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# 2020 REVIEW OF MEDITATIONS AND CHANGES OF STATE

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# Introduction

- An exploratory examination of my meditations began in January of 2020 for the sole purpose of coming to a better understanding of how changes of state in Aura presentation can be effected by meditation practices. After an experience in December where I seemed to intentionally increase my Aura presentation based on an intention, I wanted to replicate the phenomena and understand a process whereby replication was dictated by intention at will.
- Subsequent attempts to replicate the phenomena failed to recreate the expansion of Energetic presentation. Not doubting the initial experience, I then began recording meditation sessions with the intention to increase Energy flow for the purpose of enhancing my Energy Healing abilities as well as increase my own personal health.
- This review and analysis of a year long process of documenting phenomena and meditation techniques has resulted in the conclusion that “at will” personal energetic expression development is possible and documentable.
- This review has also uncovered a number of other interesting phenomena associated with enhancing personal energy flows and the application of those enhanced energies to Energy Healing that will be the subject of another report.

# Contents

## ■ Chapter 1

- Energy frequency can be increased significantly with a standardized meditation practice.
  - Increases in Energy for Base Line Aura presentation over first six months
  - Increases in Energy for Base line Aura Presentation over last six months
  - Change of State happens instantaneously
  - Change of States over time increase in frequency
  - Increases in Energy frequencies can manifest during Team Cycle/Meditation/Prayer
  - Increases in Energy frequencies manifest during dedicated Healing Sessions

# Contents

- Chapter 2
  - Statistical Analysis and Comparisons of Changes of States and Meditations
  - T-tests of Meditation periods and Changes of States
- Chapter 3
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- Chapter 4
  - Future Courses of action for further Studies



# Chapter 1 Increasing your energy

- Through a practice involving intentional meditation and mental exercises your basic Energy expression can be increased dramatically.

First Six Months of 2020

30 December 2019

11 April 2020

26 June 2020





# Chapter 1 Increasing your energy

- Through a practice involving intentional meditation and mental exercises your basic Energy expression can be increased dramatically.

Last Six Months of 2020

25 July 2020



03 October 2020



25 December 2020





# Chapter 1 Increasing your energy

- Intentional efforts to manifest increased energy can happen instantly.
  - Limits to intentional manifestation are probably associated with a personal openness or resistance to manifesting increased energies



20 Dec 2020

Hover mouse over  
image to engage  
action





# Chapter 1 Increasing your energy

- Increases in Energetic Expression associated with instantaneous expansion can also increase in Frequency over time.

30 December 2019  
Setting REBAL

14 April 2020  
Honoring Spirit

8 September 2020  
Honoring Spirit

30 Dec 2019



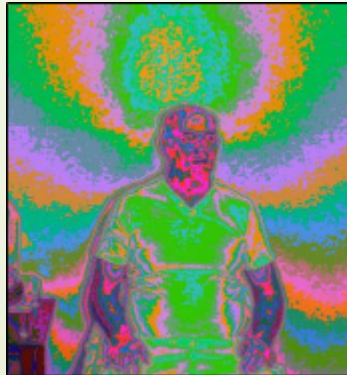


# Chapter 1 Increasing your energy

- Team associated increases can manifest during intentional distance healing exercises. Repetitive Team practice might increase Energies also.

Team Cycling Bengston NW 2<sup>nd</sup> Sunday  
12 July 2020                      9 August 2020

30 Dec 2019



# Chapter 1 Increasing your energy

- Dedicated Distance Healing Associated Expansions might increase Healer Energies in the long term.

Alyssa K. Healing Session 1500 mi.  
20 Sep 2020

Marie B. Healing Session 980 mi.  
20 Sep 2020

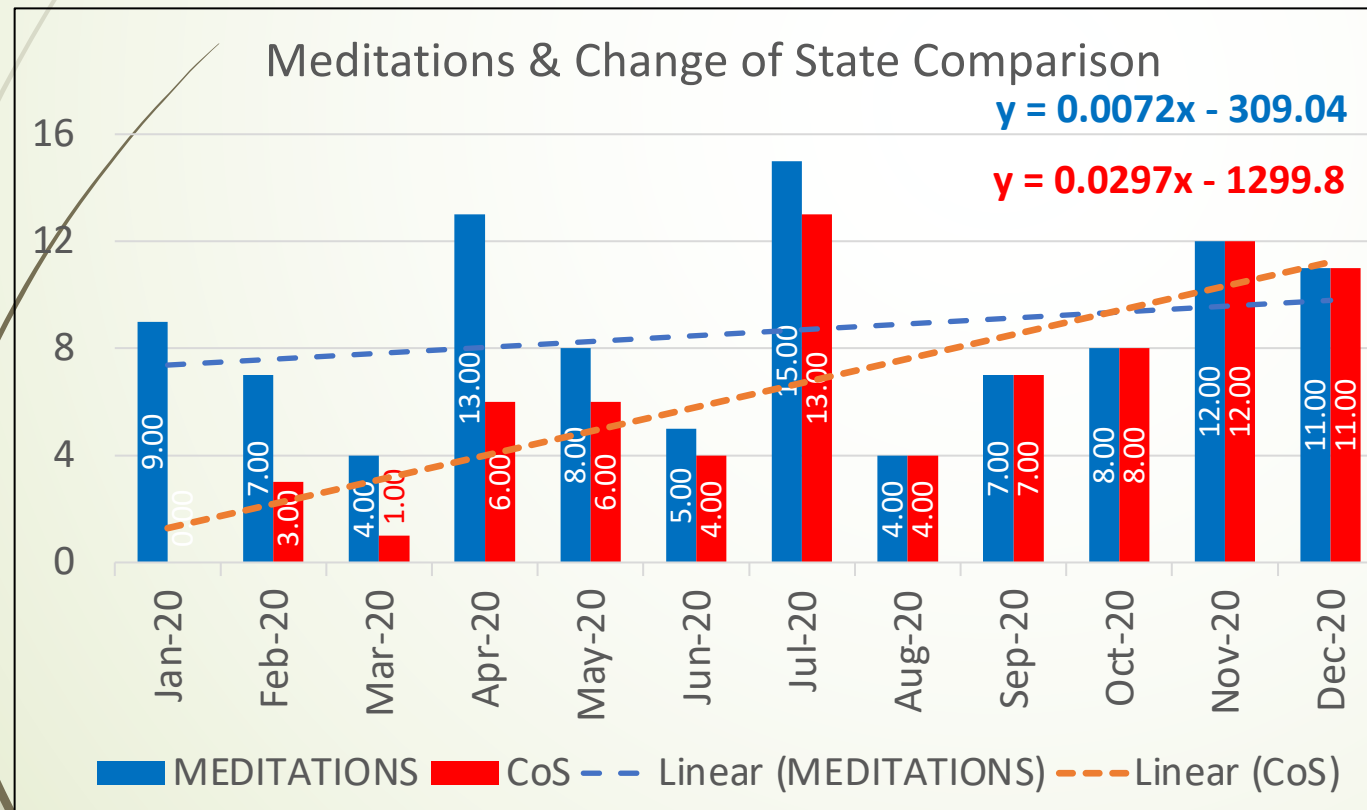
30 Dec 2019





# Chapter 2

- Statistical Analysis and Comparisons of Changes of States and Meditations
  - Meditations have remained statistically constant throughout the year when comparing the first six months to the last six months. T-test value (two tail) **.82** suggests the two six month periods appear to be within one statistically relevant population.

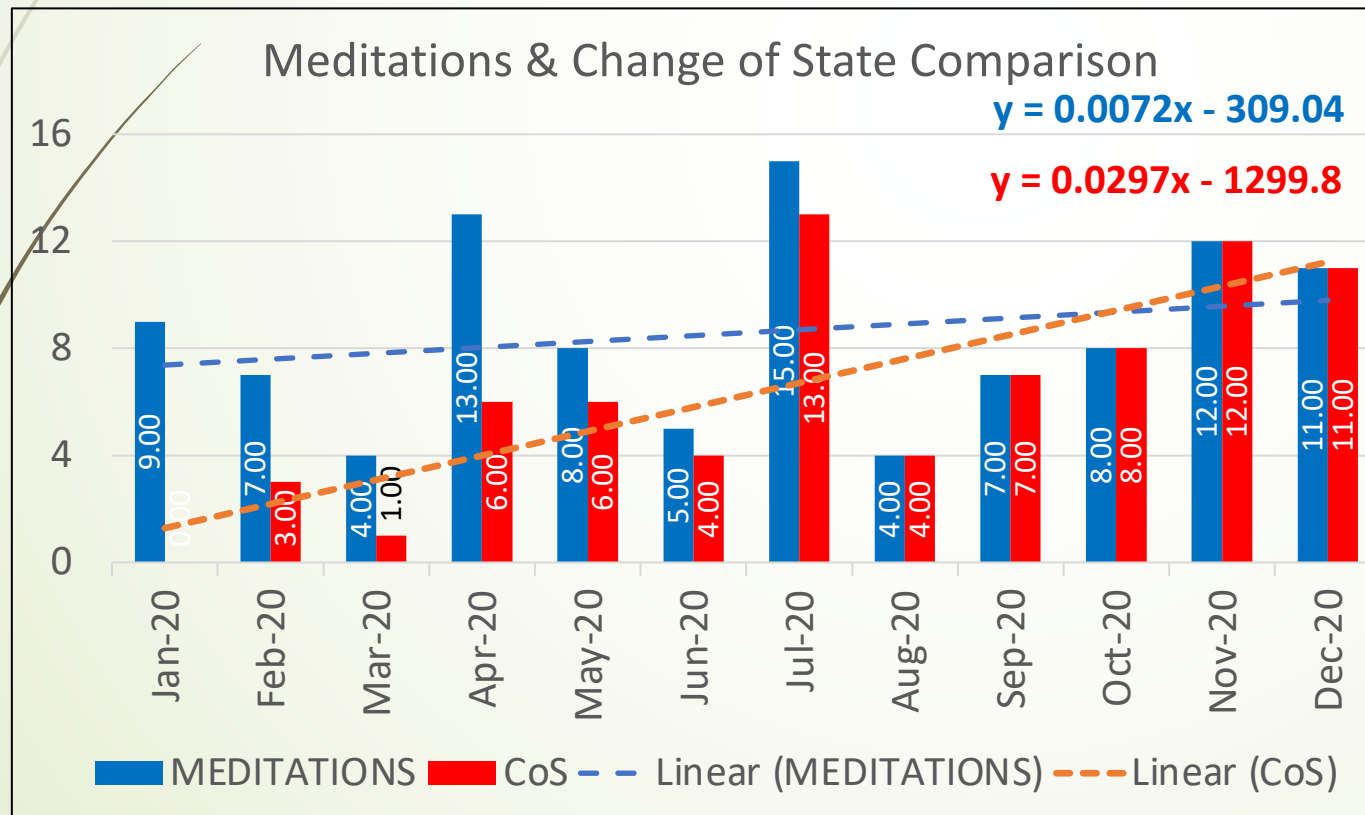


t-Test: Two-Sample Assuming Unequal Variances JAN-JUN & JUL-DEC 2020 MEDITATIONS

	Variable 1	Variable 2
Mean	7.83	8.33
Variance	10.57	17.87
Observations	6.00	6.00
Hypothesized Mean Difference	0.00	
df	9.00	
t Stat	-0.23	
P(T<=t) one-tail	0.41	
t Critical one-tail	1.83	
P(T<=t) two-tail	0.82	
t Critical two-tail	2.26	

# Chapter 2

- Statistical Analysis and Comparisons of Changes of States and Meditations
  - Changes of State have increased to a statistically significant level with the average number of Changes of State during the first six months being 3.33 per month to 9.17 during the last six months. A T test of the populations have a P value two tail **.0083** suggesting two different populations. There has been a statistically significant change in Aura presentation over the past year.



t-Test: Two-Sample Assuming Unequal Variances OF JAN-JUN & JUL-DEC 2020 CoS

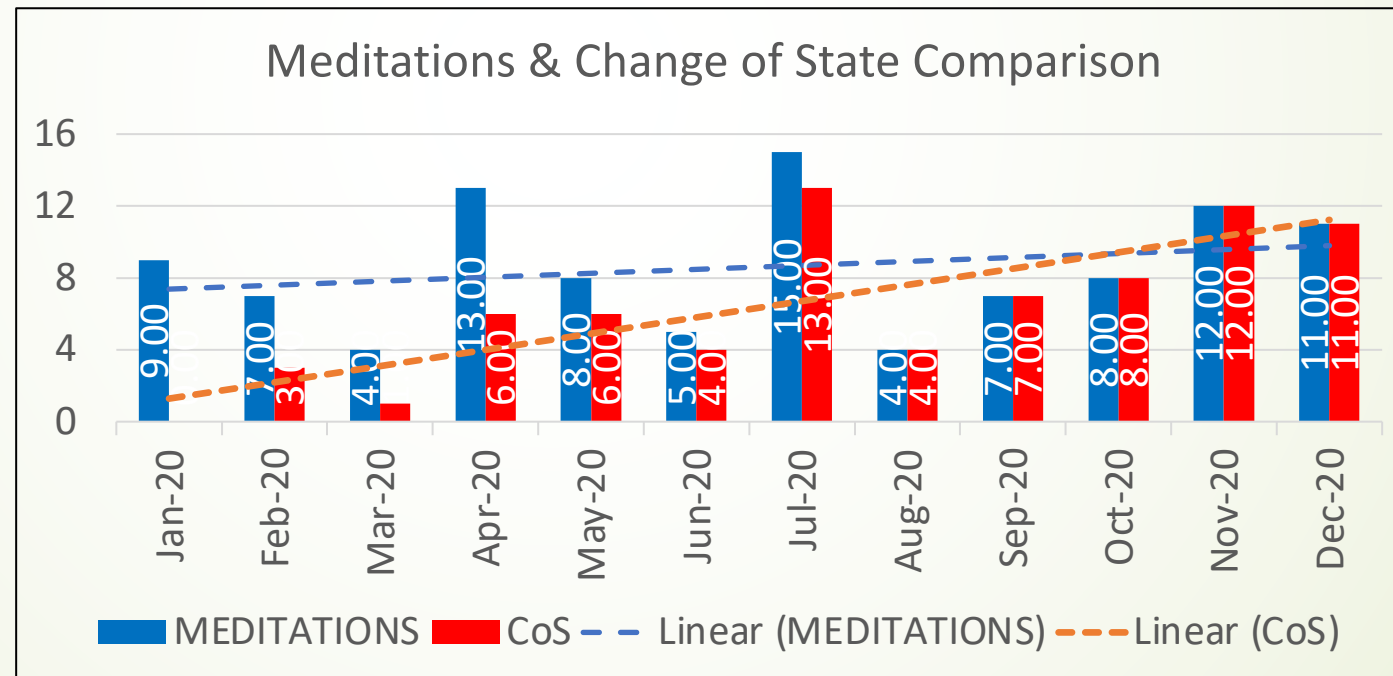
	Variable 1	Variable 2
Mean	3.33	9.17
Variance	6.27	11.77
Observations	6.00	6.00
Hypothesized Mean Difference	0.00	
df	9.00	
t Stat	-3.36	
P(T<=t) one-tail	0.00	
t Critical one-tail	1.83	
<b>P(T&lt;=t) two-tail</b>	<b>0.0083</b>	
t Critical two-tail	2.26	



# Chapter 3

## ■ Summarization

- There is a dramatic increase in Change of State Aura occurrence when comparing the first Six months period to the last six months period. Indeed, during the first few months Changes of State were rarely witnessed during Meditation practice. However, from April to Aug 2020 there is a steady rise of occurrence with an increase in Changes of State as a percentage of Meditations from 46% of Meditations resulting in a Change of State/Meditation ratio developing to 100% occurrence of Changes of State associated with Meditations.



Jan-20	Feb-20	Mar-20	Apr-20	May-20	Jun-20	Jul-20	Aug-20	Sep-20	Oct-20	Nov-20	Dec-20
9.00	7.00	4.00	13.00	8.00	5.00	15.00	4.00	7.00	8.00	12.00	11.00
0.00	0.43	0.25	0.46	0.75	0.80	0.87	1.00	1.00	1.00	1.00	1.00

# Chapter 3

## ■ Summarization

- A set pattern of cascading focus and intention directed meditations in association with Higher Power influence with time will allow a significant growth in Aura strength and Frequency of occurrence to develop.
- This might suggest increased strength and frequency of occurrence could contribute to more consistent healing application by the healer and greater access to energies that might be more effective and this could be another Study.
- Of more significant interest is the possibility that a program can be established such that any individual can significantly increase Aura energetic strength and frequency of occurrence with a set practice regimen that can be recorded and documented.
- Investigation into improvements in physical and psychological health that result from documented improvements or increases in Aura energies should be pursued as possible changes in the brain due neuro-plasticity of the brain might effect other physiological and psychological aspects of the subject developing the aura presentation.



# Chapter 4

## ■ Future Projects

- Project #1: Documenting Aura Development with identified meditation techniques to investigate the average person's ability to enhance or improve their Energetic Aura presentation and evaluate any potential improvement to physical or psychological health that might result that could be correlated to improvement in personal energetics.
- Project #2: Documenting Aura development with identified meditation techniques to investigate Aura improvements within a population recovering from substance abuse issues. What psychological or physical improvements can be correlated or identified with increased energetic presentation? What improvements in economic or social interactions are impacted by increased energetic presentation helping to reduce the isolation factor reported by many recovering from substance abuse?