

MEASUREMENTS OF THE INCREASED HUMAN ENERGY FIELD CAUSED BY THE ENERGETIC FITNESS SYSTEM

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INTRODUCTION: The Human Energy Field (HEF) and its component systems are primarily biophysical in nature. To study, measure, and influence these fields requires very sensitive biophysical instruments and methods. Since the HEF has evolved in an environment of both strong and subtle natural energy fields, the effects of these must also be measured and evaluated. One of the key energy fields now known to effect and control the HEF and the body is commonly called the “earthpulse”.

The earthpulse was discovered and verified over the past half century by several authors. It is also known as the Schumann frequency after its original discoverer (Schumann, 1952) and consists of a magnetic pulse, which averages about 7.9 Hz (cycles per second). It varies from 1 Hz to 40 Hz depending on several factors: Thunderstorms, solar storms, night vs. day, meteorological conditions, other solar radiation, the altitude of the magnetosphere above the earth, etc. It is caused by the 200 lightning strikes per second that bounce around the earth between the surface and the magnetosphere with the speed of light, producing a standing resonant wave with extremely low frequencies.

Probably most living animals (and perhaps plants as well) seem to utilize this energy in a variety of ways. If animals or people are removed from a site with an 8 Hz pulse to one of 2 or 3 Hz, their reaction times are much reduced (Becker, 1985). People may get headaches and become depressed. If returned to the 8 Hz pulse they become normal again. Such an effect can be caused by an approaching thunderstorm. Even stronger effects can be caused by solar flares. But not all organisms show these responses due to the very wide range of sensitivities to electromagnetic fields between individuals.

It is known that the pineal gland tunes to the earthpulse and uses it to maintain the 24-hour biorhythms. About 25% of the pineal gland cells are magnetically sensitive. It is now known to be the master gland of the endocrine system. How could health not be affected by it? Recent studies have shown that energy workers or healers use meditation at the alpha brain wave frequency of 8 Hz to amplify this energy to about one million times that of the brain wave and direct it through their hands as multi-wave oscillations (0.2 Hz to 30 Hz), which facilitate many forms of healing (Zimmerman, 1992; Oschman, 2000; Seto, 1992). Healing requires multi-wave oscillations; single frequencies are not effective. These energy fields can be measured precisely with instruments such as the SQUID (superconducting quantum interference device). Field strengths of less than one billionth of the earth’s field can be measured (Becker, 1990). The field of the heart can be detected from 15 feet; the brain, from 5 feet.

The objectives of the work reported here are to present methods and procedures for measuring the HEF’s for several people and then determining the effects on their

HEF's by exposures to the Energetic Fitness System (EFS). A unique sensing system has been developed to do this.

METHODS: The SQUID (Oschman, 2000, 2002) is a relatively expensive high-tech instrument that must be operated under specially shielded conditions. A simplified method has been utilized to measure the HEF in relation to applications of the EFS in the work reported here. It is fast, inexpensive, gives consistent repeatable results, with an error of about 5%. It is hoped that future work will allow comparisons with the SQUID and other sensing devices under similar conditions.

The EFS: The instrument to be studied is called the Energetic Fitness System or EFS. It is best described as a broad-spectrum frequency generator. Its origin goes back over a century to Nicola Tesla (1897), George Lakhovsky (ca. 1935), and others. In its modern form it has been in use for several years primarily for physical therapy and energizing sports teams. For example, the University of California at Berkeley men's swimming team has used them very successfully for the past year.

A subject is energized using the EFS by sitting on a non-metal chair with bare feet on an energized glass plate while holding a 5-inch diameter energized glass bulb in the hands. High voltage with no current at a broad spectrum of random wavelengths (0.1 Hz to 4000 Hz) is maintained between the hands and the feet.



The Sensor System: To measure the dimensions of the Human Energy Field (HEF) a resonance wave field is established between an ELF transmitter and the human subject using a standard power (5 milliwatts) as illustrated in Fig. 1. When the transmitter (T) is turned on at a specific extremely low frequency (ELF) such as 8 HZ and a person (P) is placed about 40 feet (14 m.) away, a field develops with an edge that is equidistant from the T-----P axis. If the person is energized with the EFS (or by any other method) then the edge of the field expands to a wider dimension as illustrated. Numerous experiments have determined that the width of this field in feet or meters is an accurate and repeatable measurement of the HEF.

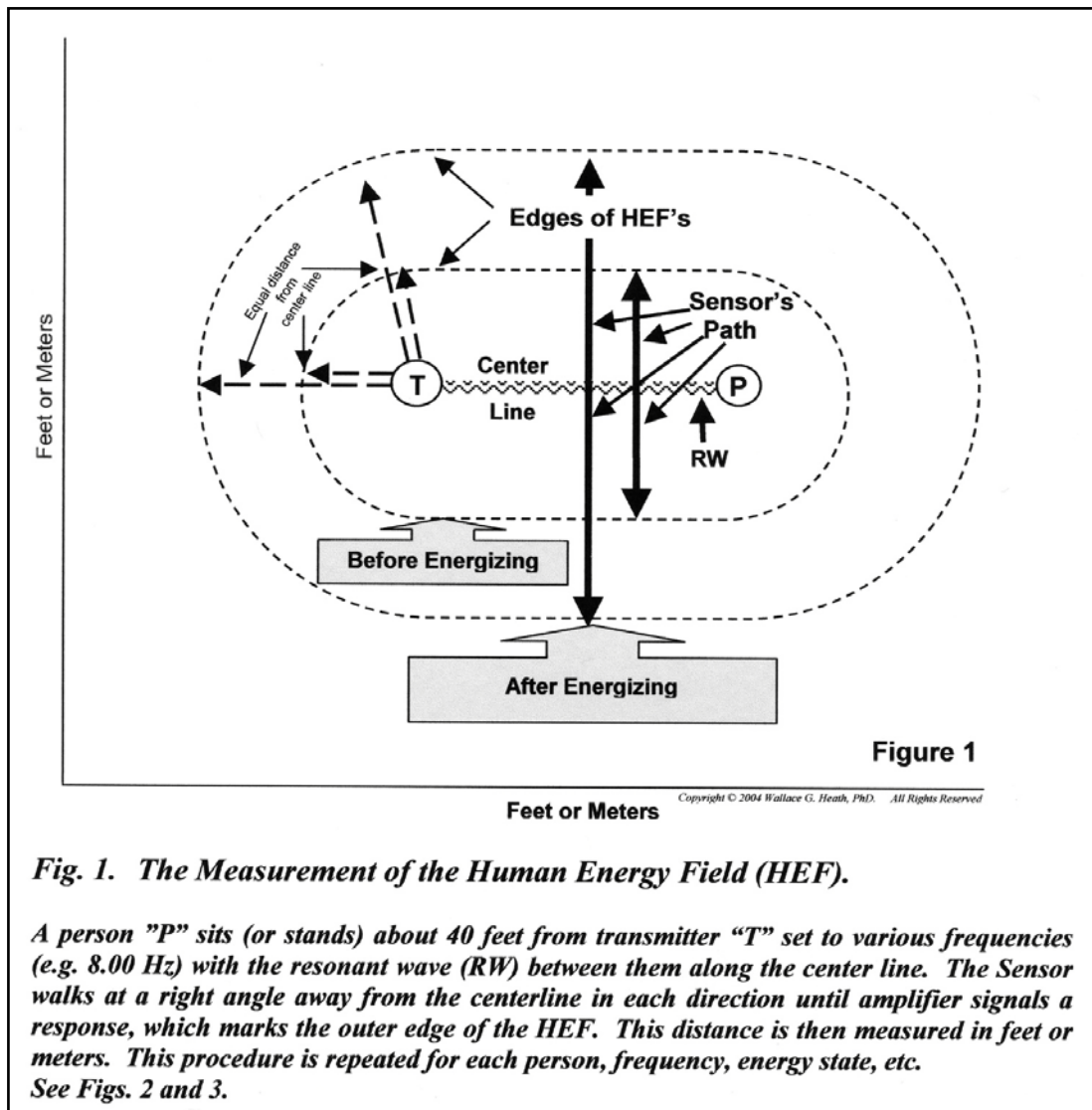


Fig. 1. The Measurement of the Human Energy Field (HEF).

A person "P" sits (or stands) about 40 feet from transmitter "T" set to various frequencies (e.g. 8.00 Hz) with the resonant wave (RW) between them along the center line. The Sensor walks at a right angle away from the centerline in each direction until amplifier signals a response, which marks the outer edge of the HEF. This distance is then measured in feet or meters. This procedure is repeated for each person, frequency, energy state, etc. See Figs. 2 and 3.

It has been demonstrated by measurement that the human body is extremely sensitive to electromagnetic (EM) fields. A biophysicist, Dr. Zabož Harvalik (1978), studied the responses to magnetic fields of 14 men under various states of magnitude and frequency using double-blind experiments. After 700 trials of whether the men could detect if a field was on or off, they scored 97% correct. One of the men could accurately and repeatedly detect a field as weak as one trillionth Gauss (the earth's field is about 0.5 Gauss).

By using aluminum shielding over parts of the body at high frequencies he determined that the human magnetic sensors are located near the adrenal glands and at the center of the brain. It has since been found that these are the sites of the magnetic organs, which are micro-crystalline magnetite clusters visible only with the electron microscope. Those in the brain are connected by neurons to the pineal gland, and about 25% of its cells are magnetically sensitive.

Harvalik found that as a body experiences a change in magnetic field it is detected by the antenna-like adrenal-pineal axis. Signals from the pineal are then processed by the brain and then passed down the brachial nerves to the hands (detectable by an EEG). There is then an involuntary contraction of the forearm muscles and an increase in temperature and moisture from the palms of the hands. This is now a well-known biofeedback mechanism which can be sensed, amplified, and recorded either by EM instruments or by mechanical amplifiers. The latter can be either very elaborate or quite simple. Such a system is used to detect the edge of the HEF as shown in Fig. 1.

EXPERIMENTAL RESULTS: Several questions were addressed and integrated in the experimental design developed here. The significances of the relationships of the HEF to the earthpulse as well as to the effects of the EFS are combined in Fig. 2.

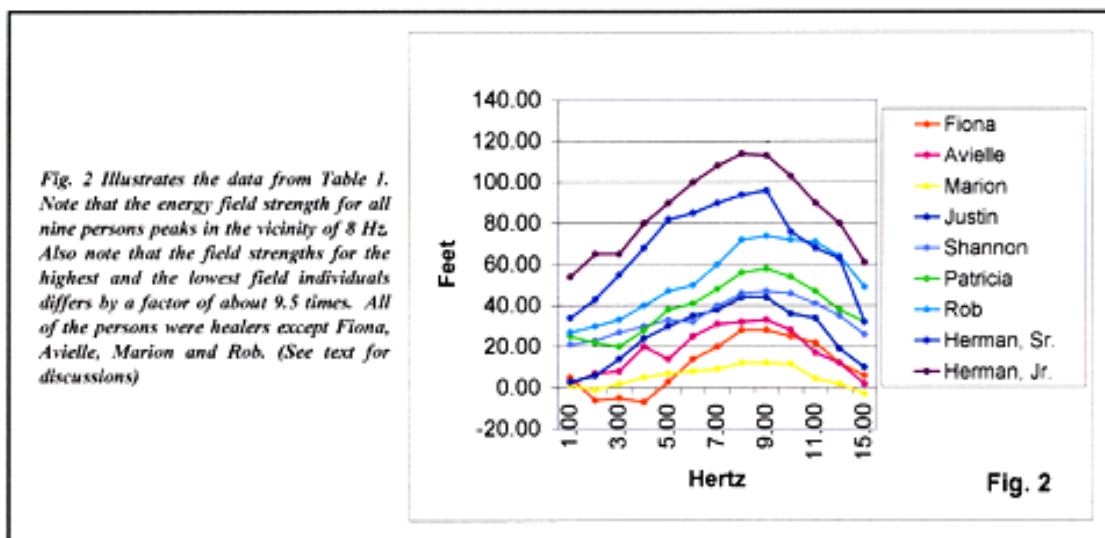


TABLE I
Data from nine people relating the human energy field width to the frequencies shown in the top line. The field width is measured in feet. All persons had been exposed to a Tesla type broad spectrum frequency generator (EFS) for 30 minutes before energy field measurements were taken. (See text)

Subjects:	Frequency (Hz):												
	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00	10.00	11.00	12.00	15.00
Fiona	5.00	-6.00	-5.00	-7.00	3.00	14.00	20.00	28.00	28.00	25.00	22.00	12.00	6.00
Avielle	2.00	7.00	8.00	20.00	14.00	25.00	31.00	32.00	33.00	28.00	17.00	12.00	2.00
Marion	1.00	-1.00	2.00	5.00	7.00	8.00	9.00	12.00	12.00	11.50	4.50	2.00	-3.00
Justin	3.00	6.00	14.00	24.00	30.00	35.00	38.00	44.00	44.00	36.00	34.00	19.00	10.00
Shannon	21.00	23.00	27.00	30.00	33.00	32.00	40.00	46.00	47.00	46.00	41.00	35.00	26.00
Patricia	25.00	22.00	20.00	28.00	38.00	41.00	48.00	56.00	58.00	54.00	47.00	38.00	32.00
Rob	27.00	30.00	33.00	40.00	47.00	50.00	60.00	72.00	74.00	72.00	71.00	64.00	49.00
Herman, Sr.	34.00	43.00	55.00	68.00	82.00	85.00	90.00	94.00	96.00	76.00	68.00	63.00	32.00
Herman, Jr.	54.00	65.00	65.00	80.00	90.00	100.00	108.00	114.00	113.00	103.00	90.00	80.00	61.00

Fig. 3 Illustrates the data from Table 2. This shows the change in human energy fields before and after the 30-minute exposures to the broad spectrum frequency generator (EFS). The average increase for all nine persons is 8.4 times (6.6 feet to 55.3 feet). Healers increased by about the same factor (before and after) of 7.5 times for non healers to 8.9 times for healers, which are not significantly different due to the small sample sizes. The difference before and after for all persons are statistically significant.

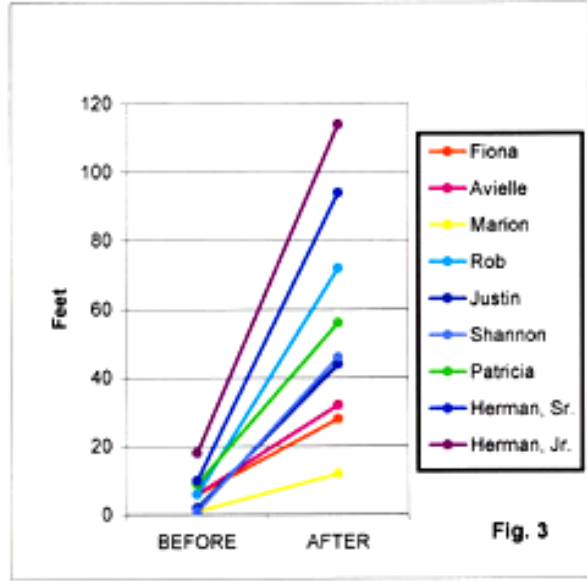


TABLE 2

Field Width in feet taken for the frequency of 8.0 Hz before and after exposure to the broad spectrum frequency generator (EFS) for 30 minutes. (See text)

	SUBJECT	BEFORE	AFTER	AFTER / BEFORE
1	Fiona	6	28	4.7
2	Avielle	6	32	5.3
3	Marion	1	12	12.0
4	Rob	6	72	12.0
5	Justin	2	44	22.0
6	Shannon	1	46	46.0
7	Patricia	9	56	6.2
8	Herman, Sr.	10	94	9.4
9	Herman, Jr.	18	114	6.3
	AVERAGE	6.6	55.3	8.4
	Non-Healers	4.80	36.00	7.50
	Healers	8.00	70.80	8.85

Each of nine persons were placed alone at separate intervals on a non-metallic chair in an open area away from other people and about 40 feet from the ELF transmitter. The transmitter is operated at 5 milliwatts, is thermally stable, is accurate to 0.01 Hz, uses a sine wave to minimize harmonics, and has an antenna with electronic modifications to compensate for the extremely long wavelengths.

A sequence of frequencies are programmed starting at 1 Hz and continuing through 15 Hz at 1 Hz intervals.

Time is allowed at each frequency to make the HEF readings (about 3 minutes) so that only about 45 minutes are required per person. After these data from the “resting” state are recorded, each person spends 30 minutes on the EFS, and the HEF measurements are

repeated. The data for the HEF measurements after the EFS sessions from all nine subjects are tabulated in Table 1 and illustrated in Fig. 2.

It is seen that each person shows a peak response near the earthpulse frequency of 8 Hz. It also shows that there is a factor of nearly ten times between the strongest and the weakest HEF. Yet the shapes of the curves of the responses appear to be similar, suggesting that they all are responding to the earthpulse in a positive way.

The data compiled in Table 2 and illustrated in Fig. 3 compares the peak values from before and after the EFS exposure for each person. All but four (as designated in the caption for Fig. 2) had been practicing energy workers for many years. Their comparative results are also given in Table 2 and Fig. 3. The average increase in HEF after 30 minutes of EFS exposure was 8.4 times (from 6.6 feet before to 55.3 feet after). The magnitudes of the HEF's for the energy workers was about twice that of the non-energy workers both before and after the EFS exposures. Yet the increase in HEF from before to after was about the same for each group (not statistically different). While Rob is not an energy worker his HEF does rank with theirs. However he does work out avidly and regularly, which may account for his wider HEF.

It could be significant that energy workers have twice the HEF's as non-energy workers. It could be useful to measure the HEF's for a large group of people before and after they enter various forms of "energy training". It might help evaluate which methods are best for various practitioners.

CONCLUSIONS: Thirty-minute exposures to the EFS instrument resulted in increases of 840% in the HEF's for nine people of both sexes, aged 16 to 83 years, five energy workers and four not, all from very diverse backgrounds. The energy workers had about twice the HEF levels of the others. In the case of Rob who works out on a regular basis, his response was equivalent to an energy worker. The methods employed here may be useful in diagnosing and evaluating the best energy worker training methods on individual bases. They may also be useful in predicting the fitness potentials of individuals before sports training programs begin, which could be of great value to sports programs.

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