

# Centre for Biofield Sciences

# A Pilot Study on the Efficacy of TR-T Features from Yippi Mobile Application

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#### Abstract

The Yippi mobile application has TR-T (Toga Resonance Technology) features which claims to have many potential benefits to the Biofield. The audio frequencies embedded in the technology claim to produce resonance in an attempt to achieve a state of harmony within the human Biofield. A pilot study was designed to test the efficacy of a few selected balancing/healing frequencies in the subject's (or end user's) Biofield. Based on the study specific inclusion and exclusion criteria of the participants, twenty suitable participants were selected randomly to take part in the study. These participants were analyzed before and after exposure/usage of different TR-T features of the Yippi App. The results show a clear state of change in the person's Biofield after a periodic and frequent exposure to TR-T features. Although these changes were not considered statistically significant, the study gave an opportunity to inspect the effects of subtle healing frequencies on various parameters of the human Biofield.

**Keywords:** Biofeedback, Biofield, Subtle Energy, Bioelectrophotography, Toga Resonance Technology

# Devices and Data Logging Systems BioWell (EPI\GDV)

Bio-Well is a tool based on Electro-Photonic Imaging (EPI) and Gas Discharge Visualization technique (GDV; Kirlian effect) made especially for express-assessment of the emotional and energetic state of a person. The BioWell is developed by Dr. Konstantin Korotkov. An electric impulse stimulates the biological subject and generates a response of the subject in the form of photon & electron emission. The glow of the photon radiation owing to the gas discharge generated in the electromagnetic field is transformed by an optical & charge coupled device system into a computer file. Subjects were required to put each fingertip on a quartz plate and an image displaying the photons emissions was then analyzed. GDV Technique is the computer registration and analysis of electro-photonic emissions of different objects, including biological (specifically the human fingers) resulting from placing the object in the high-intensity electromagnetic field on the device lens.

When a scan is conducted, a weak electrical current is applied to the fingertips for less than a millisecond. The subjects' response to this stimulus is the formation of a variation of an "electron cloud" composed of light energy photons. The electronic "glow" of this discharge is captured by the camera system and then translated and transmitted back in graphical representations. Fig.8(a) shows an image of a fingerprint and the corresponding aura as produced by the EPI\GDV software. Photonic emission from all the ten figures was captured; each finger is connected to various systems of the body by BioWell software as shown in Fig 9. For this study, the energy, organ balance and L\R symmetry of the aura were analyzed for balance and vibrancy.





Fig. 8: Example of BioWell: (a) photonic emissions captured from a fingertip

**Fig. 9**: Photonic emission interpretation of energetic distribution in various systems of the body by BioWell software.

### **Biofield Viewer (BV)**

Biofield Viewer 3.5 (BV) is an advanced imaging technology that reveals light interference patterns on and below the skin's surface. The Biofield Viewer software combined with the controlled imaging environment allows for visualization of the light photon interactions between the light source and the human biofield. The Biofield Viewer program compares the reflected rays with the incident rays and then re-codes them and produces a biofield image. The system identifies the intensity of light within the image and then gives the photons a designated number relating to color in the visible spectrum. Thus it is a digital encoding system and the smallest differences in the density of photons is recorded and viewed on a computer screen using color coding. Light striking the physical body may be reflected or absorbed. The various intensities of light differ on and around the body and Biofield Viewers allow these differences to be seen. The participant is exposed to a standardized lighting environment and should be disrobed with all jewelry removed to maximize skin exposure and minimize image artifacts. A white, matte wall provides a monochromatic background against which the BV colors are most clearly highlighted. A digital camera is used to detect the interference of biophotons emanating from the subject with the light produced from the standardized lighting system. The BV software measures the absorption and reflection of light on the skin's surface and surroundings then displays a composite image of the accentuated interference gradations on the screen. The second set of biofield images are placed through filtering software the Chakra Viewer application of the software introduces filters which smooth the data sets into distinct bandings. This process allows for a closer investigation of the chakras and emotional aspect of the biofield. The Chakra Viewer is being widely used in research to monitor the effect of investigation of these images and broadens the scope of understanding of emotional, psychological, and spiritual well being. The system reveals homeostasis in the biofield, and the Chakra Viewer now reveals the chakra live and in color. In analyzing a Chakra Viewer image, the functionality of the energy centers can be monitored. Much research has been conducted on the relationship between the endocrine glands and the chakras, as well as, the new branch of science entitled psycho-neuro-immunology.



(Left) Biofield Viewer (Right) Chakra Viewer

Fig. 10 An example Biofield Viewer images and Chakra Viewer mode

# Methodology

The pilot study was conducted by the Centre for Biofield Sciences (CBS) to test the efficacy of the TR-T(Toga Resonant Technology) features from the Yippi App. Based on the study specific inclusion and exclusion criteria of the participants, twenty suitable participants were selected randomly to take part in the study. All the subjects were scanned before listening to the sounds from TR-T features of Yippi App. This serves as a baseline for scanning the after effects of Yippi's TR-T features for a duration of 15-20 minutes. The specific features were selected based on the baseline scan of the participant, and each participant was allocated with unique identification code.

#### **Biofield Viewer (BV)**

The subjects were scanned before listing the TR-T features of Yippi App that served as a baseline. Further, advanced biofield imaging using BV and BioWell was performed after listening to the TR-T features of Yippi App for 15 minutes. A white LED light array is used as the primary light source and the subjects were asked to stand against a plain white background, the image of the subjects were taken in the chakra viewer mode of the Biofield Viewer software 3.5. Pixel analysis of BV scans was done using TouchDesigner to measure red (R), blue (B), and green (G) pixels. The red (R) pixels represent pooled or low energy zones. Green (G) pixels stand for vital energy.

#### **Bio-well (EPI\GDV)**

The first baseline scans were taken before the subjects listened to the TR-T features of Yippi App. The next scans were taken after 15 minutes of listening to the TR-T features of Yippi App. The subjects have to place all ten fingers on top of a quartz glass plate inside the BioWell device which captures the electrophonic discharge of all ten fingers. The data is recorded and analyzed by the BioWell 5.8.0.0 professional software.

Statistical analysis: Mann-Whitney U-Test (Wilcoxon Rank Sum Test)

Approximate significance of value $\alpha$							
Number	0,05			0,01			
of series in sample	ple Critical values		Exact value α	Critical values		Exact value α	
4	11	25	0.057	10	26	0.026	
5	17	38	0.032	15	40	0.008	
6	26	52	0.041	23	55	0.009	
7	37	68	0.053	33	72	0.011	
8	49	87	0.050	44	92	0.010	

# Results

# Feature : Brain enhancement.

Tests :

	Before	T-Rank	After	T-Rank
Mean Stress Levels	2.895	4	2.74	3
Mean Cerebral Balance	96.245	8	95.745	7
Mean Cerebral Noise	0.2	2	0.19	1
Mean Red Pixels	95.38	6	90.88	5
T-Score		20		16





Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

## Feature : Quantum nutrition.

Tests :

	Before	T-Rank	After	T-Rank
Mean Energy Reserve	64.5	1	65	2

After

Mean Energy in Sacrum	81.185	3	93.93	4
Mean Endocrine Balance	95.03	5	95.38	6
Mean Green Pixels	181	8	152	7
T- Score		17		19





93.93

After

152

200

Feature : Sleep	enhancement.
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	Before	T-rank	After	T-rank
Mean Energy Levels	58	3	59	4
Mean Immune System Balance	98.56	8	90.78	6
Mean Balance in Eyes	88.915	5	96.89	7
Immune System Entropy Coefficient	2.17	2	2.035	1
T-Score		18		18



BALANCE IN EYES





Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

	Before	T-Rank	After	T-Rank
Mean Stress Levels	2.57	2	2.505	1
Mean Energy Reserve	91	5	81	3
Mean Red Pixels	113.5	7	113.5	8
Mean	92	6	89	4

Feature : Relaxation	Feature	:	Relaxation
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Green Pixels		
T-Score	20	16



Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

Feature	:	Quantum	healthcare.
		<b>~</b>	

	Before	T-Rank	After	T-Rank
Mean Digestive System	90.255	3	84.66	1

Balance				
Mean Cardiovascula r System Balance	95.945	6	87.99	2
Mean Respiratory System Balance	93.125	5	91.185	4
Mean Red Pixels	118	7	121	8
T-Score		21		15









Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

	Before	T-Rank	After	T-Rank
Mean Balance in Head	92.7	5	96.625	6
Mean Entropy in Head	2.2	2	2.13	1
Mean Red Pixels	21	3	35.5	4
T-Score		10		11

# Feature : Headache support.



**BIOFIELD VIEWER FOREHEAD RED PIXEL** 



Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

# Feature : **T-shield**

	Before	T-Rank	After	T-Rank
Mean Overall Entropy Coefficient	2.1506	4	2.1418	3
Mean Overall Inner Noise	0.2212	2	0.2114	1
Mean Red Pixels	105	6	98	5
T-Score		12		9



Before 0.2212 After 0.2114 0.025 0.05 0.075 0.1 0.125 0.15 0.175 0.2 0.225 0 0.25



**BIOFIELD VIEWER RED PIXELS** 



**OVERALL INNER NOISE** 

Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

## Feature : **Boost Immunity**

	Before	T-Rank	After	T-Rank
Mean Balance in Immune System	71.585	1	89.34	4
Mean Energy Reserve	90.5	5	81	3
Mean Green Pixels	75	2	107	6
T-Score		8		13



**IMMUNE SYSTEM BALANCE** 

71.585

89.34



Result: The above test does not satisfy the critical values of Mann-Whitney criteria. Thus the above results are not statistically significant.

## Discussion

The tests in the pilot study demonstrate a change in the state of subjects Biofield after listening to the TR-T features from Yippi App for a duration of 15 minutes. Both Electrophotonic Imaging and Biofield Viewer have recorded shifts in subjects biofield after listening to TR-T features. The pixel analysis in the Biofield Viewer and parametric analysis of electrophotonic images haven't shown any changes of statistical significance.

## Review

Technical Expert Review on TR-T Audio Samples:

The set of different healing frequencies used in Yippi's TR-T are not smoothly mixed and filtered. We evaluated the presence of,

1) Predictive frequency loops over shorter time intervals,

2) Sudden kicks in the frequency pitch,

3) Non-optimal overlay of nature sounds and healing frequencies. Listening (or exposure) to such sharp changes in healing frequencies may tend to defocus the attention of the end user. So, Yippi can modify some of these aspects for better use of the application.

Some TR-T features such as 'Anti-Aging Relief' and 'Weight Loss' are effective for long term usage, thus, feature-specific instructions on the time course and play frequency are needed for better usability.

#### User Review:

User Navigation Issues:

Yippi's TR-T features are difficult to locate/navigate from the home window (or application dashboard page) unless/otherwise instructed. A better and user friendly navigation tool has to be developed for an immersive UI & UX.

Signup Issues:

Most of the study participants found it difficult to sign up/register to the Yippi App.

### TR-T User Review:

The experience will be better if sounds of nature presented in the app are continuous throughout the session rather than being short loops.

## Conclusion

The pilot study results do not show any changes of statistical significance in the subject's Biofield. More information and details regarding each specific TR-T feature as well as the corresponding healing frequency may provide an interactive and trusted relationship with the end user. We recommend that Yippi should consider the above suggested technical expert and user reviews and make the adequate changes to its TR-T features.

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