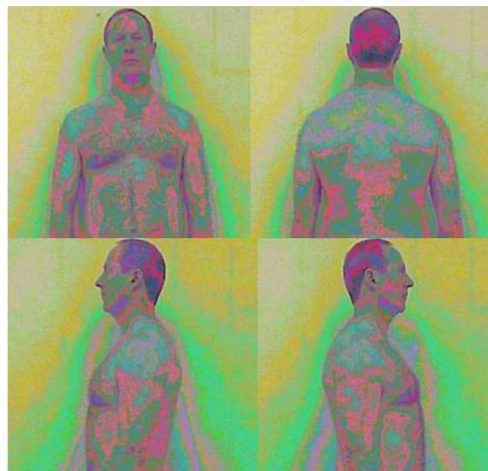


Biofield Reader - BFR Biofield Imager - BFI

Digital Light Filtering Software

HOW TO SET UP FOR GOOD PHOTOS



How to take good photos for processing

This guide is intended for Biofield Imager and Biofield Reader users who want to use their software for research and who will be taking comparison scans to monitor progress of e.g. a client 'before', 'during' and 'after' treatment.

Other researchers may want to use the software for observing changes to crystals, Earth Energy and so on over a period of time. Others may use the software for paranormal research.

If you just want to take photos for fun, or as a hobby - then snap away! Try to get the light is evenly balanced over the person, animal, object or ground you are photographing.

You can use:

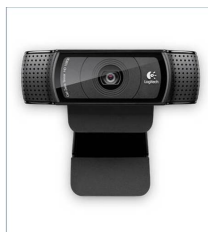
Still digital camera



Mobile phone (you can buy tripods to support them)



Snap photos with your webcam or video camera.



Try to get the light evenly distributed over the person or object you are photographing. See our User Manual which is free to download from our website www.biofieldimaging.com on the Home and Training pages. It also has a section on photographing outdoors.

Taking photos you want to process

The simplest way to get started is to use a still digital camera on a tripod, or a level surface and to use flash. This provides a portable and convenient way to take images.



A tripod/level surface is best as:

it ensures you get a steady, sharp picture - holding the camera in an unsteady hand may result in a less than sharp picture.

you can always place the tripod in the same place when taking photos - by measuring its position or putting a mark on the floor/table/platform

Flash is very convenient as it is the digital camera's own in-built light source.

Where you set the tripod up will depend on what you are scanning. For photographing people we recommend about six feet (2 metres) away if you have the room to do this. For close-up work you can use the zoom or set-up closer to the subject (see position of subject).



Still digital camera on tripod

Still Digital Camera settings:

- .set on flash
- .disable the auto-correct settings
- .set on highest megapixel setting
- .make a note of zoom distance

TIP If you want to take lots of photos at one session you may need to adjust the size of your images (megapixels) according to the memory capacity of your camera.

For photos which you want to compare

Get everything set up the same!

If you are going to be doing comparison photos maybe before and after a therapy, meditation or intervention, you must get everything set up the same for all scans. (If you are doing one-off photos – then this does not apply).

Position your tripod and mark/measure where it is on floor/desk so you can place it in the same place for any following photos.

If you have a big room you may be able to get the whole of the body in shot. If you can't do that then take photo from level of pelvis to about 1 foot above head so that you can see the light around the head area.

The camera will need to be in line with the subject and wherever possible upright and horizontal and not placed at an angle. If you need to place the camera at an angle for a photo then we suggest that you measure the angle so that you can replicate it for the next time.

Here's a checklist for you to check you're on the right track

CHECKLIST (for Comparison scans)

Have you put the camera on the tripod/desk securely?

What height from the floor is the camera on the tripod?

Is the camera horizontal or tilted?

Will you be able to put the tripod/camera back in the same place for comparison scans?

Will you be able to put the tripod back at the same height(s) for comparison scans?

Is the camera set on flash?

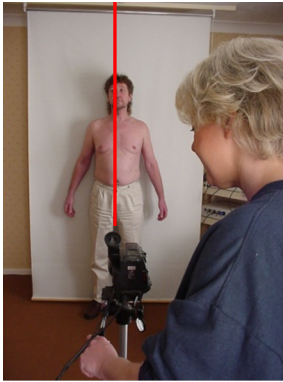
Is the auto correct function turned off?

Have you made a note of the camera's zoom setting?

If you're happy then you can start taking photos... enjoy!



Setting up for a biofield scan – position of camera and subject



Plain white screen as background
– red line is an imaginary line
drawn vertically down body which
camera lines up with



Light-coloured wall as
background

TIP

Ideally the subject should be wearing white or light-coloured plain, cotton clothing.

The subject should be placed in front of a white or pale-coloured, matt background such as a screen or wall as shown above. The cameras in photos above are on tripods and are in line with the subject. (Video cameras are shown here but the same method applies to still digital cameras and webcams). Having the camera in line with the subject allows light from the flash to distribute evenly over them .

The subject should stand in the middle of the wall or screen so that the light can fall evenly over them and around them. This will also allow for the best view of the biofield around their body as well.

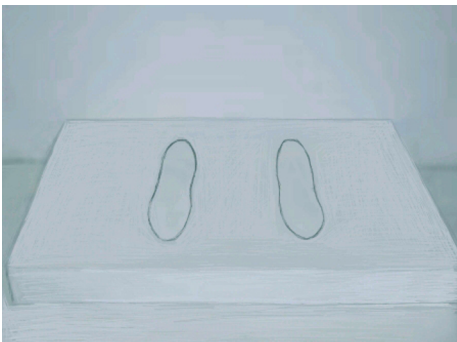
CHECKLIST (for Comparison scans)



Is the subject placed centrally in front of a plain screen or wall?

Is the subject standing about an inch (2.2cms) away from the wall or screen to help reduce shadows behind them?

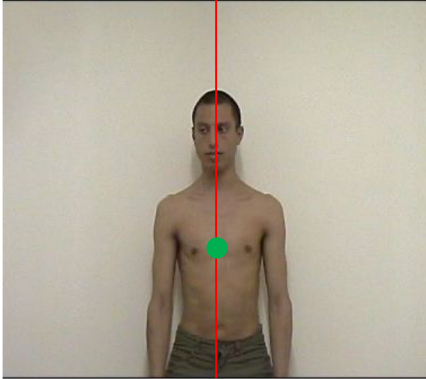
Is the camera lined up with an imaginary line drawn vertically through the centre of their body ?



TIP

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. A cork mat with feet drawn on it can also be used. Also draw feet across mat for side shots

Taking photos for processing



In the photo above the subject is standing centrally (between two walls) against a light-coloured matt wall. The digital still camera is on a tripod and is in line with the imaginary red line (shown) which dissects his body in two.

The camera height is at the level of the middle of his breast bone – marked with **green** circle. Camera should be level for all shots.

For lower body shots you can line up the camera with the pelvis/hips.

You can choose your own body landmarks for lining up with, just use the same ones for all subsequent scans. If you have a big room you may be able to get body and legs in one picture.

First do upper body shots – back, front and profiles while you have camera at breast bone height on tripod.

Then you can lower tripod and do all the lower body/leg views – back, front and profiles in sequence.

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

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 knees 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.

How to take good photos

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 equidistant between the walls where possible, as this will help with more even distribution of the light.

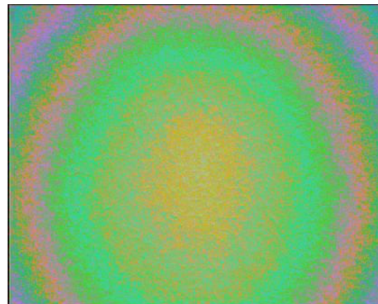
*Some users have the light on the ceiling at 90 degrees i.e. going across the room, so make sure the camera is in line with the middle of the light and that the subject is standing against the background wall or screen at the midpoint of the light.

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 Full-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.

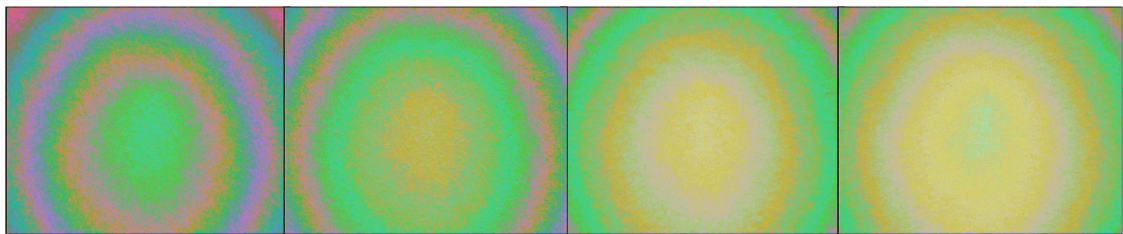
1 shows possibly not enough light – colours a little dull

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

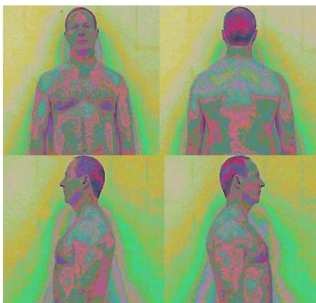
Control Shot of the subject

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



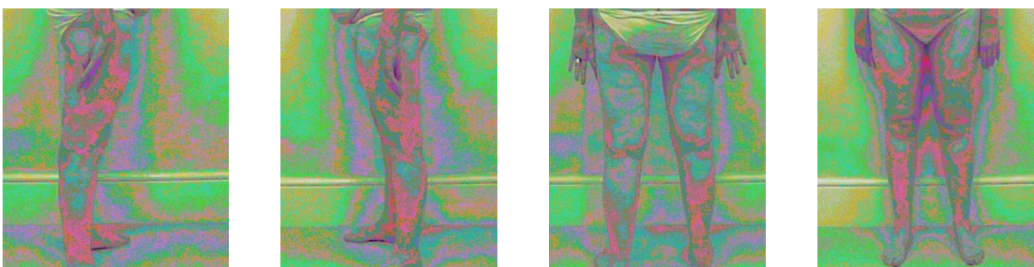
Man

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



Woman

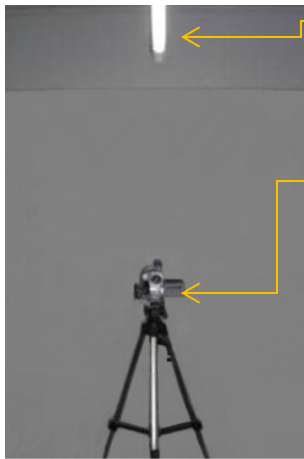
Here the therapist took scans of all views of the body.



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. If not available, you can get good shots with standard tubes. Just try to keep same lighting each time.

This photo shows the view of the camera and lighting from the subject's viewpoint. The camera, lighting and subject are all in alignment. The centre of the camera, light and subject's body should ideally 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.

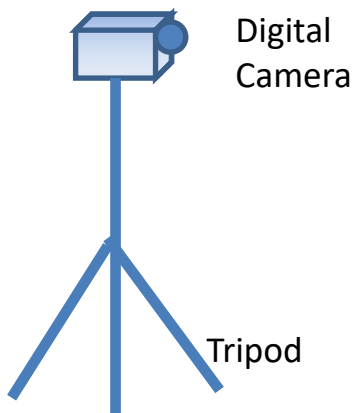
Camera settings

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.

Biofield Imager & Biofield Reader

Measure height of camera from floor or use tripod at same height each time. Keep it in line with subject and light.



Mark on floor where tripod stands – use tape or marker pen. Or measure from walls.

2 – 2.5 metres

If you can, place person centrally between side walls so that light bouncing off walls is distributed evenly over them.



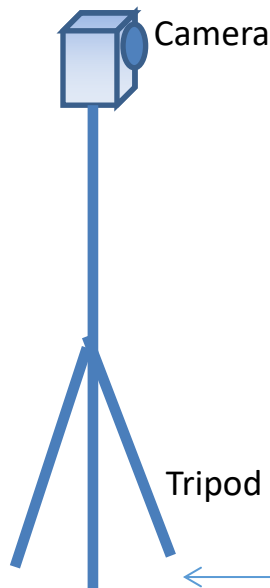
Mark position of platform/mat on floor

Room set up - light on ceiling

Use same lighting
each time. Place
subject in line with
light.

Measure height of
camera from floor or
use tripod at same
height each time.
Keep it in line with
subject and light.

Mark on floor where
tripod stands – use
tape or marker pen.
Or measure from
walls.

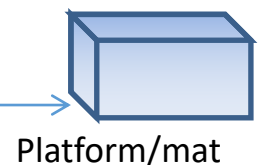


Fluorescent tube fixed
to ceiling – ideally
placed centrally
between two side
walls.

Allow 3 –
5 feet
(900 -
1500mm)
space
between
the
wall/or
where
subject
stands,
and the
end of the
light.

If you can, place
subject centrally
between side walls so
that light bouncing
off walls is distributed
evenly over subject.

2 – 2.5 m



Mark position
of platform/mat