



CENTRE FOR BIOFIELD SCIENCES



EFFECTS OF SPIRITUAL RESULTS MUSIC ON HUMAN BIOFIELD
Music created by Jamie Buturff

PRINCIPLE INVESTIGATOR : Dr. R. D. Prayag

SUB-INVESTIGATOR : Dr. Aniruddha Gandhi

RESEARCH COORDINATOR : Dr. Bhagyashree Nilkanth

RESEARCH ASSISTANTS : Shivali Dandekar

STUDY TITLE : **To Study the effects of Spiritual Results music on Human Biofield.**

STUDY OBJECTIVE : **To assess the effects of Spiritual Results music on human biofield and on overall health.**

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PRIMARY DATA COLLECTION : **Centre for Biofield Sciences
World Peace Centre
MAEER's Maharashtra Institute of Technology
Pune, India**

CONTACT INFORMATION :

Name : **Centre for Biofield Sciences**

Address : **World Peace Centre MIT College
Paud Road, Kothrud
Pune, India 411 038**

Phone : **+64 9 833 1077
+91 (0) 20 2545 8748**

Email : **cbspune@biofieldsciences.com**

Website : **www.biofieldsciences.com**

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ABSTRACT

The Spiritual Results music is based on the Cosmic 432Hz that is found in the cycle and ratios of the Universe and Nature. The sequence of the music is taken as per the position of chakra (Root, Sacral, Solar Plexus, heart, throat, brow, crown). It is proposed that Spiritual Results music is supposed to bring the chakras into balance state through resonance and thus removing blockages in the chakra. To monitor the effectiveness of the Spiritual Results music, 5 participants were randomly selected through newspaper ads. Participants were monitored with Poly-contrast Interference Photography (PIP), Gas Discharge Visualization (GDV), and Electro-Interstitial Scan (EIS), Medical Thermal Imagine after listening the Spiritual Results music for seven days. The results from the four devices were analyzed to determine the efficacy of Spiritual Results music so as to improve the human biofield. With the help of various non-invasive technologies, the Centre for Biofield Sciences is now able to document the presence of such fields and understand how these fields are altered in disease and disorder.

INTRODUCTION

Biofield Background

The Centre for Biofield sciences can scan the biofield with the help of non-invasive technologies which was earlier explained by Rishies.(1) Consistent with the ancient knowledge there are subtle bodies beyond the physical body that are related with the realms of mind, soul, and spirit. They explore the concept of chakra and documented it in Vedas, Patanjali Yoga shastra, etc. The main concepts explained are about Nadi and meridian system. The Sanskrit meaning of Chakra is "Wheel of light. These subtle energy centers are located at the main branching of the nervous system. The seven major chakras play a vital role in maintaining the harmony of human body. Chakras are related to different organs as well as our emotions. Chakra is a concept referring to wheel-like vortices, which according to traditional Indian medicine, are believed to exist in the surface of the etheric double of man. The Chakras are said to be "force centers" or wheel of energy permeating, from a point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation. Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies. These chakras look after the working of endocrine glands.

Table 1
Colors, glands and emotions associated with the Chakra

| Chakra/ Energy centre | Color | Emotion | Endocrine Gland | No of Petals |
|-----------------------------|--------|---------------------------------------|--------------------|-----------------|
| Crown | Violet | Spirituality | Pineal | 1000 |
| Brow | Indigo | Emotional Stress | Pituitary | 2 |
| Throat | Blue | Lack of communication & expression | Thyroid | 16 |
| Heart | Green | Hated; Jealousy | Thymus | 12 |
| Solar Plexus | Yellow | Helplessness ;Failure | Adrenals | 10 |
| Navel | Orange | Sexuality | Pancreas | 6 |
| Base | Red | Relationship | Gonads | 4 |

About Spiritual Results Music

The background of the Spiritual Results music is based on the Cosmic 432Hz that is found in the cycle and ratios of the Universe and Nature. The sequence of the music is taken as per the position of chakra (Root, Sacral, Solar Plexus, heart, throat, brow, crown) The reason for the sequence from root (animal instincts) to the crown (enlightenment) is to bring the listener through the enlightenment sequence (normally many lifetimes) in less than 40 minutes using the base frequency of the 432Hz and Pythagorean tuning. If you take 432×60 you get 25,920. 432 is the base frequency in Hertz, 60 is the base measurement of our time (also the base counting system of the ancient Sumerians) and the 25,920 is the number of years to complete a procession of the equinoxes. 432 squared is less than 1% accurate of the accepted speed of light. (The reason we measure the speed of light less than 432 squared today is because our energy in and around this planet is denser than normal. Thus the speed of light travels slower in a denser medium.) The diameter of the moon is 216 (minus a bunch of zeros) and the diameter of the Sun is 864 (minus a bunch of zeros) and both of those numbers are octaves of the 432Hz frequency ($432/2=216$ and $432 \times 2=864$). There were also 432 Buddha statues at Mt Meru where the oldest known Sri Yantra has been found. The Sri Yantra is known as the physical representation (geometrical representation) of the vibration, or frequency, of the OM (or AUM). Disease and/or pain is caused in the body by lack of energy movement into that part of the body. The ear is connected to all of the meridian points and all of the chakras simultaneously. Spiritual Results music is supposed to bring the chakras into balance state through resonance thus removing blockages and allowing energy to flow better. To evaluate the efficacy of the Spiritual Results music for producing balanced energy fields and increasing overall wellness, the Centre for Biofield Sciences used Poly-contrast Interference Photography (PIP), Electro-Interstitial Scan (EIS), and Gas Discharge Visualization (GDV), Medical Thermal Imaging (MTI).

POLYCONTRAST INTERFERENCE PHOTOGRAPHY

Polycontrast Interference Photography (PIP) is an advanced scanning technology that reveals light interference patterns on the skin's surface. The participant were exposed to a standardized, full-spectrum lighting environment and de-robed with all jewelry removed to maximize skin exposure and minimize image artifacts. A white, matte wall provides a monochromatic background against which the PIP colors are most clearly highlighted. A digital camera is used to detect the interference of biophotons emanating from the subject with the light produced from the standardized lighting system. The PIP software measures the absorption and reflection of light on the skin's surface and surroundings then displays a composite image of the accentuated interference gradations on the screen. For this study the PIP scan were used to help identify congested areas of red as low energy and green and blue as positive energy.

GAS DISCHARGE VISUALIZATION

Gas Discharge Visualization (GDV), also known as Electro-Photon Imaging, is an advanced form of Kirlian photography developed by Dr. Konstantin Korotkov. An electric impulse stimulates a biological subject and generates a response of the subject in the form of photon & electron emission. The glow of the photon radiation owing to the gas discharge generated in

electromagnetic field is transformed by optical and charge couple device systems into a computer file. After participants putting each finger tip on a quartz plate and an image displaying the photons emissions were analyzed. For this study, increased in the area and symmetry of the aura were analyzed for balance and vibrancy.

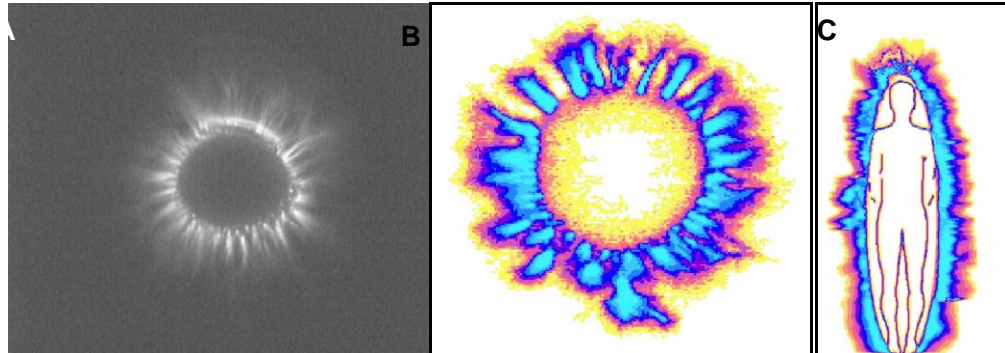


Figure 1: Example of EPI: (A) photonic emissions captured from a finger tip (B) photonic emission interpretation by EPI software (C) aura analysis based on photonic discharge and the Korean Su Jok meridian system.

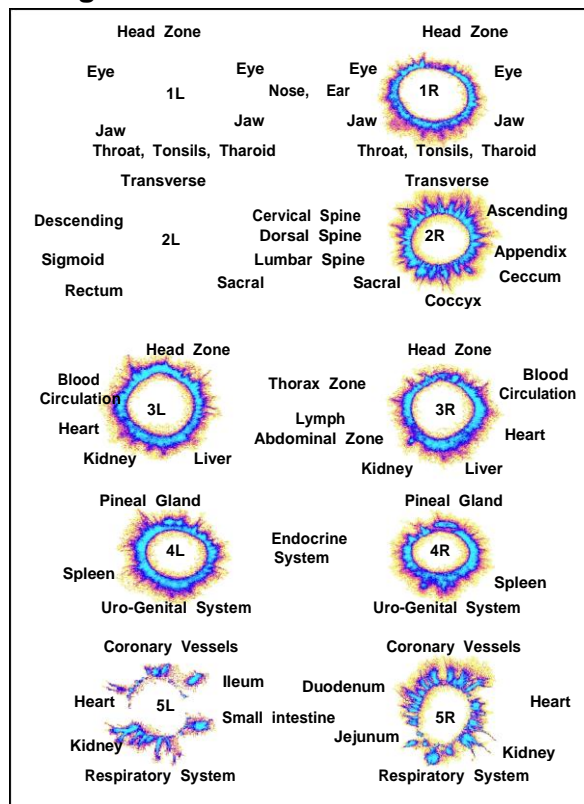


Figure 2: Software analysis of photonic emissions with respect to the Su Jok meridian system.

ELECTRO-INTERSTITIAL SCAN

Electro Interstitial Scan (EIS) is a programmable electro medical system, which is scientifically proven and clinically validated as an effective diagnostic device. It is an efficient

and non-invasive medical device that measures physiological parameters and produces detail reports with 89 % repeatable accuracy. It measures conductivity of interstitial fluid between the cells. The bio impedance technology is very similar to ECG and EEG, but instead of supplying information for brain or heart only, EIS measures electro-physiological properties of 22 different volumes within the body and produces data for 69 different physiological parameters. Successive measurements are made with weak current low frequency (700 Hz) between six tactile electrodes placed symmetrically on the forehead, hands, and feet of the subject. Each electrode is alternatively cathode and anode (bipolar mode from anode to cathode), which permits the recording of the resistance (Law of Ohm) of 22 segments of the human body and specifically passes through the interstitial fluid compartment. The interstitial fluid (or tissue fluid) compartment represents approximately 16% of the body's total water. Interstitial fluid is extra cellular water and solutes surrounding cells, but is located outside the bloodstream and lymphatic system. Interstitial fluid forms the microscopic interface between cells and capillaries and presents a specific biochemical composition and a low protein concentration. An important property of blood is its degree of acidity or alkalinity. Body acidity increases when the level of acidic compounds in the body rises through increased intake or production, or decreased elimination or when the level of basic, or alkaline, compounds in the body falls through decreased intake or production, or increased elimination. Body alkalinity increases with the reverse of these processes. The body's balance between acidity and alkalinity is referred to as acid-base balance. The acidity or alkalinity of any solution, including blood, is indicated on the pH scale. Usually this information is taken from arterial blood; however, using the EIS this information for interstitial acid base balance is measured using bio-impedance with normal values are given as a pH of 7.33. There are no buffers in interstitial fluid (no carbonic anhydrides from red cells and very low protein concentrations), the acid base balance depends predominantly upon the cells activity (mitochondria ATP production and Na/K pump activity). These values are measured in interstitial fluid with the chronoamperometry method (Cottrell equation) for hydrogen ion (H⁺) and bicarbonate (HCO₃) concentration and the by Hassenbach formula for partial pressure of carbon dioxide (PCO₂). In this study, the EIS were used to measure participants' pH to determine the effects of music on acidosis and alkalosis.

Medical Thermal Imaging

Medical Thermal Imaging (MTI) has been used in medicine for over 40 years and has been widely studied for use to monitor inflammation. Preganglionic sphincters on the skin's surface open and close to release or retain heat in the body. In areas of hyperactivity and neovascularization, heat is produced and released through the skin; and in contrast, areas of hypo activity and densities, heat are retained and the surface of the skin becomes colder than surrounding areas. Since green is in the middle of the visible spectrum, green indicates a balanced energy in thermal images. MTI captures yellow, orange, and red patterns on the skin's surface as the thermal energy increases. In contrast, MTI captures variations of blue and black patterns as thermal energy decreases. A picture of the chest were taken to monitor any inflammation in the lymph nodes indicating an immune response and to monitor any cold patches over the heart signifying that the heart has pulled the blood from its surroundings as occurs in stressed states. Secondly, a picture of the participant's back was taken to monitor any pain and inflammation seen as hyperthermia.

SPECIFIC AIM

The aim of this study was to examine the changes in the Biofield and chakras after listening to the Spiritual Results music.

METHODOLOGY

Five Participants were randomly selected through newspaper adds to take part in the Spiritual Results music study. Inclusion criteria for participation in this study were individuals in between 18-70 years of age, non pregnant or nursing. Each participant baseline scan were taken using the PIP, MTI, GDV, and EIS. Instructions about Spiritual Results music were given to the participants. Each participant has been given a randomly assigned identification number to maintain confidentiality of their personal information. Participants were informed of the nature of the study and all questions regarding the study has been explained in detail. The participants were given a copy of the informed consent form and were given 48 hours to make an educated decision about whether they would like to participate or not. Participants who signed an informed consent form were allowed to participate in the study. At each visit, participants were given a standard MYMOP-2 questionnaire to get subjective readings of what the participants' personal complaints were, that affect their daily lives to evaluate the changes they experience during the study. Baseline readings were performed with the following devices.

Scan 1 : Polycontrast Interference Photography (PIP) Scan 2 : Medical Thermal Imaging (MTI)

Scan 3 : Electro-Interstitial Scan (EIS) Scan 4 : Gas Discharge Visualization (GDV)

The Spiritual Results music CD was given to the participants. The participants were rescanned immediately after listening to the Spiritual Results music. Participants were instructed to listen to the Spiritual Results music for 7 days for 35 minutes.

Participants were asked to:

- Return to the Centre for Biofield Science after 7 days within
- +/- 1 hour of the time of the first visit,
- Not to eat or drink 3 hours before each visit, and
- Not to engage in any vigorous exercise or consume alcohol for at least 24 hour before each visit

During the follow-up visit, the participants were given a Follow- Up MYMOP-2 questionnaire (see Appendix B) and scanned using the same four devices.

PIP Images

Case 1



Analysis: In before scan, general biofield shows hyper mental activity indicated by grey and dense yellow color, has reduced significantly in after scan. In after scan, appearance of subtle pink which is a healing frequency indicates positive change. Stress pattern seen on the face has reduced. Red congestion seen in the lung field has decreased. Low energy in the heart chakra shows improvement. Congestion in the naval chakra has increased.

Case 2



Analysis: In after scan, appearance of subtle pink which is a healing frequency indicates positive change. Significant improvement is seen in the general biofield, as there is reduction in the hyper mental activity. Red congestion seen in the throat chakra and heart chakra has reduced in after scan. Mixed changes are seen in the brow chakra and solar plexus.

Case 3



Analysis: Increased in the subtle pink which is a healing frequency and reduction in the hyper mental activity in after scan indicates positive change. Stress pattern seen on the face

has reduced. Mild increase in the positive energy is seen in the heart chakra. Rearranging of energy is seen in the solar plexus.

Case 4



Analysis: Significant positive changes are seen in the lung field also in solar plexus as red colour congestion has replaced by positive green colour. Red congestion in the brow chakra has reduced in after scan. Low energy seen in the heart has reduce in the after scan. Overall positive changes are seen in the after scan.

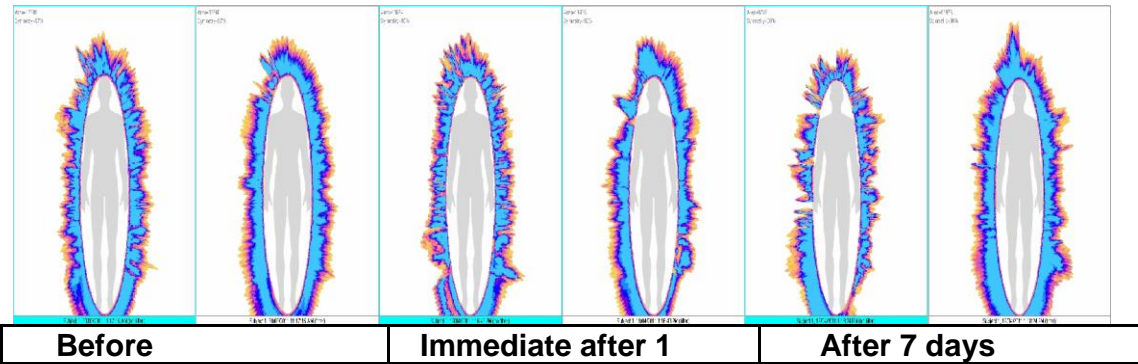
Case 5



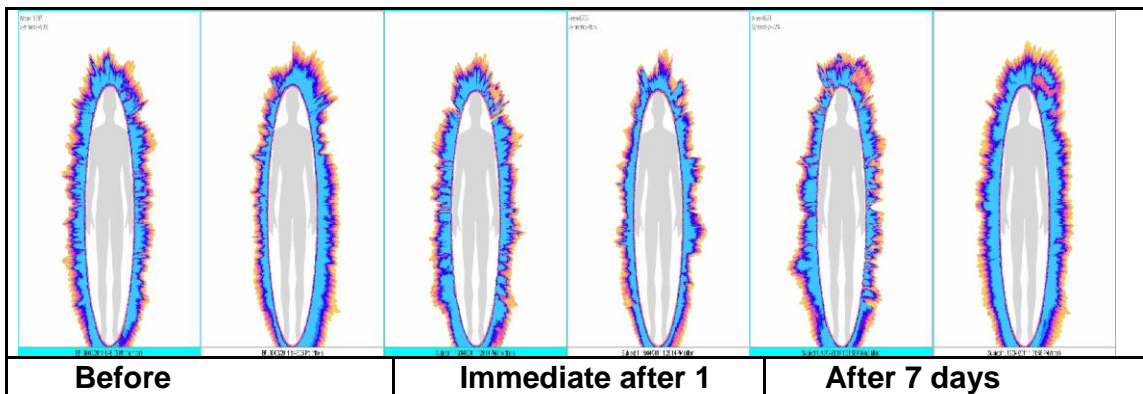
Analysis: In after scan, reduction in the low energy is seen in the naval chakra. Mixed changes are seen in the brow and throat chakra.

GDV IMAGES

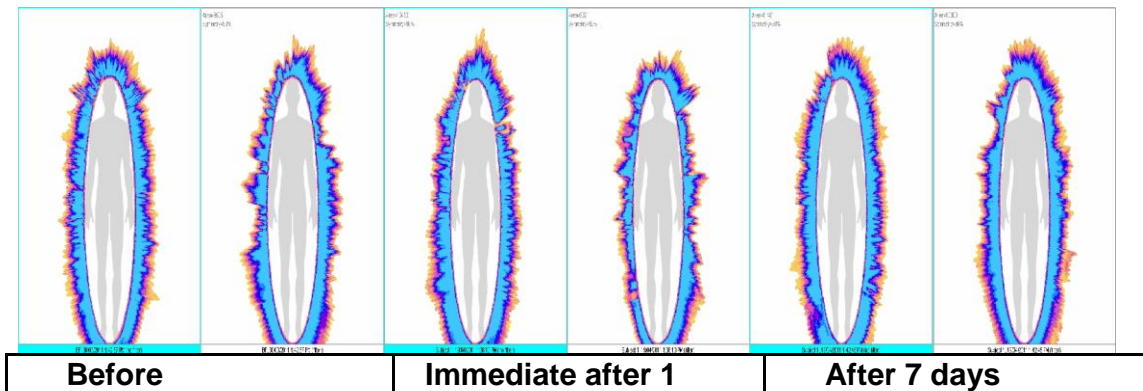
Case 1



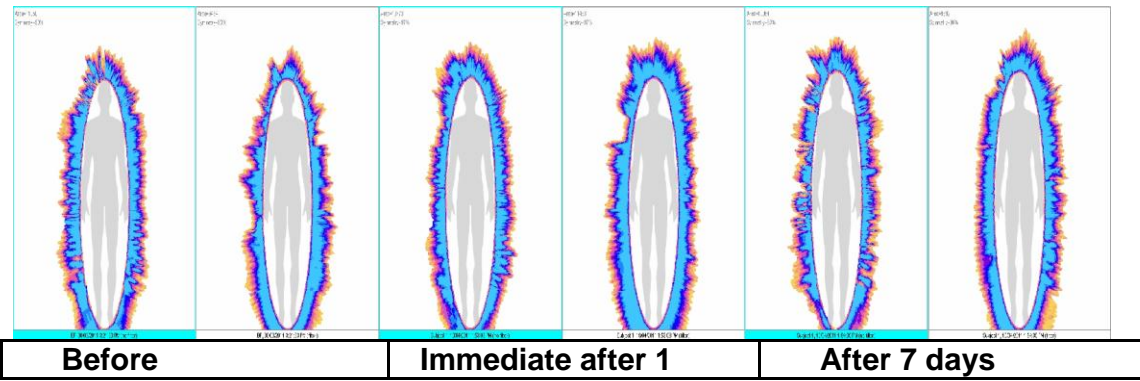
Case 2



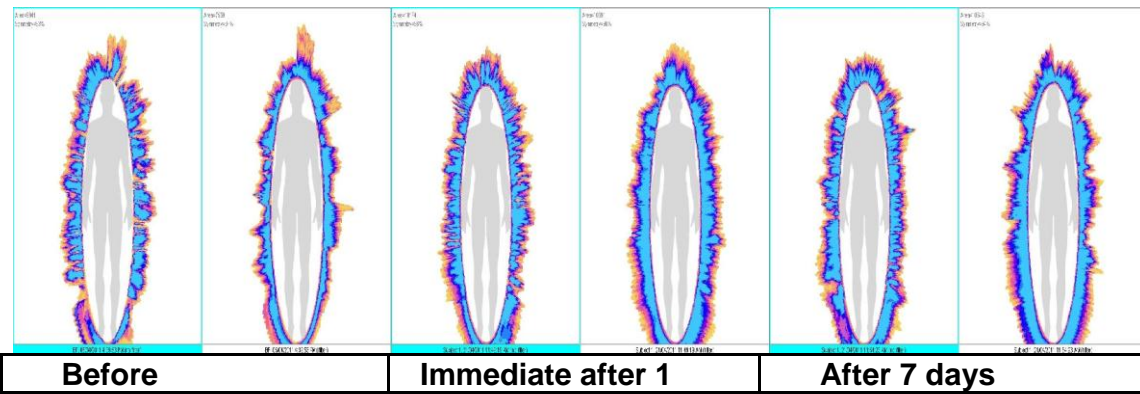
Case 3



Case 4



Case 5



GDV

| Sr. No | Visit | GDV Area | | | | Symmetry | |
|--------|-------|----------|-------|-------|-------|----------|----|
| | | Rt | | Lt | | F | WF |
| | | F | WF | F | Wf | | |
| 1 | 1 | 14338 | 12731 | 12571 | 12467 | 97 | 97 |
| | 2 | 13640 | 12734 | 12667 | 11870 | 92 | 95 |
| | 3 | 14403 | 11086 | 13621 | 10573 | 98 | 86 |
| 2 | 1 | 8682 | 11945 | 11654 | 12007 | 97 | 98 |
| | 2 | 8335 | 11446 | 10671 | 11012 | 95 | 96 |
| | 3 | 12859 | 12479 | 14959 | 11686 | 98 | 72 |
| 3 | 1 | 8736 | 12717 | 10484 | 12359 | 93 | 98 |
| | 2 | 9183 | 12279 | 10061 | 11476 | 98 | 92 |
| | 3 | 11959 | 11611 | 12867 | 12200 | 98 | 98 |
| 4 | 1 | 11621 | 12290 | 9793 | 11771 | 95 | 98 |
| | 2 | 12262 | 10955 | 12982 | 10946 | 97 | 97 |
| | 3 | 8199 | 8694 | 11441 | 11630 | 98 | 95 |
| 5 | 1 | 7698 | 10329 | 9648 | 9996 | 88 | 94 |
| | 2 | 11359 | 10029 | 12037 | 10923 | 98 | 96 |
| | 3 | 11893 | 11482 | 12011 | 11672 | 94 | 97 |

Analysis:

Case 1 : Positive change is seen on emotional plane as there is increased in the area and symmetry. Mild decreased in the energy is seen on physical plane as there is slight decreased in the area and symmetry.

Case 2 : Positive change is seen on emotional plane as there is increased in the area and symmetry. Mild decreased in the energy is seen on physical plane as there is decreased in the area and symmetry.

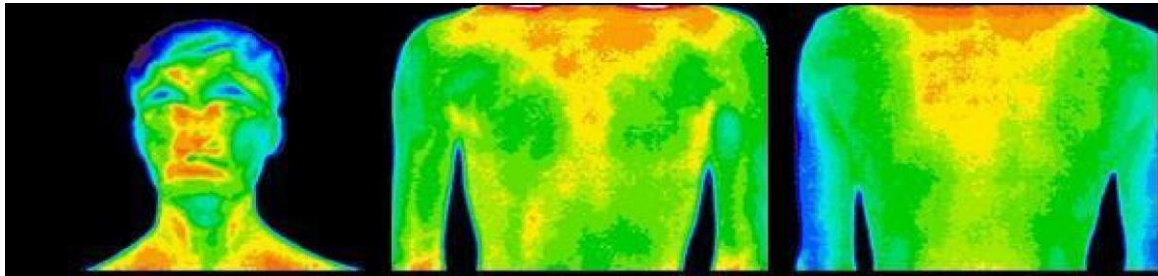
Case 3 : Positive change is seen on emotional plane as there is increased in the area and symmetry. Mild decreased in the energy is seen on physical plane as there is mild decreased in the area and symmetry.

Case 4 : Mixed change is seen on emotional plane as there is decreased in the area and increased in the symmetry. Mild decreased in the energy is seen on physical plane as there is decreased in the area and symmetry

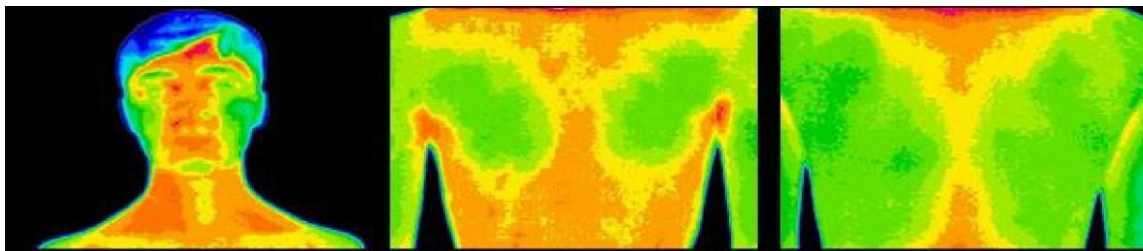
Case 5 : Positive change is seen on emotional plane and physical plane as there is increased in the area and increased in the symmetry on both the plane.

MTI Images

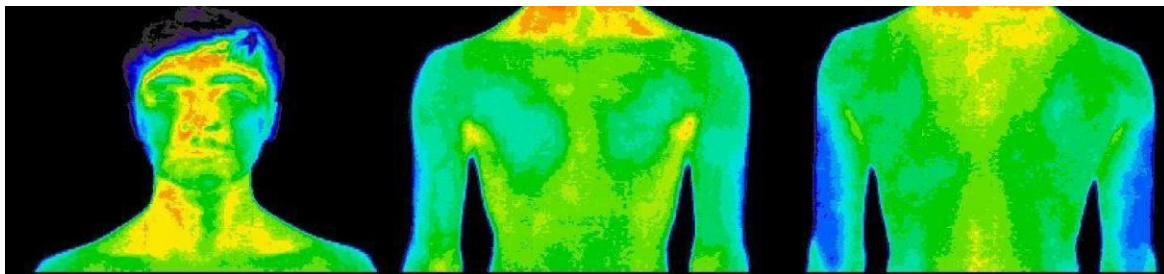
Case 1



Before



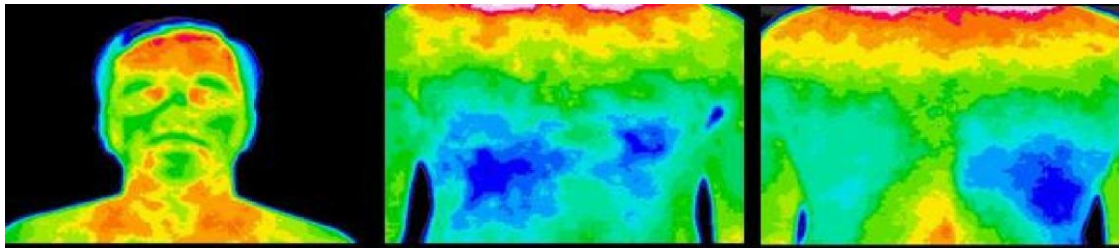
Immediate after 1



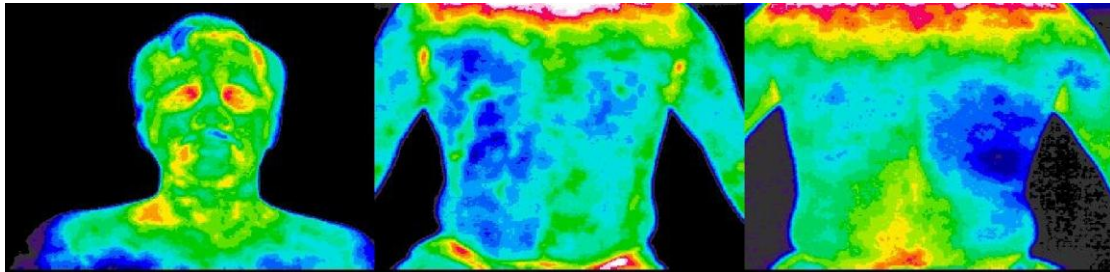
After 7 days

Analysis: The baseline scan shows hyperthermia on right frontal sinus and maxillary sinuses. Similar pattern is seen mid sternal area. This corresponds with the position of heart chakra. Hyperthermia is also seen on upper back. Hyperthermia is associated with some inflammatory process. The scan taken after 1st session of music has shown an increase in intensity of hyperthermia in the above mentioned areas and also in lower back. The scan after 7 days has however shown significant positive change. The patterns of hyperthermia have shown the temperatures in respective areas coming towards normal and on chromatology program it is coming towards green that is associated with health reference.

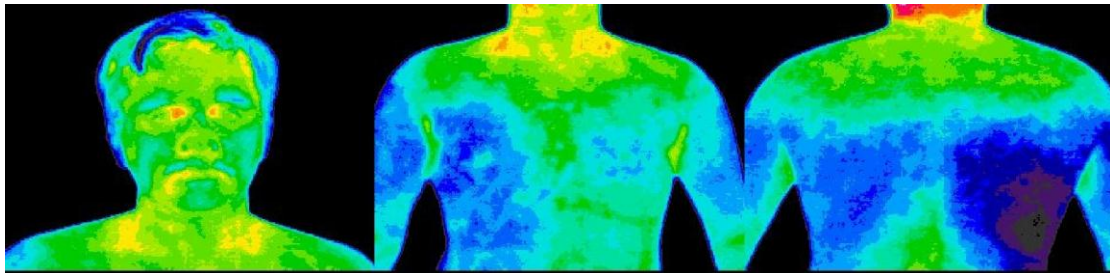
Case 2



Before



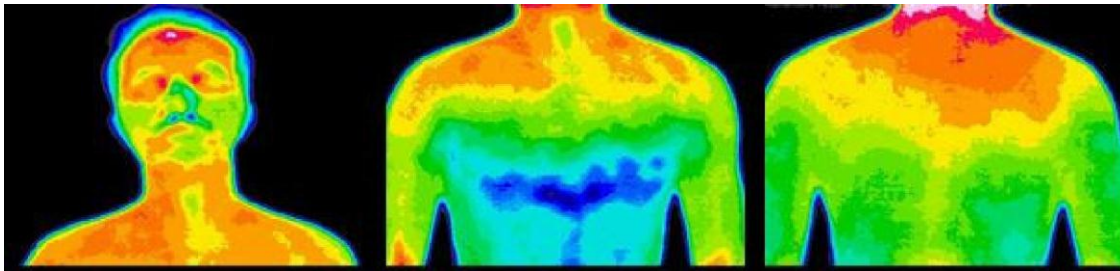
Immediate after



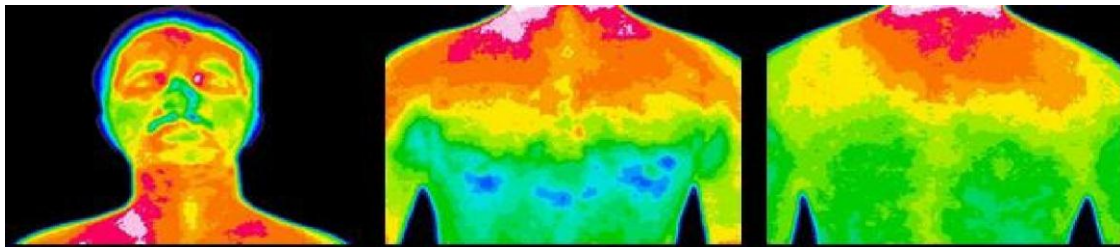
After 7 days

Analysis: In this case significant hyperthermia is seen on forehead, inner canthi of both the eyes and lower back. Patterns of hypothermia is seen in both the lung fields and the liver area. Hypothermia is associated with reduced physiological functioning of that particular part or organ. Both the subsequent scans have shown positive shifts in temperature differentials on the skin surface in the above mentioned areas. Immediate scan has shown changes on face and upper neck. The scan after 7 days has shown significant changes on face, left lung field and lower back. However hypothermia in liver area has increased.

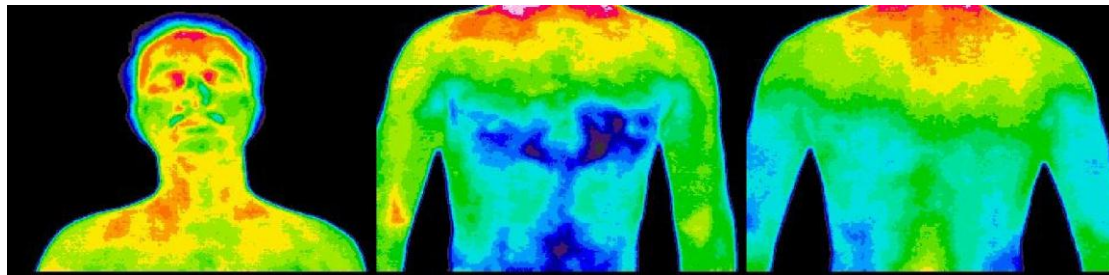
Case 3



Before



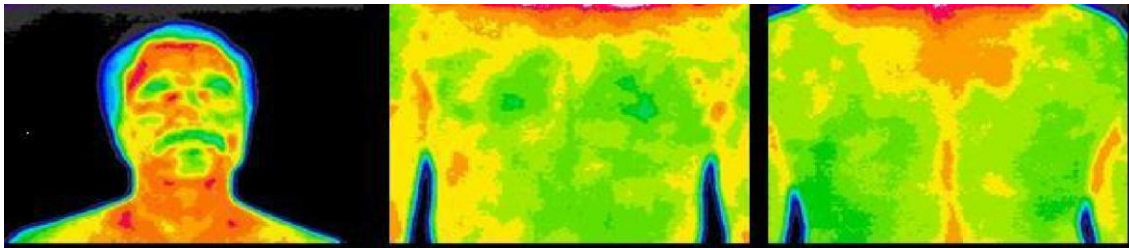
Immediate after



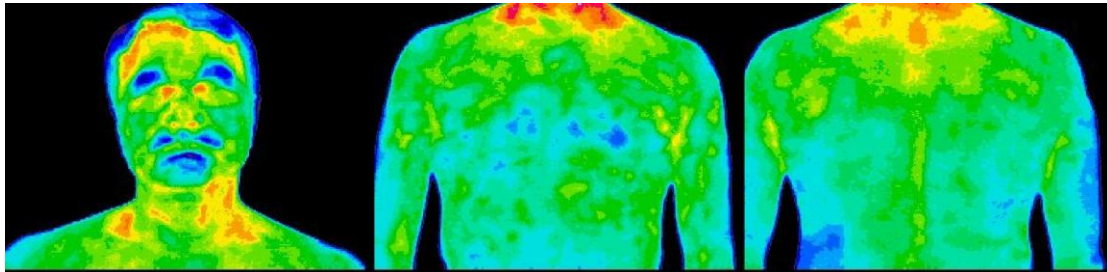
After 7 days

Analysis: Patterns of hyperthermia are seen on forehead, around the eyes, right side of neck and supra clavicular area on both the sides. Similar pattern is seen nape of the neck. Patterns of hyperthermia are seen on the chest wall. The scan taken after 1st session of music has shown increase in hyperthermia patterns and reduction in hypothermia on chest wall. The scan after 7 days has shown overall improvement with reduction in hyperthermia in respective areas but increase in hypothermia in the area of anterior chest wall and peri umbilical region.

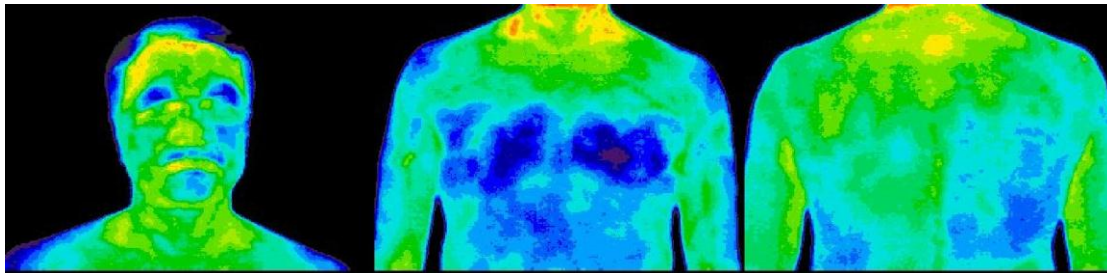
Case 4



Before



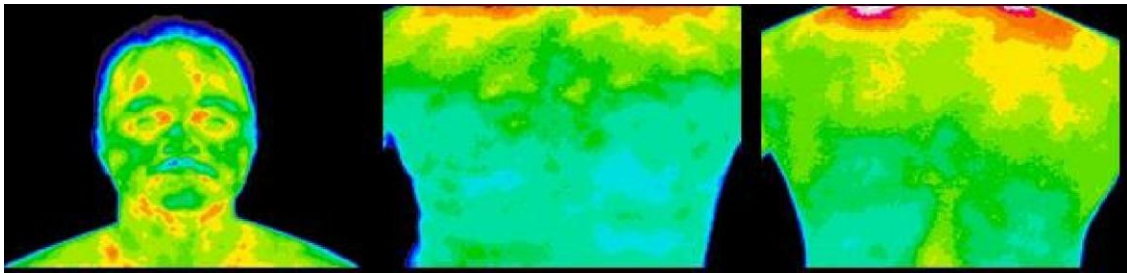
Immediate after



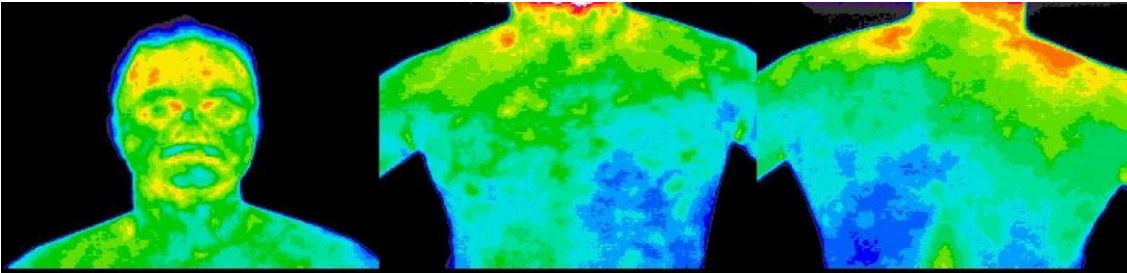
After 7 days

Analysis: The baseline scan shows significant hyperthermia on forehead, right temporal region, right maxillary sinus and anterior neck region. Upper back and mid thoracic region also shows similar pattern. Consistent improvement can be seen in both the subsequent scans. The immediate scans have shown reduction in hyperthermia in respective areas. The scan taken after 7 days has shown remarkable change. The temperature differentials on the face have come back to reference levels. It is seen as green on chromatology program. Upper neck has shown similar change. However patterns of hypothermia have increased on anterior chest wall.

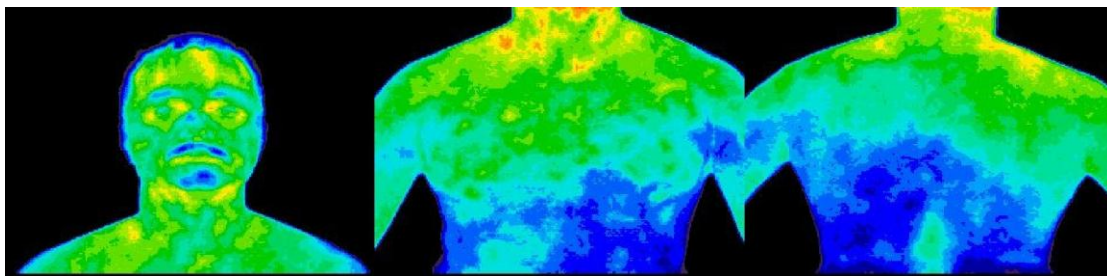
Case 5



Before



Immediate after



After 7 days

Analysis: minimal patterns of hyperthermia can be seen on sinuses and lower jaw. Muscles of the neck and shoulders show some stress. Both the subsequent scans have shown positive shifts. The changes are more marked in 2nd scan. Patterns of hyperthermia have appeared in both the after scans and are more marked in 2nd set. It is seen in left hypochondriac area and mid thoracic back area.

EIS

| Sr. No. | Visit | EIS ipH | iHCO ₃ | PCO ₂ | i[h+] | isbe |
|---------|-------|---------|-------------------|------------------|-------|-------|
| 1 | BF | 7.36 | 23.64 | 42.80 | 43.45 | 0.00 |
| | 1 | 7.37 | 25.89 | 45.60 | 42.27 | 2.00 |
| | 2 | 7.36 | 23.92 | 43.60 | 43.75 | 0.00 |
| 2 | BF | 7.33 | 23.70 | 46.40 | 46.99 | 0.00 |
| | 1 | 7.32 | 23.23 | 46.00 | 47.53 | -1.00 |
| | 2 | 7.32 | 23.22 | 46.10 | 47.64 | -1.00 |
| 3 | BF | 7.35 | 23.80 | 44.40 | 44.77 | 0.00 |
| | 1 | 7.36 | 26.43 | 48.40 | 43.95 | 2.00 |
| | 2 | 7.36 | 23.32 | 42.80 | 44.06 | -1.00 |
| 4 | BF | 7.31 | 22.99 | 46.80 | 48.87 | -1.00 |
| | 1 | 7.33 | 21.86 | 42.80 | 46.99 | -2.00 |
| | 2 | 7.33 | 22.94 | 44.40 | 46.45 | -1.00 |
| 5 | BF | 7.35 | 27.70 | 51.20 | 44.36 | 4.00 |
| | 1 | 7.36 | 24.97 | 45.20 | 43.45 | 1.00 |
| | 2 | 7.34 | 25.95 | 49.20 | 45.50 | 2.00 |

Analysis: The table shows parameters for acid base homoeostasis in interstitial fluid. The parameters showing either acidosis or alkalosis in baseline scans and then improvement in subsequent scans after exposure to music indicates positive effects of our therapeutic interventions, music in this particular study.

The results in the 1st candidate are as follows. The readings are normal in baseline scan. The scan taken immediately after session of music has shown minimal interstitial alkalosis. The scan after 7 days has shown reading coming back to normal.

The 2nd person has shown normal readings in baseline scan with minimal insignificant shifts. Overall there are no appreciable changes seen in before and after scans.

The 3rd person has shown changes similar to 1st person. The baseline scans are normal with shifts towards interstitial alkalosis in the scan taken immediately after music session and the again readings coming back to normal in scan taken after 7 days.

The 4th person has shown readings in the normal range in baseline scan and the scan after 7 days. There is shift to minimal normal interstitial acidosis in the scan taken immediately after music session.

The 5th person has shown mild interstitial alkalosis in baseline scans. There is slight increase in levels of bicarbonates and partial pressure of carbon di oxide. Both the subsequent scans have shown readings close to normal.

RESULTS

PIP:

Positive changes are significantly seen in the biofield of scans taken after exposure to music as compared with baseline scans. This indicates that Spiritual Results music has significant positive change on emotional plane. Increase in the energy level is also seen on chakra level. Overall significant positive changes have been observed in 4 out of 5 candidates. Only 1 candidate has shown insignificant changes in before and after scans.

GDV:

Out of five, one case showed positive change on both planes (physical and emotional). This means that statistical evaluation of the readings has shown positive changes in scans taken with filter and without filter.

One case showed mixed changes and three cases showed positive changes significantly on emotional plane. This means that 3 cases have shown positive changes only in the scans that have been taken without filter and the results are associated with the sympathetic Autonomous nervous system and therefore relates with the psycho emotional status.

MTI:

It has been observed that in 2 out 5 cases there was increase in hyperthermia in the scan taken immediately after music session. Hyperthermia is associated with some inflammatory process or it can also be associated with physiological process of increased blood supply to that particular area. Interestingly the subsequent scan taken after 7 days of exposure to music has shown a significant deviation towards positive changes. Rest of the 3 candidates have shown consistent positive changes in before and after scans.

EIS:

The results here relate with those seen in MTI. 3 out of 5 candidates have shown a negative shift in physiological parameters related to acid base homeostasis. However in all these scans the 3rd visit scans taken after 7 days have shown significant improvement in physiological parameters. Rest of the 2 candidates have shown positive changes in both the visits after music sessions as compared with baseline scans.

DISCUSSION

The participants listening to the Spiritual Results music showed a significant improvement on emotional level in all four scanning devices used in this study. In addition, positive responses were expressed by every participant listening to the Spiritual Results music in the MYMOP-2 questionnaire. After listening to the Spiritual Results music, participants reported positive responses in backache complaints (particularly lower back), stress, depression, muscle spasms, chronic fatigue syndrome, blood pressure problem and insomnia. The emotional impact of the music was described by subjects as a reduction in the symptoms of depression, stress, and the resulting insomnia, thereby inducing emotional stability and a sense of calmness. Marked improvements were also reported in concentration. One subject with stress and blood pressure problem complained of headache and giddiness. After listening to the Spiritual Results music, for 7 days the participant showed significant improvements in normalizing the blood pressure as well as, clinical signs and symptoms. The participant showed increased in the energy level on both plane.(physical or emotional)in The MYMOP-2 questionnaire., Therefore, by analyzing the participants' descriptions of their experience, Spiritual Results music had a positive effect on their emotional level and overall health. Since Spiritual Results music operate on an energetic level along the meridians, more time may be necessary for the energetic shift to appear as a physical change. For this reason, the Centre for Biofield Sciences suggests future studies with extended use of the music. Also, additional studies with a placebo control group should be performed to identify possible false results from the placebo effect.

CONCLUSION

From the pilot study conducted at the Centre for Biofield Sciences in Pune, India, it can be concluded that the Spiritual Results music had a positive effect on the mental health of the participants who suffered from a range of conditions. Significant positive energetic changes were observed in participants on emotional level as measured by Polycontrast Interference Photography, Gas Discharge Visualization, and positive physical changes were observed in medical Thermal Imaging and the Electro-Interstitial Scan. It would be interesting to note that based on the results seen in MTI and EIS, problems on physical level have shown mild aggravation during initial session of music followed by prolonged relief seen in the scans after 7 days. The results from the PIP and GDV suggest that Spiritual Results music is helpful in problems which are related to emotions and in particular for reduction in stress levels. This can be confirmed from EIS results particularly for conductivities seen in pre frontal areas in before and after scans and the levels of Brain neurotransmitters. As previously stated, more studies should be performed to monitor a longer term use to allow ample time for health improvements to manifest into a physical change.

APPENDIX

MYMOP-2 Form

Participant Identification Number : _____
Date : _____
Researcher : _____

Choose one or two symptoms (physical or mental) which affect your daily life the most and rate it from 0 to 10, where 0 is considered as bad as it could be to 10 being as good as it could be.

Symptom 1:

0 1 2 3 4 5 6 7 8 9 10

Symptom 2:

0 1 2 3 4 5 6 7 8 9 10

Now choose one activity (physical, social or mental) that is important to you, and that your symptoms make difficult or prevent you from doing.

Activity:

0 1 2 3 4 5 6 7 8 9 10

Lastly how would you rate your general feeling of wellbeing during the last week?

0 1 2 3 4 5 6 7 8 9 10

**How long have you had Symptom 1, either all the time or on and off?
Please circle:**

0 - 4 weeks 4 - 12 weeks 3 months - 1 year 1 - 5 years over 5 years

**Are you taking any medication for Symptom 1? Please
circle: YES/NO If you circled YES:**

Please write the name of medication and how often you take it.

**How important would it be to you to be taken off this medication?
Please circle one.**

Not important Semi-Important Important Very Important

If you circled NO:

**How important would it be to you to avoid medication for this
problem? Please circle one.**

Not important Semi-Important Important Very Important

**Are you taking any medication for Symptom 2? Please
circle: YES/NO If you circled YES:**

Please write the name of medication and how often you take it.

**How important would it be to you to be taken off this medication?
Please circle one.**

Not important Semi-Important Important Very Important

If you circled NO:

**How important would it be to you to avoid medication for this
problem? Please circle one.**

Not important Semi Important Important Very Important

**Please evaluate your overall wellbeing on a scale of 0 to 10, where 0 is
considered as bad as it could be to 10 being as good as it could be.**

Wellbeing:

0 1 2 3 4 5 6 7 8 9 10

MYMOP-2 Follow-up Form

Participant Identification Number : _____
Date : _____
Researcher : _____

Please evaluate how severe your problem has been in the last two weeks on a scale from 0 to 10, where 0 is considered as bad as it could be to 10 being as good as it could be.

Symptom 1:

0 1 2 3 4 5 6 7 8 9 10 Symptom 2:

0 1 2 3 4 5 6 7 8 9 10

Activity:

0 1 2 3 4 5 6 7 8 9 10

Wellbeing:

0 1 2 3 4 5 6 7 8 9 10

If you have started experiencing a new symptom since participating in this study please evaluate its severity on a scale from 0 to 10, where 0 is considered as bad as it could be to 10 being as good as it could be.

New Symptom:

0 1 2 3 4 5 6 7 8 9 10

Have you started taking medication for this problem? Please circle: YES/NO If YES:

Please write the name of medication and how often you take it.

How important would it be to you to be taken off this medication?
Please circle one.

Not important Semi-Important Important Very Important

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