

designed to use the expanded awareness and highly focused attentiveness associated with the Focus 12 state to imagine various colors in a particularly intense and vivid manner so as to use them to resonate with and in turn to activate the body's own energies. Fundamentally, in terms of practical application it is a healing technique which is designed to restore the body and to enhance its physical capabilities by balancing, revitalizing and retuning bodily energy flows. It is predicated on the principle that the body's electromagnetic field is capable of altering its resonance pattern so as to entrain energy from the earth's electrostatic field for its own use. The various colors envisaged in the imagination as part of the technique cue the mind as to which frequencies and what specific amplitudes are desired in connection with this entrainment and the subsequent alterations in bodily energy flow patterns. That color has the capacity to affect the human mind is well known, and the affectuality of color in certain kinds of healing is a demonstrable fact. For example, application of an intense blue light to an area of physical tumescence leads to relatively rapid and easily observable reduction in the swelling while red, and to a lesser extent, yellow have quite the opposite effect. However, in the Hemi-Sync application of the technique external light sources are not involved but, rather, the mind is the sole agent of the healing and revitalization.

D. Energy Bar Tool. Magic wands and enchanted sceptors have been part of the folklore and occult practices of many cultures. The scepters, staffs and maces carried by monarchs and high priests alike occur with such frequency in the history of bygone eras as to suggest that at the very least these items are aspects of some type of archtypical symbol which the human mind seems to appreciate, perhaps quite subliminally. In any case, the energy bar tool technique involves envisaging a small, intensely pulsating dot of light which the participant charges in his imagination with enormous energy until it is virtually pulsating. The participant then extrudes the dot into the shape of a sparkling, vibrating cylinder of energy which he then uses to channel force from the universe to selected parts of his body for purposes of healing and revitalization.

E. Remote Viewing. In addition, the energy bar tool is used as a portal for initiating a follow-on technique called "remote viewing." In this context, the participant turns his bar of energy into a whirling vortex through which he sends his imagination in search of new and illuminating insights. The apparent purpose of the symbolism involved in the vortex seems to be to cue the subconscious and convey to it instructions as to what the participant wishes to do but in terms of nonverbal symbols which the right hemisphere of the mind is capable of understanding.

F. Living Body Map. This technique provides amplification for application of the energy bar tool as a means of healing specific areas or systems of the human body. The configuration of the participant's body is imagined and then the various major systems such as the nervous and circulatory systems are envisaged in appropriate colors within the confines of the outline being held in the imagination. The energy bar tool is then applied to energizing, balancing and healing in whatever manner the participant desires. In the process, the participant visualizes various streams of colored energy flowing out of the tool into the organ system or area upon which the revitalizing or healing application is being made. Since colors are the result of differing wavelengths of light, which is to say energy at various frequencies, this technique operates on the assumption that as the human body is composed of energy it can be vitalized and healed through the additive application of additional energy provided that the energy is applied in the appropriate form.