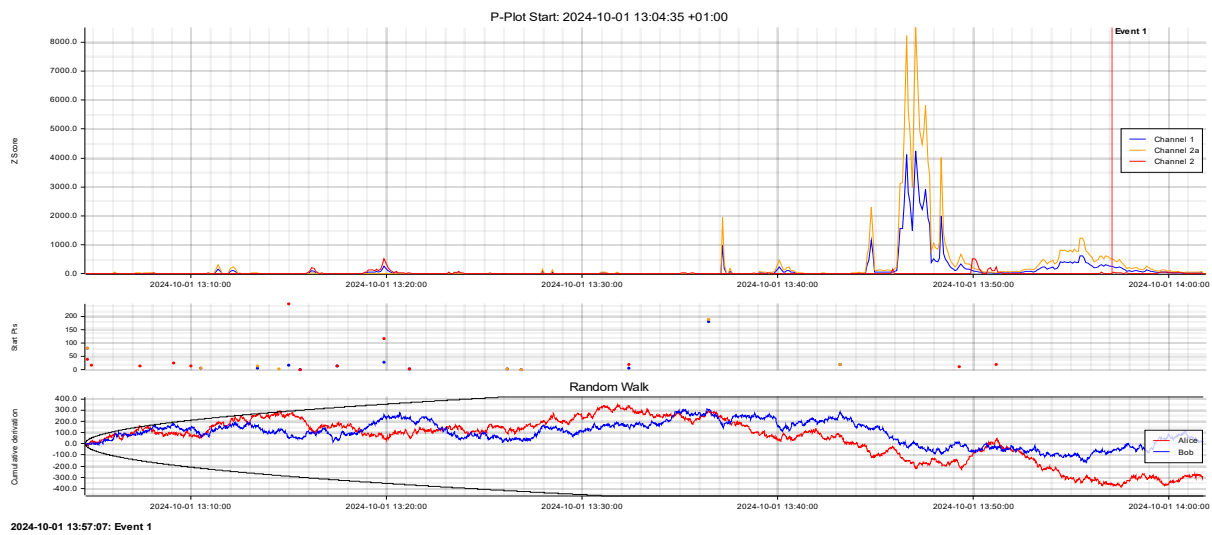
This 3.5-hour event featured peaks of 50,000+ coherence:

- Channel 1: 100,000 at 4:50 PM.
- Channel 2: 50,000 at 2:18 PM.
- Random walk patterns extended beyond the parabola for 2.15 hours, between -1000 to -2000 indicating deep group synchronization.



## Additional TGBY Events

- **Bury College Talk (October 1, 2024):** Entanglement for 17 of 60 minutes, peaking at 8,000 coherence on Channel 2.
- **Bob & Berts Coffee Morning (October 7, 2024):** Sustained entanglement for 6 minutes within the parabola.
- **Prestwich Community Centre Session:** Random walk patterns outside the parabola (-600 to -800) with a peak reading of 1/100,000 when R.E. discussed yawning.



## Discussion

### 1. Physiological and Emotional Impact

Yawning appears to trigger parasympathetic activation, promoting relaxation and emotional release. Participants consistently reported feeling calmer, more connected to their bodies, and more attuned to subtle physical sensations. S.J. observation that yawning enhances box breathing suggests potential integration into relaxation techniques.

### 2. Social and Group Dynamics

Contagious yawning demonstrates social synchronization, reinforcing group cohesion. The Yawnathon facilitated a shared experience that transcended physical distance, with participants from all over the UK and Mallorca. The Wyrdoscope data appears to corroborate these energetic alignments.

### 3. Quantum Coherence and Energetic Shifts

The Wyrdoscope readings revealed significant coherence peaks during collective yawning. This suggests that intentional yawning may foster energetic alignment within groups, supporting theories of interconnected consciousness and group coherence.

### 4. Broader Implications

TGBY events highlight yawning as a low-cost, accessible tool for improving well-being. Applications could include:

- **Therapeutic Settings:** Yawning integrated into mindfulness, trauma recovery, and stress management programs.
- **Community Engagement:** Events like the Yawnathon foster inclusivity and collective relaxation.
- **Educational Settings:** Encouraging students to embrace yawning as a focus-enhancing activity rather than suppressing it.

## Conclusion

The Great Big Yawn events illustrate yawning's potential as a therapeutic and social tool. Quantitative data from yawning frequency and coherence patterns, combined with qualitative participant feedback, underscores yawning's role in relaxation, emotional regulation, and group synchronization. Future studies should explore its integration into structured wellness programs and assess its long-term benefits for community health.

This research emphasizes yawning's untapped potential for enhancing personal and collective well-being. By embracing yawning as a natural and beneficial behaviour,

initiatives like **The Great Big Yawn** can foster greater relaxation, community connection, and human coherence.

## References

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