



Activating the Recovery Stage in Chronic Fatigue Syndrome

For Step 3 of the Professional Development Series in Energy Medicine

by Heather Carlini, CMH

Introduction

This research study uses the **Resonant Field Imaging™ (RFI™)** system with the HeartMath Institute's Freeze-Framer™ biofeedback program to illustrate that the Recovery Phase of Chronic Fatigue Syndrome can be activated through the use of regressive hypnotherapy and Bio-Sonic Repatterning™ with the use of tuning forks.

Chronic Fatigue Syndrome (CFS) is a condition manifesting as a persistent or relapsing fatigue lasting six months to a few years. This debilitating fatigue is characteristically accompanied by a combination of associated symptoms, including impaired concentration, short-term memory loss, muscle and joint pain, and sleep disturbances. CFS has previously been known by names such as chronic Epstein-Barr virus (EBV) disease, chronic fatigue immune dysfunction syndrome, epidemic neuromyesthenia, myalgic encephalomyelitis and fibromyalgia.

Estimates of the incidence of CFS in the United States range from 4 to 265 of every 100,000 adults. Eighty percent of the diagnosed cases occur in white women, with the average age of onset about 30 years.

Background

When the autonomic nervous system becomes overwhelmed with anxiety and negative emotions such as those experienced in CFS, the balance between the sympathetic and parasympathetic nervous systems deteriorate. Depression causes a low arousal state, often accompanied by high levels of cortisol. It has been found that when cortisol levels rise there is an imbalance in the proportion of DHEA/cortisol levels, which is found in nearly all illnesses. High DHEA on the other hand promotes the health maintenance and regulation of the body systems. In CFS this imbalance is at the core of the illness. Negative emotions such as anger, fear, anxiety, hopelessness, despair, depression, burnout, withdrawal and apathy are found in subjects with CFS and this causes lower readings of DHEA and higher readings of Cortisol. For recovery, these readings need to be reversed.

In order to balance the entire physiologic-psychologic system, the subject needs to reconnect with faith, hope, compassion, forgiveness, acceptance, joy, happiness and love. These higher emotions have a profound effect on the body's performance. This research endeavors to show how this state of well-being can be re-established in the body to bring back to a state of balance.

Onset of Chronic Fatigue Syndrome

It has been concluded that the onset of Chronic Fatigue Syndrome is often flu, cold or apparent viral infection accompanied by headache, sore throat, earache, congestion, runny nose, cough, diarrhea and/or extreme fatigue. In this research project, it was learned that CFS is often preceded by a major stressor, in which the body is in a state of hyper-activation causing the over-production of such chemicals such as cytokines and cortisol that ordinarily help activate a healthy immune response. When overproduction to such an extreme amount however, they become toxic to the body and cause symptoms of CFS, which appear as flu-like symptoms at the onset.

Cortisol Research

Research pointing to a circuit linking the immune system and brain connects illness, stress, mood and thought in a whole new way. The research indicates that stress – maybe even the stress of being cold – appears to tap into the same immune nervous system loop that triggers symptoms of the common cold, according to **Steven Maier, Ph.D.**

For more than a decade, researchers have known that behavioral and psychological events can influence the immune system. But now new research shows that the immune system sends signals to the brain "that potentially alter neural activity and thereby alter everything that flows from neural activity, mainly behavior, thought and mood," said Maier, professor of psychology at the University of Colorado. "In a real, true sense, **stress makes you physically sick**," said Maier. "In addition, many of the changes over time in mood and cognition from day to day are driven by events in the immune system of which we are unaware."

The Immune-Brain Loop

When Maier talks about the immune system, he's not talking about the specific immune response of t-cells, b-cells and antibodies that most psychoneuroimmunologists study. He's more interested in what's called the "nonspecific immune response" – the body's rapid, first-line defense against infection or injury that's initiated an hour or two after infection.

This nonspecific immune response is often called the 'sickness' response because it triggers a series of physiological and behavioral changes, including fever, changes in liver metabolism, reduced food and water intake, reduced sexual activity, reduced exploration and increased anxiety. It also activates a classic stress response, releasing stress hormones such as cortisol.

According to Maier, the sickness pattern is an orchestrated attempt to produce energy for fighting infection and to preserve energy through behavior changes. Knowing that signals from the brain, in particular the hypothalamus, trigger these sickness responses, Maier and his colleagues set out to take apart the molecular machinery at work. The first step was to figure out how the brain knows there's an infection in the first place.

Maier explained that the key lay in molecules called pro-inflammatory cytokines, which include interleukin-1, interleukin-6 and tumor necrosis factor alpha. Immune cells called macrophages, which are the first on the scene of any infection, create these molecules and experiments showed that they act inside the brain to trigger the sickness response. For example, when Maier and his colleagues inactivate these cytokines or block the receptors in the brain that bind them, test animals show no sign of sickness after infection. And if they administer these cytokines to the brain, the animals show all the signs of infection even when no infection exists. But, Maier and his colleagues found, it's not

the cytokines produced in the blood by macrophages that tell the brain you're sick. They're too big to get past the blood-brain barrier. Instead, the message moves from the bloodstream to the vagus nerve, which delivers it to the brain.

How does the body translate a blood-borne signal into a neural signal? Sitting along the vagus are pockets of neurotransmitters, called paraganglia, which have on them receptors for interleukin-1, one of the cytokines released by macrophages.

Maier explained how this works: "Your macrophage chews on a bacteria, it releases interleukin-1 into the neighboring space, the interleukin-1 binds to receptors on the paraganglia, which send neurotransmitters to activate the vagus nerve," which sends a signal to the brain. This signal triggers the brain to make its own interleukin-1 and that sets off the sickness response and sends signals back to the immune system, further activating immune cells. Maier believes that we have a complete, bi-directional immune-to-brain circuit.

Stress Makes You Sick

It turns out that stress taps into this very same circuit, but starting in the brain rather than the immune system. Maier and his colleagues find that if they stress animals – by socially isolating them or giving them electrical shock – they see massive increases in interleukin-1 in the hippocampus.

According to Maier, stress and infection activate overlapping neural circuits that critically involve interleukin-1 as a mediator. And, not only does stress produce the expected stress response, it also produces exactly the same behavioral changes—including decreased food and water intake and decreased exploration--and physiological changes, including fever, increased white blood cell count and activated macrophages seen in the "sickness response."

Maier noted that the animals are physically sick after stress and he observed everything you see with infection. The implications of this shared neural loop are that stress and infection sensitize the body's reaction to the other. In other words, an infection primes the circuit so that it has an exaggerated response to later stress and vice versa.

This made me wonder if chronic fatigue syndrome isn't started by the stress-response, causing the mind to think there is an infection in the body. Many of my clients who suffer from CFS had a trauma-related incident at the onset of the disease that causes the immune system to become hyperactive, so I set out to evaluate this theory.

Depression and Cognition

Maier states that understanding this dual-function circuitry may help practitioners better understand depression. In fact, depressed mood produces all the same behavior changes as both the sickness and stress responses – changes that conserve energy and keep people out of harm's way. In some sense, it could be thought of as a highly efficient circuit for triggering these adaptive changes.

Evidence for connecting depression with the sickness/stress circuitry comes from studies in animals and humans. For example, studies of patients receiving interleukin-1 to fight cancer found that they developed severe depression and, vice versa, people with depression have elevated cytokine levels.

Clinical studies have also associated cytokines with cognitive impairments, said Maier, which led him to his most recent work attempting to link changes in the immune system with day-to-day variability in cognitive function.

Preliminary work finds that he can disrupt learning and memory in rats by injecting bacteria into rats' digestive tracts or by injecting interleukin-1 into their hippocampus. He and his colleagues are now trying to work out the molecular mechanisms that cause the disruptions in learning and memory.

Maier concludes that this is a really exciting time for psychoneuro-immunology, since the researchers are finding that products of the immune system alter neural activity and everything else that flows from neural activity. It's not very unusual anymore to think of hormones as regulating neural function. In another few years it will be no less unusual to think of immune products regulating neural function according to Maier. His research found that stress is another form of infection. And the consequences of stress are mediated by the activation of circuits that actually evolved to defend against infection.

Dr. Maier's research shows that if the mind can create disease due to stress, then possibly it can also reverse disease if we change our thoughts, and learn new ways to relax the body and mind allowing the biochemistry to readjust. I see this happen often with my clients in therapy.

Hypothesis

It is my belief that Chronic Fatigue Syndrome is a condition that is stuck in the "stress response" stage and it keeps cycling between remission and relapse. The body has difficulty finding its set point for good health. **The purpose of this research paper is to provide empirical evidence in support of my belief that the recovery stage for CFS can be activated with hypnotherapy and sound therapy, and measured with RFI™.**

Methods and Materials

Technique for Activating Recovery Process of CFS

Until recently, almost all the attention in dealing with CFS has been to focus on the causes and coping methods. Very little attention has been given to describing the recovery process, or explaining a technique for activating this final stage of the disorder.

The Recovery Phase is often characterized by a gradual ascent toward health, punctuated by relapses and remissions of varying degrees. Eventually the relapses become further and further apart. It has been found that stress in the recovery stage can cause a relapse, so it is important to change the belief system about healing. There needs to be a shift that happens in the overall pattern of symptoms and in the subject's belief about recovery.

This research was approached based on the following factual and theoretical information:

- 1) The "relaxation response" was used to cut down or neutralize the effect of cortisol on the system, which is one of the reasons the person has cognitive and memory retention problems.

- 2) Through regressive therapy, the contributing factor to the onset of the disease, i.e., the loss of a job, can be re-framed by regressing the subject back to a time before the illness when he/she was healthy. In the process, we are looking for the “point of entry of the disorder.” The subject was asked to do some deep breathing as he/she was guided into the “zone” on the Freeze Framer™ biofeedback program. In this state of relaxation the mind and the heart are fully entrained and in sync with each other. The body then produces endorphins, which appears to neutralize the effect of cortisol on the system.
- 3) Each cell has within its nucleus a genetic code or blueprint, showing perfect harmony, balance, and health. This blueprint contains detailed instructions for each individual cell as its role in restoring the state of balance to the body, mind and soul. When the subject is in the “zone” it is easy to re-connect with the body’s innate knowledge about healing. An interesting point here to note is that one has to give the body “permission” to heal on both a conscious level and subconscious level, otherwise the process won’t work.
- 4) In CFS there is often a distinct problem between the conscious mind and subconscious. The conscious mind may want to recover, but the subconscious mind may sabotage this attempt for various reasons. This is usually at the root of noncompliance with healthy behavior change, and this becomes an obstacle to healing. There are often “secondary gains” to remaining ill, which need to be addressed. Hypnosis is used to help guide the subconscious mind and the conscious mind into working together with the purpose of healing.
- 5) Since there is often a “critical event” that preceded the onset of CFS, such as the loss of a relationship or a job, this event needs to be discussed and the emotions need to flow in order for it to be cleared from the subconscious mind.
- 6) The energetic level of the body needs to be addressed, otherwise the blocked energy remains stuck on a cellular level, causing aches and pains as the energy moves around the body. The frequencies in various parts of the body will show disturbances in the endocrine glands, or cells of the body. Therapies such as acupuncture, acupressure, healing touch, Reiki, color therapy and tuning fork therapy can help address this blockage of energy and be productive in clearing the meridians to initiate a healthy energy flow once again. **Resonant Field Imaging™** is used to record the findings before and during each session to watch the progress on the energetic level in the area that was showing problems.
- 7) Since the subconscious mind was addressed through hypnosis, the conscious mind also needed to be addressed accordingly as most CFS subjects feel a great deal of negativity and fear-based thinking. The following suggestions were given in this research to subjects to help create a state of mind in-between sessions that removed the roadblocks from their healing path:
 - a) **Keep a Journal:** subjects were asked to keep a journal of what they did each day and how they felt physically, emotionally and mentally. They were asked to write down their dreams and look for reoccurring themes or insights. The journal could help identify what was helping build their strength and identify what caused energy drains.
 - b) **Categorize Everything in Life as Either Stressful or Helpful.** This helped to bring about an awareness of how foods affected them or what situations drained them.

- c) **Eliminate all Negativity.** They were asked to let go of negative influences such as: negative people, places, attitudes, ideas or anything fear-based. This helps to bring about an internal dialogue that keeps them on the healing path.
- d) **Read Uplifting and Enlightening Books.** These books need to be inspirational, positive and hopeful.
- e) **Engage in Non-Aerobic Stretching or Meditation Exercise:** This helps put the subjects in touch with their body and makes them concentrate.
- f) **Learn to Enjoy Solitude** to help create an inner peace.
- g) **Forgive Everybody Including Yourself:** In this practice the brain creates a different chemistry that is conducive to healing. Often CFS subjects are angry with themselves for being ill, and having to take time off work. They blame themselves for putting their family in a situation that often creates hardships.
- h) **Be Patient and Have Faith in the Process of Healing.** This gives intent to the process.
- i) **Give Yourself Permission to Heal on all Levels.**

Equipment Used in Research

The **RFI™** system, developed by Innovation Technologies and Energy Medicine (ITEM), uses a hand held frequency meter with a specially-tuned antenna that measures the frequencies in Megahertz around the body at various points and distances that gives readings on the levels of health (0-4 inches from body), psychological (4-18 inches from body) and chakras (central axis of body). It gives a true, real-time reading of the aura frequencies in the natural state at the point of testing. Each frequency can be correlated to one of 15 colors on a frequency chart to assist in looking at Aura colors. The computer software program that accompanies the **RFI™** system, developed by ITEM, takes entered frequencies, prints a color image of the Aura colors on the three levels, and then prints a complete printout of the interpretation of the meaning of the color in the specific areas.

RFI™ measures the resonant frequencies of the areas around the body. In this study the complete 40 points around the body were recorded, first before, and again after, the hypnosis session. A shift in the resonant frequencies demonstrates the change in coherence in the physiological body related to the shift in patterns in the various body regions. The readings taken by the meter fluctuate during a reading because the aura appears to collapse and pulsate very slowly in chronic fatigue subjects. The initial reading often shows areas of body pain where energy isn't being processed, therefore becoming stuck on a cellular level.

During the hypnosis session the frequencies around the head change as the thought patterns shift when the "point of entry" for CFS is found and is re-patterned in the brain. The immune system becomes activated and the readings around the body where stress was held begin to change. As the subject changes his/her belief system, he/she is better able to handle incoming information from the environment and then allow that information to flow out the chakras and the right side of the body without holding it intact. To enable this, the subject is asked to project the aura outward if it has shown to collapse. Holding the energy information in a stagnant position in the body causes the subject undo pain on a mental, emotional and physical level. This type of therapy is explained to the

subject as a detoxification of the four levels of existence: the mental, the emotional, the physical and the spiritual.

Freeze-Framer™ uses the power and intelligence of the heart to shift perception in the moment, bringing our biological systems, including the brain, into balance and harmony. The Freeze-Framer™ pulse measurement and software program measure the heart rate variability and plots graphs and charts during data analysis. The Freeze-Framer™ was developed by the HeartMath Institute to monitor the physiological changes during stress reduction exercises that uses the heart to bring the body, mind and emotions into balance. The research participants were put in hypnosis during the FF™ programming.

BioSonic Repatterning™, developed by John Beaulieu, N.D., Ph.D. is a natural method of healing using tuning forks based on the sonic ratios inherent in nature. When the tuning forks are tapped, they produce sonic ratios inherent in nature. When tapped, the tuning forks produce pure musical intervals based on precise mathematical proportions known as the Pythagorean tunings. When one listens to these intervals, the subject creates an archetypal resonance resulting in a physical and psychic re-patterning of one's mind, body and spirit. This takes place on a physical level within the inner ear by stimulation of the cochlea and semi-circular canals. When one listens to the sound of the tuning forks, his nervous system attunes to the pitch in much the same way as he would find a pitch for a choir, or tune a piano. The vestibular system via the semi-circular canals re-proportions the body through a process of cellular memory based on the natural ratios of the tuning forks. During the listening process the physical body will actually re-posture itself to hold the proportion and count correctly in the cells.

This process is used to balance the energies in the auric field, which re-establishes the proper frequency to the chakras that helps balance the endocrine glands along with the health level in the cells.

All techniques mentioned above were incorporated in the treatment, then the results were expected to show that as entrainment ratios increased in the Freeze-Framer screen and the frequencies were repatterned around the body using the tuning forks, then the RFI™ frequencies would change, showing a healing effect in the forty points measured by the frequency meter around the body, and over the chakras. This has the effect of taking the body and mind from a state of incongruent frequencies up to the congruent frequencies of health once more.

After the regressive hypnotherapy is done to work with the point of entry of the disorder, Biosonic Repatterning™ is then performed with the tuning forks to purify the auric field and to bring back the proper "notes" in the chakras, that will allow healing. After weeks of therapy using this technique, RFI™ measurements are taken to see if we have succeeded in balancing all levels of the aura and mind.

Research Methods

Prior to a 12-week therapy program, four subjects with diagnosed CFS were measured at 40 regions with the RFI™ frequency meter. These readings were recorded in the software program and printed out for comparison with measurements following each session. The percentages of the initial and final entrainment were recorded as a measure of the shift in the lower, middle and high entrainment levels, and this percentage was used to correlate to the shift in resonant frequencies measured before and after around the entire body.

The writer conducted hypnotherapy on each of the four subjects once per week over the 12-week period. Hypnotherapy focused on the regression to the time just before the onset of CFS. In each case, it was learned that there was a major trauma that occurred that led to CFS, including: 1) the loss of a job due to downsizing of a large company, 2) the loss of a significant relationship, 3) the loss of a court case, and 4) worry over a son who went to jail. It is this original loss or fear that disables the person by rearranging their belief system about themselves and their life, or by the person losing elements of their identity due to loss of something important in their life that gave them a “role”. The significant loss in one’s life causes his/her belief system to collapse and he/she feels emotionally flat. This is shown in the psychological region of the **RFI™** readings that are barely pulsating in the beginning of the research. It is almost impossible to get a coherent reading on such subjects at 12 inches away from the body, due to the subject’s low energy levels. It appeared in each subject that the life energy was stagnant and barely pulsating. The results appeared to be that this stagnant energy was causing pain in the body and the body becomes rigid, the same as the belief system and the emotions.

Once the “point of entry” was found for the disorder (while in hypnosis), the subject was asked to do a number of mental exercises to let go of the event energetically by cutting an energy cord and taking back their power from the event. The event was then reframed as being something in the past and the subject was asked to now place himself in the present time as much of the stagnant energy represents being stuck in a time warp. There is always a fragmented part of the subject that split at that time. The subject was asked to find that part and dialogue with it, seeing what it needs in order to come into the present. Permission was given to this part to move their life forward. This enabled the shift in consciousness from the past to the present. Positive affirmations were then given that re-frames the old belief system. These affirmations represent the intent that the subject now wants to create regarding the state of his health and life in general. It was explained to each subject that the power of intention could help create a new reality that can move him or her forward out of stagnation and into the flow of life once more. The subject was then asked to open up to the flow of Universal energy by first expanding the aura once more and allowing it to take on more light.

Following hypnotherapy, BioSonic Repatterning was done by the use of eight full octave tuning forks. Each combination affects the four-body system (physical, mental, emotional and spiritual (etheric)) in a specific way, which begins the process of balancing and harmonizing the chakra system.

Each subject has his own “signature frequency” that can be found by the use of the tuning forks. When the body hears it, it recognizes it once more, which tends to bring the body back into balance.

Results and Discussion

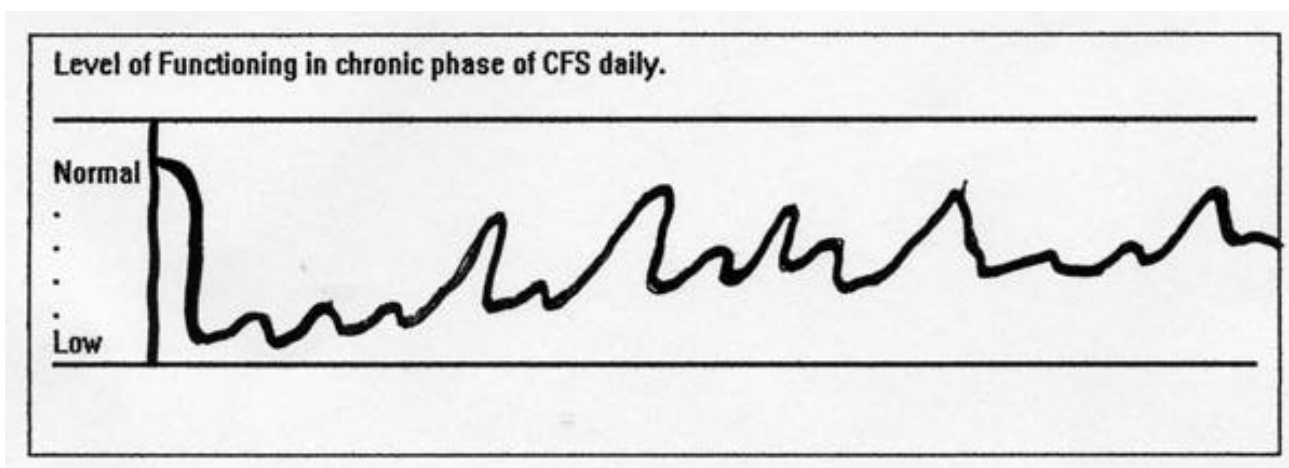
The results of the 12-week research study are presented on the following pages, in abbreviated form, with “Louise” used as an example of how this form of therapy activates the recovery stage of CFS. Complete results are presented in Attachment A.

The Chronic Phase of Chronic Fatigue Syndrome

With all the research subjects there was a chronic phase for the CFS. Unlike other illness, it typically doesn't have a “progressive downhill course” of getting worse over time. Instead, it is characterized by an acute onset followed by a chronic phase with cyclical good days and bad days in which the symptoms vary.

The Chronic Phase is described by settling into cycles of symptom severity, i.e., by how much pain the client had that day, the insomnia incurred the night before, or the lack of concentration during the day. The problem is that the doctors have no answer for this illness other than prescribing medications for pain, insomnia, depression or anxiety.

The following graph is an example of how the level of functioning can vary from onset through the chronic phase of Chronic Fatigue Syndrome.

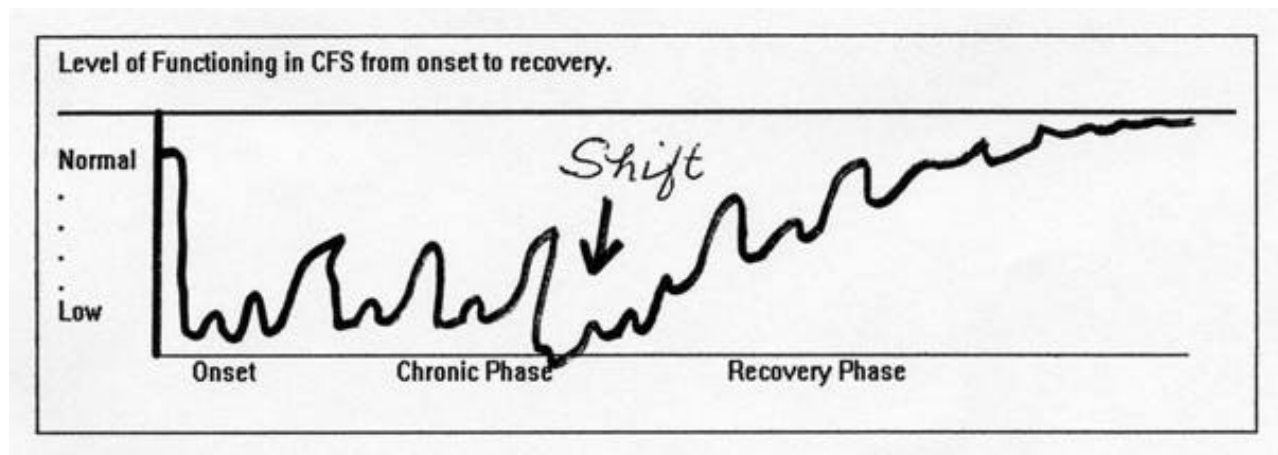


The Recovery Phase

No one knows for sure what activates the recovery phase of CFS, but it is my belief from this research that it begins with education of the subject about what recovery is. In this research, I was able to activate a change in the thinking of CFS subjects, and a release of pent-up emotions through the use of regressive therapy in hypnosis. It appeared that once the mind changed its pattern of thoughts about recovery, the body followed on a physical level. The sleep pattern changed as I gave the post-hypnotic suggestion that the subject through all four stages of sleep.

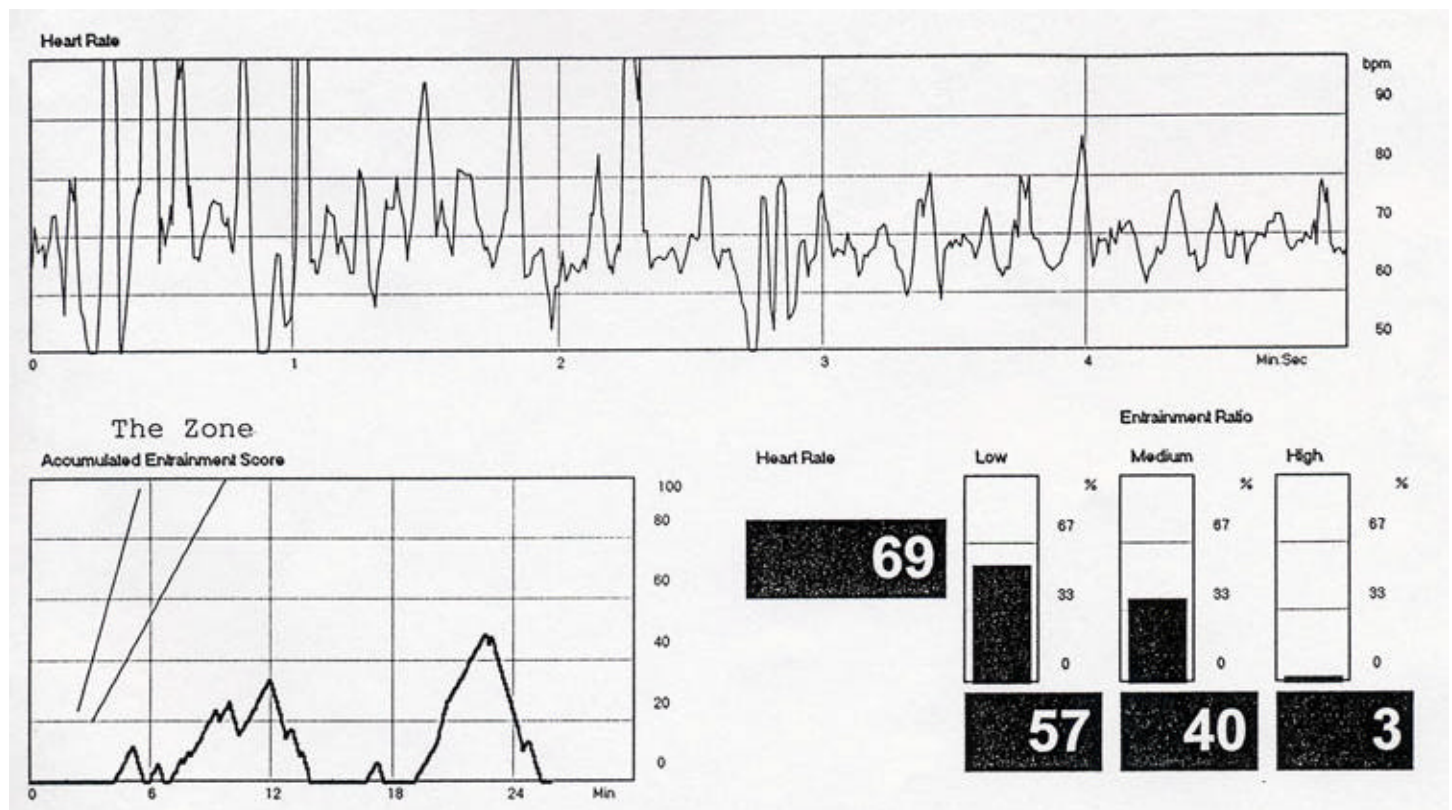
The difference in this type of recovery is that I also activated the spiritual level (energetic level) by working with the tuning forks to cleanse the aura field around the body. This was necessary because the “memory” of an illness or trauma remains in the aura field for some time, and will continue to influence the person's well being until some form of energy work is used to correct it.

The Turning Point in Chronic Fatigue Syndrome:



The following **RFI™** image and Freeze-Framer™ graphs show how Louise's aura field was balanced through the use of regressive therapy and tuning forks. She has since retired now and is enjoying life. She is still very cautious to keep her self-balanced, and she continues to do sessions with me to keep her on track. As she says her health isn't 100% recovered, but she is finally into the recovery stage and is getting better each day. The biggest difference is in her attitude and her new zest for life. I continue to do more **RFI™** readings on her to make sure her energy field is still in the healing mode.

Before Therapy Baseline Conditions



The graph above is Louise's baseline reading on Freeze-Framer™ at the beginning of her therapy. This graph indicates that most entrainment (97%) between the brain and heart was at a low or medium level, with only 3% considered "high entrainment." Louise was not in "The Zone" as far as the accumulated entrainment score produced by the software program. Also, notice how erratic Louise's heart rate is, and that her heart rate reaches 90 beats per minute and higher in the initial phases of this monitoring.



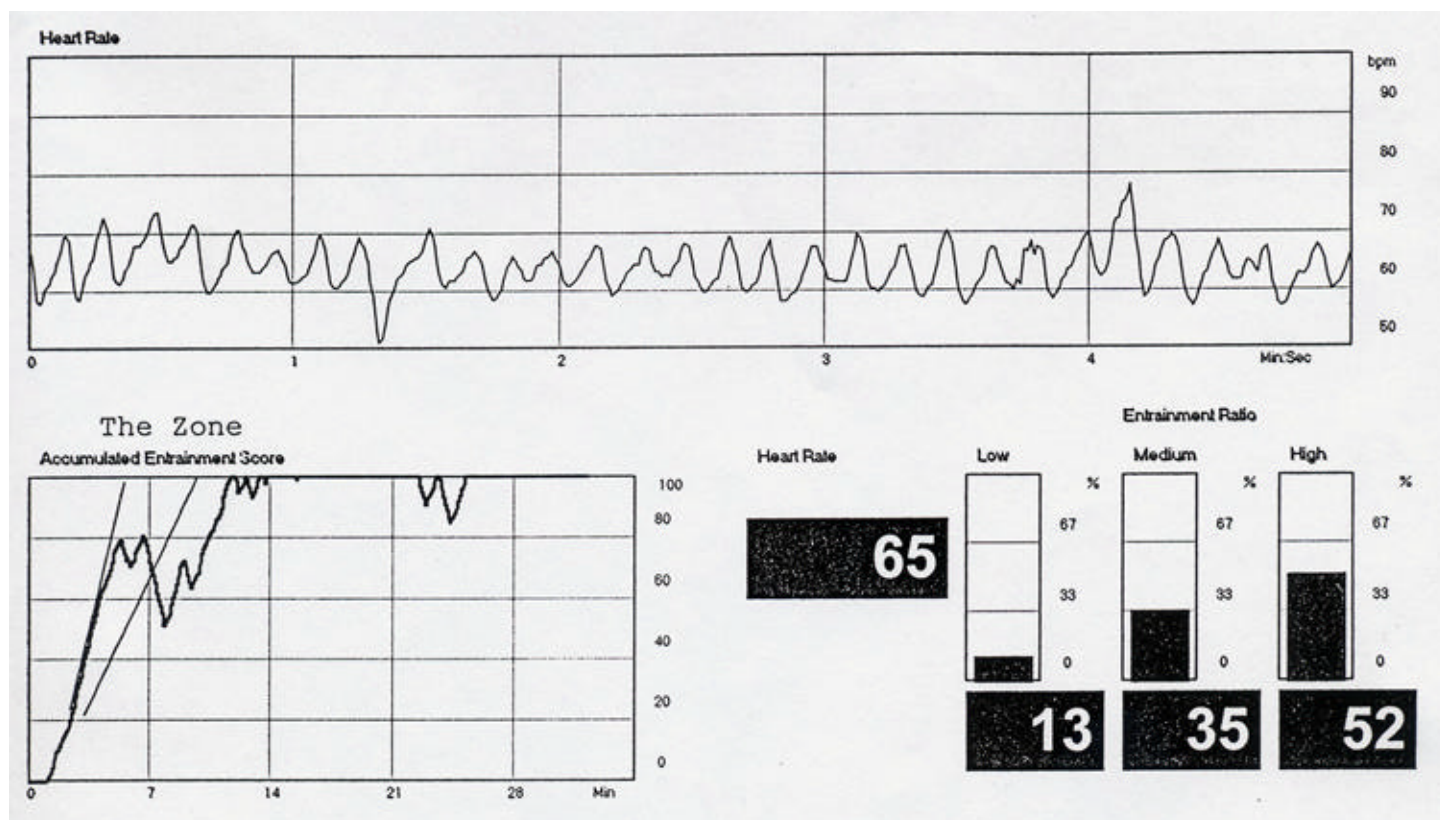
This is Louise's baseline reading for **RFI™** at the beginning of her therapy. It is a prime example of what CFS subjects' energy fields look like due to stress. The government office where she is employed recently downsized its staff, leaving Louise to handle the work of two people. Notes on this **RFI™** reading:

- On the left side on the Psychological Level the measurements reveal black in two areas. On the health level black is shown, and the Sacral Chakra also has black as its predominant color. This appears to indicate a "tear" in the energy field. Louise had an operation for endometriosis a year

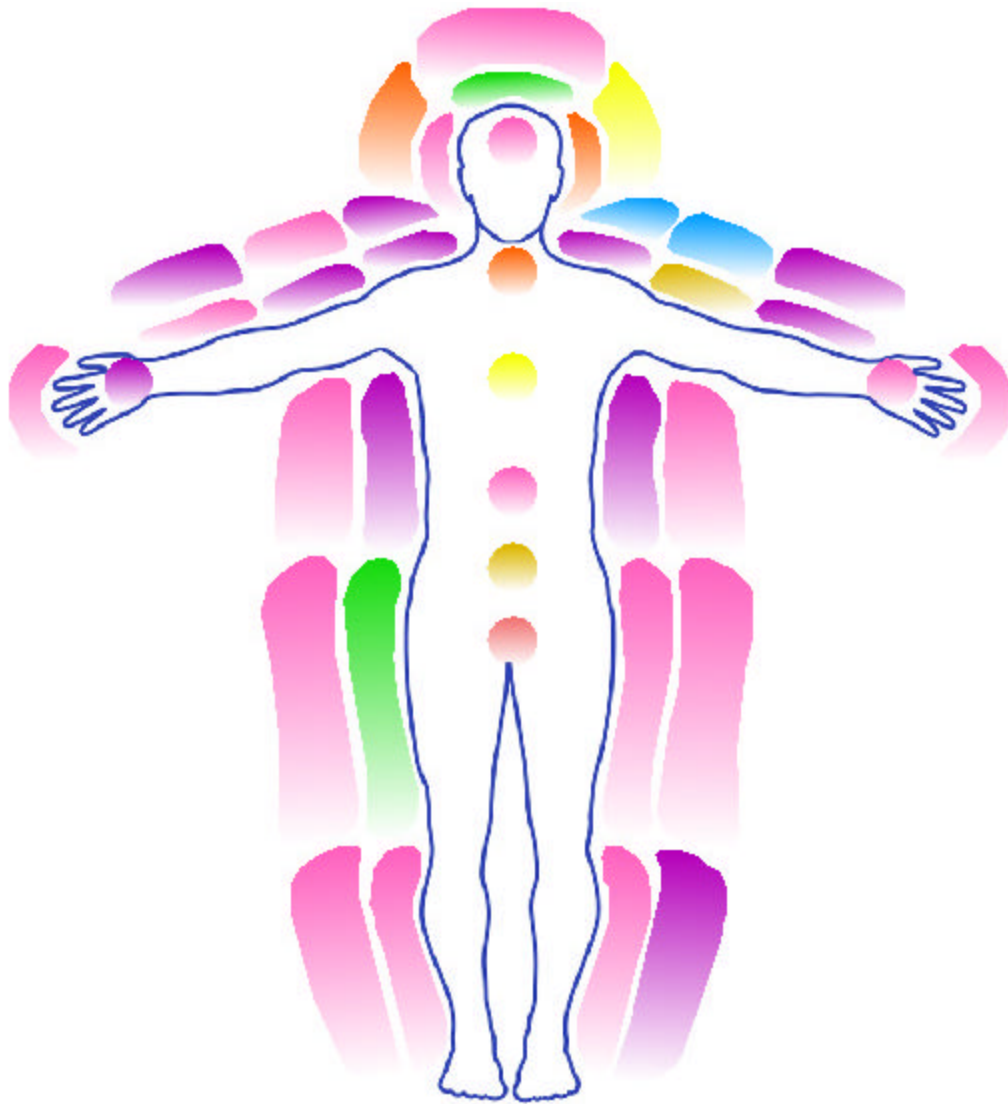
ago. The aura indicates that she may have problems with endometriosis again, or has not fully recovered. The Sacral Chakra's black color appears to indicate a blockage of emotional expression. I requested that Louise visit a doctor, which she did; the doctor revealed that Louise will have to go through another operation. The **RFI™** reading provided feedback on this problem even though she was not aware of it.

- Louise has problems with her left hip and her balance; the color black appears in this area.
- Note the red in the Psychological Level above both arms, and burgundy at both wrists. She is harboring stress in her upper body, particularly her arms. Her doctor confirmed that she has carpal tunnel syndrome.
- Note on the right side of the brain, it shows black energy again, which could be revealing the intense emotional pain that Louise is suffering through her job. She also had a migraine headache at the time the reading was taken.

Conditions After 12 Weeks of Therapy



This is Louise's final reading on Freeze-Framer™ following 12 weeks of therapy. Notice that the high entrainment ratio is at 52%, as compared to 3% at the beginning of the study, the significant improvement in stability of heart rate, and the "accumulated entrainment score", which indicates that Louise is in "The Zone". Louise has begun her recovery of CFS, and her outlook has changed remarkably.



This is Louise's final reading for **RFI™** at the end of her therapy. Notice that the aura field is almost entirely orchid and purple, indicating a harmonic association between mind and body. This is a very healthy energy field. Notice that all areas of red, burgundy and black have been replaced with "softer" colors, such as orchid (spiritual focus), purple (psychosomatic connection), gold (healing), orange (healing) and blue (communication).

Discussion

The results of this research indicate that four CFS subjects responded very favorably to 12-weeks of regressive hypnotherapy to confront the onset of CFS, and Bio-Sonic Repatterning™ to help the body retune to its optimal frequencies. The therapy program did not produce a full recovery, but instead, it activated the beginning of the recovery stage, which is the result I was seeking. Each subject continues to work with me on an ongoing basis whenever they feel they are slipping, or they need some help staying on the program.

Some observations about the research:

- All subjects were able to bring down their heart rate from (in most cases) 80-90 beats per minute to approximately 50 beats per minute at the end of 12 weeks.
- After a few sessions every one of the subjects were able to go into the Zone at 100% where I could program the subconscious mind about healing and letting go of the need to hold onto the illness. Regressive therapy was done on all subjects to let go of the causal effect that happened just prior to the beginning of their illness. Once this was accomplished I noticed a more relaxed mode in each subject. This is where the “shift” actually happened in the recovery process, which was what I felt would happen. It was at this point that all subjects were able to sleep through the night and the body aches and pains began to lessen.
- The next thing that happened was that each subject had to discover if holding onto the illness gave them “secondary gains” such as being on long-term disability. Two of them admitted that this was the case. They were afraid if they returned to work and they got sick again that they couldn’t get back the long-term disability, and this was a valid concern.
- One of the subjects was in extreme body pain (fibromyalgia) and this took more work. I taught her to work on bypassing the pain threshold in hypnosis and retraining the body to feel what it was like to be without pain. It seems that the body forget this and take the feeling of pain to be a new “set point”. At the end of the research she had new methods to work with pain control. She also noticed that she wasn’t as depressed as she was in the past so she began walking on the beach and enjoying life again.
- One subject found that after seven years of illness, he finally forgave the bank for letting him go and he discovered that it was the loss of his identity that made him feel inadequate. He has now begun to do volunteer work and has re-established a feeling of meaning and purpose in his life. He continues to recover slowly.
- Louise decided to take an early retirement from her job and this has brought about an amazing change. The body pain on the left side of her body has gone and her wrists are slowly repairing (carpal tunnel). I continue to do treatments with the tuning forks on Louise’s wrists.
- After training all the subjects to go into the zone on FFT™, I noticed that each time I did hypnosis on them they could put themselves there automatically. I taught them that when they were at home they could use the word “Zone” when in meditation and they could recall the feeling of being in the Zone and they could continue to instruct their bodies to heal.
- With the use of the “relaxation response” all subjects was able to reduce the amount of cortisol the body had been producing, thus there was more clarity of thoughts and more memory retention in all of them.
- Another subject gave up the need to fight for custody in a long court case that was going no place. This was what was causing her illness, and since making this decision she is recovering and has taken up some new interests. She discovered that when she was in the fighting mode the energy was stuck, it was just setting in her body causing her pain. Now she has learned how to process the energy, rather than allowing it to be stagnant in her body and mind.
- The process of recovery for some is a long process but they need to stay on the program for a while until the body is retrained. It is a lifestyle change that needs to be worked with continually.

The research was successful in that it “proved” what I expected all along. We can change illnesses by reversing the process of how one got to that point in the first place.

I noticed that the further the subjects got into therapy, they were feeling better daily. It was to each of them a change of lifestyle. They removed all the negative influences and people out of their lives. They wouldn't let their friends dump their problems on them any longer. They began to put the “power of intention” to good use by talking about what they wanted in life, rather than what they disliked. They saw it as retaining the body to create a “new energy.” They all begin going for walks and letting the little kid in them play more.

The best thing that happened was that each and every one of the subjects began to feel empowered by this method. They now can make choices that enhanced their recovery. They can now discern when they are being bombarded by negative energy, and they can now make a choice to remove themselves from the situation, rather than processing this energy through every cell in their body. This is too much hard work, so they now do everything in their power to create a positive environment around them when possible.

One of the subjects that was on medications for depression and insomnia has now decided to use natural herbs that help with the idea that she is trying to balance her own body chemistry and she is succeeding.

Part of the education that I gave the subjects was that they were balancing all four levels of their existence, and they did this in regressive therapy by letting go of elements that disappointed them or hurt them in the past. They allowed themselves to clear the emotions, they released on a cellular level, and they now feel grounded with purpose. They need to stay in present time to heal rather than being angry about the past or being fearful about the future. The present is the only place where they can create health through conscious effort. All they needed was a workable technique.

Complete recovery takes more time for some than others, but at least the “shift” in the recovery process occurred in all subjects and that is what the research set out to do.

Finally, this research proved once again that **RFI™** is an outstanding tool for assessing the effectiveness of therapies. The “before and after” images are extremely powerful for subjects, as it verifies exactly how they are feeling about themselves, and points out “positives” and “negatives” that they may or may not be consciously aware of. The **RFI™** process is, in itself, therapeutic for people.

Attachment A

RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: 3W.D. - Ann

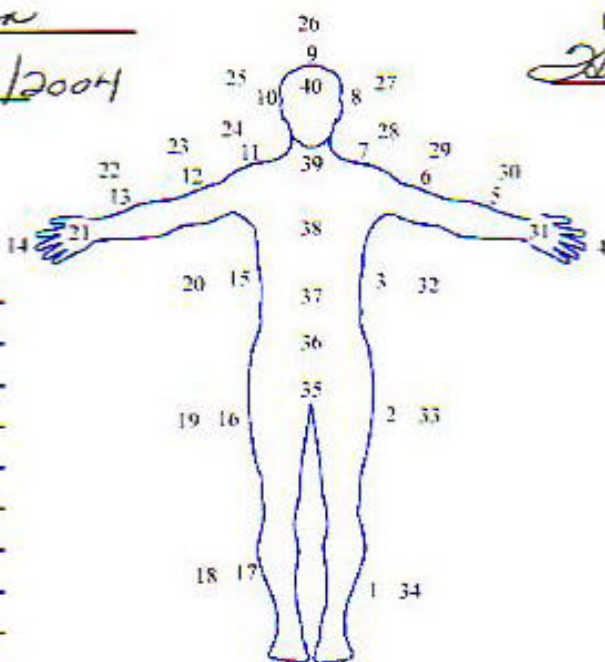
DATE: May 15th / 2004

RFI™ INVESTIGATOR:

Heather Carline

HEALTH LEVEL

Region	Frequency Measurement
1	<u>193.5</u>
2	<u>201.9</u>
3	<u>168.2</u>
4	<u>156.3</u>
5	<u>198.0</u>
6	<u>198.6</u>
7	<u>195.3</u>
8	<u>192.4</u>
9	<u>219.1</u>
10	<u>213.7</u>
11	<u>206.3</u>
12	<u>205.5</u>
13	<u>208.2</u>
14	<u>200.1</u>
15	<u>196.9</u>
16	<u>193.5</u>
17	<u>176.6</u>



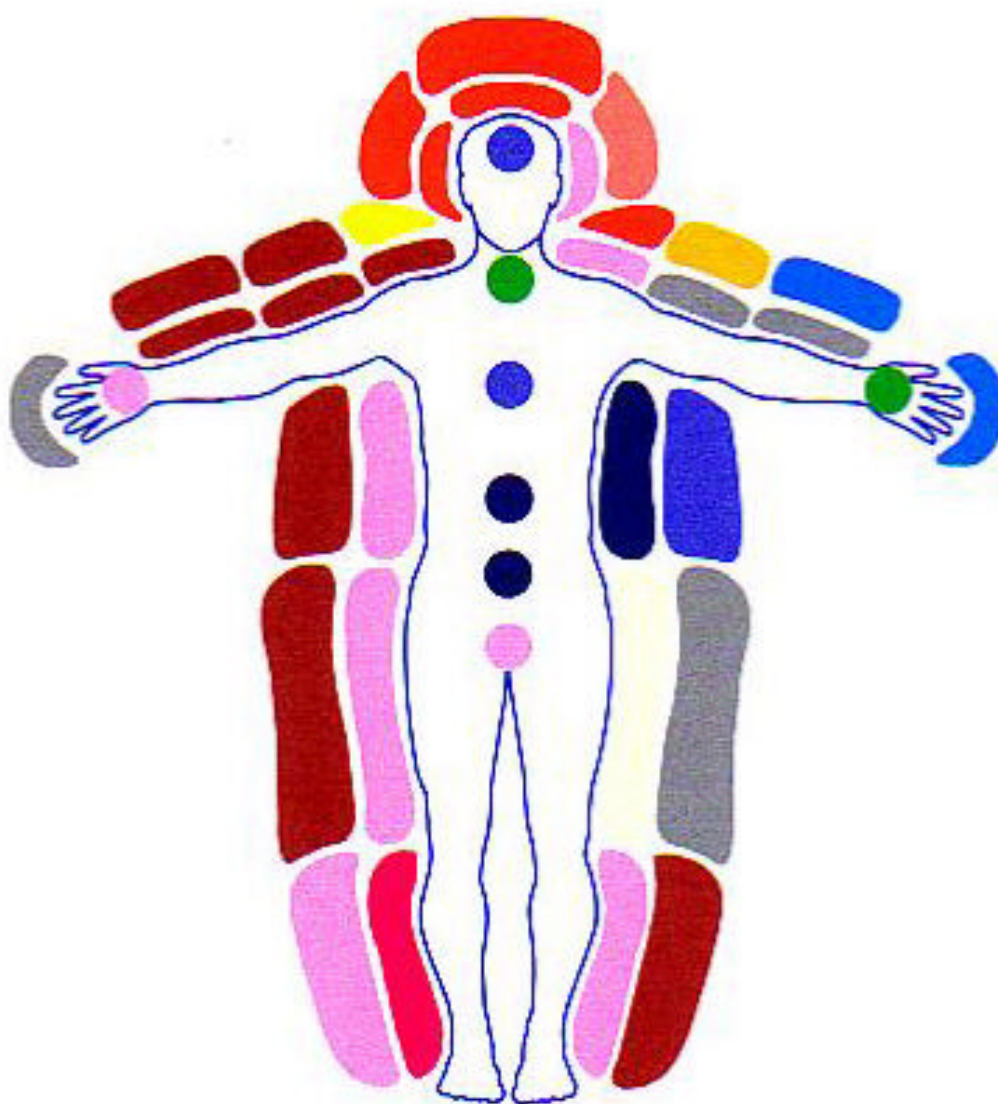
CHAKRAS

Region	Frequency Measurement
35	<u>187.3</u>
36	<u>173.6</u>
37	<u>167.3</u>
38	<u>162.3</u>
39	<u>146.5</u>
40	<u>163.0</u>

PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>196.8</u>
19	<u>203.1</u>
20	<u>202.6</u>
21	<u>188.9</u>
22	<u>205.2</u>
23	<u>205.1</u>
24	<u>266.3</u>
25	<u>221.6</u>
26	<u>221.7</u>
27	<u>224.2</u>
28	<u>218.7</u>
29	<u>253.6</u>
30	<u>156.3</u>
31	<u>145.1</u>
32	<u>157.6</u>
33	<u>199.2</u>
34	<u>203.0</u>

Research Project for ITEM
Heather Carlini C.M.H.
Case History # 3WD Ann
Date: May 1st 2004
Base reading before therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: 3610 Wm

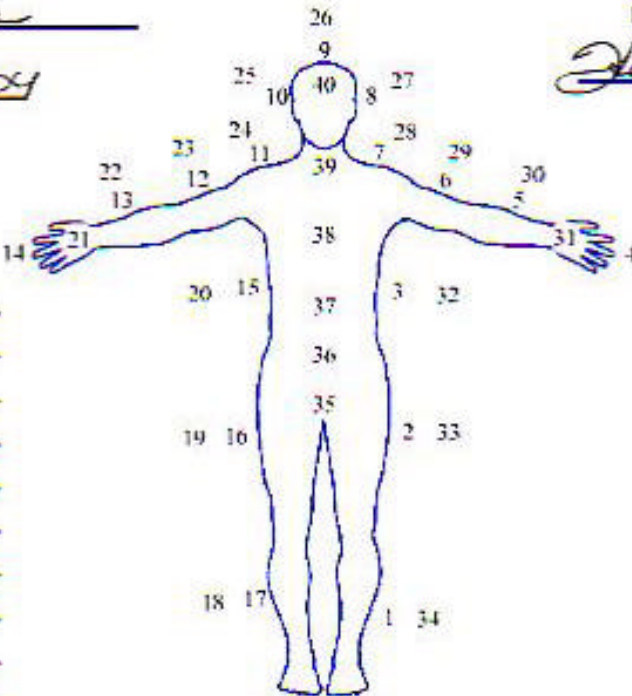
DATE: Aug 1 / 2004

RFI™ INVESTIGATOR:

Heather Carline

HEALTH LEVEL

Region	Frequency Measurement
1	<u>368.9</u>
2	<u>271.9</u>
3	<u>325.9</u>
4	<u>456.3</u>
5	<u>463.1</u>
6	<u>480.1</u>
7	<u>481.0</u>
8	<u>319.3</u>
9	<u>390.0</u>
10	<u>277.0</u>
11	<u>371.4</u>
12	<u>493.8</u>
13	<u>499.8</u>
14	<u>493.3</u>
15	<u>465.0</u>
16	<u>401.7</u>
17	<u>267.2</u>



CHAKRAS

Region	Frequency Measurement
35	<u>376.2</u>
36	<u>389.7</u>
37	<u>454.0</u>
38	<u>467.0</u>
39	<u>326.1</u>
40	<u>329.9</u>

PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>449.2</u>
19	<u>447.8</u>
20	<u>490.9</u>
21	<u>282.3</u>
22	<u>479.2</u>
23	<u>314.2</u>
24	<u>497.8</u>
25	<u>326.1</u>
26	<u>381.3</u>
27	<u>354.5</u>
28	<u>513.6</u>
29	<u>469.5</u>
30	<u>506.8</u>
31	<u>401.9</u>
32	<u>403.8</u>
33	<u>445.2</u>
34	<u>373.2</u>

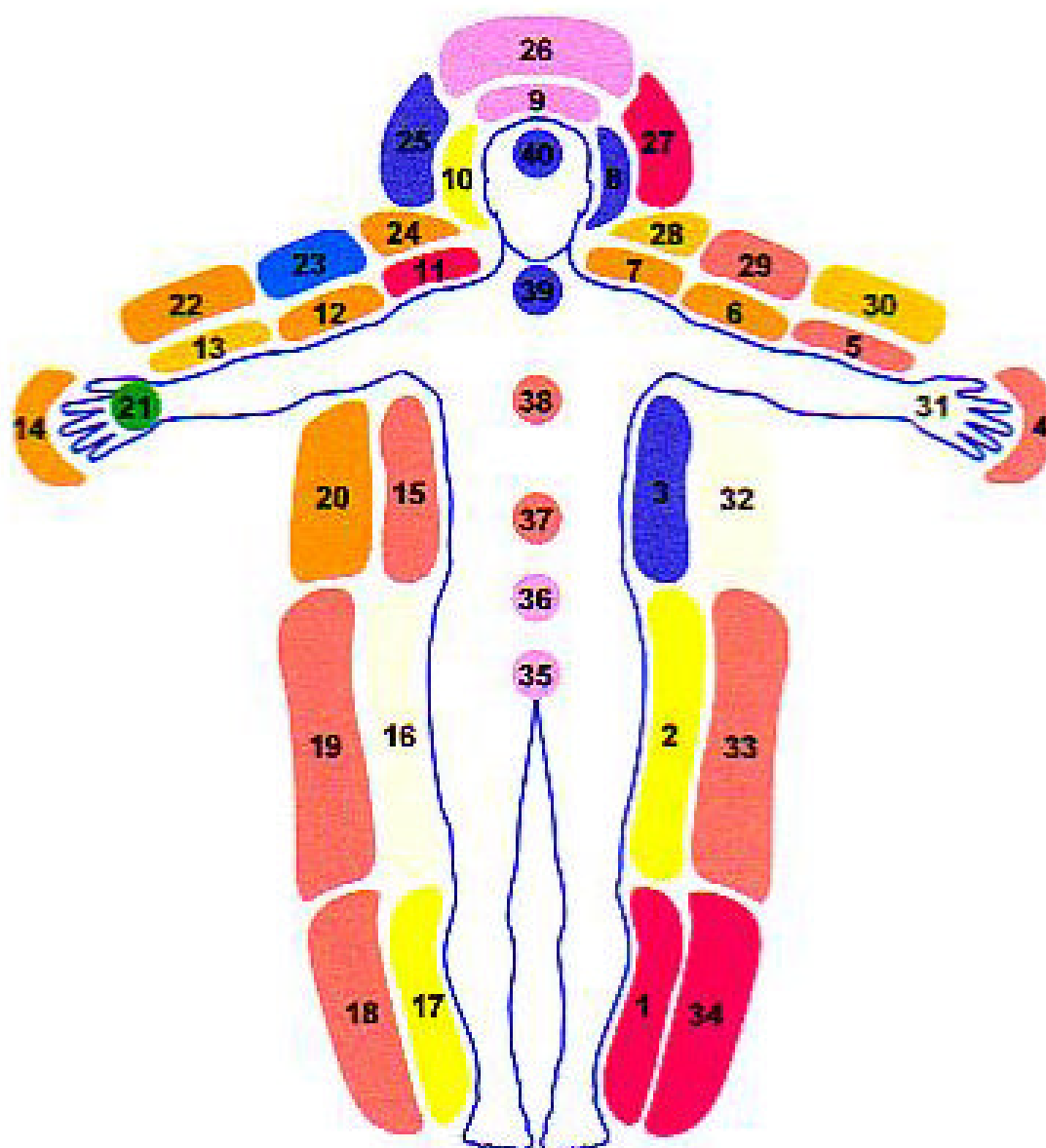
Research Project for ITEM

Heather Carlini C.M.H.

Case History # 3 WD Ann

Date: Aug. 1st 2004

Final Reading Following Hypnotherapy and Tuning Fork Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: Louise

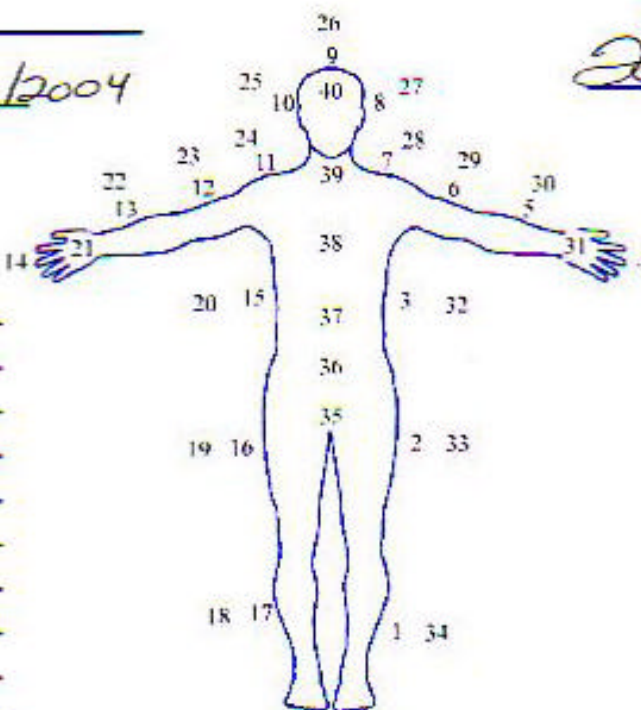
DATE: May 15 / 2004

RFI™ INVESTIGATOR:

Heather Carlisle

HEALTH LEVEL

Region	Frequency Measurement
1	<u>180.0</u>
2	<u>154.2</u>
3	<u>158.0</u>
4	<u>195.2</u>
5	<u>208.2</u>
6	<u>186.8</u>
7	<u>198.6</u>
8	<u>215.6</u>
9	<u>237.7</u>
10	<u>286.9</u>
11	<u>260.5</u>
12	<u>228.3</u>
13	<u>209.0</u>
14	<u>214.7</u>
15	<u>197.4</u>
16	<u>201.7</u>
17	<u>197.2</u>



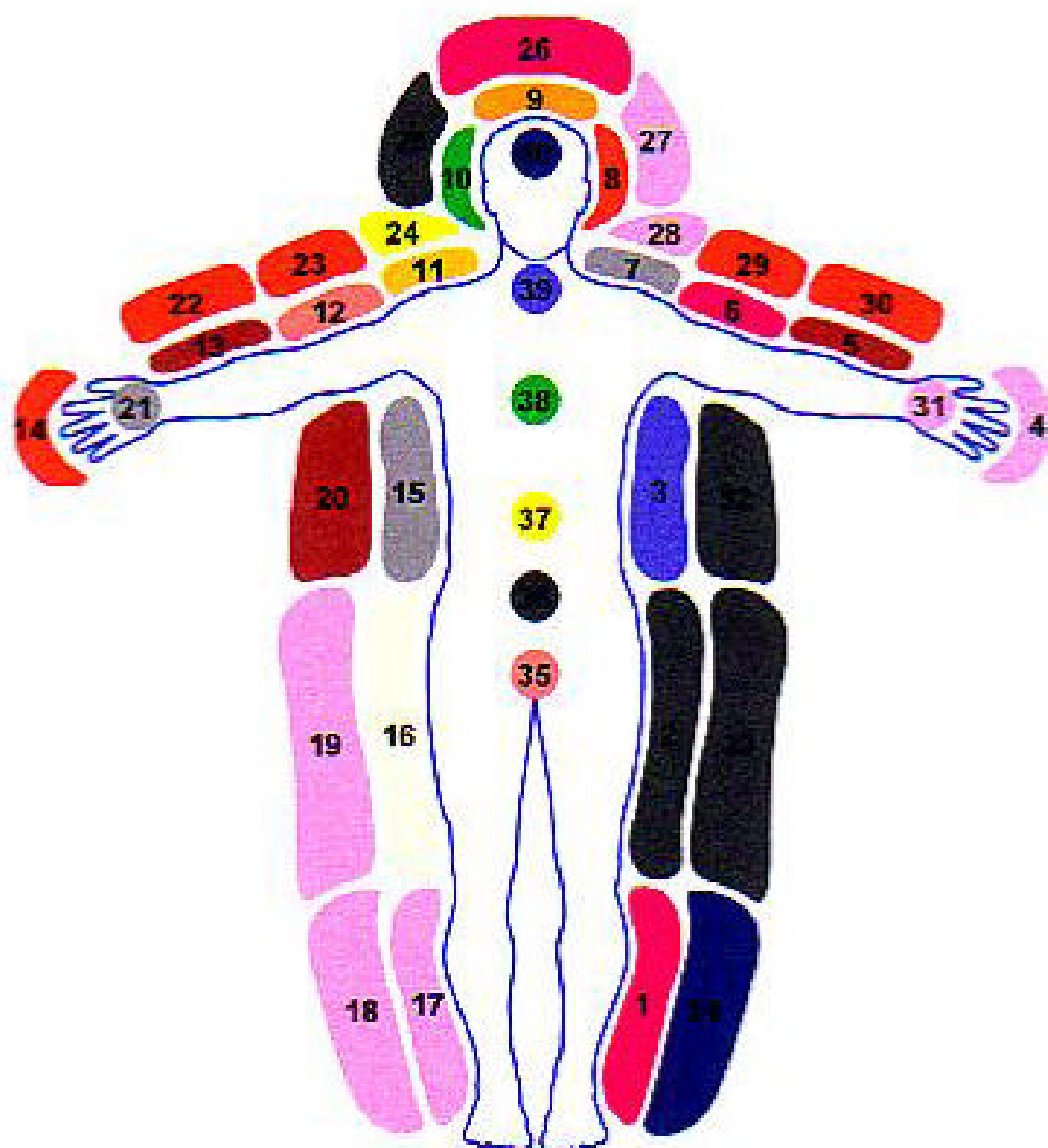
PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>194.4</u>
19	<u>193.8</u>
20	<u>205.2</u>
21	<u>197.8</u>
22	<u>214.7</u>
23	<u>210.4</u>
24	<u>279.6</u>
25	<u>309.7</u>
26	<u>182.7</u>
27	<u>194.7</u>
28	<u>195.9</u>
29	<u>220.7</u>
30	<u>220.6</u>
31	<u>194.2</u>
32	<u>152.1</u>
33	<u>154.7</u>
34	<u>171.6</u>

CHAKRAS

Region	Frequency Measurement
35	<u>115.5</u>
36	<u>154.2</u>
37	<u>133.8</u>
38	<u>145.5</u>
39	<u>158.8</u>
40	<u>167.9</u>

Research Project for ITEM
Heather Carlini C.M.H.
Case History: Louise
Date: May, 1st 2004
Base Reading Before Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: Louise

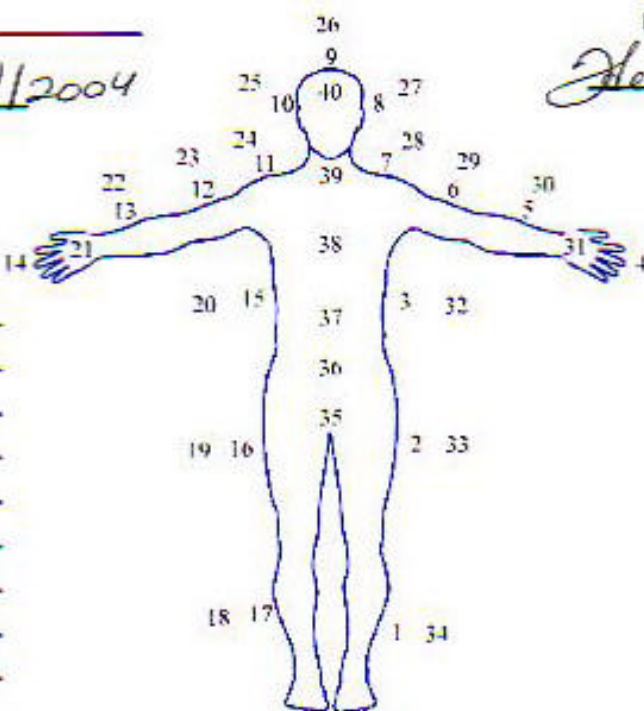
DATE: Aug 15/12004

RFI™ INVESTIGATOR:

Heather Carline

HEALTH LEVEL

Region	Frequency Measurement
1	<u>192.0</u>
2	<u>189.2</u>
3	<u>184.7</u>
4	<u>194.5</u>
5	<u>182.1</u>
6	<u>510.1</u>
7	<u>177.8</u>
8	<u>473.2</u>
9	<u>147.4</u>
10	<u>194.9</u>
11	<u>181.1</u>
12	<u>185.5</u>
13	<u>190.5</u>
14	<u>195.6</u>
15	<u>185.7</u>
16	<u>145.1</u>
17	<u>194.3</u>



PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>384.7</u>
19	<u>192.7</u>
20	<u>189.2</u>
21	<u>179.4</u>
22	<u>177.7</u>
23	<u>190.8</u>
24	<u>186.8</u>
25	<u>499.2</u>
26	<u>190.5</u>
27	<u>133.4</u>
28	<u>149.0</u>
29	<u>148.5</u>
30	<u>177.7</u>
31	<u>193.1</u>
32	<u>191.7</u>
33	<u>375.5</u>
34	<u>181.5</u>

CHAKRAS

Region	Frequency Measurement
35	<u>391.1</u>
36	<u>127.6</u>
37	<u>117.6</u>
38	<u>139.2</u>
39	<u>459.8</u>
40	<u>458.7</u>

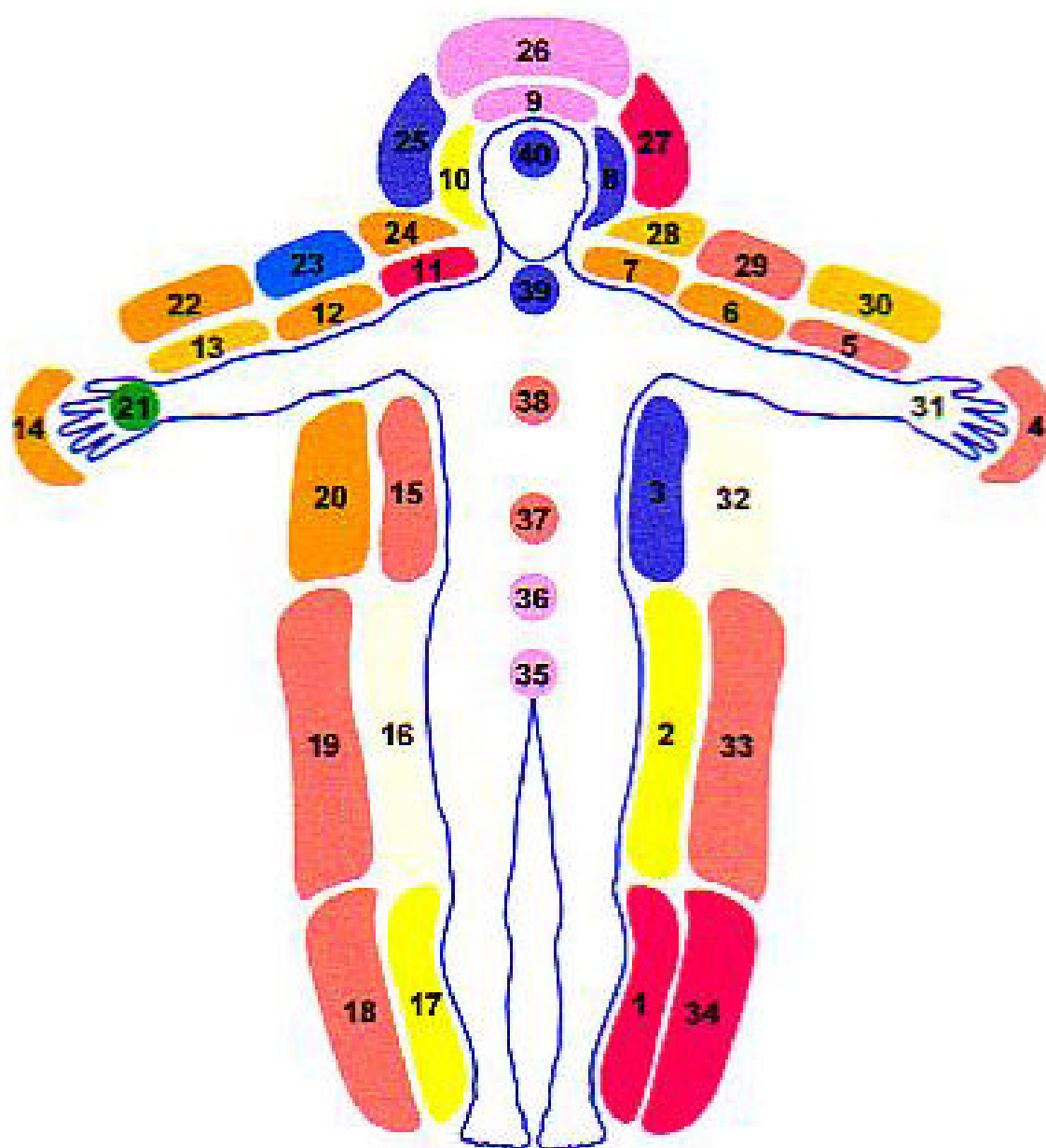
Research Project for ITEM

Heather Carlini C.M.H.

Case History # 3 WD Ann

Date: Aug. 1st 2004

Final Reading Following Hypnotherapy and Tuning Fork Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: Bolero

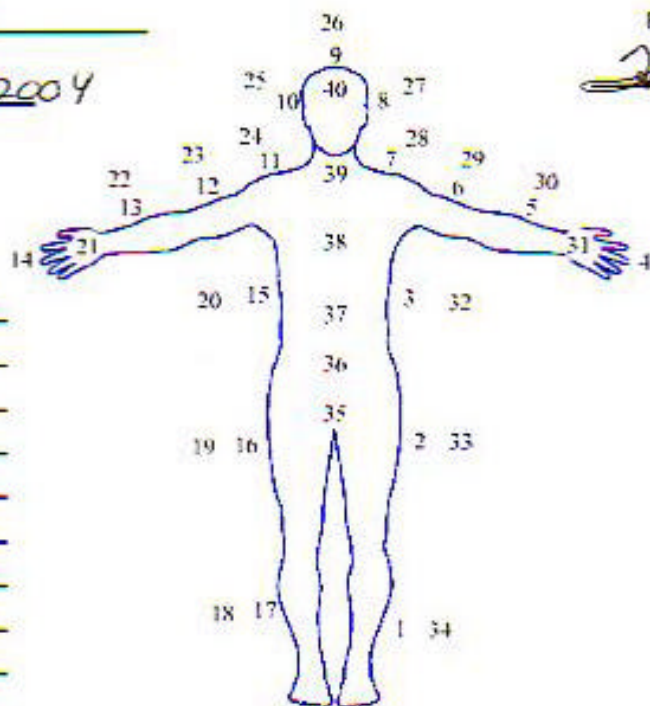
DATE: May 1st/2004

RFI™ INVESTIGATOR:

Heather Carlisle

HEALTH LEVEL

Region	Frequency Measurement
1	<u>449.1</u>
2	<u>385.2</u>
3	<u>369.0</u>
4	<u>463.7</u>
5	<u>494.4</u>
6	<u>494.6</u>
7	<u>494.6</u>
8	<u>408.8</u>
9	<u>231.7</u>
10	<u>374.8</u>
11	<u>425.9</u>
12	<u>365.6</u>
13	<u>306.4</u>
14	<u>374.4</u>
15	<u>303.6</u>
16	<u>336.7</u>
17	<u>343.4</u>



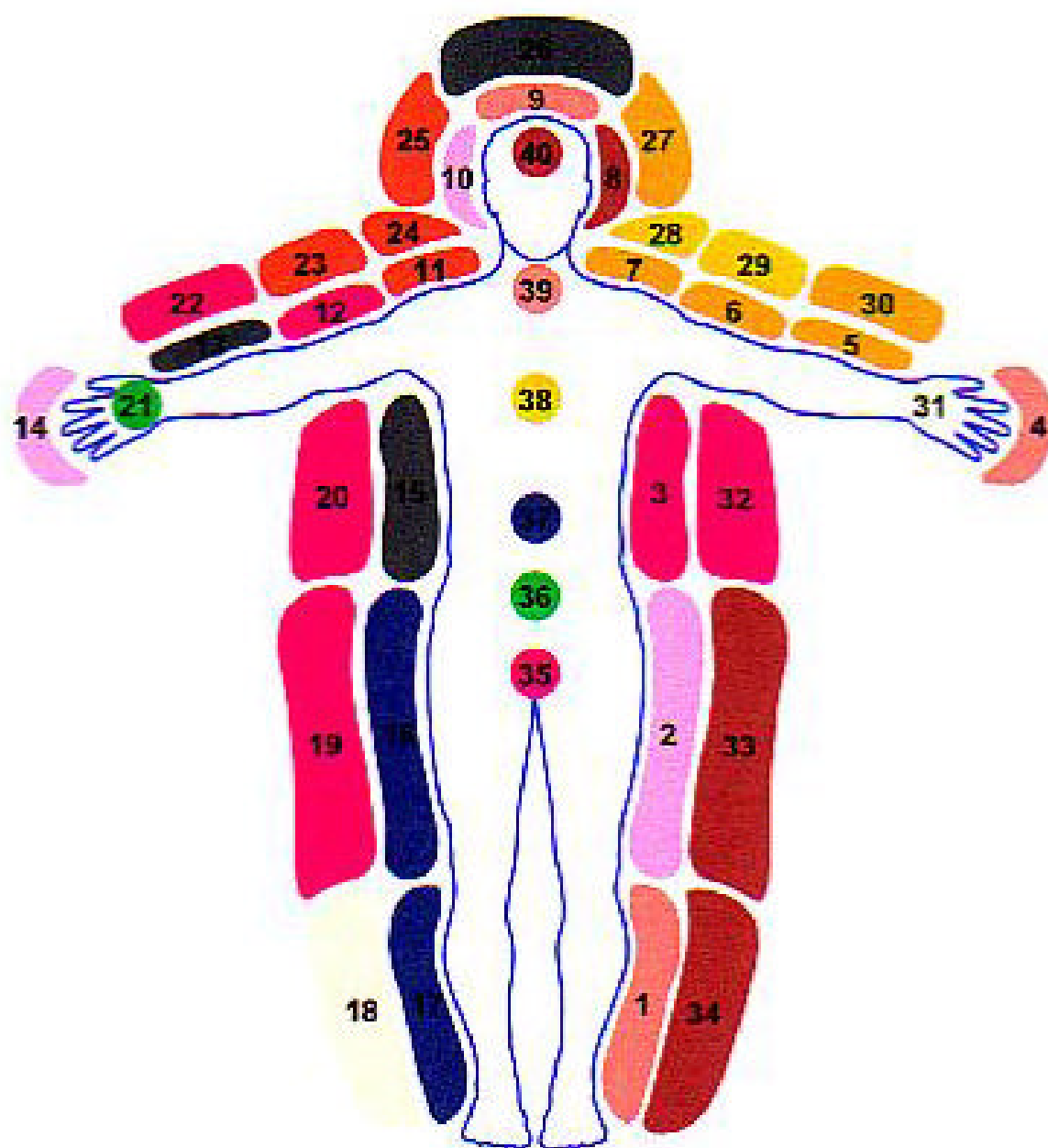
CHAKRAS

Region	Frequency Measurement
35	<u>364.7</u>
36	<u>295.1</u>
37	<u>348.4</u>
38	<u>251.6</u>
39	<u>228.7</u>
40	<u>410.4</u>

PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>400.8</u>
19	<u>363.9</u>
20	<u>356.4</u>
21	<u>284.4</u>
22	<u>355.0</u>
23	<u>430.6</u>
24	<u>438.4</u>
25	<u>444.3</u>
26	<u>309.0</u>
27	<u>476.6</u>
28	<u>501.9</u>
29	<u>519.3</u>
30	<u>487.5</u>
31	<u>404.5</u>
32	<u>372.9</u>
33	<u>411.8</u>
34	<u>416.5</u>

Research Project for ITEM
Heather Carlini C.M.H.
Case History: Robert
Date: May 1, 2004
Base Reading Before Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: Robert

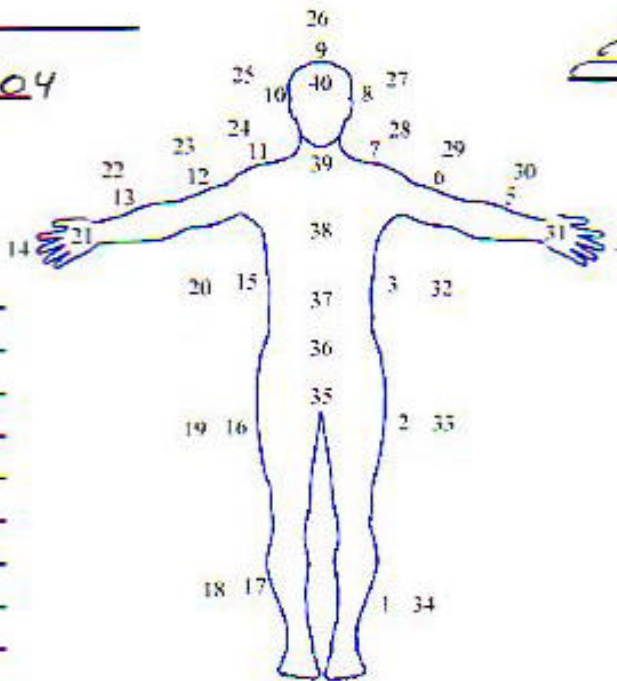
DATE: 1 Aug 15/104

RFI™ INVESTIGATOR:

Debbie Carline

HEALTH LEVEL

Region	Frequency Measurement
1	<u>382.9</u>
2	<u>373.2</u>
3	<u>224.6</u>
4	<u>230.1</u>
5	<u>281.1</u>
6	<u>386.9</u>
7	<u>382.9</u>
8	<u>273.8</u>
9	<u>185.9</u>
10	<u>233.5</u>
11	<u>395.8</u>
12	<u>386.0</u>
13	<u>243.5</u>
14	<u>264.5</u>
15	<u>197.1</u>
16	<u>273.6</u>
17	<u>243.5</u>



PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>254.4</u>
19	<u>384.0</u>
20	<u>284.0</u>
21	<u>195.7</u>
22	<u>238.0</u>
23	<u>330.6</u>
24	<u>298.9</u>
25	<u>318.2</u>
26	<u>255.8</u>
27	<u>384.0</u>
28	<u>361.4</u>
29	<u>235.7</u>
30	<u>187.9</u>
31	<u>196.5</u>
32	<u>286.9</u>
33	<u>360.7</u>
34	<u>263.2</u>

CHAKRAS

Region	Frequency Measurement
35	<u>243.6</u>
36	<u>244.6</u>
37	<u>196.2</u>
38	<u>245.6</u>
39	<u>247.0</u>
40	<u>272.0</u>

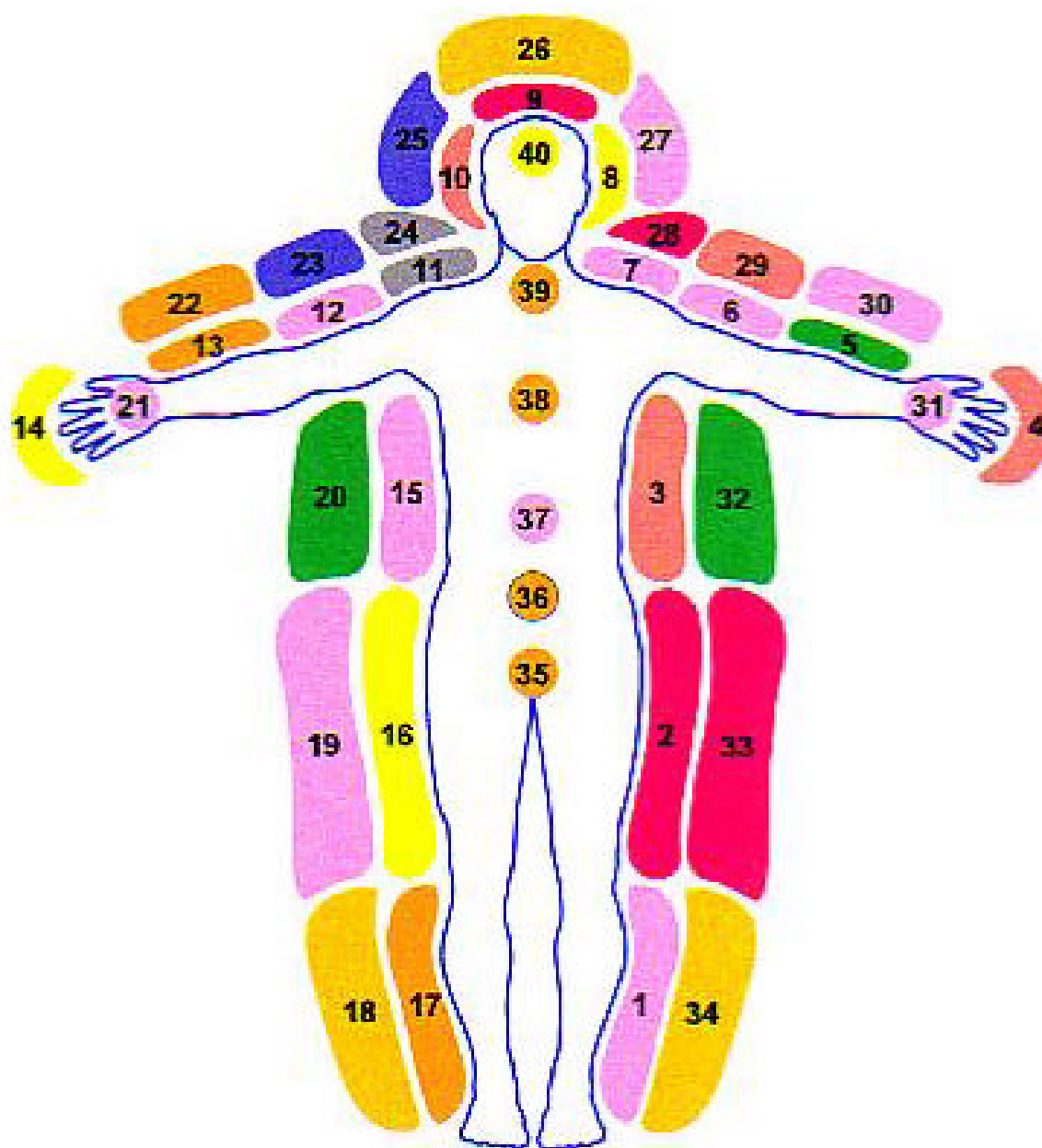
Research Project for ITEM

Heather Carlini C.M.H.

Case History: Robert

Date: Aug. 1st, 2004

Final Reading Following Hypnotherapy and Tuning Fork Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: H.W.W. Sandra

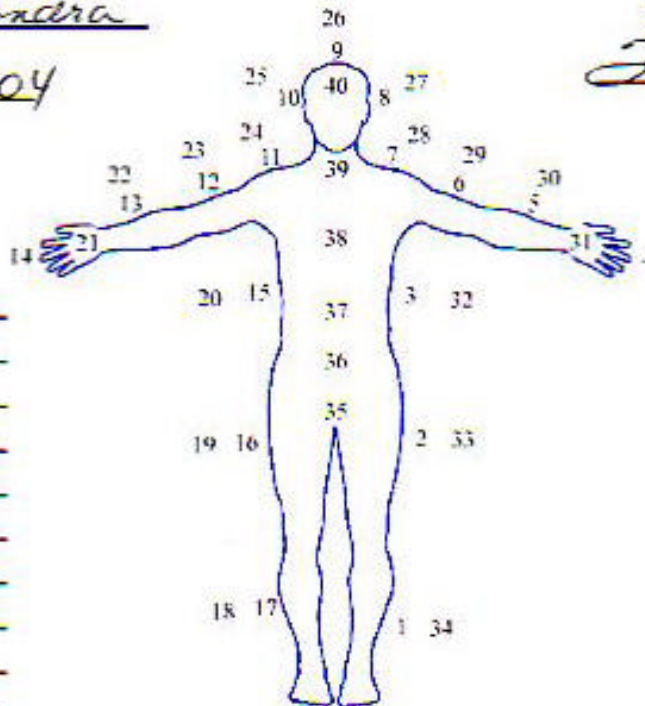
DATE: May 1/04

RFI™ INVESTIGATOR:

Heather Carlini

HEALTH LEVEL

Region	Frequency Measurement
1	<u>216.9</u>
2	<u>328.1</u>
3	<u>162.9</u>
4	<u>221.2</u>
5	<u>176.0</u>
6	<u>161.7</u>
7	<u>199.8</u>
8	<u>253.6</u>
9	<u>292.3</u>
10	<u>214.4</u>
11	<u>193.2</u>
12	<u>209.5</u>
13	<u>185.7</u>
14	<u>215.2</u>
15	<u>202.1</u>
16	<u>301.9</u>
17	<u>266.3</u>



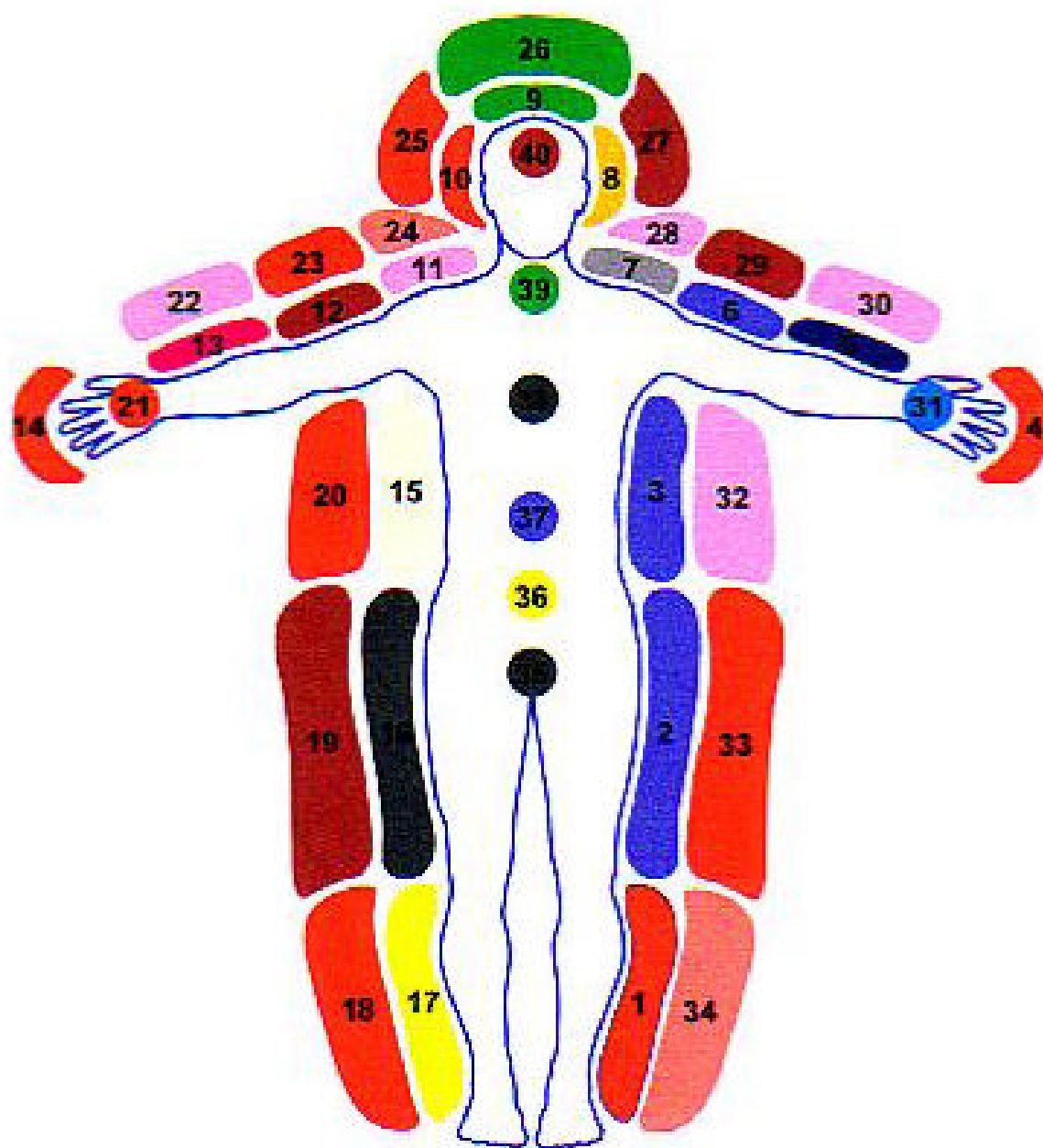
CHAKRAS

Region	Frequency Measurement
35	<u>152.1</u>
36	<u>139.1</u>
37	<u>163.6</u>
38	<u>151.3</u>
39	<u>141.2</u>
40	<u>204.3</u>

PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>222.0</u>
19	<u>209.5</u>
20	<u>212.1</u>
21	<u>220.1</u>
22	<u>188.0</u>
23	<u>212.0</u>
24	<u>231.7</u>
25	<u>217.6</u>
26	<u>296.5</u>
27	<u>204.3</u>
28	<u>191.7</u>
29	<u>202.5</u>
30	<u>192.4</u>
31	<u>156.5</u>
32	<u>194.5</u>
33	<u>212.1</u>
34	<u>232.4</u>

Research Project for ITEM
Heather Carlini C.M.H.
Case History # 4WW Sandra
Date: May 1st 2004
Base Line Reading Before Therapy



RESONANT FIELD IMAGING™ (RFI™) AURA ANALYSIS CHART

CLIENT: #4WW Sandra

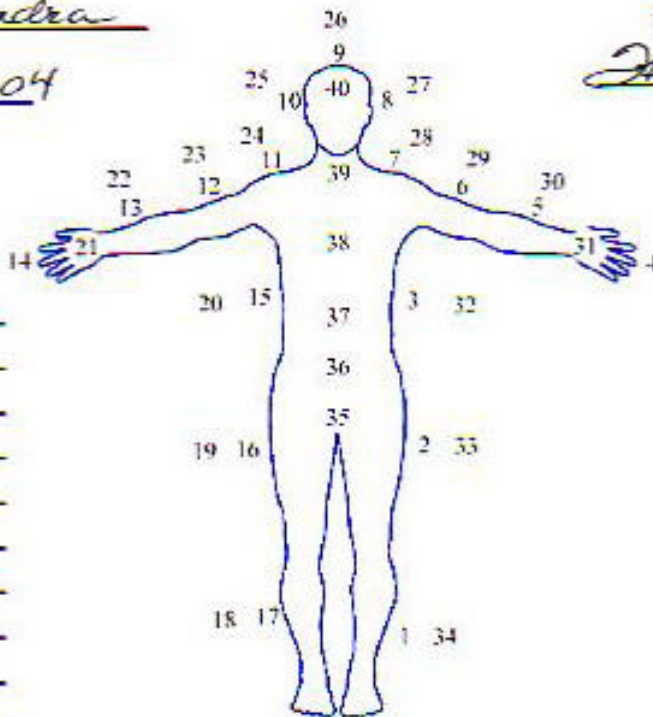
DATE: Aug 11 2004

RFI™ INVESTIGATOR:

Shaller Caroline

HEALTH LEVEL

Region	Frequency Measurement
1	<u>382.6</u>
2	<u>383.8</u>
3	<u>234.2</u>
4	<u>386.4</u>
5	<u>332.7</u>
6	<u>360.0</u>
7	<u>233.4</u>
8	<u>317.2</u>
9	<u>267.4</u>
10	<u>225.8</u>
11	<u>382.2</u>
12	<u>189.5</u>
13	<u>183.6</u>
14	<u>289.2</u>
15	<u>156.8</u>
16	<u>329.8</u>
17	<u>329.7</u>



CHAKRAS

Region	Frequency Measurement
35	<u>140.8</u>
36	<u>162.6</u>
37	<u>463.0</u>
38	<u>312.8</u>
39	<u>277.2</u>
40	<u>278.7</u>

PSYCHOLOGICAL LEVEL

Region	Frequency Measurement
18	<u>319.1</u>
19	<u>272.1</u>
20	<u>179.8</u>
21	<u>237.4</u>
22	<u>163.1</u>
23	<u>391.3</u>
24	<u>294.9</u>
25	<u>223.1</u>
26	<u>270.1</u>
27	<u>364.0</u>
28	<u>303.2</u>
29	<u>313.2</u>
30	<u>293.7</u>
31	<u>284.9</u>
32	<u>281.2</u>
33	<u>373.5</u>
34	<u>358.2</u>

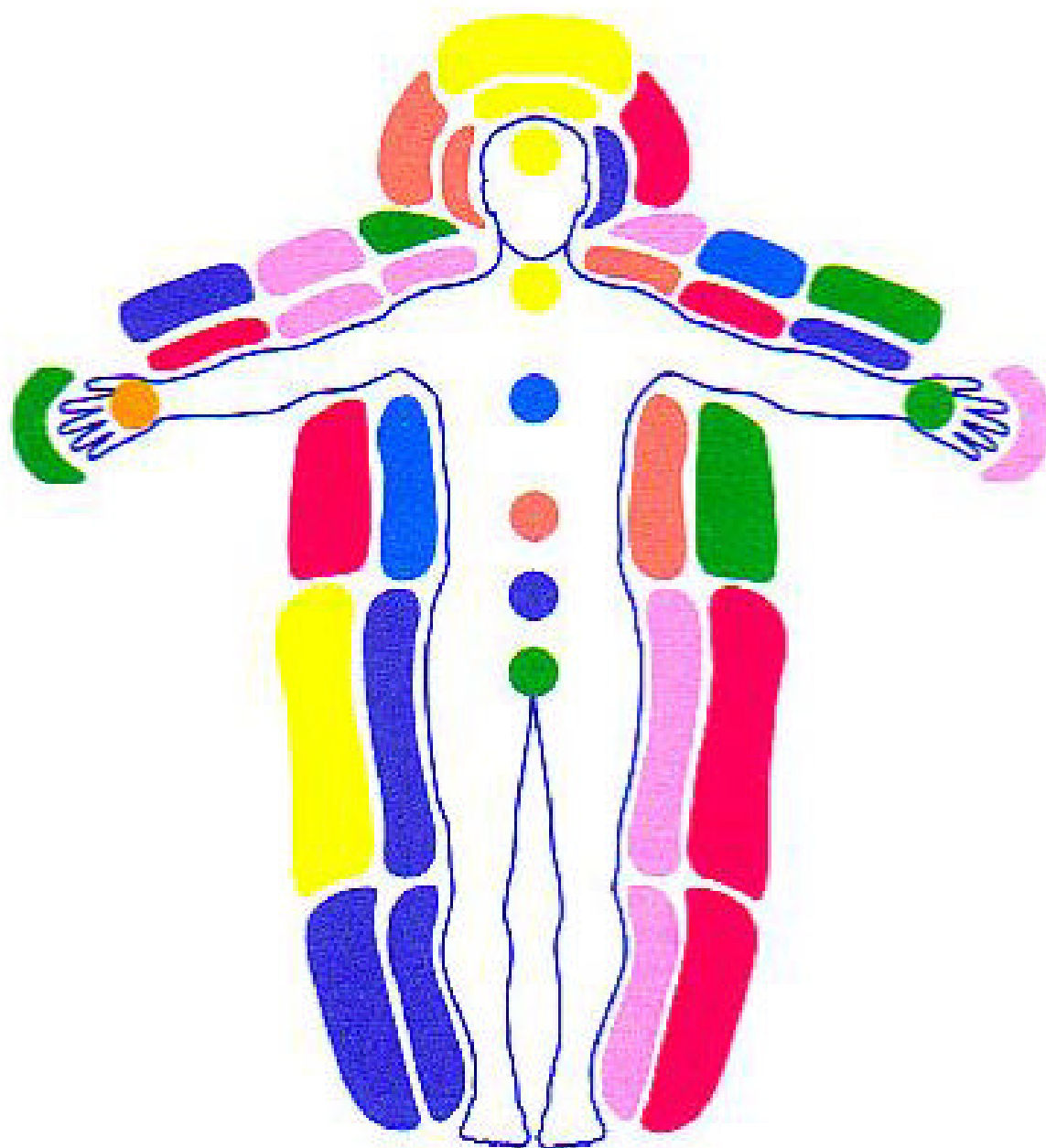
Research Project for ITEM

Heather Carlini C.M.H.

Case History # 4WW Sandra

Date: Aug. 1st 2004

Final Reading Following Hypnotherapy and Tuning Fork Therapy

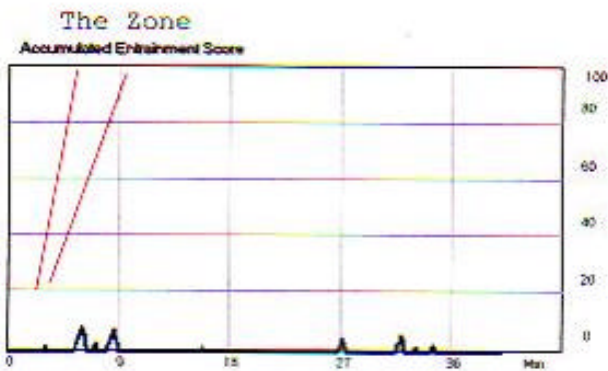
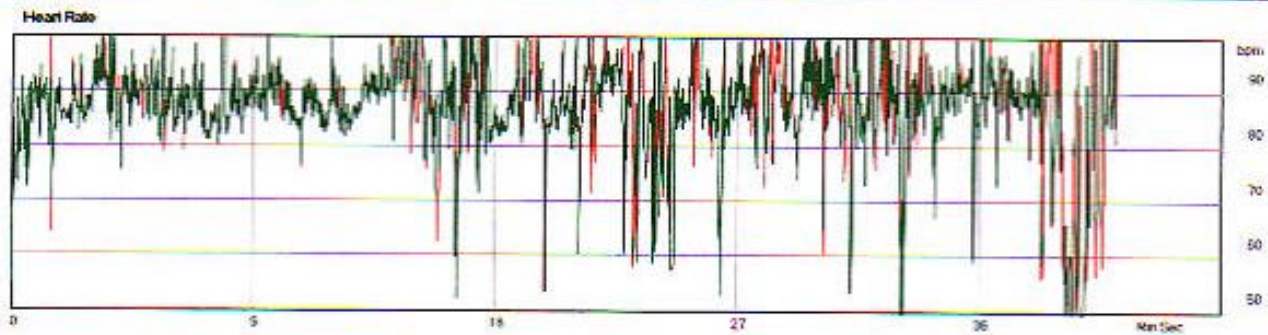


Freeze Frame Trainer Data

Subject: Louise, Age 55, Chronic Fatigue Syndrome

Practitioner: Heather Carlini C.M.H.

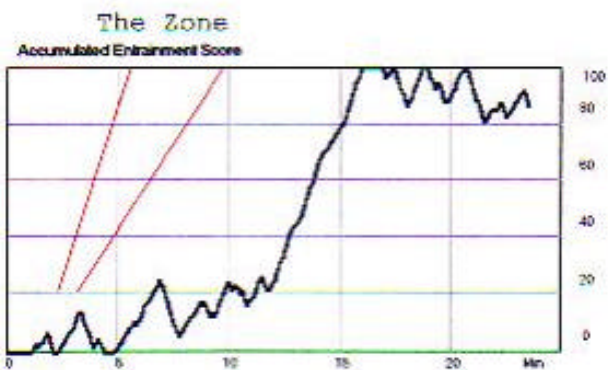
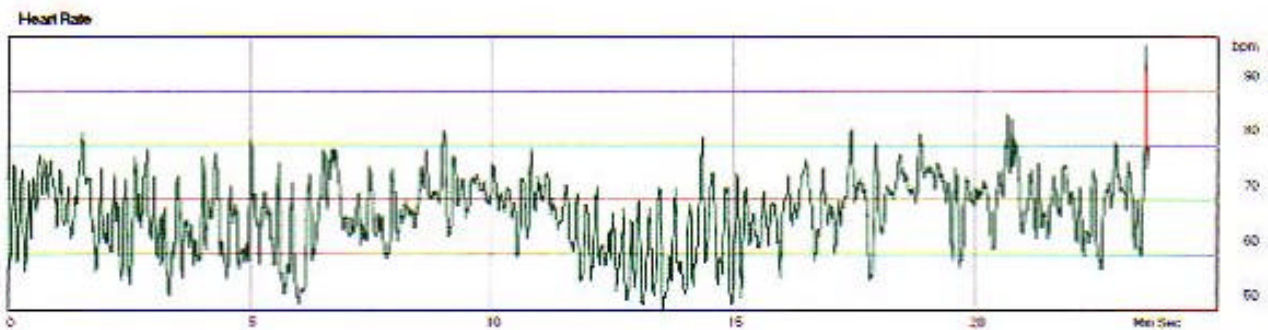
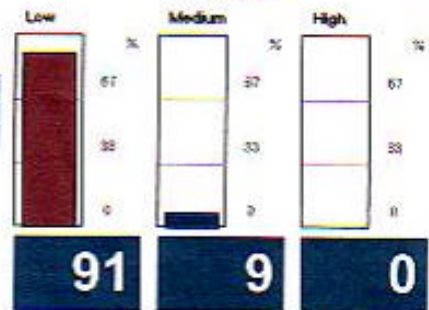
Data presented is first and last readings on client, for research paper.



Heart Rate

89

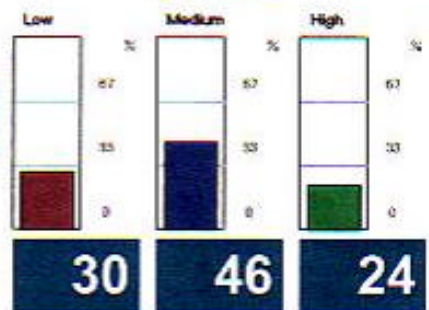
Entrainment Ratio



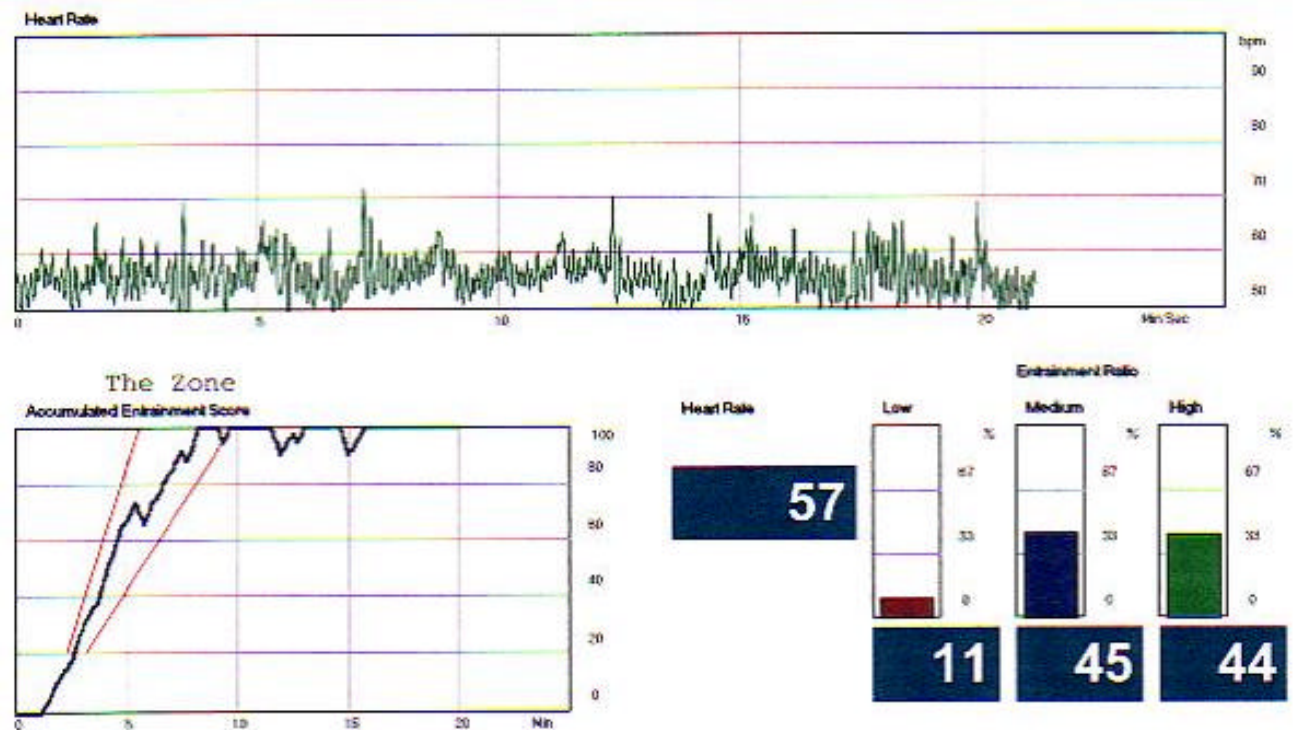
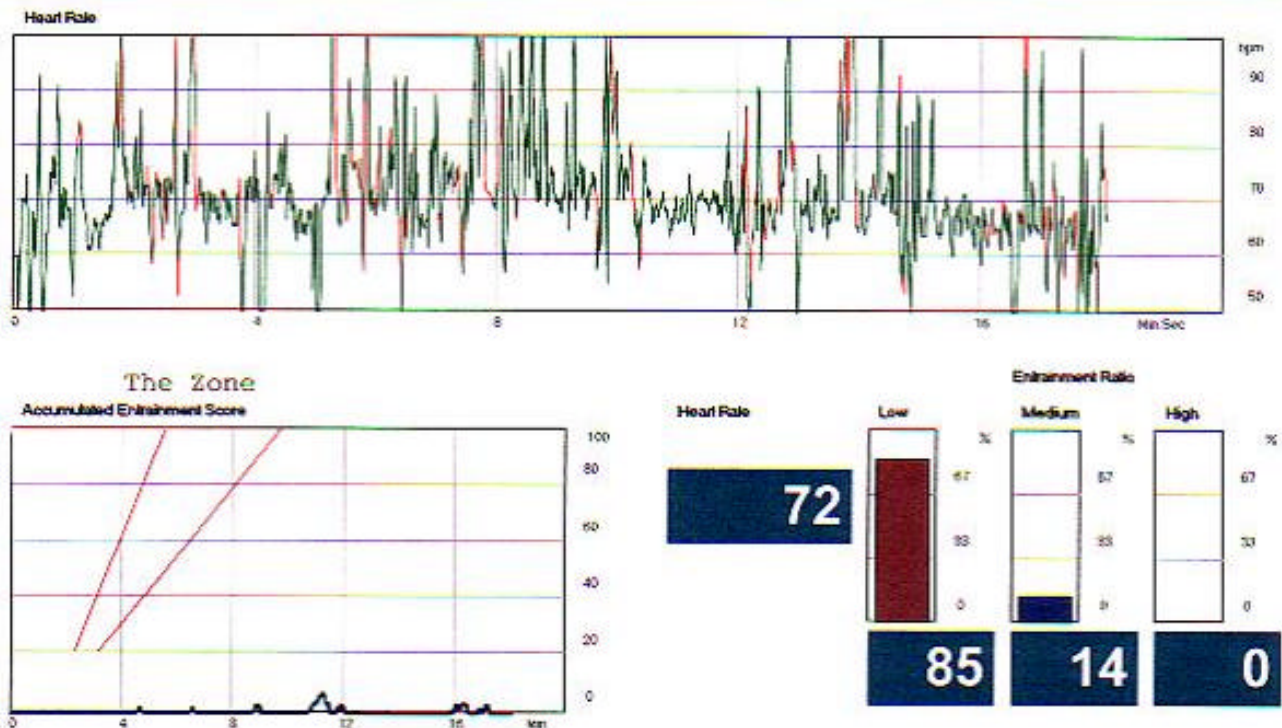
Heart Rate

68

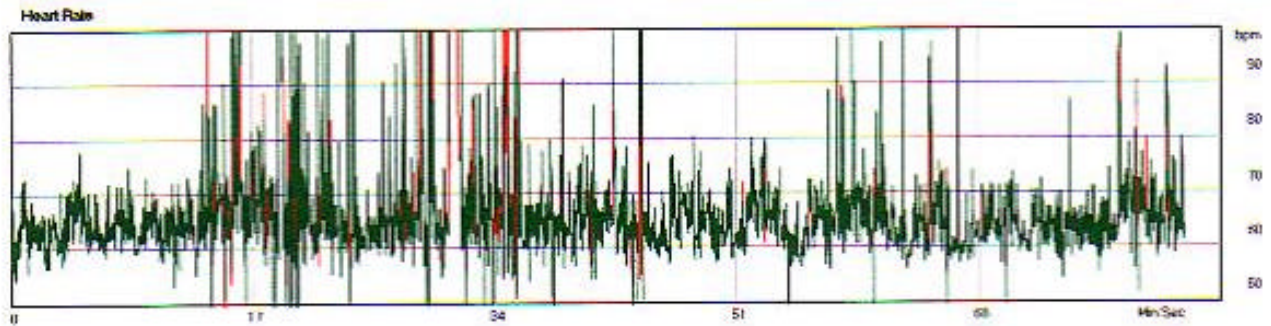
Entrainment Ratio



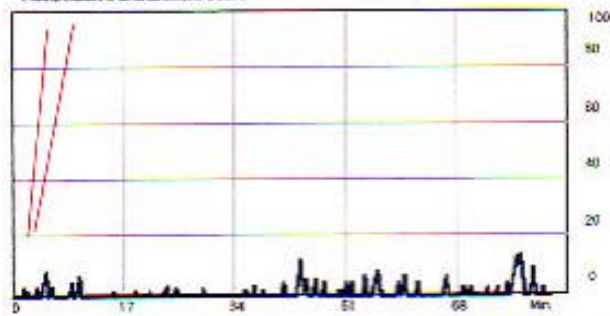
Freeze Frame Trainer Data
 Subject: Sandra, Age 52, Chronic Fatigue Syndrome
 Practitioner: Heather Carlini C.M.H.
Data presented is first and last readings on client, for research paper.



Freeze Frame Trainer Data
 Subject: Robert. Age 59, Chronic Fatigue Syndrome
 Practitioner: Heather Carlini C.M.H.
Data presented is first and last readings on client, for research paper.



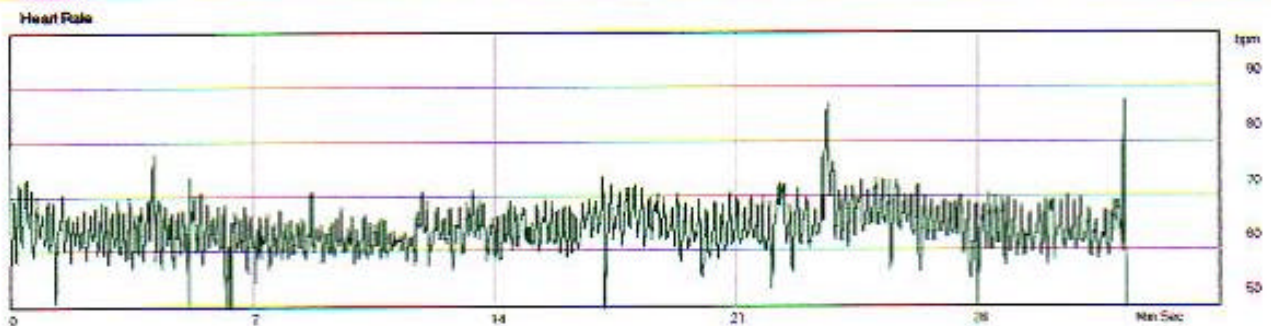
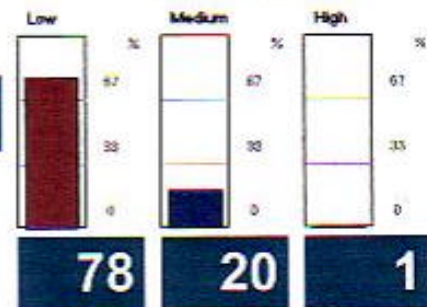
The Zone
 Accumulated Entrainment Score



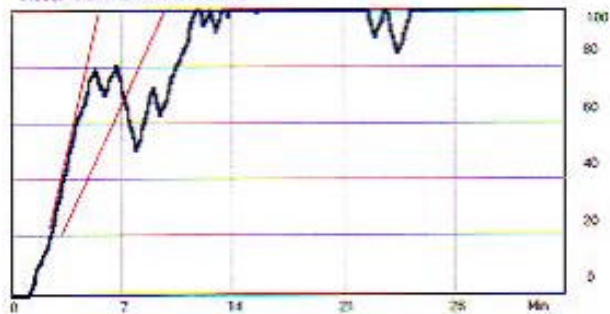
Heart Rate

67

Entrainment Ratio



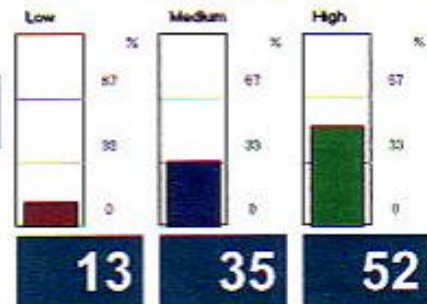
The Zone
 Accumulated Entrainment Score



Heart Rate

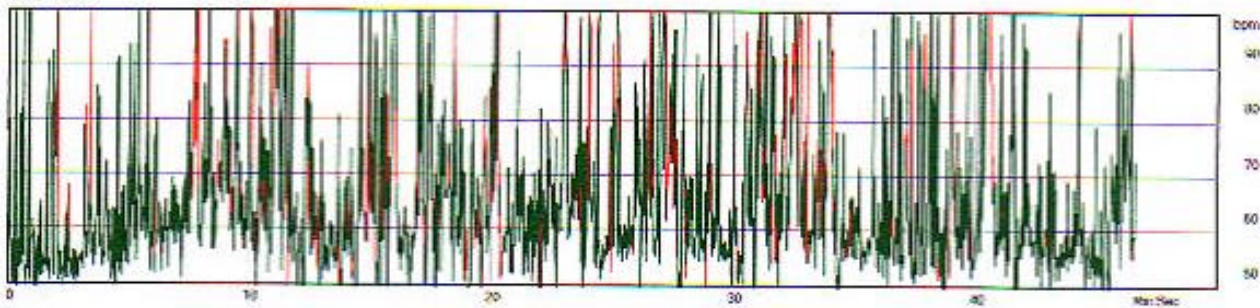
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Entrainment Ratio



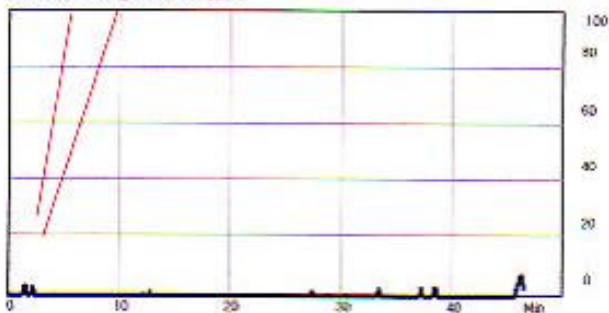
Freeze Frame Trainer Data
 Subject: Ann, Age 58, Chronic Fatigue Syndrome
 Practitioner: Heather Carlini C.M.H.
 Data presented is first and last readings on client, for research paper.

Heart Rate



The Zone

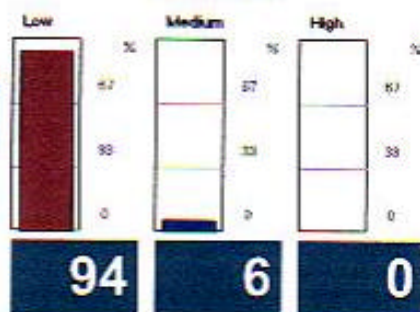
Accumulated Entrainment Score



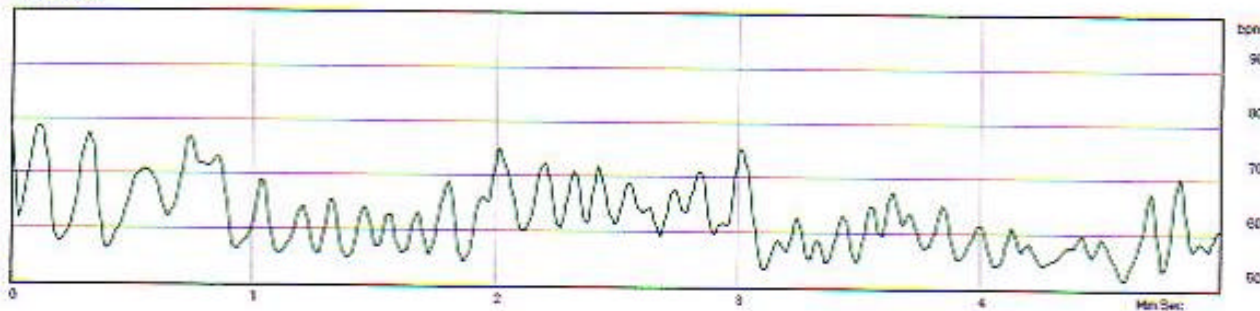
Heart Rate

67

Entrainment Ratio

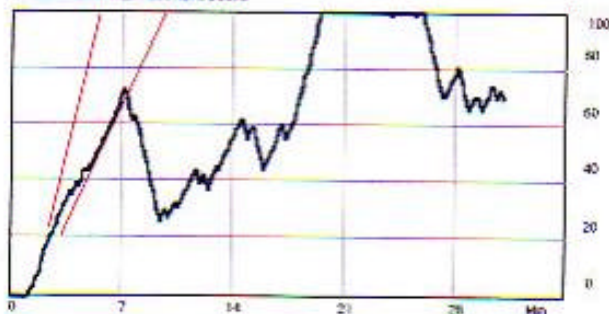


Heart Rate



The Zone

Accumulated Entrainment Score



Heart Rate

65

Entrainment Ratio

