

ACCESS CONSCIOUSNESS BARS RESEARCH 2015
Through
GLOBAL NEUROSCIENCE RESEARCH FOUNDATION



Version 5.2

By

Jeffrey L. Fannin, Ph.D.

Lindsay Anderson, Melissa Waterman, MSW, Terrie Hope, Judi Stivers, Lisa Roye

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INTRODUCTION

History tells us there was a tradition in ancient Europe, it was believed there was special energy that flowed along the paths known as “ley lines,” which converge at megalithic sites such as Stonehenge, and Avebury. It played a crucial role in the fertility of crops and the success of the harvest. A similar tradition existed in China, going back more than 4,000 years. The Chinese called this energy “chi” or “Qi,” and considered it to be the life force, essential to the health of the people and crops. The Chinese also believed the energy flowed along special paths in the ground. They called them “dragon paths;” they converged at their temples and sacred sites. According to Chinese law it was illegal to bury a commoner along such a line. Controlling that “energy” became known as *feng shui* (pronounced “fung sway”). The Chinese also believed the same energy flowed in all living things. Chinese medicine promoted the idea that there were two polarities within the energy, *yin* and *yang*. These concepts were basically teaching people, when the amount and flow of this energy was sufficient it resulted in balance and health.¹

Throughout history the tradition of recognizing this energy shows up in cultures around the world. The Polynesians called it *mana*, the Iroquois Indians named it *waken*, the Lakota Sioux identified it as *wakonda*, in North Africa they spoke of it as *Baraka*, and it was known as *Pneuma* by the ancient Greeks.^{2,3}

Chinese doctors, Hindu yogis, shaman and medicine men from around the world practiced controlling and balancing this energy when they worked with people. In the hidden traditions of *adepts*, (an adept is an individual identified as having attained a specific level of knowledge, skill, or aptitude), and mystics, they promoted the practice of breathing and conscious manipulation of this energy.¹

After the Communist revolution of 1947, Qigong was suppressed for many years in China. Chairman Mao (founding father of the People’s Republic of China) and his wife believed Qigong was part of the old tradition they wanted to destroy. Many Qigong masters were imprisoned for a time. Today, Chinese medicine recognizes Qigong can cure some diseases more effectively than Western medicine, and research is being done regarding the applications of this universal energy¹.

More recently, the knowledge in using the healing energies of the body created a greater awakening in the Western world. During President Nixon’s trip to China in 1972, a member of the group, *New York Times* correspondent James Reston, developed acute appendicitis and underwent an emergency appendectomy by Chinese doctors. They used acupuncture to relieve some of his post-operative pain. Secretary of State Henry Kissinger talked about it at a subsequent press conference⁴. Chinese medicine suddenly became front-page news in America, and with it, there was a rebirth of interest in energy healing.

Modern day discoveries are proving this healing energy is real. Korean scientists have identified and photographed the tiny channels called acupuncture meridians that are basic to Oriental medicine and carry this energy throughout the body. Many Russian and Eastern European physicists have demonstrated in laboratory conditions, this energy obeys certain laws unlike any other force in the universe. The scientists and mathematicians have been able to develop mathematical equations describing its behavior, and even applied it to new patents in order to develop technology around their scientific discoveries. The behavior of this energy is revolutionary because it alters every other universal force. Most interesting of all, it responds to human consciousness¹.

What is this mysterious energy that is so abundant in the universe? It has many names and has been identified in many cultures over a long span of time. This energy is used in many ways. The Chinese-trained Qigong Master Hong Liu, also a medical doctor trained in Western medicine defines Qigong (pronounced 'chee' gong), *"the fundamental life force that permeates all things. Qi connects and animates everything in the universe. When the flow of Qi is impaired, we have disease. When it flows easily, we have perfect health."*⁵

The modern practice of Qigong uses meditation, mental concentration and visualization, combined with slow movement and biofeedback to control the flow of Qi. Practice of focusing the consciousness is an important element of Qigong practice.

Many practitioners of Qigong have the ability to project the Qi at various locations by pointing their fingers or holding their hands near the person. When asked why they do this, they explain it has the effect of unblocking the flow of Qi. Qigong exercises are intended to move the energy in the body to areas where it is needed most.

Originally, Dr. Hong Liu planned to become a doctor of Western medicine. He was puzzled by how Qigong practitioners could heal people without science. His mother explained to him: *"What this master possesses isn't magic. It is just science that has not yet been examined."*⁵

In July, 2015 a scientific research project began in order to examine how and why the energy process known as the "Bars" is so effective and to understand the science behind it. The title of the study, *"EEG, QEEG, sLORETA, GDV, Examination of "The Bars" Energetic Process Related to Electromagnetic Components of Thoughts, Emotion and Stress."* The long title helps scientists, medical professionals and anyone seeking information so they can know the focus of the research by just reading the title. One of the reasons to do the research is to publish the results in a scientific journal.

This "White Paper" is an overview of the Access Consciousness research. This was a very complex research project and the scientific details are more comprehensively explained in a very detailed scientific article being prepared for publication. The purpose of this "White Paper" is to explain, in common language, some of the results of this research project. It is hoped that there will be greater clarity, presented in non-scientific terms, of how and why the energy process known as the "Bars" is so effective. It is expected that members of the Access Consciousness Community will be allowed to use the information contained in this "White Paper" to help educate their clients and others interested in better understanding the science related to the "Bars Process." Sixty people participated in the study. Data gathering sites were in Denver,

Phoenix and Houston. Those wishing to volunteer registered online to be part of this study. Based on the questions asked during the registration, respondents were either assigned to be a GIVER or RECEIVER. There were more registrations than time slots for gathering the data. Names of GIVERS and RECEIVERS were literally put into a hat and names were drawn and an invitation to participate in the study was extended to the registrant.

NOTE: It is expected that any information used from this “White Paper” will not be altered, distorted, misrepresented or represent claims that are not factual. You have the responsibility of how you will use this information for the education and betterment of your clientele and business.

COMPONENTS OF THE ACCESS CONSCIOUSNESS BARS RESEARCH

BIOPHOTONIC ENERGY

The discovery of biophotons can be traced to Alexander Gurvich, a Russian scientist working in the 1930s. He was curious about whether living organisms gave off a special radiation (light energy) connected to their growth. He cut the tip of an onion root and placed it near another one to see if one root influenced the other. He placed the root of each onion in a tube, made a small hole in the side of one tube, allowing radiation to enter only at that location. That root was his “detector.” Then he allowed them to grow in the dark.

He measured the growth of the root at the location of the hole. He found that the first root grew faster near the hole where it could “see” the cut root of the second onion. This was an important discovery. The second onion affected the growth of the first, but it could not be a chemical effect. The containers were sealed. He wondered what could be causing this effect? Through a series of experiments, he showed that it could only be light. One onion was communicating with the other using weak light signals. This was the discovery of biophotons.^{6,7,8}

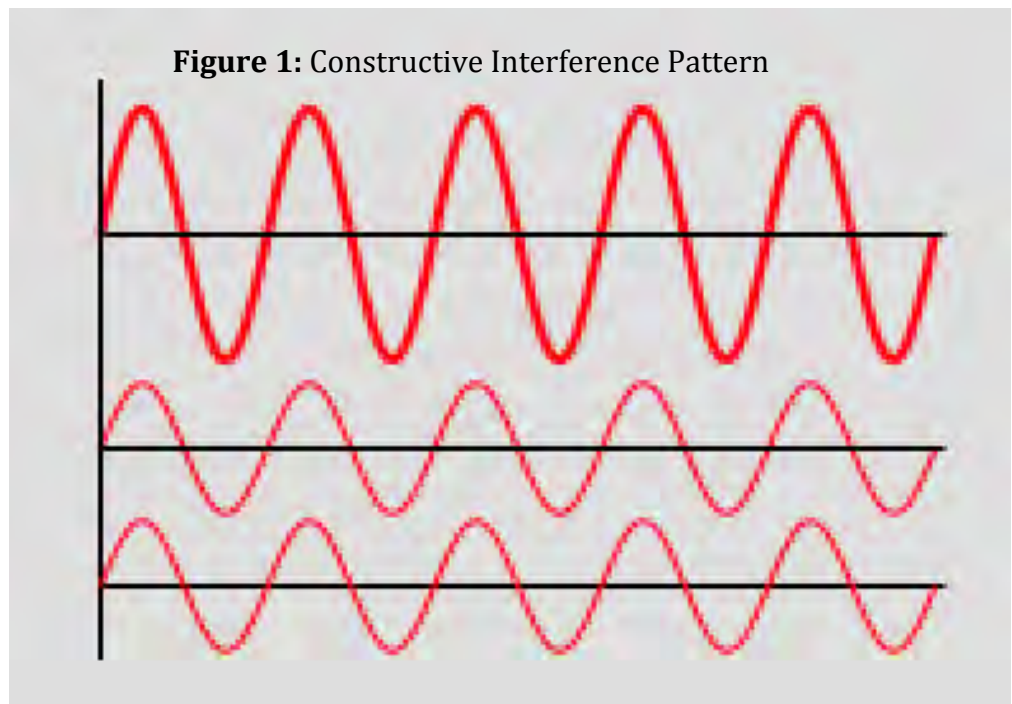
Understanding biophoton production is an important part of this research study. When measuring the effects of energy healing it is essential to define what the energy is, where it comes from and how does it communicate. Normally, biophotons stay inside the body. Only a few escape. For example, research done by Kobayashi (2006) found when there is an injury such as poking holes in a leaf; the cells will emit more biophotons. It is as though they are calling for help, telling the other cells of the need for repair.⁹

There are attributes that exist in biophotons that are important to our understanding of how the energy flows through the body.

- The biophoton field is almost fully coherent and – as a consequence – strongly coupled to all physiological functions of the body.
- It represents the regulatory activity not only from all the chemical reactivity in single cells, but performs the regulatory activity over the whole body.
- In this holistic function it displays all the biological rhythms of the body.

- In turn, the measurements of the electric parameters of the skin provide a powerful tool for looking through the window of biological regulation.
- Regulatory activities of the body are not stable functions of the electromagnetic fields within the body, but subjects of permanent rhythmical, oscillatory and coherent field amplitudes.
- On this basis, powerful tools, as well as diagnostic and therapeutic methods can be developed.¹⁰

Recently, it has been shown biophotons enable DNA to communicate over large distances within the body. The light they produce is coherent, much like a laser beam. The waves of the energy vibrate in step with each other, enabling the biophoton to create a constructive interference pattern. Constructive Interference usually refers to the interaction of waves



that are correlated or coherent with each other (aligned and in-phase, moving in the same direction see Figure 1) either because they come from the same source or because they have the same or nearly the same frequency creating a holographic field of energy around the body. This enables them to create complex, three-dimensional holograms of energy that provides a detailed blueprint of how cells in different parts of the body differentiate, specialize and create healing. Since the energy in the hologram is created and “read” by the DNA, it provides the means that turns the blueprint into cells, organs, blood, enzymes and tissue.¹

Measuring the biophotonic energy of the body and changes to that energy are an important part of this research project. The energy measures taken in this study were accomplished through the use of the technology known as Gas Discharge Visualization (GDV).

GAS DISCHARGE VISUALIZATION (GDV)

Gas Discharge Visualization (GDV) Electrophotonic Imaging cameras are the devices that are used to measure biophotonic energy in the body. The GDV Camera is a cutting-edge Kirlian

camera that uses digital technology to capture and evaluate finger emissions that relate to the meridians in Traditional Chinese Medicine (TCM).

Dr. Konstantin Korotkov of Russia invented the GDV camera in 1995 to help select the best athletic performers on the Russian Special Olympic team. His finger analysis and sectoring is based on the Esoteric Medicine topography of Dr. Peter Mandel of Germany in 1986.¹¹

Today the GDV technology is used worldwide in hospitals, clinics, research centers, medical practices, and by professional sports teams. The finger captures are divided into sectors, and each sector represents a specific organ system and body part. The sectors are evaluated via the proprietary GDV software suite of computer analysis programs and displayed in numerous graphs and images useful for evaluating changes in the emotional and physical energy fields of the body.

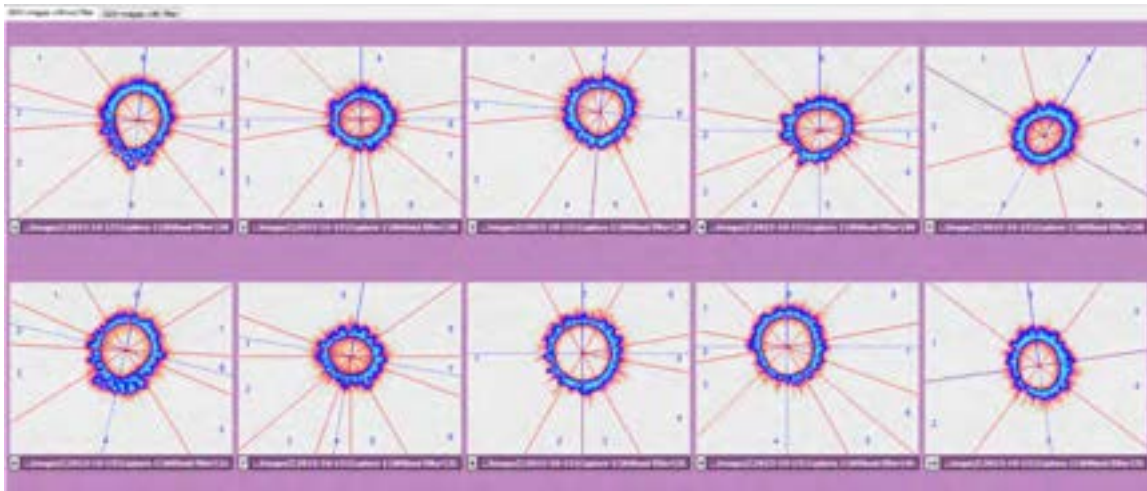


Figure 2: GDV Finger Captures



Figure 3: 10mv charge from camera

The fingertip of the person is placed on the lens and captured one finger at a time, beginning with the right thumb. A very small 10mv (millivolt) charge is emitted from the surface of the camera. The energy voltage is so small that is undetectable by the person receiving the scan. This first reading provides information about the *psycho-emotional energy* of the individual being captured.

After measuring all ten fingers on both hands, a polyurethane filter is placed on the camera lens to block the Galvanic Skin Response (GSR). With this filter in place, the capture of the ten fingers is repeated. This process provides the data for the evaluation of the physical energy of the participant. Both sets of captures are then calculated in the GDV software for analysis (See Figure 2). There are three primary analysis programs that were used in this research project: GDV Diagram, GDV Energy Field and GDV Chakra.

All of the programs use the collective energetic emissions surrounding the 10 fingertips. Each finger relates to a sector or system of the body, based on 30 years of research. The measured data is then displayed through the software programs listed in the paragraph above. All of the program results are evaluated cumulatively for an overall energy assessment of the study participant.

The developer of the GDV equipment, Dr. Konstantin Korotkov explains how the technology measures the biophotonic energy from the finger captures (see Figure 3). *“Electric impulses stimulate the biological subject and generates response of the subject in the form of electron and photon emission. Due to the short electrical impulse, 10 microseconds, [with a charge of 10 millivolts] the subject responds in a wide band of frequencies. Simultaneously, space-time modulation of the applied electromagnetic field (EMF) takes place. Weak emission and photon radiation of the object increases owing to a gas discharge, generated in EMF. The glow of this discharge is transformed by optical and CCD system into a computer file. On the basis of the calculated parameters and diagnostic hypothesis, a certain conclusion is made. The picture, formed after processing and transformations, reveals itself as a two-dimensional amplitude-modulated fractal image.”*¹²

Basically, Dr. Korotkov would have us understand that the images being taken as finger captures are then calculated through the software to provide graphics. This gives us statistical data regarding each organ system and many body parts, the energy field of the body, as well as the energy related to the chakra energy centers. The energy in the body has properties that relate not only to organs, but also to the electromagnetic fields of our body. The biophoton energy and the electromagnetic fields of the body have to do with how the energy either flows or remains stuck in the body. If we are to better understand how the “Bars Process” works, for that matter, any energy healing modality, we need to understand the nature of the energy in the body and what forces will cause it to begin to flow after being stuck.

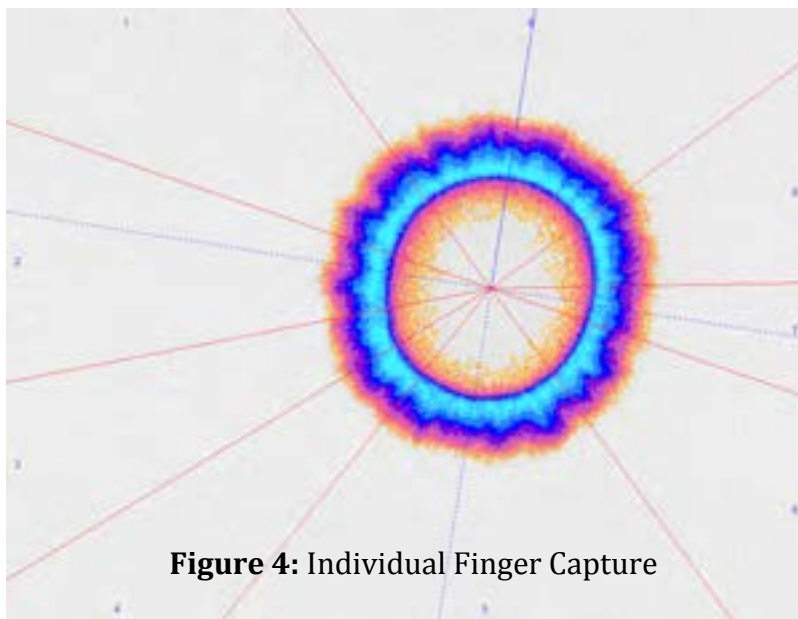


Figure 4: Individual Finger Capture

The stimulate glow around human fingertips contains highly coherent information about the physiological and psychological state of the subject. Our physical and emotional states are governed by the frequency and type of energy that is moving throughout the body.

The GDV equipment records time series information, frequencies and other statistical properties of the person’s biofield. It can be used to determine the bioenergetic performance of the mind and the body.¹ Measuring any changes in the energy field of the body before and after the “Bars”

were administered helps to understand the nature of that energy and how it flows or not. It also helps us understand whether the energy increases or decreases and whether it is stable or not.

Understand that the presence of stress and other factors disrupt the coherence and uniformity of the finger capture image. Figure 4 shows low stress and uniformity to the finger capture. If there is a lack of stable coherence in the energy, it can cause an imbalance to that energy that can result in disease. All disease and/or emotional discomfort is based upon poorly regulated or blocked energy movement in the body.¹

After each fingertip is captured and measured, the GDV software converts the data into highly accurate detailed maps of the human biofield that we call the *energy field* (see Figure 5). GDV equipment measures the energy that maintains the *morphogenetic field*. A morphogenetic field is a group of cells able to respond to discrete, localized biochemical signals leading to the development of specific morphological structures of the body or organs. When this pattern is clear and strong, all the cells in the body are guided by clear signals and therefore health results. Basically, it is the flow of coherent energy that promotes a balancing of the energy creating stable health and emotional well-being.

GDV equipment has become a valuable tool for research. The characteristics of the corona, the gas discharge from around the fingertips, are calculated translating it to the general state of health depending on the amount of energy measured at a specific location in the body. The larger and steadier the areas of the finger tip corona (see Figure 4), the more coherent and stable the energy field appears.



Figure 5: GIVER Energy Field Capture 1 Before Bars

Note: In several Figures we often refer to *Capture 1* and *Capture 2*. Capture 1 in this study always occurs prior to giving or receiving a Bars session. Capture 2 is always a measure taken after the Bars session has been administered. The captures also indicates whether the graphic was created with the data gathered from the finger captures *with* or *without filter*. The filter is a thin polyurethane disc that is placed on the GDV camera lens during the finger capture process. When a graphic is noted as *without filter*, it is measuring *emotional energy*. If the graphic is noted *with filter*, it is measuring *physical energy*. The purpose of the filter is to eliminate the galvanic skin response (GSR), separating the data of the *physical energy* from the *emotional energy* so they can

be shown separately as seen in Capture 1, Figure 5 above. The graphic on the left is *without filter*, showing the Giver's *emotional energy* before the Bars were administered. The graphic on the right in Figure 5 is *with filter*, showing the Giver's *physical energy* before the Bars session was administered.

In Figure 5 (left side), the emotional energy looks uneven or thin. This suggests the corona shows both diminished areas, meaning there is less than the desired amount of normal emotional energy. It also shows areas that look like spikes, which suggests there is an excess of energy.

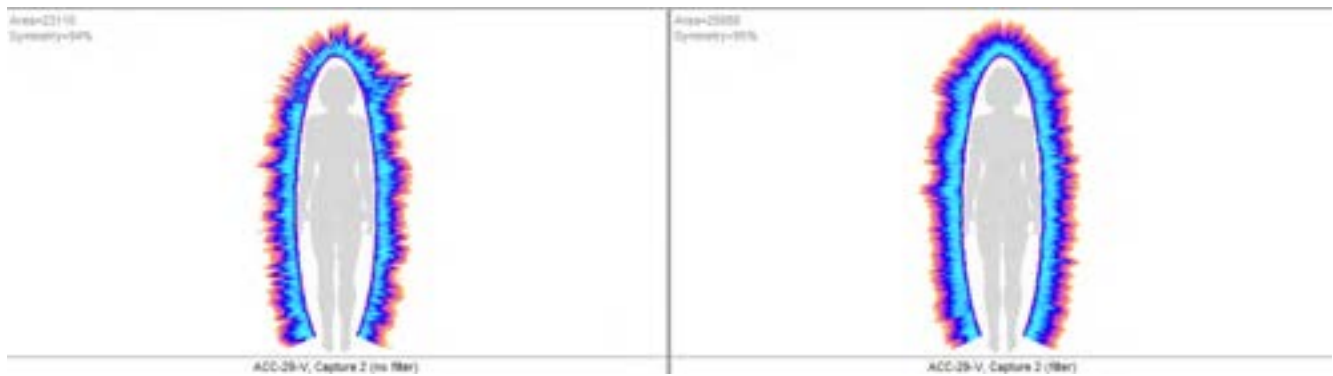


Figure 6: GIVER'S Energy Field Capture 2 After Bars Session

Upon observation both the *emotional energy* (left) and *physical energy* (right) look stronger and more coherent than in Figure 5. That's because they are! More explanations regarding the defined nature of the energy measures will be offered later in this paper.

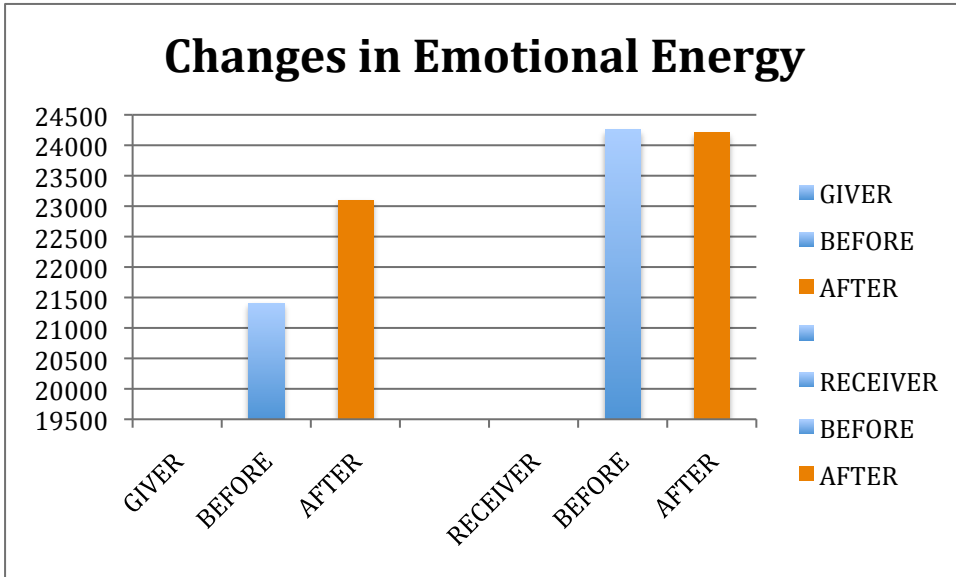
The GDV measures and records both time and frequency information. It can be converted into a variety of useful indicators of health and how the body is using that energy.¹ GDV can detect the presence of subtle energy.^{13,12,14} From numerous previous independent research, GDV equipment is a legitimate tool in detecting and analyzing subtle energy. Yury Kronn, a Russian physicist, internationally acclaimed author and speaker helps us better understand this powerful unseen force of the universe by saying that subtle energy “*alters the other physical laws in many different ways. It responds to and affects consciousness, and also modifies electricity, magnetism, gravity, time, even nuclear processes. It is a many-faceted phenomenon.*”



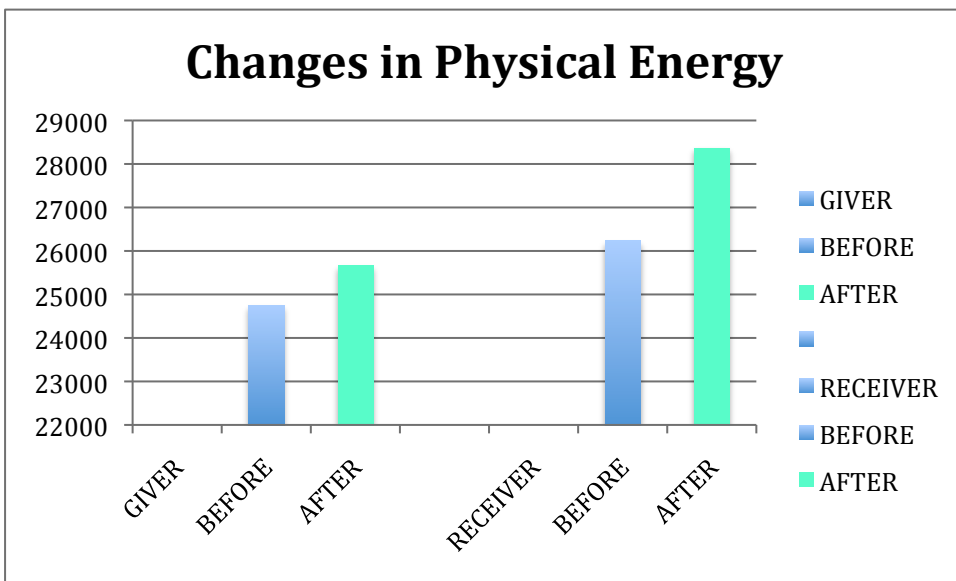
Figure 7: RECEIVER Energy Field Capture 1 Before Bars Session



Figure 8: RECEIVER Energy Field Capture 2 After Bars Session



Graph 1: Emotional Energy Field Changes – GIVER (left) RECIEVER (right)



Graph 2: Physical Energy Field Changes – GIVER (left) RECIEVER (right)

Note To Graphs 1 & 2: Changes to GIVER and RECEIVER'S emotional and physical energy show a significant change *before* and *after* the Bars session had been administered; with the exception of the RECEIVER'S emotional energy *after* the Bars session. In this case, the RECEIVER'S emotional energy remained stable.

The specific numbers used in Graphs 1&2 are listed here for those that would like to know the exact numbers and the percentage of change. The GDV software provides a calculation of the area of the energy of the body, as well as the overall percentage of the energy field. Graphs 1&2 offers a comparison *before* and *after* the Bars session seen in Figures 5-8. Figures 5-8 express the specific numeric values of the area and symmetry of the coronal images. The *Area* of the corona numeric value is based on the number and quality of the pixels and the *Symmetry* numeric value refers to the evenness/balance of the corona, expressed as a percentage. Healthy numerics range from 19,000 to 26,000; 88% to 95% respectively.

The emotional energy of the GIVER, *before* the administration of the Bars is = 21,416 at 91%. The emotional energy field of the GIVER, *after* the Bars had been administered rose to 23,110 with an over all energy field percentage to 94%. Graph 2 denotes the changes in physical energy of the GIVER = 24,762 with a percentage of 93%. *After* the Bars were administered the GIVER rose to 25,688 with a change in percentage up from 93% to 95%. This indicates there was a significant effect on the energy field of the GIVER in both *emotional* and *physical* energy.

The RECEIVER'S emotional energy *before* the Bars session is 24,264 at 94%. *After* the Bars session was administered there was a slight drop to 24,224 with the emotional energy field at 94%. This insignificant change is not statistically notable. The RECEIVER'S physical energy field *before* the Bars session is 26,251 at 94%. *After* the Bars session was administered the RECEIVER'S physical energy field rose to 28,388 at 94%.

GDV Diagram

The GDV Diagram is a 360° *Circular Diagram* and is designed to provide analysis of the well-being of a person. The circular diagram on the *left side reveals information from the past or the subconscious*, while the *right side portrays information from the present day*. Each Circular Diagram is divided into sectors related to specific parts of the human body. The data is then plotted into histograms or better known as horizontal bar graphs showing the integral parameters of *Integral Area*, *Integral Entropy* and *Activation Coefficient*, as seen in Figures 13-18 below.

Figures 9-12 are *GDV-Diagrams* designed to assist practitioners in interpretation of *electro-photonic glow* recorded in the GDV-finger capture program. GDV-Diagram normalizes the captured data so the health of any individual can be compared to the health of thousands of people in the same age group. This is seen in the circular rings. Pink represents reduced energy below the level considered a normal healthy range. The green circle represents normal energy flow and communication within the cells of the organs of the body; thereby, creating sustainable health and well-being. The outer circle in yellow indicates there is too much energy at that location of the body and is above or in excess of what is considered normal.

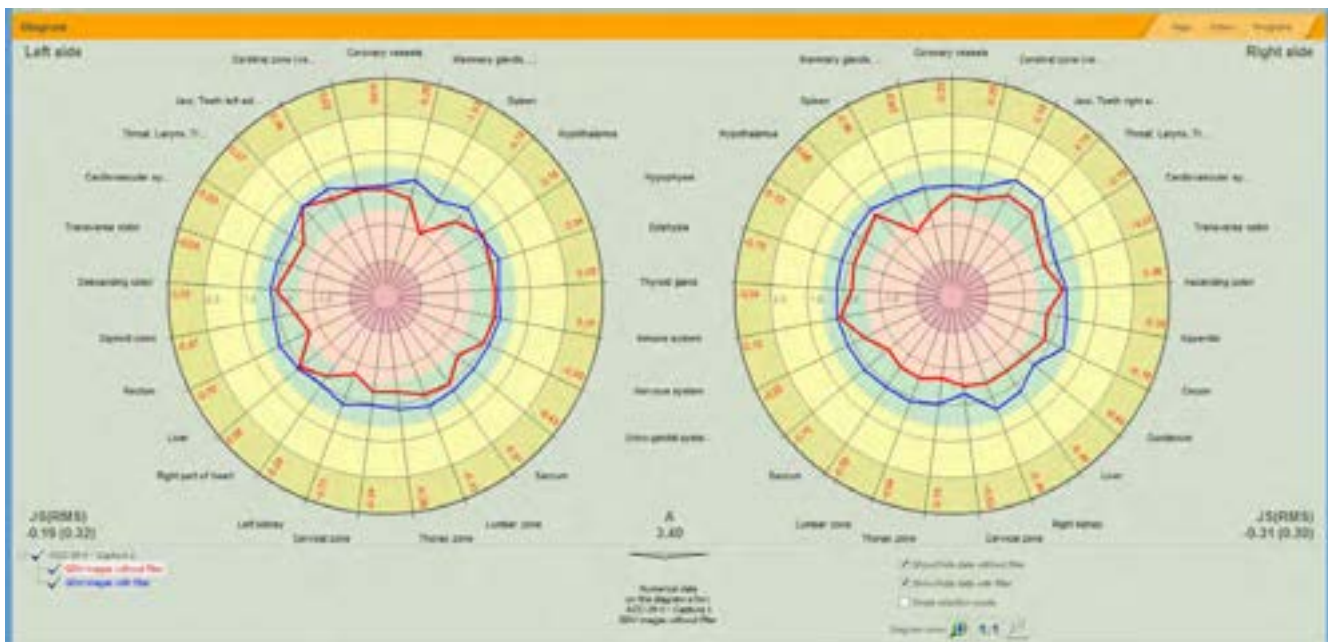


Figure 9: Diagram of the **GIVER** - Capture 1, Left = Subconscious or Past Events, Right = Conscious and Current Events Red = Emotional Energy, Blue = Physical Energy

In this study, we are not examining or comparing the health of either the GIVER or the RECEIVER and should not be considered diagnostic. This information is presented to be instructional in nature. The reason for including the Diagram measure is to demonstrate the effect of biophotonic energy on the physical body. Changes in the energy in the body, both too much or too little, have an effect on the organs of our body and have an effect on our health and well-being. The Bars Process has an energy-healing component to it. Our desire is to show the changes in energy from a Bars Session. This energy has a tendency to communicate with cells in the body, realigning energy to provide better health for the individual. In many cases we found that both the GIVER and RECEIVER received positive changes in their Diagram measures.

One advantage to using the Diagram measure is that several captures can be compared on the same page, which is useful in estimating/visualizing effectiveness of various treatments and therapies, or visualizing progress of any changes to the flow of energy due to Bars sessions over time. In an attempt to simplify, Figures 9-12 are single captures “before and after” the Bars session was administered. The depiction in **RED** is without a polyurethane filter representing **EMOTIONAL ENERGY**. The depiction in **BLUE** is a measure with the polyurethane filter representing **PHYSICAL ENERGY**. The circular graph on the **LEFT** represents information that comes from the subconscious level and past experiences. The circular graph on the **RIGHT** represents information that comes from the conscious level and more current experiences. Figure 10 below shows a slight elevation of energy activity into the yellow band in the sector relating to jaw and teeth on the left side, seen on the left circular Diagram. This represents a slight elevation of energy stemming from the subconscious or the GIVER’S past.

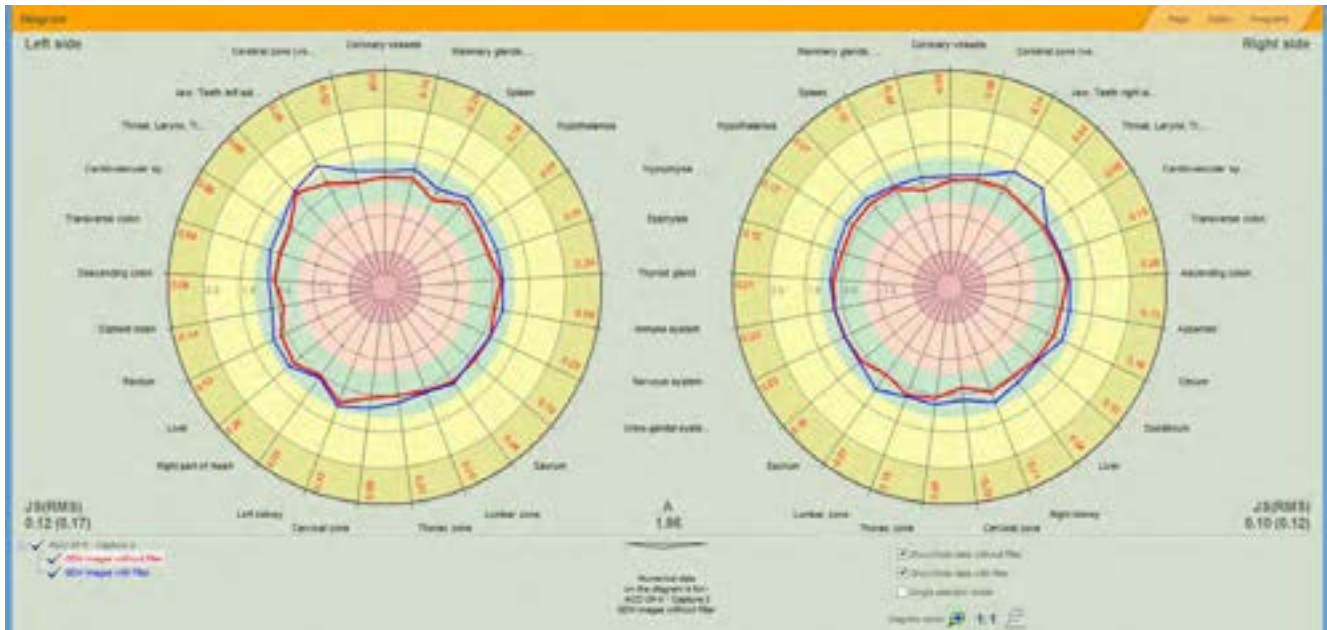


Figure 10: Diagram of the **GIVER** – Capture 2 Left = Subconscious or Past Events, Right = Conscious and Current Events, Red = Emotional Energy, Blue = Physical Energy - Capture 2

It should be noted that in Figure 10 both the red and blue lines are in close proximity to one another. This suggests that both emotional and physical energy, in the green area, is in good health and well-being. If the Diagram measure showed either a depletion of emotional energy and/or physical energy registered in the pink area; or the opposite showing, an elevation of the energy flow seen in the yellow area, this would promote further investigation.

This study found that 42% of the participants showed to be in transition on an emotional level; and 40% were in a state of transition on the physical level. It is unknown whether a Bars session is creating, or will enhance or hinder the transition. In the original design of this study, transitional energy states were not anticipated to be a condition that would be encountered. This phenomenon may have a bearing on the ideal length of time between Bars sessions. Transition in this case, is the body in the process of changing and the assimilation of that change in energy.

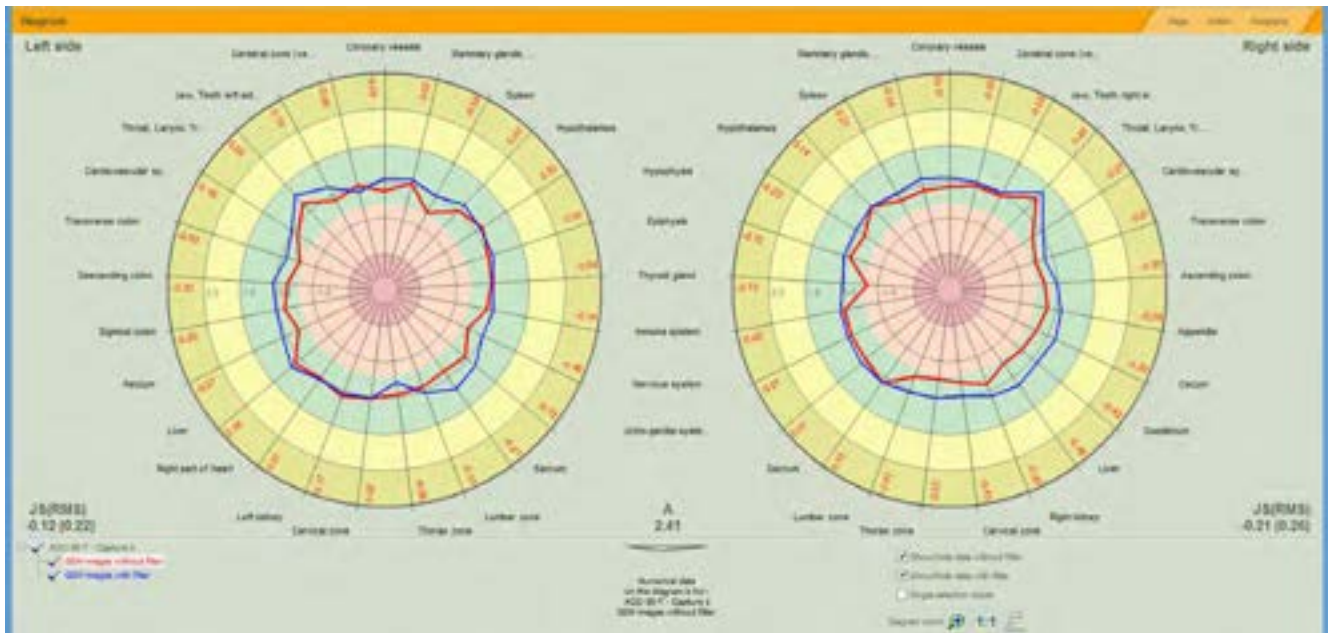


Figure 11: Diagram of the **RECEIVER** - Capture 1 Left = Subconscious or Past Events, Right = Conscious and Current Events, Red = Emotional Energy, Blue = Physical Energy

Figure 11 indicates that before the Bars session was administered, the RECEIVER was in a normal state of health and well-being.

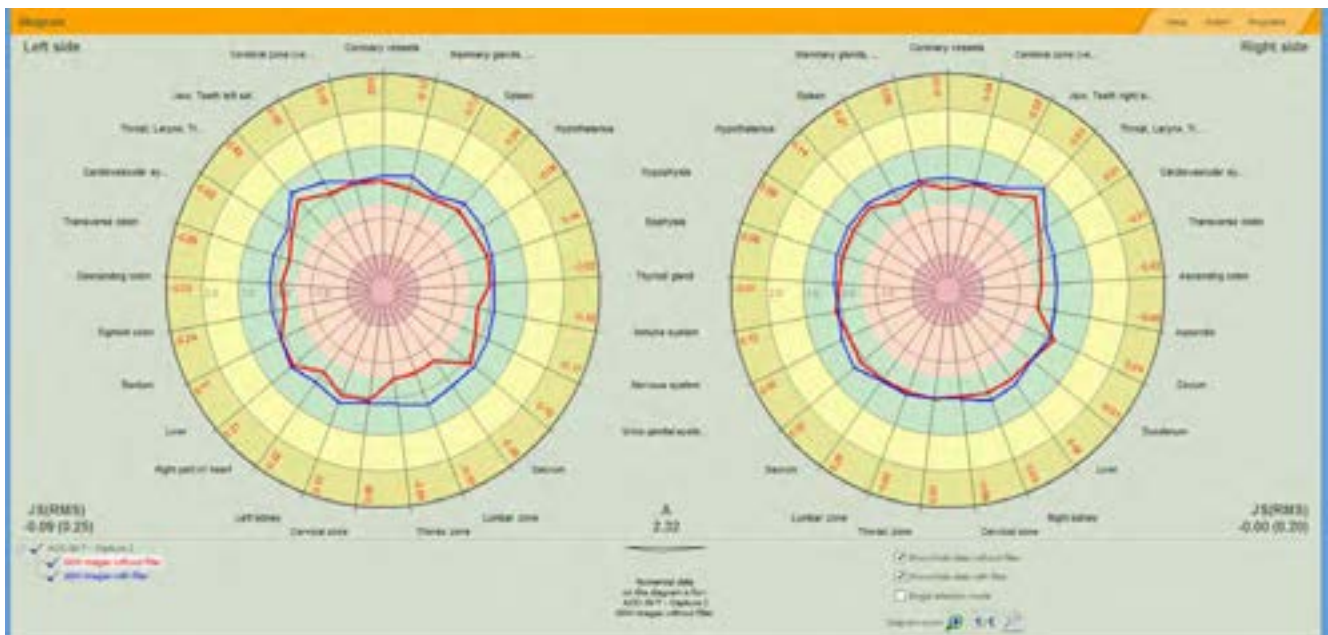


Figure 12: Diagram of the **RECEIVER** – Capture 2 Left = Subconscious or Past Events, Right = Conscious and Current Events, Red = Emotional Energy, Blue = Physical Energy

After the Bars session was completed, the circular Diagram on the right in Figure 12 shows a slight elevation in the blue line in the area of throat and larynx, yet it is still in the normal green range.

Integral Area

In mathematics there is a function for calculating individual parts of the whole and bringing them together. The function of integration finds the accumulation of quantities, which has become a basic tool in calculus and has numerous applications in science and engineering. While it is used to make formulas in physics more comprehensible, often it is used to optimize the use of space in a given area. In this case, Integral Area applies to a measurement of the field of energy activity within the body. Integral Area is an average of all the data taken from the finger captures. It gives us direct information on the level of energy in the system, and if the energy has increased or decreased after the Bars session was administered.

The *Integral Area* is characterized by three levels:

Below Normal – Pink Area indicates a weakening of functional stability of vital energy.

Normal – Green area indicates normal energy of the human body.

Above Normal – Yellow area indicates above normal energy.

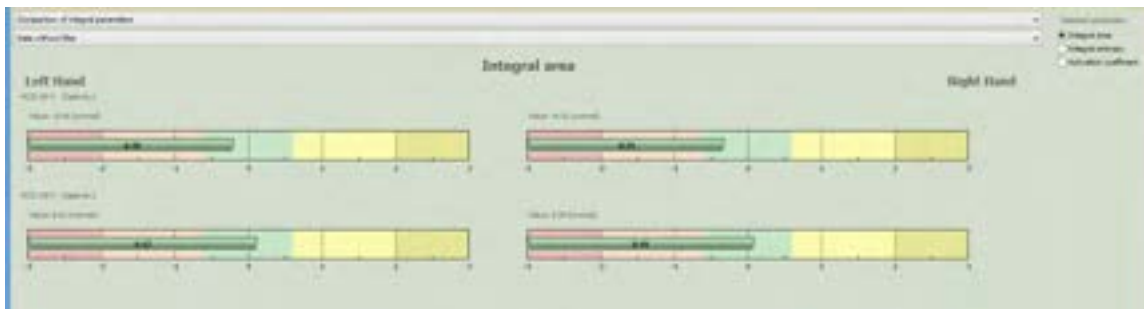


Figure 13: GIVER'S Integral Area

Figure 13 suggests that the *Integral Area* of the GIVER, although both are in the normal green range, increased from Capture 1 to Capture 2 of the emotional energy level after the Bars session was administered.



Figure 14: RECEIVER'S Integral Area

Figure 14 shows that there was an increase in the RECEIVER'S Integral Area in Capture 2 after the Bars session had been received. This indicates that there was a measurable change in the energy of the RECEIVER.

Integral Entropy is another way to measure changes in energy in the body. Integral Entropy indicates the functioning state of the cells, organs or human body. Normal entropy shows the person is emotionally in balance with what they are feeling and how they are expressing it. To put it simply, it is a change in the cell's ability to communicate effectively.

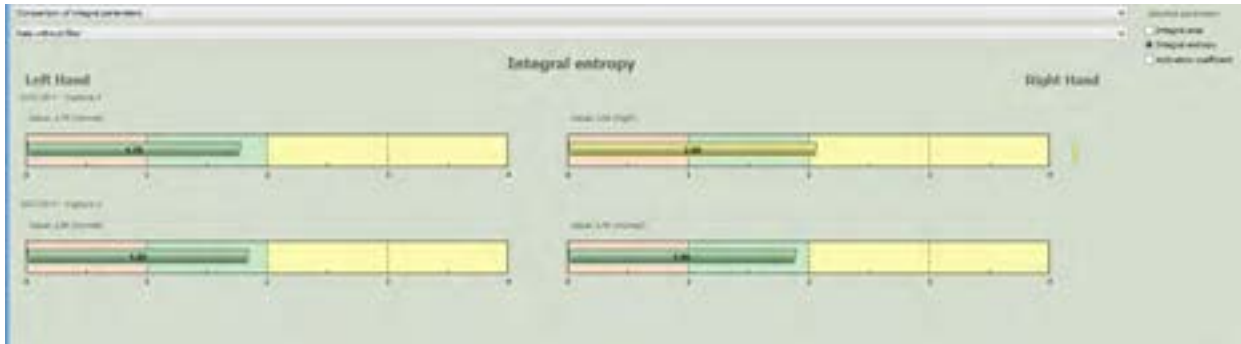


Figure 15: GIVER'S Integral Entropy

Figure 15, in Capture 1 (top row, right side, right hand) shows the GIVER'S integral entropy in the yellow RANGE (an excess of energy). The GIVER is not in physical or emotional distress. Because the left hand, (top row, left side, left hand), presents in the green normal range this indicates the GIVER is in a state of transition, even before the Bars session occurred. There are many reasons why a transition may occur; in this example it should be noted that the data shown has been done without the polyurethane filter, meaning the transition is on an emotional level. This person may have been running late, they may have had an argument with someone before they arrived, they might be anxious about their role as a GIVER being involved in this research project. After they fulfilled their role as a GIVER and were measured in Capture 2 (the bottom row of measures) we see the GIVER'S integral entropy presents in the normal green range resulting in positive change in their energy.

For these examples presented in this “White Paper,” the GIVER and RECEIVER were paired together during this data collection. We see in Figure 16, like the GIVER, the integral entropy of the RECEIVER in Capture 1 (top row, right side, right hand) is also in the yellow area, in a state of transition. There is an increase of the emotional energy. As with the GIVER, after receiving the Bars Process, the RECEIVER'S integral entropy went back into the green, the normal range of energy. In this case the transition for both GIVER and RECEIVER reached resolution within 90-minutes. This is another example of changes in the energy flow of the body.

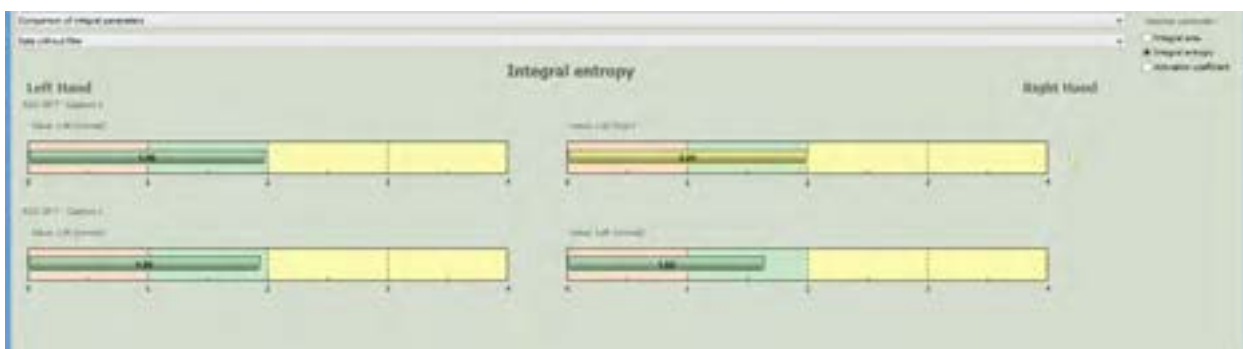


Figure 16: RECEIVER'S Integral Entropy

Activation Coefficient

Activation Coefficient indicates the stress level of the human subject. Figure 17 below is the measure of the GIVER'S *Activation Coefficient* (AC). In Capture 1 (top row), clearly the GIVER is within the normal range. Capture 2 (bottom row) shows that after delivering the Bars Process the GIVER'S stress level is below the normal level. The GIVER in this case, has expended a lot of emotion, focus and concentration during the Bars session. In one of the trials measuring the efficacy of the GDV equipment, they measured the energy field and stress reaction of the symphony conductor before and after conducting a symphony. They found that the Activation Coefficient dropped in a similar manner to the GIVER, see example in Figure 17. It is assumed the symphony conductor expended a lot of emotion, focus and concentration. It was also discovered that the conductor's recovery back into the normal range was very quick. Attesting to the resilience of the energy of high performers due to the fact their body is accustomed to changes in the flow of energy in their system. Therefore, their body is accustomed to increasing the emotion, focus and concentration to allow the flow of the energy to match their intention as they administered the Bars. The lower Activation Coefficient value suggests the GIVER is in a relaxed state.

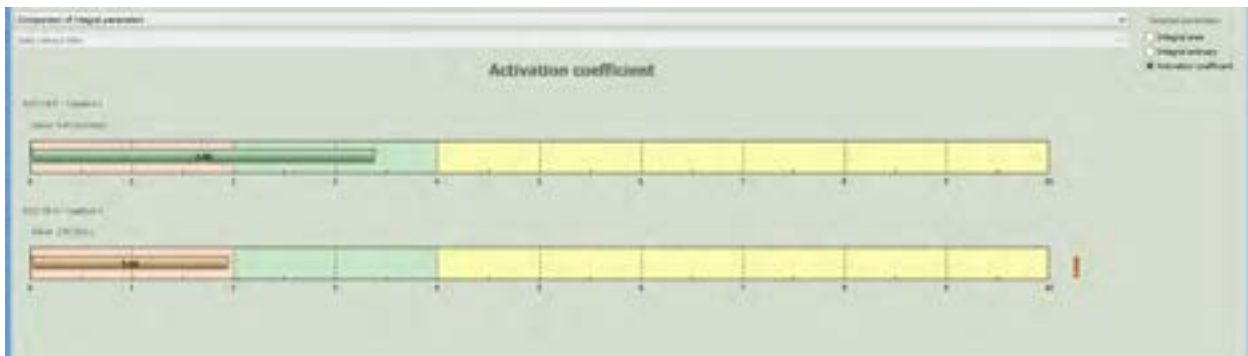


Figure 17: GIVER'S Activation Coefficient

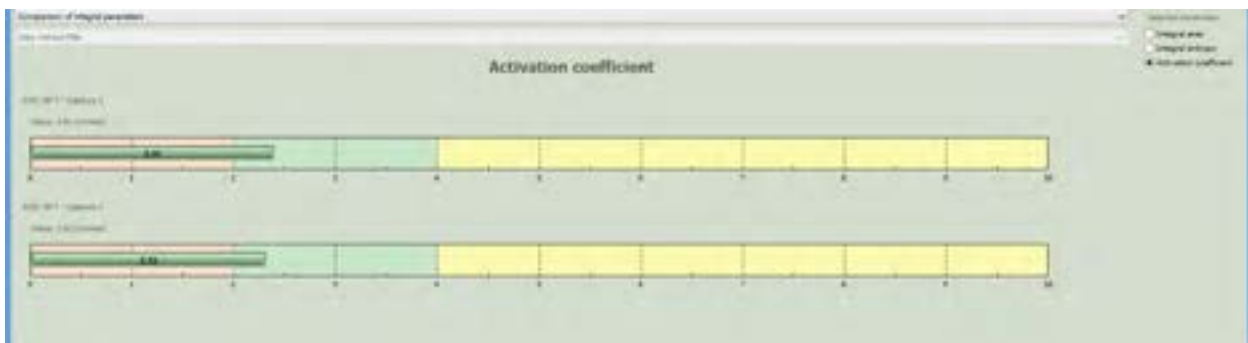


Figure 18: RECEIVER'S Activation Coefficient

Figure 18 shows the RECEIVER'S Activation Coefficient is slightly lower in Capture 2 after the Bars have been administered. This suggests the RECEIVER is in a more relaxed state than prior to the Bars session. Both before and after captures show the energy is within the normal range.

Chakra Energy Centers

Chakra Energy Centers are a mystery to most people. I found this great description of Chakras in an unlikely place, "The Complete Idiot's Guide to Chakras" by Betsy Rippenhrop, Ph.D. and Eve Adamson. I like the simplicity of their explanations for those of us that are not familiar with this form of energy measure. They ask some questions of us that lead us to a better understanding.

Do you ever wonder why on some days you feel safe, secure and calm, as if all is right with the world, whereas on other days feel jittery and anxious, as if someone is about to pull the rug out from under you?

Do you ever notice how on some days you feel so emotional that you can hardly keep yourself from giggling aloud or bursting into tears, whereas on other days you frankly don't care...about anything?

Have you ever thought of someone just before they happen to call you on the phone or send you an e-mail, or have you ever started singing a popular song just before it comes on the radio?

And whether or not you consider yourself a spiritual or religious person, do you ever wonder why you have those occasional uplifting moments of realization, those a-ha moments that make you feel like you just might be directly connected to some higher power?

All of those feelings are natural, normal and part of being human, but they also come from somewhere. They come straight out of your own body. To be more precise, they flow from your very own energy-infused, rainbow-hued, spinning chakra.¹⁵

According to Eastern metaphysical theories and principles of Ayurvedic Indian medicine, there are seven main "Chakras." They are also known as integrated energy centers considered to affect physical, mental, emotional, and spiritual well-being. Chakra analysis is more related to the psychological and spiritual condition of a person. These energy centers are positioned along the spinal column at various locations starting at the coccyx and rising to the crown of the head. Each Chakra is considered to resonate at a different frequency level. It is now possible to quantitatively measure the energy of a chakra and graphically display their level of energy. The most important is the size of the energy center. If Chakra circles are small, it indicates there is reduced energy at that center. If the Chakra center is larger, it indicates there is more energy at that location.

Ideally, they should be aligned along the central line of the spinal cord. Sometimes the energy center is displaced from the midline alignment. Displacement to the left indicates there is a priority or focus of the chakra energy toward society. If the displacement is to the right of the centerline, it indicates there is a priority or focus of the chakra energy within their inner circle of relationships and/or within themselves.

The Chakra software program used in this research study provides a graphic display of the normalized energy value and emotional-physical balance of the energy centers of the human body. The chakra energy centers are created on the basis of processing GDV-images of the 10

fingers. Calculation of GDV-chakras is taken from each finger capture, without filter, and correlating each system to the given chakra.

Figure 19 is the GIVER and Figure 20 is the RECEIVER; each figure shows both before and after the Bars were administered. If there is a red outline depicted at a Chakra energy center, it is the information from before the Bars measure. The different size and color of the Chakra energy center is data from after Bars were administered.

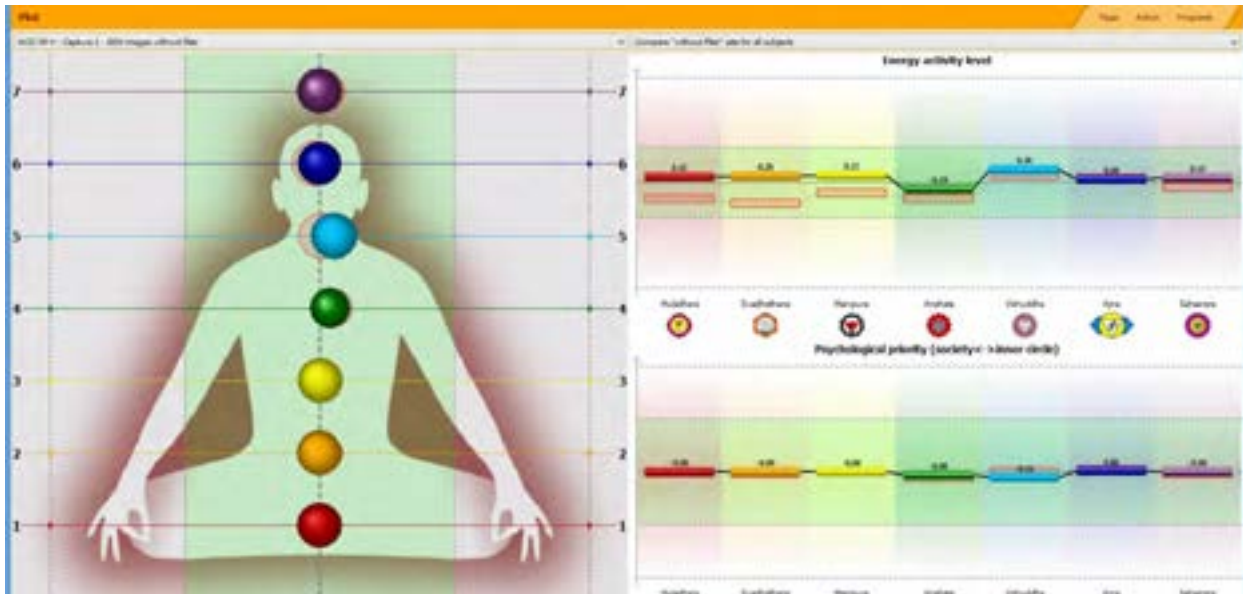


Figure 19: Changes in the GIVER Chakra Energy Centers

Figure 19 is the GIVER'S Chakra data; there is normal size and center alignment of the lower Chakra energy centers. The Heart Chakra (green) is smaller and shifted slightly to the right, suggesting there is a slight depletion in the Heart Center Chakra. The energy is slightly higher in the Throat Chakra (light blue) as seen by the size of the energy center and the slight shift to the right denotes a focus of the chakra energy on their inner circle of relationships and/or on themselves. The size of the Third Eye Chakra (intuition, dark blue) is very slightly smaller. All of the chakras gained in energy, with the exception of the Third Eye Chakra.

It should be noted that six out of the seven Chakras increased in energy level as a result of the Bars session.



Figure 20: Changes in the RECEIVER Chakra Energy Centers

Figure 20 presents the RECEIVER being more in balance; it denotes a focus of the chakra energy on their inner circle of relationships and/or on themselves and a focus toward society. With the exception of the Root Chakra (red), all of the energy centers increased in energy. This center deals with vital force, power and stamina. The Root Chakra represents the physical aspect of you and your body. This means, the condition of your body, your body image, your physical health, and your weight are directly tied to the root chakra. The energy alignment of the RECEIVER is improved and more coherent AFTER receiving the Bars session.

s-LORETA

s-LORETA is an acronym for “standardized low resolution electromagnetic tomography.” Fundamental to this effort was the research and development of the s-LORETA conducted at the Brain Research Laboratories of New York University School of Medicine. The s-LORETA can now be shown that the scalp's electric potential provides sufficient information for obtaining high time resolution information on the 3-D distribution of electric neuronal activity in the brain. We have used this technology in this research study to provide concise information related to the brainwave activity of the GIVER and RECEIVER before, during and after the Bars were administered. The three-dimensional aspect offers greater understanding as to the areas of the brain that are most dominant in the GIVER and the RECEIVER before and after the Bars session. The s-LORETA helps us better understand how the brain functions in the role of the GIVER, as well as the role of the RECEIVER.

sLORETA of Narrowband Spectra

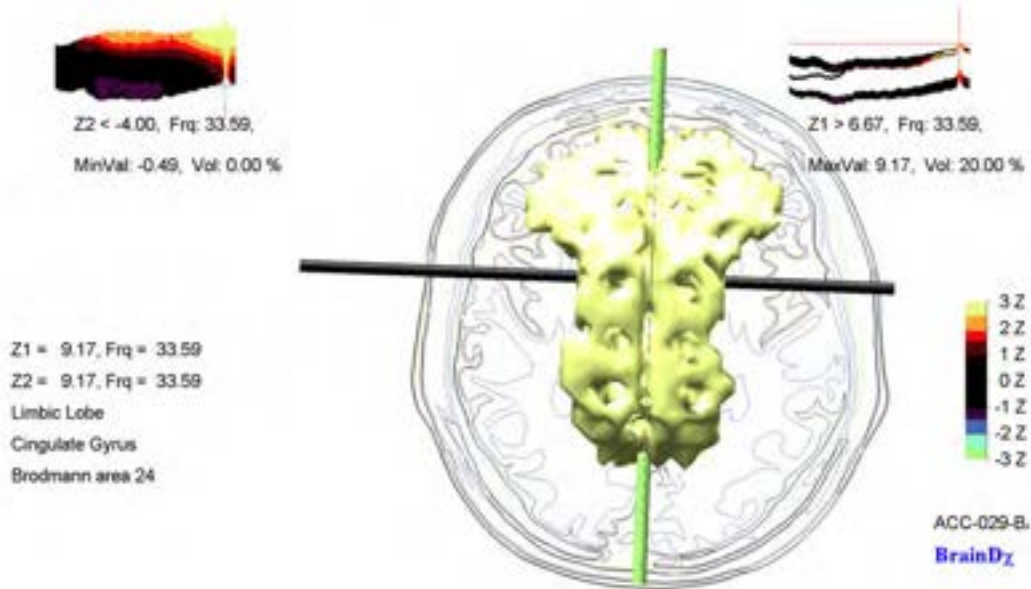


Figure 21: GIVER Eyes Closed s-LORETA Before Bars Session

Figure 21 is the s-LORETA of the GIVER before the Bars administration. This presents 3D information at the highest spectral analysis in the center of *Cingulate Gyrus*. The Cingulate Gyrus is the gear shifter of the brain. It allows us to switch from one thought to another and one behavior to another. The Cingulate Gyrus is involved with forming emotion and processing, learning, and memory. The combination of these three functions makes the Cingulate Gyrus highly influential in linking behavioral outcomes to motivation. For example, a certain action induced a positive emotional response, results in learning.

Figure 22 is the s-LORETA of the GIVER after Bars measure and the Cingulate Gyrus is also the dominant spectral analysis. This would suggest the GIVER was able to maintain their emotion, focus and motivation before, during and after the Bars Process was administered.

sLORETA of Narrowband Spectra

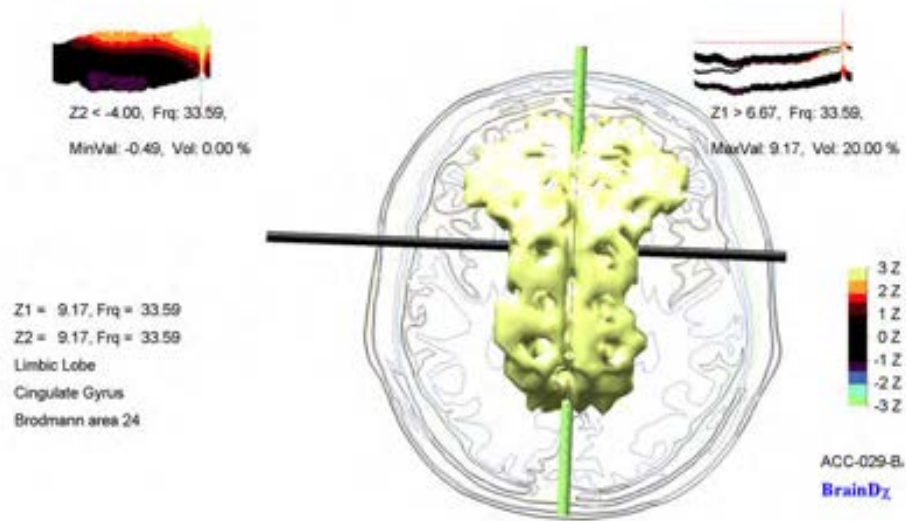


Figure 22: GIVER Eyes Closed s-LORETA After Bars Session

Figure 22 is the s-LORETA after the Bars session; the Cingulate Gyrus was also the dominant spectral analysis. This would suggest this GIVER was able to maintain their emotion, focus and motivation before, during and after the Bars Process was administered.

sLORETA of Narrowband Spectra

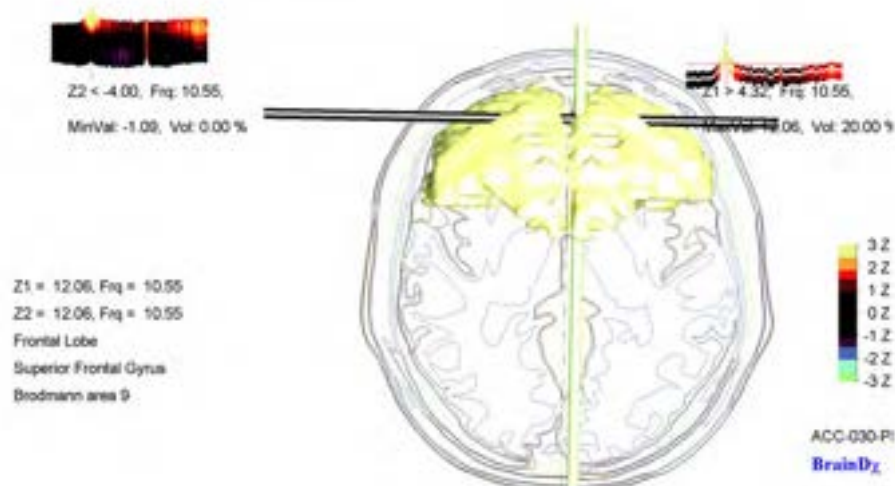


Figure 23: RECEIVER Eyes Closed s-LORETA Before BARS Session

In Figure 23, neuroscience has found evidence the superior frontal gyrus is involved in self-awareness and coordination with the action of the sensory system. Brodmann Area 9, is an anatomical location in the brain and identifies the brain when it is involved in short term memory, evaluating recency, overriding automatic responses, verbal fluency, error detection,

auditory verbal attention, inferring the intention of others, inferring deduction from spatial imagery, inductive reasoning, attributing intention, sustained attention involved in counting a series of auditory stimuli. Allowing the RECEIVER to use these elements to process and integrate their Bars experience.

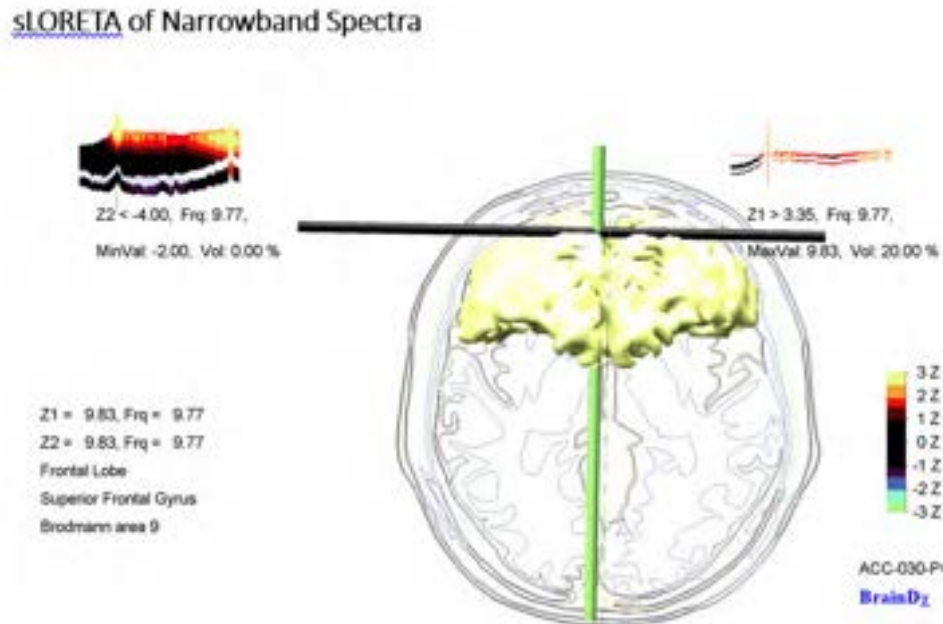


Figure 24: RECEIVER Eyes Closed s-LORETA After BARS Session

As noted in Figure 24, neuroscience teaches us there is an important link between a person's personality and the functions of the prefrontal cortex. This brain region is known in planning complex cognitive behavior, personality expression, decision-making and moderating social behavior. The basic activity of this brain region is considered to be an orchestration of thoughts and actions in accordance with internal goals. The most typical psychological term for functions carried out by the prefrontal cortex area is usually called *executive function*. Executive function is the ability to differentiate among conflicting thoughts, determine good and bad, better and best, same and different, future consequences of current activities, working toward a defined goal, prediction of outcomes, expectation based on actions and social "control." The ability to suppress urges that, if not suppressed, could lead to socially unacceptable outcomes.

There is a subtle shift in the brain of this RECEIVER. If you look closely at Figure 23, next to the yellow line running from front to back, to the left of the yellow marker you will see a dotted line. Now, closely examine Figure 24, you will note that the marker in green is now to the left of the dotted line. This very slight shift is enough to cause the perceptions in the region of the brain dealing with executive functioning, after this RECEIVER experienced the Bars Process. You may also note there was a change in the dominant frequency. Before the RECEIVER experienced receiving the Bars, the dominant *alpha* frequency was 10.55 Hz. After receiving the Bars process the alpha dropped to 9.77 Hz. This suggests the RECEIVER was in a more relaxed state, but still cognitively alert. Alpha frequencies are noted for learning new skills and enhancing memory. Genius-like abilities are found in those who spend their time mostly in an alpha brainwave state.

This is because the tasks associated with those abilities require less overall effort to accomplish and the ability to retain large amounts of information is enhanced.

Quantitative Electroencephalogram (QEEG): The *BRAINMAP*

A QEEG brainmap is a safe, non-invasive, procedure that provides a host of information regarding the brain's current ability to perform under different conditions. In this research project a *baseline* was recorded both before the Bars were administered and again afterward in order to examine changes in brain function. As part of the *baseline*, two readings were taken; eyes closed and one with the brain on task (reading a book). Measuring a baseline of eyes closed, we can see what the brain is doing when it is not taking in information from the surrounding environment. This measure will enlighten us as to what the brain is doing under this condition. The measure of the brain on task (reading) allows us to see what the brain does when we ask it to do something other than nothing. Each of these measures was recorded for a duration of four minutes.



Figure 25: Research Subject Recording Baseline Measures

DSI-24 Headgear



Figure 26: DSI-24 Headgear

Figure 25 shows a research subject wearing the DSI-24 EEG Headgear. This piece of high-tech headgear was originally designed for the military, but is now in the commercial research market. It is wireless, allowing the subject to move freely. For example, the GIVER wore the DSI-24 while they administered the Bars session. The electrodes on this unique headgear are shielded, much like a "Faraday Cage" that filters out unwanted frequencies in the atmosphere that can interfere with good quality EEG data capture.

Another advantage over conventional EEG equipment is that it is a dry sensor electrode. You don't have to wash the electrode gel out of your hair, as you must do with conventional EEG recording equipment. Many of our research participants appreciated that part of the technology.

Once the raw EEG is captured by the DSI-24 and converted into a *Quantitative EEG (QEEG)*, see Figures 28-31. It is processed through a computer software program called Brain Dx, creating a *power spectral analysis* or more commonly known as an *s-LORETA*. This software is more objective with higher reliability and higher sensitivity than just the visual examination of the EEG traces by itself for brain performance.¹⁶

The QEEG converts the raw EEG into *tomography* (the small colored heads), showing each of the individual frequencies from 1-30 Hz. The colors in a brainmap (Figures 28-31) represent standard deviations; how far away from normal is something. Green is *normal* EEG activity; yellow or orange is 2 standard deviations *above normal* and red is 3 standard deviations *above normal*. At the other end of the scale; light blue indicates 2 standard deviations *below normal*, dark blue is 3 standard deviations *below normal*. The patterns seen in the QEEG help to identify brain's current level of performance. By comparing the QEEG before and after the Bars Process, the brainwave patterns will begin to tell us a story about what is happening.

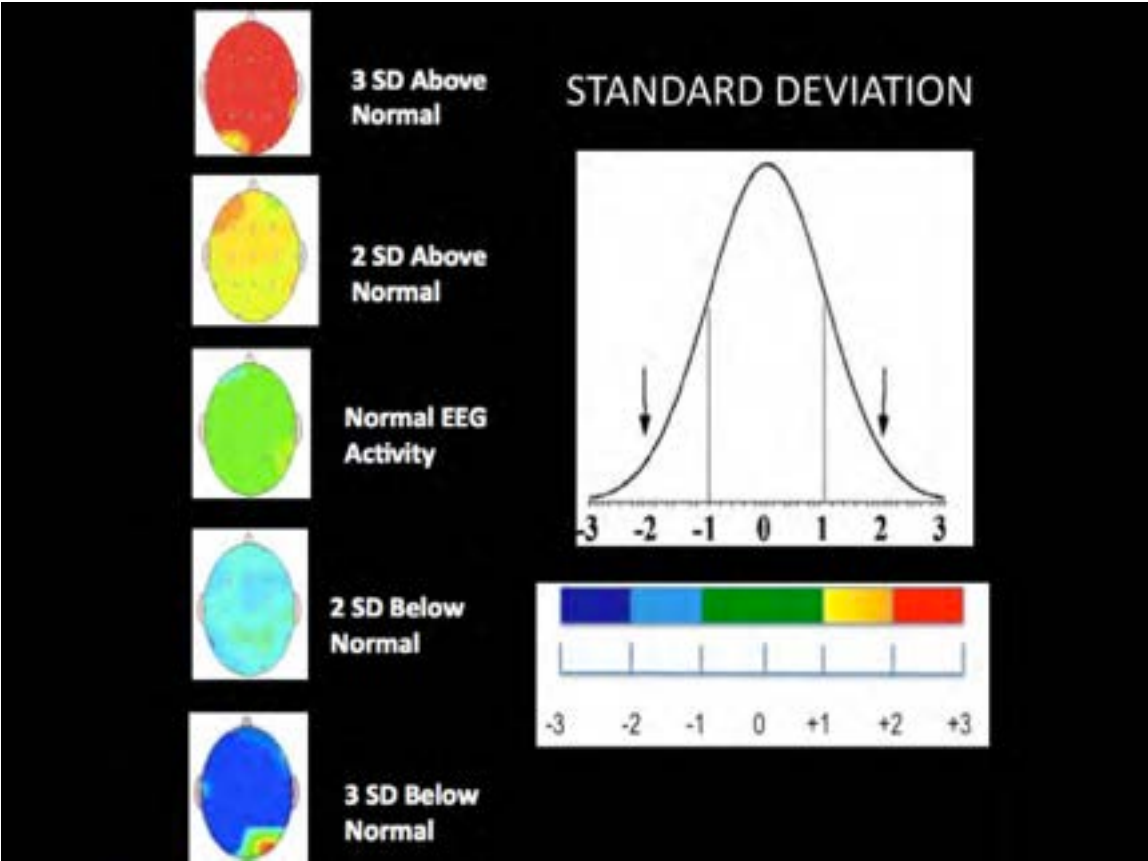


Figure 27: Standard Deviation Colors For QEEG Brainmap

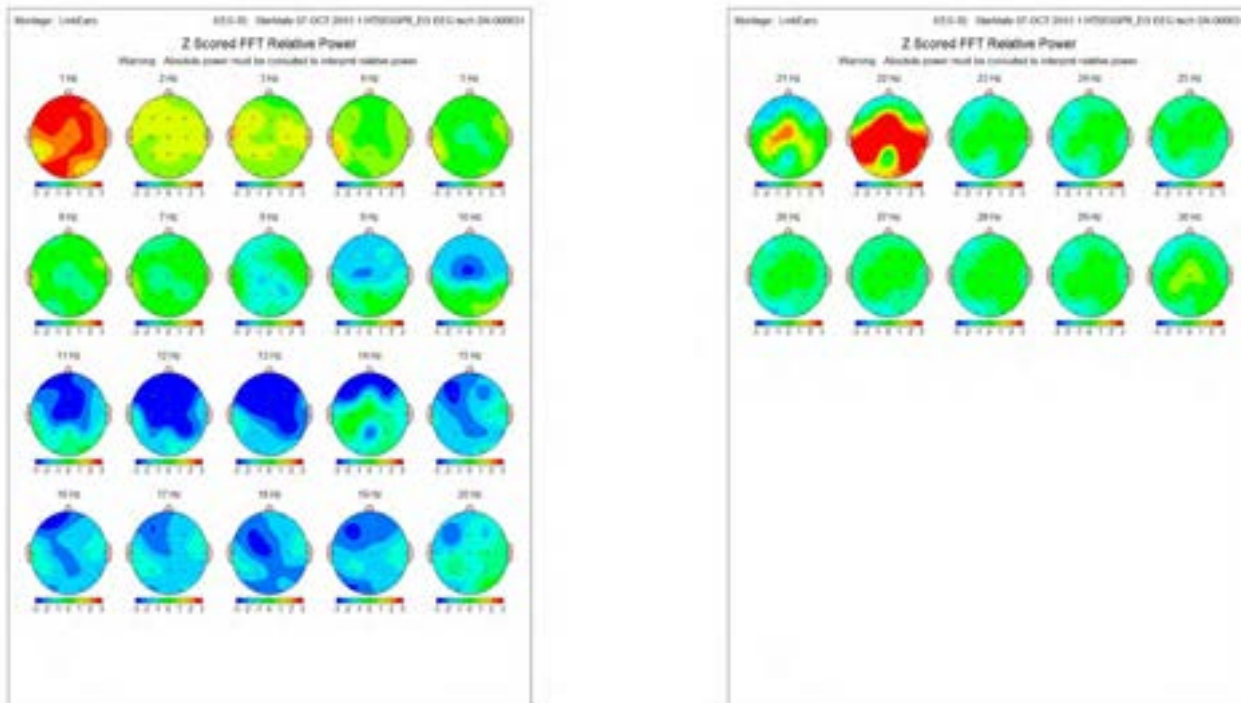


Figure 28: GIVER Eyes Closed Before BARS Session

Our research revealed an interesting phenomenon. We found that 63% of those participating in this research project had elevated activity (3 standard deviations *above normal*, red) at 22 Hz as seen in Figures 28-31. Over the past 17 years I have seen this pattern on occasion. For example, when engaged in measuring energy healing, meditators, as well as, research at the U.S. Military Academy at West Point and our research with PSYCH-K® focusing on changing unconscious belief structures.

After seeing this phenomenon in those research projects, it led us to the understanding that this signature is related to higher states of consciousness. Rather than using traditional ranges of 1-30 Hz, we used a grouping that is often used for measuring higher states of consciousness creating two ranges, 15-22 Hz and 22-38 Hz. The crossover points of this grouping became obvious at 22 Hz...the very pattern we found in different research projects. The significance of the 22 Hz in this research study is profound. The brainwave activity that is 3 standard deviations above normal at 22 Hz is identified as a *high level of engagement*; the brain is involved in the activity of figuring things out. It also involves *high complexity of thought*, as the brain is integrating new experiences.

We have also found an interesting correlation at 1Hz. This is the connection to the morphogenetic field, our human connection to the universal energy that connects each of us to each other. We found 96% of the participants had elevated activity (3 standard deviations above normal, red) at 1 Hz. After many years of research and talking to hundreds of people who present with 3 standard deviations above normal at 1 Hz; we know that it is not only a connection to the energy field but it is a signature that is present when a person is either an *energy healer or receiving healing energy themselves*.

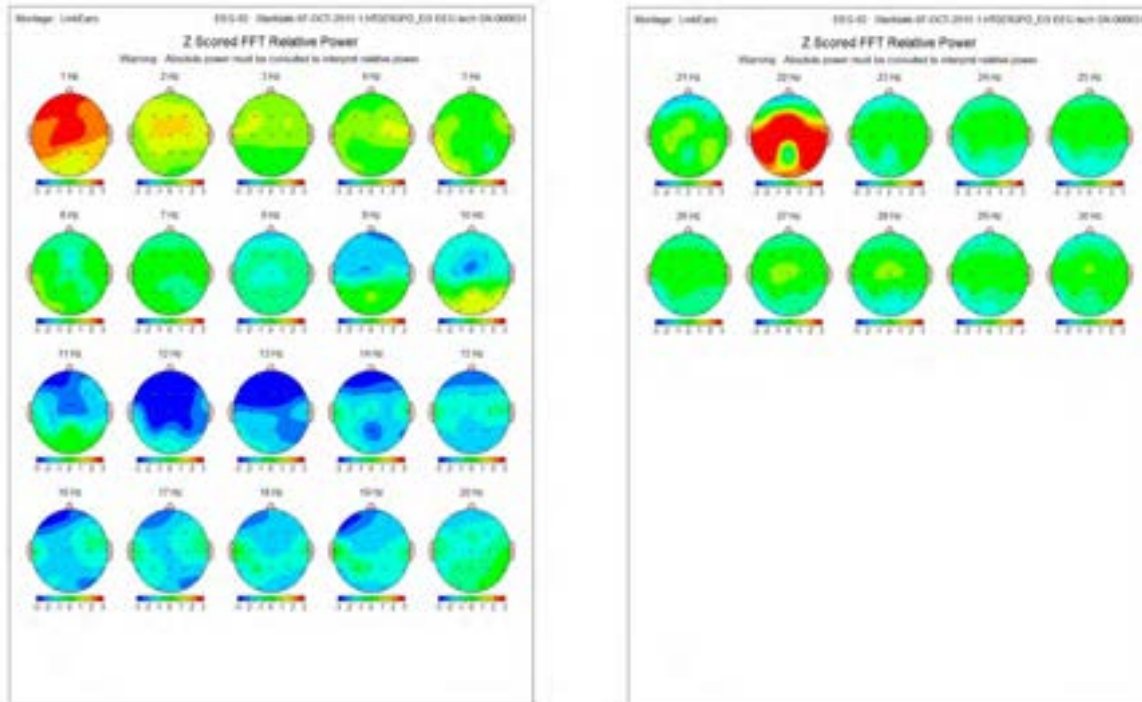


Figure 29: GIVER Eyes Closed After BARS Session

As we examine the example of this GIVER before and after the Bars session, it is easy to see that they are very similar (see Figures 28 & 29). The light and dark blue (2-3 standard deviations below normal) in the alpha band 9-12 Hz suggests that the brain is suppressing the frequencies in this band allowing the GIVER to be *present in the moment*. The blue in the frequencies 13-15 Hz are commonly known as Sensory Motor Rhythm (SMR). These frequencies are suppressing the SMR function, allowing the person to have an inward focus. They are not focused on external sensory information such as the “room is too cold, my nose itches or people are making too much noise.” The suppression of the normal activity of these frequencies is allowing the GIVER to be fully focused inwardly on what is happening with their role as the GIVER in offering the best Bars session that they can. Further, the blue that is seen in the frequencies 16-20 Hz is a suppression of the normal beta or cognitive thinking and is a pattern that is associated with the ability to put normal mind-chatter into the background to remain focused and centered in their role as a GIVER.

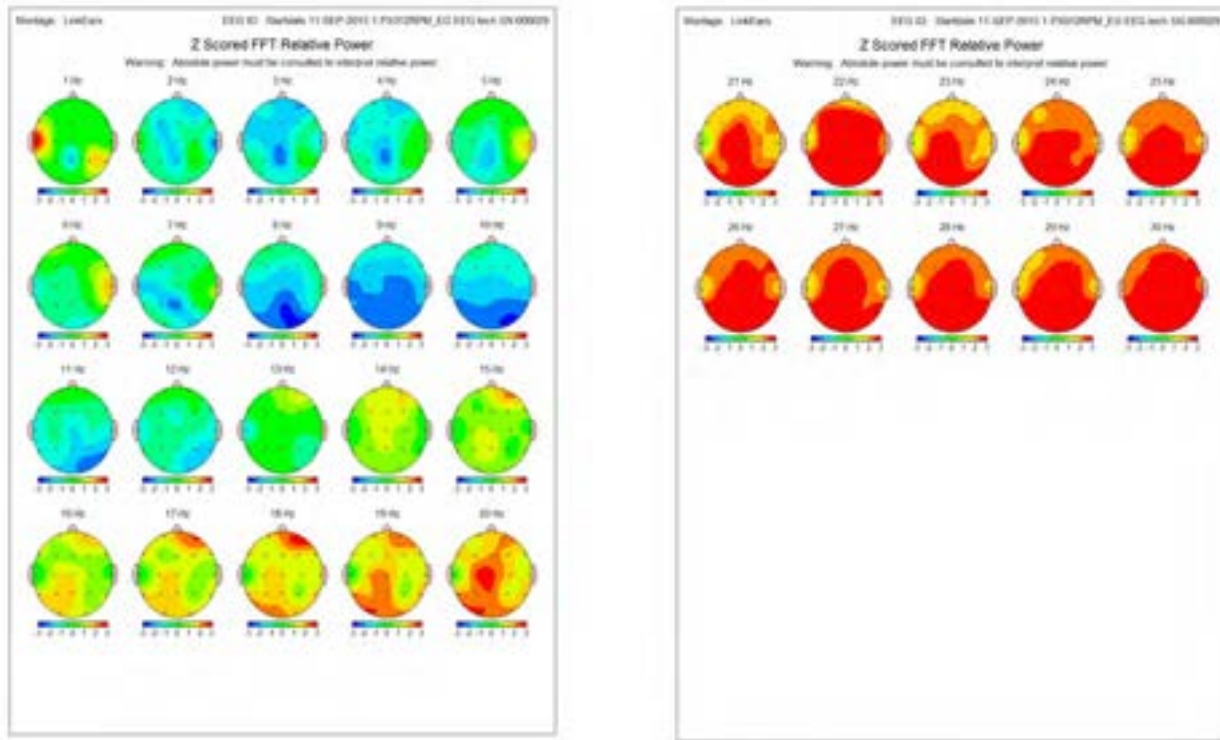


Figure 30: RECEIVER Eyes Closed Before BARS Session

As we turn our attention to the RECEIVER, in Figure 30 we see a wide range of brainwave activity from the dark blue indicating 3 standard deviations *below normal*, to *normal* EEG activity shown in green, on up to the red indicating 3 standard deviations *above normal*. Notice the blue in delta 2-3 Hz and theta 4-5 Hz; this would indicate a lack of focus and concentration. There is an interesting paradox in the blue seen in theta 7-8 Hz; this is a gateway from the subconscious interacting with the cognitive thinking of this RECEIVER. The blue in alpha 9-12 Hz is allowing the person to be present in the moment. The problem is that being present in this moment is a very high activation of the beta or cognitive thinking activity frequencies 16-30 (yellow, orange and red). This is a pattern often associated with both excessive mind chatter and anxiety. The internal experience for this RECEIVER, the information is coming up from the subconscious, very likely negative self-talk. This is not representative of a majority of RECEIVER subjects in this study, but it illustrates a significant change in this RECEIVER after the Bars session was received, as seen in Figure 31.

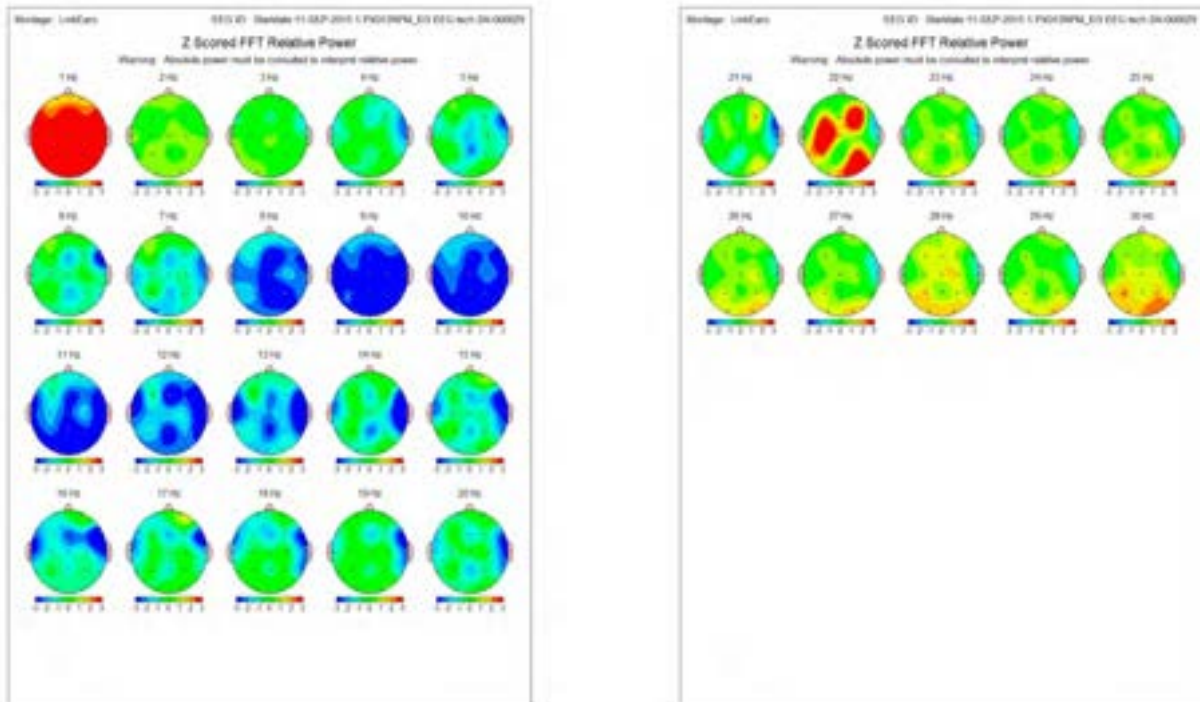


Figure 31: RECEIVER Eyes Closed After BARS Session

It does not take a neuroscientist to recognize the amazing change that this RECEIVER experienced from receiving a single Bars session. Another interesting phenomena that should jump out at you is the presence of 1 Hz and 22 Hz. Remember, from the explanation offered in Figure 28, this phenomena is identified at 1 Hz; the connection to the morphogenetic field that taps into the universal energy that has healing properties. The elevation of 22 Hz is a *high level of engagement*; the brain is involved in the activity of figuring things out. It also involves *high complexity of thought*, as the brain is integrating new experiences.

We also see the theta frequencies 4-8 Hz (blue); the gateway from the subconscious. However, based on the blue seen in alpha 9-12 Hz, it allows this RECEIVER to be present in the moment. What is the moment? This RECEIVER is in relaxed state, focused, receiving healing energy and able to control their mind chatter. Their brain is figuring out what is going on with them at a high level and integrating this new experience in their brain and body. Neuroscience teaches us neurons that fire together, wire together creating new neuropathways they will continue to use now and in the future.

Conclusions

This study is the first of its kind seeking to measure the effects of an amazing process known as the “Bars.” Not only is the phenomenon of the 1 Hz and 22 Hz significant to this study, but also mentioned earlier in this paper is the condition that helps explain why the Bars Process is so effective. The power of energy healing comes from the creation of a field within a field brought about by focusing emotion and intention. This phenomenon is now being called by this author the *Neuro-Photonic Field Effect*; and will be fully explained in the journal article.

To be sure, more studies should be considered to explore the many still unanswered questions that came to light in this study. Such as, when changes to a person’s energy field occurs and a person is identified as being in *transition*, how long are they in transition before the energy stabilizes? After receiving a Bars session does the session have a cumulative effect as the person continues to receive Bars sessions? We have seen a significant change in the *Activation Coefficient* after the Bars session. Do more Bars sessions allow the levels of stress in the body to move into a more normal range? Do the positive changes to improve a person’s energy field continue to improve with more Bars sessions? How long do the effects of a Bars session last?

The research accomplished through the exploration of properties of the Bars Process allowing stuck energy to flow again, heal and be realigned in the body offering an exciting perspective at this point in time. This comes from the fact, 85% of the participants in this study had a change in their QEEG coherence. We found that 63% of the participants, after receiving the Bars Process were in an emotional and/or physical transition. Of the 63%, 42% of the participants were in emotional transition, while 40% were in a physical transition. It is not known how long a transition lasts. We don’t know to what degree a change in the energy flow impacts the brain on the long-term. This research also brought to light the fact that 63% of the participants had 22 Hz at 3 standard deviations above normal, meaning that their brain was engaged in figuring out what the experience meant and was integrating that experience into balance. We also found that 96% of participants in this study showed 3 standard deviations above normal at 1 Hz, a condition that correlates with energy healing and connection to the morphogenetic field.

We have gathered and computed a large number of facts from this research study. Many of those facts and statistics will be presented in depth in the scientific journal article that is being prepared for publication. This “White Paper” was written to not only demonstrate some of the findings of this study, but also to inform you of the amazing results related to the Bars Process in as much non-scientific language as is possible with such a complex study.

We offer our gratitude to the participants in this study. These are courageous individuals willing to put themselves under scientific scrutiny for the betterment of mankind. We also wish to thank the many financial supporters that made this study possible. Our thanks to the many people involved in the logistics of this study, helping to ensure that people and facilities were available at the time and place they needed to be available. We acknowledge, with tremendous gratitude and respect, Gary Douglas and Dr. Dain Heer for their courage to bring the Bars Process to the world. Our team of researchers would like to thank all of you for making us feel welcome and part of your community!

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