

Human biofield measurements before and after VAHT

by Mary Milroy

This study describes the measurement of the effects of the vibrational medicine therapy known as or Vibroacoustic Harp Therapy® or (VAHT®).

VAHT is often described as a musical massage, and involves the live performance of harp music, amplified through a vibrotactile chair or pad, directly delivered to a patient's body in the form of sound vibration. When the patient (or client) senses that specific tones or pitches resonate in areas of the body where s/he experiences pain or tension, the VAHT practitioner plays music that features and emphasizes those pitches. The music may be improvised or selected from existing repertoire.

A harp with at least 36 vibrating strings resonates with and relaxes the patient's body and mind. While lying or sitting on a vibrotactile pad or chair, a patient experiences musical tones in different areas of the body at different times—so the therapy is a dynamic process, tailored to each patient. Abstract thinking slows and awareness expands. S/he may have increased body awareness and feel like s/he is dreaming. Occasionally, memories (positive or negative) may be recalled, or re-experienced, or symbolized through imagery. New awareness and insight, positive reframing or integration of previously repressed material may possibly lead to emotional release. In addition to deep relaxation and increased body awareness, most patients report significant relief of pain or symptoms, positive imagery and a feeling of being nurtured. For more information about the benefits of VAHT, please visit: www.vibroacousticharp.com.

Sarajane Williams, licensed psychologist, is the creator of VAHT and has been practicing and teaching this powerful healing modality for many years. VAHT is usually administered by, or supervised by, a licensed professional in private practice or a clinical setting. Vibroacoustic Harp Therapy Practitioners® receive training through The VAHT Training Course®.

Energy measurement

The Gas Discharge Visualization (GDV) Electrophotonic imaging camera was invented by Dr. Konstantin Korotkov of Russia, in 1995. This cutting-edge device is used worldwide to assess and quantify the physical and emotional balance of the human energy field, as well as to measure other organic energy. Clients place their fingers individually on the lens, which houses a tiny digital camera underneath. An electrostatic charge to the fingers illuminates the energy field and is recorded by the camera, either in a static or dynamic format. The fingers are initially measured without a plastic filter to assess the nervous system response (emotional energy), then again with a clear plastic filter to block the galvanic skin response for the physical readings.

A proprietary software suite calculates changes in the emission glow around each finger and provides visual output in the GDV Diagram program (radial charts relating to the organ systems), Energy Field program (representation of the human figure with the cumulative organ/system energy placed appropriately on the body) and the Chakra program, which displays the energy of the emotional centers of the body around the figure of a meditating man.

The device is currently used within the biomedical community, by doctors, psychologists and other medical professionals, as well as holistic healers, and for health

and wellness assessment. The GDV camera is also used for scientific research studies; by wellness companies and doctors for validating the efficacy of healing products or therapies. It can be used for measuring any energy that requires measurement of an energetic stimulus.

Mary Milroy and Natalina Khavkin of GDVsource, the official North American GDV Research and Education institution, proposed that the physical, emotional and energetic benefits to subjects receiving VAHT technique could be measured by the GDV Electrophotonic Imaging camera to demonstrate consistent energetic changes. Evaluation of the baseline and post-session testing results of this exploratory study, proved that theory to be correct.

Methodology

GDVsource measured a small group of subjects who were treated by practitioners with the VAHT treatment, which is a balancing treatment used to reduce pain and stress and calm the nervous system, thus reducing a person's fight or flight reactivity. The subject's baseline energy was initially measured. They received the treatment individually in a semi-controlled environment on a vibroacoustic chair. Their energy fields were then measured directly after the session.

The subjects who volunteered for the study were primarily women currently of general good health, but not completely free of pathologies. No expectations of results were shared with them prior to testing, or post-treatment.

GDV measurement procedure

A GDV Electrophotonic Kirlian

Continued next page

GDV, from page 10

camera was used to capture the images. The fingertips of all subjects were captured one finger at a time, beginning with the right thumb without a cellophane filter over the lens. This reading provided information about the nervous system (psycho-emotional energy). Perspiration and oils, which are a sympathetic nervous system response, were not blocked by the use of a filter.

The filter was then placed on the lens to capture the physical energy response. The capture of the 10 fingers was repeated. The captures were then calculated in a proprietary suite of software programs for numerous measurements including, but not limited to, intensity, form coefficient, entropy, integral area and activation coefficient.

Guidelines for reading GDV programs

A full evaluation of each subject is performed when the GDV Diagram, Energy Field and Chakra programs are read in concert.

All of the programs show the collective energetic emissions surrounding the 10 fingertips. Each finger relates to a sector or system of the body, based on many years of research. [Ed. note: Please refer to *HTJ* back issues, Spring, Summer and Fall 2010, for more information about Dr. Korotkov's development of the GDV programs.] The measured data is then displayed through various software programs in the GDV software package.

GDV Diagram

This program measures the overall emission strength in each of the general organ systems and body parts. The left side radial graph relates to the past and long-standing, chronic issues as well as to the right brain, and the right side relates to the present day and acute issues as well as to the left-brain. The emotional (without filter) and the physical (with filter) circles should be as close together as possible. The emotional circle should be contained within the physical circle. When the emotional energy line

crosses the physical, it indicates that the subject is over-controlling the emotion related to the organ or body part. Gaps between the physical and emotional circles indicate a potential conflict, which if left untreated can result in a physical pathology. The letter "A" at the bottom center of the picture (see page 12) indicates the Activation Coefficient, which is a comparative measurement of the physical to emotional energy, or the stress level. Readings between 2-4 are considered to be a normal stress level. All levels in the green area depict normal energy, the pink ring is deficient energy, and the gold area is hyper-cellular activity or inflammation. Generally, the physical energy is stronger than the emotional energy.

GDV Energy Field

The Energy fields show the collective measurements of the energy surrounding the fingertips as they are generally physically located on the body. The measurement "without filter" shows the emotional state of the person and "with filter" shows the physical state. The emission should be of even thickness around the entire body; gaps indicate low energy in that area, and spikes show excessive energy. The Area is the total number of calculated pixels and the symmetry depicts the left to right brain balance, or laterality.

GDV Virtual Chakra

The Chakra program provides a deeper interpretation of the emotional centers of the subject, so it is read without the filter. Perfect alignment occurs with all of the large spheres are in alignment on the centerline. Perfect centerline alignment does not mean that the subject has no emotional issues; rather that they think that the path that they are following is good for them. Smaller spheres indicate low energy centers. Chakra spheres skewed to the left side of the person relate to directing emotional energy towards self, or the subject's inner circle. When the Chakra spheres skew to the right side of the body, it indicates

See **GDV**, page 12

Therapy Harp Training Program, LLC

A self-paced therapeutic music training program for harpists and non-harpists. Study from the comfort of your home with help from your personal Guide.

In-depth and affordable!

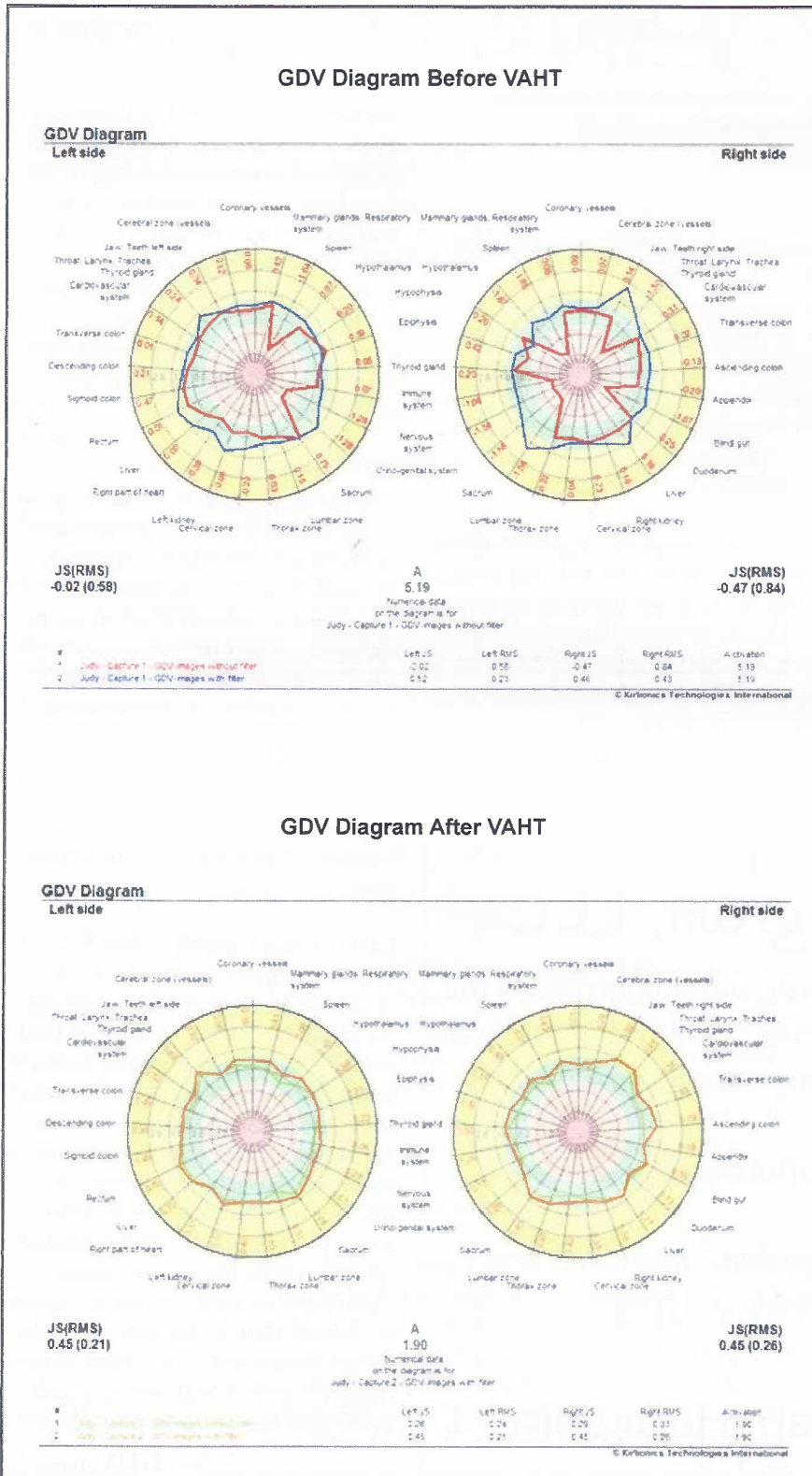
*Compassionate ~ Knowledgeable ~ Intent Focused
Training for mind, body and spirit*

Visit www.TherapyHarp.com

GDV, from page 11

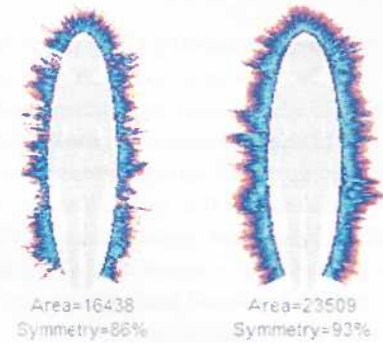
that the subject is giving more energy to those outside of their inner circle, such as community, (or avoiding an issue).

The Biofield plots of the most improved subject are included here:



GDV Energy Fields

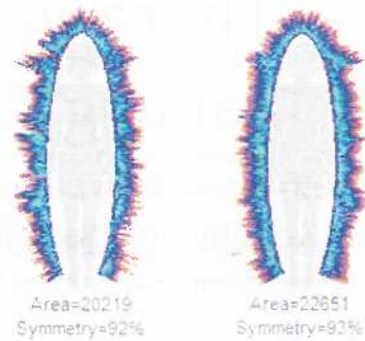
Before VAHT



Emotional Energy

Physical Energy

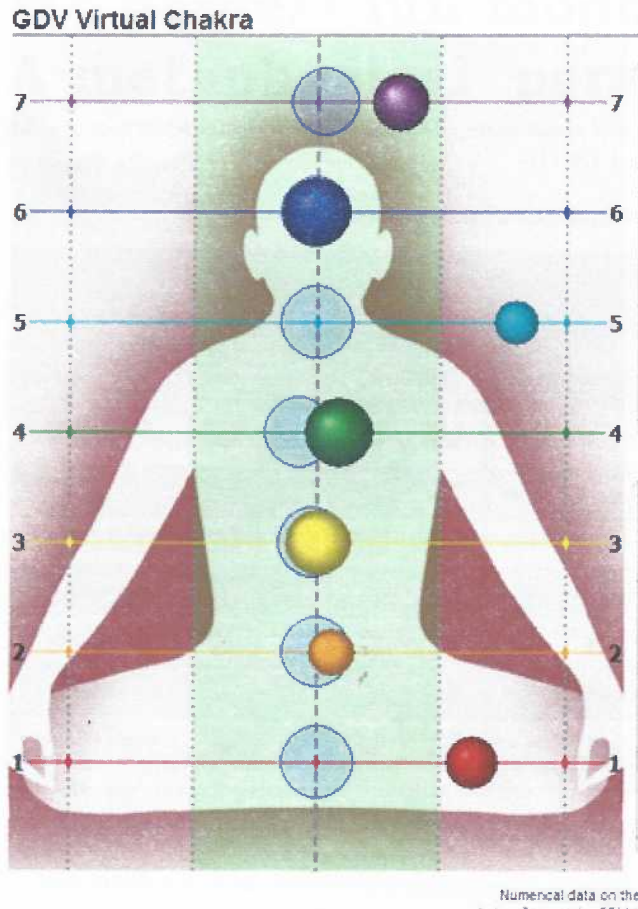
After VAHT



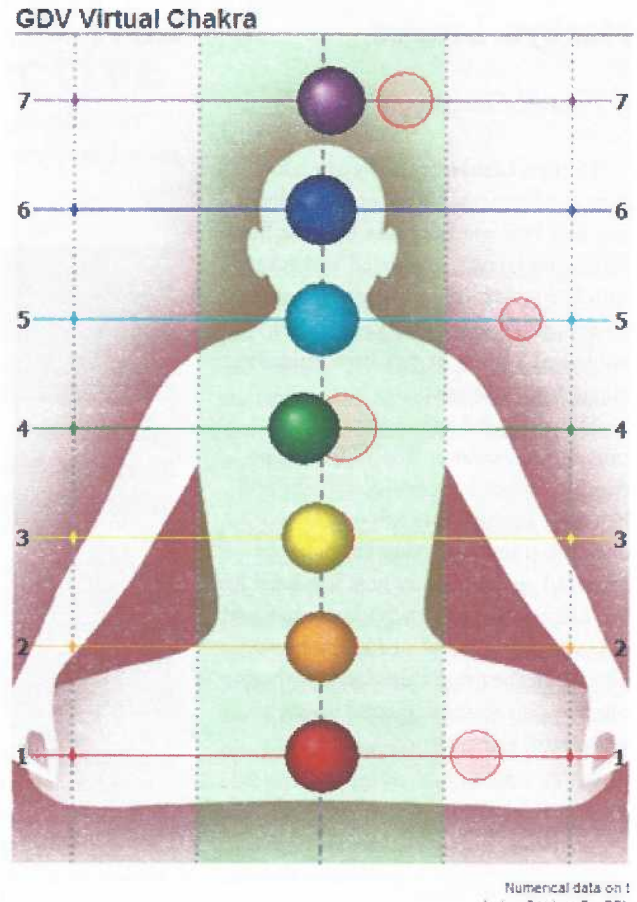
Emotional Energy

Physical Energy

GDV, from page 12



Chakras Before VAHT



Chakras After VAHT

Conclusions

The results show that of the seven subjects that were informally measured, 100 percent of the group showed improvement immediately after treatment, 63 percent showed notable improvement, and 37 percent showed very significant improvement.

The GDV Electrophotonic camera measurements of the VAHT treatment sessions provided energetic proof that stress levels of all subjects were reduced, and emotional and physical energy fields increased after the initial session. All of the seven subjects participating in this pilot study showed noticeable energetic improvements after the session, as are summarized in the chart.

Due to the nature of the treatment, the stress levels were monitored and the subject's stress levels decreased. The subjects may have also further improved over time, but this measurement was not taken.

[Please refer to the data analysis charts on page 14.]

Recommendations

This exploratory study should be expanded to include a formal, more controlled study using a larger sample size as well as a control group. Measurements should be made before, at least one hour after, and again at least one to two days after sessions. Measurements should also be made over a sustained time interval to measure the long-term efficacy of the therapy.

Further, additional comparative studies should be taken measuring the effects of sessions with the various VAHT treatments. Comparative studies of this depth would prove helpful in marketing and promoting the healing and balancing energy received from these powerful VAHT sessions. ♥

For more information, contact:
 Mary Milroy, CEO – GDVsource
 info@GDVsource.com
 www.GDVsource.com

Natalina Khavkin, Director of Education – GDVsource
 education@GDVsource.com
 www.GDVsource.com