

Mind Mirror 6 Data Analysis

Healing Session September 2015

Susan Andrews and Frans Stiene

Gamma brainwaves are intensely interesting to Awakened Mind Consciousness Trainers using the Mind Mirror EEG to monitor, measure, map and guide development of the brain, mind and consciousness. These high-frequency waves, ranging from 30-100 hertz (Hz), occur above the frequencies of beta's externalized conscious, thinking mind.

There are many good reasons why consciousness trainers and researchers are interested in gamma. Most importantly, gamma waves are associated with peaceful transcendence, mystical union, hyper-intuition and whole-brain synchrony, meaning that the brain is operating synchronously across regions and frequencies. Gamma waves are also desirable for their ability to form new brain cells in the intellectual and creative centers of the brain. They also rewire neural circuitry toward more positive feelings and states of consciousness.

The present study on healer Frans Stiene was undertaken in Washington, D.C. on September 21, 2015. It was a follow-up to an earlier study conducted four years previously in Washington, D.C. with the Mind Mirror 3, a dual-hemisphere display of brainwaves measuring 0.50 to 44Hz. The present study was conducted with the more advanced electronics and software of the Mind Mirror 6, which measures 0.50 to 64Hz via two extra bars of gamma (44-54 and 54-64Hz).

The main advantage of the Mind Mirror 6 is its data analysis windows, which allow the operator to study amplitude and frequency changes occurring in all five brainwave categories: gamma (purple), beta (red/orange/yellow), alpha (sensory awareness in green), theta (the subconscious mind in blue) and delta (the unconscious mind in purple).

The most notable conclusion of this study is his development of high-amplitude gamma waves over the past four years, since the previous study. It must be noted that the earlier study on the Mind Mirror 3, while showing amplitudes in the 30 and 38Hz bars, did not show the 49 and 59Hz bars. However, on the Mind Mirror 6 we see substantive changes in Frans' 30 and 38Hz bars, as well as higher gamma amplitudes during the healing session reported on below.

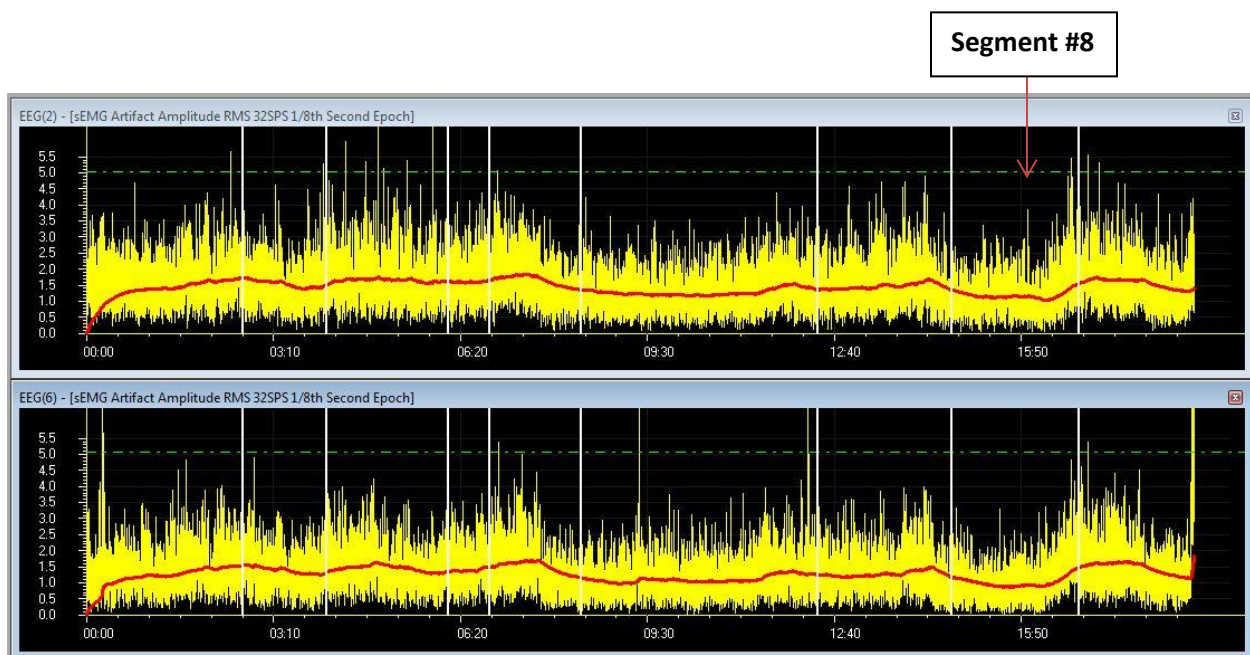
Perhaps more importantly we see in this study clear correlations between the production of significant amplitudes in the gamma range and production of the circular evolved-mind brainwave pattern, both in Frans and in his subject, Susan Andrews. The evolved mind pattern, like gamma production, is also associated with peaceful transcendence, unity, bliss, hyper-intuition, mystical union, and whole-brain synchrony. The circular shape of the evolved mind pattern predicts these subjective experiences.

DISCUSSION

Measurements of sEMG muscle tension in the head, neck and shoulders which exceed 5 microvolts (uV) of amplitude disturb the highest gamma and beta frequencies of the Mind Mirror brainwave pattern.

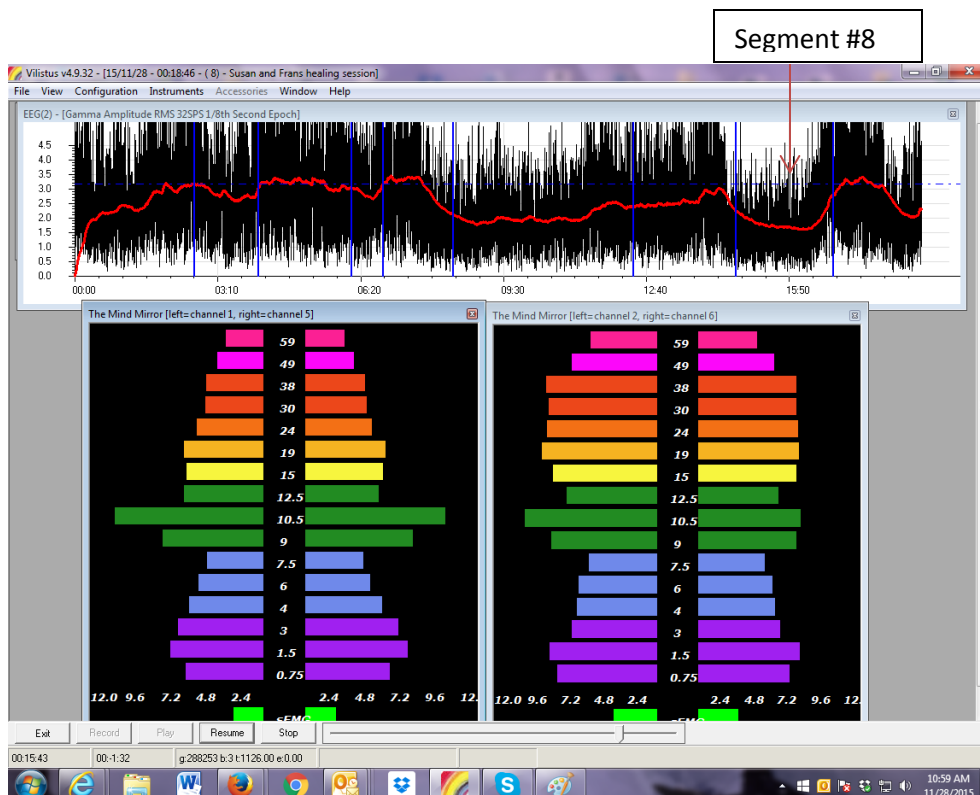
Frans was moving his hands over the subject in various positions and at times chanting. This created a few spikes of above-5uV sEMG artifact (see dotted green lines in both display windows). Therefore, this study focuses on Segment #8, from 14:48-16:49 minutes. The dip in the red trend line shows that the artifact readings in this segment are 2.5-2.0uV—far enough below 5uV to be completely reliable.

Interestingly, Segments #6 and #7 also present acceptably low sEMG artifact, and these are referred to later in this study. All three segments produced a Gamma Synchrony brainwave pattern shape, which in fact persists throughout the session and explains the overall Gamma Synchrony pattern explained below. Segment #8 receives detailed comments below solely because of its lowest-artifact standing.



GAMMA/EVOLVED MIND RELATIONSHIP: Within this 14:48-16:49 Segment #8 we definitely see (in the screen shots below) Frans' brain frequencies moving into the circular shape of the Evolved Mind pattern with significant gamma amplitudes that may have *created* his Evolved Mind pattern.

Additionally, a frame-by-frame study shows that Frans very likely *transmitted* his gamma amplitudes and Evolved Mind patterns to subject Susan Andrews, who previously showed little of either, although Susan's Awakened Mind (AM) patterns are notable in being consistent throughout the session. The **AM pattern** signifies that the mind is open and flowing with clarity, creativity, insight, intuition and spiritual awareness. Only advanced meditators, energy healers, intuitives and other spiritually developed people produce a consistent AM pattern, although maintaining it with the eyes open is challenging and rare.



Mind Mirror Summary Patterns: Susan and Frans

The above screen capture shows a black-on-white horizontal Gamma Amplitude window below which are Mean brainwave patterns averaged *over the course of the entire session* for Susan (left) and Frans (right). In the Gamma Amplitude window, the blue markers were placed to segment different types of healing given by Frans. **

Recipient Susan Andrews

The left-hand Mind Mirror Summary is a computerized average of the brainwave patterns produced by Susan during this 18:46-minute session. We see a classic Awakened Mind pattern with the exception of a lower-amplitude .75Hz bar. This slight shortening of the .75Hz bar means either that Susan was drawing up energy or information from her delta waves into higher delta frequencies and/or she was resonating with this same EM upturned delta seen in Frans' Mind Mirror Summary on the right.

Healer Frans Stiene

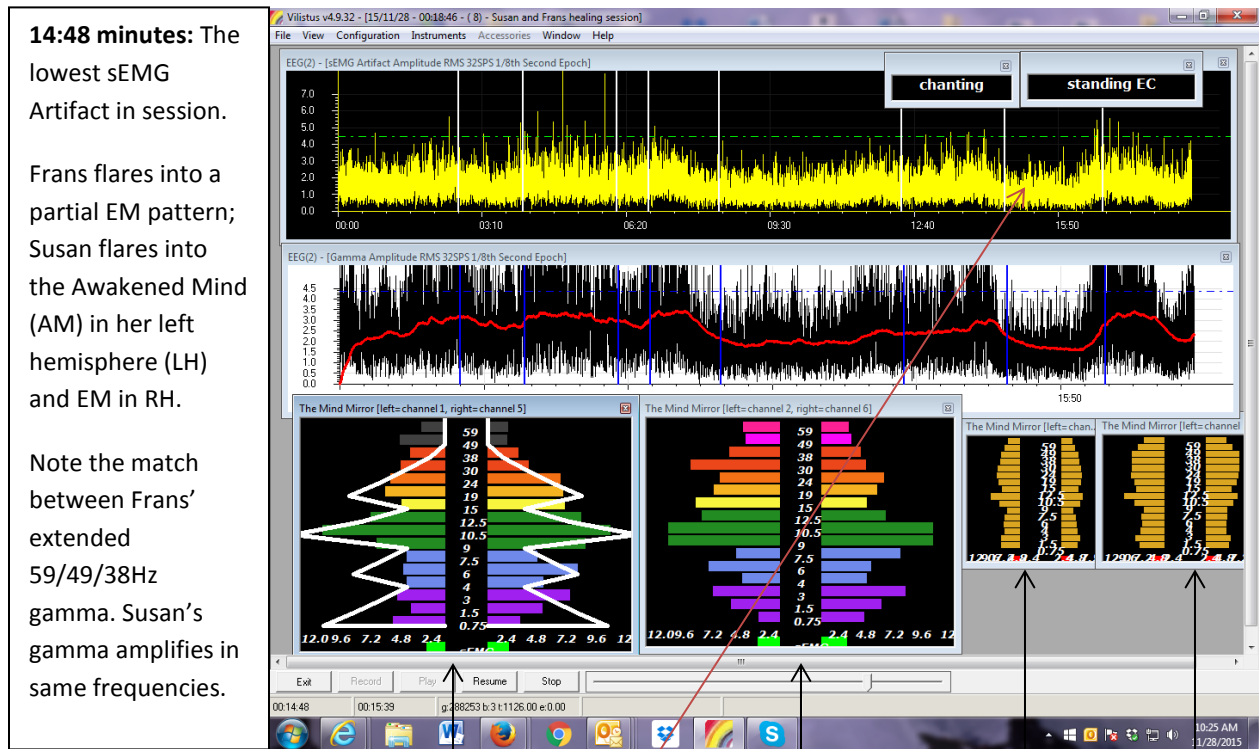
In the right-hand Mind Mirror Summary we see a Gamma Synchrony pattern. Note the increased amplitude of Frans' 59-15Hz gamma/beta bars over Susan's. This is the primary difference between the Awakened Mind and Gamma Synchrony patterns. The lower-amplitude alpha, compared to Susan's, is typical of the Gamma Synchrony pattern, although it should be noted that Frans had his eyes open for most of the session, which in most people reduces alpha considerably more than is seen here.

It is also important to note that Frans produced more theta amplitude than the ratios of the Gamma Synchrony pattern require. This is due to his considerable number of flares into the greater amplitudes of theta and delta which form the Evolved Mind Pattern. Further evidence of the EM pattern is seen in the rounding down of his gamma/beta frequencies as well as his upturned delta. We will see more evidence below of the interaction between gamma frequencies and the Evolved Mind pattern.

****Guide to Markers**

Beginning of session: Frans' hands on Susan's belly, forehead, above face. M1 fingers on crown. M2 hands above body. M3 chanting. M4 ends chanting. M5 hands on clavicle. M6 hands on belly. M7 hands above body with chanting. M8 standing quietly in meditation and energy transmission. M9 hands above body, chanting.

BRAINWAVE PATTERN ADVANCES IN SEGMENT #8: Standing Stillness, Quiet Transmission and Chanting



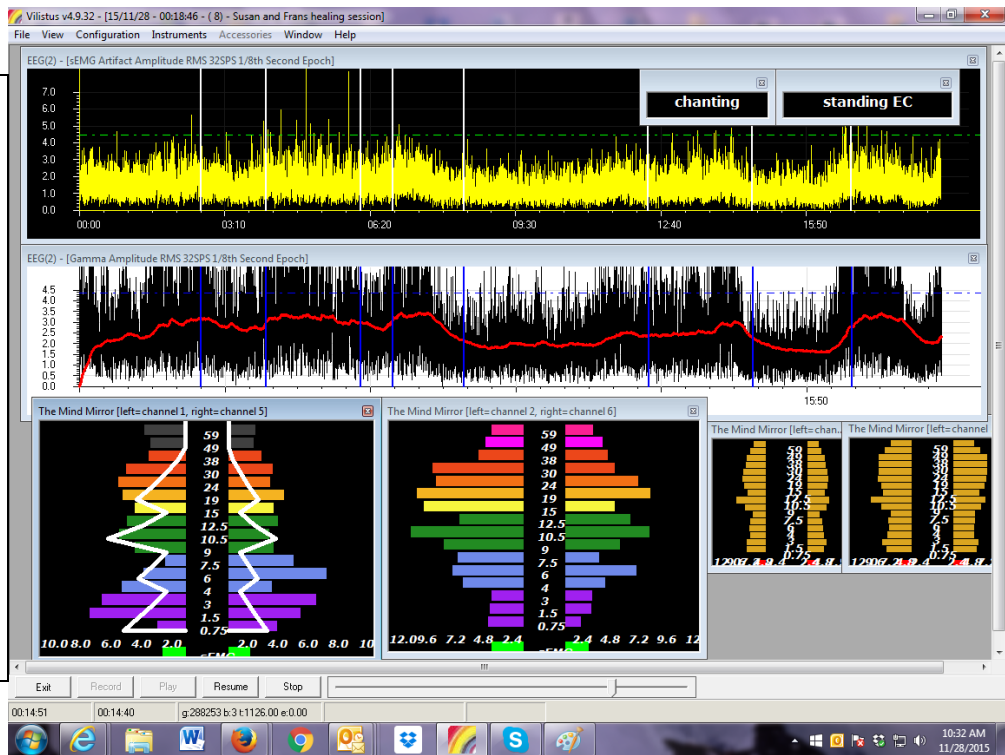
Susan 14:48 minutes Frans

Frans MM Segment Summary:
 S8 – standing stillness
 S9 – standing stillness with hands above body, quiet words or chanting toward healing

14:51 minutes

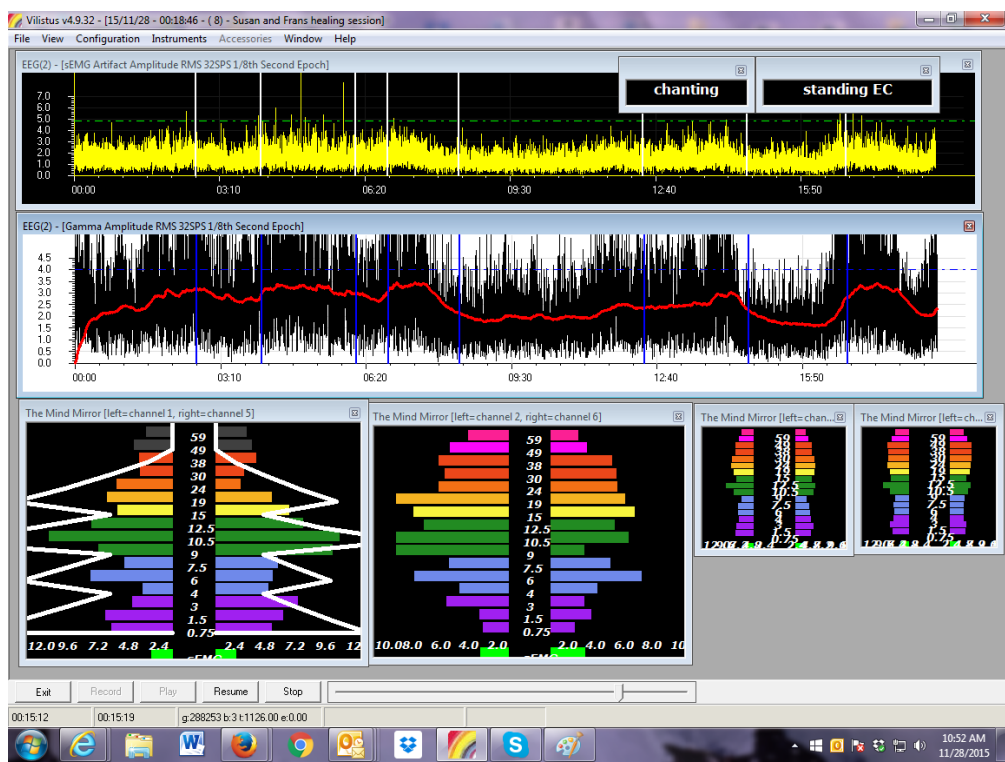
Frans (right Mind Mirror display) flares into a more fully formed EM pattern. Susan's AM pattern curves upward into EM bottom in delta.

Note the increase in Susan's gamma frequencies at 59/49 and lower in 38/30/24 beta.



15:12 minutes

Frans' EM pattern (right MM display) transmits to Susan as a high-amplitude AM with increased gamma at 59/49 that carries down into 38Hz.

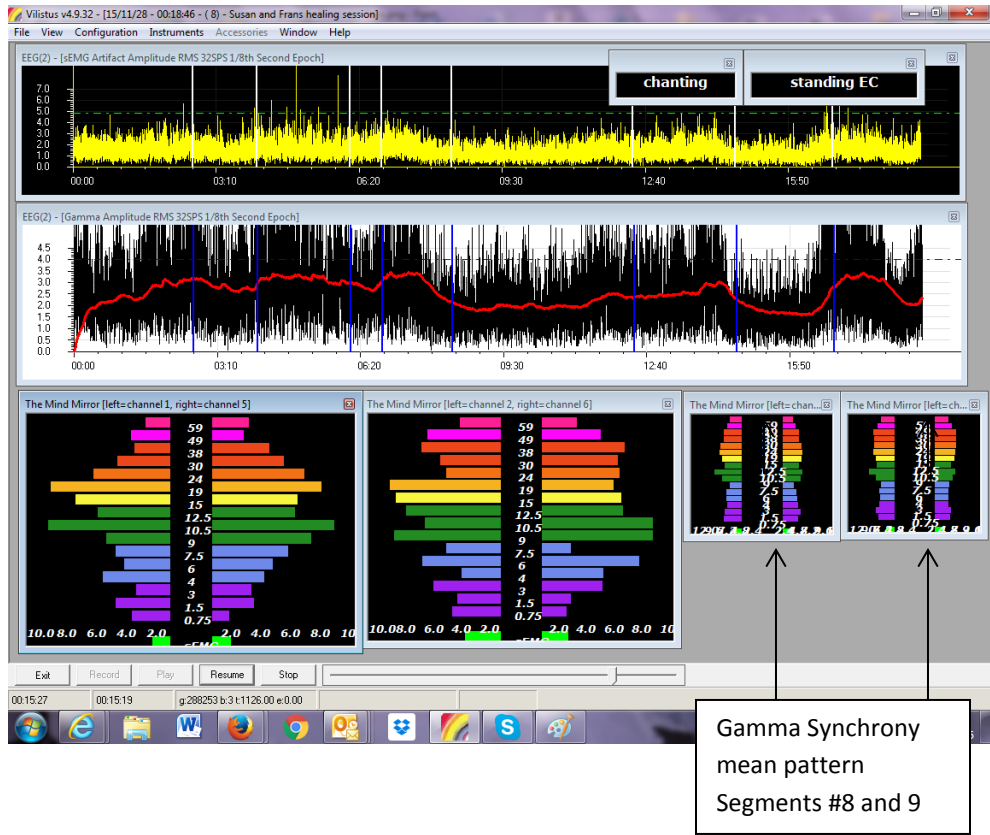


15:27 minutes

Both Frans and Susan produce strong circular EM flares.

Susan's pattern (left MM display) shows a distinct diamond shape, an interim pattern between the AM and EM.

Increases in Frans' high-amplitude gamma influenced Susan's gamma-driven diamond pattern.



CONCLUSION: SAMPLINGS OF SEGMENT 8 BRAINWAVE CHANGES

The foregoing screen captures show a steady progression during the low-artifact Segment 8 into higher-state patterns. While Frans stood quietly and chanted in low tones and/or sent healing energy to Susan, his high-amplitude gamma/EM patterns steadily progressed Susan's pattern from the AM to EM flares which included the interim AM/EM Diamond pattern.

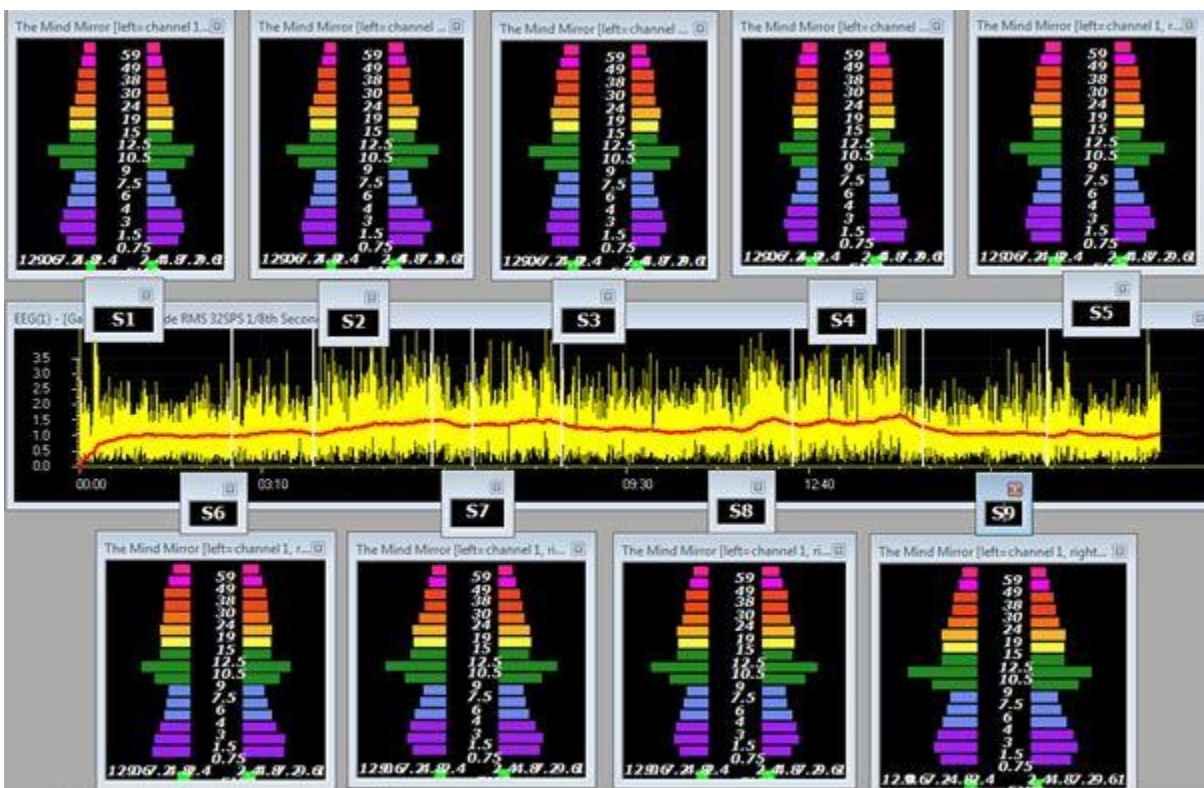
Note in the above screen capture that Frans' average brainwave pattern for Segments #8 and #9 is Gamma Synchrony, the same as his overall mean brainwave pattern shown on page 1.

While Segments #8 has the lowest sEMG artifact readings, it is also important to note that both Segments #6 and #7 show acceptably low sEMG Artifact readings.

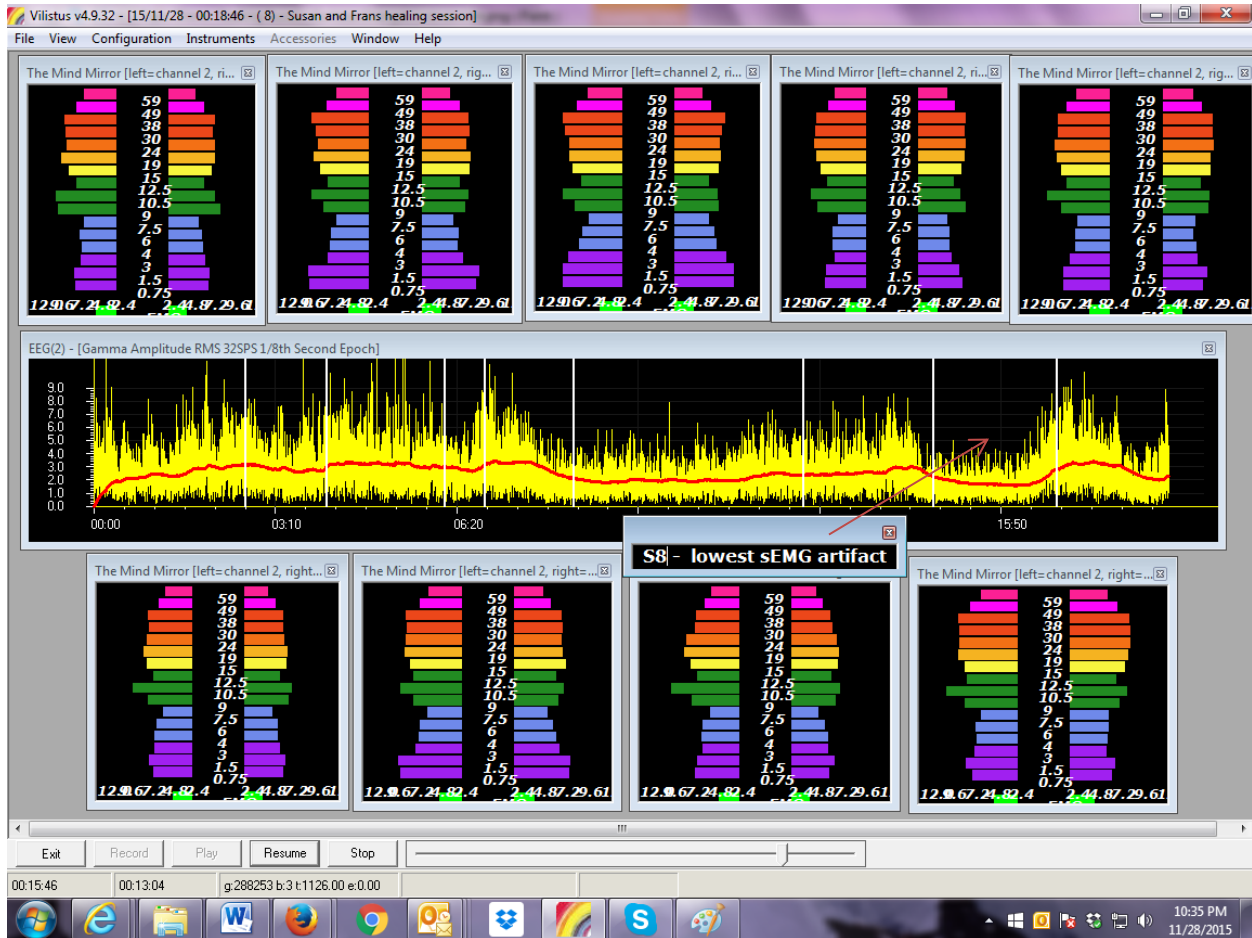
The mean brainwave pattern for Segments #6 and #7, as shown below, is Gamma Synchrony.



Mind Mirror Summaries for Segment #6 (left) and Segment #7 (right):
Frans Stiene's Gamma Synchrony brainwave pattern



Mind Mirror Summaries for Susan Andrews, 9 segments in session:
AM patterns with particular Gamma Amplitude increases during S3, S5 and onward.
Compare S1 and S9 to see rounding in gamma/beta toward Gamma Synchrony.

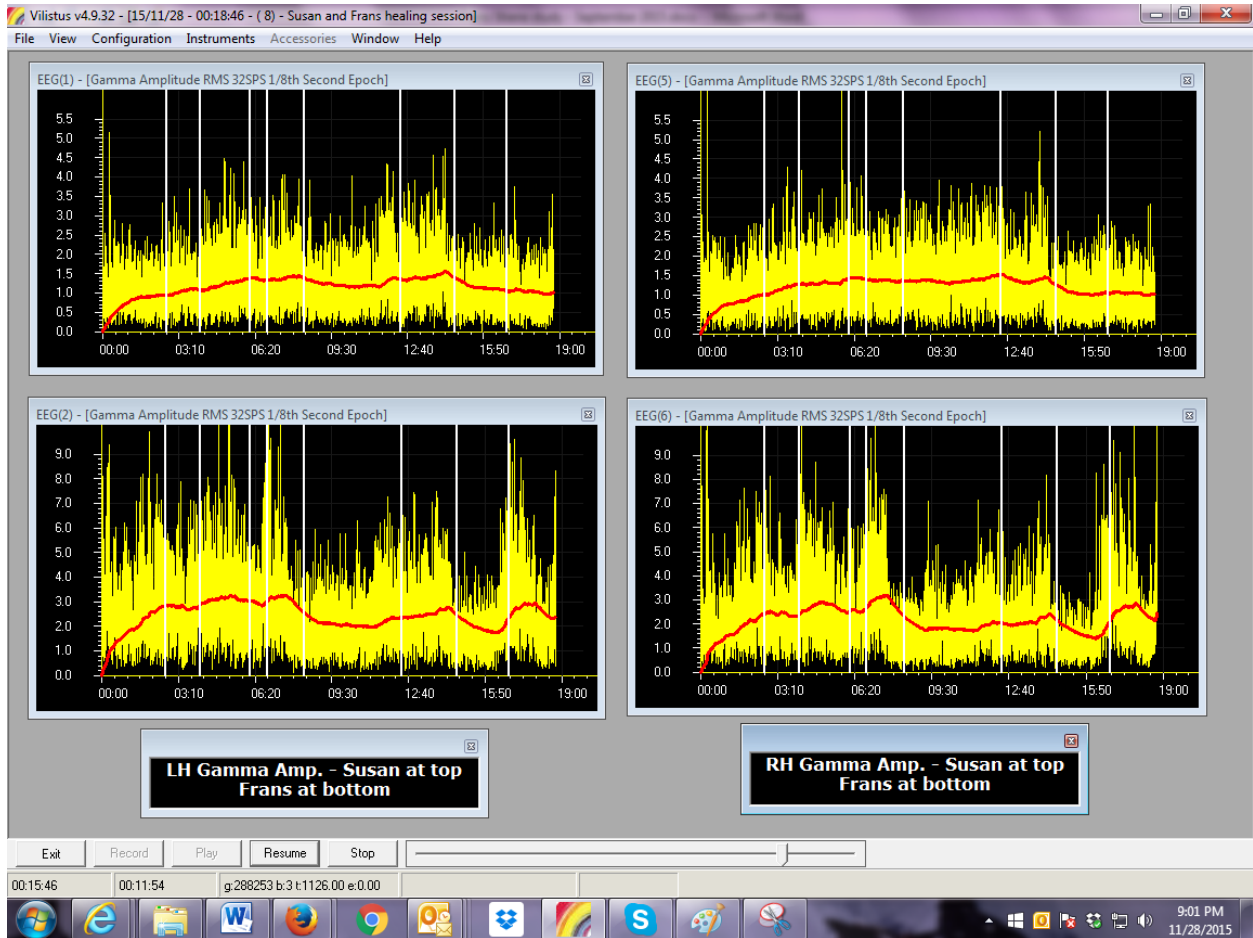


Mind Mirror Summary – 9 segments – Frans Stiene
Frans holds the Gamma Synchrony pattern throughout the session.
Segment 8, stillness, is the lowest sEMG artifact and therefore the most reliable pattern.

STUDY CONCLUSION

Frans’ Gamma Synchrony patterns, produced consistently throughout the 18:46-minute session, are atypically constant.

The red trend lines in the following comparative Gamma Amplitude windows show hemispheric symmetry in both Frans (bottom left and right) and Susan (top left and right).



**Susan Andrews left-hemisphere: top left. Right hemisphere: top right.
Frans Stiene left-hemisphere: bottom left. Right hemisphere: bottom right.**

Note that the increases in Susan's gamma waves match the increases in Frans' gamma waves, which strongly suggests that his gamma waves transmitted to Susan, steadily moving her toward a Gamma Synchrony pattern. The above shows that their patterns rise and fall together in amplitude, except at the end of the session in Segment #9, when Frans' closing chants created sEMG Artifact that is not mirrored in Susan's Segment #9 as a gamma increase.

Judith Pennington, Nov. 28, 2015
Awakened Mind Consciousness Trainer
InstituteForTheAwakenedMind.com