

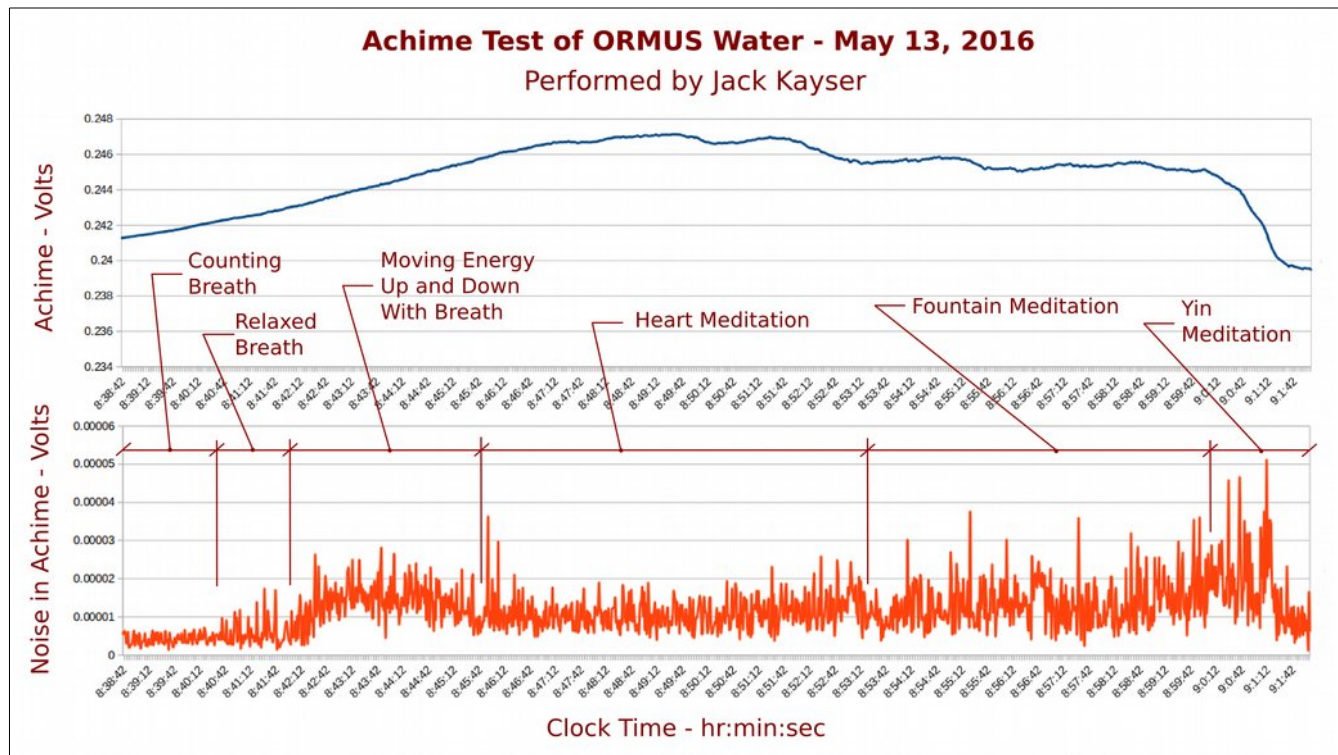
Addendum to Description of Achime

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This addendum provides an additional Achime test example, along with a brief discussion of the results. Also, a section is included that discusses what kinds of fluids to test with the Achime, as well as how the system can be improved.

Test Results

A meditation test was carried out using a sample of ORMUS [Orbitally Rearranged Monoatomic Elements] water given to me by a colleague. The test provided interesting results which help illustrate how different styles of meditation affect the Achime readings [plot is below]. A list of definitions is provided at the end of this document.



The Achime test of ORMUS water worked, showing a correlation between the sample response and the type of meditation. Over the course of the meditation I varied the location and focus of my awareness, applied breath control and mentally engaged chi energy [see definitions below]. I had put 4 eye droppers full of ORMUS water beneath my tongue just before starting the test, which probably was not necessary. The chime sound was turned off and I was sitting in a chair next to the sample. In general, a higher response occurred when I was activating the movement of subtle energy along the chakras. The highest response occurred while engaging raw Yin energy.

What Fluid to Test

The kind of fluid to use in a test depends on the type of experiment. During one test I brewed licorice tea and served it to a meditation group, then ran the Achime in recording mode using a sample of the tea. In another test I ran the Achime in recording mode with a fresh yeast, water and sugar sample during a presentation that involved different meditation techniques. In both cases, the sample response correlated to what was happening.

Fluids with organics, like active yeast, quickly become spoiled and need to be cleaned out of the sample bottle that day. If distilled water is used, it can be tested for several days before needing replacement. I have tried using a small piece of shungite, but as of yet have not gotten any response. Ideally, the Achime would use a solid test sample that did not need cleaning or replacement.

Improvement to the System

One way to improve the system would be to use a digitizing card that ran faster than the LTC2400 ADC. By increasing the sample rate and analysis speed by 10, an audio chime could be emitted within the same second as a measured response. At present, the feedback chime has a latency of at least one second.

Currently the Achime is connected to a lap top running a Processing script. Using a Raspberry Pie, the whole system could be fit into a box about the size of a paperback. If a speaker and batteries were included, the system could sit in a stand alone box on a table, providing a non-contact means of measuring the level of meditation.

Definitions

Counting Breath – Mind is focused on counting the number of seconds while breathing in, holding with full lungs, breathing out and holding with empty lungs. This is a good way to quiet the mind.

Relaxed Breath – Awareness moves up and down in an elliptical fashion, along with full pranayamic breathing.

Moving Energy with Breath Up and Down – Moving awareness, pranayamic breathing and the qigong practice of exchanging Yin and Yang energy.

Heart Meditation – Focus of awareness on the heart, along with the circulation of chi energy from all sources through the heart.

Fountain Meditation – Circulation of chi in a toroidal pattern up the spine, out the crown, cascading downward, then up again. Yin and Yang energies are gathered, concentrated and circulated in the process. This is essentially kundalini activation.

Yin Mediation – Awareness is projected deep into the Earth, while consciousness merges and circulates with raw Yin energy.