

Pilot Clinical Study of iawake Technology

Submitted by the Energy Medicine Research Institute
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Abstract

A human clinical study examined the efficacy of the efficacy of the Heartwave meditation CD, produced by iawake Technology, for improving the biofield and heart coherence. Results show that listening to the Heartwave Meditation significantly improves the area and symmetry of the biofield, organ system function, chakra balance and heart coherence. Furthermore, these effects were observed within minutes.

Introduction

iawake Technology is innovative and transformative. The audio products are designed to facilitate subtle but profound shifts in consciousness to bring out more of one's true potential - in body, mind and spirit.

A pilot clinical study was conducted to determine the efficacy of the Heartwave meditation CD produced by iawake Technology (<http://www.iawakeblog.com/>) to improve parameters measured by Gas Discharge Visualization (GDV) and heart coherence. These technologies were chosen to represent physiological health and well-being and they are described below.

The GDV Camera can be used to estimate the energy state of a person, which can be an indicator of health. This technology is a non-invasive method that allows an investigator to measure and analyze individuals in a scientifically objective and reproducible manner. Furthermore, the biofield measured by the GDV can be correlated to specific organ system functions. The GDV is registered by the Ministry of Healthcare of Russia as a medical device.

The biofield of a healthy active person is dense, uniform and has smooth changes of color from the blue spectrum through the orange to the yellow. Holes, gaps, heterogeneities and outbursts in the aura are indicators of disturbances in the energy field. They point to disorders on mental, functional or organ levels, showing a direct link to the organ system indicated on the biofield picture.

In addition to assessing general health, the GDV can measure chakra balance. There are major energy centers throughout the body, which are connected to organs or glands that govern the body. Each of these main energy centers is referred to as chakras. Chakra means wheel in Sanskrit and is a concept that originated in traditional Indian medicine. It refers to wheel-like vortices that are said to be "force centers" of the body and the focal points for the reception and transmission of energies. Seven major chakras are located

within the subtle body and each center is connected to our being on several different levels: physical, emotional, mental and spiritual.

Heart coherence is an emerging area of biofeedback developed by Heartmath (www.heartmath.org). The analysis of heart rate variability (HRV), or heart rhythms, provides a reliable measure of autonomic nervous system dynamics that is particularly sensitive to changes in psychophysiological state. Whereas common methods of HRV analysis typically quantify the amount of variability in a given recording, additional information can be gained by heart rhythm pattern analysis. Research has shown that sustained positive emotions lead to a highly efficient and regenerative functional mode associated with increased coherence in heart rhythm patterns and greater synchronization and harmony among physiological systems. Heartmath has developed heart rhythm feedback trainers, which monitor heart rhythm patterns and help people develop skills to maintain states of increased physiological coherence. This technology was utilized to evaluate the ability of iawake Technologies Heartwave Meditation to improve heart coherence.

Results of this study demonstrate that the Heartwave Meditation improves all outcome measures, including the size and symmetry of the biofield, organ system function, chakra balance and heart coherence.

Methods

To test the efficacy of the Heartwave meditation, a healthy subject was given a baseline measurement with the technology described below. After the baseline measurement, the subject listened with headphones to each track of the CD and was retested after each track.

Testing Methodology

GDV

The GDV camera (www.gdvcamera.com) is sophisticated Kirlian technology developed in Russia. The GDV system allows for direct, real-time photos and videos of the entire energy field of a human. The information is extracted from biophoton corona discharge patterns produced by high-voltage electrophotography. It is analyzed by specially developed computer software that measures brightness, size, fractality and other parameters of the energy field. It is a unique system, based on, but distinctive from that used in Kirlian photography. It allows the study of the biological energy fields of humans. The "Kirlian Effect" refers to the resulting image of a gas discharge; "fluorescence" or glow that appears around the edge of a subject after it is placed in a high-intensity electrical field.

Heart Coherence

Equipment used for collecting this data were the emWave2 desktop (<http://www.heartmath.com/technology-products/product-finder.html>). The emWave technology collects pulse data through a pulse sensor in an ear clip and translates the information from heart rhythms. This technology was developed by the Institute of HeartMath, a recognized global leader in emotional physiology and stress-management

research. Their research has significantly advanced the understanding of heart-brain interactions, heart-rate-variability analysis, emotional physiology and the physiology of optimal learning and performance and provides the foundation of the HeartMath System. Their studies using HeartMath techniques and technology have been published in many peer-reviewed journals. The emWave technology collects pulse data through a pulse sensor in an ear clip with a patented heart rhythm monitor and translates the information from heart rhythms into graphics that reflect one's level of coherence (low, mid or high). Coherence is a scientifically measurable state characterized by increased order and harmony in psychological and physiological processes and a higher coherence level is associated with increased health.

Results

GDV Testing

The GDV assesses the subtle energy available for metabolic processes in the body. The larger the area of color around the body and the more filled in it is, the better the overall state of health. A higher level of symmetry also reflects a better state of health.

Figure 1 shows the area of the biofield produced by the GDV camera before and after listening to Heartwave Meditation. The overall area of the biofield at baseline (left image) is 15,467 and after listening to three tracks of Heartwave meditation (right image) is 19,175. The areas on the images that are not filled in represent deficiencies of certain organ systems. The symmetry, or energetic balance of both halves of the body for baseline and one hour after treatment, is 86% and 95%, respectively. The biofield area increased 37.29% and the increase in symmetry was 10.5%.

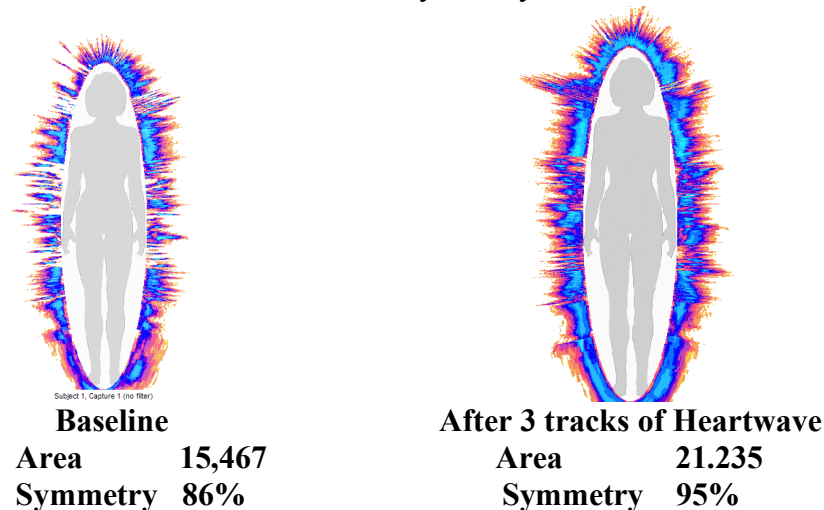


Figure 1. Kirlian Photography Before and After Listening to the Heartwave Meditation.

Figure 2 shows results of organ system function, as measured by the GDV technique for the same subject before and after listening to the CD. The red circles represent energetic levels of the organs listed in the diagram before treatment and the blue circles show energetic levels immediately after listening to the Heartwave Meditation CD. The

pink area on the figures indicates low energy levels (deficiency), the green area indicates normal energy and the yellow area represents excessive energy levels (inflammation). In this type of diagram, a perfect circle represents perfect health.

As seen, the organs or systems with the largest deficiencies (in red) were throat (-1.76) and sacrum (-0.92). The remaining organ system functions were in the normal range. The measurements of each organ system function (in blue) after listening to the Heartwave meditation. As shown, the organ system deficiencies were normalized (throat became 0.71 and the sacrum became 0.18). As seen, the energies of each organ system were increased. This indicates an improvement in overall health and well-being.

GDV Diagram

Left side

Right side

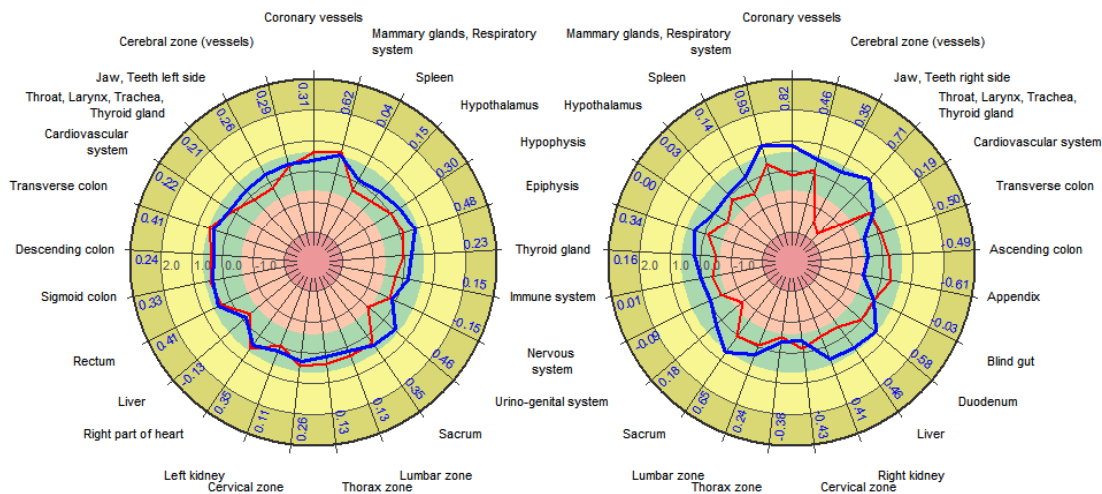


Figure 2. Organ System Function Before and After Listening to the Heartwave Meditation.

Figure 3 shows results for the test of chakra balance of the same participant before immediately after listening to the mediation CD. Each sphere from the bottom to the top represents a chakra, ranging from the first (red) to the seventh (purple) chakra. The closer the sphere is to midline, the more balanced the chakra is. The green area shows the “normal” range for the balance of each chakra. The graphs on the right show the values for both the amount of energy the chakra contains (upper figure) and the balance of the chakra (lower graph).

In the figure, the circles with slashed lines represent chakra balance before treatment and the solid circles represent the chakra balance after treatment. The closer the circles are to midline, the more balanced the chakras are,

As shown, all of the chakras, especially those that were furthest from midline (fourth and fifth), are moved closer to being in balance by listening to the mediation CD. These

results indicate that listening to the iawake Heartwave Meditation improves ones energetic field related to physical and emotional well-being.

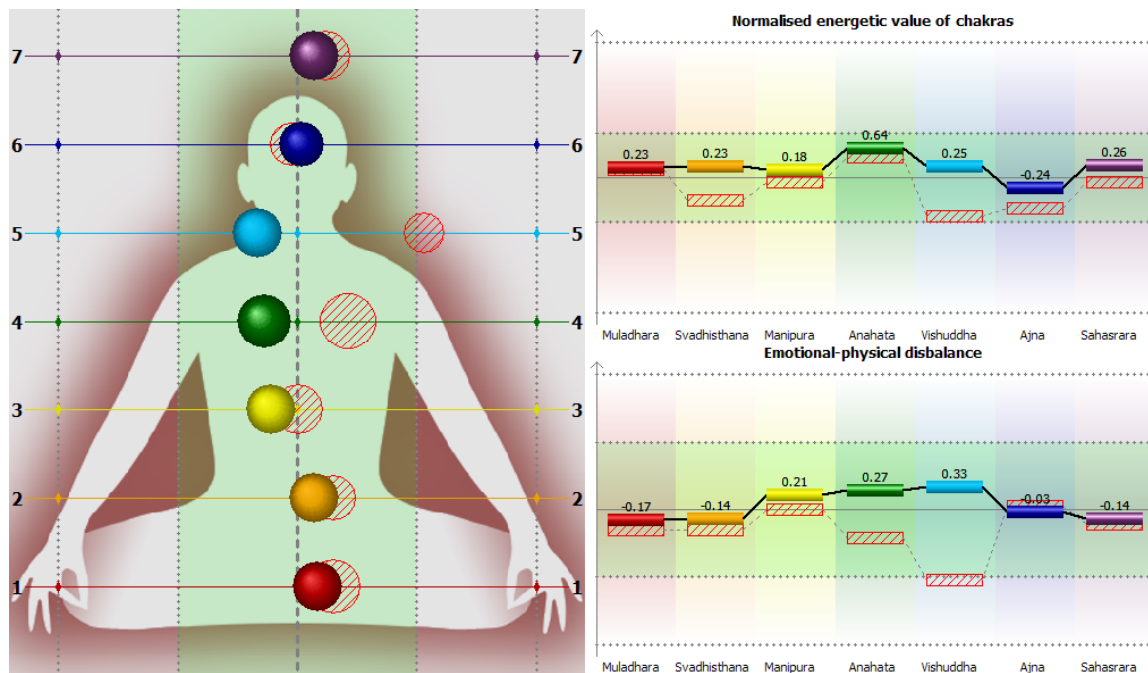


Figure 3. Chakra Balance Before and After Listening to the Heartwave Meditation.

Table 1 shows results for low, medium and high heart coherence after listening to each track of the CD. As seen, heart coherence at baseline was 96% low coherence, 4% medium coherence and 0% high coherence. The high coherence increased after listening to the first two tracks to 46%, whereas low coherence decreased to 30%.

Table `1. Heart Coherence Before and After Listening to Each Track of the Heartwave CD.

	Low Coherence	Mid Coherence	High Coherence
Baseline	96%	4%	0%
Track 1	80%	13%	7%
Track 2	30%	24%	46%

Discussion

The results of this pilot study show that listening to the iawake Heartwave Meditation significantly improves all outcome measures. The GDV testing shows improvements in the human biofield, organ system function and balancing of the chakras. Furthermore, heart coherence improved immediately after listening to the CD.

Increases were observed in the area and symmetry of the biofield immediately after listening to the CD. The biofield area increased 37.29% and the increase in symmetry was 10.5%. The results for organ system function correlated with the biofield results.

Listening to the Heartwave CD dramatically reversed the most negative organ system deficiencies and increased the energy of all organ systems.

Results for the chakra balance were also impressive. Listening to the Heartwave CD brought the chakras that were furthest out of balance more in to balance. These results are interesting and suggest that Heartwave Meditation may provide more than physiological benefits.

Listening to each track of the Heartwave Meditation decreased low heart coherence and increased mid and high coherence, with high coherence increasing after the second track from 0 to 46%.

It should be noted that the increases in the biofield, improvements in organ system function and chakra balance increased over time and the last measurement was taken immediately after listening to the CD. It is likely that further effects will be observed over a longer time period. In conclusion, these results are dramatic and very promising and a study repeating these observations in a larger population and looking at time course of action is recommended.