

Energy Mindfulness Practice

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**SOCIETY
FOR
SCIENTIFIC
EXPLORATION**

1
00:00:09,830 --> 00:00:06,470

[Music]

2
00:00:11,669 --> 00:00:09,840

hello my name is ana laura trivilatu i'm

3
00:00:12,950 --> 00:00:11,679

here to talk to you about a research i

4
00:00:15,430 --> 00:00:12,960

have conducted

5
00:00:17,430 --> 00:00:15,440

on energy mindfulness and its

6
00:00:19,349 --> 00:00:17,440

effects on

7
00:00:23,109 --> 00:00:19,359

stress anxiety

8
00:00:25,910 --> 00:00:23,119

and depression and energy balance

9
00:00:28,830 --> 00:00:25,920

so this is a research that

10
00:00:32,790 --> 00:00:28,840

came out of my huge curiosity to

11
00:00:34,950 --> 00:00:32,800

understand the subtle energy but also

12
00:00:37,910 --> 00:00:34,960

how it works on people i have been

13
00:00:41,350 --> 00:00:37,920

teaching this for for long years more

14

00:00:43,990 --> 00:00:41,360

than 20 25 years and i have been having

15

00:00:47,590 --> 00:00:44,000

a lot of accounts of students saying

16

00:00:50,310 --> 00:00:47,600

about its positive results but it has

17

00:00:52,389 --> 00:00:50,320

never been like properly measured or

18

00:00:55,189 --> 00:00:52,399

catalogued before

19

00:00:57,350 --> 00:00:55,199

and i was always curious to understand

20

00:00:59,189 --> 00:00:57,360

what would be the element that make

21

00:01:01,270 --> 00:00:59,199

these work for them

22

00:01:03,110 --> 00:01:01,280

if it works for them as they said it

23

00:01:04,390 --> 00:01:03,120

worked for them so

24

00:01:07,190 --> 00:01:04,400

was these

25

00:01:09,590 --> 00:01:07,200

because of the the setting was this this

26

00:01:12,950 --> 00:01:09,600

face-to-face setting was this because

27

00:01:14,230 --> 00:01:12,960

they had some like

28

00:01:16,950 --> 00:01:14,240

psychic

29

00:01:19,429 --> 00:01:16,960

powers or they were

30

00:01:22,789 --> 00:01:19,439

gifted in certain ways or their own

31

00:01:25,670 --> 00:01:22,799

tendencies i don't know or would it be

32

00:01:26,950 --> 00:01:25,680

because of the technique itself

33

00:01:33,030 --> 00:01:26,960

or

34

00:01:35,590 --> 00:01:33,040

and i always wanted to understand this

35

00:01:38,390 --> 00:01:35,600

and now i have

36

00:01:41,510 --> 00:01:38,400

come to the conclusion after

37

00:01:43,990 --> 00:01:41,520

doing this research that it seems it

38

00:01:46,389 --> 00:01:44,000

does not depend on any of these things

39

00:01:48,789 --> 00:01:46,399

all of these things seem to be

40

00:01:49,590 --> 00:01:48,799

quite irrelevant in the end

41

00:01:51,350 --> 00:01:49,600

so

42

00:01:53,030 --> 00:01:51,360

at least from this research people

43

00:01:55,270 --> 00:01:53,040

didn't have any knowledge any

44

00:01:58,630 --> 00:01:55,280

theoretical knowledge about

45

00:02:01,109 --> 00:01:58,640

uh the so-called subtle energies or

46

00:02:03,510 --> 00:02:01,119

chakras they didn't seem to have any

47

00:02:05,670 --> 00:02:03,520

extraordinary powers

48

00:02:08,469 --> 00:02:05,680

they were not mystical they didn't do

49

00:02:09,510 --> 00:02:08,479

any kind of rituals or anything

50

00:02:12,070 --> 00:02:09,520

and

51
00:02:14,150 --> 00:02:12,080
they didn't necessarily believe on that

52
00:02:17,110 --> 00:02:14,160
i didn't request them to believe on

53
00:02:19,350 --> 00:02:17,120
anything and that was quite interesting

54
00:02:22,630 --> 00:02:19,360
because it comes that

55
00:02:25,750 --> 00:02:22,640
lay people can also apply energy can

56
00:02:29,910 --> 00:02:25,760
also do something with their own energy

57
00:02:32,550 --> 00:02:29,920
uh just having good instructions and uh

58
00:02:33,750 --> 00:02:32,560
and therefore they have the ability to

59
00:02:37,589 --> 00:02:33,760
produce

60
00:02:41,030 --> 00:02:37,599
like psychokinesis or heli or

61
00:02:42,869 --> 00:02:41,040
or other phenomena that comes out of the

62
00:02:45,350 --> 00:02:42,879
subtle energy

63
00:02:46,790 --> 00:02:45,360

and it seems that everyone can produce

64

00:02:49,509 --> 00:02:46,800

that so

65

00:02:52,229 --> 00:02:49,519

that was quite interesting also

66

00:02:54,390 --> 00:02:52,239

what is novel on what i have done the

67

00:02:57,190 --> 00:02:54,400

number one is that the technique has not

68

00:02:58,630 --> 00:02:57,200

been applied as a mindfulness technique

69

00:03:00,630 --> 00:02:58,640

before

70

00:03:03,110 --> 00:03:00,640

it has the correct risk but it hasn't

71

00:03:05,270 --> 00:03:03,120

been applied in this way also its

72

00:03:06,470 --> 00:03:05,280

effects have never been measured as far

73

00:03:10,710 --> 00:03:06,480

as i know

74

00:03:12,790 --> 00:03:10,720

and also the instrument itself to to

75

00:03:16,149 --> 00:03:12,800

measure the results is something that

76
00:03:18,390 --> 00:03:16,159
had to be created for these uh research

77
00:03:20,630 --> 00:03:18,400
so let me show you

78
00:03:22,229 --> 00:03:20,640
and tell you a little bit about the

79
00:03:24,949 --> 00:03:22,239
technique itself

80
00:03:27,430 --> 00:03:24,959
what is it the technique

81
00:03:31,030 --> 00:03:27,440
is something that i call here energy

82
00:03:33,430 --> 00:03:31,040
mindfulness and it's also known as velo

83
00:03:36,630 --> 00:03:33,440
which is an acronym for voluntary

84
00:03:39,589 --> 00:03:36,640
energetic longitudinal oscillation

85
00:03:41,830 --> 00:03:39,599
so the the velo name is very good

86
00:03:44,830 --> 00:03:41,840
because it describes the

87
00:03:47,750 --> 00:03:44,840
the procedure in itself which is a

88
00:03:50,070 --> 00:03:47,760

voluntary movement an oscillation of

89

00:03:52,470 --> 00:03:50,080

energy that is longitudinal inside of

90

00:03:53,350 --> 00:03:52,480

the body of the person

91

00:03:55,350 --> 00:03:53,360

so

92

00:03:58,550 --> 00:03:55,360

um

93

00:04:00,949 --> 00:03:58,560

i am using what is called subtle energy

94

00:04:03,270 --> 00:04:00,959

as you know we still do not have a

95

00:04:06,309 --> 00:04:03,280

consensus in terms of the best name for

96

00:04:09,750 --> 00:04:06,319

that so it could be bioenergy biofuel or

97

00:04:12,789 --> 00:04:09,760

chakra energy key or chi they all refer

98

00:04:16,150 --> 00:04:12,799

to the very same thing that i am here

99

00:04:18,550 --> 00:04:16,160

naming subtle energy just for simplicity

100

00:04:21,830 --> 00:04:18,560

the technique itself is not new

101
00:04:24,629 --> 00:04:21,840
actually it's a started being uh um

102
00:04:27,749 --> 00:04:24,639
having a reference of that or the first

103
00:04:29,670 --> 00:04:27,759
one that i that is known is the ancient

104
00:04:32,070 --> 00:04:29,680
buddhists um

105
00:04:33,990 --> 00:04:32,080
scripts and they were describing them

106
00:04:36,310 --> 00:04:34,000
something that would follow through

107
00:04:39,350 --> 00:04:36,320
their bodies and

108
00:04:42,070 --> 00:04:39,360
they would have that kind of

109
00:04:44,230 --> 00:04:42,080
sensation when they would be having a

110
00:04:47,110 --> 00:04:44,240
transcendent um

111
00:04:50,150 --> 00:04:47,120
phenomena then later on vipassana have

112
00:04:52,950 --> 00:04:50,160
used something similar silvan mudum also

113
00:04:56,629 --> 00:04:52,960

have mentioned these kind of currents of

114

00:04:57,909 --> 00:04:56,639

kind of vibration this is how it was um

115

00:04:59,270 --> 00:04:57,919

described

116

00:05:01,110 --> 00:04:59,280

and

117

00:05:03,029 --> 00:05:01,120

especially in this case related to

118

00:05:05,909 --> 00:05:03,039

out-of-body experience

119

00:05:09,270 --> 00:05:05,919

robert monroe as well have mentioned

120

00:05:12,950 --> 00:05:09,280

about vibrations in the body vodaviera

121

00:05:15,670 --> 00:05:12,960

have also popularized that in brazil

122

00:05:18,469 --> 00:05:15,680

and nancy rivera who's my sister

123

00:05:21,670 --> 00:05:18,479

have coined the name velo the voluntary

124

00:05:25,029 --> 00:05:21,680

energetic longitudinal oscillation and

125

00:05:26,230 --> 00:05:25,039

she studied the attributes of this

126
00:05:28,469 --> 00:05:26,240
technique

127
00:05:30,310 --> 00:05:28,479
to try to understand what would be most

128
00:05:32,870 --> 00:05:30,320
most important

129
00:05:34,870 --> 00:05:32,880
in bringing the effectiveness of the

130
00:05:36,710 --> 00:05:34,880
technique and this is the one that i

131
00:05:40,710 --> 00:05:36,720
have used

132
00:05:44,629 --> 00:05:40,720
with the with the participants uh why i

133
00:05:47,590 --> 00:05:44,639
used mindfulness and why i am doing this

134
00:05:49,990 --> 00:05:47,600
as a mindfulness uh energy mindfulness

135
00:05:52,870 --> 00:05:50,000
number one because um

136
00:05:55,189 --> 00:05:52,880
it's similar to mindfulness it's just um

137
00:05:58,230 --> 00:05:55,199
people learn to control their mind their

138
00:06:00,950 --> 00:05:58,240

attention it has the centering property

139

00:06:03,909 --> 00:06:00,960

it means it outers the relationship we

140

00:06:07,110 --> 00:06:03,919

have with our thoughts our emotions our

141

00:06:10,430 --> 00:06:07,120

body sensations and our subtle energy as

142

00:06:13,670 --> 00:06:10,440

well and also it does have the this

143

00:06:16,070 --> 00:06:13,680

identification from these elements

144

00:06:19,110 --> 00:06:16,080

so now about the instrument

145

00:06:22,950 --> 00:06:19,120

how did i measure this first of all i

146

00:06:25,830 --> 00:06:22,960

used a widely known um

147

00:06:28,550 --> 00:06:25,840

as a basis no a widely known scale that

148

00:06:30,629 --> 00:06:28,560

is called das and it does 21 because it

149

00:06:33,990 --> 00:06:30,639

has 21 questions

150

00:06:34,710 --> 00:06:34,000

uh it's seven question in each one of

151

00:06:37,189 --> 00:06:34,720

the

152

00:06:39,909 --> 00:06:37,199

different dimensions that it covers

153

00:06:43,909 --> 00:06:39,919

depression anxiety and stress

154

00:06:44,870 --> 00:06:43,919

this was a choice made because it's just

155

00:06:47,029 --> 00:06:44,880

simple

156

00:06:49,670 --> 00:06:47,039

it is a

157

00:06:51,350 --> 00:06:49,680

a measurement that has been validated

158

00:06:53,990 --> 00:06:51,360

over and over again

159

00:06:56,870 --> 00:06:54,000

it has been used in many different

160

00:06:59,589 --> 00:06:56,880

languages it's not perfect

161

00:07:02,950 --> 00:06:59,599

but it was a good starting point because

162

00:07:04,950 --> 00:07:02,960

of its simplicity simple to use to apply

163

00:07:07,990 --> 00:07:04,960

and to escort results

164

00:07:10,550 --> 00:07:08,000

now what i have done and i have done

165

00:07:13,830 --> 00:07:10,560

alongside with my sister as well with

166

00:07:16,390 --> 00:07:13,840

nancy was the creation of these scale

167

00:07:18,390 --> 00:07:16,400

following the same

168

00:07:22,710 --> 00:07:18,400

pattern of the das

169

00:07:25,029 --> 00:07:22,720

so it is a negative statement and it's a

170

00:07:27,990 --> 00:07:25,039

four-point leakage scale the higher the

171

00:07:30,390 --> 00:07:28,000

score the more you have of that

172

00:07:33,110 --> 00:07:30,400

something in the in the question so in

173

00:07:34,150 --> 00:07:33,120

the case of the energy the subtle energy

174

00:07:36,469 --> 00:07:34,160

scale

175

00:07:37,909 --> 00:07:36,479

we have measured these dimensions

176

00:07:41,270 --> 00:07:37,919

self-defense

177

00:07:45,589 --> 00:07:41,280

field stability energy sensitivity

178

00:07:47,830 --> 00:07:45,599

sustained energy cohesion sleep quality

179

00:07:51,029 --> 00:07:47,840

energy strength and resilience against

180

00:07:53,830 --> 00:07:51,039

intrusion so each one of the before the

181

00:07:55,110 --> 00:07:53,840

apologies the seven questions covered

182

00:07:56,950 --> 00:07:55,120

one of these

183

00:07:59,749 --> 00:07:56,960

areas and

184

00:08:02,790 --> 00:07:59,759

at least in this research it had a very

185

00:08:05,309 --> 00:08:02,800

good internal consistency on uh having

186

00:08:09,990 --> 00:08:05,319

the chromebook alpha at

187

00:08:15,350 --> 00:08:10,000

0.81 so that was a not a a bet for a

188

00:08:18,710 --> 00:08:16,469

first of all

189

00:08:20,950 --> 00:08:18,720

i um

190

00:08:23,510 --> 00:08:20,960

requested people to answer a

191

00:08:25,510 --> 00:08:23,520

questionnaire pre and post research

192

00:08:27,830 --> 00:08:25,520

period the period in which they would be

193

00:08:28,790 --> 00:08:27,840

applying the technique that i have just

194

00:08:30,469 --> 00:08:28,800

mentioned

195

00:08:33,029 --> 00:08:30,479

they answered the questionnaire at the

196

00:08:34,310 --> 00:08:33,039

same time it was exactly the same for

197

00:08:36,709 --> 00:08:34,320

all the groups

198

00:08:39,829 --> 00:08:36,719

the practice um

199

00:08:42,949 --> 00:08:39,839

so all active groups they performed the

200

00:08:45,110 --> 00:08:42,959

very same activity so it was the same

201
00:08:47,430 --> 00:08:45,120
with the at the same time with the same

202
00:08:50,790 --> 00:08:47,440
instructions same material so what i

203
00:08:53,030 --> 00:08:50,800
gave to them was um an audio guide that

204
00:08:55,990 --> 00:08:53,040
they would use

205
00:08:58,070 --> 00:08:56,000
i gave written instructions a video with

206
00:09:00,310 --> 00:08:58,080
special effects so they could see what

207
00:09:02,630 --> 00:09:00,320
what it would be and i was just

208
00:09:05,350 --> 00:09:02,640
instructing them little by little but

209
00:09:07,750 --> 00:09:05,360
the same instruction for everyone

210
00:09:10,389 --> 00:09:07,760
and what i requested them was to perform

211
00:09:13,110 --> 00:09:10,399
the villo as many times as possible at a

212
00:09:15,430 --> 00:09:13,120
minimum of three times a day

213
00:09:19,269 --> 00:09:15,440

i have provided them all with the same

214

00:09:22,949 --> 00:09:19,279

material and we applied that for 25 days

215

00:09:25,750 --> 00:09:22,959

now i had a lot of challenges to do that

216

00:09:28,550 --> 00:09:25,760

number one was

217

00:09:31,350 --> 00:09:28,560

how would i measure the results against

218

00:09:35,509 --> 00:09:31,360

you would i use a placebo what would be

219

00:09:38,870 --> 00:09:35,519

the placebo would it be a activity that

220

00:09:40,949 --> 00:09:38,880

would be a shame activity something that

221

00:09:41,910 --> 00:09:40,959

would bring them nothing

222

00:09:44,630 --> 00:09:41,920

um

223

00:09:47,590 --> 00:09:44,640

and it was quite hard to find out so i

224

00:09:51,190 --> 00:09:47,600

ended up having a control group that was

225

00:09:52,790 --> 00:09:51,200

a an inactive control group so exactly

226
00:09:54,710 --> 00:09:52,800
at the same time they responded the

227
00:09:56,870 --> 00:09:54,720
questionnaires and they were doing

228
00:09:58,470 --> 00:09:56,880
nothing at that time

229
00:10:00,310 --> 00:09:58,480
and uh i'm going to tell you how i

230
00:10:03,190 --> 00:10:00,320
divided the groups in a minute

231
00:10:05,750 --> 00:10:03,200
so but i i had a lot of challenges it

232
00:10:07,509 --> 00:10:05,760
would be a big effort

233
00:10:10,630 --> 00:10:07,519
for them

234
00:10:13,430 --> 00:10:10,640
in a sense because it requires more than

235
00:10:15,910 --> 00:10:13,440
the regular mindfulness you imagine if

236
00:10:18,870 --> 00:10:15,920
in mindfulness they need to train their

237
00:10:22,310 --> 00:10:18,880
attention to pay attention to

238
00:10:25,590 --> 00:10:22,320

their emotions or to a taste or a sound

239

00:10:28,389 --> 00:10:25,600

or a movement it has many types of

240

00:10:30,470 --> 00:10:28,399

different types of mindfulness imagine

241

00:10:31,750 --> 00:10:30,480

for them to pay attention to something

242

00:10:33,829 --> 00:10:31,760

that

243

00:10:36,630 --> 00:10:33,839

sometimes they don't feel

244

00:10:39,030 --> 00:10:36,640

and uh and for them it's quite abstract

245

00:10:40,389 --> 00:10:39,040

what would be your subtle energy flowing

246

00:10:43,030 --> 00:10:40,399

inside of you

247

00:10:44,870 --> 00:10:43,040

anyway it was a big effort for me as

248

00:10:50,470 --> 00:10:44,880

well a kind of a challenge for me as

249

00:10:53,670 --> 00:10:50,480

well because i had to instruct them

250

00:10:56,949 --> 00:10:53,680

with a information enough for them to do

251
00:10:58,550 --> 00:10:56,959
it but without too much i no moment have

252
00:11:01,910 --> 00:10:58,560
mentioned for example the name of the

253
00:11:05,030 --> 00:11:01,920
technique or or

254
00:11:08,310 --> 00:11:05,040
the name of other institutions or the

255
00:11:12,790 --> 00:11:08,320
iec who which also uh teach these kind

256
00:11:16,230 --> 00:11:12,800
of techniques so i i offered them i had

257
00:11:17,509 --> 00:11:16,240
as little contact as possible right

258
00:11:18,949 --> 00:11:17,519
and uh

259
00:11:21,430 --> 00:11:18,959
the other

260
00:11:24,470 --> 00:11:21,440
challenge that i had was the doses

261
00:11:26,710 --> 00:11:24,480
the regular mindfulness for example the

262
00:11:30,389 --> 00:11:26,720
the stress reduction mindfulness that is

263
00:11:32,389 --> 00:11:30,399

so known it started on the 70s it

264

00:11:35,990 --> 00:11:32,399

requires eight weeks

265

00:11:38,150 --> 00:11:36,000

of of practice to become a habit and to

266

00:11:39,670 --> 00:11:38,160

bring the positive effects

267

00:11:41,030 --> 00:11:39,680

so

268

00:11:41,990 --> 00:11:41,040

what would be

269

00:11:47,670 --> 00:11:42,000

the

270

00:11:49,990 --> 00:11:47,680

frequency and so on so i decided to do

271

00:11:51,190 --> 00:11:50,000

as i have mentioned here

272

00:11:54,710 --> 00:11:51,200

now

273

00:11:56,389 --> 00:11:54,720

what were the people that came to to to

274

00:11:58,550 --> 00:11:56,399

help me with this research

275

00:11:59,750 --> 00:11:58,560

so a little bit on the demographics

276
00:12:02,310 --> 00:11:59,760
nothing

277
00:12:09,670 --> 00:12:05,910
middle age majority female

278
00:12:12,470 --> 00:12:09,680
we had a good 30 countries

279
00:12:13,990 --> 00:12:12,480
participating which is really good even

280
00:12:17,670 --> 00:12:14,000
though 50

281
00:12:19,910 --> 00:12:17,680
were from us uk it was in in english

282
00:12:21,430 --> 00:12:19,920
so kind of

283
00:12:23,509 --> 00:12:21,440
okay

284
00:12:26,069 --> 00:12:23,519
inclusion exclusion criteria so let me

285
00:12:27,990 --> 00:12:26,079
explain to you a little bit how i worked

286
00:12:29,910 --> 00:12:28,000
with these people

287
00:12:31,590 --> 00:12:29,920
after they have enrolled

288
00:12:34,470 --> 00:12:31,600

number one is that i

289

00:12:36,790 --> 00:12:34,480

randomized only these two groups that i

290

00:12:39,670 --> 00:12:36,800

call group one and group two

291

00:12:41,990 --> 00:12:39,680

the group one was active therefore they

292

00:12:44,629 --> 00:12:42,000

applied the technique throughout these

293

00:12:46,870 --> 00:12:44,639

25 days and the group two was inactive

294

00:12:50,069 --> 00:12:46,880

they were on wait list

295

00:12:51,110 --> 00:12:50,079

the two groups they were randomized one

296

00:12:54,629 --> 00:12:51,120

by one

297

00:12:55,990 --> 00:12:54,639

and they had no uh

298

00:12:59,990 --> 00:12:56,000

knowledge

299

00:13:02,470 --> 00:13:00,000

never attended

300

00:13:04,230 --> 00:13:02,480

any training or workshop courses at the

301
00:13:06,150 --> 00:13:04,240
iec international academy of

302
00:13:07,750 --> 00:13:06,160
consciousness or they didn't know about

303
00:13:11,030 --> 00:13:07,760
us

304
00:13:13,750 --> 00:13:11,040
and they have not applied a practice

305
00:13:16,150 --> 00:13:13,760
themselves anything even people who have

306
00:13:19,110 --> 00:13:16,160
applied or created their own practice i

307
00:13:21,110 --> 00:13:19,120
put them on a separate group which was

308
00:13:26,389 --> 00:13:21,120
the group number three

309
00:13:27,350 --> 00:13:26,399
so people who have been practicing

310
00:13:30,069 --> 00:13:27,360
something

311
00:13:33,269 --> 00:13:30,079
uh different types of practices not only

312
00:13:37,269 --> 00:13:33,279
mindfulness not only energy related so

313
00:13:39,670 --> 00:13:37,279

any kind of uh of practice they would be

314

00:13:41,189 --> 00:13:39,680

having on the last three months

315

00:13:43,509 --> 00:13:41,199

would then

316

00:13:45,350 --> 00:13:43,519

make me to put them here

317

00:13:47,750 --> 00:13:45,360

would be an exclusion from the groups

318

00:13:49,030 --> 00:13:47,760

one and two which are the ones that

319

00:13:51,509 --> 00:13:49,040

are i think

320

00:13:54,629 --> 00:13:51,519

matter a lot or the most here

321

00:13:56,870 --> 00:13:54,639

and and the group four was really um

322

00:13:59,509 --> 00:13:56,880

small because it was a little bit of

323

00:14:02,470 --> 00:13:59,519

some people who were

324

00:14:04,310 --> 00:14:02,480

taking psychotropic drugs

325

00:14:06,230 --> 00:14:04,320

and i did not mix them with the other

326

00:14:09,829 --> 00:14:06,240

ones in order not to

327

00:14:10,949 --> 00:14:09,839

to confuse the the results in the end i

328

00:14:14,389 --> 00:14:10,959

had

329

00:14:17,829 --> 00:14:14,399

so i have a total applicant's 541

330

00:14:21,509 --> 00:14:17,839

but the full registration for 400 in

331

00:14:24,990 --> 00:14:21,519

time one i have 344 people and on time

332

00:14:28,389 --> 00:14:25,000

two means the questionnaire two i had

333

00:14:30,949 --> 00:14:28,399

229 people responding here you have

334

00:14:33,829 --> 00:14:30,959

people on time one time two time one

335

00:14:36,310 --> 00:14:33,839

time two and so on

336

00:14:37,509 --> 00:14:36,320

now a little bit of the results

337

00:14:40,629 --> 00:14:37,519

so

338

00:14:41,590 --> 00:14:40,639

the the anxiety

339

00:14:44,389 --> 00:14:41,600

um

340

00:14:46,470 --> 00:14:44,399

first of all let me explain here pretest

341

00:14:47,590 --> 00:14:46,480

in blue post test

342

00:14:50,470 --> 00:14:47,600

in red

343

00:14:53,509 --> 00:14:50,480

it's as simple as the higher the number

344

00:14:55,430 --> 00:14:53,519

the higher the anxiety in this case so

345

00:14:58,230 --> 00:14:55,440

if you had a three

346

00:15:01,670 --> 00:14:58,240

or this pretest was a four and now it's

347

00:15:04,870 --> 00:15:01,680

a tree so obviously it reduced the

348

00:15:07,189 --> 00:15:04,880

the anxiety and interestingly

349

00:15:09,509 --> 00:15:07,199

everyone has seemed to have improved in

350

00:15:11,910 --> 00:15:09,519

terms of anxiety i

351
00:15:13,509 --> 00:15:11,920
don't know exactly why i would imagine

352
00:15:16,790 --> 00:15:13,519
perhaps they were expecting something

353
00:15:18,710 --> 00:15:16,800
positive to come and that in itself have

354
00:15:20,949 --> 00:15:18,720
reduced anxiety

355
00:15:22,550 --> 00:15:20,959
now on depression

356
00:15:24,150 --> 00:15:22,560
you see that the group tube is the

357
00:15:25,189 --> 00:15:24,160
inactive group so they were doing

358
00:15:28,870 --> 00:15:25,199
nothing

359
00:15:31,189 --> 00:15:28,880
and they did not have any changes but

360
00:15:32,069 --> 00:15:31,199
the group one improved three and four as

361
00:15:36,230 --> 00:15:32,079
well

362
00:15:37,670 --> 00:15:36,240
the group three had a significant

363
00:15:40,310 --> 00:15:37,680

improvement

364

00:15:43,509 --> 00:15:40,320

a statistically significant and the

365

00:15:46,389 --> 00:15:43,519

stress was a similar result where the

366

00:15:49,590 --> 00:15:46,399

group 3 also had statistically

367

00:15:52,550 --> 00:15:49,600

significant results or improvement in

368

00:15:54,470 --> 00:15:52,560

terms of stress the the group 2 that is

369

00:15:56,790 --> 00:15:54,480

the inactive group actually you have

370

00:15:58,870 --> 00:15:56,800

worsened a little bit in terms of the

371

00:16:01,509 --> 00:15:58,880

stress it could be

372

00:16:04,150 --> 00:16:01,519

because it was at the end of 2020 and

373

00:16:06,790 --> 00:16:04,160

all the situation may have uh impacted

374

00:16:09,269 --> 00:16:06,800

obviously but impacted everyone

375

00:16:10,629 --> 00:16:09,279

and the group one also had an

376

00:16:13,509 --> 00:16:10,639

improvement

377

00:16:17,189 --> 00:16:13,519

now what is the interesting one here is

378

00:16:19,509 --> 00:16:17,199

the energy effects that i was mostly um

379

00:16:22,790 --> 00:16:19,519

curious about

380

00:16:27,110 --> 00:16:22,800

and the group two had no changes

381

00:16:30,790 --> 00:16:27,120

whatsoever the group 1 with no practice

382

00:16:33,509 --> 00:16:30,800

no knowledge no training courses

383

00:16:36,870 --> 00:16:33,519

had also a significant

384

00:16:37,829 --> 00:16:36,880

improvement and the group three the same

385

00:16:40,790 --> 00:16:37,839

so

386

00:16:41,990 --> 00:16:40,800

it's known that mindfulness

387

00:16:43,189 --> 00:16:42,000

um

388

00:16:44,389 --> 00:16:43,199

improves

389

00:16:47,269 --> 00:16:44,399

um

390

00:16:49,189 --> 00:16:47,279

stress depression and anxiety

391

00:16:52,470 --> 00:16:49,199

it has been used for that for a few

392

00:16:55,590 --> 00:16:52,480

decades and it became very popular

393

00:16:58,069 --> 00:16:55,600

because of these aspects so there is

394

00:17:01,749 --> 00:16:58,079

nothing actually

395

00:17:04,309 --> 00:17:01,759

novel in showing that mindfulness can

396

00:17:07,029 --> 00:17:04,319

improve these aspects so let me show you

397

00:17:09,930 --> 00:17:07,039

a little bit of a summary

398

00:17:11,669 --> 00:17:09,940

of the results here

399

00:17:14,309 --> 00:17:11,679

[Music]

400

00:17:16,870 --> 00:17:14,319

alongside as you have seen everyone seem

401
00:17:19,590 --> 00:17:16,880
to have improved

402
00:17:21,189 --> 00:17:19,600
perhaps the anticipation of something

403
00:17:23,590 --> 00:17:21,199
positive to come

404
00:17:25,669 --> 00:17:23,600
that is something that generally can

405
00:17:28,549 --> 00:17:25,679
improve anxiety

406
00:17:30,390 --> 00:17:28,559
anyways the group 3

407
00:17:32,630 --> 00:17:30,400
seemed to have had

408
00:17:34,150 --> 00:17:32,640
a significant

409
00:17:34,870 --> 00:17:34,160
result

410
00:17:39,270 --> 00:17:34,880
in

411
00:17:43,029 --> 00:17:39,280
exactly why

412
00:17:44,390 --> 00:17:43,039
we can hypothesize that having

413
00:17:47,669 --> 00:17:44,400

experience

414

00:17:49,430 --> 00:17:47,679

perhaps they already have trained their

415

00:17:51,830 --> 00:17:49,440

attention enough

416

00:17:54,230 --> 00:17:51,840

and that then

417

00:17:56,470 --> 00:17:54,240

created better conditions for them to

418

00:18:00,150 --> 00:17:56,480

have better results on the energy

419

00:18:03,830 --> 00:18:00,160

mindfulness it could be that that is the

420

00:18:06,950 --> 00:18:03,840

case and also it would be a

421

00:18:09,669 --> 00:18:06,960

reiteration that practice matters

422

00:18:12,230 --> 00:18:09,679

that's what mindfulness shows we need to

423

00:18:14,630 --> 00:18:12,240

practice just knowing a technical

424

00:18:16,950 --> 00:18:14,640

procedure does not bring you anything

425

00:18:18,390 --> 00:18:16,960

you really need to to do something in

426
00:18:20,870 --> 00:18:18,400
regards to that

427
00:18:22,950 --> 00:18:20,880
an interesting thing as well when i uh

428
00:18:26,070 --> 00:18:22,960
and i we talked about this

429
00:18:28,870 --> 00:18:26,080
is that they did practice uh in the

430
00:18:29,590 --> 00:18:28,880
previous months before the

431
00:18:32,310 --> 00:18:29,600
the

432
00:18:33,830 --> 00:18:32,320
research period but i haven't requested

433
00:18:35,750 --> 00:18:33,840
them to pose

434
00:18:37,990 --> 00:18:35,760
throughout the

435
00:18:40,390 --> 00:18:38,000
the research period so

436
00:18:42,950 --> 00:18:40,400
to to avoid you know having a

437
00:18:45,669 --> 00:18:42,960
combination of techniques creating a

438
00:18:49,190 --> 00:18:45,679

different result and then distorting the

439

00:18:55,510 --> 00:18:51,990

the research in itself but in many ways

440

00:18:57,190 --> 00:18:55,520

it was very interesting and most of all

441

00:18:58,789 --> 00:18:57,200

the energy one

442

00:19:02,070 --> 00:18:58,799

because these people

443

00:19:04,549 --> 00:19:02,080

had significant results statistically

444

00:19:06,630 --> 00:19:04,559

significant results on

445

00:19:11,430 --> 00:19:06,640

the

446

00:19:13,510 --> 00:19:11,440

group one which means people with no

447

00:19:15,510 --> 00:19:13,520

previous knowledge or anything they were

448

00:19:18,390 --> 00:19:15,520

just asking me even

449

00:19:20,630 --> 00:19:18,400

about these and the people had no idea

450

00:19:24,789 --> 00:19:20,640

what i was measuring some people for

451
00:19:26,950 --> 00:19:24,799
example uh sent me a message on an email

452
00:19:28,470 --> 00:19:26,960
on the questionnaire one

453
00:19:30,150 --> 00:19:28,480
i think you sent me the wrong

454
00:19:34,310 --> 00:19:30,160
questionnaire because

455
00:19:37,590 --> 00:19:34,320
um that's not what we are doing here so

456
00:19:39,029 --> 00:19:37,600
i suppose that's a positive thing

457
00:19:42,150 --> 00:19:39,039
and

458
00:19:45,350 --> 00:19:42,160
the the group three also had a

459
00:19:49,110 --> 00:19:45,360
significant result and the group two had

460
00:19:51,750 --> 00:19:49,120
actually zero change it's as as if they

461
00:19:54,710 --> 00:19:51,760
had have done exactly the same

462
00:19:56,630 --> 00:19:54,720
questionnaire and given exactly the same

463
00:19:59,430 --> 00:19:56,640

questions that was really really

464

00:20:01,750 --> 00:19:59,440

interesting and it shows something or at

465

00:20:04,149 --> 00:20:01,760

least it's an indication that

466

00:20:06,950 --> 00:20:04,159

the results here are

467

00:20:09,669 --> 00:20:06,960

are um

468

00:20:11,909 --> 00:20:09,679

seem to be real seem not to be just a

469

00:20:13,110 --> 00:20:11,919

placebo effect

470

00:20:14,310 --> 00:20:13,120

or at least

471

00:20:16,870 --> 00:20:14,320

that's the

472

00:20:18,230 --> 00:20:16,880

that's what it shows or the evidences

473

00:20:19,029 --> 00:20:18,240

points to

474

00:20:21,990 --> 00:20:19,039

now

475

00:20:24,230 --> 00:20:22,000

the another interesting outcome of this

476

00:20:26,789 --> 00:20:24,240

research is that

477

00:20:29,430 --> 00:20:26,799

i started receiving emails throughout

478

00:20:33,350 --> 00:20:29,440

the research and even though i wanted to

479

00:20:35,909 --> 00:20:33,360

do a quantitative one i ended up having

480

00:20:38,870 --> 00:20:35,919

very interesting accounts and i would

481

00:20:41,830 --> 00:20:38,880

probably do a qualitative one and this

482

00:20:44,390 --> 00:20:41,840

was completely unexpected and it was

483

00:20:46,870 --> 00:20:44,400

spontaneous for for for these people to

484

00:20:48,789 --> 00:20:46,880

write me about this

485

00:20:52,549 --> 00:20:48,799

so here i have collected some of the

486

00:20:55,190 --> 00:20:52,559

phrases just to give you a flavor of of

487

00:20:58,470 --> 00:20:55,200

what people said about the application

488

00:20:59,510 --> 00:20:58,480

of this energy mindfulness or velo

489

00:21:00,789 --> 00:20:59,520

technique

490

00:21:03,830 --> 00:21:00,799

so

491

00:21:05,909 --> 00:21:03,840

people have mentioned about for example

492

00:21:09,350 --> 00:21:05,919

energy and emotional having more

493

00:21:11,510 --> 00:21:09,360

stability for example just reading some

494

00:21:13,190 --> 00:21:11,520

of them for you here

495

00:21:15,110 --> 00:21:13,200

some people said despite a

496

00:21:17,350 --> 00:21:15,120

life-threatening situation with a family

497

00:21:19,669 --> 00:21:17,360

member i was able to remain calmer and

498

00:21:22,230 --> 00:21:19,679

more level headed

499

00:21:24,630 --> 00:21:22,240

people say not sure how to explain it

500

00:21:27,350 --> 00:21:24,640

but i handle difficult

501
00:21:30,710 --> 00:21:27,360
emotional confrontations from a fine

502
00:21:33,669 --> 00:21:30,720
place of calm and instability

503
00:21:35,909 --> 00:21:33,679
and some people have mentioned about

504
00:21:38,149 --> 00:21:35,919
feeling unexplainable calmness and

505
00:21:40,630 --> 00:21:38,159
peacefulness so

506
00:21:43,669 --> 00:21:40,640
very interesting this was another one

507
00:21:45,909 --> 00:21:43,679
that for me it was very touching

508
00:21:48,950 --> 00:21:45,919
person who have a mother with dementia

509
00:21:51,830 --> 00:21:48,960
and said that life has become

510
00:21:54,630 --> 00:21:51,840
calmer and more manageable since i do

511
00:21:57,590 --> 00:21:54,640
the practice also when the mother has a

512
00:21:59,990 --> 00:21:57,600
psychotic episode i can calm down much

513
00:22:02,630 --> 00:22:00,000

faster if i start exercising as soon as

514

00:22:04,390 --> 00:22:02,640

i can and over time

515

00:22:06,630 --> 00:22:04,400

we have been able to live a life more

516

00:22:07,750 --> 00:22:06,640

pleasantly regardless of what is

517

00:22:09,190 --> 00:22:07,760

happening

518

00:22:12,950 --> 00:22:09,200

so

519

00:22:14,870 --> 00:22:12,960

it seems interesting other ones i am i'm

520

00:22:17,750 --> 00:22:14,880

calmer happier in

521

00:22:19,029 --> 00:22:17,760

improved sleep a lot of people have said

522

00:22:20,950 --> 00:22:19,039

they improved

523

00:22:23,270 --> 00:22:20,960

sleep quality

524

00:22:25,750 --> 00:22:23,280

they feel more energy

525

00:22:28,470 --> 00:22:25,760

my concentration has improved

526

00:22:31,350 --> 00:22:28,480

understandably i would say but anyways i

527

00:22:35,110 --> 00:22:31,360

felt someone else i felt felt much less

528

00:22:38,390 --> 00:22:35,120

tired after a workday i have much

529

00:22:40,950 --> 00:22:38,400

better control over my emotions some

530

00:22:43,990 --> 00:22:40,960

people say that was interesting i feel

531

00:22:47,590 --> 00:22:44,000

and i was told i was behaving much more

532

00:22:50,390 --> 00:22:47,600

openly i noticed much less fear talking

533

00:22:52,950 --> 00:22:50,400

about certain subjects or whatever that

534

00:22:55,110 --> 00:22:52,960

is it helped the person to to stand

535

00:22:56,870 --> 00:22:55,120

there their

536

00:23:00,070 --> 00:22:56,880

their place no

537

00:23:03,110 --> 00:23:00,080

anyways um when doing the sessions that

538

00:23:06,310 --> 00:23:03,120

was longer so people would feel i they

539

00:23:08,549 --> 00:23:06,320

would feel more disposed to help others

540

00:23:11,750 --> 00:23:08,559

there were other phrases in relation to

541

00:23:15,270 --> 00:23:11,760

that this person says it just felt

542

00:23:17,909 --> 00:23:15,280

natural i wasn't affected um and i

543

00:23:18,870 --> 00:23:17,919

wasn't affected by any person's mood or

544

00:23:21,029 --> 00:23:18,880

energy

545

00:23:23,750 --> 00:23:21,039

so other people have mentioned the same

546

00:23:25,510 --> 00:23:23,760

they felt like helping others was more

547

00:23:28,230 --> 00:23:25,520

more natural

548

00:23:30,630 --> 00:23:28,240

that was that was very interesting

549

00:23:33,110 --> 00:23:30,640

other um

550

00:23:35,430 --> 00:23:33,120

results that people wrote to me about

551
00:23:37,990 --> 00:23:35,440
and some have sent me their

552
00:23:41,430 --> 00:23:38,000
results their medical results

553
00:23:43,750 --> 00:23:41,440
one person with for example rush motors

554
00:23:45,029 --> 00:23:43,760
this person had russian moods for almost

555
00:23:47,269 --> 00:23:45,039
30 years

556
00:23:50,070 --> 00:23:47,279
and have to have my blood values checked

557
00:23:51,830 --> 00:23:50,080
constantly seven weeks ago the values

558
00:23:52,950 --> 00:23:51,840
were very bad

559
00:23:55,750 --> 00:23:52,960
i was

560
00:23:58,789 --> 00:23:55,760
sorry last tuesday i did the blood test

561
00:23:59,750 --> 00:23:58,799
and my doctor has just called me

562
00:24:01,669 --> 00:23:59,760
uh

563
00:24:05,269 --> 00:24:01,679

now to tell me

564

00:24:06,390 --> 00:24:05,279

that all thyroid values values are in

565

00:24:10,549 --> 00:24:06,400

the green

566

00:24:12,870 --> 00:24:10,559

i have never had such good values before

567

00:24:14,149 --> 00:24:12,880

so something seemed to have improved in

568

00:24:15,909 --> 00:24:14,159

terms of

569

00:24:18,710 --> 00:24:15,919

physical health

570

00:24:21,430 --> 00:24:18,720

which i did not measure but it was very

571

00:24:24,070 --> 00:24:21,440

interesting romantic pain have decreased

572

00:24:27,190 --> 00:24:24,080

significantly um

573

00:24:29,269 --> 00:24:27,200

from five to six to a number two in a

574

00:24:31,830 --> 00:24:29,279

scale of zero to ten

575

00:24:33,750 --> 00:24:31,840

uh lower blood pressure a few people

576
00:24:37,029 --> 00:24:33,760
have mentioned the same thing and have

577
00:24:40,070 --> 00:24:37,039
sent me some of their measurement a lot

578
00:24:43,430 --> 00:24:40,080
of people have mentioned sleep

579
00:24:45,110 --> 00:24:43,440
improvement people said i would always

580
00:24:47,990 --> 00:24:45,120
wake up

581
00:24:50,950 --> 00:24:48,000
once or twice every night i'm amazed

582
00:24:54,390 --> 00:24:50,960
every day because it doesn't happen now

583
00:24:55,590 --> 00:24:54,400
how nice i had forgotten how much good

584
00:24:57,990 --> 00:24:55,600
it felt

585
00:24:59,190 --> 00:24:58,000
anyways i had a lot of them some people

586
00:25:02,950 --> 00:24:59,200
talk about

587
00:25:05,510 --> 00:25:02,960
like well-being and happiness in general

588
00:25:08,310 --> 00:25:05,520

someone said i had four

589

00:25:10,870 --> 00:25:08,320

surgery four times this year had no idea

590

00:25:11,750 --> 00:25:10,880

this practice would make me feel

591

00:25:14,789 --> 00:25:11,760

whole

592

00:25:17,590 --> 00:25:14,799

i now go to bed feeling so good

593

00:25:20,230 --> 00:25:17,600

i sleep without difficulty also upon

594

00:25:23,269 --> 00:25:20,240

awakening i feel awesome peaceful

595

00:25:25,350 --> 00:25:23,279

relaxed so i had plenty of these i know

596

00:25:27,510 --> 00:25:25,360

we don't have much time

597

00:25:31,510 --> 00:25:27,520

but in any ways

598

00:25:33,830 --> 00:25:31,520

people seem to feel happier and and with

599

00:25:35,350 --> 00:25:33,840

more well-being in general some people

600

00:25:37,269 --> 00:25:35,360

have mentioned out-of-body experience

601
00:25:42,230 --> 00:25:37,279
without using the name

602
00:25:44,310 --> 00:25:42,240
um it is uh it seems connected to that

603
00:25:46,789 --> 00:25:44,320
and there is plenty of people who have

604
00:25:50,070 --> 00:25:46,799
auto body experiences who describe also

605
00:25:53,029 --> 00:25:50,080
feeling this vibration or flowing of

606
00:25:55,190 --> 00:25:53,039
energy inside of their bodies so some

607
00:25:57,669 --> 00:25:55,200
people have mentioned like this person

608
00:25:59,430 --> 00:25:57,679
after a few minutes of the exercise and

609
00:26:03,029 --> 00:25:59,440
while laying down

610
00:26:06,149 --> 00:26:03,039
lay down i felt my leg gradually lifting

611
00:26:08,549 --> 00:26:06,159
upward towards the sky so i had to make

612
00:26:12,070 --> 00:26:08,559
the energy to flow

613
00:26:13,590 --> 00:26:12,080

energy flow go up in an angle is that

614

00:26:15,909 --> 00:26:13,600

normal

615

00:26:17,909 --> 00:26:15,919

so the person obviously did not know

616

00:26:19,510 --> 00:26:17,919

what was that the person is describing

617

00:26:22,630 --> 00:26:19,520

something i know

618

00:26:25,909 --> 00:26:22,640

but the person didn't so another person

619

00:26:28,149 --> 00:26:25,919

i a few times my body would float or i

620

00:26:30,149 --> 00:26:28,159

would feel myself leave the body and

621

00:26:31,669 --> 00:26:30,159

disentangle like

622

00:26:33,830 --> 00:26:31,679

those particles

623

00:26:37,190 --> 00:26:33,840

anyways

624

00:26:41,590 --> 00:26:37,200

was very interesting other ones uh had

625

00:26:43,669 --> 00:26:41,600

uh accounts uh very exciting and so on

626

00:26:46,789 --> 00:26:43,679

um other people have mentioned feeling

627

00:26:50,470 --> 00:26:46,799

the vibration or the vibrational state

628

00:26:51,909 --> 00:26:50,480

uh which is something it's a

629

00:26:55,350 --> 00:26:51,919

the vibrational states seem to be

630

00:26:58,870 --> 00:26:55,360

connected to that um robert monroe have

631

00:27:01,350 --> 00:26:58,880

mentioned this nancy trivelato also has

632

00:27:03,029 --> 00:27:01,360

studied for 15 years uh the vibrational

633

00:27:05,190 --> 00:27:03,039

state and

634

00:27:08,390 --> 00:27:05,200

it seems to be connected with the with

635

00:27:10,230 --> 00:27:08,400

the technique that i have measured here

636

00:27:12,870 --> 00:27:10,240

and quite a few people have mentioned

637

00:27:15,909 --> 00:27:12,880

feeling the vibrations but in a very in

638

00:27:19,430 --> 00:27:15,919

a very positive way so like people here

639

00:27:22,470 --> 00:27:19,440

saying after only 30 seconds suddenly i

640

00:27:25,190 --> 00:27:22,480

felt like a huge vibration first in my

641

00:27:28,470 --> 00:27:25,200

chest then in the whole body my body was

642

00:27:29,909 --> 00:27:28,480

gently shaking as if electricity was

643

00:27:32,950 --> 00:27:29,919

passing through me

644

00:27:36,149 --> 00:27:32,960

but the feeling was very pleasant that's

645

00:27:38,710 --> 00:27:36,159

the description that majority of the

646

00:27:40,310 --> 00:27:38,720

people would bring when they talk about

647

00:27:43,669 --> 00:27:40,320

the vibrations

648

00:27:44,389 --> 00:27:43,679

um that seems to be uh even induced by

649

00:27:49,350 --> 00:27:44,399

the

650

00:27:51,029 --> 00:27:49,360

that obviously i did not mention to any

651
00:27:53,190 --> 00:27:51,039
of the participants

652
00:27:56,950 --> 00:27:53,200
and lastly this one which was very

653
00:27:58,070 --> 00:27:56,960
interesting from a 70 years old subject

654
00:27:59,590 --> 00:27:58,080
i had

655
00:28:02,470 --> 00:27:59,600
i have had a terrible struggle

656
00:28:05,029 --> 00:28:02,480
understand the real me i had no clue how

657
00:28:07,110 --> 00:28:05,039
to find the core me

658
00:28:10,389 --> 00:28:07,120
then last night i contemplated the

659
00:28:12,789 --> 00:28:10,399
question who is the real me

660
00:28:15,350 --> 00:28:12,799
gosh she just came to mind

661
00:28:18,789 --> 00:28:15,360
i could feel her see her it made me

662
00:28:21,269 --> 00:28:18,799
joyful this new site is amazing

663
00:28:23,750 --> 00:28:21,279

it has given me inner strength

664

00:28:27,830 --> 00:28:23,760

and a new perspective

665

00:28:31,269 --> 00:28:27,840

it's odd how you live that part of you

666

00:28:33,830 --> 00:28:31,279

that part of yourself behind in the dust

667

00:28:35,029 --> 00:28:33,840

of every compromise you make with

668

00:28:38,070 --> 00:28:35,039

yourself

669

00:28:40,870 --> 00:28:38,080

so each simple technique can bring a

670

00:28:42,789 --> 00:28:40,880

little bit more than what i was just

671

00:28:44,950 --> 00:28:42,799

measuring

672

00:28:48,789 --> 00:28:44,960

but in any ways all of that needs to be

673

00:28:50,149 --> 00:28:48,799

better studied i did not go into details

674

00:28:51,430 --> 00:28:50,159

on the the

675

00:28:56,789 --> 00:28:51,440

the

676

00:28:59,190 --> 00:28:56,799

research but it was quite interesting

677

00:29:00,870 --> 00:28:59,200

that so many people with

678

00:29:05,830 --> 00:29:00,880

no previous knowledge

679

00:29:11,430 --> 00:29:08,789

they could do exactly the same it seems

680

00:29:14,470 --> 00:29:11,440

at least from these first pilot research

681

00:29:17,990 --> 00:29:14,480

they did have some benefits out of that

682

00:29:20,950 --> 00:29:18,000

and and i think that's quite encouraging

683

00:29:23,190 --> 00:29:20,960

i think and i hope these research can

684

00:29:25,830 --> 00:29:23,200

can open new avenues for for

685

00:29:27,350 --> 00:29:25,840

understanding this subtle energy through