



BIOFIELD IMAGING

with

BIOFIELD READER - BFR

Digital Light Filtering Software

USER MANUAL



Resolutions Imaging Systems
www.biofieldimaging.com
enquiries@resolutions.org.uk

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BIOFIELD READER

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Section 1

The BioField Reader System

About This Manual

The purpose of this Manual is to help you get the most out of your investment in BioField Reader (BFR). The answer to most questions about the system can be found here and also in the BioField Reader Tutorial. The Tutorial comes with your BioField Reader system (on your security dongle) and is a comprehensive guide to operating the BioField Reader computer software.

This Manual covers using BFR in a practical way either in a therapy clinic setting or for other types of research. It includes case histories, camera and lighting set-up, analysis of scans, and much more.

We want to help all our customers in the most efficient and prompt way possible. A great majority of the calls and emails we get are about questions which are answered in this Manual and in the Tutorial.

We would be grateful if you would check these documents first before you contact us/your distributor. Please contact us directly if we provided your system. Alternatively, please contact the distributor who provided your BioField Reader system. If you can't find the answers in the Tutorial or Manual then we, or your distributor, will be pleased to help you.

This Manual will be updated regularly. See front cover of Manual for latest version.

We would like to thank all contributors particularly:

Mat Shields in Australia <http://www.pranaview.com.au>

Mat is a free-lance researcher and international speaker on the human energy field, paranormal phenomena and healing techniques to name a few. Mat operates a healing clinic and assesses the client's energy field with BFR - a powerful and insightful tool to assist the journey to health.

Mat runs interactive workshops and seminars showing his latest findings as well as teaching effective meditation techniques and ways to see the aura/energy field. Mat sells and provides ongoing training and support for the Biofield Reader System.

Sunil Bargaje in India <http://www.biofieldindia.com>

Sunil has been working in the field of preventative healthcare for 15 years. He is an IT professional and has been working with various technologies, including biofield imaging, that are useful as screening tools for detection of lifestyle/biofield disorders at a very early stage. Sunil sells and provides ongoing training and support for the Biofield Reader System.

Applications



Video scanning



20 light filters



Still capture

The BioField Reader (BFR) System can be used to assess the energetic status of:

HEALING THERAPIES before, during and after therapy

PEOPLE in their normal environment

ANIMALS in health (balance) and imbalance

SPIRITUAL holy men and women

PLANTS & CROPS in their growing environment, organic, non-organic

FOOD organic and non-organic, infused with healing energy

BUILDINGS & ROOMS before and after feng shui or vastu

CRYSTALS energetic properties and use for healing

THE PARANORMAL seeing the unseen

CONSCIOUSNESS STUDIES meditation and altered states of consciousness

EARTH ENERGY buildings and environment

HOMEOPATHY & ESSENTIAL OILS energy of remedies and their effects

SITES monuments, holy sites or places with known energetic vibrancy



About BioField Reader



BioField Reader (BFR) processes images by filtering gradations and patterns of light not normally visible to the human eye, giving insights into the subtle energy around us. BioField imaging is a completely non-invasive technique using a camera (still or video), a computer, and the specialised BioField Reader software. BFR has the capability to live-stream video sources including High Definition and for Full Screen viewing depending on camera specifications.

BioField Reader allows you to convert both photos and moving video stream. It offers enhanced screen resolution and fast capture speed. Features have been incorporated to help therapists and researchers to filter images quickly, save files easily, and be able to write reports to go alongside each scan. The system comes with a comprehensive Tutorial.

3 in 1 BioField Reader Imaging System using digital light filters

BFR Mode:

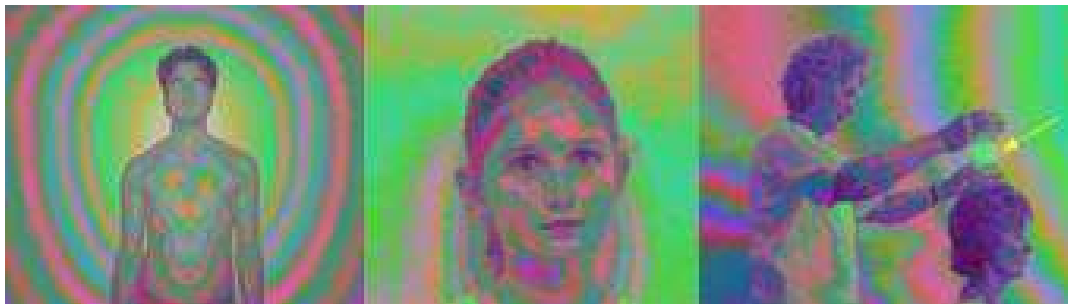
- BFR enables you to process (filter) any jpeg or bitmap which you have stored on your computer.

BFR Video Mode:

- BFR Video mode enables you to process (filter) live-stream video sources including HD cameras & Web Cams.
- With BFR Video mode you can play movies (videos) for processing with the full range of BFR imaging effects.
- You can make processed (filtered) recordings & replay them or burn them to a DVD as MJPG.
- You can replay processed (filtered) footage.
- You can capture still snapshots from your video stream.

BFR Batch Processing Mode:

- In addition to the BFR Mode which enables you to process (filter) any single jpeg or bitmap which you have stored on your computer, 'Batch Processing Mode' enables the simultaneous processing of multiple images/photos, all with one click of the mouse.



Introduction to Biofield Imaging

For thousands of years there have been individuals who claim to see what has traditionally been called an 'aura' of light emanating from and surrounding a person. Modern terms for this phenomenon are the: Human Biofield or Human Energy Field. Some sensitives report that this Biofield gives them information about a person's state of physical and emotional wellbeing.

It may be that sensitives' eye/brain mechanisms are different from most people's and thus they are able to distinguish between many different subtle variations of light to be able to see emanations of light around living things. There are many subtle changes in light intensities which we are not able to distinguish with the naked eye.

Biofield imaging systems, such as BioField Reader, make the normally invisible light variations visible. They do this via carefully designed electronic light filters which ascribe different colours to various, subtle intensities of light to make them visible. The colours have been chosen as they correlate closely to what many sensitives say they see in the Human Biofield in different states of health and disease.

This manual will also cover many of the applications of BFR: e.g. before and after therapy, validation of therapy, imaging of crystals, the environment, buildings, water, animals, meditation, the paranormal. For a full list of applications see the [BFR Information Brochure](#)

The majority of scans in this Manual have been taken with BFR. Some scans taken with similar imaging systems have been included because they show interesting aspects of biofield imaging.

We would like to thank all contributors.



Section 2

BioField Reader Filters

About BioField Reader - Filters

The BFR filters are the most important part of the BFR program which distinguishes many subtle grades or qualities of points of light, which the eye does not normally see. BFR analyses each point of light and a decoded image is the result. This decoded colour image is seen in the processed (filtered) images.

Below are examples of all the BFR filters. All images were taken in optimum lighting conditions using full-Spectrum lighting and a video camcorder with Firewire.



All BioField Reader filters show subtle changes in gradation or frequencies of light. Some filters have the ability to filter more gradations of colour and tone and will therefore show more detail.

Other filters have less filtered gradations of light and therefore show less detail but give more of a general, or macro overview of the biofield on and around a person, object, or environment. The filters which show more detail can be used for more detailed analysis of the BioField.

Filter 001 (top left) is the standard BFR filter which is most often used in our research.

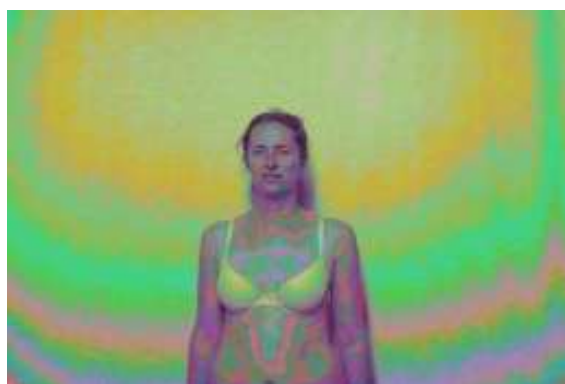
We generally check what filter 001 shows and then run the still photo or video footage through the other filters to see if they reveal more information than filter 001.

Starting to use BioField Reader Filters

Looking at the Biofield takes practice. So, in order to keep it simple for new users, we suggest that Filter 001 (the standard BioField Reader filter) is used initially while getting used to the system.

It can be very confusing in the early stages of research if you try to use too many different filters as there is no way you can correlate your research. The filters are another variable which has to be standardized along with lighting, camera position etc.

Filter 001 (standard BFR filter)



Most of our research has been done with filter 001. We recommend that you start with Filter 001 and determine if this suits your research needs. You can subsequently try other filters to see which gives the best results for your research.

Once you have decided on a filter you can then formulate your own theories of what you are seeing with regard to what each colour may represent in your area of research.

If you only want to record change or movement of energy then you will be using the filters in a different way and may choose to use a filter which gives less information so that you can see a more 'macro' effect. We at Resolutions generally use Filter 001 as this facilitates easy comparison when looking at many areas of research as a whole. For example, we have looked at a great number of different healers and crystals and at the colour of the energy which they are transmitting. We find that switching from filter to filter makes comparison difficult across the board in a particular area of study.

The 20 BioField Reader Filters



Below is a list (not exhaustive) to give a brief, general idea of how filters have been used in research.

Over 300 researchers in India use only the Standard BFR Filter 001 and have had extremely interesting results in their research.

BFR system is a research tool which provides 20 filters. This enables users to find one or more filters to suit their own area of research.

If we are performing consciousness studies then we generally choose Filter 001 initially to compare differences in the biofield before, during and after the experiment.

After this initial analysis with Filter 001 we may run the footage through other filters to see if they reveal any other phenomena that we were unable to see with Filter 001.

For example, Filter 009 has shown interesting changes in consciousness states and trance mediumship which Filter 001 did not detect.

The 20 BioField Reader Filters - uses



Filter 001 (standard BFR filter) can be used for observing detail.

A great deal of our research has been done with this filter.

We see blockages or congestion in the energy/biofield around people in areas where they store their stress or where they have known physical problems.

Red congested pools can also be seen before physical 'issues' appear. High intensity yellow or orange spots may be seen where there are known inflammatory conditions.

We have seen spirit attachments with this filter. We have also seen interesting light configurations around holy men and psychic surgeons. This filter has been used successfully with paranormal studies.

Red shows around some healers' hands when they channel healing energy. Green and gold has been seen emanating from other healers hands when they channel energy. Violet has been seen as well in other healers.

This filter can be used for Consciousness studies. During meditation we have seen a diminution of red and more of a green balance coming in which suggests that the biofield is balancing. In some instances red has intensified which may be congested energy being released.

Changes seen in non-energized/energized water, homoeopathic remedies, dowsing, crystal elementals, acupuncture point detection, close-up work, energy changes with qi gong, tai chi, laughter therapy, sound therapy, with positive thoughts, negative thoughts.

Before during and after meditation, healing, homoeopathy, reiki, reflexology, pranic healing, acupuncture, osteopathy, zero balancing, earth energy, changes in water potentised homoeopathically or by healers' hands and many more

Filter 002 shows detail

Can be used for Consciousness studies

changes seen when transferring thought or healing energy to crystals

Filter 003 shows detail

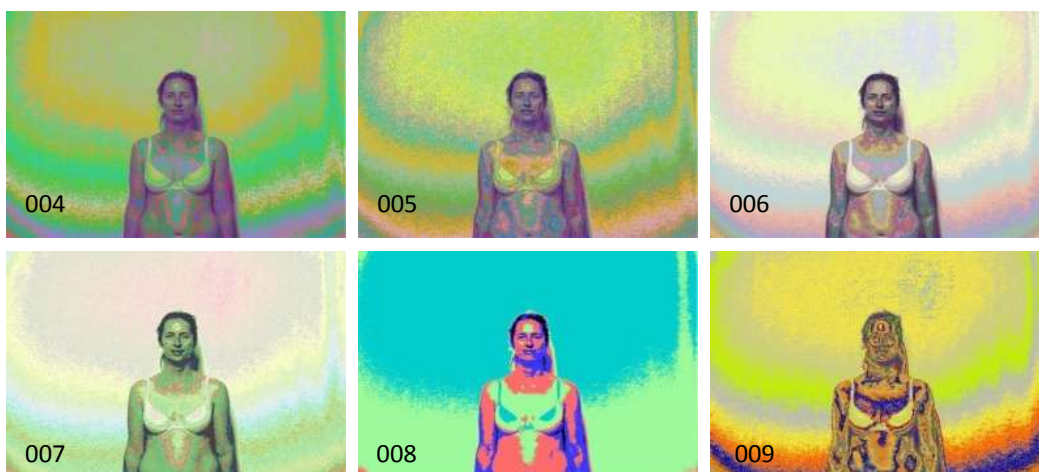
Has shown:

changes in scans taken before and after Quantum Touch Healing

can be used for Consciousness studies

changes seen when transferring thought or healing energy to crystal

The 20 BioField Reader Filters - uses



Filter 004 shows detail

Can be used for Consciousness studies: changes seen when transferring thought or healing energy to crystals.

Filter 005 shows detail

Can be used for Consciousness studies; changes seen when transferring thought or healing energy to crystals.

Filter 006 shows detail

Can be used for Consciousness studies; changes seen when transferring thought or healing energy to crystals; changes in scans taken before and after Quantum Touch Healing

Filter 007 shows detail

Can be used for Consciousness studies; changes seen when transferring thought or healing energy to crystals.

Filter 008 shows less detail

Can be used for Consciousness studies; changes seen when transferring thought or healing energy to crystals.

Filter 009 shows detail

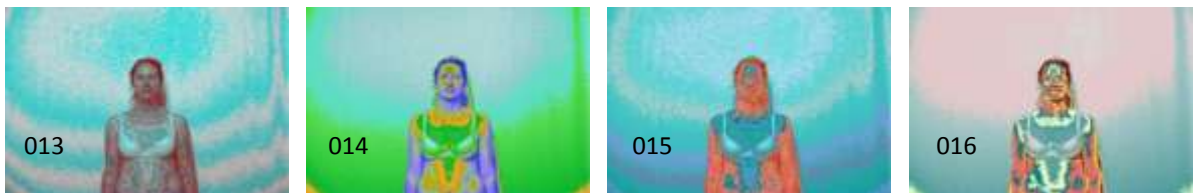
Has shown changes in the light around people before and during use of mobile phones and also a change of light back to pre-phone use once a magnetic device (to help protect against electro-magnetic discharge from the phone) has been applied.

Has shown a difference in the light around the heads of 'trance healers' but has not shown similar changes around the heads of normal energy/hands-on healers.

Has shown changes in scans taken before and after Quantum Touch Healing

Has shown changes when transferring thought or healing energy to crystals can Has been used for Consciousness studies. Shows chakras clearly defined.

The 20 BioField Reader Filters - uses



Filter 010 shows detail

Has shown:

- changes in scans taken before and after Quantum Touch Healing to people and plants
- can be used for Consciousness studies
- changes seen when transferring thought or healing energy to crystals.

Filter 011 shows less detail

Can be used for Consciousness studies

changes seen when transferring thought or healing energy to crystals

Filter 012 shows less detail

Has shown:

- interesting connections between heart and crown chakras whilst people are making energetic connections.
- can be used for Consciousness studies
- changes seen when transferring thought or healing energy to crystals.

Filter 012 to 020 show less detail

Can be used for Consciousness studies. We see more general movement of energy more clearly with these filters.

Focal points (where the energy is most out of balance) on humans and animals may show particularly with these filters.

Changes seen when transferring thought or healing energy to crystals.



Section 3

BioField Reader Functions

BFR Functions

There are many functions within the BFR program to help you gain more information from your biofield scans. They are mentioned briefly here. Please see the Tutorial which is on your BFR security dongle and which gives comprehensive guidance on their use. If using BFR functions we advise strongly that you record all alterations made to an image, e.g. brightness, colour adjustments, and so on. This will ensure that you apply exactly the same adjustments to subsequent scans.

Applying a filter

The BFR filters are the most important part of the BFR program. You can apply a filter to any jpeg, bmp, or to moving video footage. We advise new users to get used to applying a filter to images before using any other function. First look at the image with only the filter applied. If doing comparison scans you can compare this first scan with subsequent scans (with only the filter applied). It takes a while to analyse biofield scans and introducing too many variables for comparison may complicate things for a new user. Once you feel confident in analysing scans with only the filter applied. you can then move on to using other functions if you wish. Many users choose to simply filter their images without using other functions.

Altering Focal distance

Changing the 'Focal distance' is a useful function which helps the user 'see' the biofield in another way. In effect, adjusting the focal length takes the picture out of focus so that finer detail is lost but the eye is assisted to see areas which are more balanced/less balanced (in therapy scans) or more vibrant/less vibrant (for other types of scans e.g. environment studies or crystals etc.). This function can help therapists show their clients where their field is balanced/imbalanced. In the different versions of the same image below, 'Focal distance' has been altered in images 3 and 4. Red focal points are seen on face, solar plexus, upper chest and lower right-side of abdomen. The eye is also drawn to the areas of mauve on the throat, abdomen and arms. The chakras most out of balance are throat and solar plexus.



1. Original photo



2. Filter 001 applied



3. Filter 001 applied and focal distance altered. Areas of imbalance stand out as red and mauve



4. Filter 001 applied; focal distance altered as previously and colour and contrast adjusted to help highlight areas of interest even more

Bi-focal length

'Bi-focal length' emulates the effect of 'double vision' to various degrees. Changing the bi-focal length is another useful function which helps the user see the biofield in a different way. It helps guide the eye to areas which are more out of balance

BFR Functions

Adjusting brightness/contrast

Adjusting the brightness and contrast can also enable the user and client to see the colours and layers of the field around the body more easily – see scans below.



Filter 001 applied



After filter 001 was applied, focal distance was adjusted and colour and contrast altered

Handy Tip

If adjusting an image after filtering make sure you record the value of all adjustments you make so that the same adjustments can be made for comparison of future scans.

Adjusting the brightness and contrast can also enable the user and client to see the colours in a smoother and more vibrant way which helps guide the eye to blocks of colour as finer definition is lost.

Adjusting the brightness and/or contrast prior to applying the filter is a big advantage for poorly-defined pictures, or pictures taken in low-light conditions, giving much better definition to the end result. In addition, by altering the contrast and brightness, certain areas of the scan may be highlighted and make them more visible. Saturation (colour depth) can also be fine-tuned. Changing the saturation makes the colours in an image more vibrant.

Adjusting Image Colours

Adjusting the brightness and colours prior to applying the filter is a big advantage for poorly-defined pictures, giving much better definition to the end result.

Adjustments are not usually needed to photos/video grabs which have been taken in good lighting conditions. You may wish to make adjustments if you, for example, want to accentuate a particular colour. You can make adjustments to the colour either before, or after, the application of filters. You may wish, as part of your research, to make adjustments to colour. For example, you may want to accentuate a particular colour when analysing certain subjects e.g. water or crystals. You may also choose to attenuate one colour while accentuating another.

Using Subject Guides

BFR has special 'Position Guides' to help you line up the subject of your scans so that the subject is in the same place for all scans. The 'Position Guides' will also aid analysis of the scans in real time. You can select which guide you would like to use. You can also select a colour, either magenta or cyan, depending on which shows up best on your subject.

BFR Functions

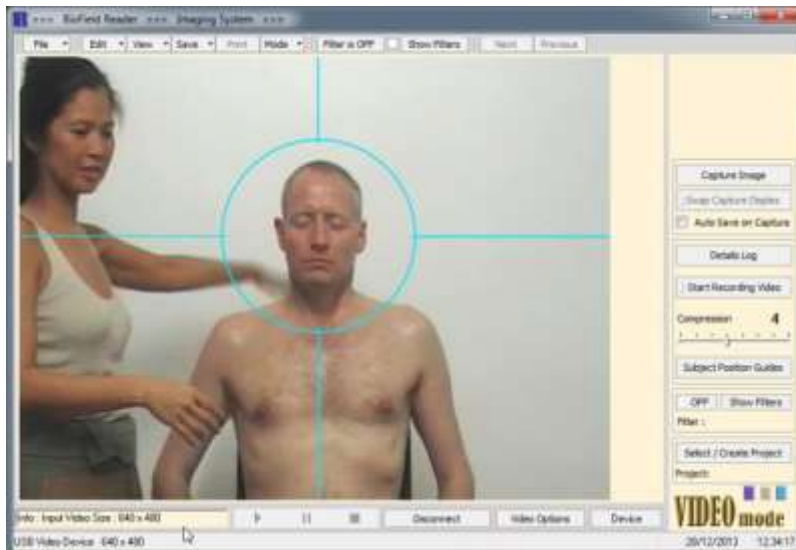
Using Subject Guides

There are 10 options to choose from. You may wish to develop your own uses of these guides:

- **vertical line** in middle of screen helps to position subject centrally. It facilitates analysis of left/right balance in the subject
- **horizontal line** in middle of screen helps to position subject centrally. It facilitates analysis of top/bottom balance in the subject
- **both vertical and horizontal lines** for simultaneous left/right and top/bottom balance analysis and gives more scope for positioning your subject very accurately
- **circle** could be used to line up a non-linear subject. For example, we have found it useful for head and shoulder shots where the head of the subject is within the circle. This guide facilitates positioning for subsequent scans

Other Guide choices, including a square guide, can be found within the drop down box.

The Guides are only visible during live-streaming but are not seen on the recorded video stream or still grabs.



Circle subject guide lines in use during live streaming

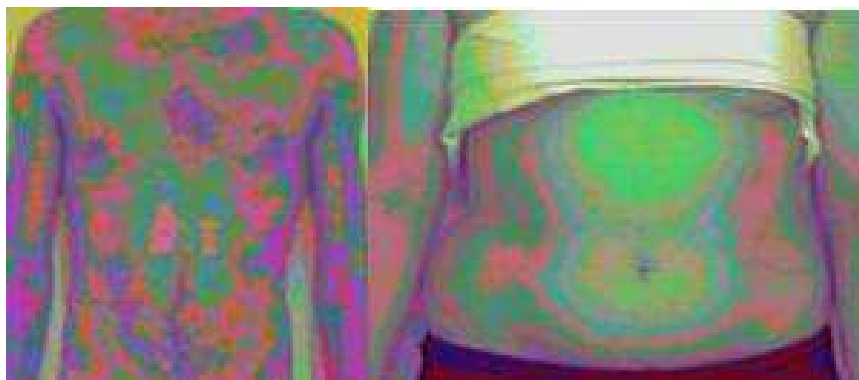
Other BFR functions can be found within the program and are explained comprehensively in the Tutorial which is on your security dongle.



Section 4

Biofield Analysis Patterns & Colours

Analysis of shapes and brightness



Above left: Duller colours, heart chakra visible, solar plexus undefined, navel chakra poorly defined

Above right: Brighter colours, vibrant solar plexus and navel chakras well-defined

Shapes:

What we believe may be chakras are not always visible on every individual – healthy or otherwise - using BioField Reader.

A chakra, which appears too wide (on a front body shot), may be extended from the body. A chakra, which appears too small, may be situated for the most part within the physical body.

The accepted shape of a chakra is circular or elliptical.

Chakras can be irregular in shape and, when they are so, it suggests that the spin of the chakra is out of sync. If this malfunctioning continues over a period of time, then traditional theory suggests that disease may well manifest in the organs associated with that chakra.

In low energy states, such as chronic fatigue, the chakras can sometimes be seen as smaller in shape than those seen in 'healthy' states.

Sometimes they are very hard to distinguish from surrounding patterns.

In extremely low energy states the coloured BioField scan can appear to be colourless and 'washed out'.

Brightness / dullness:

Since BioField Reader is copying the human eye/brain ability to distinguish amplitude (brightness) as well as frequency (colour), some patterns are seen as brighter than others.

Brightness of colours such as orange, yellow and green may indicate good general vitality in some instances, e.g. if seen generally throughout the BioField. However, brightness of red may indicate a more intense area of congestion, which may reflect the state of an energetic problem in that area.

Dullness of colours, when seen generally throughout the field, may indicate a Biofield which is not vibrant and vital.

This is often seen in low energy states such as Myalgic Encephalomyelitis (ME – Chronic Fatigue Syndrome).

Both brightness and dullness in the field can extend some way beyond the physical body.

This has been a general introduction to BioField Reader interpretation. Since the system is a visual one, it is easier to understand the above once you have seen a large number of pictures.

Analysis of colours – Standard BFR filter 001

Traditional Philosophy

Clairvoyants, or sensitives, through the ages, have reported seeing emanations of light or an 'aura' from living things and objects. Most of us are unable to see this. This subtle light is described by sensitives as being configured in seven main places on the human body in what are called energy centres. In India, these energy centres are known as 'chakras', taken from the ancient Sanskrit word meaning 'spinning wheels'.

These chakras have been described as step-down transformers which distribute light or 'energy', also known as qi, or prana, from the universal aura/energy field to the body via a network of channels (called meridians and nadis) which may correspond closely to the physical nerve pathways, fascial compartments and blood vessels of the body. With BioField Reader we have seen light patterns which suggest the existence of chakras and meridians.

The analysis of colours below is a guide to what we believe are 'healthier' or more balanced colours and patterns seen in certain areas of the body which correspond to the position of the chakras. When the chakra colours are observed with BioField Reader it is not just one colour for each chakra which is seen, but a mixture of colours. If a chakra is relatively balanced one colour may predominate – for instance the throat chakra may have more of a blue hue when it is healthy than when it is not. Although the BFR filter colours are computer generated we have been told by sensitives that in many instances the filtered scans do correspond with what they see with their own eyes.

This analysis of colours is meant as a general guide only. With experience, scans and colours become easier to interpret. Certain colours within the BFR filters and patterns become recognisable as significant. We will show examples of analysis of scans in this Manual. **The colours below relate to scans taken with BFR standard filter 001. Colours seen on other filters will differ.**

Red

Red is associated with the base chakra (located at base of spine). It is believed that red represents the life force or *kundalini* energy. It can be seen in some individuals in the area of the base chakra and in the lines of energy flow around the body. Where the energy is flowing in a balanced way these lines of force will be seen as 'narrow' channels. Where there is an imbalance of energy flow these channels appear as thickened red lines or pools of red. We often see red 'leakages' or 'streamers' of energy flowing away from the body which appear to emanate from the point of imbalance. These streamers can often appear in areas where the person being scanned reports problems or disease. Red pools are often observed over any part of the body where there is existing imbalance. We have observed that red pools are seen in areas which may subsequently become dis-eased. As such, clinical trials may confirm that BioField Reader has the potential to be used as an early warning system in that congested patterns are observed to appear in the BioField before physical symptoms manifest.

Orange

Orange is associated with the navel chakra (umbilicus area). Once again, it must be stressed that each chakra is a mixture of colours and one colour is thought to predominate, being the 'optimum vibration' for that area of the body. However, the optimum colour is often not seen to predominate. Orange is often seen around the body and may indicate vitality.

Analysis of colours – Standard BFR filter 001

Yellow

Yellow is traditionally associated with the solar plexus chakra (located below breast bone between ribs). However, with BioField Reader, it has been observed that yellow can often be seen in the region of the heart chakra (located in middle of the chest at the same level as the nipples) in many people. We see yellow in cases of 'electrical' activity in the tissues of the body, for example when someone moves and tenses a shoulder muscle when being scanned.

Green

Green is thought to be the colour of balance - being in the middle of the spectrum. It is traditionally associated with the heart chakra. However, with BioField Reader, it has been observed that green may be seen in the region of the solar plexus in many people. One suggestion has been that this apparent reversal of colours could be due to the body's response to the increasing amount of pollution with which modern man has to cope. Organs of cleansing such as the liver, spleen and kidneys are found in the solar plexus region. The green colour, being the vibration of balance, is thus needed in the solar plexus region for human beings at this time. Green may be brought in by the human energy system to help healing in areas where there is imbalance. Green has been seen in areas of the body where the subject reports no past illness or trauma. Green may reflect areas of balance throughout the body.

Blue

Blue is associated with the throat chakra. The throat is about expression and self-expression. Blue also has associations with the element of water. Where there is fluid retention in the body, the colour blue is prominent in the area affected (it may be seen in alternating bands of blue and red). Blue may be a 'cooling' colour, brought in to balance an area of inflammation of the body.

Violet

Violet is associated with the brow chakra. It is not often seen to predominate. It has been seen in the BioField of 'holy men' and 'holy women', in individuals who meditate regularly and in those who are involved in spiritual development.

White

White is associated with the crown chakra. It represents the highest state of vibration picked up by BioField Reader. White light is often seen above the head when the crown chakra is balanced.

Note: 'Whiteout' is due to too much light on the subject. This can be from any source i.e. sunlight through a window or a too bright or concentrated artificial light source. If precautions against these effects are taken, scans will reflect the state of the individual.

Black

Black may represent absence of vibration or light in the BioField. It has been seen above the head and shoulders in cases of severe depression.

It has been seen in areas of necrotic (dead) tissue such as cells killed by radiotherapy.

Black can also be seen in dark shadows where the lighting is insufficient.



Section 5

Validate Your Therapy Biofield Scans

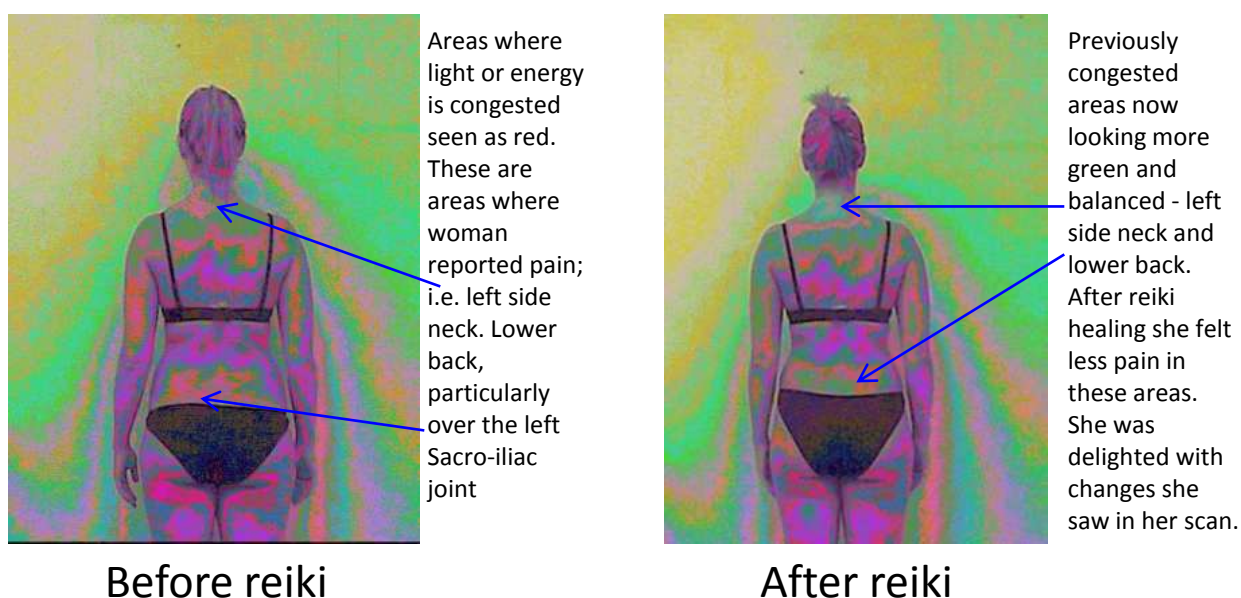
Validate Your Therapy - Biofield Scans

Complementary Therapists who use BioField Reader, such as acupuncturists, healers, reflexologists, osteopaths, sound healers and counsellors have said that biofield Imaging helps make explaining the concept of energy to their clients much easier. They are able to show scans taken 'before' and 'after' therapy which clearly show the client where they are more balanced, as well as areas that will need more treatment.

Telling a client that their energy feels 'smoother', 'less congested', or is 'flowing better' after treatment doesn't always convince them. This may be because these descriptions are dependent on the subjective experience of the therapist.

Many people say that BioField Reader scans give them visual reinforcement of how they feel after therapy.

Take a look at the scans below which were taken 'before' and 'after' Reiki treatment. The client is able to see for themselves where the energy is blocked before Reiki and afterwards is able to see where improvements and changes in the light, or, biofield have taken place.



The woman above had been sceptical about having Reiki as she thought that any improvements people had felt after healing were probably all in their mind. As therapists we often hear this and find that many people who feel benefit from treatment often fail to return as they think they have imagined it.

The physical improvement the woman felt after treatment together with the more balanced colours she saw on her scan motivated her to return for further treatment. She loved feeling better and seeing her scans improve. Not only that but she told others and showed them her scans. They came along for treatment too.

Setting up for a biofield scan

Room set-up

Therapists will have their own individual therapy rooms in which to take scans. It is not always possible to have the 'optimum' set-up for scans as there may be constraints due to lack of space or difficulty getting the lighting perfect. We advise you to do the best you can given the circumstances you have to work under. We give some options below for those not used to setting up standardised conditions. More methodical researchers and users will of course, customise their scanning environment according to their education, training and experience.

Standardise your environment

The most important thing is to standardise your environment as much as you can. For research studies, where current scans are compared with previous scans, the conditions in which scans are taken have to be kept constant or as near to conditions of previous scan as possible. Ideally, the subject should be in the same place relative to the background, the camera and lighting for all scans. Having a constant environment for scans will allow more accurate analysis as any changes seen are more likely to be due to a change in the subject's energy/light rather than due to a change in the lighting set up or position of the subject.

Conditions in scanning room

Where possible a dedicated scanning room in which the conditions are always the same is best. In a dedicated room the temperature can be maintained within a defined range, the lighting can always be from the same internal light source.

All external light should be blocked out by either by using a windowless room or by means of a 'blackout' at the window. White-coloured 'blackout' blinds on a roller are effective and more aesthetically pleasing than a black-coloured blind.

The light in a room and hence the scanned images, can be greatly affected by external light sources e.g. the sun or street lighting. The room will be much lighter on a sunny day or if the street light is on. The changes in lighting can make a scanned image appear lighter or darker or can give the impression of patterns which are nothing to do with subject but are more to do with shadows or bright shafts of light from outside.

Keep equipment and/or furniture in the same position in the room.

Light interference or reflections from equipment or furniture in the room may affect the colour of the light around the subject being scanned.

Try to position subject away from electric sockets where possible and turn off as much electrical equipment as you can e.g. unnecessary computers, printers, mobile phones etc.

If there is a tiled or marble floor in the room (through which the subject's energy may be said to 'ground') it may be necessary to get the subject to stand on a white, or light-coloured material such as a cork or rubber mat or on a small wooden platform. In this way the subject does not have to stand on a cold surface which may affect the scan result and insulates them from 'grounding'.

Setting up for a biofield scan

Temperature of room

The ambient room temperature should be kept within a determined range so that the subject (who will probably be in their underwear) will be neither too hot nor too cold as this could affect the colours seen on the scan. A thermometer placed in the scanning room could monitor the ambient temperature and this could be charted at start of scanning session. Time of scan would also be relevant and should be charted.

Temperature of subject

If subject is too hot or cold i.e. coming in from a boiling hot day or, a freezing cold day, then this could affect colours seen on scan. Let the subject cool-down or warm-up before attempting to scan. An appropriate cool or warm drink may help.

Preparing the subject for the scan

The optimum conditions would be where the subject is neither hot nor cold, and is not dehydrated. Emotional factors may affect the colour and light patterns seen on the scan. If a subject has had a stressful journey getting to their appointment for a scan then allow them time to relax. They may also be a little nervous about having a scan done, so take time to inform them of what is to happen and listen to any concerns they have.

Position of subject

The person or subject being scanned stands in front of a non-reflective, monochromatic background e.g. a light-coloured screen or wall painted with matt paint. This type of background allows the subject's BioField /energy field/Light field to be clearly defined for analysis.



Background
A portable screen



Background
A plain, matt wall



Example of a small wooden platform which has feet drawn on. The subject places their feet on these. This ensures the same position for each scan – as the floor can be marked where the platform should be placed each time. This placement of the feet also ensures that the subject has their legs the same width apart for all scans.

Setting up for a biofield scan

Preparing for the scan

The subject should ideally not have scan after a very heavy meal or come ravenously hungry. The optimum conditions would be where the subject is neither hot nor cold, and is not dehydrated

Jewellery

All jewellery, hair grips, metal, watches should be removed as these can have their own energetic qualities and may cause reflections of their own.

Hair

It is possible to see the energy through the hair but it can be problematical in causing shadows and hide areas which you may particularly want to look at e.g. the back of neck in a woman with long hair. We advise that hair is tied up or back the same way for all scans. Do not use metal grips or ornamental hair slides as these may cause reflections. A plain rubber band will suffice.

Tripod and height of camera

Before you start. It's a good to plan where you will position the camera for different shots. Some users have the camera at the same height as the middle of the breastbone of the subject, for head and body shots and at the level of the navel for leg/lower back shots.

It is a good idea to systemise your camera heights. Some people like to practise and get used to adjusting the tripod before they start doing scans. Profile shots are best done with camera at approximately the level of the mid breast bone. This way you can see the head and trunk at the same time. Make sure the camera is horizontal and not tilted – you could use a small spirit level to ensure this.



Small spirit level can be laid on top of camera to ensure it is level

Posture

Have subject stand upright in a relaxed way, relax the knees slightly. Have their arms hanging loosely at their sides. Take the photo/'grab' on their out-breath as they may hold their breath if they are nervous. The mechanism of breathing changes the shape of the chest and solar plexus and hence the light. So always taking the photo/grab on exhalation helps standardise your scanning procedure.

Setting up for a biofield scan

Control Shots

Before starting the scan make sure that your camera is situated in line with the light source. Ensure that the light is distributed evenly over the background against which the subject will stand. Take a control shot of the background so that you have an idea of how the light falls on the background before the subject enters that space. You can keep an unfiltered and filtered picture for reference so that you can refer to this as it will give you an idea of the lighting conditions for the scan on this particular day. These pictures can be saved along with the subject's scans. Have the subject stand equi-distant between the walls where possible, as this will help with more even distribution of the light.

*Some users have the light on the ceiling at 90 degrees i.e. going across the room, so make sure the camera is in line with the middle of the light and that the subject is standing against the background wall or screen at the midpoint of the light.

Below are control shots of background e.g. wall or screen in front of which the subject stands. Different types of cameras and lighting will give different colours and bands on control shots. Just make sure you standardise your environment if doing comparison scans. If doing 'one off' research then your control shot will give you an idea of the background behind your subject. You will be able to see as soon as the subject stands against the background how they interact with it.

The images below were taken in a room lit by Ffill-spectrum, daylight fluorescent lighting. Background wall was painted white.



Unprocessed control shot of background wall. Control shot can be a photo taken with a still camera or a grab taken from live-stream video.



Same image as on left run through BFR. Filter 001 applied. This shows balanced lighting as bands of colour are symmetrical and evenly spaced. Differentiation and variety of colours seen.

A control shot – both unprocessed and filtered will remind you of how the conditions were at a particular session e.g. you will be able to see if the lighting was balanced. On an unprocessed control photo or video grab you may be able to see shadow. On the filtered scan you will be able to see if the bands of colour are balanced.

Setting up for a biofield scan

Control Shots

Control shots can not only help you gauge if the lighting is balanced but also if the lighting is bright enough or too bright. Of course this will only give you a rough idea as the skin tone of the subject will be the ultimate decider.

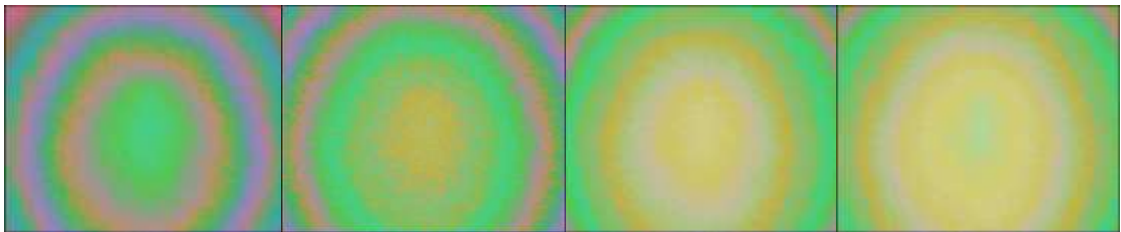
1 shows possibly not enough light – colours a little dull

2 shows possibly enough light – colours appear bright enough. This lighting may be okay for pale skinned subject

3 possibly too much light for a pale skinned subject, but may be okay for someone with darker skin tones

4 probably too much light for a pale skinned person but may be okay for someone with very dark skin

Scans 1-4 taken with video camera and firewire. Full Spectrum daylight tube, white wall



1

2

3

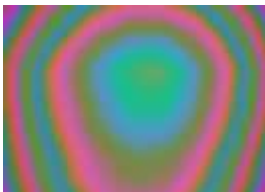
4

We advise you to practice with friends, young relatives – preferably healthier ones as they should have more green (balanced) light – until you get used to lighting. Camera exposure can be altered as well to allow for lighter and darker skin tones and for brighter and darker rooms.

Control shots taken with webcams and still cameras can vary slightly from the scans taken above which were taken with video camera and firewire. You can always send us your scans and we can advise you on your lighting. We are happy to help.

Email us enquiries@resolutions.org.uk

Scans below taken with still digital cameras



Still camera, dark room, with flash. Bands symmetrical with some differentiation of colours but is not ideal.



Still camera, with full-spectrum light on ceiling, no flash. Bands symmetrical. This would probably give better results than set-up on left as there is more differentiation of colours seen here.

Although the banding may appear different with still cameras/photos the idea is the same. Check for symmetrical banding and some differentiation of colours within the bands. Good scans can be taken with still cameras, webcams as well as video camcorders with firewire.

Biofield scanning procedures

Control Shot of the subject

Take a control shot of the subject before starting the scan. Take an image without the filter applied and save it in the subject's folder along with their scans. This will remind you of their general appearance, colouring, hair colour etc which will all change when filter is applied.

Scan Views

It is up to the individual user as to how they want to perform scans but we do recommend the following as a basic guide to scanning so that all views of the body are covered.

- Front view – head and trunk
- Back View – head and trunk
- Right profile – head and trunk
- Left Profile – head and trunk
- Front view – legs
- Back View – legs
- Right profile – legs
- Left Profile – legs
- Any areas of particular interest e.g. eyes, spine etc



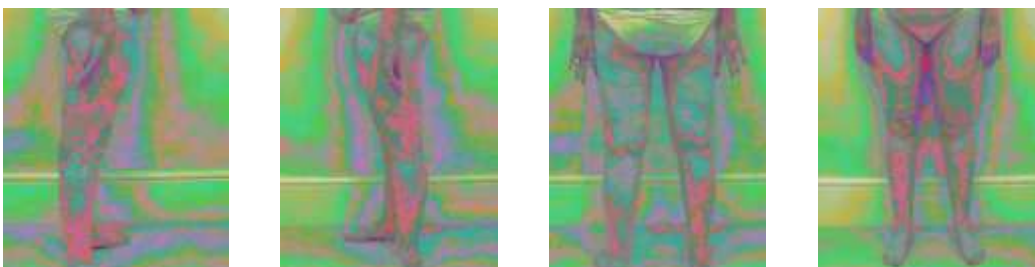
Man

General views of upper body. Same views were taken of his hips and legs.



Woman

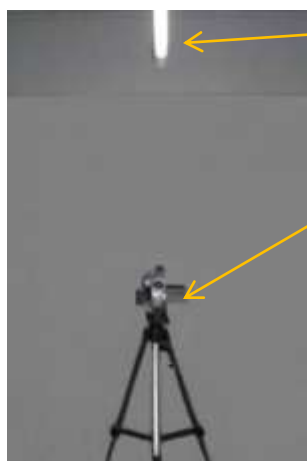
Here the therapist took scans of all views of the body.



Camera set up

Positioning of camera

Use of a tripod: A tripod is ideally used for all shots as it helps to eliminate shake and keeps the camera position steady. The camera on the tripod can be placed in the same position for all scans and adjusted to the same height. Marks can be made on the floor to show where the tripod legs should be placed.



Full-spectrum, daylight fluorescent tube on ceiling.

This photo shows the view of the camera and lighting from the subject's viewpoint. A mini DV Camcorder on a tripod. The camera, lighting and subject are all in alignment. The centre of the camera, light and subject's body should all be in a line.

The camera should be positioned 'in line' with the ceiling-mounted/stand-mounted light source (if light source is in a straight line in front of camera) and at the midpoint of the light source if it is at right angles to the camera's view line - either on a stand or on the ceiling. The camera lens should be positioned in line with an imaginary vertical line that would separate the subject's body in two halves i.e. left and right. This applies for whatever shot the subject has taken i.e. from the front, back, or side.

Some users have the camera at the same height as the middle of the breastbone of the subject, for head and body shots and at the level of the navel for leg/lower back shots. The distance between camera and subject can be measured and kept constant. The angle of the camera can be measured and charted for different shots taken of subject so that these parameters can be used for consecutive scans. A spirit level can be used to check that the camera sits level on top of the tripod.

Camera settings

A digital still camera can be set to portrait setting. Flash can be used according to lighting conditions. A good picture can be achieved with full-spectrum lighting as well as with flash. It is not recommended to use both as there may be too much light resulting in 'white-out' which gives too much white light on or around the subject and loss of differentiation of patterns and colours.

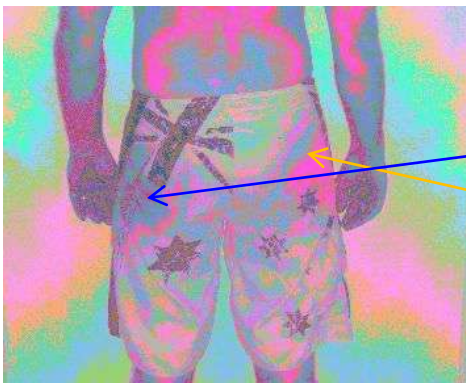
Webcams and video Camcorders can be adjusted as necessary. We have found that adjusting the Sharpness and Backlight Compensation (BLC) to maximum on the Logitech HD Pro C920 gives an excellent picture. We recommend having the 'BLC on' video cameras as having this function on gives much better quality pictures.

Clothing

White or pale-coloured cotton underwear or clothing is best for scans. Patterned clothing should be avoided as it can make it difficult to identify light patterns through them. Ideally the subject should wear the same clothing in each scan so that changes in the scan are more likely to reflect changes in the BioField/aura/energy field of the subject and not be the result of 'reflections' from different clothing.

An experienced scanner may be able to identify patterns 'through' clothing but this takes practice and would not be a suitable method for detailed comparison with previous scans of the subject.

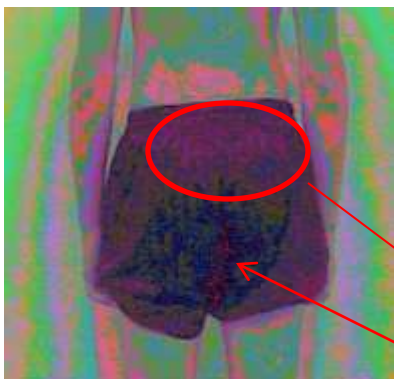
Less detailed analysis of the energy is possible through white cotton clothing. Many people use BFR to look at the emotional status of the person or to see how their energy is flowing in a more general way. This type of analysis works well with thin cotton clothing. The energy around the body and the general energy of the chakras can be seen through white or pale-coloured cotton clothing. For example, it is possible to see the shape and colour of a chakra through thin cotton. Subsequent scans should be done with the subject wearing the same clothes if possible, so that more accurate comparisons can be made.



Pattern differentiation and colours are better seen through white or light-coloured clothing if your subject prefers not to be scanned in their underwear.

Here we can see darker mauve to left hip which suggest the imbalance has been there for a longer time than red pattern on right hip, which may be of more recent onset. Patterns of congestion can be seen over sacral area of lower back and down backs of legs. In this scan the pattern is not over all the shorts and therefore has not obliterated the view of most of the colours and patterns.

View of lower back and top of legs –
light cotton



There is less differentiation of light seen through dark clothing but it is still possible to glean some useful information about the state of the field. Here we can see some energy imbalances through dark coloured, cotton underwear.

Red imbalance to sacral area apparent through underwear and some exuberance of base energy seen.

View of lower back and top of legs –
dark cotton

Clothing

Although we recommend scanning in cotton underwear/shorts/swimwear, so that more skin is exposed, sometimes individuals may be unable, or too shy, to undress. In these cases you will have to scan them with their clothes on. Here's some examples of scans of the same fit, young man wearing white and black cotton shirts.

*Remember to standardise your scanning environment and if you scan someone in a white shirt make sure you do so for all future comparison scans



Images above taken with Logitech HD Pro C920 webcam and full-spectrum lighting

The bands around the body are similar in all images above, but patterns of light and colours on body are not always revealed in scans taken with shirts on. There is a suggestion of some imbalances seen through white shirt but not at all through the black shirt. The lack of information (in white shirt scan) in this instance may be because the man is generally fit and well and his energy is relatively balanced. More 'ingrained', or chronic imbalances may well show more obviously through white clothing. We recommend white or plain, pale-coloured, cotton clothing for scanning for individuals who are unable to undress.

Some users of BFR routinely analyse the banding and colours around the body with all subjects wearing clothes. They look at whether there are streamers or drooping bands at the level of the chakras (energy centres). They can also glean information about the energy through the clothing. Sometimes taking photos with flash can reveal more information about chakra shapes, patterns, and colours through clothes. High megapixel (MP) images tend to show more.

Taking scans of people wearing clothes with video camera or webcam can often show more information about the biofield. As the subject moves then imbalances are more clearly seen - revealing themselves at certain angles, or in certain views of the subject.

If you would prefer to do scans of people wearing clothing we suggest that you get lots of practice and devise your own method of analysis.

Clothing

We recommend white or pale, plain cotton clothing for clothed scans. The man below is generally fit and well and his energy is relatively balanced. His energy looks relatively balanced through his white cotton shirt too. If we look very closely we can see that there are hints of minor imbalances seen through his shirt.

*Comparison of unclothed and clothed images is not recommended as the bands around the body can change slightly as can the colours seen over the body. They are shown here for illustrative purposes only. We advise either taking scans with or without clothes and comparing like with like.



Banding is similar around body in both images but some colours seen on skin or close to body may vary slightly.



Suggestion of imbalances seen here by looking very closely. Red congestion seen in these places for example.

The scans below, taken with still camera, flash and ambient light in the room (10 MP images) show clearly where this man has issues. He has neck and upper back tension with the most painful area being over and around his right shoulder blade. He was wearing a pale-blue, cotton shirt.



Areas of pain and energetic congestion seen clearly. Bands and colours round body vary slightly with clothed scan.



Areas of imbalance show through clothing in relevant areas – but patterns are different as clothes may be 'veiling' some detail. His area of most pain shows well.

Lighting set up

For biofield scans for therapists we recommend full-spectrum daylight fluorescent tubes. We recommend a 4 ft/48" or 1200mm tube to keep variables the same in the scanning room. These can be ceiling-mounted or on a light stand. If you are setting up your therapy room or a designated room for scanning then you can set up your lighting in the best possible way. However, sometimes you may want to scan people in their own homes or at Health Fairs or Mind Body Spirit Exhibitions so we have included different options for you to consider.

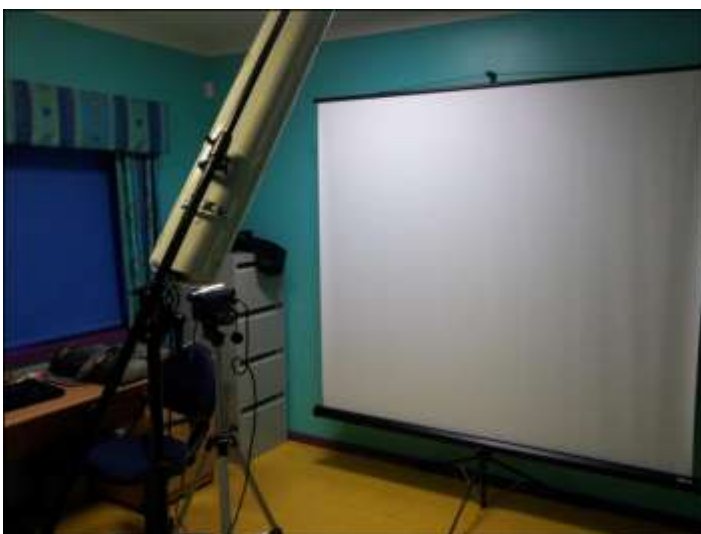
Although we recommend full-spectrum (FS) daylight lighting we have found that it is not always possible to have this lighting available. We have had to take lots of scans in exhibition halls with 'poor' lighting but the scans we have obtained have been of good quality when taken with ordinary fluorescent light tubes or light coming in from a window. With experience you can adjust for poor lighting and still get a great deal of information from scans.



The photo on left shows full-spectrum (FS), daylight fluorescent tube – ceiling-mounted. Camera and light are in line facing the subject.



Photo on left shows (FS) fluorescent light tubes mounted on a stand. This type of lighting is quite bright and suitable in a large room – as seen here.



This photo shows FS light mounted on stand projected towards a plain background screen. This is an excellent set up. The light is centred with, and angled towards, the screen. Some users like to angle the light forwards at about 35 degrees from the vertical. A distance of about 2 metres is recommended between the screen and the front of the light. The camera is positioned in front of, and in line with, the light.

If using this type of set-up make sure that all objects in room are in same place for comparison scans – as objects can cause reflections which may affect the light around and sometimes on, the subject.

Lighting set up

Lighting

If using a ceiling mounted light make sure there is between 3 - 5feet or 900 - 1500mm space between the wall where subject stands and the end of the light. Positioning a light immediately above the subject (i.e. right up or close to the wall results in white out (see below).

It is a good idea to have a white or light colour scheme in your clinic room, as this will help show more useful information around the subject than a dark colour scheme would.

Handy Tip

Small light-coloured rooms need less lighting than larger, darker rooms. If optimum lighting is not achievable then adjusting the camera exposure can help you achieve good results.



White Out

Picture on left shows too much white light around subject. This can be due to placing subject immediately under light source or having too much light in a small room. (See Camera Exposure).

Scan taken with camcorder using Firewire.

Handy Tip

If taking pictures with a still camera and flash – make sure the camera is not too close to the subject or the resulting picture will lose some definition in the field around and ‘on’ the body. The colours can appear ‘washed out’ or there might be an over-accentuation of blue and red.



Still Camera set-up

This photo shows the subject being scanned from the camera operator's view.

The digital flash camera is on a tripod at the level of the subject's heart chakra (mid breast bone). The camera was about 2 metres away from the subject.

The photo can be taken with flash but in this case there is a daylight, full-spectrum light source on the ceiling in front of, and in line with, the subject and the camera – so the flash was not used.

Handy Tip

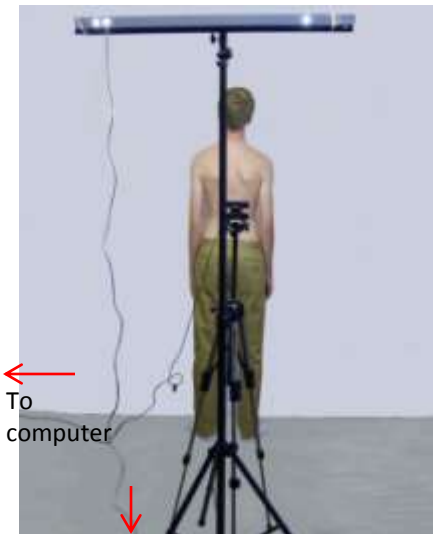
Ideally the subject would either be wearing plain, light-coloured underwear or thin white cotton if a therapy biofield scan was being done. All jewellery and metal would be removed.

Lighting set up – portable

Lighting - portable

Here's a couple of very portable lighting set-ups. We have also found that light-weight, foldable stands are excellent for carrying around to people's homes, other therapists' clinics or to exhibitions.

Portable light stand



Picture on left shows light-weight, foldable light stand. FS tube is tied to top of stand, secured with plastic parcel ties. This set-up gives good light coverage of the subject. A four foot tube is recommended (approx 1.2 metres). Make sure you remove the diffuser as it can cause shadows (see below).



Picture above shows shadows caused by diffuser being left on fluorescent tube. Lots of relevant information can be gleaned from the scan as a whole but shadows (indicated by arrows) have to be discounted.

Aputure Amaran AL160 LED light on portable stand



Battery Operated LED

We have found a portable, battery-operated lighting solution to taking scans where they may not be a mains supply of electricity. This set-up is suitable for taking scans e.g. at an exhibition. We have found that you will need to lower the height of the light when taking a scan of the lower body.

Is also great for research outdoors or for paranormal research. There is a dimmer switch which allows you to adjust the intensity of the light.

Handy Tip

Use rechargeable batteries and take spares with you as lights can drain them quite quickly.

Close-up of Aputure Amaran AL160 LED with LEDs on



Camera exposure

Setting Exposure Levels on Camera

Setting the exposure level on the camera can help you achieve better scans.

Changing exposure levels would be applicable:

- in a small room with too much light
- In a dark room with poor lighting
- When scanning people with different skin tones – exposure level may need to be increased (relatively) when scanning someone with darker skin tone and reduced when scanning someone with a lighter or a pale skin tone
- When zooming ‘in’ the image will become brighter so exposure would need to be reduced
- When zooming ‘out’ the image will become darker so exposure would need to be increased

Handy Tip

For more accurate comparison of scans make a note of the numerical value of the zoom , the exposure level and the distance that the camera is from the subject. This will ensure replication of conditions for subsequent scans.



Front view of young man with good exposure level. Differentiation of colours and patterns seen.



Same young man as on left. Zooming in gives too much light – white seen around head and very light colours on face. Exposure level on camera needs to be reduced.



Handy Tip

Use a light meter to check levels before scanning. Make a note of lighting levels to refer to for future scans. You can check the intensity of your lights to see when they need replacing and to check light over subject.

Camera exposure

Here are some examples of too little and too much exposure - pale skin tone.



Very under-exposed scan of pale-skinned young man



Under-exposed scan of same young man



Correct exposure of same young man



Slightly over-exposed scan of same young man



Very over-exposed scan of same young man

Handy Tip

BFR has a function to help lighten your pictures should you have to take scans in sub-optimal lighting conditions (see Brightness Controls) and were unable to adjust exposure levels.

Camera exposure

Here's an example of too little exposure – dark skin tone



Under-exposed scan woman

This scan was taken in a large room where the lighting was not optimal.

Exposure level on camera needs to be increased for darker toned skin.

Some differentiation of colours and patterns can be seen.



Same scan as above after BFR processing

Exposure level of camera was at same setting as that for above but the original unprocessed photo was lightened and then filtered.

Now we can see more differentiation of patterns and colours which were not revealed in the under-exposed image above.

The main blockages are visible in both scans but more clarity and information is seen in this image.

Handy Tip

If using a webcam it is not possible to adjust exposure levels (as you can with a video camcorder.) If you don't have perfect lighting conditions you can take control photos or video footage grabs (unfiltered) of the subject which you can run through BFR and lighten and then apply filter (after lightening), through the BFR program. This will work with under-exposed pictures taken in poor lighting - but not with those taken with very little light.



Photo taken with Still camera, flash and normal ambient lighting in room. This is a good scan. There is good differentiation of colours, streamers seen at back of neck/head. Red congestion shows clearly on brow and throat.



Photo taken with still camera – too much light. Lighting was full-spectrum tube on ceiling plus flash was used. Colour bands behind subject are too bright. Face appears blue, mauve and red due to too much light.

Don't forget we're here to help you get your lighting right. Just email us your scans and we'll advise you enquiries@resolutions.org.uk



Section 6

Biofield Analysis – People

Biofield Analysis



When analysing the biofield with BioField Reader, both the colours and patterns are considered. Pattern recognition gets easier through training and experience and is considered an essential part of analysis.

The biofield/aura/energy field may be a template on which the physical molecules are strung and would therefore not just surround the outside of the body (or object) but also permeate through it. With photography it is only possible to achieve a two-dimensional image. So, colours and patterns seen on a body may indeed be within or outside of it. Therefore, it is best to take a series of views around the subject. This allows comparison of the biofield patterns and colours from different angles.

Each individual researcher or practitioner will look at a biofield scan from their own perspective. This manual aims to give the user a guide to various ways in which the light around/on the body or object can be analysed.

First make sure that you have standardised your scanning environment as much as possible (see Setting up for a scan - lighting, temperature, camera set-up etc). This will ensure that you are getting similar colour intensities and light each time you scan. This will help in building up your confidence and make your results more accurate.

Therapy Scans

In filtered scans the light around the body reveals different colours and shows 'streamers' of light which often appear to be connected to the body and appear to flow away into the environment. We will also refer to 'connecting bands' which connect one part of the body with another. Other areas may show a 'pool' of energy over certain points extending out from body outline; we call these 'bulges'.

Although the light seen over the body appears the same whether scans are taken with webcams still cameras or video cameras, the patterns of light around the body can sometimes vary slightly between video and other types of cameras.

This manual covers scans taken with webcams, video camcorders using a firewire connection and still digital cameras.

Biofield Analysis

Over the last 20 years we at Resolutions have looked at thousands of biofield scans and have seen many variations of colours, patterns and shapes which suggest where the individuals concerned are 'more' or 'less' balanced'. These imbalances may possibly reflect how the individual feels physically, mentally, emotionally or spiritually at the time of the scan. It is not possible to diagnose physical conditions with BFR - only energetic 'balance' or 'imbalance'. Scans taken after therapy may show where the energy has become more balanced. This often correlates with an improvement in well-being of the person who has had therapy.

Symmetry

The body likes to be balanced. We feel better when we feel evenly balanced i.e. left and right and front and back. This helps with co-ordination, movement and our biological systems to function better. The biofield or energy field is no different. Healthy individuals tend to have more symmetrical and balanced biofields. This symmetry is seen in the light around the body as well as the light over the body and the energy centres (chakras) and energy lines of vitality (meridians).

Patterns

Patterns are examined in determining whether the energy is balanced. Symmetry of patterns suggests more balance than asymmetry, as does symmetrical flow of any meridians which may be visible.

The shape of the energy centres (chakras) tends to be symmetrical. It is not always possible to see chakras but these areas are seen to have a regular shape in more balanced individuals.

Vibrancy and colours

Vibrancy of colours can indicate more balance in someone's biofield. Duller, darker, colours tend to indicate that someone has more congestion in their field or that they are very tired or have a chronic debilitating condition.

We have seen people who have very low energy states such as Chronic Fatigue Syndrome appear to have no vibrancy and no colour when the filter is applied. In some people certain areas of their body will be so lacking in energy that no colour is apparent.

Areas where someone may have been medically diagnosed with an area of inflammation in their body can sometimes show as a high intensity spot.

In more balanced individuals all colours are seen.

Shadows

Some users like to eradicate shadows appearing on the wall/background/screen behind the person being scanned. To eradicate shadows have the subject stand a few inches away from the background wall or screen so that there is no visible shadow cast around them. However, there is often useful information within the shadows, e.g. neck tension bands may show up in the field on one or both sides of the neck. Energy projections may be seen in the shadow cast by hands. Have a look for shadows in the scans in this manual and decide for yourself. If you want to eradicate shadow cast by the hands/arms when you are taking shots of lower body/legs, just ask the subject to touch their shoulders (with the hand on the same side). This will get rid of shadow cast by arms when they are hanging down at the sides of body.

Biofield Analysis

Characteristics of ‘more’ balanced and ‘less’ balanced biofields

We have never seen a perfect biofield. Everyone has some colours and patterns which suggest imbalances. Some imbalances are transient and can be helped by change of lifestyle, rest, relief from stress, change of diet, exercise, yoga etc. Below is a basic guide for BFR users in what they might see on scans and what constitutes, in our experience, a ‘more’ or ‘less’ balanced biofield.

More balanced	Less balanced
AROUND BODY	
Symmetry of bands around body	Asymmetry of bands around body
Bands around body tend to be brighter and more vibrant; contain less red	Bands around body tend to be duller, darker, may contain less green and more red and mauve
Bands tend to be smoother and more coherent	Bands tend to be more irregular, less coherent with poorly-defined, turbulent colour bands
Less streamers connecting to the body	More streamers connecting to the body
No bulges of energy on body profile	Bulges of energy seen on body profile
‘ON’ OR ‘OVER’ THE BODY	
Symmetry of patterns of light on body, over energy centres, along path of acupuncture meridians, more symmetry of left and right	Irregular and jagged patterns of light on body, over energy centres, along path of meridians, less symmetry between left and right.
Brighter more vibrant colours seen over the body e.g. green, yellow, orange	Duller, less vibrant colours seen over the body
All colours represented in field	Lack of certain colours in the field
Red seen in thin lines of force travelling in a more vertical direction	Red seen in thick lines of force going across the body. Thick lines or pools of red, dark red or mauve.
Less areas of congested pools of red, dark red and mauve	More areas of congested pools of red, dark red and mauve

Biofield Analysis

The scans below (taken with video Camcorder and Firewire) illustrate what we consider to be 'more balanced' and 'less balanced' scans. More balance is seen in health and a calm disposition. Less balance is commonly seen in people who, for example, may be stressed, have a physical complaint or who eat a poor diet.

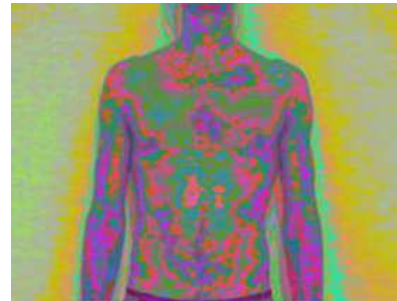
More balanced

Lots of vibrant green, yellow, orange, with some blue. Red is seen but mostly flowing in thin red bands.



Less balanced

Less vibrant generally. More red may be seen in congested pools or horizontally across body i.e. not flowing.



Biofield Analysis

The scans below illustrate what we consider to be 'more balanced' and 'less balanced' scans. More balance is seen in health and a calm disposition. Less balance is commonly seen in people who, for example, may be stressed, have a physical complaint or who eat a poor diet.

More balanced

Lots of vibrant green, yellow and orange. Red is seen but mostly flowing in thin red bands.



Less balanced

Less vibrant generally. More red may be seen in congested pools or horizontally across body i.e. not flowing.

This girl has a cold - blocked sinuses, sore throat and a cough. Neck tension bands seen at sides of neck



This young man has digestive problems and lives in a polluted area. Has a cough and diarrhoea



This man has pain in neck, between shoulder blades and in his left shoulder



This young woman had a bad accident, injured her legs and had skin grafts.



Biofield Analysis

Still Digital Camera

The bands and colours of the field around the body can differ depending on the lighting and camera used. We advise that if you want to get used to using BioField Reader and analysing scans then it is best to have the same set-up for all scans as much as possible. Some people prefer to use a still camera and others find still cameras useful when on location. Here are some examples of photos taken with still digital cameras which have been processed with BFR.



Photos taken with Still digital camera, no flash and full-spectrum fluorescent lighting on ceiling. There is good differentiation and variety of colours around and on body. Congested and more balanced areas show.

The bands and symmetry around the body are analysed in the same way as with webcam. Streamers, bulges and connecting bands show on scans taken with all types of cameras i.e. on webcam, still camera and mini Camcorder with firewire.



Photo taken with Still camera, flash and normal ambient lighting in room. This is a good scan. There is good differentiation and variety of colours, streamers seen at back of neck/head. Red congestion shows clearly on brow and throat. Green balance seen too.

Biofield Analysis

Looking at the light around the body - with Logitech HD Pro C920 Webcam

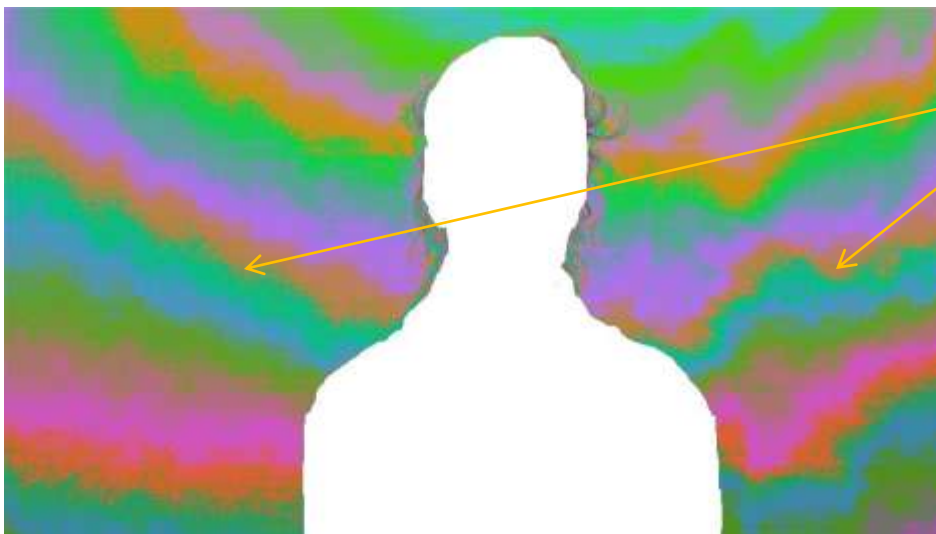
Looking at brightness/dullness of light around the body. The body has been rubbed out so that the vibrancy of the colours as well as bands, streamers and bulges can be seen more easily.

Interfering with the Ambient Light



The subject is not disturbing (interfering with) the ambient light of the room very much. His field is relatively balanced although there is some asymmetry on his left. (The colour bands of the environment and its ambient light would show in control shot taken of the background before scan was taken).

Biofield of a healthy (more balanced) person



This subject has caused more turbulence in the ambient light than the subject in the scan above. Her field could be interacting more with the surrounding light because her energy is more out of balance.

Biofield of a less healthy (less balanced) person

Biofield Analysis

Looking at the light around the body - with Logitech HD Pro C920 Webcam

Looking at brightness/dullness of light around the body. The body has been rubbed out so that the vibrancy of the colours as well as bands, streamers and bulges can be seen more easily.

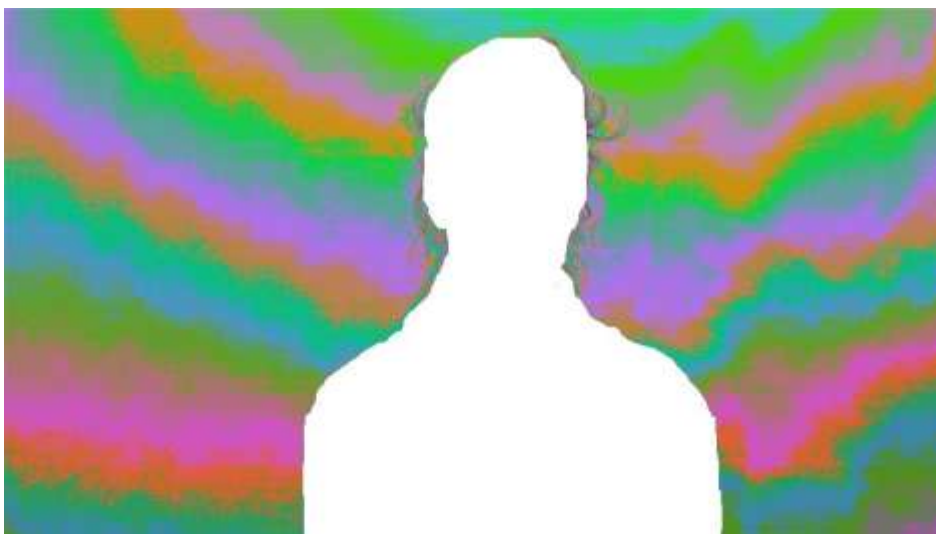
Colour Bands – smooth, turbulent and uneven



Biofield of a healthy (more balanced) person

A more 'balanced' person who feels healthy and has good energy levels will have more bright vibrant light and colours around their body.

The colour bands will tend to be more smooth - as they are here.



Biofield of a less healthy (less balanced) person

A less healthy, more out of balance person who perhaps feels unwell with lower energy levels, tends to have a less vibrant field around them.

The colour bands will tend to be more irregular, uneven and turbulent.

Biofield Analysis

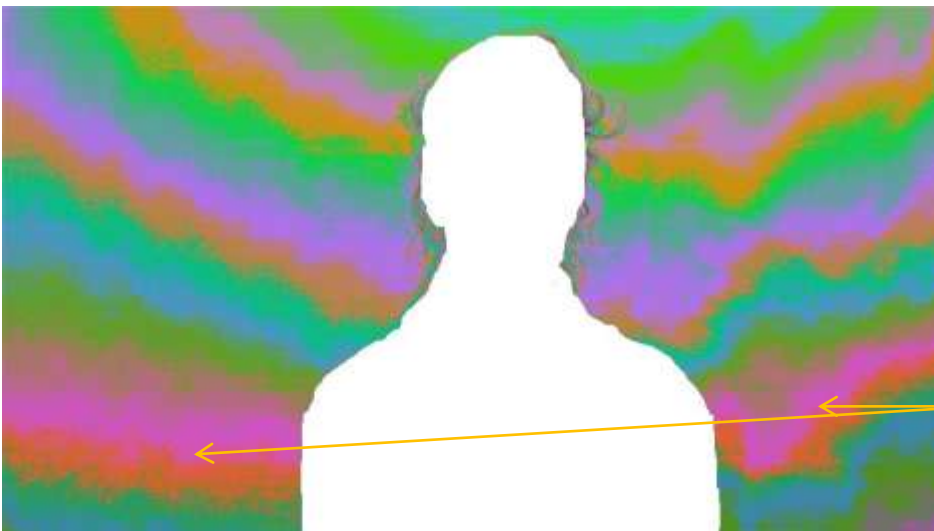
Looking at the light around the body – colours with Logitech HD Pro C920 Webcam

Colours seen in more ‘balanced’ scans are often lighter colours at the head, such as orange, yellow, gold or sometimes white. In less healthy scans red can be seen in thick bands above the level of the base energy centre (at base of spine) which this colour is associated with.



Biofield of a healthy (more balanced) person

In this scan the colours are bright. There is vibrant orange above the head. The colour bands are smooth and regular.



Biofield of a less healthy (less balanced) person

In this scan the colours are bright for the main part. There is no vibrant orange above the head. There is less green than in the scan above. (green is seen as a colour denoting balance). There is less vibrant orange. There are irregular, turbulent red bands seen to the sides of the shoulders suggesting imbalance in the field.

Biofield Analysis

Looking at the light 'on' the body – colours with Logitech HD Pro C920 Webcam

Colours seen in more 'balanced' scans are often lighter colours at the head, such as orange, yellow, gold or sometimes white. Green is commonly seen over 'healthier' more balanced areas. Red may be seen in thin red lines – which suggests healthy flow of energy. In less healthy scans red can be seen in thick pools or as thick lines which suggest that the energy is congested or stagnant. Yellow and orange can suggest vitality. Blue is associated with the throat energy. Darker red and mauve suggest that the problem may be more ingrained and has been in an area for a longer time than a lighter red. Some light red may be showing a transient or acute imbalance.



Biofield of a healthy (more balanced) person

In this scan the colours are bright. There is vibrant orange above the head. There is a lot of 'balanced' green.

A few areas of congested red energy can be seen at both sides: of temples, eyes, throat and on left arm.



Biofield of a less healthy (less balanced) person

Here the colours are brighter at the head region but soon become darker below that level. There is no vibrant orange above the head. There is less green than in the scan above, particularly to the lower jaw and throat. There is more intense and thicker lines of red congested energy to the brow, cheeks, jaw and throat. Also dark red and dark mauve in the throat area suggest the energy has been out of balance for a while.

Biofield Analysis

Red in thick lines or pools suggests energy is stuck or not flowing

Scans below taken with a variety of cameras - still digital, video camcorder and webcam



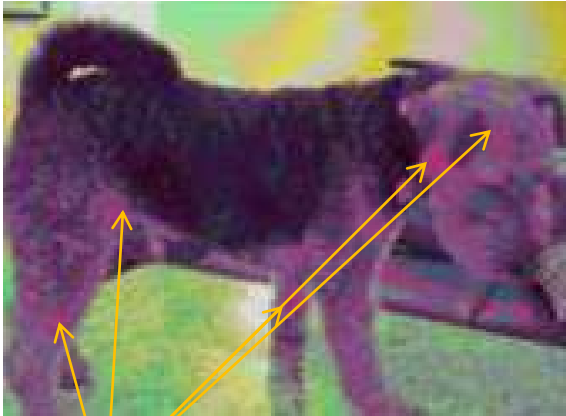
Neck Pain

Pain felt where red spot is. Note red around painful area



'Stressed' Solar Plexus

This man had stomach pain and an acid stomach



Skin Irritation

Irritated spots show as red



Knee problems

This man had left knee pain and past knee operation on right knee



This woman (left) has congested red throat energy and complains of dry skin on face

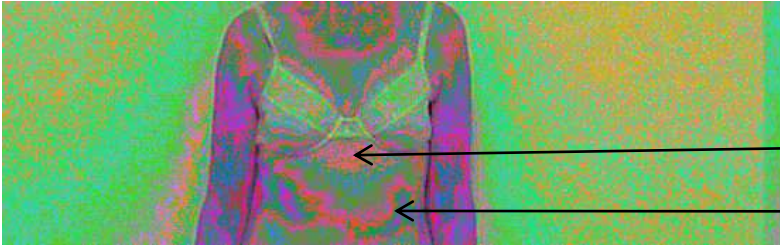


Small red congested points seen on left arm and on sides of neck and eyes.

Biofield Analysis

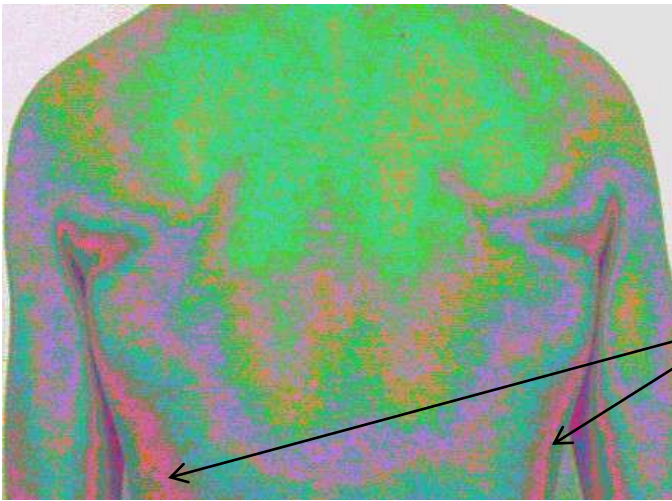
Analysing areas of the body

Solar plexus area of someone who is very stressed



Note the congested red pool at the solar plexus and red ring further out

Healthy back



Scan of fit, young man with no reported back or shoulder problems. Keen on sports. Note predominance of green which is colour seen over more 'balanced' areas. Note red lines seen which could be lines of life force.

Bad back, neck and shoulder



Scan of older man (does manual lifting) complains of neck tension, pain between shoulder blades and chronic intermittent pain in left shoulder.

Note red band around neck, red area between shoulder blades and on both shoulders. The red area is more extensive on left shoulder where he has pain. There is some red over his right shoulder which could suggest that this area is also under stress from lifting.

The scan allows this man to see where his body has energetic stress. A therapist may consider including treatment to his right shoulder to clear congested red energy and to strengthen energy to that area to avoid possible future problems.

Biofield Analysis

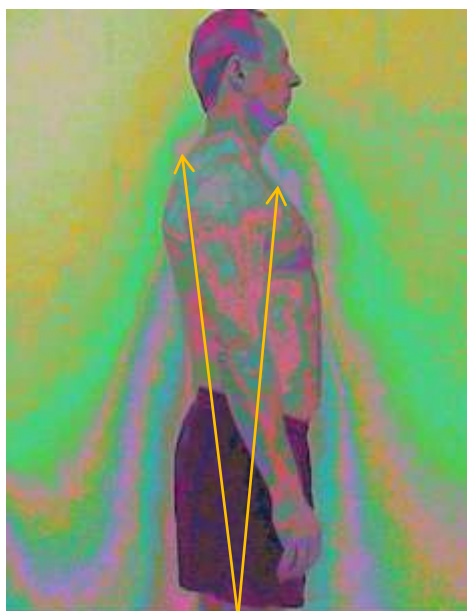
Looking at the light around the body

In filtered scans the light around the body reveals different colours and shows bands or 'streamers' of light which often appear to be connected to the body. Some researchers think that energy may be 'leaking' from the areas where the streamer connects with – or possibly leaves - the body. Streamers usually connect with either chakras or areas of the body where problems may already exist. Pools of light seen adjacent to the body's profile we will refer to as 'bulges'. These are commonly seen adjacent to areas where a problem exists. 'Connecting bands' can also be seen on profile.



Streamers

Information about the biofield can be deduced from these streamers.



Bulges

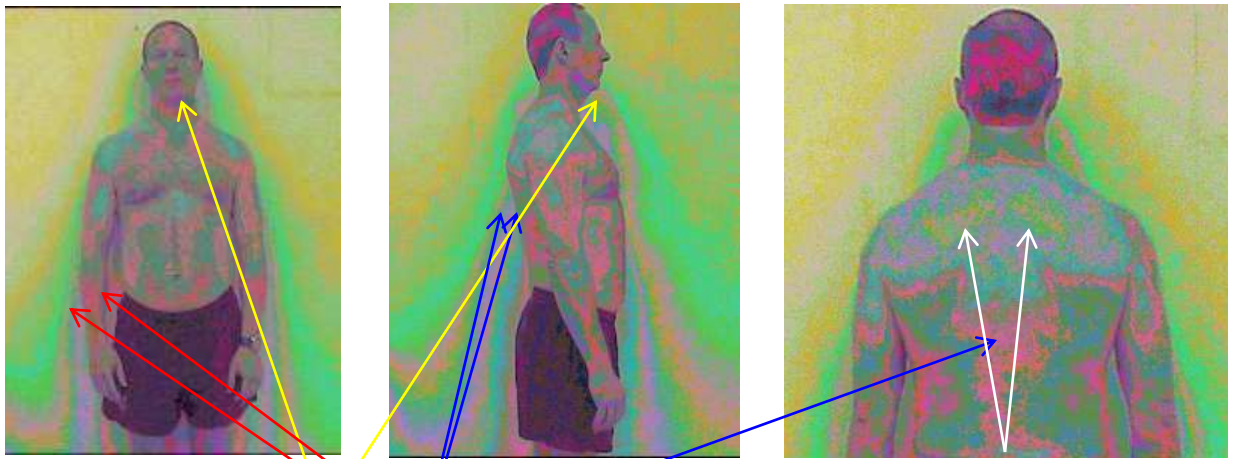
Information about the biofield can be deduced from these bulges of light.

Biofield Analysis

Analysing the light around the body

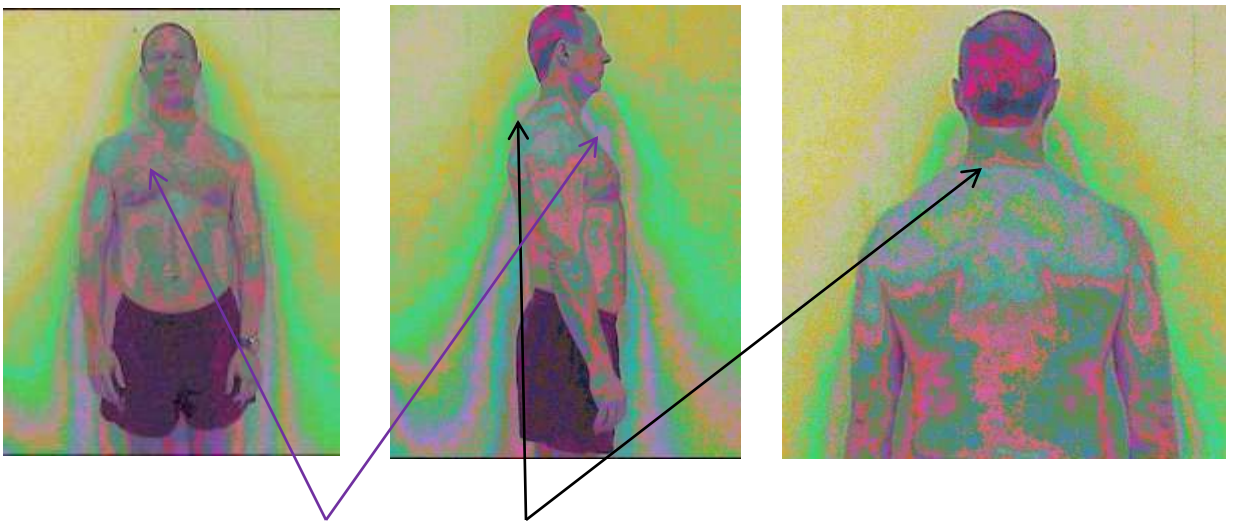
The man below plays rugby and has numerous musculo-skeletal problems.

He complains of pain in his neck, upper back, over tight pectoral muscles (upper chest), right lower ribs (injury), muscle strain arms. He has pain in red highlighted area mid back.



*High intensity yellow/orange areas - where he reports crystals in his muscles

Streamers connect (or possibly emanate from body) where there are imbalances seen in front and back views. These are areas where he has pain.



Bulges seen in profile relate to areas which are out of balance on front and back views. These are areas where he reports problems.

Biofield Analysis

Some researchers have adopted a systematic way of analysing the light around and 'on' the human body. They observe the colours; the patterns and the symmetry of the Biofield. To enable comprehensive analysis, scans of the front, back, left and right should be taken so that a full view of the body is achieved.

Views of the body



Front view



Back view



Right profile



Left profile

Separate scans of different views of legs were also taken but have been left out for this analysis.

Analysis

- Look at the light around the body first
- Look at the colours, patterns and symmetry between left and right, back and front of the field
- Look for streamers and note where they leave the body
- Look for bulges and connecting bands
- Look for predominant colour and any missing colours
- Look for brightness and dullness of colours as a whole
- Note any areas which stand out in terms of blocks of colour
- Note any areas which stand out in terms of blocks of higher or lower intensity of colour
- Look at colours, shapes and size of chakras
- Look at flow of energy 'on' the body along the pathways of the meridians

Biofield Analysis



Right profile

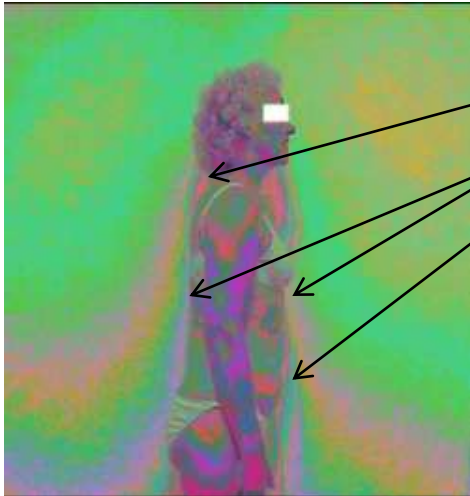
In this view, bright orange with lots of green seen around body which suggest a certain amount of good, vital energy



Left profile

In this view, bright orange with lots of green seen around body which suggest a certain amount of good, vital energy

Biofield Analysis



Right profile

Streamers coming from:
back of throat
Back and front of solar plexus
Navel area

Thick, red congested light seen at front and back of throat – which extends down to chest area at front

Thick, red congested light seen at front and back of throat – extends down to heart energy centre at front in a connecting band.



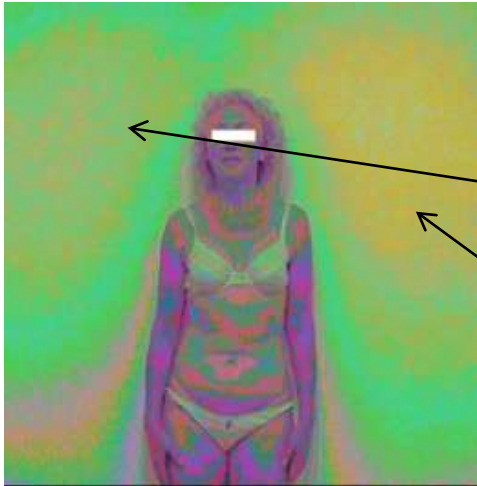
Left profile

Streamers coming from:
back of throat, mouth area
front of solar plexus
navel area

Streamer from back of throat continues close to back of body

Streamer from base area

Biofield Analysis



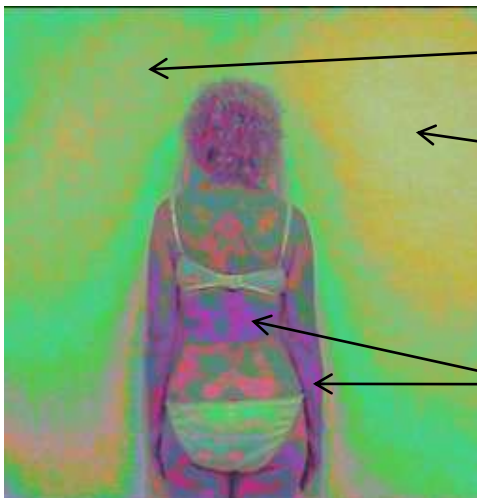
Front view

Look at symmetry of colours and patterns around body on left and right.

Light less intense on left

Light more intense on right

Colour bright orange (may indicate vitality) with lots of green (balance) seen



Back view

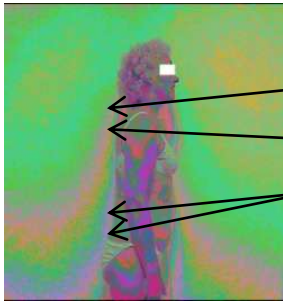
Light less intense on left

Light more intense on right

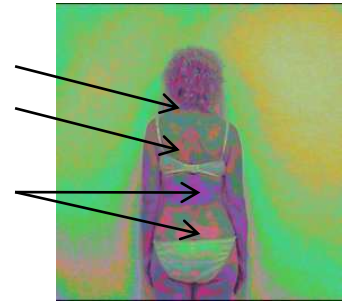
Colour bright orange with lots of green seen

Areas of darker mauve may indicate more chronic energetic congestion, for example the site of an old injury, or where energy has been blocked for a long time

Biofield Analysis



Red congested areas are seen at same levels as streamers on back view and also where streamer runs close to the body



Example Report for the woman in previous scans



The General BioField

The BioField is asymmetrical left/right (possibly due to lighting not balanced)

Green and orange can be seen in the BioField surrounding the body which suggest vitality and balance.

The predominant colour is orange around the body and green over the body.

The missing colour is yellow.

There is a possible leak (streamer) at the level of left elbow and right shoulder which may be coming from the upper back.

There is generally some red and mauve congested energy which reflects the stress you have been under lately.

Crown Energy Centre

White

White is associated with the crown energy centre. It represents the highest state of vibration picked up by the BioField Reader. White light may sometimes be seen above the head when the crown energy centre is balanced.



The energy around the head is not balanced left/right – there is more orange to the left of head.

The energy around the head is green and orange suggesting there is some balance and vitality.

There are pockets of red congested energy on the head particularly over the hairline and temples. Possibly due to stress and not sleeping well and may also be due to tension in the neck region.

Biofield Analysis

Brow Energy Centre

Violet

Violet is associated with the brow energy centre. It is not often seen to predominate. It has been seen in the BioField of 'holy men' and 'holy women', in individuals who meditate regularly or in those who are involved in spiritual development.



There are pockets of red congested energy on the head particularly over the brow and temples.

This congestion is possibly due to lots of stress and not sleeping well. You report that you are finding it hard to see your way forward at the moment.

This congested energy is affecting the energy to the eyes and sinuses

There is red congestion to the temples where you sometimes get headaches particularly when you haven't slept well.

Throat Energy Centre

Blue

Blue is associated with the throat energy centre. The throat is about expression and self-expression. Blue may be a 'cooling' colour, brought in to balance an area of inflammation of the body.



There is some blue in the throat area but this is mixed with red congestion which indicates an imbalance - which could suggest that you may need to speak your truth. You have told me that you need to speak to someone close to you as you have been keeping quiet about something which is important to you. Developing your creativity may help the energy in this area too. You said that you would like to take up painting again.

There is some blue in the centre of the throat but it is surrounded by red lines which indicate an imbalance.

Red stress bands are seen on either side of the neck which suggest neck tension which you say you get. Some gentle stretching may help (as I showed you). The muscles of the neck show congested red energy this may reflect tension in these muscles.

There is a red 'necklace' around the neck and throat. This is commonly seen where there is tension in the neck muscles and upper back muscles.

There is dark mauve in the throat area which suggests that the energy imbalance has been there for a relatively longer time than the red areas.

There is red and mauve congestion to both arms, this may be the result of the energy not flowing well around your neck and upper back.

The side view shows that there is a connecting band between throat and heart centres and a leak from back of throat area.

Biofield Analysis

Heart Energy Centre

Yellow

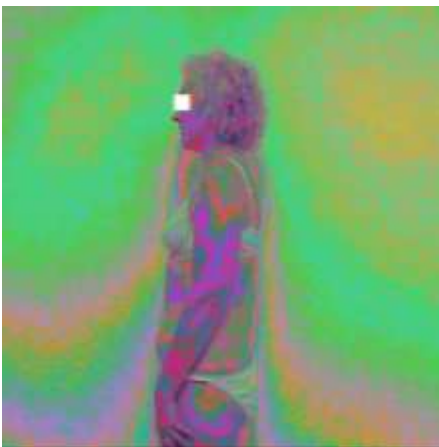
Yellow is traditionally associated with the solar plexus energy centre. However, with BioField Reader we have seen that yellow is often found in the region of the heart energy centre in many people. We see yellow in cases of 'electrical' activity in the tissues of the body, for example when someone moves and tenses a shoulder muscle when being scanned.



Front view

The heart energy centre/chest energy is mostly green which suggests balanced energy.

There is a lack of vibrant yellow energy in this area which reflects how you are feeling at the moment. You said you felt “downhearted”.



Left profile shows leakage from back of heart centre which correlates with imbalances seen in other views.



Back of heart centre

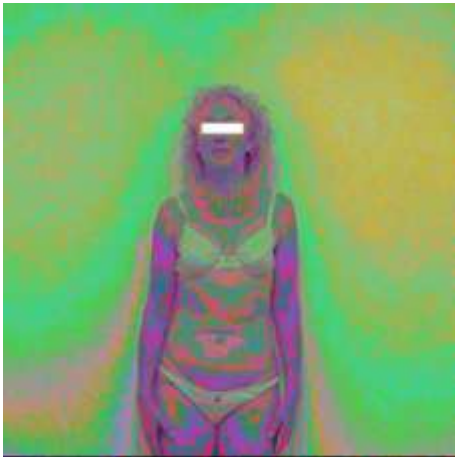
There is red congestion seen at the back of the heart energy centre where you have been feeling tension lately. There are tension patterns in the upper back muscles and neck which may have contributed to the areas of red congestion on the front of chest – which is probably the case here. Perhaps you could have a relaxing massage.

Biofield Analysis

Solar Plexus Energy Centre

Green is thought to be the colour of balance - being in the middle of the spectrum. It is traditionally associated with the heart energy centre. However, with BioField Reader it has been observed that green may be seen in the region of the solar plexus in many people. One suggestion has been that this apparent reversal of colours could be due to the body's response to the increasing amount of pollution with which modern man has to cope. Organs of cleansing such as the liver, spleen and kidneys are found in the solar plexus region. The green colour, being the vibration of balance, is therefore needed in the solar plexus region for human beings at this time. Green may be brought in by the human energy system to help healing in areas where there is imbalance.

Green has been seen in areas of the body where the subject reports no past illness or trauma. Green may reflect areas of balance throughout the body.



The solar plexus area appears very tight and has red congestion within it which suggests that you are feeling your stress here. You told me that you have had an acid stomach lately and that your appetite is poor. Red congestion in this area often is accompanied by an imbalance in the digestive energy which in turn can affect your digestion. You may like to try some of the relaxation techniques we talked about.

A tight solar plexus energy centre suggests someone who is stressed and trying hard to cope with life. This trying to cope along with the stress means that your solar plexus energy is unable to flow efficiently and as a result you feel tired.



Back of solar plexus centre

There is mauve congestion seen at the back of the solar plexus. This mauve colour suggests that this energy congestion has been present for a longer period than some of the other red areas of stress.

Biofield Analysis

Navel Energy Centre

Orange

Orange is associated with the navel energy centre. Each chakra is a mixture of colours and one colour is thought to predominate, being the 'optimum vibration' for that area of the body. However, the optimum colour is often not seen to predominate. A well-balanced navel energy centre generally has some green, some orange or yellow may also be present.

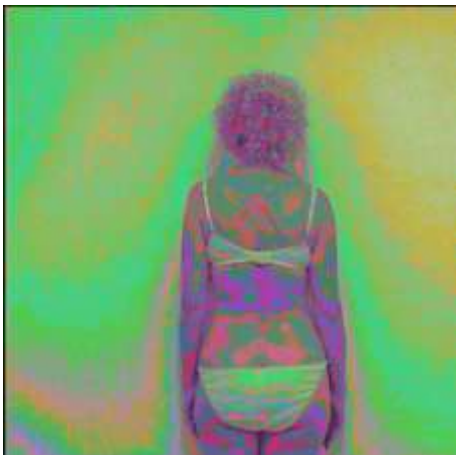


Front view

The navel energy centre has red congestion - this suggests that your energy levels may be below par – which we know they are. Also the energy congestion here may reflect the fact that you have been having problems with your periods lately. Imbalance in this centre can also suggest problems with relationships, which is occurring with a major relationship in your life at the moment.



Left profile shows an energy leak from the navel area which correlates with the imbalances seen in other views.



Back view shows congestion over the back of the navel centre and over the lower back and spine.

Biofield Analysis

Base Energy Centre

Red

Red is associated with the base chakra. It is believed that red, on BioField Reader, represents the life force or 'kundalini' energy. It can be seen both in the base energy centre and in the lines of energy flow around the body.

Where the energy is flowing in a balanced way, these lines of force will be seen as 'narrow' channels. Where there is an imbalance of energy flow, these channels appear as thickened red lines or pools of red.

We often see red 'leakages' (streamers) of energy which are possibly flowing away from the body, which appear to emanate from the point of imbalance. These streamers can often appear in areas where the person being scanned reports problems or disease.



It is difficult to see the base energy centre because of its position, however, someone with a balanced base energy will not have any leaks / streamers / bulges of energy emanating between their legs or from the base of the spine

There is some congestion seen over the pelvis which shows an imbalance – we know you have had problems with your periods.

Green balanced energy can be seen around your lower pelvis and lower back suggesting some balance in this area.



There is a little red congestion seen at base of spine and the side view shows a tiny streamer (leak).

Overall your scan reflects how you are feeling – tired and stressed. Don't worry that your scan has red in it – everyone's has.

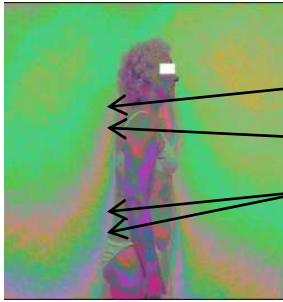


General comments

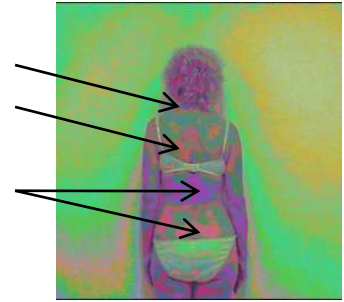
I know that you have found it useful to see where your imbalances are (and know that they're not all in your mind). Perhaps you can act on some of the things we discussed which may help you feel better physically and emotionally.

I look forward to seeing you in a few months when hopefully we may see a more vibrant you - with less red and more yellow and green in your scan.

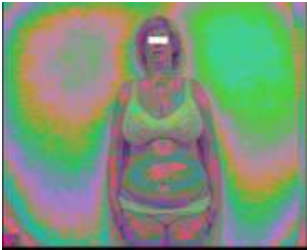
Biofield Analysis



Red congested areas are seen at same levels as streamers on back view and also where streamer runs close to the body



Another set of scans



Analysis

In this second set of scans, streamers are seen to connect with many areas of the body where pools of congested red energy are seen 'on' the body.

There is a marked difference in the light to front and back of body.

Compared with the first set of scans there is less green (which can indicate a more balanced state) and orange (which can indicate vitality) around the body. The colours are duller suggesting less general vitality.

In these scans there is more red and mauve in the light around the body. This may indicate a more congested field overall, less balance and less vitality. This can often be seen in 'stressed' individuals

Biofield Analysis

This woman was extremely tired and stressed when the scans below were taken. She had episodes of asthma, low back pain, Irritable Bowel Syndrome (IBS) and underactive thyroid. Some features of scans are discussed below.

*The lighting in these scans was not perfectly balanced. There was some reflection of light coming from a wall to the right-hand side of the picture making the light on that side (to the subject's left) appear brighter. This affects the analysis of the outer field only.



Her general field is dull, lacks vibrancy. No yellow and very little orange in field. Thick red streamers seen. Solar plexus area small and congested with red. Navel area red and congested. This congested energy may contribute to - or be the result of her IBS. Upper chest, shoulders and throat congested energy seen. Her stress may be contributing to her low energy state.



Red congestion seen over back lungs, low back and on spine at back of solar plexus. Also on head, crown energy centre – may indicate someone is tired or who has pockets of stress. Muscle tension bands seen to sides of neck.



Here large bulge of red congested energy seen to front of throat. Streamer at front of solar plexus, back of heart energy centre.



Here large bulge of red congested energy seen at front of throat. Streamer at front of navel, back of heart energy centre, and connecting band from back of solar plexus to lower back.

There are many different ways that these scans could be interpreted depending on the therapist's approach. A body worker or counsellor may look at the throat area which is blocked energetically (from throat to heart) and work on helping her to speak her truth to someone close to her. This was relevant in this instance. A massage therapist may look at the muscle groups which are under strain and so on.

Biofield Analysis

Case History Depression, Panic Attacks & Bereavement

The woman below had suffered from depression and panic attacks for a few years. She had suffered a bereavement shortly before the scans were taken.



Front View Field around body – lots green vibrant light. This vibrancy is undermined by the red bands around her which follow the outline of her body. The red cloud is especially thick around top of head. Fairly good symmetry left/right
 Red 'outline' to whole body
 Missing colours – orange, yellow

?Energy loss right foot area and base energy centre

Points for discussion –
 perhaps red light around her is blocking more vibrant energy (green) from reaching her hence her tiredness and muzzy head. Or could red clouds be 'fall-out' from her.

Back View This view shows much of same as front view
 Note: difference in field between front and back

Red thick cloud/band over head

Red streamers connecting to head at brow level



Profiles

Note: similarities in colours. Thicker bands red around head seen.

Symmetry fair front/back

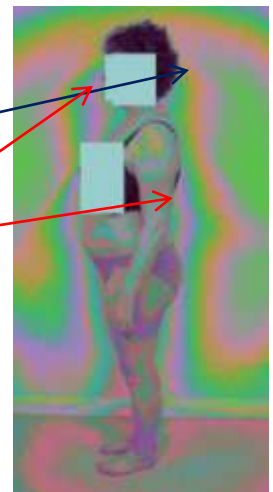
Streamers seen from same level on each profile

Streamers seen from different levels on each profile

Connecting band back heart centre connecting with back of sacral area

More loss of energy from right lower leg foot

Loss energy base spine visible on right profile



Biofield Analysis

Case History Depression, Panic Attacks & Bereavement

The woman below had suffered from depression and panic attacks for a few years.

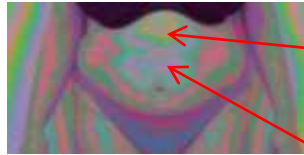


Front View

Focal area or 'block' of colour - upper chest is very red (she has a lot of muscle tension here).

Red over lower abdomen – over large intestine – she suffers from intermittent diarrhoea

Red leak between legs from base energy centre



Solar Plexus 'tight' and higher intensity spot than rest of front of body. Suggests stress. Mauve energy below solar plexus suggests energy has been out of balance for a while.

Points for discussion – perhaps 'stressed' solar plexus energy is affecting her digestion and energy levels generally.

Perhaps grief has affected the Lung energy - in Chinese Medicine the Lung energy is affected by grief.

Base energy out of balance seen in front, back and right profile scans.

Energetic connection base brain (fight or flight) and back heart – she gets palpitations. Could this be significant?

Back View

Higher Intensity areas over lungs
Higher Intensity areas over lower back

Red thick cloud/band over head

Red streamers connecting to head at brow level

Red and mauve lines of energy horizontally across lower back



Profiles

Bulge energy seen top chest/throat (this area seen as red on front view)

Streamer from base brain area connects with back heart on its way down

Streamer from eyes to heart

Streamer from solar plexus

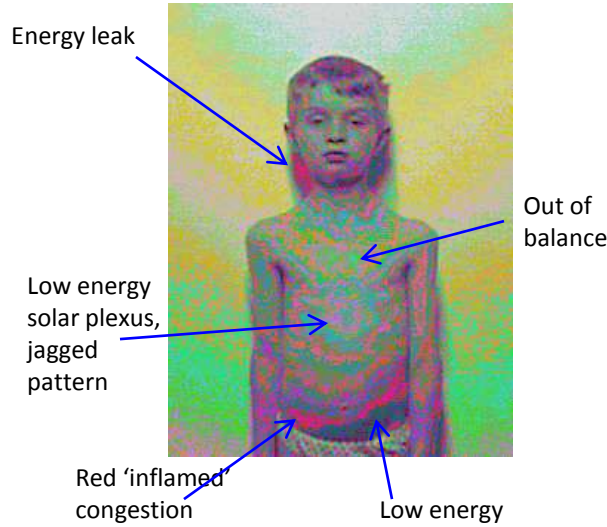


Biofield Analysis

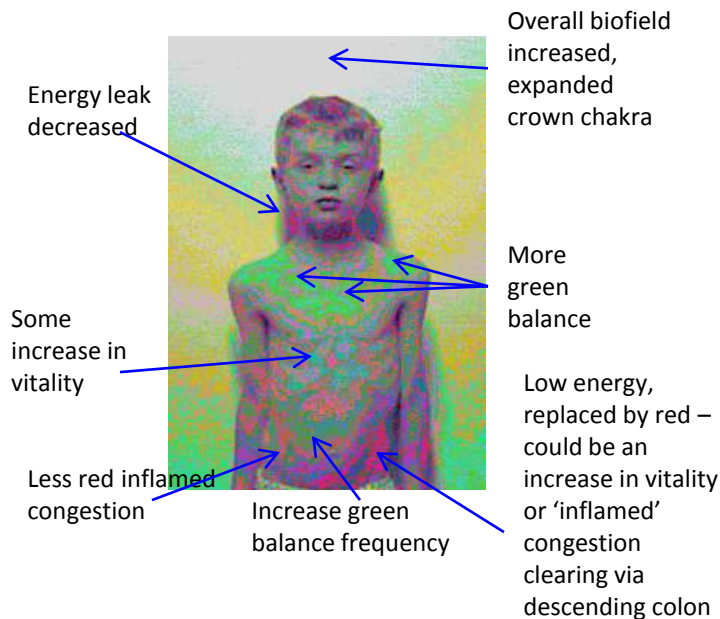
Case History: Gastro-enteritis

The young boy below has had gastro-enteritis. He was given a Light Crystal Treatment. See **Before** and **After** treatment scans below.

Before Treatment



After Treatment





Section 7

Biofield Analysis - Crystals

Biofield Analysis – Crystals

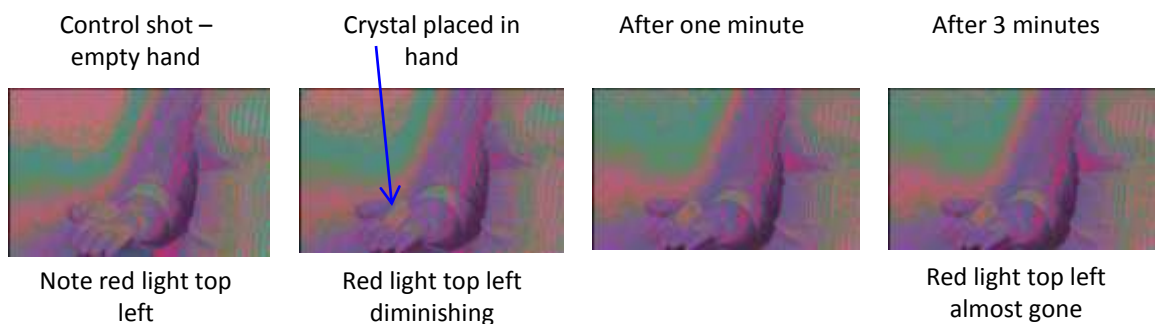
Although we advocate full-spectrum daylight tubes for scans of people and animals to see changes during and after therapy it is not always necessary, or possible, to use the same type of lighting for all other types of scans.

We have obtained really good scans of crystals with low-level lighting. Some scans of the paranormal have been taken in low-level or normal ambient lighting. Photos or video footage taken outdoors will be dependent on the weather conditions and cannot be controlled.

Individual researchers will have different needs when taking scans depending on their research area. You can always contact us or your distributor to discuss the set up for your research.

Below are some scans taken of a healer channelling energy to a crystal, deliberately taken in low-level light. Small amount of light coming in through door. No lighting in dark room. The session was recorded on a mini DV Camcorder which was played back after the session through the BFR program and processed by application of BFR filter 001. No other processing was done. The healer was alone in the room and kept as still as possible so as not to alter light or reflection.

Healer channels energy to clear quartz – low-level lighting



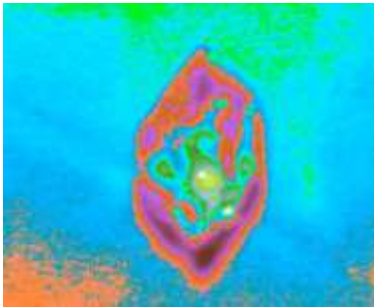
There are discernible changes in the light around the crystal as the experiment progresses. Most noticeable is that the red light above the hand diminishes considerably. The mauve streamer between healer's thumb and index finger is becoming more horizontal.

This example illustrates that information can be gleaned in low-level light.

Biofield Analysis

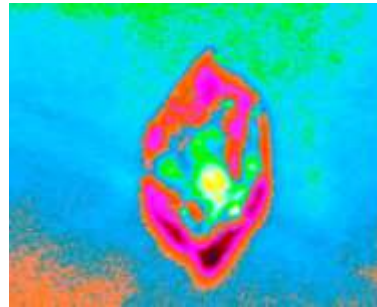
A quartz crystal being used for healing

Both of the images below were taken in the same lighting conditions with both camera and crystal positions unchanged.



Quartz crystal before healing

This crystal has not yet been 'energised' by the healer. Although some light is visible within the crystal it is dull compared to the energised crystal below



Quartz crystal after energising

In this picture the same crystal has been energised for healing. The image shows a more vibrant, bright and light-filled crystal when compared to image above

Crystal reacting to thought Experiment



Image of the clear quartz crystal at start of the experiment, during which a group of twenty people sent positive thoughts to the crystal which was fixed to a piece of card and placed centrally in front of the group.



Halfway through the session the light on, and around, the crystal can be seen to change. An orange glow appears. The light field around the crystal seems to have expanded.



By the end of the experiment an orange-edged pink glow can clearly be seen. The field of light around the crystal seems to have expanded even more.

To view the moving video stream of the Crystal Thought Experiment go to <http://www.youtube.com/watch?v=As1Grutve5c>

Biofield Analysis – Crystal experiments



Photo of clear quartz crystal from Brazil



Same quartz crystal with filter applied

Different frequencies of light and shapes of biofield around crystal can be seen when filter is applied. Higher frequencies of pink and pale green seen in field around the crystal which also has a golden glow. Highest intensity of light – white, seen with pale blue where crystal rests on table. Vibrant yellow on table mirrors the vibrant gold seen on wall above crystal. Lots of green (balance) light seen within the crystal.

Healer channels energy to clear quartz crystal



Control shot



Crystal put in hand



After 1 minute



After 3 minutes

The short experiment above was to see if there was any discernible difference in the light around the clear quartz crystal when the healer concentrated on channelling energy to it. The healer kept as still as possible during the experiment. The lighting was full-spectrum tube on ceiling. All extraneous light was blocked out with a 'black-out blind at the window. The video camera was kept in same position on a tripod and was left recording during the experiment. No one else was in the room. Filtered with filter 001.

Changes seen at end of experiment: more green covering larger surface area of healer's hand. More gold in crystal and also appearing on palm and white and pink above arm. Could these changes in light be a reflection of the healing frequencies in this instance? Red energy to left side of healer has diminished - perhaps channelling the energy has balanced her field? Note more white and pink appearing above crystal and red/mauve bands under crystal moving down towards the earth.



Section 8

Biofield Analysis - Healing

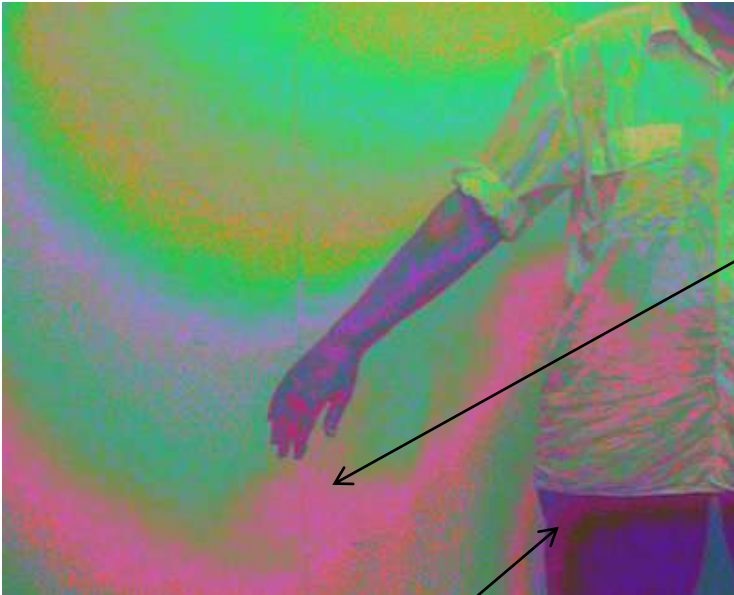
BioField Analysis – Healing

Analysing colours - Red

Red as seen in BFR scans could represent the life force. Where it flows freely it can be seen as narrow red lines. Where it may not be ‘flowing’ it can be seen in wider lines or, in congested pools. Physical, emotional and/or mental problems may arise as a result of this lack of free flow.

However, sometimes red is seen emanating from healers hands and/or navel areas when they are in healing mode. Perhaps they are channelling this potent life force?

Healer in ‘healing mode’



This healer thought about ‘channelling’ energy from her hands as this picture was taken. Note the swathe of red light under her hand.

Also of interest are the lines of red and green/brown light on the outside of her right thigh (which are obliterating the view of her plain (i.e. no pattern) trousers). This may may be connecting with base chakra area & the navel area.

General note about lighting for research into healing.

Although we like to have full spectrum lighting when available for all scans, sometimes it's just not possible. Different healing centres or treatment rooms will have varying lighting conditions. We have taken scans with ordinary light sources, e.g. fluorescent tubes, ambient light and ‘ordinary’ light on ceiling. The results have often been very good. Just do the best you can. If doing comparison scans remember to keep environment the same for all scans.

BioField Analysis

Healing

Red is not the only colour that has been seen during healing. Sometimes white light is seen to surround the healer and person receiving the healing. Blue, green and violet have both been seen during and after healing.

In the images below taken during attunement and during healing, a ball of green light is seen between the healers hands. Areas of red congestion are seen to lessen and be replaced with more 'balanced' and higher frequency colours such as blue and violet.

During attunement



Here we see the healer and subject before attunement to healing energies.

Note the 'pockets' or 'pools' of red on both healer and patient's heads.

The lighting and conditions are the same for the 'During healing' picture below

During healing



Bright green light appears between hands of healer and is also seen over healer's heart and solar plexus areas. Could this be the frequency of the healing energy coming through?

Note also that there is a lessening of red light on both patient and healer's heads and an increase of blue/violet light to patient's head and face.

Blue and violet are associated with healing



Section 9

Biofield Analysis - Environment

Biofield Analysis – The environment

General note about taking scans in the environment

It is not always possible, when taking photos or video footage out in the environment, to control lighting as the weather is in charge.

The light will change according to the time of day as well.

If at all possible aim to take pictures around midday. This will help reduce length of shadows.

Even if it is a bit cloudy there may well still be some shadows.

A sunny day is good as this supplies a good amount of daylight – something we try to emulate in the scanning room with our full-spectrum daylight tubes.

Unless you are doing ‘shadow’ or ‘low-light’ experiments, try not to take scans of very shady areas.

If the images you capture are not too dark, then you will be able to lighten them with the Brightness controls within BFR should you choose to do so.

Sometimes you just don’t have the choice of when to take a photo or film a location so do your best.

Even in low-lighting there is still a great deal to be gleaned from the images.

www.biofieldimaging.com

Biofield Analysis – The environment

Looking at the environment

Digital light filters such as BFR can be used for assessing the light field of the environment to see where the land is 'healthy', i.e. has more balanced colours and patterns or has positive energy. The system can also be used to see if plants are flourishing and vibrant or if they are having problems growing healthily in their surroundings.



A healthy eucalyptus tree

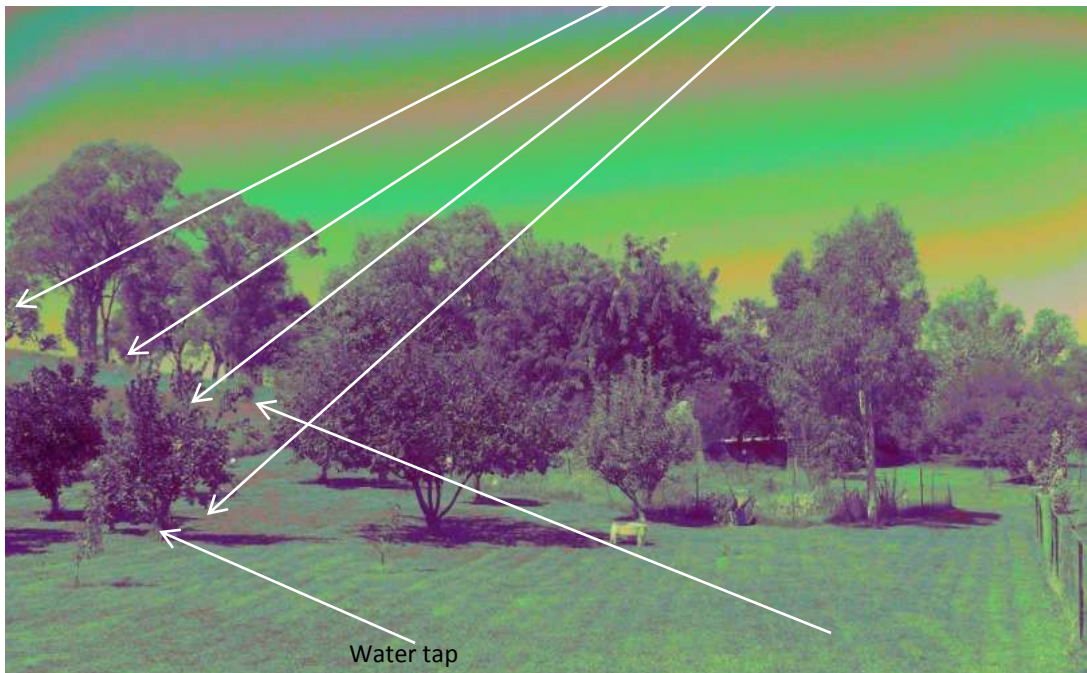


Healthy, vibrant organically-grown fruit trees

In healthy plants we see an abundance of green with some evidence of red life force needed for growth. In land that is chemical free and generally organic in nature you will see balance which is denoted by green. Red is possibly showing in areas of higher conductance and energy/electrical conductivity.

In the picture below you can see a flow of red on the ground which corresponds closely to where water is being diverted from a dam (which is situated to the left of the picture) in underground pipes. The pipes lead to the water tap is behind the tree directly behind the pipe marker.

Pipes underground in these areas



Biofield Analysis – Earth energy

Looking at the environment - Earth Energy

The energy of the earth can be assessed using light field imaging.



Granite Outcrop

Granite out-crops are believed to be points of earth energy coming to the surface. These out-crops are a physical point of energy on the ground.

Granite is piezo-electric and vitalising to sit on or near. You can see that the granite boulders have a hue of red. There is an indication of what could be vital life-force seen on nearby trees.

Generally, all points of earth energy seem to have shades of red. Many philosophies/cultures agree on this interpretation.

Interactions with Obsidian



Control shot of hand



Control shot of Obsidian pendant



Hand placed on obsidian

The control shot (above left) shows someone with congestion – seen as red light – in their fingers. They suffer with intermittent stiffness and pain of their thumb and first two fingers. Obsidian is believed to help with complaints of the joints.

In the control shot of the pendant (above middle) we can see a blue field around most of the pendant.

The picture (above right) was taken soon after the person made contact with the obsidian pendant. After contact there is a very discernible change in the light around the pendant and on the fingers. The fingers show more congested red light. Some sensitives describe seeing a 'drawing off' of negative energy when obsidian is used. Perhaps we are seeing this effect, i.e. red energy is being drawn away from the fingers?

The intensity of the light has also lowered around the pendant and red can be seen replacing the more vibrant blue seen in the control shot. Perhaps this could be 'fall-out' from the red energy from the fingers?

Biofield Analysis – Positive energy in environment

Positive Energy seen in environment

Rooms with positive energy and happy times with flowing light will have bright vibrant colours and the visitors to these houses will feel relaxed as the energy fields are beneficial for balance and health. Below is a room filled with high frequencies of light. Notice the near absence of red. By using BFR you are able to assess the light and harmony of your house and the houses of others which will help to create a healthy environment in which to live.

Positive light fields



A room used for spiritual practices shows vibrant orange and green and violet. These colours are commonly seen in areas where spiritual practice takes place.

Biofield Analysis – Vastu and feng shui

Messy rooms in need of Vastu or Feng Shui



A very untidy room which is not arranged according to feng shui or vastu.

The light is not flowing, there is not very much yellow, green or orange to be seen.

The light on the wall is less vibrant and bright than that seen in vastu/feng shui rooms and is of slightly darker colours overall.

The light is not able to flow around the room and gets stuck in places e.g. the floor. There are some darker reds and mauves seen. The inhabitant of such a room is not likely to feel good energetically.



Another messy room.

The light is not flowing, there is not very much yellow, green or orange to be seen, The light on the wall is less vibrant and bright than that seen in previous pictures and is of slightly darker colours overall. The light is not able to flow around the room. There are some darker reds and mauves seen. The inhabitant of such a room is unlikely to feel good energetically.

Biofield Analysis - Vastu

Scans of rooms following Vastu



In both of the rooms pictured here there is plenty of light flowing around the room as can be seen by the orange, green and yellow colours.

There is very little dark red, mauve and brown which would indicate areas where energy or light is not flowing.

These are vibrant rooms where people would feel good.

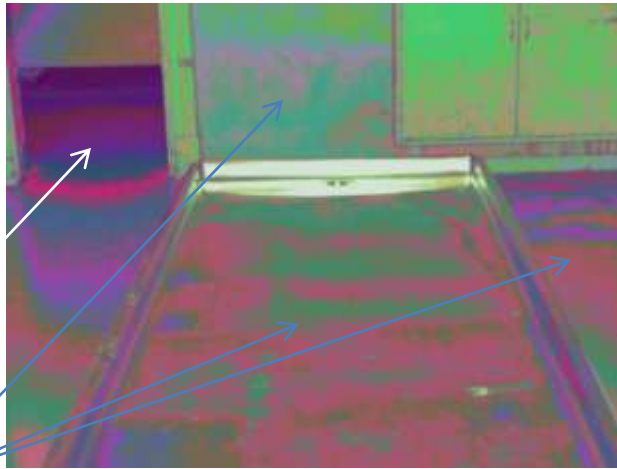
Scans taken by Sunil Prakash who uses Resolutions imaging systems in his clinic in New Delhi, India and on location for his Vastu consultancy. sunil@prakash.com www.prakash.com

Biofield Analysis – Negative energy environment

Negative energy seen in environment

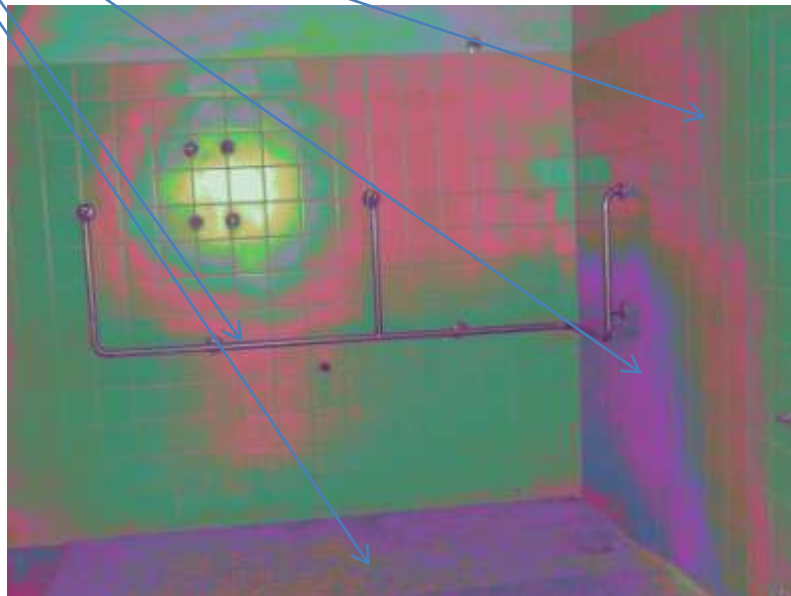
The metaphysical science of Feng Shui is simply the art of flowing light and energy. In a 'positive' room you will see coherent, well-defined lines of light. In a room in which the light is dark with shadows, the light does not flow. This suggests a potentially draining environment. If your own biofield is strong, a brief visit will only have a mild effect. If your biofield is dull and weak the negative light field in the room will effect the biofield and lower the frequencies of vibration, you may well feel sick.

An autopsy table at a site in which negative entities are experienced



Negative light fields

A shower block in the same building. The building is a closed-down psychiatric asylum

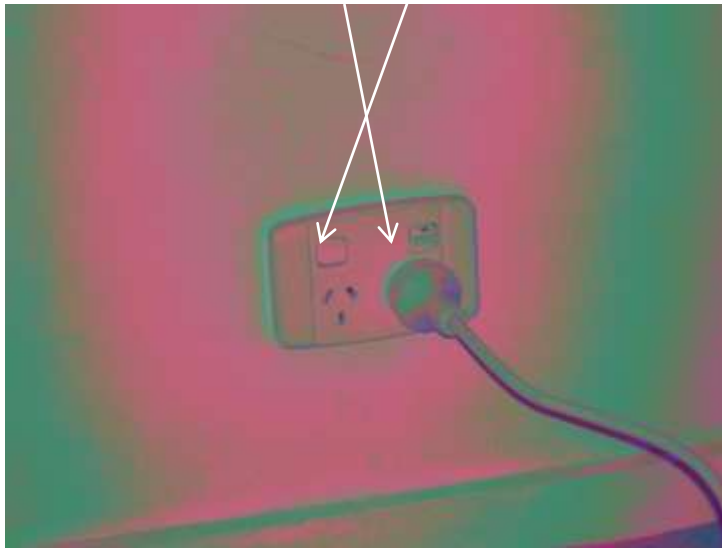


Biofield Analysis – Toxic energy in environment

Toxic Energy in Environment

BFR is able to look at the light fields of your immediate environment. In the below picture you see your average house power-point, creating an inharmonic field. Below is a EMF protection device that clearly changes the light field in the immediate environment by creating more green balance

Power points and EMF



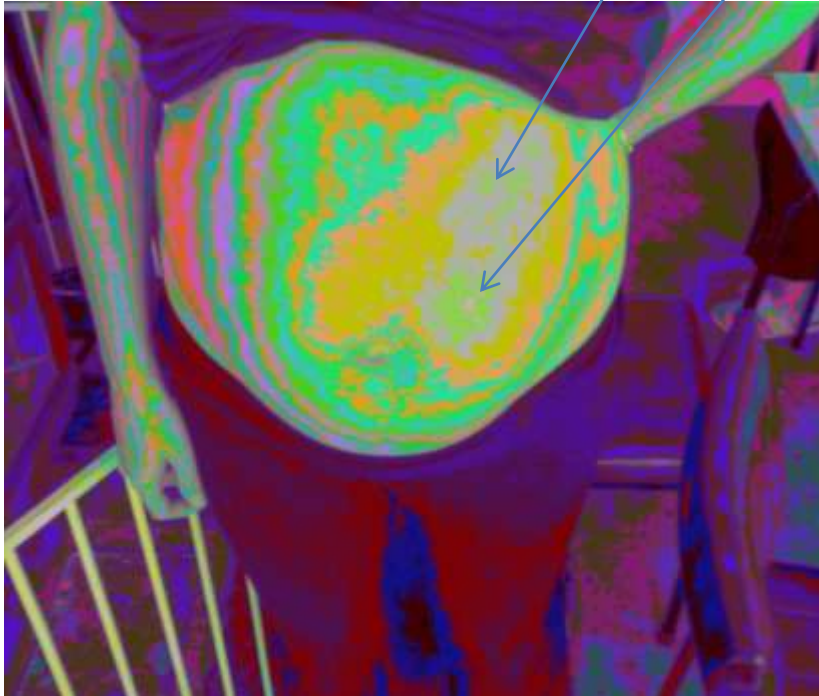
EMF Harmonizing devices



Biofield Analysis – Vibrant life force

Vibrant life force - pregnancy

In the picture below we can see the vibrant green and orange light emanating from/on the abdomen of a woman soon to give birth to a son. In this picture the baby's head was down and engaged. The shape on the right is suggestive of a baby's back and head. Sometimes the energy of an internal structure /organ shows as smaller than the actual physical size.



The vibrant Light Field of a pregnant woman's abdomen

Vibrant life force - plants

In the scans below we can see changes in the field around a plant which was given Quantum Touch energy. The scan on the right was taken after 5 minutes of Quantum Touch energy was 'run' on the flowers. The person who took the scans commented on the right hand scan, 'It shows a much greater 'aura' above the flowers'.

These images were taken in natural light and processed with Filter 010.



Plant before Quantum Touch

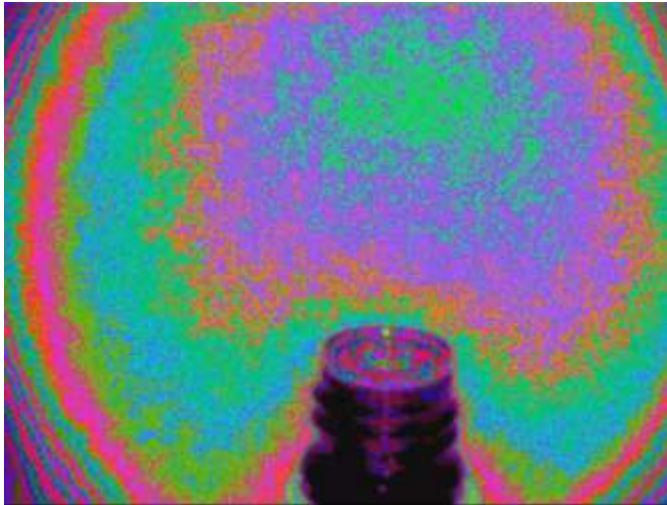


Plant after 5 minutes Quantum Touch Energy

Biofield Analysis – Essential oils

Essential Oils

Essential oils are the life force of the plant. The pictures below are of lavender oil. The top picture is with the lid open and you can see the energy field (purple) being emitted from the bottle. The bottom picture is when another biofield in the form of a finger comes near the 'energetic' oil. You can see a clear interaction of two energy fields.



Light surrounding an open bottle of Lavender Essential Oil

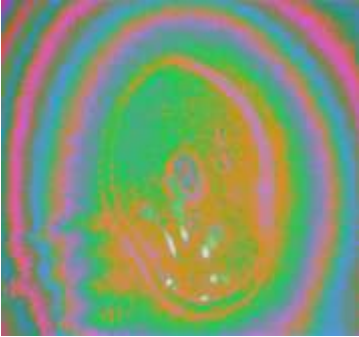


Changes seen in light/energy surrounding the same bottle when interacting with energy of finger

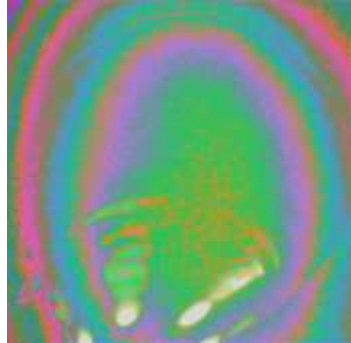
Essential Oils

Images kindly supplied by Mat Shields www.pranaview.com.au

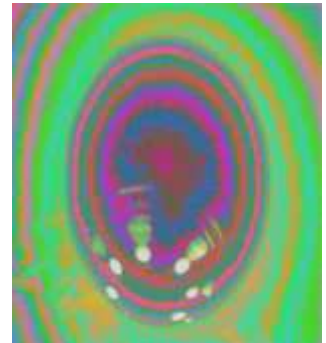
Mat comments, 'Using the BioField Reader I have looked at the various light fields of the selection of essential oils below, the rainwater drop was used as a control. As you can see the energies of the various oils have quite different fields of light. The light and colours represent the essence of the plant you are looking at. A skilled aromatherapist not only matches the oils to an ailment but provides a powerful healing modality to harmonise the aura to create health. I used a USB microscope to capture these images.'



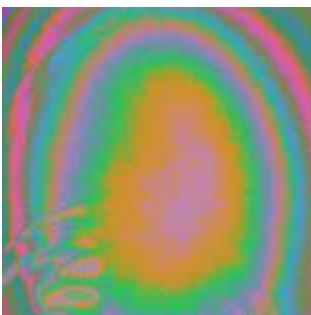
Rainwater



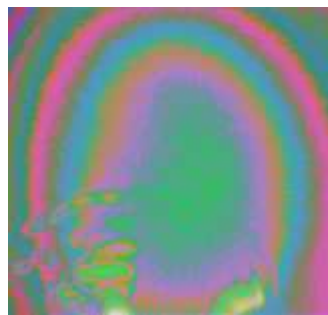
Cedarwood



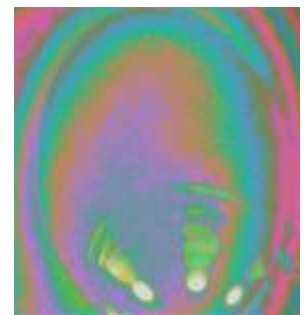
Vetiver



Energy/Vitality
Blend



Lavender



Patchouli



Section 10

Biofield Analysis - Meditation

Biofield Analysis - Meditation

Meditation This is a series of still camera shots taken during a mass meditation in Pune in India. We are able to see changes in light, normally unseen by the naked eye, revealed by the application of BFR Filter 005.



Control shot of crowd before meditation

On the left we can see the control photo taken before meditation started. The group of children were to meditate to music for one hour. All photos were processed using BFR Filter 005.



Meditation has just started

The meditation had just started when the photo on the left was taken. The meditation is guided by the children's teacher (seen on the right of the photo) who was standing on the stage. During the meditation the teacher sang bhajans and songs. There is already some brightening of the light around the room and among the children.



During meditation

The meditation continues. The light in the hall is becoming brighter with higher frequencies coming in.

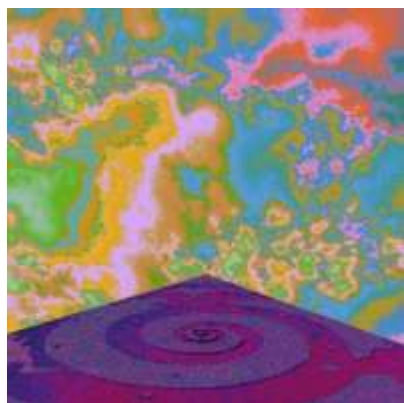


At the end of the meditation

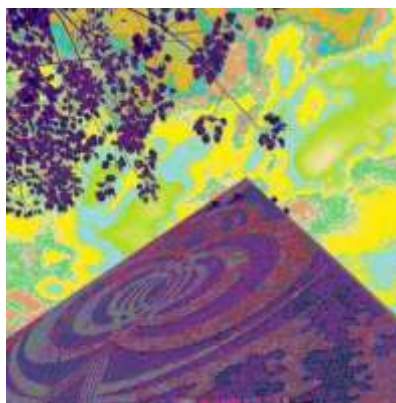
At the end of the meditation a spectacular change in the light of the hall can be seen. Higher frequencies of gold, yellow, greens and oranges are apparent. The whole crowd looks lighter. Sunil Bargaje, who took the photos, and is an experienced BFR user commented, 'There was generally an enhancement of energy in the crown chakras of the children and a lightening of the energy in the room.'

Biofield Analysis - Meditation

Pyramid Valley is in Bangalore, India. It contains the world's largest Pyramid which is used for meditation the meditators sit within the Pyramid. Pyramid Valley is an International Meditation Centre serving individuals, societies and organisations in their quest for self-realisation and spiritual wisdom, helping them to unlock their hidden potential. Pyramids are believed by many to have special energetic properties.



Colours and patterns seen on and above the Meditation Pyramid. The colours and patterns together reflect harmony.



The beautiful lines and peaceful harmony seen on a statue of Buddha



The Photos above show spectacular patterns in the sky over Pyramid Valley as meditation takes place.

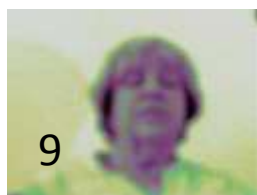
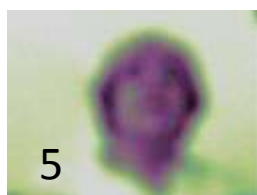
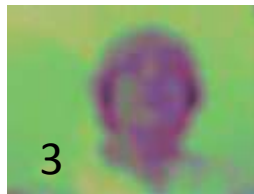
General note about lighting for meditation

For some research we prefer to have full spectrum lighting for scans. Sometimes it's just not possible or necessary. Various meditation centres or halls will have different lighting. We have taken great scans with ordinary light sources e.g. fluorescent tubes, ambient light or 'ordinary' light on ceiling. Just do the best you can. If doing comparison scans, remember to keep environment the same for all scans. If people are sitting for meditation, see if they can keep as still as possible. That way the changes you see will be changes in their light/biofield and not due to changes in their position (affecting the light). A number of BFR users have conducted before, during, and after scans of meditation in their research. Often, before and after scans can be carried out in more controlled conditions than during sessions.

Biofield Analysis - Meditation

Meditation

The series of photos below (processed with BFR filter 001 and focal distance altered by one click. Applied to all images) show how Diana, one of the mediums from *the Scole Experiment* seems to 'disappear' energetically during a meditation session. The photos are shown chronologically.



Diana was visible physically with the naked eye throughout. Processing with BFR provides a way of allowing you to see more information about your surroundings and reveals what the eye cannot normally see. Picture 1 was taken at start of meditation and Picture 9 at the end when Diana started to return to normal consciousness.

Before and After Chakra meditation



There are positive energetic/light changes seen at the end of the 5 minute meditation. The brow chakra is clearing - there is less red and more blue/green balanced energy. It is becoming more vibrant (gold appearing). The energy under the eyes is clearing - more blue/green and less red congested energy seen. The same is happening on the right cheek and above the mouth. The throat chakra is more balanced - has less red and more green (balanced) energy.

This woman was delighted to see the improvements in her energy field after the meditation. The scan confirmed what she had felt during the session. Changes happening to the energy of left cheek and back of neck (where she felt changes happening during the meditation) may well have cleared after a longer meditation. We often see areas appearing more 'red' while the energy is in the process of balancing. Subsequent scans often show an improvement in these areas with less red and more of the balanced colours such as green.



Section 11

Biofield Analysis - Acupuncture

Biofield Analysis - Acupuncture

Acupuncture

Biofield imaging shows interesting changes in the light around the body in relation to complementary therapies. Further research under controlled conditions needs to be done before any claims are made. An extensive database of scans needs to be systematically analysed to see if there is correlation between colours and patterns seen in health and those seen in disease states. Whilst the comparisons between images are currently qualitative, a quantitative analysis e.g. in some form of pixel interpretation programme, may be possible in the future. Precise, replicable ambient light conditions would however, be necessary to achieve this.

Biofield Analysis of scans below – imitated left eye and skin eruptions

Before acupuncture: red congested energy seen to left eye, (Bladder 2) face, brow and temples (Gall Bladder and Stomach channels) and throat (Stomach channel) .

After acupuncture: less congested red energy generally, particularly to brow and throat. Red congestion now seen on right eye. Still some lighter red congestion seen to Stomach and Gall Bladder channels on face and throat so treatment continued. The mauve colour corresponds to where he had dry skin on his face in both scans.

These scans could give acupuncturists more information about where a person is out of balance and aid treatment. Therapists report that showing patients a picture of how their biofield has improved with treatment shows them that their feeling of wellbeing is not imagined. After therapy a diminution of red patches of light and an increase in the more 'balanced' colours such as green is often seen. Seeing is believing and this visual confirmation can be very important to some.

Before acupuncture



This man complained of an irritated red, left eye; skin eruptions over the nose and temples which were worse with stress. Points were needled distally on Liver, Stomach and Spleen channels to treat his imbalances. Local points needled around the left eye were Bladder2, GB1, GB14, ST2 and Yintang. GB20 and LI4 were also needled bilaterally. All points needled on the face were tender with exception of Yintang.

After acupuncture



After the first treatment two small yellow spots appeared on the upper lid of left eye. These resolved spontaneously but he said that he felt as though something was 'working its way out' and that his eye felt much less irritated. His skin eruptions were clearing with no new outbreaks. He reported feeling calmer and more optimistic in general. Treatment had been centred on his left eye but on the third treatment the right eye was treated too as stagnant energy seen on scan.

Biofield Analysis - Acupuncture

Sprained thumb

Middle-aged woman with left thumb 'sprain' – she thinks may have been caused by applying too much pressure with her thumb when cleaning the oven. She had not previously had problems with this digit. Complained of upper back/shoulder tension mainly on left side.

She complained of pain when gripping and applying pressure between thumb and forefinger when lifting objects with left hand. She was unable to take an acupuncture needle out of its sterile packaging before treatment as the movement caused too much pain.

Pain was mostly felt at acupuncture points LI4, and Lu10.

On palpation: tender points were LI15, LI4, LI6, Lu10

SJ5 was seen to be congested (lots of red seen over area) SJ15 was found to be very tender and lumpy.

Acupuncture treatment to LI4, LI6, Lu10, SJ5 needles retained for 20 minutes. De qi – dull ache obtained on all points. One needle manipulation to stimulate points after 10 minutes.

Acupressure to Left SJ15 elicited a warm spreading feeling down arm and across top of chest.

Scans were taken with same lighting, camera position and position of hand. After acupuncture less pain felt around Lu10 but LI4 ached more. She was able to use take a needle out of packaging with no pain on gripping package and needle.

Before acupuncture



After acupuncture



Before acupuncture: general red congestion seen to back of forearm, (SJ5), this congested line tracking to web between thumb and forefinger where it joins the large Intestine channel (LI4). Knuckles and fingers show congestion in light. Red/pink energy seen at finger tips and in 'halo' around hand.

After acupuncture: red congestion diminishing on back of hand and along in web of thumb. Fingers also clearing and becoming more blue/green. There is more green (balance) seen at finger tips.

General note about acupuncture and BFR

Analysis of numerous BFR scans suggests that blockages/congested points appear to occur along acupuncture meridian pathways. This may provide useful information for the acupuncturist when deciding on a treatment plan. The same useful information may be available for other therapies. More research is being carried out and will be included in future updates of the Manual.



Section 12

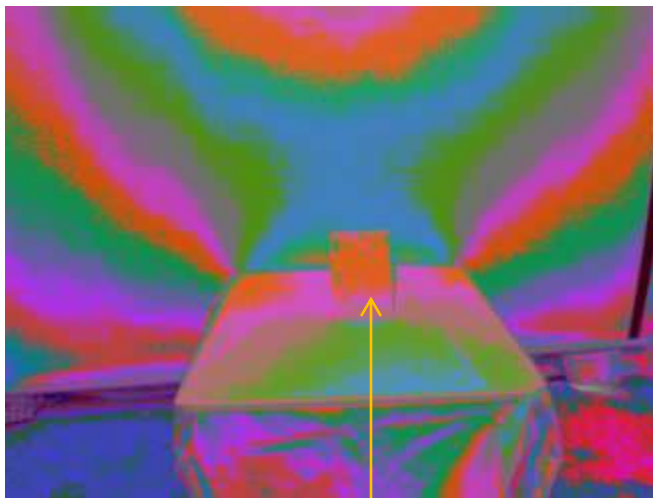
Biofield Analysis – Spirituality

Biofield Analysis – Spiritual teachers

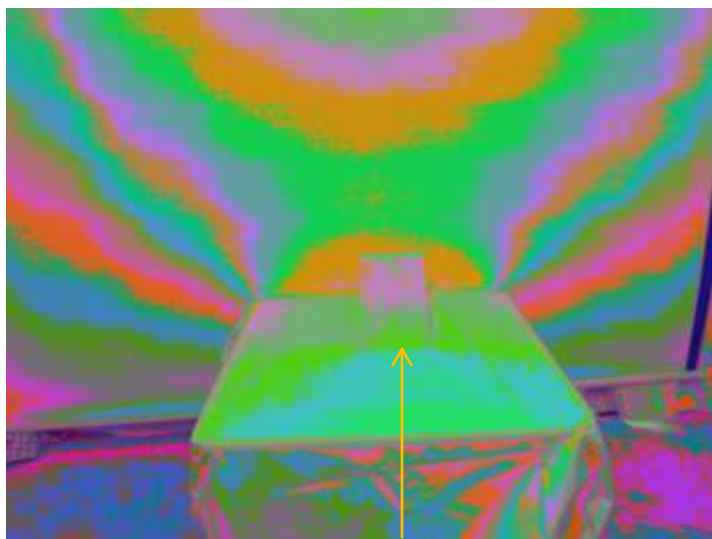
Spiritual Teachers

An individual who has reached a high state of consciousness will not only affect people who are near them but will also affect the objects they touch.

The top picture below shows a 'control' envelope with nothing what-so-ever in it. The bottom picture shows the result of such an individual's handwriting placed in the envelope in the same lighting conditions. The advanced spiritual teacher's hand writing affects the light field. Ancient customs and Spiritual practices can now be studied in this way with BFR.



Control Envelope on table



Envelope with handwriting of spiritual teacher on table. Same set-up, lighting as for top picture. Note vibrancy of field.

Biofield Analysis – Spirituality and Enlightenment

Holy men and women

Holy men and women who have achieved a higher state of consciousness are said to have ‘special’ energy around them. Anyone, or anything, near them will be surrounded by this energy. Many say that just by being close to an enlightened being heightens their own state of consciousness. Objects which the Holy man or woman has touched will absorb this energy.

The scans below are of a Holy man in India who was about to perform public duties. The energy around him is very unusual. His field is unusually symmetrical and extended far beyond the borders of the images shown.

There are swathes of red and violet. Note also the dark blue of the throat chakra and arms. This colour and density is not normally seen. There is a plume of light red above the crown of his head.

With BFR we have found that violet is related to the brow and crown chakras and may denote ‘spiritual’ energy. Red equates to life force. Perhaps this Holy man is sharing his special dynamic and spiritual energy with all around him.





Section 13

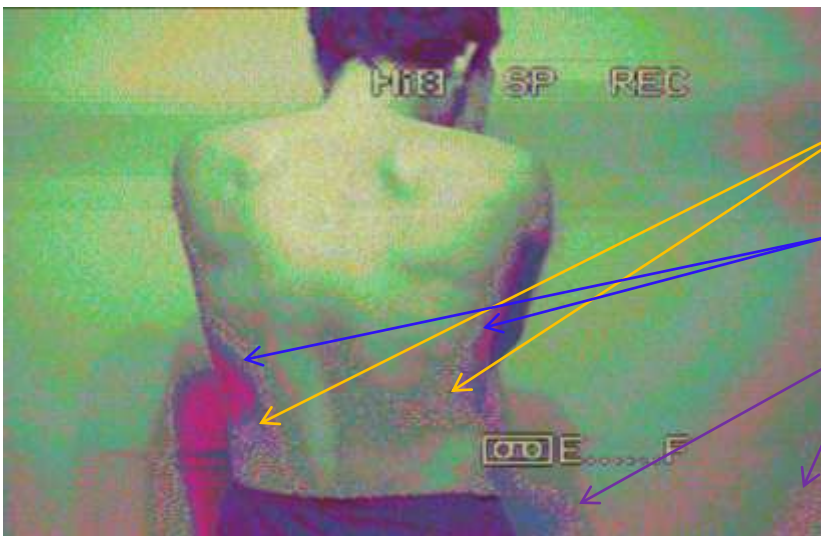
Biofield Analysis – The Paranormal

Paranormal Research

Some people use BFR for paranormal research. They are investigating phenomena which currently fall outside of the norm – hence the term ‘paranormal’.

The images below are of a man who felt that he was periodically ‘overshadowed’ by a strange ‘presence’. This presence did not feel benevolent to him and he became very disturbed and upset while it was around him.

He underwent intensive treatment with Reiki healing, essential oils and cleansing herbs. After a few weeks of this treatment he reported that he no longer felt the presence around him and could once more resume his normal activities. The biofield images below show some unusual patterns on and around him at the time that he felt the presence.

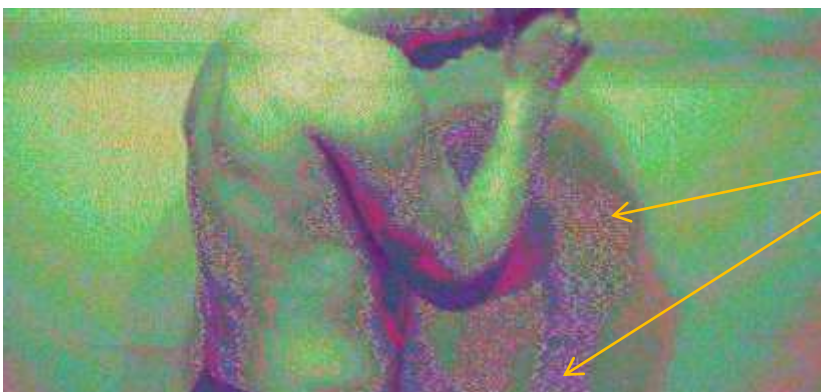


The unusual aspects of this image are:

Speckling

Red areas and speckling seen around the red areas

Speckled energy to right side of image may be connecting with area of speckling close to right hip



Here speckled areas are more dense and appear to take on an unusual shape

Disclaimer

The manufacturers of BioField Reader software take no responsibility for, nor make any claims in connection with BioField Reader.

This program is a research tool and whilst interesting anomalies have been seen they have not been validated by clinical trials.

BioField Reader is not intended for the purpose of diagnosing, treating, curing or preventing medical or physical problems and does not take the place of medical diagnosis.

The BioField Reader system is intended for research purposes only and does not take the place of proper diagnosis and treatment by a properly licensed healthcare professional.

Anyone with a health problem is strongly advised to see a medically qualified practitioner or properly licensed healthcare professional

The manufacturers of BioField Reader software make no claims as to its suitability for any particular purpose.

It is a flexible system that is designed to work with many external devices, but no guarantee is given for reliability or compatibility with any particular computer or device.

Resolutions reserves the right to update or change its programs and hardware interfaces to meet with changes in technology.