

**Comparing The Effects of Intentionally Induced and Focused Human
Emotional Energy Fields, Valued and Devalued on Living Organisms –
An Exploratory Study Using Brassica Rapa Seeds.**



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The work reported in this dissertation is original and carried out by me solely, except for the acknowledged direction and assistance gratefully received from colleagues and mentors.

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ABSTRACT

Comparing The Effects of Intentionally Induced and Focused, Human Emotional Energy Fields, Valued and Devalued, on Living Organisms – An Exploratory Study Using Brassica Rapa Seeds.

Objective: The objective of the study was to determine the effects that intentionally induced and focused “valued” (Valued) and “devalued” (Devalued) Human Emotional Energy Fields might have on living organisms. The theory behind the study was based on the concept that Human Emotional Energy Fields are shared amongst humans and also amongst all living organisms and are a normal part of our biological nature. This vibrating field of emotional energy interpenetrates and influences our sense of self and our well-being. Although studies of focused intention always include mental aspects of consciousness, this study focuses specifically on the emotional aspects of consciousness in order to determine whether or not, and in what ways, intentionally induced Human Emotional Energy Fields, Valued and Devalued, might have on living organisms – specifically plants. In this study Valued energy fields refer to expressed/felt emotions such as happiness, peace, joy, love, acceptance, willingness, and courage. Devalued energy fields refer to expressed/felt emotions such as pride, anger, desire, fear, apathy, guilt, hate, and shame. Various combinations of these energies represent levels that are expressed through our Human Emotional Energy Fields.

Design: The study consisted of one hundred twenty Brassica Rapa seeds randomly selected and planted in three separate grow boxes of forty plants each. The Brassica Rapa was chosen for its ability to grow from seed to full maturity in 30 to 35 days and is the standard plant used in Botanical Research. The plant groups consisted of a control group, a group exposed to intentionally induced Valued human emotional fields and a group exposed to intentionally induced Devalued human emotional fields. The time period covered in this study was five weeks. Twice a week for five weeks, four persons referred to as “senders,” called in via the telephone to view a photograph of each grow box given to them at the beginning of the study and silently “send” for seven minutes, at separate times, Valued and Devalued emotional energies evoked from their own personal histories to each group of seeds once a week. Each Valued and each Devalued intervention was scheduled on the same day, separated by a ten to fifteen minute debriefing between Valued and Devalued interventions.

Outcome measures: Using a Welch Two Sample t-test and a 0.05 level of significance (95% confidence), there was a statistically significant difference between Valued Group A and Control Group B, and between Devalued Group C and Control Group B. However, there was not a statistically significant difference between Valued Group A and Devalued Group C.

Results: Using a statistical test with a 5% error rate, both the Valued and Devalued plant groups had a lower maximum plant height than the Control group, but were not statistically different from each other. Interestingly there was a significant difference between the two test groups and the Control group indicating perhaps that, because they were left alone, the plants in the control group grew more robust. Possible theories about this result will be discussed in the body of the dissertation.

Key Words: Human Emotional Energy Fields, Intention, Non Local Effect, Valued Emotions, Devalued Emotions, Brassica Rapa aka Wisconsin Fast Plants.

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CHAPTER 1: INTRODUCTION

“One of the greatest hindrances to our ultimate development in consciousness becomes our personal ego, important as it is to us and to the world. Eventually, one must learn to both develop a strong ego and put it in service to the large whole of humanity. Then the unseen intelligence of the cosmos can work effectively through you into this world. Then, you will really begin to grow in consciousness!” William Tiller

This study explores whether there exists a human energetic emotional field that has the capacity to impact biological life in valuing or devaluing ways. The study echoes a similar concept as that of David Bohm, author of *Wholeness and the Implicate Order* in which he speculates that space is full rather than empty and that fields of energy do exist and are a normal part of our biological natures. Bohm suggests that the material world as we know it is only a small wavelike excitation on top of a giant space of energy that is constantly in motion and this research suggests that that energetic reality is both dynamically holographic and connects the whole to one another and the world of nature.¹

Bohm claims that “man’s general way of thinking ... his general world view, is crucial for overall order of the human mind itself. If he thinks of the totality as constituted of independent fragments, then that is how his mind will tend to operate, but if he can include everything coherently and harmoniously in an overall whole that is undivided, unbroken, and without a border ... then his mind will tend to move in a similar way.”² According to Bohm, human emotions become reinforced at an early age to such an extent that one’s language and thoughts become habituated and distorted into believing that one’s primary experiences are true and representational of a normal way of being in the world. This negative reception becomes the illusion of a material reality derived from a set of elements that exist independently in three-dimensional space and becomes a learned part of one’s early psychological development.³

The underlying theme of this study is that intentionally focused Human Emotional Energy Fields have the potential of imposing a valuing or devaluing affect in physical reality and suggests that these intentionally focused energy fields and physical matter are entangled.

Human emotions are expressions of our private, inner world and influence our sense of self and how we feel about who and what we are. These same expressions, energetically, affect our physical realities and have the ability to alter our personal outer world and those we love and live with. We cannot see these expressions, however they do exist and connect us to not only other life forms in valuing or devaluing ways, but also connect us to the biofield that surrounds all life. As a living organism in this world, we do not exist as an independent entity, rather we interact with and are affected by our relationships and grow in context with the whole. Our world is less about the words we use than about the emotions we create -- these emotions become our invisible calling cards and influence how we interact with others. Science has discovered that every emotion we experience causes our body to undergo chemical changes that mirror our feelings, extend beyond our bodies and infiltrate our environment.

This Study seeks to understand whether our Human Emotional Energy Fields influence other living organisms and is based on the following set of presumptions:

1. "There is a field of energy that connects all of creation.
2. This field plays the role of a container, a bridge, and a mirror for the beliefs within us.
3. The field is nonlocal and holographic. Every part of it is connected to every other, and each piece mirrors the whole on a smaller scale.
4. We communicate with the field through the language of emotion."⁴

Background, Statement and Questions of Problem

This study explored whether intentionally focused Human Emotional Energy Fields had a causal effect on test plants and their growth patterns while under the influence of the emotional energy fields of four designated research participants (Senders) and examined in what way these fields had affected the test plants abilities to grow.

Questions posed for this research:

1. Could intentionally focused Human Emotional Energy Fields affect the growth patterns of Brassica Rapa seeds?
2. Is it possible to extrapolate from these effects the possibility that our Human Emotional Energy Fields may also affect the biology of other living organisms, such as others and ourselves? If so, how and in what ways?
3. Is there an energetic type of bio-communication between living organisms that might be reflected in our relationship to plants?
4. Why do we care about this issue?

This study was an exploration into an “Aha” moment – a moment when the principal investigator (PI) realized that Human Emotional Energy Fields might possibly have the capacity to positively or negatively impact life -- primarily when intentionally focused on another living system, i.e. seeds and plants. Interest in this research is based on the PI’s life experiences and the seminal work of others who continue to explore Human Emotional Energy Fields at a time when many scientists are unwilling to consider the existence or possible importance of these fields. To-date there is little substantiating research available concerning intentionally focused Human Emotional Energy Fields and

how those fields, when focused on another living organism, might affect that organism's ability to thrive or not thrive. If a causal effect could be shown that our Human Emotional Energy Fields impact the biological systems of plant life, we may in some small way begin to understand how it might affect humans as well. The next big step would be to research how it might impact human test subjects – one of the underlying questions driving this research. Questions involved in such a study require an investigation of how we feel and focus emotional energy – and which of those energies might have the greatest potential to affect biological life around us.

Intention is implicated in this study since the study explores *intentionally focused* Human Emotional Energy Fields. Some aspects of intention are desire, belief and acceptance. Desire denotes having a strong feeling of purpose, belief suggests confidence in being able to realize or attain a goal and acceptance describes both the willingness to change in order to meet the goal.

“A specific intention is, first and foremost, an act of creation by a human, whether it be to just crawl or walk across the floor, to make a painting, to throw a football, to craft a poem, or to solve a mathematical equation ... all are acts of intention ... they are the product of a focused mind that may also involve flavors of a directed will, a nourishing heart, a loving emotion, an encouraging spirit ... the *quality* of an intention relates to the many aspects of the human's consciousness while the *power* of the intention is strongly dependent on the *emotional desire* of the intender.”⁵

Rupert Sheldrake has suggested that our mind extends beyond our brains and does so even in the simplest act of perception. Our intentions stretch out into the world and our minds influence our bodies through body images, which we experience directly in our bodies not just in our heads – all are interlinked. Vision brings the external world into the mind through the eyes and the subjective world of experience gets projected outward into the external world through fields of perception and intention⁶. Our most immediate

experiences are picked up at an early age, imprinting upon us how to be in the world -- an emotional turnstile of sorts that is constantly in motion and reactive to all external stimuli.

According to Dr. Ann Nunley, author of *Inner Counselor*, “one of our greatest problems in living on the planet is that, since the advent of Western consciousness and scientific inquiry we have *separated* ourselves from the other biological life on the planet ... unlike indigenous populations, we no longer believe that how we feel about and treat other forms of life disturbs the system (of which we are a part and we are dependent on) so much so that we threaten our own survival.”⁷ In other words, the only separation between humans and other biological life forms on this planet are what humans perceive to be true. In reality, there is no energetic separation; it is a continuum, a sea of energy that represents the energy of all life. It is not a remote place somewhere in space, but a reality waiting to be discovered.

If we are able to advance our current levels of awareness to that of mindfulness we might be able to change disturbing events that happen in our world and no longer become targets for the sabotaging energies of others, or fall victim to the angst of human suffering. By focusing the energy of love and mindfulness into our own emotional energy fields we can perhaps profoundly alter the entire scheme of our lives and no longer be easily deceived. From this renewed level, perhaps we can begin to re-conceptualize the nature of self as being “at-one” with other persons and life forms, rather than believing that we are at the mercy of the world or acting according to what we have believed and learned to be true.

What then might be compelling about this study? If we could shift our emotional energy fields from a negative to a positive state and be mindful, would we discover that we had superior abilities to affect changes in the living world around us? If we knew that our thoughts and emotions affected others, would we take steps to become more aware of our own energy fields? William Tiller, author of *Conscience Acts of Creation*, wrote:

“As each of us rides the ‘river of life’, the great consciousness adventure, we perceive events occurring around us but more often than not, we do not perceive the total information content inherent in those events nor the complete reality of those events ... as for the latter point, this is so because what we take as the reality of an observation is actually a convolution of (1) what our presently developed sensory system actually senses and (2) our mindset or belief structure that filters and/or selectively amplifies segments of the neutrally-gathered data stream ... as for the former point, only what we call the five physical senses are at present reliably developed and functionally integrated within our overall sensory system so that only a fraction of the total available data reliably registers itself as our neutrally-gathered, internal data stream ... we are thus always making personal observations through the distorting and spectrally-limited lens of our mindsets and we have no way at present to perform a deconvolution and perceive the pure information inherent in our neutrally-gathered, internal data stream.”⁸

With deeper explorations into our Human Emotional Energy Field and how it connects us to our environment and each other we can learn to promote a more favorable synergistic relationship between our living environment and us. Through personal observations and through articles written by others there is an obvious belief of the general population that there is a separation between mankind and the natural world. In ancient societies such as the Australian Aborigines, separating oneself from this living matrix was unthinkable. The lessons told in their stories reflected that all creatures from stars to humans had a primary creative force that was integrated and shared with all living systems and to exploit that integration would be to exploit oneself. Their stories perpetuated a unified worldview in which they respected and adored the earth as a whole living system, a living system that was connected by an energetic web of life.

“For the Aborigines ... one need only be aware of the intricate interwoven fabric of the body, mind and spirit of nature to know that any change or innovation is already contained and integrated in a fully realized wholeness ... nothing is left to chance or probability in the wondrous woven web of creation ... as the Aborigines say, ‘The life of the Universe is a one-possibility thing.’”⁹

Our thoughts, emotions, beliefs, intentions and feelings, are powerful energies that emanate from us and over time, permeate our environment, our loved ones, our workspaces and our homes. Enlightenment, peace, joy, love, reason, acceptance, willingness, neutrality, courage, pride, anger, desire, fear, grief, apathy, guilt, hate, shame, and myriad combinations of these energies represent some of the levels that are expressed via our Human Emotional Energy Fields. These fields are nonverbal, intense and extensive. They can cause subtle effects in our physical bodies, our self-esteem, and our inner sense of wellbeing, security and our environment. Rupert Sheldrake, author of *The Sense of Being Stared At and Other Unexplained Powers of The Human Mind*, suggests that “minds are not confined to the insides of heads, but stretch out beyond them ... our intentions likewise extend beyond the brain ... they are generally directed toward people, things, and places in the outer world, in accordance with our needs, appetites, desires, loves, hates, duties ambitions, and, sometimes, ideals ... through attention and intention, our minds stretch out into the world beyond our bodies.”¹⁰

Most of the discussion and research concerning human energy fields focused on how one’s Human Emotional Energy Field affects oneself. If one looks at the interconnectedness of biological systems, then research in human effects may have a relationship to research showing what affects the Human Emotional Energy Field might have on plant life and possibly other humans. Certainly this research supports the validity of the “distance” effects of Human Emotional Energy Fields. In addition, the

emotional Senders in this research *are* humans, so the way in which their Human Emotional Energy Fields are configured and a discussion of how those energy fields operate is germane to this study.

Larry Dossey, M.D., author of *Healing Words*, suggests:

That other people can participate in creating our health reality, and ... we can participate in creating theirs ... Dr. William G. Braud and his colleagues have shown that the mental images of one person can modify the activity of the autonomic nervous system of a distant person, even when the 'receiver' is unaware that the attempt is being made ... this evidence points to the existence of a profoundly nonlocal aspect of the psyche – some quality of the mind that is not confined to points in space such as brains or bodies, or to points in time such as the present moment ... this evidence ... plays havoc with the notion that my conscious 'I' is the sole architect of my ... reality."¹¹

A mental image of how another person should be or not be is, in general, an aspect of intention that becomes powerfully entangled with an emotion, feeling, thought, or belief. For example, a belief of a family, teacher, friend or schoolmate that a child is a loser, a black sheep, stupid or a clown will carry with it a mental image and emotional energy field of that belief. This particular mental image (black sheep, loser, stupid or clown) carries with it an energetic field entangled in shame, guilt, hate etc., which conveys an energy field to the child who subsequently, over time, weakens and begins to own and mirror the same energy field held in the mind of the parent, teacher or school mates. Dr. Marilyn J. Schlitz, director of research at the Institute of Noetic Sciences claims that "if a person can influence the physiology of another person at a distance, it is clearly possible that that influence may not always be positive."¹² ... Dr. Schlitz explains why these issues are important to everyone:

"The most profound implications ... are at the societal level ... We ... assume that we are isolated beings and that 'my thoughts are my thoughts and yours are yours, and ne'er the twain shall meet' ... in fact, ... data support the idea that we are interconnected at a level that has yet to be fully recognized by Western science and that is very far from being integrated into our worldview. If my intentions can influence the

physiology of a distant person, if your thoughts can be incorporated into mine, not just in clinical settings but everywhere, it requires that we be more thoughtful and responsible not only for our actions but for the ways in which we think about and interact with other people.”¹³

Deepening this theory a little further, author William Tiller, Ph.D., claims that “to obtain some insight into how human intention can influence physical behavior and physical measurements ... consider ... a specific intention, projected from the level of spirit, imprints a detailed pattern on the domain of mind ... this pattern is an information pattern that is a one-to-one representation of the original intention ... this pattern imprints a second representation of the information (of somewhat lower fidelity) onto the ... domain ... information patterns engage the hard-wired mechanisms and processes of the physical body to materialize in physical reality the original intention.”¹⁴ Tiller shares an interesting metaphor illuminating this point:

“Our spiritual parents dressed us in our biobodysuits and put us in this playpen that we call a universe in order to grow in coherence, in order to develop our gifts of intentionality and in order to become what we were originally intended to become – co-creators with our spiritual parents. These biobodysuits come in a wide variety of colors and two unique morphologies that we choose to call genders. Each biobodysuit has four main layers: (1) the outer layer is the electric monopole substance layer, (2) the first inner layer is the magnetic monopole substance layer, (3) the second inner layer is the emotion domain substance layer and (4) the third inner layer is the mind domain substance layer – and inside that is a portion of our spirit self that drives the vehicle. So think of this multilayered suit as a kind of ‘diving bell’ or apparatus that our spirit self uses to sense and experience this peculiar earth environment. All of these inner layer substances function in what we presently call ‘the vacuum’ and, the more structurally refined are these layers, the larger is the amount of our high spirit self that can inhabit the biobodysuit ... presently called ‘subtle energies’ all function in the three inner layers which are substructures of the vacuum. We are all familiar with such processes at the outer layer level of the biobodysuit for gaining various athletic, artistic or strength coordinations. Now, we want to extend such efforts to the emotional and mental levels as well. This allows us to build new infrastructures at the inner levels of our biobodysuits ... this manifests, in part, as greater personal awareness, the recognition of new possibilities, more flexibility, more adaptability, a greater ability to just love and not judge another human, the recognition that only win-win situations are enduringly stable, the recognition of others as part of our large self, etc. This continual ‘bootstrap’ process is the way we grow ... by directing intention, we engage in activities outside of ourselves

and, by the quality of our actions there, have the possibility of building a better biobodysuit (a major experience in spirit creation) and developing a higher consciousness – both of which greatly enrich the human family!”¹⁵

Tiller then explains the immense power of “the vacuum” as:

“Most of the general public holds the idea that the vacuum is not only the absence of physical matter but that it is also devoid of anything! However, this is not so. For QM and relativity theory to be internally self-consistent theories, the vacuum is required to contain an amazingly large inherent energy content. This vacuum energy density is calculated to be so large that the intrinsic energy contained within the volume of a single hydrogen atom is about one trillion times larger than that stored in all the physical mass of all the planets plus all the stars in the cosmos out to the present limits of detection, a radius of – 20 billion light years (provided we neglect the gravitational constant factor which is unity for a ‘flat’ space). This makes the energy stored in physical matter a mere whisper compared to that stored in the vacuum. Uncovering the secrets of the vacuum is obviously a very important part of humankind’s future!”¹⁶

Tiller also claims, “that the effect of our intention on physical reality is limited as a result of natural selection as well ... the capacity to do real harm to each other and to other biological systems such as plants could be significantly enhanced by human intentions manifesting robustly ... this concept would tend to justify thinking that human intention can only produce small, barely perceptible effects on physical reality ... such a viewpoint needs to be replaced by one that is a bit more expansive; namely, that ***development of sufficient inner self-management*** allows one to circumvent these limitations without serious side-effects.”¹⁷

Does an intention have much power if it is not fueled by emotional energy? Recent studies from pioneers in the field of Epigenetics have suggested that human consciousness/intentions and their accompanying emotions can produce profound and life altering changes in our physical bodies e.g., “As we think our thoughts and feel our feelings, our bodies respond with a complex array of shifts ... each thought or feeling unleashes a particular cascade of biochemicals in our organs ... each experience triggers

genetic changes in our cells.”¹⁸ So too does this study look into the possibility that our Human Emotional Energy Field might produce the same type of shift in plants. “The notion that the genes in the neurons of our brain can be activated by input from our emotive centers is a big new idea, and indicates a degree of interconnection and feedback at odds with the straight-line, cause-and-effect model of genetic causation.”¹⁹ It would appear that our Human Emotional Energy Fields function together in this biochemical download and are much more powerful than originally imagined.

According to Dawson Church, Ph.D., author of *The Genie in Your Genes* our genes are responsible for *storing* information whereas energy (electromagnetism) *communicates* information to the body/mind neurons. “The energy flowing in, around, and out of neurons and genes interacts constantly with the outside environment.”²⁰ Our thinking and their accompanying feelings are shaped by the stimulation we received as children that reinforced the formation of superb, inferior or indifferent neural pathways. “Thoughts and feelings turn sets of genes on and off in complex relationships ... science is discovering that while we may have a fixed set of genes in our chromosomes, which of those genes is active has a great deal to do with our subjective experiences, and how we process them.”²¹ It is not our genes that limit us – it is our sense of self that ultimately becomes our belief of who and what we are. These subjective experiences, delivered via the Human Emotional Energy Fields within the family unit or from friends, shape our brains and stimulate our sense of self and wellbeing. It is these subjective experiences that could have the propensity to wound or heal and possibly set the groundwork for future physical malaise or wellbeing with not only us, but with our immediate environment and everyone in it. Our belief as well as the belief of others about us seems

to become our biology and affects how we interact with the world and the way in which we feel about self and our surroundings. A study of childhood stress and disease entitled *Adverse Childhood Experiences*, researched by Kaiser Permanente, San Diego in collaboration with the Centers for Disease Control, found “a strong inverse link between emotional well-being, health and longevity on one hand, and early life stress on the other.”²² It emphasized that with some negative childhood experiences participants never “got over” and time did not heal. The average age for participants in this study was fifty-seven -- the study lasted for five years. At the conclusion, the study showed that a person growing up with stressors such as an alcoholic parent, divorced, separated or depressed parent, a parent with mental illness or domestic violence in the family had five times the chance of being depressed, and was three times as likely to smoke, was at least thirty times more likely to attempt suicide and if the person scored particularly high on the stress scale was more likely to use illegal intravenous drugs.²³ Common ailments among those who grew up in dysfunctional families, included obesity, heart disease, lung disease, diabetes, bone fractures, hypertension, and hepatitis.²⁴

According to Daniel Goleman, Ph.D., author of “*Emotional Intelligence*,” the amygdala is the seat of all passion and the specialist in emotional matters. He claims that if the amygdala is severed from the rest of the brain a person will be unable to gauge the significance of emotional events. He claims that the amygdala is the neural tripwire responsible for assessing events in the outside world and for instantaneously sending messages to all parts of the brain. “When it [amygdala] sounds an alarm of say, fear, it sends urgent messages to every major part of the brain: it triggers the secretion of the body’s fight-or-flight hormones, mobilizes the centers for movement, and activates the

cardiovascular system, the muscles, and the gut ... other circuits from the amygdala signal the secretion of emergency dollops of the hormone norepinephrine to heighten the reactivity of key brain areas, including those that make the senses more alert, in effect setting the brain on edge.”²⁵ The amygdala then communicates to the brain to speed up the heart, raise the blood pressure, and slow the breathing and ready the body for action. Other amygdala signals “rivet attention on the source of the fear, and prepare the muscles to react accordingly ... simultaneously, cortical memory systems are shuffled to retrieve any knowledge relevant to the emergency at hand, taking precedence over other strands of thoughts.”²⁶ Church claims “the amygdala’s web of neural connections allows it, during an emotional emergency, to capture and drive much of the rest of the brain – including the rational mind.”²⁷ Once the Human Emotional Energy Field is *robustly* activated, it will respond and become proactive or reactive to outside stimulants – a biochemical download of sorts that sets the brain on edge.

This is not new information however there has been little research that studies the impact of emotive energies from outside sources (valued/devalued) on living tissue. “The understanding that much of our genetic activity is affected by factors outside the cell is a radical reversal of the dogma of genetic determinism, which held for half a century that who we are and what we do is governed by our genes ... research is illuminating a new biology in which *consciousness* plays a primary role.”²⁸ Pharmacologist Connie Grauds, author of *The Energy Prescription* claims that “an undisciplined mind leaks vital energy in a continuous stream of thoughts, worries, and skewed perceptions, many of which trigger disturbing emotions and degenerative chemical processes in the body.”²⁹

Current research suggests that rather than twenty-two thousand genes being set in a finished blueprint, genes are actually more like dials and switches that can be turned up or down or on and off at any time by another gene or by a minuscule environmental input.³⁰

“This flipping and turning takes place constantly ... it begins the moment a child is conceived and doesn't stop ... we now realize that genes powerfully influence the formation of all traits, from eye color to intelligence, but rarely dictate precisely what those traits will be ... from the moment of conception, genes constantly respond to, and interact with, a wide range of internal and external stimuli – nutrition, hormones, sensory input, physical and intellectual activity and other genes – to produce a unique, custom-tailored human machine for each person's unique circumstance ... genes matter, and genetic differences will result in trait differences, but in the final analysis, each of us is a dynamic system, a creature of development ... there is no genetic foundation that gets laid before the environment enters in; rather, genes express themselves strictly in accordance with their environment.”³¹

In other words, “we develop traits through the dynamic process of gene-environment interaction.”³² Origins of emotional sickness begin in a child's early belief system and are based on their personalities mirrored to them by family, friends and others. The child grows up *believing* they *are* their personalities, good, bad or indifferent and if that mirroring was of a devalued nature, the child will live life sleepwalking, miserable and unaware of whom they really are. The child will function through a pattern recognition system that eventually becomes their truth. What a child hears, sees and feels in life will dramatically affect how that child lives the rest of his/her life

Childhood experiences and environment are important, as we all know, however research has shown that how these experiences affect our health later in life can be shocking on its ability to support or destroy life. Eventually these emotionally charged fields entangle with everything in the environment, including the workspace, family, co-workers etc. When we become aware of these entangled energy streams, we may begin

to have a rudimentary understanding that our Human Emotional Energy Fields are a living bio-system shared by all, rather than a collection of individual energies compartmentalized and shared only by selected bits and pieces of information with the world.

Dean Radin, author of *Entangled Minds*, writes that “some scientists suggest that the remarkable degree of coherence displayed in living systems might depend in some fundamental way on quantum effects like entanglement ... others suggest that conscious awareness is caused or related in some important way to entangled particles in the brain ... some even propose that the entire universe is a single, self-entangled object.”³³ He also claims “the fabric of reality is comprised of ‘entangled threads’ that are consistent with the core of psi experience ... our bodies are tapestries built from countless variations of the fabric of reality ... and our subjective experiences ... are quilts made from tapestries that are stitched together in myriad, delightful ways.”³⁴ What shamans throughout time have called the ‘Web of Life,’ i.e., an energetic matrix of bioenergy that all life creates through and depends upon. These connections Albert Einstein called “spooky action at a distance” and Erwin Schrodinger, the founder of quantum theory dubbed as *entanglement*, and said, “I would not call that *one* but rather *the* characteristic trait of quantum mechanics.”³⁵

One of the greatest mysteries in the known universe is what physicists’ call “fields.” These are invisible structures that have no mass and are described by equations that physicists use to understand the existence of energy and matter. These fields have been described mathematically, however their nature remains a mystery. These fields are everywhere and apparently extend infinitely into space.³⁶ “These fields don’t simply pass

through us: we resonate with them ... we focus and amplify the fields just as antennas do ... as you are reading these words, you are picking up hundreds if not thousands of radio and television shows, as well as many thousands of cell-phone calls – all at the same time ... though you have no conscious awareness of this fact, it's actually happening ... you are serving as an antenna for satellite transmissions ... and who knows what else.”³⁷ The speculation here is that the “what else” would include our Human Emotional Energy Fields. William Tiller has a similar take, i.e.:

“A useful metaphor would be to think of a human as a broadcasting station that creates programs (like a radio or TV station). To maximize the human’s communication ability, one needs to (a) greatly broaden the bandwidth of expression (give more things meaning and learn to understand these meanings), (b) greatly increase the signal power (to broadcast to a greater area) and (c) greatly decrease the noise levels (fears, uncertainties, incoherence of expression, personal ego flaws, etc). Manifesting an intention is a very important process in the development of humans to a mastery level of directed manifestation.”³⁸

Our world is continuously surrounded and permeated by a fluid world of radiating energy that is constantly in motion. Those who have allowed themselves to develop new sensitivities are able to physically see these fields of energy called the human aura, which “consists of the observable and measurable components of the energy field that surrounds and interpenetrates the body.”³⁹ New ways of communicating the experience of sensing these energies have emerged, for example: “bad vibes,” “good vibes” or “the energy there was great.” Referring of course to the energy of a place, a person or a thing. We know when someone is staring at us and we know “things” without knowing how we know. Modern science claims that we are not simply a physical structure made of molecules but like everything in the Universe, we too are composed of energy fields.⁴⁰ Humans, it appears, are more and more being defined in terms of impulses, patterns, and

energy that can be measured. Dr. Victor Inyushin at Kazakh University in Russia suggests the existence of “a ‘bioplasmic’ energy field ... a state distinct from the four known states of matter ... [he] suggests that the bioplasmic energy field is a fifth state of matter ... his observations showed [that] bioplasmic particles are constantly renewed ... and are in constant motion.”⁴¹ A vibrating Bioplasmic Sea of energy interpenetrating and surrounding all life. He further claims that there is evidence that the human energy field will fluctuate depending on thought processes and if there is a severe shift in the balance of this energy the health of the organism may be affected. A significant amount of this energy apparently radiates out into space and can be measured as it moves through the air. The world of life, energy fields, thought fields, bioplasmic fields, morphic fields, entanglement, and the field of intention, our minds, our conscious and unconscious are coming out of the shadows.

Definition of Terms

HUMAN AURA: See also Bioenergy listed below. “The Biofield radiation pattern around the human body that can be seen by one with developed clairvoyant sight.”⁴²

BIOBODYSUIT: “All the layers of uniquely different kinds of substance needed to allow our own kernel of spirit to meaningfully interface with our outer spacetime reality; this is what we put on when we are born into the earth plane and what we take off when we die from the earth plane.”⁴³

BIOFIELD: “Proportional to the spatial gradient of the sum total of all the types of different energies radiated by a human or other living system.”⁴⁴

BIOCHEMICAL: Bio-chemical's are released into our physical system as a response to our bodies fight or flight response. Dawson Church, Ph.D, claims that “biochemically speaking your body cannot tell the difference between the injection of chemicals that is triggered by an objective threat —tribesman running at you with a spear—and a subjective threat—your resentment toward management ... the biochemical and genetic effects, as far as your body is concerned, are the same ... your body can't tell that one experience is a physical reality, and the other is a replay of an abstract mental idea ... both are creating a chemical environment around your cells that is full of signals to your genes, several classes of which activate the proteins associated with stress.”⁴⁵ The body, through a fight or flight response becomes robustly activated to act, thereby causing a powerful burst of bioenergy to flow.

BIOENERGY: Bioenergy aka “Chi” or “Prana” in Oriental Medicine and is considered to be a life sustaining force of the universe, also called life-force or energy flow, and literally translated means breath, air or gas. Prana is the notion of a vital, life-sustaining force of living beings.⁴⁶ “Observations of the etheric body reveal a vital energy body or field which forms a matrix which interpenetrates the dense physical body like a sparkling web of light beams ... this energetic matrix is the basic pattern upon which the physical matter of the tissues is shaped and anchored ... the tissues exist as such only because of this vital field behind them.”⁴⁷ This field is also known as the aura. “The aura is really the ‘missing link’ between biology and physical medicine and psychotherapy ... it's the ‘place’ where all the emotions, thoughts, memories and behavior patterns ... are located ... they're not just suspended somewhere in our

imaginations, but they are located in time and space ... thoughts and emotions move between people in time and space through the human energy field.”⁴⁸

BELIEF: “Opinion, view, conviction, judgment, thinking, way of thinking, idea, impression, theory, conclusion, notion, faith trust, reliance, confidence, credence, ideology, principle, ethic, tenet, canon; doctrine, teaching, dogma, article of faith, creed credo.”⁴⁹

CONVOLUTION/DECONVOLUTION: “The condition of two or more things being rolled, interleaved or folded together or two mathematical functions, each describing the action of a thing, being mixed in a particular way and then the unraveling, unmixing and separation of these individual qualities.”⁵⁰

EMOTIONS: Emotions are a body wide energetic communication system that shares and senses information with the whole body. Candace Pert, author of *Molecules of Emotions*, says that “when we focus on emotions, it suddenly becomes very interesting that the parts of the brain where peptides and receptors are richest are also the parts of the brain that have been implicated in the expression of emotion ... these peptides and their receptors are the biochemical basis of emotion ... Neuropeptides and their receptors thus join the brain, glands, and immune system in a network of communication between brain and body ... representing the biochemical substrate of emotion.”⁵¹

FEELINGS: Feelings are a combination of an emotion and a felt sensation in the body in reaction to an outside or inside stimulus.

INNER SELF-MANAGEMENT: “The gradual building of stable infrastructure within self, at non-spacetime levels of reality, through the practice of spiritual, mental and emotional discipline.”⁵²

INTENTIONS: Intention is a felt sense in the body. As part of its definition of intention the Oxford dictionary states, “the quality or fact of being intentional, of or pertaining to purpose, pertaining to operation of the mind’ ... as such, it represents the quality of one’s conscious purpose, often thought of as self-directed mind ... intentionality means placing a desire imprint from the level of spirit into the ‘simulator’ at the mind level which then cascades through the various levels giving representative patterns at each level and materializes action at the physical distance-time level ... this is, in turn, observed by the individual’s physical cognition system.”⁵³

LIVING MATRIX: An invisible “net” that links us with one another, our world and a greater power.

MONOPOLE: According to the on-line Apple Dictionary: “In physics a single electric charge or magnetic pole, especially a hypothetical isolated magnetic pole.” In the Ham Radio world a monopole is a single pole used for transmitting a signal from one Ham Radio Station to another.

REMOTE VIEWING: “The ability of a human to cognitively access detailed information concerning a very distant site that may be hundreds to thousands of miles away via other than our visual sensory system.”⁵⁴

THOUGHTS: “Idea, notion, opinion, view, impression, feeling, theory; judgment, assessment, conclusion, thinking, contemplation, musing, pondering, consideration, reflection, introspection, deliberation, rumination, meditation, brooding, reverie, concentration; cogitation.”⁵⁵ Thoughts are cognitive, brain-originated reactions to environmental stimulus.

WHOLE BODY ENERGY: Intention, mind, thought, belief, sensation, emotion, feeling, attention, and will are all part of our *Whole Body Energy*. Although we separate these designations in order to focus on a specific aspect of our energy – in truth they are inseparable and occur together in various combinations of emphasis. In general they need to be considered in terms of their relationship with each other as they affect how we interface with others and with our environment.

CHAPTER 2: REVIEW OF LITERATURE

This review of the literature focuses particularly upon the whole energetic of body/mind/emotions as a relational unit referred to by the PI as Whole Body Energy. Included in the matrix of Whole Body Energy are thoughts, beliefs, emotions, and intentions.

There have been many healing experiments conducted that have shown statistically significant remote *Whole Body Energy* influences on plants, humans, and animals as well as blood cells, neurons and cancer cells. These experiments suggest that there is a *Whole Body Energy* influence on living systems, at a distance and such influence may be a widespread, latent, ability possessed by all of humankind.⁵⁶

Intention and mental energy fields appear to be significant aspects of *Whole Body Energy*. Science describes *Intention* as the *expression* of one's purpose, desire, volition, or will. Intention is considered a mental property related to *actions* and not the same as the mind, consciousness or attention. Science considers the *mind* an apparatus that harbors mental states, *consciousness* as being capable of being aware and *attention* as a mode of selecting objects of perception, thinking, or awareness.⁵⁷ Intention therefore is related to but not the same as the mind, because *mental* is related to actions while *mind* itself may be considered the *apparatus* harboring subjective mental states. "Intention is not the same as consciousness, which may be defined as the capacity of being aware ... likewise distinct from *attention*, which is a mode of focusing or selecting objects of perception, thinking, or awareness."⁵⁸ The direct mind-matter interaction is linked in movies and books such as --*What The Bleep Do We Know, The Secret, The Power of*

Positive Thinking, The Power of Intention, and the concept of psychokinesis (the supposed ability to move objects by mental effort alone) and paranormal lore. There is however growing evidence suggesting that *Whole Body Energy*, delivered via intercessory prayer can influence the physical world. This direct effect has been studied in the context of intercessory prayer in distant healing and focused on changing a person's physiological state at a distance, as well as studies on animals, cells and bacteria. The results of these studies show that the cumulative experimental evidence was positive.

Another line of energy research called distant mental interactions with living systems (DMILS) involves examining one person's intention on another person's physiological state at a distance. The results of fifty-one studies according to Dean Radin concluded: "There is a small, but significant effect ... this result corresponds to the recent findings of studies on distant healing and the 'feeling of being stared at' ... therefore the existence of some anomaly related to distant intentions cannot be ruled out."⁵⁹

Results of these studies show positive correlations consistent with distant intention results.

The military and intelligence circles are increasingly interested in detecting intention through noninvasive, remote means called *remote viewing*. Which is defined as "the learned ability to transcend space and time, to view persons, places, or things remote in space-time; to gather and report information on the same ... a technique used to spy on the real or perceived enemies of our nation using a human ability to perceive and record information about a target that is far away from the person doing the Viewing."⁶⁰

Extended Minds

There is much to support the idea that our minds extend beyond our brains – everything is interlinked. “Through vision, the external world is brought into the mind through the eyes, and the subjective world of experience is projected outward into the external world through fields of perception and intention.”⁶¹ For years the theory has been that thoughts, images and feelings were inside the brain and nowhere else. Within institutional science and medicine this theory was taken for granted as a scientifically correct view, ignoring the seventh sense and any evidence that proved otherwise. The new scientific frontier is the recognition of the reality of the powers of *Whole Body Energy*, and the vibrations of that energy within an extended matrix. The terms used to describe this new phenomena beyond the terms of ESP and the paranormal are the sixth and seventh senses. The sixth sense being biological and rooted in time and place, the seventh sense being linked to the phenomena of telepathy, ESP and the paranormal -- a sensory system that coexists with the other six senses. The seventh sense is part of our biological nature and opens up new areas for exploring how we are linked to our environment and to each other through aspects of *Whole Body Energy*. “Physics tells us that everything has energy ... invisible fields of energy are everywhere in the universe, and they convey information about the structure of everything, from subatomic particles and cells to planets and galaxies, and beyond ... our bodies are ... teeming with energies and frequencies.”⁶²

Energy, Intention, and Morphic Fields

Gary Schwartz, Ph.D., author of *The Energy Healing Experiments* writes, “sophisticated parapsychologists such as Rupert Sheldrake (author of *The Sense of Being Stared At* and *Dogs That Know When Their Owners Are Coming Home*) and Dean Radin (*The Conscious Universe* and *Entangled Minds*)— having conducted numerous experiments themselves as well as carefully reviewing the findings of other scientists – have reached the firm (though controversial) conclusion that the minds of humans and even animals have the power to sense both energy and intention ... just as some people have a great ear for music, some people have a great ‘ear’ for sensing energy and even detecting the conscious intentions of others.”⁶³

Rupert Sheldrake refers to morphic fields of energy as energy that links life together – as an example: “When a group of birds is foraging, if some members of the group find a good source of food, this discovery could propagate through the field of the scattered flock and alert other members of the group to this discovery.”⁶⁴ Sheldrake, after observing many flocks of feeding birds came to the conclusion that they sent forth a “silent food call” and that spread outward in a seemingly telepathic manner to other birds in the countryside. In Sheldrake’s proposed model, flock fields allow individual birds to interpret and respond to the way the flock is moving and the morphic field of the flock coordinates the movement of birds within this field.⁶⁵ He also claims that when two people know each other or have established some type of mental connection or have experienced love or hate, they will in effect become part of this larger field, the morphic field, forming a link between them. One way this manifests is for one person to suddenly

say what the other is thinking. This is a common occurrence between husband and wife; child and parent and occurs in situations where people are closely attuned to each other, especially in a military sense where one's life depends on a greater perception than sight. In personal interviews with several police officers the PI discovered that each officer claimed there was an inexplicable "knowing," an invisible connection, which formed between each partner. They claimed that to become a truly effective team they would never dismiss their feelings or knowings as superfluous. Information is picked up from the outside world, from other people, places and events and in an instant the receiver becomes one with those events. Through this fleeting shift of perception we become inside out so to speak and merge energetically with another or an event. Belleruth Naperstek, author of *Your Sixth Sense* says, "In this sea of pure energy, there are no particles, no space or time ... everything around us is made up of this energy."⁶⁶ Gregg Braden, author of *The Divine Matrix*, echoes this theme claiming that there exists "a field of energy that provides the container, as well as a bridge and a mirror, for everything that happens between the world within us and the one outside of our bodies."⁶⁷

Sheldrake claims there are two main kinds of telepathy – one by thought transference occurring between close friends or family, and one through intention, that results in thinking about another or experiencing a feeling or impression. Telepathy according to Sheldrake literally means "distant feeling," and in a national survey in the United States seventy-five percent of the population claims to have had at least one paranormal experience while twenty-five percent had telepathic experiences with most people believing in some form of psychic phenomena.⁶⁸ Researchers and parapsychologists

have classified this telepathic energy as a kind of ESP, or extrasensory perception -- a sense beyond the known senses – an aspect of the sixth or seventh sense.

Energy Fields

Energy Fields are detected as a type of frequency that can be felt. Gary E. Schwartz, author of *The Energy Healing Experiments*, writes that “physics tells us that everything has energy ... the invisible fields of energy are everywhere in the universe, and they convey information about the structure of everything, from subatomic particles and cells to planets and galaxies, and beyond.”⁶⁹ Instruments have been developed by science and medicine to detect some processes in these fields, to-wit: Electrocardiogram (ECG) that measures electrical currents in the heart; Electroencephalogram (EEG) that measures electrical currents in the brain; Electropotential used in lie detectors and measures the skin; Superconducting quantum interference device (SQUID) that measures electromagnetic fields around the body. Bioelectrography, also referred to as ElectroPhoton Capture (EPC) camera that analyzes the physical body by measuring photoelectric discharges, induced by pulsing the tissue with strong electromagnetic fields that apparently outline the health and well being of an individual.

Beyond physical instruments, human practitioners, such as body healers like Barbara Brennan, author of *Hands of Light* have development an extended sense perception (ESP) that assists her in seeing these fields.

Why Plants

All living organisms consist mostly of water. The human body contains 60% to 70% percent water and plants 95%. Marsaru Emoto, Chairman of International HADO Membership says “a human being appears on this earth physically for the first time when

an ovum of the mother and sperm of the father meet each other and become a fertilized egg ... at this time water accounts for about 95% of the fertilized egg, in other words, it is almost all water ... no wonder it is said that the human body is made of water.”⁷⁰ Water is one of the essential elements for life and without it we would all die. We are surrounded by water and our earth is even referred to as the “Water Planet” with 70% of its surface being water. Water therefore is one of many connecting elements between humans and the plant world.

Masaru Emoto is the author of *Messages From Water*, a study on frozen crystals from various sources of water by taking photographs of frozen water drops. He says “we cannot think about the quantity of water that circulates this earth without thinking about environmental problems ... to solve environmental problems we need to prevent water pollution ... water circulates in this world limitlessly and absorbs and dissolves all contaminants ... water is the source of life.”⁷¹ While taking photographs of the crystals he found that water becomes crystallized at the moment right before it returns to its water form and creates a shape. After thousands of rolls of film he succeeded in taking his first photograph of a beautiful water crystal. He discovered that crystals from spring water, rainwater, river water, lakes and marshes in Japan were all different and he and his assistants, after thousands of observations began to feel that the crystals were carrying wonderful messages and that the water was trying hard to say it wanted to be clear water again. According to Emoto, in order for his analysis to be raised to a scientific level he needed to observe crystal formations on a daily basis. In Japan it is believed that the soul dwells in the spirit present in words and that water could be changed by a person’s consciousness. Attempts at exposing water to language, music and names had very

interesting results and he was able to formulate a hypothesis that information can be transmitted through words and pictures. For example water exposed to words such as “I hate you” formed a crystal shape that was ugly, distorted, imploded and dispersed while water exposed to the word of “Love” formed a beautiful, well-balanced shape. “We have become aware that water stores and transmits information ... after obtaining results like this, we could not resist stepping into the territory of human consciousness ... we wanted to find out what kind of change thought could cause.”⁷² Emoto relates an astonishing story about consciousness and water:

“The Great Hanshin-Awaji Earthquake and Tap Water. On January 17, 1995, the Great Hanshin-Awaji earthquake took place in Kobe. Three days afterwards we took pictures of the crystals found in the tap water in Kobe (that was available at that time). It is as if the water captured the fear, panic and deep sorrow of the people immediately after the earthquake. The crystals were completely destroyed. It was a picture that made people shudder. We felt that we could not make this public because of the horror of its extreme misery. However, 3 months later ... Helping hands and sympathy from all over the world reached out to the people of Kobe. Also since no riots occurred the people of Kobe were praised by many people. Although the rubble piled up high, people were able to restore their environment due the kindness and warmth of others.”⁷³

If our actions and words can make water more beautiful – we can only imagine what our sweet and beautiful emotional energies could do if we intentionally sent them to each other.

We take for granted that plants are essential in maintaining our ecosystem and for producing oxygen and supplying us with food sources. Plant intelligence also reflects a soul-life and consciousness that is also a unifying factor. The behavior of plants and the ways in which they interact suggest some type of awareness. Seed germination is a marvel for it knows how to send its roots down into the earth and shoots up toward the light “in the plant it is that vital and intelligent Force which inform the seed and develops it into the blade of grass or the root and sapling. (H. P. Blavatsky, *The Secret Doctrine*,

Private Commentary, 1:291).”⁷⁴ Apparently even Charles Darwin considered the roots to be a kind of root brain that searched and burrowed downward into the soil. Suggesting a consciousness diffused throughout the whole plant and focused in the shoots, leaves and flowers.

Bengali scientist, Sir Jagadis Chundra Bose conducted experiments with plants over a hundred years ago. He devised a way for a plant to ‘write’ its signature on a piece of smoked glass by using an electrical current and other stimuli. “He observed that the sensitive mimosa has a reflex arc like an animal, and a type of nervous system of its own corresponding to certain cells ... he also found that in the cortex tissue of the growing layer, plants have pulsing heart cells that help pump the sap up through the stem ... Bose went further in his experiments showing ... new interrelationships between the ‘living’ and ‘non-living’ that are not yet fully recognized, and that consciousness is in all matter.”⁷⁵ This is echoed by Dr. T. C. Singh, head botanist of the Annamalai University, India who discovered that plants reacted to music and Cleve Backster who discovered that plants attached to lie-detector electrodes were extremely sensitive to thoughts, especially thoughts of doing intentional harm to the plants. Backster also observed plants responding to plants being killed near by. Marcel Vogel, claims to have successfully performed most of Backster’s experiments and came to the conclusion “that there is a life force, a cosmic energy surrounding living things, shared by all kingdoms including the human ... this oneness is what makes possible a mutual sensitivity allowing plant and man not only to intercommunicate, but to record these communications via the plant on a recording chart.”⁷⁶

RELATED SCIENTIFIC RESEARCH

Most of the scientific research that relates to this study focuses on the effects of “intention.” In this study, the “senders” did not set specific “intentions” for the plants to thrive or not thrive. Instead, they intentionally focused on a plant group while recalling and feeling “valued” or “devalued” emotions.

The PI’s sense has been that we often do harm to others and our biological environment, even when not consciously “intending” to do harm, simply by way of the emotional energy that we focus upon them, perhaps leading to unintended consequences. The “green thumb” theory, with which we are all familiar, may be an example of this.

In this research project the possible effects of felt emotions were at the core. Intention was present and was reflected in the fact that the (Senders) intentionally focused on the plants while feeling or experiencing Valued or Devalued emotions.

Many of the following research examples are based on understanding the effects of positive or negative intentions. However, they do relate to this project in the “felt” emotional aspects that are usually a significant component of intention.

Original research entitled “*Effects of Intentionally Enhanced Chocolate on Mood.*”⁷⁷ by Dean Radin, Gail Hayssen and James Walsh centered on the effects of willful intentions on a test subject and how those intentions were scientifically measured.

The objective of the study was to determine whether chocolate exposed to “good intentions” would change/enhance a person’s mood over chocolate that was not exposed.

In his introduction Radin asked the question why homemade chicken soup tasted better than soup from a can. He proposed that the role of good intention or nurturing was associated with home and food and that the very element of nurturing was missing from

the canned varieties. He claimed that parental love and care were known to be significant predictors in a child's future health and wondered whether food exposed to good intentions would play a role in healing. Radin's claim concerning parental love and care apply directly to the topic under consideration – that a happy home environment is conducive to happy healthy children and summarizes that blessing food with good intentions will have measurable consequences. Here Radin was suggesting that the food we eat, when suffused with good intentions would affect how we feel. The relationship of the Radin study to the one presented in this dissertation would include both the emotional content of the intention and the aspect of being able to “send” information that can cause subtle changes in a specific part of our environment, such as the food we ingest.

Dean Radin, Gail Hayssen, Masaru Emoto and Takashige Kizu, Original Research entitled “*Double-Blind Test of the Effects of Distant Intention on Water Crystal Formation.*”⁷⁸

In this study it was claimed that water “treated” with good intentions would have a more aesthetic appeal than water receiving negative intentions.

This was an appealing study since it used water, which our physical bodies are mostly composed. Together with the whole body expression of words, thoughts and emotions that a child would receive from parents, family or friends -- imprinting (positively/negatively) in the water molecules of the child's body. Seeing the distortion of the water crystals when negative language was used was astonishing as were the photographs of the beautiful crystals when words of love and beauty were sent. One can only speculate on what happens to children when they are exposed to unconscious, or

intentionally focused highly charged emotions within a family unit or from friends and teachers.

Additional research entitled, “*Meta-analysis of Mind-matter Interaction Experiments: 1959 to 2000*” by Dean Radin along with Roger Nelson on what Radin referred to as MMI or mind-matter interactions.⁷⁹

This article covered several years of studies (1959 to 2000) on MMI or mind-matter interactions in the discipline of psychoneuroimmunology (the study of the effect of the mind on health and resistance to disease) and the effects that MMI had on inanimate physical systems. The examples quoted and touted as the most often conducted involved tossing dice while intending certain numbers to appear and a study involving mental interaction with random numbers using a random number generator (RNG). The final results of the experiments discussed were exciting in that “the results of this meta-analysis support the existence of genuine mind-matter interaction effects, which in turn supports the plausibility of distant healing.”⁸⁰ The information provided indicated that there are ways in which the mind and matter interact and supports the theory that our intentions can affect physical reality. As stated earlier, intentions often carry emotional energy and we can speculate that the emotional thoughts and feelings focused on the plants in the current study might also cause a mind-matter effect. “Meta-analysis of 515 RNG experiments conducted by ninety-one researchers over a span of forty-one years indicates the presence of a small magnitude, but statistically highly significant and repeatable mind-matter interaction effect.”⁸¹ The references for this article are wonderful and cover forty-one years of research by various researchers with regard to Consciousness.

Daniel J. Benor's article entitled "*Reiki: Research on Distant Healing*," concerned distant healing, consciously sent from one or more healers to a subject. According to Benor, "This article reviews sixty-one studies of distant healing, which is healing that is deliberately sent by one or more healers as an intent, wish, meditation, or prayers to a healee who may be in the healers' presence or may be far away ... distance, even thousands of miles, does not appear to limit the effects of healing."⁸² As stated earlier, intentions often contain an emotional component and the same is true for wishes and prayers. This aspect of the study ties in with the current study as well as the distance "sending" aspect.

Distant healing and randomized, double-blind studies worked well together and distance did not appear to be problematic – the healer (sender) did not have to have direct contact with the healee/subject (receiver) – direct mental influence over physical objects was possible. "This is supported by a wealth of research in parapsychology, demonstrating that minds can interact through telepathy, that a person can obtain information about physical objects from a distance through clairsentient perception, and that direct mental influence over physical objects is possible."⁸³

Dean Radin suggests that intention is the expression of one's purpose, desire, or will, including common activities such as prayers and blessings. Radin also suggests that there is growing evidence that intention can directly influence how the physical world manifests and should be studied in more depth. "Possible effects of direct intention have been studied in the context of the role of intercessory prayer in distant healing ... another class of studies has focused on the role of intention in affecting a distant person's physiological state a third is the effect of intention on other living systems such as

animals, cells and bacteria, and a fourth involves a range of nonliving physical systems ... cumulative experimental evidence in all four areas is positive.”⁸⁴ The PI would add that the emotional content of intention, prayers, and blessings are part of this equation.

CHAPTER 3: RESEARCH METHODS

This study implemented a “distant” research approach through the exclusive use of plant photos sent to the (Senders), Internet conference calls, recordings of each session and personal telephones. This approach allowed each Sender to participate in the project without having to travel to a specified location.

Research was conducted using a Randomized Control Trial (RCT) with an experimental post-test control group to measure the growth of plants that had been subjected to intentionally focused Valued and Devalued human emotional energy fields. Valued and Devalued Human Emotional Energy fields are defined as felt emotional senses or various combinations of felt emotional senses. Valued energy was designed to contain feelings of enlightenment, peace, joy, love, reason, acceptance, willingness, neutrality, courage and self-esteem. Devalued energy was designed to contain aspects of anger, desire, fear, grief, apathy, guilt, hate and shame. (See Appendix B for an in depth description of each aspect of Valued and Devalued energies)

The RCT is the most rigorous of control group outcome designs and is considered to be the benchmark in evaluating cause-effect relationships and certain alternative therapies.⁸⁵ Measurements were taken to determine if there were any differences in growth and overall health between the group of plants receiving Valued energy and the group of plants receiving Devalued energy as well as a control group receiving no intervention. The Study consisted of three groups of forty test plants, for a total of 120 plants inclusive of fifteen Sample Plants randomly selected from within the test populations for each group.

Four volunteer Senders intentionally focused their emotional energy toward two of the plant groups. Plant Group A received Valuing energies, and Plant Group C received Devaluing energies. Plant Group B was left undisturbed by the Senders. The act of sending included instructions to the Senders to both feel and *image* their emotions as they directed those emotions toward the plants in value-specific grow boxes with the intention of sharing the emotions with the plants.

Recruitment of Senders

The PI personally solicited each Sender in this study. All four Senders were familiar with or practiced some form of alternative or intuitive therapies e.g., one is a Doctor of Oriental Medicine, one practiced Reiki, one works with Electrical Stem equipment and one is a builder, a writer and operates a ranch. Because each Sender has a bias toward alternative and intuitive modalities their selection was not random nor were the Senders skilled in any type of formal meditation practice. Each Sender lives within fifteen miles of each other – three were acquainted with each other; one was familiar with the PI but not the other three Senders.

Pre-Inclusion Assessment of Senders

The research subjects in this project are plants. However, the persons who volunteered as Senders are also an integral part of the project. There are two important aspects of this research project relating to the Senders that were taken into consideration, i.e. the Senders were volunteers who were asked to feel both positive (valuing) emotions and negative (devaluing) emotions and then “*imagine*” those felt emotions being sent to the test plants. Thus, the PI conducted a pre-project evaluation as to whether or not the persons who volunteered as Senders were able to:

1. Strongly feel their emotions and to focus on sending those emotions to the experimental plants.
2. Provisions were also taken to restore the Sender's sense of well-being after they had opened themselves to negative emotions drawn from their own history.

The following *Pre-Inclusion Assessment of Senders* consisted of a “walk through” that used a modified version of the Fifteen-Step Inner Counselor (IC) Process to ascertain each volunteer's reasonable willingness and ability to feel, identify, and experience, for a brief period, the emotions that would be evoked in the project. The walk through concluded with an exercise intended to restore a positive sense of well-being to the Sender.

The PI conducted these assessments by telephone prior to beginning the research project. The details of the Pre-Inclusion Assessment for both the Valuing and Devaluing Sessions are included in Appendix (C).

Inclusion Criteria for Senders:

Adult volunteers' age 30 or older who experienced the pre-inclusion assessment consisting of a “walk through” of the protocol and who then, in consultation with the PI, agreed to act as a Sender in the research project.

Exclusion Criteria for Senders:

1. Persons whose mental or physical health was specifically compromised.
2. Persons who participated in the pre-inclusion assessment and were:

- Unable to feel the emotions and sensations related to “valuing” and “devaluing” memories.
- Had reluctance about focusing on the plants while feeling the “devaluing” energies and were not able to get past that reluctance and imagine the plants receiving those feelings.
- Did not feel that the Energy Exercise and Affirmation Prayer adequately restored their equilibrium.
- Had difficulty holding the plant in mind while feeling the emotions for the designated time required.

Potential Risks/Safety to Senders:

In the event any Sender experienced emotional residue as a result of the pre-inclusion assessment sessions a licensed therapist would have been made available to address any troublesome emotions that may have arisen during the session and that were not adequately addressed by the affirmation exercise at the end of the pre-inclusion protocol. The licensed therapist was not necessary in either the pre-inclusion assessment or the actual research.

Discontinuation Criteria for Senders:

Senders could withdraw prior to a session if a conflict emerged. One Sender was traveling and needed to change her dates and times for two sessions. (See Appendix D)

The PI’s Role:

1. Organize the experiments, pre-inclusion assessment, including briefing and debriefing sessions; maintain the daily diary, conference calls and the Senders.
2. Determine the day and time of the experiments and notify the Senders.

3. Purchase all the supplies and equipment.
4. Prepare and condition the room prior to the experiments.
5. Prepare the (Senders) before and after each Focusing Session
6. Set the timer.
7. Randomly select and plant the seeds.
8. Randomly select and label all plants and test boxes.
9. Water, measure, and photograph all test plants.
10. Conduct final healing session.

Post-tests:

After all plants were measured for the final time, they were placed randomly back onto the grow trays, they were photographed and a photocopy of each grow box was sent to the Senders. Each Sender was asked to call in one final time on an agreed upon day to send their love, gratitude, healing energies and to seek forgiveness for fifteen minutes to all the plants in the study. Each Sender was aware that a healing session would take place at the end of the study.

CHAPTER 4: RESEARCH FINDINGS

Plant Data Analysis

Sample Size

Group A (Valued) – 42 plants
Group B (Control)- 43 plants
Group C (Devalued)- 49 plants.

Plants, which had no measurable growth, were excluded from the statistical analysis. There were four such plants in each of the three groups.

Maximum Plant Height

The maximum height reached for each plant was examined.

Table 1. Plant Heights

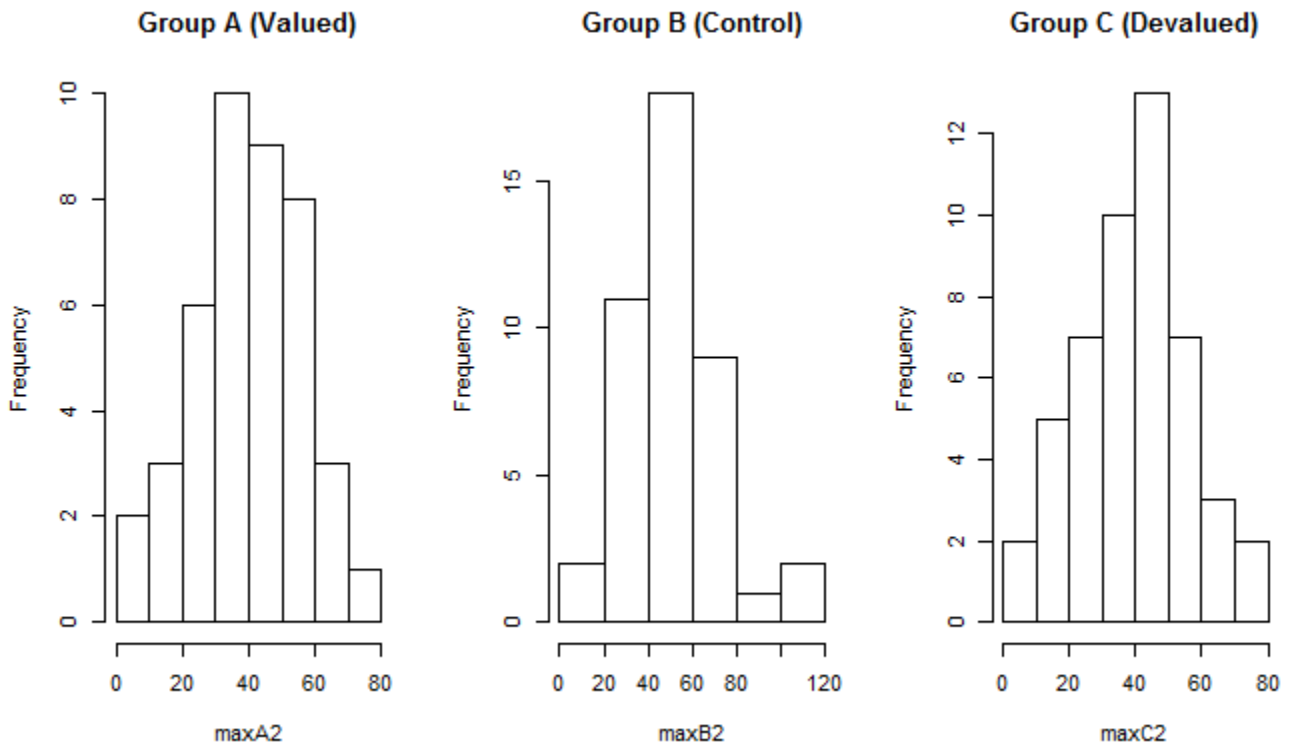
Group	Min	Max	Median	Mean	Std Deviation
B – Control	5.00	118.00	49.00	50.53	22.11
A – Valued	9.00	74.00	40.00	40.76	16.33
C - Devalued	8.00	71.00	41.00	39.92	16.33

The distribution of the maximum plant height data within each group appeared to be normally distributed (see histograms):

Figure 1. Maximum Plant Heights

The following Histogram displays the distribution of the data, or the frequency (number of occurrences) of a measurement. This histogram, illustrates the maximum height reached per plant. The labels “maxA2”, maxB2” and “maxC2” represent the maximum plant height reached for Groups A, B and C, measured in millimeters.

The “frequency” label indicates how many plants there were for each height, e.g., in Group A, 10 plants had a maximum height between 30 and 40 mm.



Using a Welch Two Sample t-test and a 0.05 level of significance (95% confidence), there is a statistically significant difference between Valued (A) and Control (B), and between Devalued (C) and Control (B). However, there is not a statistically significant difference between the two test groups. This indicates that using a statistical test with a 5% error rate, both the Valued and Devalued plant groups had a lower maximum plant height than the control group, but were not statistically different from each other.

Figure 2. Histogram of Maximum Plant Height

The data were analyzed to examine the first day of the experiment where a measurable height was observed for each plant.

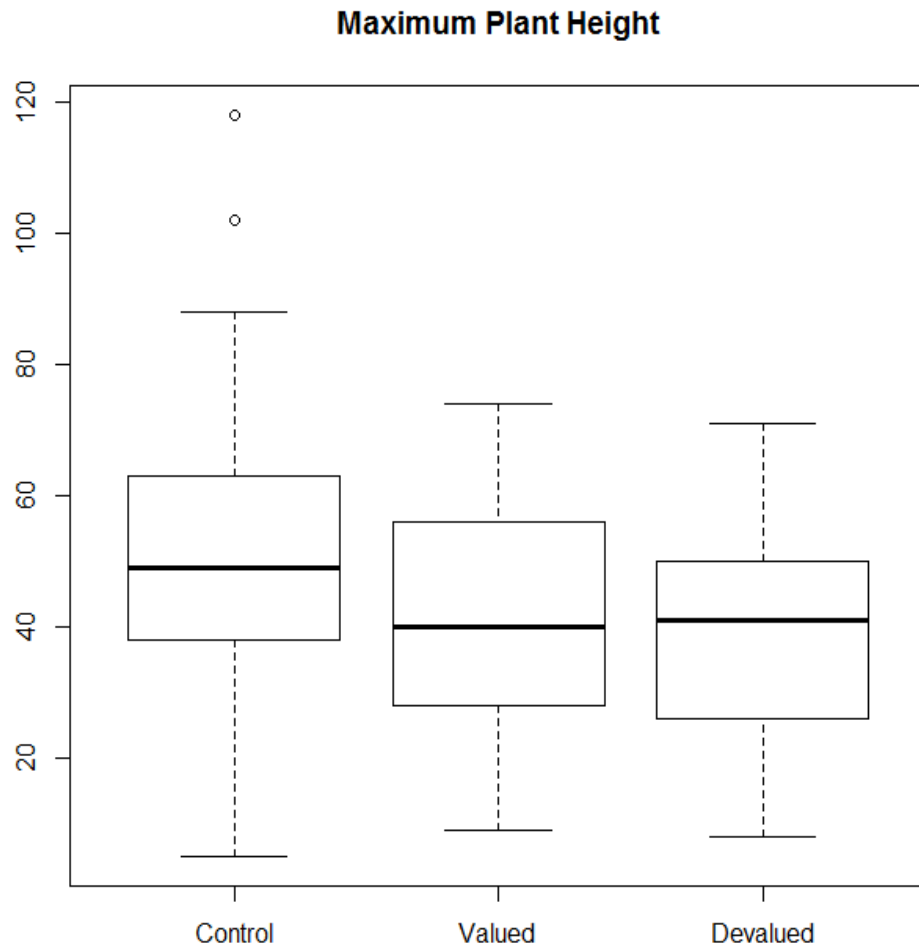


Table 2. First Day With Measurable Heights

Group	Min	Max	Median	Mean	Std Deviation
B – Control	1.00	12.00	7.00	5.95	3.93
A – Valued	1.00	19.00	7.50	7.05	5.18
C - Devalued	3.00	23.00	9.00	8.76	6.18

First Day w/ Measurable Height

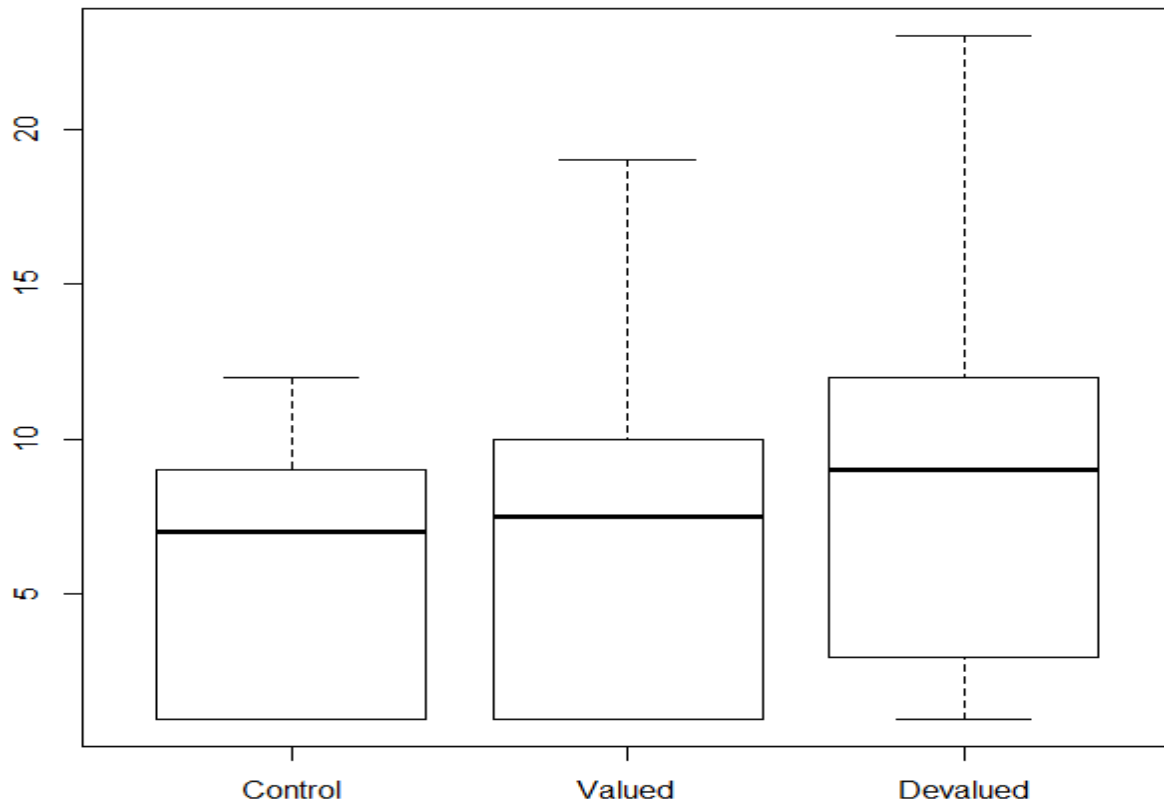
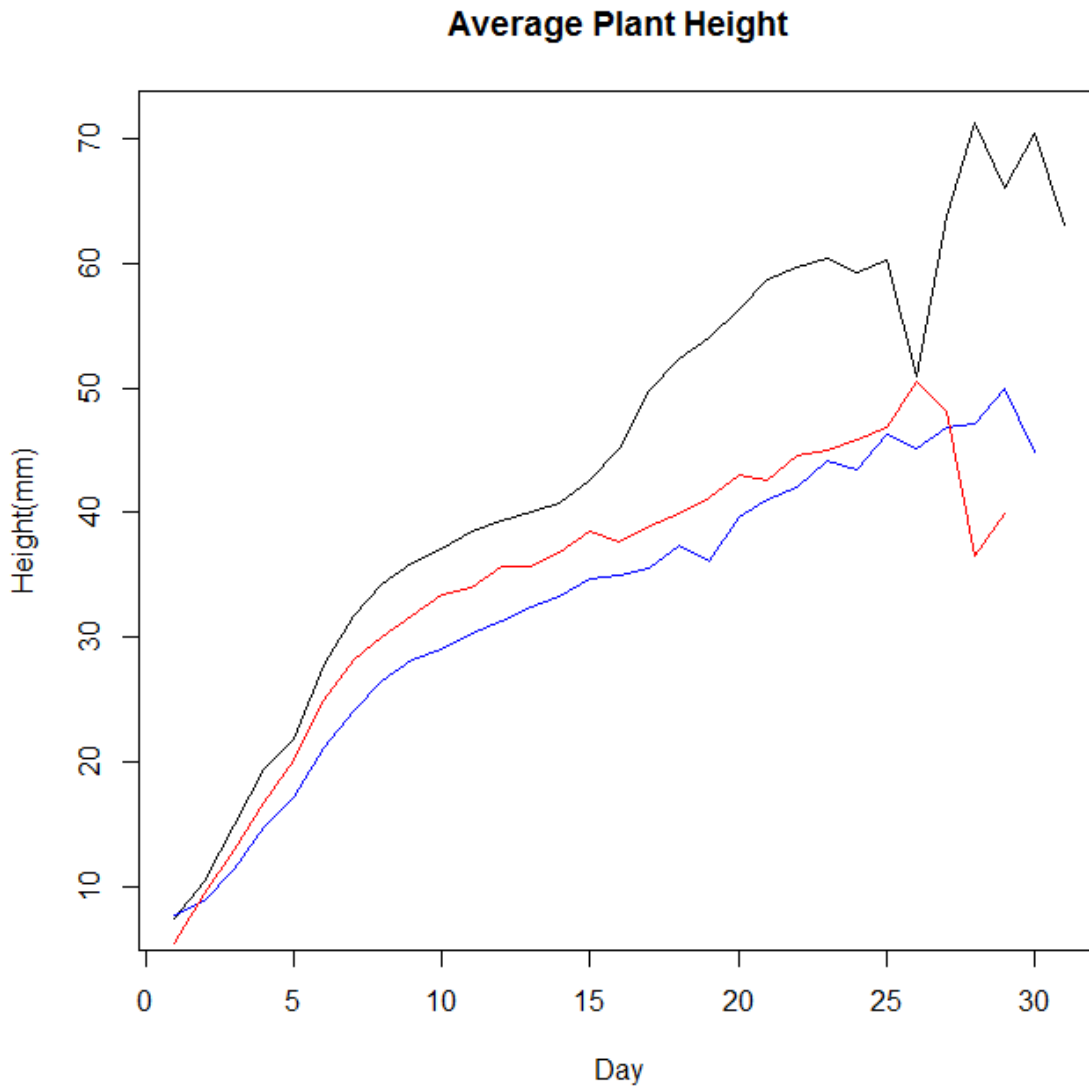


Figure 3. Histogram of First Day With Measurable Heights

There was a statistically significant difference in the first measurable day between Devalued (C) and Control (B) with a p-value of 0.01 using a Welch Two Sample t-test. However, there was no significant difference between Valued (A), and the two test groups. These results indicate that the plants in Devalued (C) started growing later than the plants in Control (B), on average.

The first day that each plant had a measurable height was used to adjust the data in order that the time-frame for plant growth could be examined relative to each plant's start date. This standardized the measurements to prevent the skewing of data due to the unexpected plants that began growth later than the rest of the population.



Plant Height by Day

Mean plant height between the three groups was studied for each day in the plant's life (where Day One is the first day with measurable height). In the chart above, Control (B) is shown in black, Valued (A) is blue, and Devalued (C) is red.

Figure 4. Average Plant Heights

Welch Two-Sided t-tests were run on each day in the set between all three pairs of groups. Six days did not have a large enough sample size to perform the test accurately.

Valued (A) vs. Control (B):

Twenty-four out of 29 p-values were less than 0.05. Thus for 82.76% of the days, the plants in Valued (A) were, on average, shorter than the plants in Control (B).

Devalued (C) vs. Control (B):

In 11 out of 28 days, or 39.29% of the days, the p-values were less than 0.05, meaning that for those days, Devalued (C) mean plant heights were significantly shorter than the Control (B) and the differences were not statistically significant for the rest of the days.

Valued (A) vs. Devalued (C):

None of the days had a statistically significant difference between the two test groups.

Thus it appears that average plant height was greater in the Control (B) than both of the test groups, but especially between the Control (B) and the Valued (A).

Growth Rate

The rate of growth for each plant was studied by calculating the mm of growth for each day (taking the difference between the heights).

The average rate of growth was:

2.73mm/day for Control (B),

2.164mm/day for Valued (A), and

2.288mm/day for Devalued (C).

Both test groups (A and C) had significantly lower growth rates compared to Control (B), but were not statistically different in mean plant growth between each other.

Thus, the plants in Control (B) grew faster, on average, than the plants in the two test groups.

True Leaves

The day that the first true leaves appeared on each plant was studied.

Table 3. First Day True Leaves Appeared

Group	Min	Max	Median	Mean	Std Deviation
B – Control	1.00	16.00	9.00	8.92	3.19
A – Valued	1.00	28.00	9.00	8.97	5.58
C - Devalued	3.00	27.00	10.00	12.08	6.11

Using a Welch Two Sample t-test with 95% confidence, there was no statistically significant difference between:

Valued (A) and Control (B), but there was a difference between Devalued (C) and the other two groups. Devalued (C) grew its first leaves later, on average, than Control (B) and Valued (A) test groups.

It is important to note that this test used the adjusted day data, so the fact that Devalued (C) had measurable plant height later than Control (B) did not affect the day the first true leaves appeared since the day is calculated in relation to the first measurable height.

The maximum number of true leaves for each plant was also studied. The Control group had 48.84% of its plants with a maximum number of true leaves two or greater. In comparison, 71.43% of the plants in Valued (A) had two or more true leaves, while 48.98% of the plants in Devalued (C) had at least two true leaves.

Buds

The first day that buds appeared on each plant was studied:

Table 4. First Day Flower Buds Appeared

Group	Min	Max	Median	Mean	Std Deviation
B – Control	4.00	27.00	13.00	13.58	5.02
A – Valued	1.00	24.00	12.00	12.13	3.96
C - Devalued	6.00	27.00	14.00	12.27	4.64

There was a statistically significant difference between the first days that buds appeared in the two test groups. Thus the first appearance of buds was later in the lifecycle of the plants in Devalued (C) than Valued (A). There was no statistical difference between either of the test groups and Control (B).

The maximum number of buds per plant was also studied. Devalued (C) had fewer buds, on average, than Valued (A) with 95% confidence. 55.81% of the plants in Control (B) had three or more buds, compared to 71.42% of Valued (A) and 36.73% of Devalued (C).

Flowers

The first day that flowers appeared for each plant was studied.

Table 5. First Day Flowers Appeared

Group	Min	Max	Median	Mean	Std Deviation
B – Control	14.00	29.00	24.50	23.95	3.88
A – Valued	16.00	32.00	23.00	24.11	3.87
C - Devalued	14.00	33.00	22.50	22.70	4.41

The difference in the first day of the appearances of flower(s) between the three groups was not statistically significant.

The maximum number of flowers reached for each plant was also examined. The Devalued (C) had fewer flowers, on average, than the Valued (A). There were a statistical number of flowers in Valued (A) vs. Devalued (C) of p less than 0.05. There was not a significant difference between the AB (Valued/Control) and CB (Devalued/Control) pairs.

In Control (B), 51.16% of the plants had at least one flower, while 64.29% of the plants in the Valued (A) flowered, and 40.82% of the Devalued (C) had flowers.

Maximum Plant Height – Control (B) had a higher maximum plant height than both Valued (A) and Devalued (C).

First Day With Measurable Height – Devalued (C) started growing later than Control (B).

Plant Height by Day – Average plant height was greater in Control (B) than Valued (A) 83% of the time, and better than the Devalued (C) for 39% of the days. The two test groups were not significantly different from each other in plant height.

Growth Rate – The plants in the Control (B) grew, on average, faster than the plants in the two test groups.

True Leaves – Devalued (C) grew its first true leaves later than the other two groups relative to first day of measurable height. Valued (A) had a higher percentage of plants with two or more true leaves.

Buds – Devalued (C) grew its first buds later than Valued (A) relative to first day of measurable height, and also had fewer buds, on average, than Valued (A). Valued (A) had a higher percentage of plants with three or more buds than the other two groups.

Flowers- There was no difference in the day the first flowers appeared between the groups, but Devalued (C) grew fewer flowers per plant, on average, than Valued (A). Valued (A) had the highest percentage of plants with at least one flower more than the other two groups.

Quick Summary

This summary shows at a glance the different response variables that were examined and indicates whether there were significant differences between each combination of groups. This is the same information charted and described in the previous pages. It is placed here in a single location and re-illustrates that the results were inconclusive between the valued and devalued group.

Table 6. Quick Summary

Quick Summary

Test	A & B	C & B	A & C
Max Plant Height	Yes (-)	Yes (-)	No
First Day w/Height	No	Yes (+)	No
Avg. Plant Height by Day	Yes (-, 83% of days), No (17% of days)	Yes (-, 39% of days), No (61% of days)	No
Growth Rate	Yes (-)	Yes (-)	No
Day of First True Leaf	No	Yes(+)	Yes(+)
Max # of True Leaves	Yes (+)	No	Yes(+)
Day of First Bud	No	No	Yes(+)
Max # of Buds	No	No	Yes(+)
Day of First Flower	No	No	No
Max # of Flowers	No	Yes(-)	Yes(+)

Control (B) Was Significantly better, Valued (A) was significantly better

Devalued (C) Was Significantly better.

PI'S VISUAL OVSERVATIONS:

There were several visual anomalies in each Group:

Devalued (C) observations:

In general, all the plants in Group C changed colors from green to yellow/brown and lost leaves earlier than the other two groups and as noted above had fewer flowers; had more plants that were distorted and mal-formed, e.g., changed colors earlier, had leaves that were curled and distorted with small or tiny flower heads and leaves.

Individual Plant Anomalies in Devalued (C):

1. The stem and root of Plant C2 grew up and out of the ground, growing across the surface of the pot; never rooting down into the soil. Plant appeared very distorted, stunted and twisted. Plant C2 grew to a height of 16mm and had three unopened buds at the end of the Study.

2. Plant C36 roots were exposed on the surface of the pot for fourteen days after planting (February 7, 2013), at which time it rooted somewhat back into the soil. By the end of the Study the plant in Pot C36 grew to 45 mm and had extremely tiny flower buds.

3. Plant C7 fell over eleven days (February 4, 2013) after initial planting, eventually rooting back into the soil. C7 grew to 48mm by the end of the Study; had one unopened flower bud, two cotyledons and two true leaves that had previously died and dropped off.

Four plants in Group C failed to surface:

1. Plant C29 measured zero at the end of the Study – upon inspection by the PI a pale white stem with two cotyledon's was present just under the soil – plant never surfaced.

2. Plant C38 measured zero at the end of the Study – upon inspection by the PI there was a plant as thin as a human hair growing just under the soil – plant never surfaced.

3. Plants C30 and C3 measured zero at the end of the Study – on inspection by the PI both pots were empty.

Nine plants in Group C had more than one plant per pot, to-wit: C37SP, C20SP, C6, C7, C8, C17, C19, and C27 contained two plants each while C32SP contained three plants.

Group A (Valued) observations:

Plants appeared green and healthy even though the leaves were small. This group visually appeared to be sturdier than the other groups.

Individual Plant Anomalies in Group A (Valued):

1. The stem of Plant A8 appeared on day seven from initial planting (January 31, 2012). By the tenth day (February 3, 2013) the stem began to appear. The head remained in the soil while the stem grew out of the ground, bending in the middle like a horseshoe with the head of the plant and the roots next to each other under the soil. Head exited from the ground twenty-three days after initial planting (February 16, 2013). At the end of the Study Plant A8 measured 33mm, had two true-leaves, one open flower and two flower buds. Cotyledons and true leaves had previously died and fallen off.

2. Plant A29 showed no measurement until day twenty (February 13, 2013). On day twenty-three (February 16, 2013) PI's notes indicate that the plant appeared to be a 5mm stem sans a head or leaves. Plant A29 remained in this pattern for the entire Study

ending with a 10mm stem with no head or leaves, thirty-eight days after initial planting (March 3, 2013).

3. Plant A2 had three red leaves barely above the surface that appeared on day eight, (February 1, 2013) on day eleven (February 4, 2013) the roots of the plant surfaced but the leaves remained barely above the surface. On day fourteen (February 7, 2013) the root was out of the ground by 3mm and the leaves were 1mm out. Leaves were no longer red but turned to brown – a color that indicates the plant is dying. On day eighteen (February 11, 2013) the plant head began growing up, however its leaves were distorted and small. On day twenty (February 13, 2013) plant head grew higher than the root and had one flower bud. On day twenty-three (February 16, 2013), plant appeared to be rooting back into the ground. On the final day of measurement the plant had grown 28mm, its root now buried in the ground, had two cotyledon's, one true leaf, one open flower, one medium bud and one small bud.

4. Six pots contained two plants per pot, to-wit: A10, A18, A24, A20SP, A19SP and A35SP

5. Four plants in Group A failed -- A10, A39, A31 and A40. PI inspected each pot at the end of the Study all four plants had failed to grow.

6. Pot A33 had a zero measurement at the end of the Study however upon inspection by the PI the pot contained a pale white plant, replete with two cotyledons just underneath the soil surface. Plant measured 5mm in length.

Group B (Control) observations:

Plants in Group B overall appeared greener were significantly taller and had more flowers and seedpods than the other two groups. Stems on this group were long and spindly.

Individual Plant Anomalies Group B (Control):

1. Pot B2 had roots growing above ground on day four (January 28, 2013), after initial planting -- plant growing sideways along the surface of the soil and measured 10mm long. Pot B2 straightened up on February 2, 2013 day nine from initial planting and began growing up toward the light. Measurement at the end of the Study for Pot B2 was 51mm, no leaves or flowers, one mature seedpod remaining.

2. Pot B17 had roots growing above ground on day four (January 28 2013), after initial planting, plant growing sideways along the surface of the soil and measured 10mm long. By day six from initial planting (January 30, 2013), Pot B17 straightened up and started growing up toward the light. Measurement at the end of the Study for Pot B17 was 46mm, and had two cotyledons and two true leaves – plant dying.

3. Four Pots in Group B contained two plants, B38, B24, B34, and B35.

4. Three Pots in Group B failed, B16, B29, and B32. PI Inspected each pot, all three had failed to grow.

CHAPTER 5: DISCUSSION, SUGGESTIONS, AND CONCLUSIONS

Discussion

There are several possible reasons for the lack of statistically significant differences in the growth of plants in the two intervention groups.

The first possibility is that the Senders were not as robustly engaged in either clearly feeling or sending their emotions to the plant subjects as they could have been and the emotions they did share with the plants were a *cocktail of mixed and confusing thoughts, intentions and emotional energies*. Senders were chosen specifically because they were not masters of any formal meditational practice, but did have histories that were emotionally charged. Senders were given the option to choose which memories from their own histories they wanted to experience and send and it is note-worthy to point out that none of them chose the more powerful events in their lives. In this regard the research results might have been different had the PI led each Sender into focusing on some of the more emotionally charged events in their lives rather than leaving it up to the Sender's choice. It would seem that there was specific avoidance for re-experiencing the more deeply felt events.

The second factor considered and pointed out by one of the Senders was that each emotional memory chosen by the Senders was an *old familiar and somewhat desensitized issue* and therefore not as robust as it could have been had it just happened. As Tiller points out, intention is the product of a focused mind and a directed will, and *the quality of that intention is strongly connected and dependent upon the robust emotional state of*

*the intender.*⁸⁶ In this regard none of the Senders were in an emotionally volatile state, avoided issues they were not able to face or deal with, and were perhaps not engaged powerfully enough to robustly influence the test plants with a clear intention.

The third potential factor is the Senders were sometimes distracted by outside energies and sometimes by exhaustion from events in their day. Their concentration therefore was perhaps not grounded or focused enough to be influential.

The fourth possible factor was the Senders deeply felt empathy for all living beings that might have unconsciously affected their abilities to intentionally cause stress or harm to the test subjects. Sender coded AM shared her experience while sending Devalued energy to the test subjects:

“Sending the negative energy was totally foreign and not comfortable initially. I had to constantly reinforce it was done for good reasons ... maybe that negated my negative sending.”

The fifth consideration was having the Valued/Devalued sessions occur on the same day within 10 to 15 minutes of each other. The PI feels this may have caused the Valued/Devalued energies to produce a conflicting mix of forces that diminished the results. In other words the conditions of both grow boxes were flooded with conflicting energies that time did not correct. Sender JT wrote about his experience in a Devalued session that is one example of a mixture of forces of Love and Grief:

“I was feeling grief. I had found our cat dead in the back of our property. I had really grown close to our cat, Blue, and the grief I felt was more than I imagined I could ever feel for a cat. I also felt regret for leaving him to go out of town and some guilt, thinking he might have gotten into some anti freeze or something toxic in my shop. I felt the feeling in my jaw and my heart center and in my gut. When I started focusing and sending this energy to the plants, *I realized there was an element of love in the core of grief. When you grieve for something, it's because you love it. But grief was among the words Monte mentioned, and so I sent my feelings. I felt as though the plants were responding to me, both in the valuing group and devaluing group. In this case, the plants seemed to respond to the love embedded in the grief. I kept getting myself in touch again*

with the grief and sending it, but at the same time, I started feeling really pleasant. I maintained the grief feeling, but my body had the pleasant sensation akin to when you're just about to fall asleep or just about to wake up."

Most people live in a "smog" of emotional energy without realizing it.

Pharmacologist Connie Gauds, author of *The Energy Prescription*, claims that "an undisciplined mind leaks vital energy in a continuous stream of thoughts, worries, and skewed perceptions, many of which trigger disturbing emotions and degenerative chemical processes in the body."⁸⁷

The great majority of mankind is not aware of the importance of focusing their efforts on developing the discipline of giving more meaning to their expressions, increasing their energy levels or reducing fears and uncertainties in their egos. Instead mankind lives in a soup of emotional expressions and intentions created unconsciously by other humans and by life circumstances that often cause more harm than good. A majority of humans do not have the necessary discipline to be aware of their emotions nor are they able to create positive effects in their direct environment due to the projected confusion of their emotional energy fields and are instead actually causing harm without knowing they are doing so. This mixture of emotional energy the Senders shared with the test subjects apparently did just that. William Tiller says that:

"To maximize the human's communication ability, one needs to (a) greatly broaden the bandwidth of expression (give more things meaning and learn to understand these meanings), (b) greatly increase the signal power (to broadcast to a greater area) and (c) greatly decrease the noise levels (fears, uncertainties, incoherence of expression, personal ego flaws, etc.). Manifesting an intention is a very important process in the development of humans to a mastery level of directed manifestation"⁸⁸

Transcripts of the various emotions imagined by each Sender is located in Appendix B.

Finally the weather during the research phase was historically cold, adding another unexpected variable to the Study. Brassica Rapa plants require growing temperatures above 72 degrees for ideal plant development. The grow box temperatures did not get above 70 degrees during the Study. However, and worthy of note here is the Control group grew beyond the normal height for Brassica Rapa's making this variable less impactful and an interesting puzzle.

Of interest and not statistically measurable, comes from the PI's observations of each group of intervention populations.

A. The Devalued population had four pots that measured 0mm at the end of the Study. Two of these pots failed to grow (C30 and C3) and two pots (C29 and C38) had plants growing just beneath the soil:

1. C29 had a 0 measurement at the end of the Study; however, after inspection, the PI discovered that a pale white plant with two cotyledon's were growing just below the surface.

2. Plant C38 also measured 0 at the end of the Study and after inspection the PI discovered a plant whose stem was as thin as a human hair growing just below the surface.

Each of these plants measured 3mm to 4mm each. What is interesting here is that each of the Senders at one or more times imagined that the world was not a safe place.

Their messages to the plants were to "stay put", "don't come out", "the world is a dangerous place", "stay a seed", "don't grow", "there is no light or air to grow."

B. The Valued population had four plants that failed (A10, A39, A31 and A40). After inspections each of these pots were empty at the end of the study – all four had

failed to grow. However Pot A33 had a 0mm measurement at the end of the study and upon inspection there was a pale white plant, replete with two cotyledons just beneath the surface. Plant measured 5mm in length.

C. The Control Group had Three Pots (B16, B29, and B32) that failed to grow and after inspection all three pots were empty.

Suggestions for Future Research

Considerations for future study would include the following suggestions:

1. Conduct the Valued/Devalued sessions on different days.
2. Guide the Senders into *robustly* feeling the desired emotion rather than leaving to choice.
3. Insure that each Sender is in the same space each week and free from outside distractions.
4. PI recommends not hiring a research assistant. Because the PI was blind to which grow box was which she was able to maintain a neutral field of energy when photographing, measuring and watering the plants. A research assistant would add a level of energy that would be difficult to control.
5. PI recommends that all plants be measured every day throughout the research. Stopping one week before the end of the research and dealing only with the Sample Plants the PI feels was a mistake.

Suggestions for Future Study

In 1973, Dorothy Retallack published a small book called *The Sound and Music of Plants* in which she described her study of the effects on plants of various kinds of music.

For future study the PI would suggest that rather than use human “senders” for the valued and devalued energies, one might reference the Retallack studies and using an extended methodology study the effects of Rap, Acid Rock or Heavy Metal for the Devaluing energies and classical music by Bach, Beethoven, Mozart or songs and chants for the Valuing energies. Another worthwhile study might be to incorporate photographs, words and/or intentionally imprinted devices such as quartz crystals, or water imprinted with the Valuing/Devaluing energies.

Conclusion

No significant measurable differences in outcome were found between the Valued and the Devalued populations. It is difficult to draw a definitive conclusion that the Senders in the study had an influence on the test plants, however, given that some of the results showed a significant and positive effect, it is believed that the evidence thus far is interesting enough to conduct further research. Having written that, there *was* a significant measurable difference found between the Valued/Devalued populations and the Control group, which was an unexpected outcome in the study. Several plants in the Control group grew up to 109 mm compared to 66 mm in the Devalued group and 65mm in the Valued group. The speculation here is that the Senders in this study were unable to maintain clear, robust and focused emotions. What *was* discovered is that a great majority of us are not aware of the importance of developing the discipline of being aware of and giving more clarity and meaning to our emotional expressions. Instead we most probably emanate an unconscious mixture of emotional expressions that may have a potential to cause more harm than good. Most humans do not have the necessary discipline to be aware of or to clarify their *Whole Body Energies* and are unaware of the

harm they might be causing others or their environment. Tiller says:

“In our day-today world, all of us go to school to learn knowledge, to learn to play, to develop relationships, to develop skills, to develop our psyches and egos, to learn to cooperate with each other, etc. Via this process, we build abundant information and infrastructure into ourselves and our growing egos are largely focused on our individual personality self. In this regard, we are largely unaware of the collateral damage that our thoughts, attitudes and actions do to others. We tend to think that our goals in this life justify any means that we choose to use to attain those goals. This is a great error on our part. Rather, the means we use to attain our goals, even worthy ones, participate in co-creating the future that we, our children and our grandchildren must live in as a consequence of the collateral damage we have created.”⁸⁹

The PI speculates here that, based on a statistical comparison with the Control group, the confusing fog of emotions sent to the test plants was probably more of a hindrance than help and an unexpected and interesting aspect of this Study.

If we could put in place attractor energy fields of love, respect, mindfulness and enlightenment we might experience our personal egos as no longer separate from others; rather, we would identify and align our more expansive selves in the company of Consciousness and Divinity. This transcendence of the ego would serve by example to reflect its potential to others and, in the PI's opinion, is perhaps the most important goal of evolution in our human journey.

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APPENDIX A

--Intervention Vignettes

Note: These vignettes are quoted exactly as the PI received them from the Senders – there have been no additions, deletions or corrections added. Each session was recorded -- all recordings are available at Holos University.

FIRST INTERVENTION:

SENDER Coded as AM: January 28, 2013 at 4:00 P.M.

Value Session: “I chose to be with my friend, Sue, on Friday Morning in my living room painting; my favorite time of the week. I felt: safe, accepted, happy, peace and love...all of them! In my body I felt a big round circle of a soft light blue that smelled like baby powder over my chest. I felt as if my eyes were clear and bright. I felt something in my mind, but I have not gotten a word for that quality...maybe it was clear, unburdened. For the first minute or two I struggled to stay focused on the experience, the feelings and the plants. I was jumping back to feeling like I had rushed home and not taken time to get settled before I started this. Gradually I was able to let that go and stay with the wonderfulness of my Friday morning painting with Sue. I placed the plants on the table where we painted and watched them absorb the emotions, the safety, acceptance, happiness, peace, love. All swirling around the plants.”

Devaluing Session: “I chose to be in our car this last Sat. driving back from Albuquerque. My husband is driving and has a cold or flu. He is touching his face, then the steering wheel, coughing into his hand and reaching for the steering wheel. I know I have to drive next. (by the way, I had Young Living Oil ‘Thieves’ cleaner in a spray bottle and each time before I drove, I wiped down everything). I felt: angry, afraid,

frustrated and guilty for being so angry, not wanting to be critical of him. In my body I felt my throat red and hot, my shoulders hard and tight, my toes clenched, my teeth hurt. I settled into the meditation well. At one point the plants were on the dashboard getting the full brunt of the coughing. My anger and fear circulated over them, going round and round them in their box. I stayed well with the image and my feelings. I knew it was good to get the feelings out and I did not have trouble sharing them with the plants this time.”

SENDER Coded as NM: January 28, 2013, at 4:00 P.M.

Value Session: “Memory invoked – getting a phone call telling me I was offered a tenure track faculty position at University of Wisconsin-Madison in Human Development and Family Studies. Feelings—Tremendous joy, feelings of affirmation and valuing after years of study and preparation, feelings of ‘self-actualization’—my ‘dream job’ come to me. Also emotional, even tearful, I [had] feelings of great gratitude and relief. Relief from all the tension of preparation and wondering about my future. Grateful my mother and son and I could remain in Madison where we were and with our friends. In my body I felt expansiveness in my chest—deep breathing, relief breathing...Also then tingling into my arms and rest of my body. Great energy and happiness and joy. Very expansive. Tuning into the plants I affirmed that we were connected by/to the same Source energy, and they could draw from me also whatever energy they might need for growth. I encouraged them to ‘be all they could be’—‘grow tall’—come into the light! Life is good—I visualized them growing tall and healthy as they were meant to grow.”

Devaluing Session: “I tuned into the memory of a very low point in my life when I was very ill. I had been unwell for months and went in for surgery...When I came out of surgery I was told I had an extensive life-threatening internal infection that I would need to try to fight with multiple antibiotics. Uncertain future. Feelings: I felt totally despondent, depressed, fearful, confused...Totally ‘off center.’ Life felt bleak and scary. I grieved for my loss of health. I grieved about the uncertainty of my future—whether I would even survive or not. Whether I would ever be ‘normal’ again. I was totally depleted in all senses. Feelings in body: Tightness in my chest, achiness. Tearful emotion. Eventually I still also felt tingling in my arms and hands though when I started to ‘connect’ with the plants. Tuning into the plants I found myself encouraging them to ‘stay in your seeds!’ ‘Don’t come out.’ It is too scary here. This is a tough place. Stay where you are. I saw darkness over the seeds, where for the valued seeds I saw light and I envisioned them growing to tall, strong plants. I ‘told’ the seeds I had no energy for them...nothing to share with them. Stay put... (I surprised myself with the spontaneous thoughts that came along these lines...) Ok! So that’s the summary. It all felt comfortable. Thank you for your good guidance in all respects. And thank you for the wonderful golden light meditation at the end. That was a real treat, and also a very healing way to complete the session. I’ll look forward to connecting again next Monday!”

SENDER Coded as JT: January 31, 2013 at 8:00 P.M.

Value Session: “I went to Solstice 2012. I was sitting in an armchair by our woodstove savoring the day. We had had a celebration starting with a very early morning gathering of people who I had invited who were in touch with the Unseen. Then we

prepared a bonfire built in the shape of a phoenix and had a celebration that evening and burned the phoenix. In my heart, I had made the day sacred and it was one of the most memorable days of my life. I felt warm and content in that chair and felt a feeling of love and happiness that resided in my solar plexus and my third eye. I placed my fingers on the picture of test plants in question and felt them growing under my fingers. After a while I didn't have to think of what generated the feeling, I just felt it. I felt a tingling in my hands and channeled that energy to the plants.”

Devaluing Session: “I went to this time last year when I heard that we'd lost our non-profit status for our Straw Bale Association. I took it to heart and felt responsible for the loss, guilty, ashamed and humiliated. I felt the feeling in my left eye because it became inflamed as a psychosomatic result of the news. I also felt a pain in my stomach and esophagus. I again held my fingers on the picture of the test plants, but instead of sending that emotion, I found myself present with the plants, stumbling over the light box they were in, crushing the peat pots and generally making a mess of things.”

SENDER Coded KT: January 31, 2013 at 8:00 P.M.

Value Session: “I was in bed 2 weeks ago and my cat and a dog that I was babysitting came to sleep with me. I felt so loved and safe and wished the feeling would never end. I felt expansion in my heart center and my 3rd eye was buzzing with energy. I saw a wave of love covering the plants.”

Devaluing Session: “I was back in the mid nineties when I had just realized my brother had stolen inheritance from me. I felt angry and stupid that I had not seen what he was doing. I felt nauseated and tightness in my 2nd chakra and felt restriction in my 5th chakra. My body temp got hot and uncomfortable. I did not feel well. As I write this my

mid back is tensing up. I saw a wave of heat go over the plants, burning them. During the V session my cat comfortably sat next to me. When I started the DV session he jumped away...far away!”

SECOND INTERVENTION:

SENDER Coded as AM: February 4, 2013 at 4:00 P.M.

Value Session: “This summer my step kids and grandkids put on a play for me in the back yard. I had pictures of them with balloons and costumes dancing around the yard and I felt happy, in love, joyful, safe. I felt it as warmth in my upper thighs, in my cheeks as I smiled and laughed. I invited the plants into grow and dance and suck up good energy, to join in the fun.”

Devaluing Session: “This past summer I put my old dog who suffered from painful arthritis to sleep. Again, I had a picture of her on her last day. I felt grief, guilt, fear, anger pain, loss. I was crying and my shoulders were tight, there was a tight knot at the top of my stomach, my teeth were clenched. I sent a fog of pain and grief over the plant and imaged them dried up, withered. I told them growing was painful and sad and they should die instead.”

SENDER Coded as NM: February 4, 2013 at 4:00 P.M.

Value Session: “Memory chosen was when my current partner, Jim (who I had known for 26 years previously as a loving soul friend), called me and indicated he wanted to make the move to becoming life partners. I felt great joy...that my life would never be the same...great gratitude for such enveloping love, and great expansiveness and hope and joyful expectation. I felt this as an expansion in my breathing and chest...and also tingling in my arms and fingers. In connecting to the plants I attempted to share this

enveloping love and expansiveness with them...also consciously connecting with Universal energy to flow through me to them to support their growth. I was a bit distracted during the earlier part of this session by movement and sounds in the room around me...but it got better/more focused as time went on.

Devaluing Session: “Memory chosen was same as last week-a time when I had a life threatening internal infection and I was totally depleted, despondent, feeling hopeless, feeling lost, feeling scared, feeling disconnected from larger life force energies. Very depressed and frightened and discouraged and lost. I felt this as a tightening in my chest...and achiness, tightness in my throat and heart. Just low and depleted. Down... In connecting to the plants I visualized them in my hands and just sharing this down energy. In connection I shared that this was a scary, scary world to come into. Very hard. Very hard. Don’t hurry to come in to it. Stay put. I saw darkness around them and felt darkness encircle them. I was more focused in this session – I further isolated myself before starting this second session by going into the bathroom to avoid distracting sounds.” “The golden meditation is surely a wonderful way to end the session! Thank you for including that! It truly helps move out of the dark energy of the devaluing session.”

SENDER Coded as JT: February 7, 2013 at 8:00 P.M.

Value Session: “I went to Kathy and my first road trip together. We left Santa Fe in the middle of the night and arrived in Telluride that morning. We had rented a condo with several friends for the Bluegrass festival. There was a hot tub that you filled up with fresh water, and Kathy and I had a bubble bath together. She washed me from head to toe and I felt loved, cared for and lucky. I felt a warm feeling like a long tube that went

from my genitals to my throat. As I sent the energy to the plants I felt as though and creatively imagined them to be flowering under my fingers.”

Devaluing Session: “I went to when I tried to speak with Emily about the hurtful thing her mother had said to her. She adamantly did not want to talk about it and asked me to honor that, which I did. I took both girls home and they walked off clearly upset with me. Their mother told me that they were upset because I brought up something they didn’t want to talk about and I wouldn’t stop. I felt hurt, defensive and sad. I felt these feelings in my heart, my gut, and the wrinkle between my eyebrows and my whole sad face. When I sent these feelings to the plants, I envisioned them trying to spring up (the leaves) out from under a crushing weight.”

SENDER Coded as KT: February 7, 2013 at 8:00 P.M.

Value Session: “I was swimming in a river in Belize (1990’s). The water and air were just the right temp. I was surrounded by jungle and wildlife. I was all alone (no humans) and felt at peace. My heart center was affected and I saw a wave of peace go over the plants.

Devaluing Session: “I was thinking of the times in the last few years that (name omitted at request of sender) has betrayed my confidence. I felt anger and saw a hot wind blow over the plants. I felt this anger in my solar plexus and also had a feeling of mild nausea.”

THIRD INTERVENTION

SENDER Coded as AM: February 11, 2013 at 4:00 P.M.

Value Session: “I was with my grandkids, looking at their pictures, remembering them playing out in my side yard at the swings. I felt love, joy, peace, acceptance,

freedom. I felt that in my throat, my stomach and my cheeks as I smiled and laughed with them. I could see the plants growing up the walls of my house, out into the sky.”

Devaluing Session: “I was with a time where I jumped into to help a friend who ran a non profit and the third bookkeeper in a year had walked out the door. She and I soon became like water and oil and it got ugly. I stuck it out a year before I resigned the job and any relationship with her. I felt fear, anger, grief, guilt, huge disappointment. I felt it as cramps in my calves and forearms. My teeth tight, jaw tight, in my throat and lungs. I pictured it as a nasty, fowl muck spreading over the plants, covering the shiny sides of the box and the lights so the plants had no air, no light. They were smothered and then that muck got cold and the plants froze, still no air to breath.”

SENDER Coded as NM: February 11, 2013 at 4:00 P.M.

Note: Sender was traveling and forgot to send her rendition of the sessions – notes written here are from the PI’s brief notes – recording is available in the Holos University Graduate Seminary Archives:

Value Session: Used her good feelings when she received the news that she got her job at the University. She felt joy, relief, gratitude and felt over all very good and happy. She felt she had an open chest...felt her cheeks and face smiling and had an overall feeling of Joy. She let these energies spill over to the plants and saw them growing tall and green. She encouraged them that earth was a good place to be.

Devaluing Session: She used her illness time again...very low energy, despondent, dark, and full of despair. Felt constriction in her stomach and felt sick to her stomach. Told plants to stay low...don’t move...stay stuck...this was a place of

suffering. Sender also noted that she was a little distracted because she had been traveling a good number of miles this day and had trouble focusing.

SENDER Coded as JT: February 14, 2013, at 8:00 P.M.

Value Session: “I was with my friend Sandy and we were driving home from a wonderful day of skiing. I had borrowed my mom’s nice Mazda and the road from the Santa Fe Ski Area is winding and fun to drive. I was enjoying being with Sandy and relishing that wonderful feeling of having been chilly but warming up. My muscles had good exercise and I had gotten some sun and fresh air. Just that afterglow of a good day of skiing. I felt the good feeling in my legs and my chest and all over my body. When I focused on the plants, it seemed more like there was energy rising up from the photograph I had my hand over giving my palm a tingling sensation. I felt as if the plants were aware of my consciousness sending this feeling and were responding to me sending my energy.”

Devaluing Session: “I was feeling grief. I had found our cat dead in the back of our property. I had really grown close to our cat, Blue, and the grief I felt was more than I imagined I could ever feel for a cat. I also felt regret for leaving him to go out of town and some guilt, thinking he might have gotten into some anti freeze or something toxic in my shop. I felt the feeling in my jaw and my heart center and in my gut. When I started focusing and sending this energy to the plants, *I realized there was an element of love in the core of grief. When you grieve for something, it’s because you love it. But grief was among the words Monte mentioned, and so I sent my feelings. I felt as though the plants were responding to me, both in the valuing group and devaluing group. In this case, the plants seemed to respond to the love embedded in the grief. I kept getting myself in touch*

again with the grief and sending it, but at the same time, I started feeling really pleasant. I maintained the grief feeling, but my body had the pleasant sensation akin to when you're just about to fall asleep or just about to wake up."

SENDER Coded as KT: February 14, 2013 at 8:00 P.M.

Value Session: "It was Thanksgiving, 2 years ago, and I was watching Lady Gaga on TV. I was with 2 dogs and a cat and felt very loved, at peace, and at one with the world. I felt a warmth in my heart center and 3rd eye area. The plants filled the growing box they were in. The vibration of love and peace moved through them and around them. The plants looked super healthy and happy."

Devaluing Session: "I was at a workshop several years ago. The teacher falsely accused me of doing something and would not allow me to tell my side of the story. I felt anger and frustration and sent this to the plants in the form of hot air flowing in and around them. I could feel this in my solar plexus area with slight nausea. The plants looked short and withered."

FOURTH INTERVENTION

SENDER Coded as AM: February 18, 2013 at 5:00 P.M.

Value Session: "I used the painting below I did of a peace rose, painted in a beautiful overgrown garden, symbol to me of my whole, healthy life. I felt safe, peace love health, beauty. I felt it in my mouth, stomach, smile, relaxed body." NOTE: On this valuing session Sender forgot to put in how she communicated to the plants. In the PI's notes she said all of the above and when it came to the plants she said that she saw the plants growing and growing so that they no longer fit into the grow box and were sticking out all over.



Devaluing Session: “I used a time some twenty years ago when in great pain I saw Dr. Silva who in fifteen minutes told me nothing could be done to help me. I felt fear, anger, despair. Not only did the seeds rot in the pots, the pots crumbled.”

SENDER Coded as NM was traveling and unable to make this session. She elected to join the other Senders on the call scheduled for February 21, 2013.

SENDER Coded as JT: February 21, 2013 at 8:00 P.M.

Value Session: “I went back to when I was working at the Guest Ranch. We were having a riding skills rodeo at the arena and I was demonstrating the potato race, where you ride as fast as you can across the arena and back while balancing a potato on a spoon. I was on a real smooth horse and we loped across and back with grace and speed

that surprised even me. Everyone was impressed and I felt proud and validated. I felt this in my chest (swelling up) and I felt the smile muscles in my face. I was a little embarrassed I guess because I also felt a flushing on my face. In relation to the plants, I was giving them a pep talk, telling them how amazed I was at their growth. I imagined they felt a sense of pride and validation and were encouraged to continue their healthy growth.”

Devaluing Session: “I was in Guaymas with my family when I was about 12. We had this small day sailer that my dad gave Kevin and I a 15-minute lesson on and then turned us loose. That day we had an onshore wind and everything went well. The next day, feeling confident. I took my little brother Ron out on the boat. This day, however, there was an off shore wind and everything seemed fine until I realized we were about a mile offshore before I even knew it. I decided to turn towards shore, but I didn’t know how to let out the sail properly and we capsized. Luckily, some friends were in a bigger boat and turned the boat back over for us. We tried again and capsized again. Ron started to panic and was crying. Finally we had to be towed in by the bigger boat. I felt humiliated, ashamed. I got angry at Ronnie for crying. I felt this in my face and jaw, and a wringing feeling in my gut. I washed the plants over with this energy and it seemed as though they were withering under a hot wind.”

SENDER Coded as KT: February 21, 2013 at 8:00 P.M.

Value Session: “It was 24 years ago. John and I were standing at the base of the Sangre de Cristo Mountains outside Santa Fe NM. We were watching the full moon rise and it was beautiful. Being from Los Angeles where there is a lot of light pollution and pollution in general, I had never seen the moon quite like that. It was a magical

experience and I will never forget it. I could see moonlight engulf the plants and the little Sprites were actively spreading energy from leaf to leaf. I felt this in my 4th chakra and up all the way (above my body and beyond). I felt love, peace, and things beyond words.”

Devaluing Session: “I was September 2012. I re-experienced the grief that I felt from my dogs passing. I could feel it mostly in my heart center. My tears watered the plants. The plants looked stunted.”

SENDER Coded as NM: February 21, 2013 at 8:00 P.M.

Value Session: “Experience for positive emotions: Receiving a phone call and offer of tenure track job at University of Wisconsin-Madison. Emotions: Great joy, affirmation, gratitude, relief. Happiness for my family to stay where we were. Anticipation of a good fit and opportunity I dreamed of. Felt in body as expansiveness in chest...good energy in arms and hands...smile on face. Sharing with the plants: Visualized them growing taller and taller in great light...Encouraged them to be all they could be...keep growing...life is good...life is joyful...be tall and grow well...felt energy from my hands embracing them and their area...”

Devaluing Session: “Experience for negative emotions: Coming out of surgery learning I had a massive internal infection...not sure how well I could fight it. Feelings: Terrible despondency, depression, fear, hopelessness, anxiety, loss of self and center, loss of confidence in life... Total despair. Felt in body as sick in my stomach...then also headachy...also tight in chest and shoulders... Sharing with the plants: Visualized them in the dark...and spilled over to them that this was an unsafe and challenging

world...stay put, stay in your seed, keep your heads down...don't come out here. Felt them stuck and constrained..."

FIFTH INTERVENTION

SENDER Coded as AM: February 25, 2013 at 4:00 P.M.

Value Session: "I was on a walk yesterday with two great girlfriends on the Animas River Walk, watching ducks, geese and a muskrat. I felt loved, happy, peace, acceptance. I felt it in my chest and my eyes, a softening of my skin. The plants were laughing, growing, thriving."

Devaluing Session: I was back several years ago when a close friend had a nervous breakdown, became violent, was hospitalized. I felt hard and tight in my jaw, my toes hurt. I felt fear, anger, grief, guilt. I squint my eyes down so I could barely see the plants and the box was black, no light, no air, they could not grow."

SENDER Coded as NM: February 25, 2013 at 8:47 P.M.

Value Session: "I used again my very clear and unambiguous joy, relief, and gratitude experience of getting a call offering me a asst. prof job at UW-Madison HDFS the day after my interview. I was so happy and relieved...for my self and my mom and son. Also it felt like so much work I'd done had now been worth it and could be used in a good way. Great affirmation and joy and expansiveness. I felt this as expansiveness in my chest-deep breathing, a smiling face, and broadened shoulders. Connecting with the plants I saw them in great golden light...growing tall and strong...pushing through the top of their container...I encouraged them to grow tall and strong...into a great world to be alive and strong...I also sent warmth and felt my joy coming through my hands to the life force of the plants."

Devaluing Session: “I used again my very despondent experience of illness...specifically came out of a surgery to be told I had a massive internal infection...and I’d need to keep fighting it...I was depleted in every respect...feeling despair, fear, loss of sense of self and centeredness. I felt grief, loss, fear. Total fear and depletion and despondency. I felt sick in my stomach, I felt headachy, and tightness in my shoulders. Connecting with the plants I felt them in a dark cold place...and I encouraged them to stay put in their seeds, lay low...it is too troubling and scary to come into this world...too tough a place. ‘Lay low’ and do not come out.”

SENDER Coded as JT: February 28, 2013 at 8:00 P.M.

Value Session: “I was with my youth group when I was a kid and belonged to St. Bede’s church. It was actually as many adults as kids and we’d go on picnics after church. They represented independence from my family and true friends of my own. I felt loved and treated without preconceptions. I felt accepted and loved and I felt this in my chest and on my shoulders, as if I was being hugged. It was a warm feeling that I spread to the plants, inviting them to share in this warm feeling. It felt [good] as we sat together basking in this love and acceptance.”

Devaluing Session: “I was about 12 we got the word from California that a good friend of the family had committed suicide. It was the first time I’d ever faced a suicide and it really devastated me. My parents went out that night and left me and Kevin with the little kids. Every siren I heard made me sure that my parents had gotten killed in a car accident or something. I remember calling them at their friends’ house just to make sure they were alive. I felt afraid, sad and very insecure about life. I felt this in the bottom of my gut and in my head. My head was thinking in such a frenzied way that I could

actually feel the thoughts bouncing in my head. I just sat with the plants in this state, a frown on my face. The plants were frightened with me. We were all scared together.”

HEALING SESSION FOR ALL PLANTS

SENDERS Coded NM, AM, JT and KT called in on March 4, 2013 at 8:00 P.M.

Each Sender was given the option to send in their experience during the healing session for all the plants.

SENDER Coded NM sent the following: “You suggested in our final group session on Monday, March 4, that we might send in a final ‘report’ on what we shared in the final group telephone session. This is my summary. The general thrust of the intention I sent to the plants in this final session was one of great gratitude to all of them for their service. I thanked them for participating with us in the experiment...for allowing us feeble humans to ‘connect’ with them and share emotions with them. I expressed my heartfelt intention and desire that they all be now free from suffering, and they all be at peace. As we all shared our intentions and appreciation, I continued to send these intentions for peace and well-being for all the plants for their service and their participation in connection with us. In connecting with the plants overall during these sessions, I was mainly focused on ‘sending’—so I did not experience particular responses from them other than what I was visualizing. I do not feel I was in as ‘receptive’ a mode for such receiving as perhaps JT described that he experienced. The entire experience for me was a generally positive one. The final golden light meditations were always particularly healing and a good way to finish the sessions. Thank you!”

SENDER Coded AM wrote:

“I have a background in intercessory prayer and was very interested in Monte’s project. I was comfortable sending the positive energy. I am a watercolor pleinair painter, obsessed with beauty and sent much of the positive energy with visual images, some with personal experiences such as grandkids giggling. I felt connected to the seeds, the earth, air, water and the plants.

Sending the negative energy was totally foreign and not comfortable initially. I had to constantly reinforce it was done for good reasons ... maybe that negated my negative sending. I was able to find past experiences where pain, fear and sorrow still reside for me and share that with the plants. Again, I used awful images as well. The experiences while still “charged” were, however, much resolved and no longer threatening to me.

I was grateful for the closing meditations to clear any residual issues. Maybe unconsciously I sent that too? Whoops if I did. I found it helpful to revisit my wounded experiences. Even tho I have been active with healing, I found more healing.” I admire Holos and Monte and am glad I was able to participate.”

SENDER Coded KT wrote:\

The process of working up negative feelings to send to the plants was overwhelming. It made me realize how much these emotions affect me and that I need to be letting go of them. I found it fascinating that the end result of this project showed the plants that were left alone without human influence were the ones that did the best. Makes me wonder if humans belong here on this planet. Mother Earth would be better off without our species.”

Sender Coded JT wrote:

“I found the experience of sending positive and negative energy to distant plants both profound and disturbing. As the weeks progressed, I felt like I was getting to know the spirits of the plants. I found it interesting that the positive test subjects’ photographs had a pink cast to them, while the devaluing subjects photos were cast in an aluminum and black shade. I was also taken by the realization that some “devaluing” feelings were influenced by valuing essences. For example, in one instance, I chose to use grief as a devaluing emotion. When I sat in that emotion for seven minutes, which is a very long time to generate one emotion, I noticed that with grief came love. For you can’t grieve for something or someone you didn’t love. So I have to wonder if the subject plants weren’t influenced by a “cocktail” of feelings. I think it’s also noteworthy that I am the only male in the group of senders. Finally, at least for me, sitting in a devaluing emotion for seven minutes could not be erased by the final cleansing healing contemplation that ended each session. I found that these emotions were strong and lasted until the following day before they dissipated. I’m sure the cleansing/healing session mitigated those feelings and led me on the road to dissolving them, but I did not feel cleansed of them right away. I feel honored to be included in this research and though I had second thoughts about subjecting the plants to this test, I felt that Monte’s intentions, and secondarily my own, led us to fruitful research in this field.”

APPENDIX B

--Levels of Human Consciousness

David R. Hawkins, M.D., Ph.D., author of *Power vs. Force*, describes different levels of human consciousness and how they express themselves as being mixed; may operate in one area of life and on another level in other areas. He classifies them as energy fields, and attractor energy fields, giving them a calibrated logarithmic progression of 1 to 1000 indicating that an increase of even a few points would represent a major advance in power. The logarithmic calibration was accomplished using kinesiology, a technique of muscle testing that measures ones physical responses when exposed to harmful stimuli. Dr. John Diamond, a psychiatrist and holistic physician began to use kinesiology with his patients to research the beneficial or adverse effects that psychological stimuli such as art, facial expressions, music, voice modulation and emotional stress might have on his patients. He utilized what he labeled behavioral kinesiology to diagnose and treat his psychiatric patients and demonstrated that the physical body went instantly weak in response to unhealthy emotional attitudes or mental stresses.

The numerical scale for measuring each level of energy was created by repeatedly testing individuals and groups of testers until a consistent scale emerged that correlated with human experiences, their history, common opinions and findings of psychology, sociology, psychoanalysis, philosophy and medicine.¹ Hawkins rates these Levels beginning with the most destructive level 1, (defined as mere physical existence), to 600, (the apex of ordinary consciousness) up to 1,000, (advanced states of enlightenment) and the most constructive level. See each level and value below:

1. **Shame:** (Energy Level 20) “In Shame, we hang our heads and slink away, wishing we were invisible ... banishment is a traditional accompaniment of shame, and in the primitive societies from which we all originate, banishment is equivalent to death ... Shame is used as a tool of cruelty, and its victims often become cruel themselves ... Shamed children are brutal to animals and to each other.
2. **Guilt:** (Energy Level 30) Guilt, so commonly used in our society to manipulate and punish, manifests itself in a variety of expressions, such as remorse, self-recrimination, masochism, and the whole gamut of symptoms of victimhood ... unconscious guilt results in psychosomatic disease, accident-proneness and suicidal behaviors ... many ... struggle with Guilt their entire lives.
3. **Apathy:** (Energy Level 50) Is characterized by poverty, despair and hopelessness ... the world and the future look bleak; pathos is the theme of life ... Apathy is a state of helplessness; its victims, needy in every way, lack not only resources, but the energy to avail themselves of what may be available.
4. **Grief:** (Energy Level 75) Sadness, loss, and dependency ... those who remain at this level live a life of constant regret and depression ... bereavement and remorse about the past ... in Grief one sees sadness everywhere – in little children, in life itself ... this level colors one’s entire vision of existence.
5. **Fear:** (Energy Level 100) Fear runs much of the world, spurring on endless activity ... fear of enemies, of old age or death, of rejection, and a multitude of social fears are basic motivators in most people’s lives ... once Fear is one’s focus, the endless worrisome events of the world feed it ... fear becomes obsessive and may take any form—trepidation of losing a relationship leads to jealousy and a chronically high stress level ... fearful thinking can balloon into paranoia or generate neurotic defensive structures and, because it’s contagious, become a dominant social trend.
6. **Desire:** (Energy Level 125) Desire moves us to expend great effort to achieve goals or obtain rewards ... the desire for money, prestige, or power runs the lives of many of those who have risen above Fear as their predominant life motif ... Desire has to do with accumulation and greed ... is insatiable because it’s an ongoing energy field, so that satisfaction of one itch is merely replaced by unsatisfied craving for something else ... for instance, multimillionaires tend to remain obsessed with acquiring more and more money ... [however] want can start us on the road to achievement ... desire can, therefore, become a spring-board to yet higher levels of awareness.

7. **Anger:** (Energy Level 150) Anger can lead to either constructive or destructive action ... as people move out of Apathy and Grief to overcome Fear as a way of life, they begin to want; Desire leads to frustration, which in turn leads to Anger ... thus, Anger can be a fulcrum by which the oppressed are eventually catapulted to freedom ... fury over social injustice, victimization, and inequality has created great movements that led to major changes in the structure of society ... but Anger expresses itself most often as resentment and revenge and is, therefore, volatile and dangerous ... Anger as a lifestyle is exemplified by irritable, explosive people who are oversensitive to slights and become ‘injustice collectors,’ quarrelsome, belligerent, or litigious ... Anger leads easily to hatred, which has an erosive effect on all areas of a person’s life.

8. **Pride:** (Energy Level 175) People feel positive as they reach this level ... this rise in self-esteem is the balm to all the pain experienced at lower levels of consciousness ... Pride looks good and knows it; it struts its stuff in the parade of life ... Pride generally has a good reputation and is socially encouraged ... Pride is defensive and vulnerable because it’s dependent upon external conditions, without which it can suddenly revert to a lower level ... the inflated ego is vulnerable to attack ... pride remains weak because it can be knocked off its pedestal back to Shame, which is the threat that fires the fear of loss and pride ... pride is divisive and gives rise to factionalism ... man has habitually died for Pride – armies still regularly slaughter each other for that aspect of it called nationalism ... religious wars, political terrorism and zealotry, the ghastly history of the Middle East and Central Europe – these are all the price of Pride, which all of society pays ... the downside of Pride is arrogance and denial ... these characteristics block growth; in Pride, recovery from addictions is impossible because emotional problems or character defects are denied.

9. **Courage:** (Energy Level 200) Courage is the critical line that distinguishes the positive and negative influences of life ... at the level of Courage, an attainment of true power occurs; therefore, it’s also the level of empowerment ... this is the zone of exploration, accomplishment, fortitude, and determination ... life is seen to be exciting, challenging, and stimulating ... Courage implies the willingness to try new things and deal with the changes and challenges of life ... at this level of empowerment, one is able to cope with and effectively handle the opportunities of life ... people at this level put back into the world as much energy as they take.

10. **Neutrality:** (Energy Level 250) The Neutral condition allows for flexibility and nonjudgmental, realistic appraisal of problems ... to be

neutral means to be relatively unattached to outcomes; not getting one's way is no longer experienced as defeating, frightening, or frustrating ... this is the beginning of inner confidence; sensing one's power, one isn't easily intimidated or driven to prove anything ... people of Neutrality have a sense of well-being ... are easy to get along with and safe to be around and associate with because they're not interested in conflict, competition, or guilt ... this attitude is nonjudgmental and doesn't lead to any need to control other people's behaviors ... correspondingly, due to Neutral people's value of freedom, they're difficult to control.

11. **Willingness:** (Energy Level 310) Willingness implies that one has overcome inner resistance to life and is committed to participation ... at this level, people become genuinely friendly, and social and economic success seem to follow automatically ... they'll take any job when they have to, or create a career or self-employment for themselves; they don't feel demeaned by service jobs or by starting at the bottom ... they're helpful to others and contribute to the good of society ... they're also willing to face inner issues and don't have major learning blocks ... self esteem is high and is reinforced by positive feedback from society in the forms of recognition, appreciation and reward ... having let go of Pride, they're willing to look at their defects and learn from others.
12. **Acceptance:** (Energy Level 350) At this level of awareness, a major transformation takes place, with the understanding that one is oneself the source and creator of the experience of one's life ... taking such responsibility is distinctive of this degree of evolution, characterized by the capacity to live harmoniously with the forces of life ... Acceptance allows engagement in life on life's own terms, without trying to make it conform to an agenda ... at the level of Acceptance, we're not polarized by conflict or opposition; we see that other people have the same rights as we do, and we honor equality ... there's an awareness that equality doesn't exclude diversity; Acceptance includes rather than rejects.
13. **Reason:** (Energy Level 400) Reason is capable of handling large, complex amounts of data and making rapid, correct decisions; of understanding the intricacies of relationships, gradations, and fine distinctions; and expert manipulation of symbols as abstract concepts becomes increasingly important ... this is the level of science, medicine, and of generally increased capacity for conceptualization and comprehension ... the shortcomings of this level involve the failure to clearly distinguish the difference between symbols and what they represent, and confusion between the objective and subjective worlds that limits the understanding of causality ... although Reason is highly

effective in a technical world where the methodologies of logic dominate, Reason itself, paradoxically, is the major block to reaching higher levels of consciousness ... transcending this level is relatively uncommon in our society.

14. **Love:** (Energy Level 500) What the world generally refers to as love is an intense emotional condition, combining physical attraction, possessiveness, control, addiction, eroticism and novelty ... when frustrated, this emotion often reveals an underlying anger and dependency ... love can turn to hate is a common perception ... the development of a Love that is unconditional, unchanging, and permanent ... is a state of being ... it's a forgiving, nurturing, and supportive way of relating to the world ... Love isn't intellectual and doesn't proceed from the mind; Love emanates from the heart ... it has the capacity to lift others and accomplish great feats because of its purity of motive ... Love deals with entireties ... this ability, often ascribed to intuition, is the capacity for instantaneous understanding ... it's accompanied by a measurable release of endorphins in the brain.
15. **Joy:** (Energy Level 540) A capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity is characteristic of this energy field; the hallmark of this state is compassion ... people who have attained this level have a notable effect on others ... they're capable of a prolonged, open visual gaze, which induces a state of love and peace.
16. **Peace:** (Energy Level 600) This energy field is associated with the experience designated by such terms as transcendence, self-realization, and God-consciousness ... it's extremely rare, attained by 1 in 10 million people ... when this state is reached, the distinction between subject and object disappears, and there's no specific focal point of perception ... perception ... is sometimes reported as occurring in slow motion, suspended in time and space – nothing is stationary, and all is alive and radiant ... the observer dissolves into the landscape and becomes equally the observed ... everything is connected to everything else by a Presence whose power is infinite, exquisitely gentle, yet rock-solid ... not uncommonly, individuals at this level remove themselves from the world, as the state of bliss that ensues precludes ordinary activity.
17. **Enlightenment:** (Energy Level 700-1,000) This is the level of the Great Ones of history who originated the spiritual patterns that countless people have followed throughout the ages ... all are associated with divinity, with which they're often identified ... these beings set in place attractor energy fields that influence all of mankind ... there is no longer the experience of an individual personal self

separate from others; rather, there is an identification of Self with Consciousness and Divinity ... the Unmanifest is experienced as Self beyond mind ... this transcendence of the ego also serves by example to teach others how it can eventually be accomplished ... this is the peak of the evolution of consciousness in the human realm”²

According to Hawkins “the collective level of consciousness of mankind remained at Level 190 for many centuries and, curiously, only jumped to its current level of 207 within the last decade.”³

APPENDIX C --Pre-Inclusion Assessments:

Pre-Inclusion Assessment - Valuing Focus Session:

The PI asked the volunteer/sender to get in touch with a “valuing” event or memory from their life’s experience.

IC Process Modified Step 4 - (Valuing):

Close your eyes. Get in touch with a time in your life when you felt one or several of the following emotions: **safety... strength... acceptance... happiness... love... peace....**

Where are you?

What is happening?.....

Identify the emotions you are feeling....

Where, in your body, do you feel these emotions most strongly?....

What physical sensations accompany these emotions?

Allow your feelings to grow and expand....

Slowly open your eyes.

Continue to feel the feelings allowing those feelings to grow and expand.

Focus intently on the plants pictured in the grow box and that you are holding in your hand or looking at. Imagine your feelings flowing over the plants and the plants receiving those feelings.

During this exercise, the PI will pay special attention to the volunteer’s ability to feel and identify emotions and sensations that are related to a “valuing” memory.

Following the exercise the PI discussed with the volunteer how it felt to experience the emotional energies while focusing on the plant.

Pre-Inclusion Assessment – Devaluing Focus Session for Senders:

Directly following the Valuing Focus Session the PI asked the volunteer/Senders to get in touch with an unpleasant and “devaluing” event or memory from their life’s experience.

IC Process Modified Step 4 - (Devaluing):

Close your eyes. Get in touch with a time in your life when you felt several of the following emotions: **Fear... anger... grief... guilt... hate... shame....**

Where are you?

What is happening?.....

Identify the emotions you are feeling....

Where, in your body, do you feel these emotions most strongly?....

What physical sensations accompany these emotions?

Allow your feelings to grow and expand....

Slowly open your eyes.

Continue to feel the feelings, allowing those feelings to grow and expand.

Focus intently on the plants pictured in the grow box and that you are holding in your hand or looking at. Imagine your feelings flowing over the plants and the plants receiving those feelings.

During this exercise, the PI paid special attention to the volunteer's ability to feel and identify emotions and sensations that were related to a "devaluing" memory. Following the exercise the PI discussed with the volunteer how it felt to experience the emotional energies while focusing on the plants.

Following the valuing Focus Session and the devaluing Focus Session and the completion of the IC Integration Exercise and Affirmation Prayer, the PI and the volunteer continued to discuss the experience in order to discern whether or not it was advisable for the volunteer to act as a Sender in the project. The decision was based on the following criteria:

- Was the Sender able to feel the emotions and sensations related to valuing and devaluing memories?
- Did the Sender have any reluctance about focusing on the plants while feeling the devaluing energies? If so, was the Sender able to get past that reluctance and imagine the plants receiving those feelings?
- Did the Sender feel that the Energy Exercise and Affirmation Prayer adequately restored their equilibrium?
- Following this experience, was the Sender willing to participate in the project?

QUESTIONNAIRE FOR SENDERS

1. Were you able to recall emotionally powerful memories?
Yes ___ Somewhat ___ No ___
2. Were you able to specifically feel the emotions and sensations related to those memories?
Yes ___ Somewhat ___ No ___
3. Was it difficult for you to focus on the plants while feeling positive emotions?
Yes ___ Somewhat ___ No ___
4. Was it difficult for you to focus on the plants while feeling negative emotions?
Yes ___ Somewhat ___ No ___
5. Were you able to feel positive emotions and hold the plant in mind for the seven minutes?
Yes ___ Somewhat ___ No ___
6. Were you able to feel negative emotions and hold the plant in mind for the seven minutes?
Yes ___ Somewhat ___ No ___
7. Did the Energy Exercise and Affirmation Prayer adequately restore your equilibrium?
Yes ___ Somewhat ___ No ___

APPENDIX D --Pre-Inclusion Assessment – Conclusion

Debriefing the Senders:

To ground and bring the volunteers back into a positive emotional state following the Devaluing session a debriefing session was held:

1. Close your eyes and get back in touch with the valuing experience you remembered earlier.
2. Where are you?
3. How do you feel?
4. Allow your self to remember and to enjoy those positive feelings – slowly open your eyes.

The PI then led the volunteer through the IC Integration Exercise and Affirmation Prayer.

INTEGRATION EXERCISE (Adapted for Mohr Research Project)

- Close your eyes. Visualize and feel a golden healing light coming down through the crown of your head and filling your head with the qualities of love and peace.
- Feel the light as it moves down to fill your throat (Pause) across your shoulders and down your arms to the tips of your fingers.
- Feel the light filling your heart and lungs (Pause) your solar plexus (Pause) your abdomen (Pause)
- Feel the golden healing light with the qualities of love and peace move down to the base of your spine filling your lower body full of healing light. (Pause)
- Feel the golden healing light move down your legs to the tips of your toes (Pause)
- As the light fills your entire body, every cell is full of light, love, and peace. (Pause)
- Every cell is changed by the golden light and the qualities of love and peace.
- Imagine your feet connecting with the energy of the earth. (Pause)

- Feel the strength of that energy and draw it up into your body to strengthen the golden light and the love and peace that it carries. (Pause)
- Take some deep cleansing breaths, breathing in through the nose and blowing out through the mouth•••Letting go•••With each deep breath, feel the golden light rise from your feet up through your body, moving out through the top of your head. Release anything that is not part of the light. Breathe until you feel clear and completely filled with light, love and peace.
-

Pre Affirmation Prayer

May every cell in your being forever hold in memory that —

You are created by Divine Light,
You are surrounded by Divine Light,
You are protected by Divine Light,
You are sustained by Divine Light,
You are ever growing into Divine Light.

Open your eyes, and quietly be here and be present feeling alert and refreshed, and filled with light.”¹

The Senders were released until the next scheduled Session.

APPENDIX E --Data Collection and PI's Notes

Day One:

Mesa, Arizona, January 25, 2013

Time: 9:00 A.M.

Weather – Overcast-Rainy,

Temperature 75 Degrees

First day of planting was coordinated with the Farmer's Almanac for optimal growth. The PI hydrated all seed pellets and placed them in/on glass trays. The PI removed all Brassica Rapa Seeds from the single seed packet purchased from the Carolina Biological Supply Company and placed them into a small bowl. A toothpick was measured and marked and each seed pellet was punctured by the PI to a one inch depth which, according to the Carolina Company was the optimal depth for planting the seeds. All 120 identification flags were taped to small stakes and numbered A1-A40, B1-B40 and C1-C40 and placed into a large container. Fifteen flagged stakes for the sample plants were number A1SP-A5SP, B1SP-B5SP and C2SP-C5SP and placed into a separate container. PI drew one stake at a time from the containers and placed the flagged stake into a seed pellet and at the same time picked up a seed with tweezers and placed the seed inside the pellet. Each planted pellet was then placed into the container marked either A, B, C, SPA, SPB, or SPC. After all 120 pellets were planted and placed in glass containers the PI placed all A's and SPA's into one grow box and all B's and SPB's into one grow box and all C's and SPC's into a grow box. The PI then marked three flags labeled V (Valued), DV (Devalued), C (Control) and placed these flags into a container. Standing in front of each grow box the PI picked one flag from the container for each station and placed it in front of a grow box. Each grow station was taken to a separate

room that had been conditioned with Copal (an aromatic resin used by Shamans to clear a room of unwanted energies) by the PI earlier in the day and placed on a table. Each grow box was set within three inches of each other. Three flags labeled Station 1, Station 2 and Station 3 were placed into a bowl. The PI then drew one flag at a time and placed the same on each grow box, and took photos of each grow box with the plants inside together with the flags indicating which box was valued, devalued or control. After photographing each box the PI set the identifying labels marked valued, devalued and control underneath each grow box leaving only the Flags labeled Station 1, Station 2 and Station 3 as an identifier. The lights in each grow box were turned on at 1:30 P.M. and all seed pellets were hydrated.

Day Two:

Mesa, Arizona, January 26, 2013

Time: 9:00AM

Weather: Raining

Temperature: 65 Degrees

Forecast for rain all day today and tomorrow. All pots watered and sample plants photographed. Started collecting rainwater for plants.

Day Three:

Mesa, Arizona, January 27, 2013

Time: 9:00 AM

Weather: Raining

Temperature: 65 Degrees

Plants not watered today – standing water in containers. Plants beginning to crown in all stations.

Day Four (First Intervention):

Mesa, Arizona, January 28, 2013

Time: 9:00 AM
Weather: Overcast and Raining
Temperature: 67 Degrees

Overnight temperatures dropped to 48 Degrees – covered all boxes with blankets at 5:00 A.M. Despite the cold weather the plants are still growing however, all plants should be up by now – speculated weather too cold for proper growth. Covered the boxes with more blankets and covered each front with heavy blankets.

Day Five:

Mesa, Arizona, January 29, 2013
Time: 9:00 A.M.
Weather: Clear and Sunny
Temperature: 50 Degrees outside and 65 Degrees inside boxes.

New growth evident in all boxes and all plants sprayed to insure tops hydrated. Extra blankets seemed to help all the plants. Weather in Mesa reported as extreme this year with record low temperatures and more rain than usual.

Day Six:

Mesa, Arizona, January 30, 2013
Time: 9:00 A.M.
Weather: Very cold and clear
Temperature: 48 Degrees outside and 65 Degrees inside boxes.

Added two more blankets to each box last night. Weather cleared up mid-morning. Note: extremely cold and unusual weather for this area.

Day Seven (Second Intervention):

Mesa, Arizona, January 31, 2013
Time: 9:00 A.M.
Weather: Clear and cold
Temperature: 48 Degrees outside and 68 Degrees inside boxes

Temperatures very cold in evening and early morning – all boxes have two blankets covering them and all plants well hydrated.

Day Eight:

Mesa, Arizona, February 1, 2013

Time: 9:00 A.M.

Weather: Clear

Temperature: 58 Degrees outside and 70 Degrees inside boxes.

Still cold at night. All plants covered and hydrated with rainwater.

Day Nine:

Mesa, Arizona, February 2, 2013

Time: 8:45 A.M.

Weather: Clear

Temperature: 51 Degrees outside and 69 Degrees inside boxes

Cold at night – all plants covered.

Day Ten:

Mesa, Arizona, February 3, 2013

Time: 9:00 A.M.

Weather: Overcast – rain in forecast

Temperature: 63 Degrees outside and 70 Degrees inside boxes

Cold at night – all plants covered.

Day Eleven (Third Intervention):

Mesa, Arizona, February 4, 2013

Time: 9:00 A.M.

Weather: Beautiful day – no clouds and sunny

Temperature: 68 Degrees outside and 75 Degrees inside boxes

Overnight temperatures reached low 60's – clear skies, morning sun and no rain.

All plants still covered.

Day Twelve:

Mesa, Arizona, February 5, 2013

Time: 9:00 A.M.

Weather: Clear, Sunny and Warm
Temperature: 57 Degrees outside and 69 Degrees inside boxes

Another beautiful day – no clouds – sunny – warm. All plants well hydrated and still covered.

Day Thirteen:

Mesa, Arizona, February 6, 2013
Time: 9:00 A.M.
Weather: Cloudy
Temperature: 57 Degrees outside and 68 Degrees inside boxes

Cloudy morning, rain in forecast.

Day Fourteen (Fourth Intervention):

Mesa, Arizona, February 7, 2013
Time: 9:00 A.M.
Weather: Clear Skies – no Rain
Temperature: 52 Degrees outside and 60 Degrees inside boxes

All plants still covered and hydrated. Weather clear.

Day Fifteen:

Mesa, Arizona, February 8, 2013
Time: 9:00 A.M.
Weather: Prediction that cold wave coming in today. Cloudy and cold
Temperature: 57 Degrees outside and 60 Degrees inside boxes.

Plants still covered. Cold and damp outside.

Day Sixteen:

Mesa, Arizona, February 9, 2013
Time: 9:00 A.M.
Weather: Cold and Windy
Temperature: 54 Degrees outside and 55 Degrees inside boxes.

Cold at night – at 2:45 A.M. wind came up and at 3:00 A.M. began raining for half an hour. Cold, cloudy and windy. Snow in Flagstaff. Rain forecast for our area in afternoon. Covered the plants with more blankets.

Day Seventeen:

Mesa, Arizona, February 10, 2013

Time: 9:00 A.M.

Weather: Cold and Windy

Temperature: 42 Degrees outside and 52 Degrees inside boxes

Very cold and humid night with wind. All plants still covered. Weather report stated that surrounding areas had historic snowstorms and more storms were on the way.

Clear skies this morning and very cold.

Day Eighteen (Fifth Intervention):

Mesa, Arizona, February 11, 2013

Time: 9:00 A.M.

Weather: Cold, Humid and Windy

Temperature: 48 Degrees outside and 51 Degrees inside boxes

Snow at lower levels. Cloudy, Cold and lightly snowing. Snow turning into rain.

Weather reports stated that temperatures in this area were 16 Degrees lower than normal – temperatures expected to drop to freezing tonight. Covered the plants with more blankets. All plants hydrated.

Day Nineteen:

Mesa, Arizona, February 12, 2013

Time: 9:00 A.M.

Weather: Frost on car and gazebo

Temperature: 38 Degrees outside and 50 Degrees inside boxes.

Very cold last night – frost everywhere. Snowed in Northern elevations as low as 3,600 feet. Mesa elevation is 1,200 feet. All plants covered and hydrated.

Day Twenty:

Mesa, Arizona, February 13, 2013

Time: 9:00 A.M.

Weather: Blue Sky, no clouds

Temperature: 41 Degrees outside and 50 Degrees inside boxes

Cold again last night – no frost this morning. Forecast weather warming up over next few days. All plants hydrated and still covered.

Day Twenty-One (Sixth Intervention):

Mesa, Arizona, February 14, 2013

Time: 9:00 A.M.

Weather: Warmer, clear skies

Temperature: 45 Degrees outside and 52 Degrees inside boxes.

Still cold. Weather report claims will continue to get warmer. Temperature expected to reach 69 Degrees today. Plants hydrated and still covered.

Day Twenty-Two:

Mesa, Arizona, February 15, 2013

Time: 9:00 A.M.

Weather: Clear Skies – Windy

Temperature: 50 Degrees outside and 60 Degrees inside boxes.

Beautiful day – weather to continue to warm and should reach 70 degrees today and tomorrow and Sunday. Plants hydrated and still covered. Plants appeared dry – gave each plant an extra squirt of water on sides and bottoms.

Day Twenty-Three:

Mesa, Arizona, February 16, 2013

Time: 9:00 A.M.

Weather: Clear Skies

Temperature: 60 Degrees outside and 68 Degrees inside boxes.

Wind blew all night and still windy this morning. Outside temperatures at mid-morning were 65 Degrees and climbing. All plants hydrated and still covered.

Day Twenty-Four:

Mesa, Arizona, February 17, 2013

Time: 9:00 A.M.

Weather: Clear Skies

Temperature: 50 Degrees outside and 60 Degrees inside boxes

No wind, clear skies. Weather report states that temperatures will continue to climb and should reach mid 70's by noon today. Plants hydrated and still covered.

Day Twenty-Five (Seventh Intervention):

Mesa, Arizona, February 18, 2013

Time: 9:00 A.M.

Weather: Clear Skies

Temperature: 50 Degrees outside and 72 Degrees inside boxes

Nice day, clear Skies, no wind. Plants hydrated and still covered.

Day Twenty-Six:

Mesa, Arizona, February 19, 2013

Time: 9:00 A.M.

Weather: Cloudy and overcast

Temperature: 50 Degrees outside and 62 Degrees inside boxes

Weather is cloudy and overcast, cold and humid. Rain in forecast and snow predicted at 3,000 feet. Plants hydrated and still covered.

Day Twenty-Seven:

Mesa, Arizona, February 20, 2013

Time: 9:00 A.M.

Weather: Overcast – intermittent rain

Temperature: 51 Degrees outside and 54 Degrees inside boxes

Snow in the high country – windy, overcast with intermittent rain. Plants hydrated and still covered.

Day Twenty-Eight (Eighth Intervention):

Mesa Arizona, February 21, 2013

Time: 9:00 A.M.

Weather: Rain, Snow and cloudy!!!

Temperature: 48 Degrees outside and 52 Degrees inside boxes

Rained, snowed and partly cloudy today – temperatures not expected to rise.

Snow at 1,800 feet elevation – extremely unusual weather for this area. Humidity in air makes it very cold outside and some local outside plants are frozen and dead. Research plants are okay and still covered.

Day Twenty-Nine:

Mesa, Arizona, February 22, 2013

Time: 9:00 A.M.

Weather: Clear Skies and Sunny

Temperature: 41 Degrees outside and 58 Degrees inside boxes

Temperatures to reach low 60's today. Storm that swept through this area is now blanketing the Midwest, leaving a foot of snow in Kansas. Very unusual weather patterns for this area this year. All plants hydrated and covered. Daily measurements and photographs of test plants will no longer be taken for the next ten days – per conversation with PI's chair. The only plants that will be photographed and measured daily will be the Sample Plants in each grow box. The reason for this was to determine if any differences in growth patterns would appear during this time frame by the PI not handling the plants. The Chair felt that perhaps the PI's energies were interfering with the plants by photographing, handling and measuring them daily. All plants will be measured and photographed on the last day of the study.

Day Thirty:

Mesa, Arizona, February 23, 2013

Time: 10:20 A.M.

Weather: Clear Skies

Temperature: 51 Degrees and 60 Degrees inside boxes

Clear Skies, no wind. Plants hydrated and still covered. SP Plants measured and photographed.

Day Thirty-One:

Mesa, Arizona, February 24, 2013

Time: 9:00 A.M.

Weather: Clear Skies – Windy

Temperature: 51 Degrees outside and 60 Degrees inside boxes

Clear Skies – very windy night and windy again this morning. No weather predicted for today, temperatures to remain in the low 60's. Plants still covered and well hydrated.

Day Thirty-Two (Ninth Intervention):

Mesa, Arizona, February 25, 2013

Time: 9:00 A.M.

Weather: Windy and Cold

Temperature: 41 Degrees outside and 50 Degrees inside boxes

Temperature not expected to be above 62 degrees today. Frost on vehicles and outside plants this morning. Weather currently Cold and Windy. Test plants okay, hydrated and still covered.

Day Thirty-Three:

Mesa, Arizona, February 26, 2013

Time: 9:00 A.M.

Weather: Clear Skies

Temperature: 42 Degrees outside and 58 Degrees inside boxes

Clear Blue Skies – warm day in forecast. All plants hydrated and still covered.

Day Thirty-Four:

Mesa, Arizona, February 27, 2013

Time: 9:00 A.M.

Weather: Clear Skies – Windy

Temperature: 52 Degrees outside and 62 Degrees inside boxes

Clear Blue skies with Wind out of the East. All Plants hydrated and still covered.

Day Thirty-Five (Tenth Intervention):

Mesa, Arizona, February 28, 2013

Time: 9:00 A.M.

Weather: Clear Skies – Windy

Temperature: 48 Degrees outside and 58 Degrees inside boxes

Clear Skies with Wind out of the South. All Plants hydrated and still covered.

Day Thirty-Six:

Mesa, Arizona, March 1, 2013

Time: 9:00 A.M.

Weather: Clear Skies – no Wind

Temperature: 54 Degrees outside and 60 Degrees inside boxes

Beautiful sunny day, clear blue skies, and no wind. All Plants hydrated and still covered.

Day Thirty-Seven:

Mesa, Arizona, March 2, 2013

Time: 9:00 A.M.

Weather: Clear Blue Skies – light Wind

Temperature: 54 Degrees outside and 62 Degrees inside boxes

Nice blue skies, light wind and days warming up. All Plants hydrated and still covered.

Day Thirty-Eight (End of Study):

Mesa, Arizona, March 3, 2013

Time: 9:00 A.M.

Weather: Cloudy and cool

Temperature: 58 Degrees outside and 63 Degrees inside boxes

Weather is cloudy and cooler today. All Plants hydrated and still covered.

Day Thirty-Nine (Healing Session):

Mesa, Arizona, March 4, 2013
Time: 8:00 P.M.
End of Study.

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