

**EVALUATION OF TRAINING SESSIONS FOR THE EMF BALANCING TECHNIQUE
USING THE GDV/EPI MEASUREMENT TECHNOLOGY**

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Introduction

The GDV/EPI Technology has captured a strong interest in the area of personal training and consciousness development in many parts of the world. However, in this field, the main tools for evaluation of the success of teachings are based on questionnaires and subjective evaluations done by the students. There is a strong need to verify claims and messages used to promote personal development classes by independent measurements of the effects of such training.

One of the main advantages of the GDV/EPI Technology is the fast and reproducible measurement of the Human Energy Field properties before and after an influence. The Institute for Bioelectrophotonics Germany performed studies on the effect of personal development training for the Phase 9-12 of the EMF Balancing Technique training classes. The goal of the study was to verify whether or not the training of the EMF Balancing Technique leads to measurable effects on the student's energy field properties.

Materials and Methods

The training for the EMF Balancing Technique was provided in Sedona/Arizona in June 2008 and in Bad Orb/Germany in October 2008. From each of the training classes five students were selected. Attention was paid to a similar age and gender distribution for the group in Bad Orb (second training) as was selected for the group in Sedona. From a scientific stand point it was important to repeat the measurements in Bad Orb in exactly the same fashion as the measurements were done for the training in Bad Orb.

Therefore, it was agreed with the teacher Peggy Phoenix Dubro to apply exactly the same scheme of teachings in the Bad Orb group as was used in Sedona earlier. For measurements and analysis a locally calibrated GDV/EPI Camera Compact with GDV/EPI Software Package 2007 was used.

Four measurements were done during each day of training: one initial measurement before the start of the classes in the morning, one measurement after the practitioner session (the student provides a session to another person), one measurement after the client session (the student receives a session from another person) and one measurement after the assistant session (the student observes a session given to another person, not evaluated in this report).

Results for the Energy Field Area and Symmetry

1. Client sessions (figure 1 and 2)

In the **Sedona group** for over 40% of the cases an increase of up to 10 % was registered, in 25% of the cases the increase exceeded 20%. Only in 8% of the cases a decrease of less than 5% was registered.

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The energy field symmetry increased for totally 75% of the cases, only for 25% of the cases a decrease in energy field symmetry was measured. In 15% of the cases the energy field symmetry increased by more than 5%.

In the **Bad Orb group** for 30% of the cases an increase of up to 10% was measured, in 10% of the cases the increase exceeded 10%. However, in 60% of the cases a decrease in the area parameter was registered, 8% out of which had a decrease of up to 18%.

The energy field symmetry increased for 50% of the cases; in 15% of the cases the increase exceeded 10%. For 40% of the cases a decrease in energy field symmetry of up to 5% and for 8% a decrease between 5% and 13% was registered.

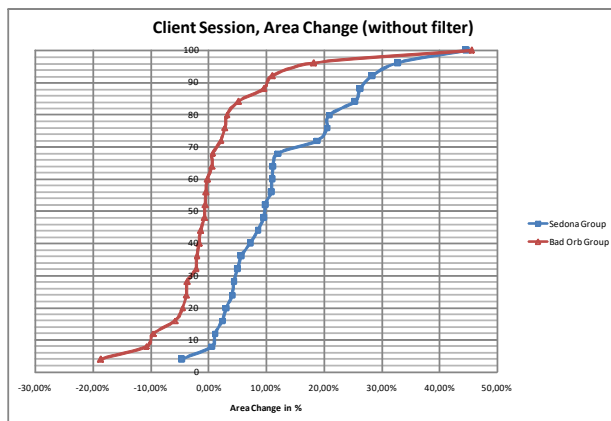


Figure 1: Client session energy field area change

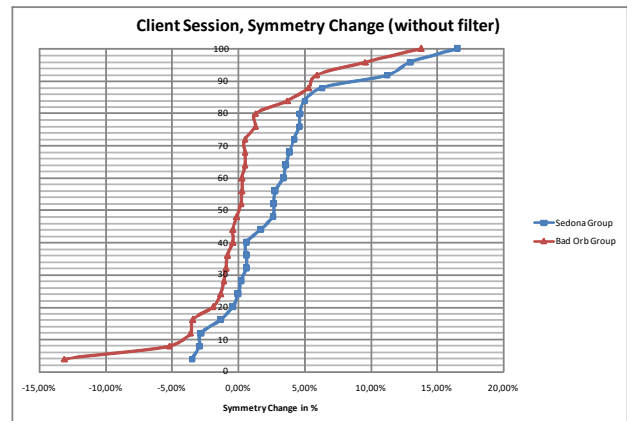


Figure 2 Client session energy field symmetry change

2. Practitioner Sessions

In the **Sedona group** in totally 80% of the cases an increase in the energy field area was registered, 32% out of which had an increase of up to 10%; and 40% of the cases had an increase between 10% and 30%. For 16% of the cases a decrease in the energy field area was measured.

The symmetry of the energy field increased for 64% of the cases, out of which 48% of the cases had an increase by up to 5%, and 12% of the cases an increase between 5% and 14%. In 32% of the measured cases a decrease in energy field symmetry between 1% and 3% was observed.

For the **Bad Orb group** the energy field area increased for totally 48% of the cases. Out of these, 36% of the cases had an increase of up to 10%, while 8% of the cases showed an increase in the area parameter of 18% to 52%. In total, for 48% of the cases a decrease in the area parameter was observed.

Results for the Chakra Energetic Value and Physical-emotional Imbalance

During the study it was found that the sessions of the EMF Balancing Technique have an influence on the Chakra parameters as calculated by the GDV/EPI Virtual Chakra Program. In most cases it was observed that the Heart Chakra (Anahata) was the strongest Chakra during these training sessions. Also, the Anahata Chakra was the most stable Chakra in terms of the physical-emotional imbalance parameter. Therefore, the results for the Anahata Chakra are presented here.

1. Client sessions

The increase in the energetic value of the Anahata Chakra is very similar for both study groups. In the **Sedona group** 44% of all cases had an increase of the energetic value of up to 100%, while for another 20% of the cases the increase was

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clearly above 100%. In such cases the students reported strong mental-emotional shifts in their perception during the client session. For 32% of the cases we measured no change or a decrease of the energetic value of maximum 40%.

The changes in the physical-emotional imbalance parameter (figure 10) show, that 64% of all cases had a deviation of the Chakra balance of no more than 0.2 units. For 32% of the measured cases this imbalance parameter exceeded 0.2 units, which is still in the area of normal variations for a relatively healthy person. For only 4% of the measured cases a strong shift to a physical imbalance above the normal variation was observed.

In the **Bad Orb group** the results were rather similar, with an increase in the Chakra energetic value of up to 100% for 48% and an increase above 100% for 8% of the cases. 28% of the cases revealed a decrease in the energetic value of up to -100%, while for 8% of the cases a shift in the Chakra energetic value from energy excess to energy deficiency took place and the parameter change exceeded -100%.

In terms of Chakra physical-emotional imbalance in 64% of all cases the Chakra imbalance shift was rather minor within +/- 0.2 units. For only 4% of the cases an increase of the imbalance parameter above +0.2 units could be observed, while in 28% of the cases a shift to the physical imbalance above -0.2 units was recorded.

2. Practitioner Sessions

A practitioner of the EMF Balancing Technique prepares for the session by clearing the own energy field and establishing a mental and emotional balanced state. With help of the GDV/EPI Technology a practitioner performance level can be measured by analyzing the state and changes in the energy field parameters.

In the **Sedona group** 48% of the cases showed an increase of up to 100% in the Chakra energetic value when giving a practitioner session. For 24% of the cases, this increase exceeded 100%, which indicates a clear shift in energy in the Anahata Chakra of the practitioner. Only for 24% of the cases a minor decrease of the energetic value of less than 20% was observed.

The physical-emotional imbalance parameter was very stable in the area between +/- 0.2 units for 76% of the cases, while for 16% of the cases the imbalance exceeded this value. By comparing the results before and after the practitioner session it can be observed that the Chakra balance improved during the session.

The results of the **Bad Orb group** show a similar behavior with 36% of all cases having an increase in the energetic value of up to 100%. For 8% of the cases the increase exceeded 100%, with a clear doubling of the parameter value. For 45% of the cases the energetic value decreased.

The physical-emotional imbalance parameter before the session was rather similar to the Sedona group. However, the measurements after the practitioner session revealed in the Bad Orb group physical imbalance states of up to -0.2 units for 44% of the measured cases. In total, 56% of all cases had a Chakra imbalance between +/- 0.2 units. For 44% of all cases the Chakra imbalance state exceeded +/-0.2 units.

Conclusions and Discussion

This study clearly shows that the GDV/EPI Technology is well suited to measure and analyze the changes in Human Energy Field properties during client and practitioner sessions that involve mainly Human-to-Human energy work. The calculated parameters allow for a clear evaluation of the efficiency of a session for the client. At the same time, it is possible to analyze the energy field properties of the practitioner and to assess the efficiency of the practitioner work. This data can then

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be used to optimize the training sessions and to improve the effect of the EMF Balancing Technique for both the practitioner and the client.

The study further revealed differences in the preconditions in both study groups. For the Sedona group most individuals came from Overseas to participate in the training. The change in climate, food and local energetic conditions and the jetlag phenomena led to less favorable initial conditions for these students. The changes in the energy field properties were, consequently, stronger for the Sedona group. For the Bad Orb group, most of the students came from the same language and cultural area in Europe without long-distance travel. The changes in the Bad Orb group were not as pronounced as for the Sedona group.

It is important to recognize that these GDV/EPI measurements took place in a training class set-up. Most of the students were experienced practitioners for Phases 1 to 8 of the EMF Balancing Technique. It is recommended to verify the measured results in a direct client-practitioner set-up as is used in ordinary sessions for the general public. Especially the changes in the energy field area and symmetry as well as in the Chakra energetic value and balance are expected to change in a more pronounced fashion for ordinary clients as compared to the changes for experienced practitioners in a client session.

With the newly developed Phase 13 of the EMF Balancing Technique such further refined studies in a direct practitioner-client set-up become possible for the general public. New studies with the GDV/EPI technology should be used to verify and optimize the effect of the EMF Balancing Technique on the clients as well as on the practitioners.

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