

**PSYCHO/PHYSIOLOGICAL EFFECTS OF VESTIBULAR AND  
AUDIO STIMULATION: THE TRINITY TABLE™**

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The work reported in this dissertation is original and carried out by me solely, except for the acknowledged direction and assistance gratefully received from colleagues and mentors.

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## ABSTRACT

MARGARET A. CLENCH R.N., PSYCHO/PHYSIOLOGICAL EFFECTS OF VESTIBULAR AND AUDIO STIMULATION: THE TRINITY TABLE™

The purpose of this research was to investigate the effects of vestibular and audio stimulation through the use of music and the Trinity Table™, a horizontal motion machine, on psychophysiological changes and perception of altered states of consciousness in average adults. The study used a protocol to compare subject responses to two types of experiences using the Trinity Table™. Each adult subject had two separate rides, one with the table turning counterclockwise and the other with the table turning clockwise. The study investigated if changes occurred as a result of experiencing a ride on the Trinity Table™ and whether direction of turn had an impact on those changes. Measurements of blood pressure, pulse, and temperature were taken both before and after the rides, as well as measures of mood state, conscious state, and health profile of the subject. The study of 60 table experiences included 30 volunteers, 21 women, and 9 men between the ages of 37 and 76, who had never before ridden the Trinity Table™. The results showed no significant relation between rotation and effect, but both rotations produced physiologic results of reductions in systolic blood pressure. Post hoc analysis of measurements on the Profile of Mood States (POMS) survey indicated different changes between the two trials. Changes during trial one included reductions in anger, confusion, tension, depression and fatigue. Trial one also reflected different results in the responses to the Standard Form 8 (SF8) Health Survey, which showed less conflict with emotional problems and overall mental health improvement. Trial Two had reductions in anger, depression and fatigue. SF8 responses also reflected improvement in limitations in physical function, and if pain was reported before the ride, responses after showed reductions of that pain. The study found through participants' written narratives, that all of them experienced changes in altered states of consciousness, as measured by Dr. Arnold Ludwig's features of altered states.

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## LIST OF ABBREVIATIONS

1	Trial One
2	Trial Two
ASC	Altered States of Consciousness
Days	Number of days between Trinity Table™ rides
DIA	Diastolic Blood Pressure
EEG	Electroencephalogram
GDV	Gas Discharge Visualization
IMS	Integrated Motion System
IQ	Intelligence Quotient
NEQ	Neuro Efficiency Quotient
P	Radial Pulse
POM A	Profile of Mood – Anger-Hostility
POM C	Profile of Mood – Confusion-Bewilderment
POM D	Profile of Mood – Depression-Dejection
POM F	Profile of Mood – Fatigue-Inertia
POM T	Profile of Mood – Tension-Anxiety
POM V	Profile of Mood – Vigor-Activity
POMS	Profile of Mood States Survey
Post	Post-Ride Trinity Table™ Experience
Pre	Pre-Ride Trinity Table™ Experience
PSQ	Pilot Study Questionnaire
SF8	Standard Form #8 Health Survey

SFMC	Standard Form - Mental Health Summary
SFPC	Standard Form - Physical Health Summary
SFQ1	Standard Form Scale #1 – General Health
SFQ2	Standard Form Scale #2 – Physical Functioning
SFQ3	Standard Form Scale #3 – Role Physical
SFQ4	Standard Form Scale #4 – Bodily Pain
SFQ5	Standard Form Scale #5 – Vitality
SFQ6	Standard Form Scale #6 – Social Functioning
SFQ7	Standard Form Scale #7 – Mental Health
SFQ8	Standard Form Scale #8 – Role Emotional
SYS	Systolic Blood Pressure
T (or Temp)	Body Temperature (Fahrenheit)

## CHAPTER I – INTRODUCTION

The experience of altered states of consciousness has played a major role in healing practices throughout the history of humankind. In some cultures today it is an acceptable part of everyday life and has been used as a spiritual practice with meditation and other methods for personal growth and transformation. The concept of using altered states of consciousness for healing is a relatively recent model in the western world. The resurgence of these studies in the last thirty years has brought this ancient knowledge to our western culture awareness.

Altered states of consciousness, or ASC, appear to indicate changes in individuals' perception of themselves and others that are different from their every day state. Ludwig, Krippner, and Tart defined and popularized the terms "state of consciousness" and "altered states of consciousness," as they are currently used today.<sup>1</sup>

Dr. Stanley Krippner defines an altered state of consciousness as "a mental state which can be subjectively recognized by an individual (or by an objective observer of the individual) as representing a difference in psychological functioning from that individual's normal, alert, waking state."<sup>2</sup>

Dr. Charles D. Tart defines an altered state of consciousness as one in which given individuals feel both qualitative and quantitative shifts of mental functioning patterns, such as more or less alert, more or less visual imagery, sharper or duller, etc.<sup>3</sup>

Dr. Arnold Ludwig delineates a number of features or common denominators that could be characteristic of most ASC.<sup>4</sup> They are:

1. alterations in thinking,
2. disturbed time sense,
3. loss of control,
4. change in emotional expression,
5. body image change,
6. perceptual distortions,
7. change in meaning or significance,
8. sense of the ineffable,
9. feelings of rejuvenation, and
10. hypersuggestibility.

(For a definitive list of these 10 features, please see the altered states of consciousness section of Chapter II Review of Literature).

ASC can be achieved through many different means, including: meditation, psychedelic drugs, American Indian sweat lodge rituals, Holotropic Breathwork, alpha EEG biofeedback training, “common everyday trance” or daydreaming, and hypnosis, to name a few.<sup>5</sup>

Dr. Ann Nunley in her book *Inner Counselor*, utilizes the Symbolic Process, which she states begins by establishing a “Place of Peace” and then accesses the emotion associated with the issue. Individuals learn to stay in the feeling state as they travel back to the precipitating events. The “Place of Peace” creates a hypnagogic state of reverie and cognition is also inhibited as emotional feeling replaces it, according to Dr. Nunley.<sup>6</sup>

The relaxed state allows for a more wholistic perspective and the situation can be viewed in more forgiving terms.

Dr. Frank Lawlis explains, “a reorientation takes place in ASC...It may be merely the condition of being in an altered state of consciousness, intentionally or not, that brings about the important bridging into psychological wholeness.”<sup>7</sup>

Dr. Stanley Krippner posits that ASC can facilitate healing in some cases for a number of reasons. First, they allow access to aspects of the psyche that we do not have in ordinary states. Second, in altered states we may have a different self image, and self image is very important to healing. Negative self images can be dropped in favor of healthier self images. Third, ASC help in healing processes because they can shift patterns of thinking and feeling. Altered states promote access to emotions and other personal myths; this shift in patterns can aid in more balance and better health. Fourth, ASC can serve as an adjunct to other forms of healing, such as standard surgery.<sup>8</sup>

In our western culture the most common substances used for inducing ASC are alcohol, tobacco, and drugs. Dr. Lawlis feels that people appear to turn to these aids in order to fulfill a basic need: “perhaps this need is a survival instinct left over from the days in which people who could achieve ASC were more able to survive...Perhaps the human need for ASC arises from pure memory of a sense of unity and peace.”<sup>9</sup>

ASC promote new ways of feeling, thinking, and perceptions of the world and our place in that world. Ken Wilber posits that individuals at any stage of development “can have altered states or peak experiences...and this can have a profound effect on their consciousness and its development.”<sup>10</sup> Felicitas Goodman’s view is that “humans cannot tolerate ecstasy deprivation. The...trance is an indestructible part of our genetic

heritage.”<sup>11</sup> Dr. Lawlis believes we can “search for wholeness and harmony beyond the rational self. Altered states are a...major pathway to physical and psychological healing.”<sup>12</sup> Dr. Belinda Gore states, “one of the primary purposes for entering alternate reality is to heal and be healed... healing means the restoration and the maintenance of balance and wholeness.”<sup>13</sup>

Dr. Tart also comments that “many primitive peoples...believe that almost every normal adult has the ability to go into a trance state and be possessed by a god; the adult who cannot do this is a psychological cripple.”<sup>14</sup>

## **Research Purpose**

The purpose of this research was to investigate the effects of vestibular and audio stimulation through the use of the Trinity Table™, music, and journaling on psychophysiological changes and perception of altered states of consciousness in average adults.

## **Apparatus**

The Trinity Table™ is an experiential, horizontal-motion machine developed in the mid-1980s by Jim Harman of Ravenna, Texas. Originally made of metal, the Trinity Table™ has evolved into an oak table, handmade without any nails. Nine tables are currently in use in the United States after it was made available to the public in 1996.

One of those nine tables has been in use in my center in Dallas, Texas since 1999, after I trained with Jim Harman, the originator of the Tables, over a period of 13 months.

## **The Ride Experience**

Because there are no previous Trinity Table™ studies, this research was intended to form a basic foundation upon which future, more complex theoretical effects could be built. Initial documentation of what impact the Trinity Table™ experience may have on these basic physiological measures, mood states, and health profiles will enable future studies to expand research in energy field changes.

The Trinity Table™ Experience is intended to promote deep relaxation, spiritual growth, and expansion of consciousness. Through its gentle rotation and rocking movement, the table appears to allow the individual to release both emotional and physical stress. One theory is that the natural flow of energy is balanced and restored as the table's movement, combined with a response to the music, may help release energetic blockages.

## **Directional Spin and Human Energy**

This research endeavors to ascertain whether or not clients experience any energetic or biological responses to the motion of the Trinity Table™, and if the directional spin of the table makes a difference to the subject's psychophysiological response.

Although the direction did not seem to impact the outcome, we did, in fact, discover that both directions were effective for promoting altered states of consciousness and changes in mood and physiological state. I began this study with the hope of exploring the healing possibilities inherent in the use of the Trinity Table™. I believe

that the current study suggests that the Trinity Table™ is, indeed, an effective tool for inducing altered states of consciousness and healing transformation.

## ENDNOTES

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- <sup>1</sup> Ron Pekala and Etzel Cardena, "Methodological Issues in the Study of Altered States of Consciousness and Anomalous Experiences" In Varieties of Anomalous Experience. ed. Etzel Cardena, Steven Lynn, and Stanley Krippner, (Washington, DC: American Psychological Association, 2000), 58.
- <sup>2</sup> Ron Pekala, Quantifying Consciousness (New York, NY: Plenum Press, 1991), 39.
- <sup>3</sup> Charles Tart, ed. Altered States of Consciousness (Garden City, NY: Doubleday and Company, 1972), 1-2.
- <sup>4</sup> Arnold Ludwig "Altered States of Consciousness" In Altered States of Consciousness ed. Charles T. Tart (Garden City, NY: Doubleday and Company, 1972), 15-19.
- <sup>5</sup> Herbert Benson The Relaxation Response Rev. ed. (New York, NY: Harper Collins, 2000), 81; Ron Pekala, Quantifying Consciousness (New York, NY: Plenum Press, 1991), 48; Lewis Mehl-Medrona Coyote Medicine (New York, NY: Simon and Schuster Inc., 1997), 175-183; Stanislav Grof Holotropic Mind (New York, NY: Harper, 1993), 22; G. Frank Lawlis Transpersonal Medicine (Boston, MA: Shambhala Publications, 1996), 91; Ernest L. Rossi "Altered States of Consciousness in Everyday Life: The Ultradian Rhythms" In Handbook of States of Consciousness. ed. B. Wolman and M. Ullman (New York, NY: Van Nostrand Reinhold Company, 1986), 97; and Stanley Krippner and Leonard George "Psi Phenomena as Related to Altered States of Consciousness" In Handbook of States of Consciousness ed. B. Wolman and M. Ullman (New York, NY: Van Nostrand Reinhold Company, 1986), 349.
- <sup>6</sup> Ann Nunley Inner Counselor (Pittsburgh, PA: Sterling House Publishing, 1998), 263.
- <sup>7</sup> G. Frank Lawlis Transpersonal Medicine (Boston, MA: Shambhala Publications, 1996), 94.
- <sup>8</sup> Stanley Krippner as cited in Frank Lawlis (1996), 101-102.
- <sup>9</sup> Lawlis (1996), 100.
- <sup>10</sup> Ken Wilber A Theory of Everything: An Integral Vision for Business, Politics, Science and Spirituality (Boston, MA: Shambhala Publications, Inc., 2000), 48.
- <sup>11</sup> Felicitas Goodman Ecstasy, Ritual, and Alternate Reality (Bloomington, IN: Indiana University Press, 1988), 171.
- <sup>12</sup> Lawlis (1996), 85.
- <sup>13</sup> Belinda Gore Ecstatic Body Postures (Santa Fe, NM: Bear and Company Inc., 1995), 41.
- <sup>14</sup> Tart (1972), 3.

## **CHAPTER II - REVIEW OF LITERATURE**

### **Stress Impact On Health and Well Being**

In recent years studies have shown that stress can have an impact on health and can be a major contributor to disease. Looking at the influences of stress has changed the diagnosis and understanding of disease, and has suggested that emotional tension is disruptive to the physical body.<sup>1</sup>

Studies have also shown that stress exerts an impact not only on the physical body, but also it has emotional and spiritual consequences as well. It is widely known that 60-90 % of illness and disease in our western culture can be attributed directly to our stress and lifestyle choices. Dr. Geneie Everett posits, “techniques that can help us see ourselves more clearly and in new ways can also help us to make the necessary changes required for lasting beneficial change and healing.”<sup>2</sup> The long term effects of stress have become more easily recognized as these studies come to light.

One reaction to stress, the fight or flight response, was discovered by Walter B. Cannon, a famous Harvard physiologist at the beginning of the twentieth century. This was a revolutionary finding at the time. “The Fight or Flight Response offered glimpses into the evolutionary momentum that equipped modern human beings with keen physiologic survival instincts.” Dr. Cannon theorized that mammals have a physical

ability to react to stress that evolved as a survival mechanism. When faced with a stressful situation, our bodies release hormones, adrenaline, and noradrenaline, or epinephrine and norepinephrine, to increase heart rate, breathing rate, blood pressure, metabolic rate, and blood flow to the muscles, gearing our bodies to either fight with an opponent or flee.<sup>3</sup>

Nurse researchers Eileen Stuart-Shor and Carol Wells-Federman reported that if this response occurs repeatedly over time, however, immune function decreases. In addition, levels of other hormones regulated by the neuroendocrine system such as reproductive and growth hormones, endorphins, and encephalins, can be affected. They cite the Farmington Heart Study, which found that among middle aged men, anxiety levels measured two decades earlier predicted the occurrence of hypertension.<sup>4</sup>

Dr. Herbert Benson's studies report on two kinds of stress: environmental and emotional. Environmental stress can be caused by rapid cultural change, urbanization and migration, socioeconomic mobility, or uncertainty in the immediate environment.<sup>5</sup>

His studies examined how individuals react to social roles breaking down so that they are forced to form new ones. Tests have shown that high blood pressure goes hand in hand with adjustments to city life. For example, one of Dr. Benson's studies demonstrated that citizens living in Puerto Rican rural areas had practically no hypertension. In contrast, 18% of their counterparts living in a Puerto Rican metropolitan area had blood pressure in the hypertension range. Other studies with Fiji Islanders and African Zulu tribes showed similar results. Dr. Benson reported that many Americans move from one to ten times in a lifetime and that this high rate of job mobility in our

society forces families to frequently become uprooted, demanding behavioral adjustments.<sup>6</sup>

Moving up the occupational ladder also can be very stressful. Drs. L.E. Hinkle and H.G. Wolff measured blood pressures of college and high school graduates who moved into “white-collar” jobs and found that the less educated had higher blood pressures. They had a higher degree of behavioral adjustment than the college graduates.<sup>7</sup>

Nurse Stuart-Shor believes that the psychological effects of stress are manifested by negative mood states such as anxiety, depression, hostility, and anger. These emotions or mood states can, in turn, negatively influence a person’s ability to concentrate and effectively solve problems. There is a growing body of evidence that documents the correlation between prolonged negative mood states and increased morbidity and mortality in certain diseases.<sup>8</sup>

Concurrently, a growing body of research supports the importance of controlling stress in the treatment of many diseases. Cancer, arthritis, chronic pain, hypertension, insomnia, premenstrual syndrome, and infertility are but a few of the problems that have been shown to respond to interventions that reduce stress.<sup>9</sup>

Kobasa detailed the benefits of developing a positive attitude as an approach to dealing with stress. Individuals described as stress hardy, who exercised and enjoyed social support, were shown to be less vulnerable to stress-related symptoms and diseases. The characteristics of this stress hardiness include control, challenge, and commitment. These individuals see stress as a challenge rather than a threat; they feel in control of their lives; and are committed to home, work, and family.<sup>10</sup>

During prolonged stressful periods, people can become disconnected from life's meaning and purpose. Viktor Frankl, in *Man's [sic.] Search For Meaning*, draws a parallel between a "connection with life's meaning" and survival. He describes the survivors of World War II concentration camps as being those individuals who were able to retain their sense of meaning and purpose, and to draw meaning and purpose from this experience.<sup>11</sup>

Several studies have examined the effects on health of spirituality, defined as connection with life's meaning and purpose. Nurse Stuart-Shor reported, "increased scores on measures of spirituality correlated with increased incidence of health promoting behaviors. Other studies have explored the associations between religious affiliation and health have found a positive correlation."<sup>12</sup>

## **Psychoneuroimmunology**

Dr. Nicholas Hall's definition of psychoneuroimmunology, or PNI, is the study of the interrelationships between the brain, behavior and immunity.<sup>13</sup> This field of study focuses on the determination of the pathways through which the mind and body communicate with each other. It is also concerned with the impact of behavior upon immunity and the impact of immune status upon behavior.

PNI is a relatively new field of study in the bi-directional interaction between the nervous, immune and endocrine systems. These complex interactions appear to powerfully influence our health and susceptibility to disease. Dr. Susan Blumenthal states, "there is evidence that behavioral and lifestyle interventions such as support

groups, hypnosis, relaxation training, and certain types of psychotherapy can improve health outcomes and positively alter the course of illnesses.”<sup>14</sup>

Dr. Leonard Wisneski feels that the term Psyneuroimmunology falls short in not including endocrinology in the term. He suggests that the term, “psychoneuroimmunoendocrinology” is more complete in acknowledging the powerful role that the endocrine system plays in the interaction and communication of the body systems.<sup>15</sup>

Dr. Wisneski states that humans react to situations based on their past experiences, which cause a chemical reaction in their bodies. The memories of these experiences cause chemical changes affecting physiology, emotions and behavior.

Depending on the nature of the stimulus...and or the emotional meaning we have programmed to associate with that interaction, a cascade of different neuropeptides and hormones surges through our bodies, directing cells to migrate, metabolize, arrest, reproduce or even commit suicide, all the while communicating information back and forth between our brain, our immune system, our endocrine system and the external ambient field itself.<sup>16</sup>

Dr. Carolyn Myss posited that “experiences...carry emotional energy in our energy systems...they become encoded in our biological systems and contribute to the formation of...cell tissue.”<sup>17</sup> Dr. Candace Pert said “neuropeptides and their receptors...join the brain, glands, and immune system, in a network of communication between brain and body, probably representing the biochemical substrate of emotion.”<sup>18</sup> Thus, perhaps, neuropeptides and their receptors are the molecules of emotion.

Dr. Bruce Lipton has stated his theory from his research that the structures of our bodies are defined by our proteins. “Our perceptions or misperceptions impact our cells either by growth or protective behavior programs. It is now recognized that cells can ‘rewrite’ existing gene programs in an effort to overcome the stressful condition. These DNA changes are mutations.”<sup>19</sup>

In his book, *Mind-Body Interactions and Disease and Psychoneuroimmunological Aspects of Health and Disease*, Nicholas Hall has collected a number of scientific studies which leave little if any doubt that the brain can influence the nervous system, the endocrine system, and the immunologic system. These studies then provide us with a link to psychosocial behaviors and the role in influencing the process of disease. This research does not imply that the mind is solely responsible for the creation of disease, but it does differentiate between the extent to which the disease manifests and whether or not the disease is caused by pathogens.<sup>20</sup>

Ivan Pavlov’s studies in the 1920’s established that physiological processes can be altered by associative learning. In his experiments, dogs learned to associate the ringing of a bell with the presentation of meat, so that after several sessions, they began to salivate at the sound of the bell. The bell served as the conditioned stimulus, which then elicited the conditioned response of the salivation.<sup>21</sup>

The basic principles of conditioning established by Pavlov have been found applicable in humans as well. For example, many individuals receiving repeated outpatient chemotherapy for cancer develop what has been called “anticipatory” nausea. After several incidents of nausea and vomiting *after* chemotherapy, these individuals experience nausea in the clinic as they are waiting for the next infusion. Considerable

research now supports the view that this anticipatory nausea is a conditioned response to the clinic cues that were previously paired to the chemotherapy that induced the nausea.<sup>22</sup>

## **Vestibular Stimulation**

Music Therapist Don Campbell states in one of his books, *Music Physician for Times to Come*, that stimulation of the vestibular system (a series of canals in the inner ear that tell the brain what position our body is in) causes electrical impulses to be sent to the cerebellum and triggers increased neural activity throughout the brain.<sup>23</sup> David Graham, an electrical engineer, developed the Graham Potentializer, an early motion machine. Mr. Graham theorized “the motion streamlined neural response of the brain, accelerated learning and expansion of mental capacity.”<sup>24</sup>

Recent studies of vestibular and auditory stimulation in infants, children and adults, are pertinent to the motion and music utilized with the Trinity Table™ experience. A study by J.D. Gatts, S.A. Fernbach, D.H. Wallace, and T.S. Singra was conducted with 90 normal infants utilizing vestibular stimulation of rocking cradles. This evaluation, over 16 weeks, provided significant results of dramatically reduced crying periods, more nighttime quiet time, and higher scores of maturation characteristic of infants who were chronologically older.<sup>25</sup> Another study, by David Clark, Jeffrey Kreutzberg, and Francis Chee, with normal infants over a four week period of time provided similar results. These infants were held and spun in a chair ten times on two days a week for four weeks. The vestibular stimulation improved the reflex scores by 12.2% and the motor skills by 27.4%.<sup>26</sup>

Other vestibular studies done with children with differing disabilities, including mental retardation<sup>27</sup> and cerebral palsy<sup>28</sup> showed significant improvement in motor skills and socioemotional behavior. The authors of both those studies theorized that the vestibular stimulation produced more interaction between the vestibular and visual systems, thereby permitting the reflex to mature to a level more similar to normal children of the same age.

Most adult studies primarily involved individuals who have vestibular system disorders. Cohen found that certain exercises and activities facilitating repetitive head movements are useful in treating symptoms of vestibular impairment.<sup>29</sup>

### **Energetic Motion and Fields**

Previous theories have linked directional spin with human energy. For instance, Kenneth Killick posits that there is a force of energy moving counterclockwise around our bodies and another force of energy moving clockwise.<sup>30</sup> In studying the Lakota Indians, Dr. Lawlis reported that they believe that energy from the sun is a male energy that circulates around the human body in a counterclockwise direction and that moon energy, a female energy, circulates around the human body in a clockwise direction. Lakota rituals used those energies to heal.<sup>31</sup> Dr. Barbara Brennan believes that human chakras spin clockwise when they are functioning normally to metabolize the particular energies obtained from universal energy fields. When chakras spin counterclockwise, the current is flowing outward from the body, repelling needed energy and thus interfering with metabolism.<sup>32</sup>

Drunvalo Melchizedek has studied the human energy fields for the last 25 years. He believes that there are two primary ways that energy can move through the body, one male and the other female.

First, the energy always moves in a spiral, and when it spirals counterclockwise relative to the body, it's male; when it spirals the other way, it's female, which is clockwise relative to the body. The human spirit's main focus starts at the bottom of the chakra system when you're born, then moves up during your life through the various stages.<sup>33</sup>

As a Tai Chi practitioner for more than 30 years, Tsung Hwa Jou explains in his book *The Tao of Tai-Chi Chuan: Way to Rejuvenation*, that Tai Chi is a Chinese program of study for health and balanced energy within the body. This process is believed to use the balance between the "Yin" and "Yang" energies. The Yang energies are considered male energies. They turn counterclockwise around the body in a spiral effect. They are called the sky, the day, heat, motion, and outward centrifugal force. The female energies turn clockwise around the body in a spiral effect. They are referred to as the earth, the night, cold, stillness, and inward centrifugal force. It is the balance of these energies that promote health and connection to "Chi" the universal energy force.<sup>34</sup>

The human energy field is a dynamic system of energies. This field connects to energies coming toward our bodies as well as energies emanating from our bodies. The energies coming towards us are of many sources. Other living organisms, ultra violet rays, electrical fields, and electric magnetic rays from the Schuman resonance are some of these sources.

Leonard Wisneski's article, "A Unified Field Theory of Physiology and Healing" published in *Stress Medicine*, states that the human body produces its own internal electrical energy fields: "The constant vibrations of our DNA generate waves of information...and it is electricity that guides hormones to the receptors with which they bind."<sup>35</sup>

The human energy field is the foundation of Chinese and Indian medicine systems. The Chinese refer to the energy as "chi" and the Indians refer to it as "prana." These energies have long been recognized by other cultures throughout history. In western medicine we measure some of the energies by means of the EEGs, EKGs, and other types of scans.

The Chinese model of the pathways within the body that transfer energy are called meridians. Victoria Slater has defined meridians as "parallel pathways that are low-voltage electrical conduits. In Eastern philosophies, the meridians are said to conduct chi...or universal energy."<sup>36</sup> The energy centers in the human body that receive, process, and transform energy are called chakras. They also transmit data and are located throughout the body. They are vertically aligned, running from the base of the spine to the crown of the head. Dr. Carolyn Myss has described the chakras as "energy centers that contain a universal spiritual life-lesson that we must learn as we evolve into higher consciousness."<sup>37</sup>

The multilayer field of energy that surrounds the physical body is called the aura. Dr. Brennan and others have described a multi-layer system for this aura. These layers are sometimes called bodies. They interpenetrate and surround each other in successive layers. According to Dr. Brennan, "each succeeding body is composed of finer

substances and higher vibrations than the body that it surrounds and interpenetrates.”<sup>38</sup>

These energy fields are intimately associated with our health. I believe that as we evolve in the near future, we will be able to measure these fields with more accuracy and make major contributions to the study of Holistic Medicine.

### **Auditory Stimulation – Music**

Music is a vital part of all societies and cultures. It is used in spiritual ceremonies and in celebrations and has been linked to medicine and healing throughout history.

Armies use music to encourage the troops to fight. Mothers use music to lull babies to sleep. Music is still a very powerful tool as a complementary therapy in health care.

Studies with auditory stimulation acknowledge that people respond differently to all types of music. As an example, one study showed that “Classical Music” made teenagers tired whereas adults were rejuvenated by this music.<sup>39</sup>

People respond to music because it is a vibration of sound. Studies abound, and the following are some of the resultant principles and theories of sound, as summarized by Drs. Barbara Dossey, Lynn Keegan, and Cathie Guzzetta:

Sound is produced when some object is vibrating in a random or periodic repeated motion. It can be heard by the human ear when it ranges in frequency or pitch from 16-20,000 cycles per second. Within this vibratory range, we can hear 1,378 different tones. We also hear and perceive sound by skin and bone conduction.<sup>40</sup>:

These sound vibrations are different from the electromagnetic vibrations of the body. We are still learning how the body changes these vibrations and utilizes them. The Dossey study continues:

Our other senses, such as sight, smell and touch, allow us to perceive an even wider range of vibrations than those sensed by hearing. Thus we are sensitive to sounds in ways that most people do not even consider... Matter assumes certain shapes or patterns based on the vibrations or frequency of the sound to which it is exposed. The study of patterns of shapes evoked by sound is called Cymatics.<sup>41</sup>

The human body vibrates as well, from the large structures, such as the aorta and arterial system, down to the genetically preprogrammed vibrations coded into our molecules. Our atoms and molecules, cells, glands, and organs all have a characteristic vibrational frequency that absorbs and emits sound. The human body is a system of vibrating atomic particles acting as a vibratory transformer that gives off and takes in sound.

Sympathetic resonance refers to the reinforced vibration of an object exposed to the vibration at about the same frequency as another object. If two tuning forks are designed to vibrate at approximately the same pitch, striking one of the tuning forks produces a sound that spontaneously causes the second tuning fork to vibrate and produce the same sound. The sound wave from the first fork caused the second fork to resonate to the tune of the first. This sympathetic resonance of the two forks is called a resonant system.<sup>42</sup>

Don Campbell states, “the phenomenon of entrainment happens when two or more vibrating objects come into step or in phase with each other to create a sympathetic resonant system. Environmental sounds, dishwashers, televisions, computers, pagers, telephones, etc., may be capable of stimulating or producing sympathetic vibrations in the molecules and cells of the body.”<sup>43</sup>

Dr. Cathie Guzzetta states, “soothing music can produce a hypo-metabolic response characteristic of relaxation in which autonomic, immune, endocrine, and neuropeptide systems are altered.” She says music makes it possible to alter ordinary states of consciousness to achieve the mind’s fullest potential.<sup>44</sup>

Dr. Guzzetta adds that music can also assist an individual in moving through the six states of consciousness: normal waking state, expanded sensory threshold, daydreaming, trance, meditative states, and rapture. Individuals can move through these states depending on their involvement with the music and the depth of their relaxation.

In his book *The Mozart Effect*, Don Campbell defines that phenomenon:

The Mozart Effect occurs when individuals listen to complex music (e.g., Mozart’s Sonata for two pianos in D Major). This warms up the brain much like physical exercise, to organize and facilitate the firing patterns of neurons in the cerebral cortex. As a result, right brain functioning related to temporal spatial reasoning may improve.<sup>45</sup>

It is believed that the Mozart Effect is responsible for enhancing concentration, intuition, intelligence, and healing. Dr. Guzzetta states “clients may reach an altered state of consciousness while listening to music. They may visualize settings, peaceful scenes or images or experience various sensations or moods.”<sup>46</sup>

Music evokes psychophysiologic responses through the influence of musical pitch and rhythm on the limbic system, (the seat of emotions, feelings, and sensation) and by stimulating the release of endorphins, which act on specific receptors in the brain to alter emotion, mood, and physiology.<sup>47</sup>

Dr. Guzzetta says the quiet and calming effect of music can also produce “other desired autonomic, immunologic, endocrine and neuropeptide changes.”<sup>48</sup> The immediate influence of music therapy is on the mind state, which, in turn, influences the body state, producing a psychophysiologic response and a balance of body, mind, and spirit. With music, individuals are also able to shift their perceptions of time.

Mr. Campbell expands on how music can alter our perception of time:

Music can slow down or speed up our sense of time. Our mind’s ability to perceive time is modified by whether our ears are in the horizontal or vertical position, and to what degree. The vestibular system of the ear (a series of canals filled with fluid in the inner ear that tell the brain whether we are lying down, sitting, standing, or on our heads) sends different messages to the brain’s internal clock, depending upon body position. Blood flow to the vestibular system is affected by position, which in turn affects vestibular function. When we are lying down, the vestibular system is not constantly working to determine the exact position of our bodies, and this slowdown also affects our internal clock and our sense of time.<sup>49</sup>

This distorted sense of time is frequently reported by my clients riding the table. They express surprise when the session ends much sooner than they would have imagined.

Other studies have also shown that music and language have been linked to time perception and create more images and associations when a person is lying down than when sitting or standing. Specifically, new age music produces a sense of time being expanded or reduced suggesting that sound changes the space-time relationship.<sup>50</sup>

On the other hand, drum beating style music is very effective for changes in perceptions and production of unusual perceptions in the trance like state. Andrew Neher hypothesized that the sound of the drum might cause a unique physiological reaction because of the many frequencies delivered by a single drumbeat. The overtones of those frequencies are transmitted over different pathways in the brain.<sup>51</sup> Therefore, the sound of a drum should stimulate a larger area in the brain than a sound of a single frequency.<sup>52</sup> Wolfgang Jilek, researching the drum beat frequencies contained in the Salish Indian's ritual dances, found that the predominant frequency of the rhythmic drumming was four to seven cycles per second, the theta wave EEG frequency of the human brain. Jilek hypothesized, as did Neher, that this frequency would be the most effective aid to entering trance states. Theta frequency is often associated with hypnogogic imagery, states of ecstasy, creativity, and sudden illuminations.<sup>53</sup> Many of my clients report that their table experiences are more intense with drum music compared to other types of music, with increased awareness of their bodies and more significant emotional release.

## **Physiological Measurements**

Blood pressure, pulse, and skin temperature are all correlational physiologic measurements of stress and relaxation. Blood pressure is pressure exerted by the blood against the walls of the vessels. The term applies to arterial, capillary, and venous

pressure. Usually it indicates pressure existing in the large arteries, commonly, the brachial artery just above the elbow. The blood pressure is highest in the brachial artery at the time of contraction of the ventricles. This level is known as the systolic pressure. Pressure during ventricular diastolic, principally the result of force exerted by the elastic rebound of the arterial wall, is called diastolic pressure. Blood pressure is usually expressed as a fraction, for example, as 120/80, in which 120 represents systolic pressure and 80, diastolic pressure. Both systolic and diastolic pressures are influenced by cardiac rate, stroke volume, size, and elasticity of all components of the arterial bed.<sup>54</sup>

Blood pressure is subject to fluctuations. In general a healthy individual has a systolic pressure of 100-120 mm of mercury and a diastolic pressure of 60-80 mm of mercury. Variations in systolic blood pressure are expected in normal persons. Exercise may cause a rise in systolic pressure. The upper limits of normal blood pressure are usually defined as 140 mm of mercury systolic and 90 mm diastolic.

The nervous system causes rapid changes in blood pressure and blood flow by regulating the size of blood vessels. The diameter of vessels is controlled by vasoconstrictor and vasodilator nerves influenced by medullary centers. The vasomotor center in the medulla is affected by multiple factors. The autonomic nervous system produces a generalized arousal state when an individual is reacting to a stressful situation or perceived situation. The pulse, blood pressure and respiration rate all increase in response to this perceived threat.<sup>55</sup>

Skin temperature, or thermal measurement, is also a physiologic measurement of stress. Vasoconstriction, or the restriction of blood vessels, in the hands demonstrates the stress response of the individual. The skin temperature around the area of blood supply

can easily be assessed with biofeedback equipment. As the blood vessels are dilated, which occurs with relaxation, the temperature increases. As the vessels constrict, as occurs during stress, the temperature decreases. Biofeedback temperature instruments are designed to react to a change in temperature in increments of  $\frac{1}{10}$  degree Fahrenheit in 1/10 of 1 second. A skin temperature of 90+ degrees Fahrenheit defines a normal, unstressed condition.<sup>56</sup>

Just as blood pressure was an indicator of the level of relaxation achieved by the subjects during the Trinity Table™ experience, the pulse rate is also an important component in the relaxation response. Dr. Stanley Jacob's definition of the pulse is the impulse of an artery lying near the surface of the skin. The impulse is secondary to alternate expansion and contraction of the arterial wall resulting from the beating heart. When the heart ejects blood into the aorta, its impact on the elastic walls creates a pressure wave continuing along the arteries. This impact is the pulse.<sup>57</sup> In my study, the pulse was measured at the radial artery location on the wrist.

## **Written Narratives**

Written narratives have been the source of many studies by Dr. James Pennebaker, a Professor of Psychology at the University of Texas at Austin. For the last 15 years he and his students have been exploring the nature of self-disclosure and physical health. He has done research with thousands of people of all ages and backgrounds.<sup>58</sup>

In one study, first year medical students were randomly assigned to one of four groups: emotional writing with or without thought suppression, and control writing with,

or without, thought suppression. The groups assigned to emotional writing were told to write how they felt. The groups assigned to control writing were told to write about a particular subject only and nothing else. The results showed a significant increase in circulating total lymphocytes and CD4 (helper) T lymphocyte levels in the emotional writing groups. Thought suppression resulted in a significant decrease in CD3 T lymphocyte levels.<sup>59</sup>

The report states, “the results of this study suggest that the act of thought suppression produced measurable effects on circulating immune variables independent of whether the thoughts suppressed were of an emotional or control nature. The emotional writing on the other hand increased levels of circulating CD4 (T helper) cells and the total number of lymphocytes.”<sup>60</sup>

“Previous writing studies have found increased use of causal and insight words to be associated with markers of improved health.”<sup>61</sup>

It has been proposed that changes in these word categories reflect greater cognitive integration of the emotional issue as the person processing the event gains perspective on the experience through his or her writing. The correlation between cognitive word use and both the immune measures and the long-term self-reports bolster this argument.<sup>62</sup>

Writing or talking about emotional experiences has been found to be associated with significant drops in physician visits when comparing before writing and after writing among relatively healthy subjects. Self reports also indicate that writing about experiences produces long-term improvement in mood and indicators of well-being compared with writing about control topics. Smyth’s meta-analysis on written disclosure

studies indicates that, in general, writing about emotional topics is associated with significant reductions in stress.<sup>63</sup> One study on hostility found that preselected participants who rated high in hostility benefited more from writing than participants who rated low in hostility.<sup>64</sup>

Pennebaker found through analyzing multiple subjects' data, that three linguistic factors reliably predicted improved physical health.

First, the more that individuals used positive emotion words (e.g., happy, joyful, etc.), the better their subsequent health. Second, a moderate number of negative emotion words, (e.g., angry, sad, etc.) predicted health. Both very high and very low levels of negative emotion words correlated with poorer health. Third and most important, an increase in both causal and insight words, (e.g., because, cause, reason, etc. and realize, know, understand, etc.) over the course of writing was strongly associated with improved health.<sup>65</sup>

Based on that research, the written narratives in my study were reviewed for trends, common concepts, and word choice.

## **Altered States of Consciousness**

Anecdotal written data from client experiences on the Trinity Table™ have indicated a sense of calm serenity and selflessness, as well as feelings of unity with a higher being, euphoria and ecstasy. These appear to indicate changes in an individual's perception of themselves and others, or ASC, that are different from their every day state.

Dr. Arnold Ludwig delineates a number of features or common denominators that could be characteristic of most ASC<sup>66</sup>:

1. Alterations in thinking. These alterations in thinking include “subjective disturbances in concentration, attention, memory and judgment,” impaired reality testing, and a state in which “incongruities or opposites may coexist without any (psycho) logical conflict.”

2. Disturbed time sense. The subjective sense of time is greatly altered, and “feelings of timelessness, time coming to a standstill, speeding up or slowing down” may occur.

3. Loss of control. A person may experience fear of losing self-control or may “welcome relinquishing his volition and giving in to the experience.”

4. Change in emotional expression. Feelings and/or displays of intense emotions may occur, including “emotional extremes, from ecstasy and orgiastic equivalents to profound fear and depression.” Detachment and a diminished capacity for humor may be displayed.

5. Body image change. A wide array of distortions in body image frequently occur “...Not only may various parts of the body appear or feel shrunken, enlarged, distorted, heavy, weightless, disconnected, strange, or funny, but spontaneous experiences of dizziness, blurring of vision, weakness, numbness, tingling, and analgesia are likewise encountered.” There is also a common propensity for individuals to experience “a profound sense of depersonalization, a schism between body and mind, feelings of derealization, or a dissolution of boundaries between self and others, the world, or universe.”

6. Perceptual distortions. “Common to most ASC is the presence of perceptual aberrations, including hallucinations, pseudohallucinations, increased visual imagery, subjectively felt hyperacuteness of perception, and illusions of every variety.”

7. Change in meaning or significance. Persons in ASC seem predisposed to “attach an increased meaning or significance to their subjective experiences, ideas, or perceptions. Feelings of profound insight, illumination, and truth frequently occur.”

8. Sense of the ineffable. Many people who have experienced certain ASC “claim a certain ineptness or inability to communicate the nature or essence of the experience to someone who has not undergone a similar experience.”

9. Feelings of rejuvenation. Many people who have experienced ASC “claim to experience a new sense of hope, rejuvenation, renaissance, or rebirth.”

10. Hypersuggestibility. There is a marked decrease in a person’s “capacity for reality testing or his ability to distinguish between subjective and objective reality...contradictions, doubts, inconsistencies, and inhibitions tend to diminish.”

## **Intentionality**

Intentionality is a cornerstone in energy healing work. The power of the intention or prayer that we bring to the healing work evokes the energy of ourselves and all others present in the room. The universal energy that is around us at all times is available for our own healing and the healing of others when we are open and clear in our intention. This universal energy is a dynamic healing force that we can access as we grow in our commitment to our own personal clarity and evolution.

As physical and mental health professionals, our clear intention for the outcome to be for the client's highest good is paramount. It is not up to us to determine what the client's highest good is. I believe only God, the universal energy force, knows what that person's highest good is.

Prayer, as intention, has been used for centuries as an informal intervention for sickness and other specific personal requests from individuals. Dr. Larry Dossey's book, *Be Careful What You Pray For...You Just Might Get It*, details the history of the "dark" and "light" side of prayer and intention. It introduces the question: If the power of positive prayer can actually help someone, then is the reverse true, that negative prayer can harm?

He states that a 1994 Gallop Poll found that 5% of Americans have prayed for harm to come to others. Dossey believes they are just the one in twenty who will admit it, the actual prevalence of using prayer to hurt others is undoubtedly much greater. He continues that we don't fully trust prayer because it invokes powers that we feel cannot be understood or controlled. However, our ambivalence about prayer has been with us for many centuries. "Some people say they resent prayer because it is an uninvited invasion of their psychological space."<sup>67</sup>

Dr. Dossey stated in his 1997 book that 11 medical schools in the United States offered courses dealing with spirituality in clinical practice, and roughly half of all the medical schools in this country had expressed interest in developing such programs.<sup>68</sup> Since then, there has been a growing trend to recognize the role of spirituality and prayer in effecting the health of patients. If medical schools are willing to recognize the positive

side of prayer and intention, they must also consider the potential harm that could occur with negative prayer and intention.

Prayer is perceived in different ways. For instance, some people may believe that prayer is only used as a last resort, and if someone tells them they are being prayed for, assume their death is imminent but no one is telling them so. Prayer in this instance, because of that perception, would have a very negative impact on the individual.

On the other hand, Gary Witherspoon says Navajo Indians believe in only speaking about the positive aspects of life. To discuss the negative possibilities of a situation puts a curse on the situation causing the negative outcome to occur. “In the Navajo view of the world, language is not a mirror of reality, reality is a mirror of language.”<sup>69</sup>

In their article, “The Science of Connectiveness,” William Gough and Robert Shacklett stated the proposition that “...intention is focused choice, i.e., intention uses the same mechanisms involved in choice except they are amplified quantitatively...[that results in] intensity of feelings, heart-felt motivation, lowered heart rate variability and brain wave synchronization.”<sup>70</sup>

Furthering the posit of intentionality, Dr. Bernie Siegel teaches his cancer patients to send love and respect to themselves to help in their own healing process. “If I told patients to raise their blood levels of immune globulins...no one would know how. But if I can teach them to love themselves and others fully, the same change happens automatically. The truth is: love heals.”<sup>71</sup>

Dr. Siegel’s work shows that our intention in thinking of ourselves and others has a power as an energetic thought form and our connection and love for each other is a

powerful tool in impacting our world. If each individual takes responsibility for their own thoughts and desires, their clarity and commitment to clear intention brings them to their highest good.

## **Horizontal Motion Machines**

Although there are many anecdotal comments and letters regarding Trinity Table™ experiences, there has not been any objective quantifiable scientific research done.

However, current research studies by Dr. Konstantin Korotkov and others appear promising in showing rapid and sometimes subtle changes in energy fields with a technique called the Gas Discharge Visualization (GDV), which measures the aura or Human Energy Field.<sup>72</sup> If the studies prove valid, this technique would enhance Trinity Table™ research. The Trinity Table™ experience is intended to promote deep relaxation, spiritual growth, and expansion of consciousness. Many people reported in their written narratives that their rides opened their hearts and minds toward developing new insights or healing on current conditions, increased their creativity and intuition, and/or clarified their life's intention. Others reported profound spiritual growth or awakenings, including acquiring a sense of deep knowing and oneness with the universe, meetings with spiritual guides, and spontaneous past life regressions.

Dr. Harold Cober has done research in physics and subtle energy over the last 20 years. He has personally experienced the Trinity Table™ on numerous occasions and has postulated on the reasons for its impact on individuals. He believes that the horizontal turning of the Trinity Table™ synchronizes the two hemispheres of the brain, quiets the

senses, and can create states of euphoria. He also suggests that the turning of the Trinity Table™ acts as a natural pulsating magnetic pump by a rhythmic exchange of the north and south poles not unlike the alternator in a car.

In horizontal motion, besides the therapeutic benefits, it creates tidal waves in the cerebrospinal fluid, the physiological medium involved in heightening the cosmic circuit to our ethric body. The activation of this circuit between our...midbrain and ethric body can have dramatic and lasting benefits on becoming truly Self Realized.<sup>73</sup>

Another horizontal motion machine, the Graham Potentializer, was developed by David Graham. He was an electrical engineer from Canada who theorized that the stimulation to the vestibular system caused electrical impulses to be sent to the cerebellum and this triggered increased neural activity that is carried throughout the brain. Mr. Graham posited that “the motion streamlined neural response of the brain, accelerated learning and expansion of mental capacity.”<sup>74</sup> The Graham Potentializer looked like a small bed with a motor underneath it and a metal box at the head of the bed. It turned counterclockwise and with the metal box activated produced an electromagnetic field around the individual.

Mr. Graham did a series of EEG studies on volunteers that experienced his machine. There were 30 subjects and 215 sessions. These results were reviewed by Mr. Graham, Michael Hutchison and Dr. John P. Ertl, (a Canadian psychologist and brain wave and IQ researcher). The results showed “decided shifts in hemispheric dominance (resulting in a balancing or synchronization of the two main hemispheres).” It also showed an enhanced neuro efficiency quotient (NEQ). Dr. Ertl’s research has indicated

that this is a measurement of the brain's assimilation speed, which correlates extremely closely with intelligence as measured with IQ tests. Graham's subjects had an increase NEQ of approximately 25 percent. Dr. Ertl concluded that the Graham Potentializer "definitely does something beneficial to the brain waves...a solid change was induced in the basic brainwave parameters."<sup>75</sup>

The Integrated Motion System (IMS), created by Dr. Larry Schulz, a chiropractor in California, is a moving bed that tilts gently as it revolves through a 360 degree circular rocking motion. The bed moves through a pattern eight degrees above and below the horizontal in all four quadrants. The motion is fluid and slow. It revolves between one and six times per minute (three times per minute appears to be the most effective rate).

A second machine created by Dr. Schulz is the Symmetron, a comfortable leather contour chair that revolves through a "multiphase wave experience." Dr. Schulz informed me that it promotes profound relaxation within minutes of its use. Dr. Schulz believes that his machines work in similar ways to the Graham Potentializer. He believes that the "vestibular stimulation impacts the brain function and growth in many ways still unknown."<sup>76</sup>

The Sams Potentializer was created by Marvin W. Sams, who has years of experience in clinical and research EEG and is the inventor of a variety of EEG, electrocardiograph, and other biomedical equipment. His device is a comfortable recliner chair that rotates at one to three cycles per minute. He designed his device after observing the Graham Potentializer. Michael Hutchison reviewed some of the EEG readings of the subjects who have used the Sams Potentializer. He states that "it is clear that the chair can produce rapid and dramatic changes. Most subjects seem to show

increases in slow brain-wave activity, particularly in the alpha range,...enhanced NEQs and, interestingly higher brain wave synchrony.”<sup>77</sup>

There have also been studies done with rats and mice on horizontal motion machines. A study at the University of Western Ontario revealed:

Horizontal body rotation can induce analgesia in mice. The observed analgesia was maximal after sixty minutes of rotation treatment and a greater level of analgesia was produced by a schedule of intermittent rotation than by continuous rotation.<sup>78</sup>

About one year later another study was done, which again showed that:

Horizontal body rotation can induce analgesia and anorexia in mice. In addition, the prototype opiate antagonist, naloxone, was found to block the rotation-induced analgesia and to enhance the anorexia. These results suggest that the rotation-induced analgesia is opioid mediated, a finding in agreement with other experiments in our laboratory.<sup>79</sup>

Another study, done with male rats, revealed that the rats that were “subjected to horizontal body rotation resulted in reductions in body temperature and reductions in spontaneous motor activity.” These effects were only seen in the rats with intact vestibular systems.<sup>80</sup>

These studies suggest that horizontal motion machines can impact the vestibular system in many ways. New research is exploring opportunities for future use of these machines.

## Questions

From the review of the literature four questions evolved:

1. Are there mood changes occurring after Trinity Table™ experiences?
2. Will participants report changes in health perception after the Trinity Table™ experience?
3. Are there physiological changes in temperature, blood pressure and pulse after Trinity Table™ experiences?
4. Are there qualitative differences in altered state experiences based on direction of Trinity Table™ spin?

## Hypotheses

From the study questions above, specifically the fourth question led me to choose a variable of having a clockwise directional spin on one trial and a counterclockwise spin on the other trial. The four following hypotheses were developed.

### **Hypothesis I**

There will be differences on the Profile of Mood States (POMS) scales between the two experimental trials.

### **Hypothesis II**

There will be significant differences on the Standard Form 8 (SF8) between the two experimental trials.

### **Hypothesis III**

There will be significant differences on the physiological measures of blood

pressure, pulse, and temperature between the two experimental trials.

**Hypothesis IV**

There will be demonstrable qualitative differences on the self-report narratives between the two experimental trials.

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## **CHAPTER III - RESEARCH METHOD**

The study used a protocol to compare subject responses to two types of experiences using the Trinity Table™. Each adult subject had two separate rides, one with the table turning counterclockwise and the second with the table turning clockwise.

The study investigated the mood state, conscious state, physiologic measures, and health profile of the individuals before and after experiencing rides on the Trinity Table™ and whether the directional turn of the table caused variances in those areas.

The study of 60 table experiences included 30 volunteers riding the table twice. Of those volunteers, 21 were women and 9 men, between the ages of 37 and 76, who had never before ridden the Trinity Table™.

### **Apparatus**

The Trinity Table™ is driven by a hydraulic motor which keeps the rotation silent and reduces the electromagnetic fields around the table. A client lies on a padded surface that gently rocks on a gimbal while the table rotates either in a counterclockwise or a clockwise direction.

## **The Ride Experience**

Since the table was installed in 1999 in my center, there have been approximately 250 rides on it. Rides on the Trinity Table™ in the center last either 30 minutes or 60 minutes, with soft music played in the dark room. After the ride, clients sit in a quiet relaxation area and journal about the experience. Many of the written narratives describe timelessness, feelings of oneness, expanded understanding of universal love, and connection to a higher source. Past life regressions are common during the table ride and some clients describe visitations from deceased friends or family, as well as spiritual beings. Clients report that these experiences have had a profound effect on healing previously perceived trauma or distress.

## **Subjects**

The original subjects of this study included males and females between the ages of 18 and 76, who were recruited from the general population. I also placed an ad at the Unity Church near my office requesting volunteers. Subjects with psychosis and senility were excluded after individual interviews. Initially, there were 37 participants, however 7 dropped out during the study, leaving a total of 30 completing subjects.

## **Instruments**

A form called a Profile of Mood States (POMS), was the instrument used to evaluate the subjects' mood states. The multiple choice questionnaire provided an economical method of identifying and assessing transient, fluctuating affective states.

The POMS is a factor analytically derived inventory which measures six identifiable mood or affective states which are:

1. tension-anxiety;
2. depression-dejection;
3. anger-hostility;
4. vigor-activity;
5. fatigue-inertia; and
6. confusion-bewilderment.

These mood scales have proven to be useful measures for evaluating psychiatric outpatients and very sensitive indicators of their responses to various therapies. The POMS also has proven to be a sensitive indicator of the effects of various experimental approaches upon normal subjects and other nonpsychiatric groups.

The short form of the POMS is a 30-point adjective rating scale that represents the development of a total of 100 different adjective scales using repeated factor analysis. The adjectives in the POMS were selected because they could be easily understood by individuals with at least a seventh grade education. The adjectives are rated on a five-point intensity scale, which are :

1. not at all,
2. a little,
3. moderately,
4. quite a bit, and
5. extremely.

This set of modifiers has been given weights ranging from 0-4. The survey instructs the individual to respond with how they are feeling at the time that they are answering those questions.

Six independent factor analytic studies were reported in the development and validation of the POMS.

In brief, these studies indicate the same six mood factors can be identified, measured reliably, and replicated in VA male psychiatric outpatients, in male college students, and in male and female outpatients at a private teaching institution. ...the factors appear to be relatively invariant whether the rating period is the immediate present or spans a one-week period...<sup>1</sup>

The reliabilities of the POMS factors are considerable in comparing normal examples of male and female subjects.

All these indices of the extent to which the individual items within the six mood scales measure the same factor are near 0.90 or above. These internal consistencies are higher than in the developmental forms of the POMS.<sup>2</sup>

The obtained stability results for test-retest provide a rough approximation of stability without treatment. The reliability estimates range from 0.65 for vigor-activity to 0.74 for depression-dejection.

It should be considered that seeking and finding a source of psychiatric treatment is in itself probably associated with change in emotional states. Thus,... the correlations between intake and pretreatment scores probably are lower bound estimates of reliability.<sup>3</sup>

In other words, just the act of finding psychiatric treatment could promote feelings of relief and reduced stress by introducing the possibility of finding a solution to a perceived problem, as well as relieving feelings of isolation and fear. The correlations between the intake and pretreatment scores are probably lower than estimates of reliability because the intake scores are improved by this relief factor of finding psychiatric help.

Indeed, extremely high stability coefficients for mood measures could be taken as evidence of lack of construct validity. It would seem that the maximum stability to be expected of mood scales, considering the nature of mood and the intervention of circumstances, would be evidence of a fair degree of consistency.

The stability coefficient ranges from intake to after six weeks of treatment were from 0.43 to 0.53. Since these correlations reflect both a much longer time period and the influence of treatment, they are considerably lower.<sup>4</sup>

My study also used the SF8 Health Survey, a multipurpose, eight-question health survey. It yields an eight-scale profile of scores as well as physical and mental health summary measures. The eight scales on that survey are:

1. Physical Functioning;
2. Role-Physical;
3. Bodily Pain;
4. General Health;
5. Vitality;
6. Social Functioning;
7. Role-Emotional; and

## 8. Mental Health.

The survey is a generic measure and therefore useful in comparing general and specific populations. It has been used for comparing the impact of diseases, differentiating the health benefits produced by a wide variety of treatments, and screening patients. The 24-hour recall version was used. It was a second generation questionnaire from the original SF36. Both of these questionnaires were developed by Quality Metric, Inc.<sup>5</sup>

The SF 36 and subsequently the SF8 were constructed to satisfy minimum psychometric standards necessary for group comparisons. The eight health concepts were selected from 40 concepts included in the Medical Outcomes Study (MOS). Those chosen represent the most frequently measured concepts in widely used health surveys and those most affected by disease and treatment. SF36 items also represent multiple operational indicators of health, including behavioral function and dysfunction, distress, and well-being, objective reports and subjective ratings, and both favorable and unfavorable self-evaluations of general health status.<sup>6</sup>

Versions SF36 and SF8 scoring uses norm-based scoring algorithms for all eight scales (T-score transformation with mean,  $50 \pm 10(\text{SD})$  that has made the summary methods much easier to interpret). Extensive psychometric testing has been conducted on these questionnaires in the United States and other countries. On the strength of these favorable results from tests to date, nearly all studies have used the method of summated ratings and standardized SF36 scoring algorithms documented elsewhere. This method assumes that items shown on the scale can be aggregated without score standardization or

item weighing. Standardization of items within a scale was avoided by selecting or constructing items with roughly equivalent means and standard deviations. Weighting was avoided by using equally representative items. All items have been shown to correlate substantially (greater than 0.04 corrected for overlap) with their hypothesized scales with rare exceptions.<sup>7</sup>

The reliability of the eight scales and two summary measures has been estimated using several methods, including internal consistency and test-retest. With rare exceptions, published reliability statistics have exceeded the minimum standard of 0.70 recommended for measures used in group comparisons in more than 25 studies; most have exceeded 0.80. Reliability estimates for physical and mental summary scores usually exceed 0.90. A review of the first 15 published studies revealed that the median reliability coefficients for each of the eight scales was equal or greater than 0.80 except for Social Functioning, which had a median reliability across studies of 0.76. In addition, a reliability of 0.93 has been reported for the Mental Health Scale, by using the alternative forms method, suggesting that the internal consistency method underestimated the reliability of that scale by about 3%.<sup>8</sup>

Studies of validity generally support the intended meaning of high and low scores as documented in the original user's manuals. Because of the widespread use of the SF questionnaires across a variety of applications, evidence from many types of validity research is relevant to these interpretations. Studies to date have yielded content, concurrent criterion, construct, and predictive evidence of validity. Systematic comparisons of the SF-36 to other widely used generic health surveys have indicated that the SF-36 includes eight of the most frequently measured health concepts. It is also

helpful to note that more than 250 longitudinal studies suggest that the SF-36 is also a useful tool for evaluating the benefits of alternative treatments.<sup>9</sup>

Convergent correlations between SF8 and SF36 scales hypothesized to measure the same concepts were consistently high (all above 0.70) with a range from 0.70 to 0.88. These results support the reliability of the SF8 scales and constitute strong convergent evidence of their validity, i.e., the two methods (SF8 and SF36) of measuring the same concepts are substantially correlated.<sup>10</sup>

## **Physiological Measurements**

Blood pressure, pulse, skin temperature, and skin conduction were used in this study to evaluate physiological changes during the Trinity Table™ experience.

Both before and after the Table ride, blood pressure was taken in the subject's right arm, measuring the brachial artery pressure just above the elbow as an indicator of the level of relaxation achieved by subjects during the rides.

Because the pulse rate is also a component in the relaxation response, it was measured both before and after the rides. Pulse rate can increase with stress and stay elevated for periods of time but can also be lowered with deep states of relaxation. I measured the pulse at the radial artery location on the wrist.

Another measurement of the study was skin temperature, or thermal measurement, which is a sensitive physiologic measurement of stress. Vasoconstriction or the restriction of blood vessels in the hands demonstrates the stress response of the individual. The skin temperature around the area of blood supply can easily be assessed

with biofeedback equipment. In my study, an electrode was attached to the index finger of the right hand to measure the peripheral temperature of the hands.

## **Written Narratives**

One way to document the subjective views of the individual regarding their perceptions or altered state experience is through the written narrative. Growing evidence suggests that translating events into language can affect brain and immune function. These studies interest researchers investigating the body, the mind, and psychosomatics.<sup>11</sup>

My study reviewed the written narratives for trends, common concepts, and word choice. The subjects were given 30 minutes after the Trinity Table™ experience to write down their perceptions and thoughts about what occurred during the ride. Part of this written narrative process was to study whether the reflecting on, and disclosing of, their experience had therapeutic and cathartic value and whether translating psychological events into words would affect their perceptions and introduce new ways of thinking about the event.

## **Procedures**

The volunteers were first interviewed over the phone, given an explanation of the study, and then scheduled to come to the Trinity Centre for their two rides. Each ride was on a separate day, the second to be no more than ten and no less than five days after the first ride. A coin toss determined which direction the table turned on the subject's first experience, with the second ride in the opposite direction. Each time before the ride,

the subject filled out the Pilot Study Questionnaire (PSQ), Standard Form # 8 (SF8) Health Survey, and The Profile of Mood States (POMS). Then their blood pressure, pulse, and skin temperature readings were taken. During the 60-minute Trinity Table™ experience, the subjects listened to White Stones by Secret Garden, an instrumental collection of music with varying tempos and multiple instruments. After each experience, blood pressure, pulse, and skin temperature measurements were repeated, the POMS and PSQ were filled out again, and a narrative portion of the questionnaire was written. A second copy of the SF8 was given to each subject to fill in 24 hours after the experience and return by mail. The second Trinity Table™ experience was a repeat of the first procedure except that the direction of the table was reversed.

## **Hypotheses**

Hypothesis I: There will be differences on the POMS scales between the two experimental trials.

Hypothesis II: There will be significant differences on the SF8 between the two experimental trials.

Hypothesis III: There will be significant differences on the physiological measures of blood pressure, pulse and temperature between the two experimental trials.

Hypothesis IV: There will be demonstrable qualitative differences on the self-report narratives between the two experimental trials.

## Data Analysis

The data from the POMS, SF8, and physiological measures for each trial was analyzed for descriptive purposes. The means, standard deviations, kurtosis and skewness of each variable was analyzed as to appropriate further statistical analyses. Transformative consideration was given in order for a distribution to conform for homogeneity issues. The pre and post scores for each experimental trial were subtracted for difference scores, and these difference scores were compared for significance. The six scales on the POMS: tension-anxiety; depression-dejection; anger-hostility; vigor-activity; fatigue-inertia; and confusion-bewilderment, were analyzed collectively using the discriminant analysis for overall differences. If significant at the .05 level or beyond, the analyses proceeded to each of the scales individually with the t- test for correlated samples. If significant at the .05 level or beyond (two-tailed), the differences in mean values were interpreted.

The eight scales on the SF8 were analyzed collectively using the discriminant analysis for overall differences. If significant at the .05 level or beyond, the analyses proceeded to each of the scales individually with the t-test for correlated samples. If significant at the .05 level or beyond (two-tailed), the differences in mean values were interpreted.

Each of the physiological difference scores (blood pressure, pulse, and thermal measurement) were analyzed separately, using the t-test for correlated samples. If significant at the .05 level or beyond of significance (two-tailed), the variable was interpreted according to standardized acceptance. The numeric ratings, which are rated

from 0-4, were not rated separately because the POMS analysis was sufficient to rate the individuals moods.

Two raters independently analyzed the qualitative data in the descriptive, experiential, narratives of the volunteers. This data was reviewed for trends and common concepts using Arnold Ludwig's 10 features of Altered States of Consciousness (for a list of these 10 features, please see the altered states of consciousness section of Chapter II Review of Literature). The reliability of their evaluations were analyzed by inter-rater reliability and interpreted if found significant at the .05 level or beyond. The interpretations were analyzed as to common conclusions, using the inter-rater reliability coefficient.<sup>12</sup>

## ENDNOTES

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<sup>3</sup> McNair (1992), 7.

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<sup>5</sup> John E. Ware, Mark Kosiniski, James E. Dewey, and Barbara Gandek How to Score and Interpret Single-Item Health Status Measures: A Manual for Users of the SF8™ Health Survey (Boston, MA: Quality Metric Inc., 2001), 20.

<sup>6</sup> John E. Ware “Health Survey Update” In Spine Vol. 25, No. 24, 3130-3139 (2000), 3132.

<sup>7</sup> Ware (2000), 3132.

<sup>8</sup> Ware (2000), 3134.

<sup>9</sup> Ware (2000), 3137.

<sup>10</sup> Ware (2000), 3138.

<sup>11</sup> James Pennebaker Opening Up, Rev. ed (New York, NY: Guilford Press, 1997), viii.

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## CHAPTER IV – RESULTS

### Analysis of Data

The procedures for the data selection were completed according to the methodology requirements. The subjects were assigned to each ride (clockwise or counterclockwise) according to a random selection, resulting in a first ride of 18 in the clockwise direction and 12 in the opposite direction. There were 21 women and 9 men in the sample. The ages of each direction were compared and found non-significant (48.94 and 47.25, respectively) and the days between rides were also similar (7.22 and 7.33, respectively.)

**Table #1 Age and Days Direction Comparison**

<b>RIDE</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>Std. Error Mean</b>
AGE 1.00	18	48.9444	10.7784	2.5405
2.00	12	47.2500	9.3432	2.6972
DAYS 1.00	18	7.2222	1.1660	.2748
2.00	12	7.3333	1.2309	.3553

The variables were entered according to symbol and the numbers, minimums, maximums, means and standard deviations were calculated. These numbers are found in Table 2.

Table #2 Initial Variable Analysis

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
PRE1SYS	30	98.00	158.00	116.8000	14.7961
PRE1DIA	30	58.00	90.00	70.0000	7.8784
PRE1P	30	56.00	90.00	71.6000	9.5470
PRE1T	30	78.00	98.30	88.1100	4.4293
POST1SYS	30	94.00	152.00	111.5333	14.8434
POST1DIA	30	58.00	84.00	68.2000	7.1119
POS1P	30	46.00	86.00	66.7333	8.6381
POS1T	30	78.50	93.00	86.2100	3.6858
POS1C	30	.30	.40	.3033	1.826E-02
DAYS	30	5.00	11.00	7.2667	1.1725
PRE2SYS	30	90.00	142.00	118.2667	12.9799
PRE2DIA	30	58.00	84.00	67.9333	7.8518
PRE2P	30	56.00	96.00	71.2267	9.1732
PRE2T	30	72.30	93.60	87.1833	5.2894
PRE2C	30	.30	.40	.3167	3.790E-02
POS2SYS	30	90.00	140.00	114.0000	12.0573
POS2DIA	30	56.00	82.00	66.8000	7.6402
POS2P	30	50.00	100.00	68.5333	10.5952
POS2T	30	75.10	91.30	86.1280	4.1366
POS2C	30	.20	.40	.3000	4.026E-02
PRE1POMA	30	.00	15.00	3.0667	3.9994
PRE1POMC	30	.00	14.00	5.3333	3.4173
PRE1POMD	30	.00	19.00	3.6000	4.5908
PRE1POMF	30	.00	19.00	6.8000	5.9330
PRE1POMT	30	.00	16.00	4.9000	4.7659
PRE1POMV	30	.00	17.00	7.9333	5.0168
POS1POMA	30	.00	3.00	.1000	.5477
POS1POMC	30	.00	7.00	3.0667	1.8370
POS1POMD	30	.00	12.00	1.1333	2.4031
POS1POMF	30	.00	10.00	1.7000	2.5617
POS1POMT	30	.00	5.00	.6333	1.2452
POS1POMV	30	.00	17.00	7.2000	5.0062
PRE2POMA	30	.00	8.00	1.5667	2.0957
PRE2POMC	30	.00	11.00	3.2667	2.6644
PRE2POMD	30	.00	11.00	1.7000	2.1995
PRE2POMF	30	.00	18.00	4.1333	4.5008
PRE2POMT	30	.00	13.00	2.9667	3.1457
PRE2POMV	30	1.00	20.00	10.5000	5.6857
POS2POMA	30	.00	4.00	.2000	.7611
POS2POMC	30	.00	7.00	2.8333	1.8020
POS2POMD	30	.00	6.00	.4000	1.1626
POS2POMF	30	.00	7.00	1.2333	1.7943
POS2POMT	30	.00	21.00	1.6000	4.4147
POS2POMV	30	.00	20.00	8.0667	4.9961
PRE1SFQ1	30	1.00	5.00	2.5333	1.1958

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
PRE1SFQ2	30	1.00	4.00	1.6667	.8541
PRE1SFQ3	30	1.00	4.00	1.6000	.8550
PRE1SFQ4	30	1.00	6.00	2.6000	1.2205
PRE1SFQ5	30	1.00	4.00	2.6667	.9223
PRE1SFQ6	30	1.00	4.00	2.1000	1.0939
PRE1SFQ7	30	1.00	5.00	2.7667	1.1651
PRE1SFQ8	30	1.00	5.00	2.0000	1.1142
PRE1PC	30	24.00	69.00	51.6000	8.4918
PRE1MC	30	16.00	58.00	42.6667	11.2812
POS1SFQ1	30	1.00	5.00	2.3333	1.0613
POS1SFQ2	30	1.00	5.00	1.7000	1.0875
POS1SFQ3	30	1.00	5.00	1.6333	1.0981
POS1SFQ4	30	1.00	6.00	2.2667	1.3113
POS1SFQ5	30	1.00	4.00	2.4000	.7701
POS1SFQ6	30	1.00	5.00	1.7000	1.1188
POS1SFQ7	30	1.00	4.00	1.9000	1.0289
POS1SFQ8	30	1.00	3.00	1.6000	.8137
POS1PC	30	22.00	65.00	50.7333	10.1027
POS1MC	30	33.00	60.00	50.6000	8.0840
PRE2SFQ1	30	1.00	4.00	2.0667	.7849
PRE2SFQ2	30	1.00	3.00	1.5667	.7739
PRE2SFQ3	30	1.00	4.00	1.4333	.7739
PRE2SFQ4	30	1.00	5.00	2.1667	1.1167
PRE2SFQ5	30	1.00	3.00	2.2333	.6789
PRE2SFQ6	30	1.00	3.00	1.5667	.7279
PRE2SFQ7	30	1.00	4.00	2.0000	.8305
PRE2SFQ8	30	1.00	3.00	1.6000	.7701
PRE2SFPC	30	33.00	62.00	52.8667	7.0306
PRE2SFMC	30	35.00	62.00	50.3000	6.7321
POS2SFQ1	30	1.00	5.00	1.9333	1.0148
POS2SFQ2	30	1.00	3.00	1.3000	.5960
POS2SFQ3	30	1.00	3.00	1.3667	.6149
POS2SFQ4	30	1.00	5.00	1.7667	1.0063
POS2SFQ5	30	1.00	5.00	2.3667	.9994
POS2SFQ6	30	1.00	4.00	1.5000	.9738
POS2SFQ7	30	1.00	4.00	1.7000	.8769
POS2SFQ8	30	1.00	3.00	1.4333	.6789
POS2SFPC	30	40.00	61.00	53.5333	5.8589
POS2SFMC	30	23.00	60.00	52.0333	8.4383

The difference scores were obtained by subtracting the pre-trial score from the post-trial score for session one and two separately. These difference scores are designated according to trial. For example, the systolic blood pressure differences for

trial one is “SYS1,” the diastolic blood pressure differences are designated as “DIA1,”etc. The means, standard deviations, minimums, maximums and numbers are presented in Table 3.

**Table #3 Difference Scores (Post-Trial Score Minus Pre-Trial Score)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
SYS1	30	-20.00	28.00	5.2667	11.0608
DIA1	30	-10.00	20.00	1.8000	7.3784
PULSE1	30	-8.00	22.00	4.8667	7.7670
TEMP1	30	-8.00	17.70	1.9000	4.9791
SYS2	30	-12.00	24.00	4.2667	9.8223
DIA2	30	-10.00	14.00	1.1333	5.2176
PULSE2	30	-12.00	22.00	2.6933	7.3057
TEMP2	30	-13.30	10.40	1.0547	4.8899
POMA1	30	.00	15.00	2.9667	3.9869
POMC1	30	-2.00	9.00	2.2667	2.9587
POMD1	30	-2.00	19.00	2.4667	4.1417
POMF1	30	-4.00	19.00	5.1000	6.0078
POMT1	30	.00	15.00	4.2667	4.5329
POMV1	30	-8.00	10.00	.7333	5.6868
POMA2	30	-1.00	5.00	1.3667	1.8286
POMC2	30	-7.00	7.00	.4333	2.8489
POMD2	30	-6.00	11.00	1.3000	2.5346
POMF2	30	-3.00	18.00	2.9000	4.5208
POMT2	30	-18.00	11.00	1.3667	4.6645
POMV2	30	-16.00	17.00	2.4333	7.0841
SFQ11	30	-2.00	2.00	.2000	.8052
SFQ21	30	-2.00	2.00	-3.33E-02	.8503
SFQ31	30	-2.00	2.00	-3.33E-02	.7184
SFQ41	30	-2.00	3.00	.3333	.9589
SFQ51	30	-1.00	2.00	.2667	.8277
SFQ61	30	-1.00	2.00	.4000	.8944
SFQ71	30	-1.00	3.00	.8667	1.1366
SFQ81	30	-2.00	3.00	.4000	1.3287
SFPC1	30	-9.00	23.00	.8667	5.8706
SFMC1	30	-35.00	13.00	-7.9333	11.3500
SFQ12	30	-2.00	2.00	.1333	.8193
SFQ22	30	-1.00	2.00	.2667	.6397
SFQ32	30	-2.00	1.00	6.667E-02	.6397
SFQ42	30	-2.00	2.00	.4000	.8944
SFQ52	30	-3.00	1.00	-.1333	1.0417
SFQ62	30	-3.00	2.00	6.667E-02	.9803
SFQ72	30	-3.00	3.00	.3000	1.0875

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
5FQ82	30	-2.00	2.00	.1667	.6989
SFPC2	30	-12.00	15.00	-.6667	6.1214
SFMC2	30	-23.00	36.00	-1.7333	10.3222

## Hypothesis Testing

### Hypothesis I

The first hypothesis states, “there will be differences on the POMS scales between the two experiment directional trials.” In order to investigate this statement the difference scores of the trial one were compared, using the discriminate function test (Statistical Programs for the Social Sciences, Version 10.0). The discriminate was used in order to compare the trials with a combination of variables at once because of the high error rate in this study. This non-parametric procedure combines the scores in order to maximize the differences between the groups with the use of a least squares weighting system. If there are no differences using this maximum effect model, there will be no differences in the individual variables. As can be seen in Table 4, there were no differences seen (Wilkes Lambda > .05.). However, individual F-ratios were run anyway to demonstrate non-significances of the individual scores.

**Table #4 Test #1 of Equality of Group Means**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
POMA1	.952	1.407	1	28	.246
POMC1	.943	1.690	1	28	.204
POMD1	.984	.459	1	28	.504
POMF1	.977	.663	1	28	.422
POMT1	.953	1.381	1	28	.250
POMV1	.898	3.168	1	28	.086

The same analysis was conducted for the second trial. As can be seen on Tables 5, 6, and 7 the only variable in the combination table was the POMS Tension scale Wilkes Lambda  $< .05$ , indicating that the mean differences of  $-.005$  for the counterclockwise direction condition were less than 3.5 for the clockwise condition.

**Table #5 Test #2 of Equality of Group Means**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
POMA2	.996	.103	1	28	.751
POMC2	.973	.785	1	28	.383
POMD2	.919	2.456	1	28	.128
POMF2	.914	2.647	1	28	.115
POMT2	.856	4.720	1	28	.038
POMV2	1.000	.004	1	28	.951

**Table # 6 Stepwise Statistics**

<b>Step</b>	<b>Entered</b>	<b>Wilkes Lambda</b>			
		<b>Statistic</b>	<b>Df1</b>	<b>Df2</b>	<b>Df3</b>
1	POMT2	.856	1	1	28.000

At each step, the variable that minimizes the overall Wilkes Lambda is entered.

**Table #7 POMS – Tension Scale – Trial #2**

<b>Ride</b>	<b>Mean</b>	<b>N</b>	<b>Std. Deviation</b>
1	-.005	18	4.9524
<u>2</u>	<u>3.5000</u>	<u>12</u>	<u>3.3439</u>
Total	1.3667	30	4.6645

## Hypothesis II

Hypothesis II stated “there will be significant differences on the SF8 between the experimental conditions.” The discriminant function was again applied to the first trial with the results of no statistical differences.

**Table #8 Tests of Equality of Group Means – Rotation #1**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
SFQ11	.999	.033	1	28	.857
SFQ21	.983	.483	1	28	.493
SFQ31	.937	1.874	1	28	.182
SFQ41	.995	.147	1	28	.705
SFQ51	.990	.285	1	28	.598
SFQ61	.991	.243	1	28	.626
SFQ71	.999	.037	1	28	.848
SFQ81	.961	1.142	1	28	.294
SFPC1	.929	2.139	1	28	.155
SFMC1	.999	.028	1	28	.868

The second trial was also assessed using the same statistical procedures with the same results.

**Table #9 Tests of Equality of Group Means – Rotation #2**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
SFQ12	.982	.521	1	28	.476
SFQ22	.993	.211	1	28	.649
SFQ32	1.000	.013	1	28	.910
SFQ42	.939	1.829	1	28	.187
SFQ52	.989	.320	1	28	.576
SFQ62	.912	2.699	1	28	.112
SFQ72	.922	2.382	1	28	.134
SFQ82	.961	1.143	1	28	.294
SFPC2	.999	.032	1	28	.859
SFMC2	.959	1.197	1	28	.283

### Hypothesis III

The third hypothesis stated “there will be significant differences on the physiological measures between the two rotational trials. The differences in blood pressure, pulse and temperature were compared to rotational directions using the discriminant function. The results of the first trial are presented in Table 10 yielding non-significant results.

**Table #10 Physiological Measures – Rotation #1**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
SYS1	.993	.192	1	28	.664
DIA1	.999	.014	1	28	.906
PULSE1	.985	.417	1	28	.524
TEMP1	.916	2.581	1	28	.119

The second trial was also evaluated with the same procedures and the result of that assessment is presented on Table 11, yielding non-significant results.

**Table #11 Physiological Measures – Rotation #2**

	<b>Wilkes Lambda</b>	<b>F</b>	<b>Df1</b>	<b>Df2</b>	<b>Sig.</b>
SYS2	.996	.118	1	28	.734
DIA2	1.000	.013	1	28	.911
PULSE2	.999	.034	1	28	.855
TEMP2	.998	.059	1	28	.810

### Hypothesis IV

The fourth hypothesis stated “there will be demonstrable qualitative differences on the self-report narratives between the two experimental trials.” Two raters independently evaluated the written material containing the self-reports of the experience using Dr. Arnold Ludwig’s characteristics of Altered States of Consciousness. The

results of the raters were significant as indicated on Table 12 with the frequencies for each trial, and were highly reliable ( $P < .05$ ). The reliability coefficient was significant beyond the .001 level.<sup>1</sup>

**Table #12 Reliabilities of Raters of Narratives of Trials #1 and #2**

Dimension	<i>Trial One</i>	<i>Trial Two</i>
Alterations in thinking	1.00	.93
Sense of time altered	1.00	.93
Loss of control	1.00	.97
Change of emotions	.93	.97
Body Image Change	.87	.83
Perceptual Distortions	.87	.83
Change in Meaning	.93	1.00
Sense of the ineffable	.90	.97
Sense of Rejuvenation	.87	.90
Hypersuggestability	1.00	1.00 (n.s. due to low N)

When compared as to rotations, there were no significant differences as computed by the chi-square analysis for both trials one and two. Since the numbers of subjects were different per rotation, the dimension number was transformed by the cell number for comparisons between groups. The raw number of frequency is presented with transformed number for comparison (frequency : transformed number). As can be seen for trial one, there was no significance in the relative number of altered narratives, probably due to the low numbers; however, there were very impressive numbers in some of the areas. The most meaningful statistical approach to compare these frequencies (due to the low sample size), was to use the ordinal level of frequency. The dimensions are listed here with the highest frequency occurring first and then the second and third highest listed in each category. The trial one clockwise rotation had: change of emotions, sense of rejuvenation, and alterations in thinking. Perceptual distortions ranked equally

with alterations in thinking. The counterclockwise rotation had change of emotions, perceptual distortions, and sense of rejuvenation as the three top ordinal ranked dimensions. The trial two clockwise rotation showed: change of emotions, sense of rejuvenation, and changes in meaning. The opposite rotation, counterclockwise, had change of emotions, sense of ineffable and perceptual distortions as the three top ordinal listings.

**Table #13 Comparisons of Frequencies per Dimension for Two Raters (n.s.)**

<b>Trial One</b>		
<i>Dimension</i>	Clockwise freq : adjusted N	<i>Counterclockwise : adjusted N</i>
Alterations in thinking	21 : 1.17	11 : .92
Sense of time altered	19 : 1.05	5 : .41
Loss of control	12 : .67	8 : .87
Change of emotions	35 : 1.94	19 : 1.58
Body Image Change	16 : .89	13 : 1.08
Perceptual Distortions	21 : 1.17	19 : 1.58
Change in Meaning	19 : 1.05	16 : 1.33
Sense of the ineffable	6 : .33	8 : .67
Sense of Rejuvenation	24 : 1.33	18 : 1.50
Hypersuggestability	0 : 0	0 : 0
<b>Trial Two</b>		
Alterations in thinking	13 : 1.08	17 : .094
Sense of time altered	8 : .67	18 : 1.00
Loss of control	9 : .75	10 : .55
Change of emotions	20 : 1.67	32 : 1.77
Body Image Change	11 : .92	17 : .94
Perceptual Distortions	6 : .50	20 : 1.11
Change in Meaning	18 : 1.50	18 : 1.00
Sense of the ineffable	8 : .67	24 : 1.33
Sense of Rejuvenation	20 : 1.67	18 : 1.00
Hypersuggestability	0 : 0	2 : .11

## Summary Statement of Hypotheses Testing

It is obvious that there were little differences in the reactions of the participants regarding which direction the table was rotating and changes in their consciousness. There is a modest difference in the tension scale of the POMS, which favored the clockwise direction, but this could be interpreted as an error since the study would have probably produced at least one significance by chance alone. However, future research could be constructed with protocols to see if it is valid. (See Table #6.)

## Post Hoc Analysis

Several questions arose from the data itself. On the basis that the data was amenable to further research questions, the following post hoc analyses were performed in regard to the following questions:

1. What effect did the order of the trials have on the subjects' reactions?
2. What reactions did the men vs. women have in these experimental conditions?
3. What difference did the procedures have without regard to direction?
4. What differences in level of self narratives were derived from sex differences and directions?

*1. What effect did the order of the trials have on the subjects' reactions?*

In order to determine if the order of the experiences had some effect, the difference scores were applied to the first vs. the second trials, using the t-test for correlated samples. The results are presented in Table 14:

**Table #14 Comparison Pre-Trial and Post-Trial Difference Scores**

		Mean	N	Std. Deviation	Std. Error Mean	T	Sig.
Pair 1	SYS1	5.2667	30	11.0608	2.0194		
	SYS2	4.2667	30	9.8223	1.7933	.416	.680
Pair 2	DIA1	1.8000	30	7.3784	1.3471		
	DIA2	1.1333	30	5.2176	.9526	.598	.555
Pair 3	PULSE1	4.8667	30	7.7670	1.4181		
	PULSE2	2.6933	30	7.3057	1.3338	1.093	.283
Pair 4	TEMP1	1.9000	30	4.9791	.9090		
	TEMP2	1.0547	30	4.8899	.8928	.828	.415
Pair 5	POMA1	2.9667	30	3.9869	.7279		
	POMA2	1.3667	30	1.8286	.3339	1.992	.056
Pair 6	POMC1	2.2667	30	2.9587	.5402		
	POMC2	.4333	30	2.8489	.5201	2.327	.027
Pair 7	POMD1	2.4667	30	4.1417	.7562		
	POMD2	1.3000	30	2.5346	.4628	1.143	.262
Pair 8	POMF1	5.1000	30	6.0078	1.0969		
	POMF2	2.9000	30	4.5208	.8254	1.869	.072
Pair 9	POMT1	4.2667	30	4.5329	.8276		
	POMT2	1.3667	30	4.6645	.8516	2.383	.024
Pair 10	POMV1	.7333	30	5.6868	1.0383		
	POMV2	2.4333	30	7.0841	1.2934	-1.160	.255
Pair 11	SFQ11	.2000	30	.8052	.1470		
	SFQ12	.1333	30	.8193	.1496	.320	.752
Pair 12	SFQ21	-3.33E-02	30	.8503	.1552		
	SFQ22	.2667	30	.6397	.1168	-1.511	.142
Pair 13	SFQ31	-3.33E-02	30	.7184	.1312		
	SFQ32	6.667E-02	30	.6397	.1168	-.571	.573
Pair 14	SFQ41	.3333	30	.9589	.1751		
	SFQ42	.4000	30	.8944	.1633	-.258	.798
Pair 15	SFQ51	.2667	30	.8277	.1511		
	SFQ52	-.1333	30	1.0417	.1902	1.418	.167
Pair 16	SFQ61	.4000	30	.8944	.1633		
	SFQ62	6.667E-02	30	.9803	.1790	1.284	.209
Pair 17	SFQ71	.8667	30	1.1366	.2075		
	SFQ72	.3000	30	1.0875	.1986	1.979	.057
Pair 18	SFQ81	.4000	30	1.3287	.2426		
	SFQ82	.1667	30	.6989	.1276	.909	.371
Pair 19	SFPC1	.8667	30	5.8706	1.0718		
	SFPC2	-.6667	30	6.1214	1.1176	1.004	.323
Pair 20	SFMC1	-7.9333	30	11.3500	2.0722		
	SFMC2	-1.7333	30	10.3222	1.8846	-2.326	.027

As can be seen, the variables of the POMS Confusion, POMS Tension, and SF Overall Mental Condition were all significant. All of these variables favored the initial trial showing the greatest differences. This result might have influenced the lone finding for POMS Tension in the earlier comparisons of the second trial. Clearly, the results of the order indicated a higher difference rate than the second administration, and indicate some references to the fact that the table apparently impressed the subjects on the first trial.

2. *What reactions did the men vs. women have in these experimental conditions?*

The Data was evaluated in a 2 x 2 analysis of variance design with ride rotation as one dimension and sex type as the other independent dimension. The difference scores were the dependent variables. The F-ratios and significance levels are presented for each source per variable in Table 15. The analyses were accomplished first for trial one, then for trial two.

**Table #15 Sex Versus Rotation Interaction Analysis**

**Dependent Variable: SYS1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.288	.834
Intercept	5.862	.023
SEX	.260	.614
RIDE	.413	.526
SEX * RIDE	.318	.577

**Dependent Variable: DIA1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.295	.829
Intercept	2.367	.136
SEX	.785	.384
RIDE	.000	.998
SEX * RIDE	.025	.875

**Dependent Variable: PULSE1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.646	.203
Intercept	14.470	.001
SEX	.946	.340
RIDE	.010	.923
SEX * RIDE	2.936	.099

**Dependent Variable: TEMP1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.652	.202
Intercept	2.913	.100
SEX	2.207	.149
RIDE	1.810	.190
SEX * RIDE	.348	.561

**Dependent Variable: POMA1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.552	.652
Intercept	10.231	.004
SEX	.280	.601
RIDE	1.325	.260
SEX * RIDE	.093	.763

**Dependent Variable: POMC1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.817	.496
Intercept	13.611	.001
SEX	.291	.594
RIDE	.793	.381
SEX * RIDE	.652	.427

**Dependent Variable: POMD1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.293	.830
Intercept	6.321	.018
SEX	.221	.642
RIDE	.182	.673
SEX * RIDE	.158	.694

**Dependent Variable: POMF1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.462	.711
Intercept	13.227	.001
SEX	.693	.413
RIDE	.693	.413
SEX * RIDE	.137	.714

**Dependent Variable: POMT1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.760	.527
Intercept	17.416	.000
SEX	.202	.657
RIDE	.538	.470
SEX * RIDE	.620	.438

**Dependent Variable: POMV1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.219	.323
Intercept	.776	.386
SEX	.109	.744
RIDE	1.746	.198
SEX * RIDE	.594	.448

**Dependent Variable: SFQ11**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.503	.684
Intercept	1.464	.237
SEX	.083	.776
RIDE	.083	.776
SEX * RIDE	1.464	.237

**Dependent Variable: SFQ21**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.831	.489
Intercept	.617	.439
SEX	1.191	.285
RIDE	.088	.769
SEX * RIDE	.533	.472

**Dependent Variable: SFQ31**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.894	.457
Intercept	.144	.708
SEX	.144	.708
RIDE	.822	.373
SEX * RIDE	.822	.373

**Dependent Variable: SFQ41**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.660	.584
Intercept	1.337	.258
SEX	1.647	.211
RIDE	.273	.606
SEX * RIDE	.384	.541

**Dependent Variable: SFQ51**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.636	.598
Intercept	3.816	.062
SEX	1.628	.213
RIDE	.236	.631
SEX * RIDE	.037	.849

**Dependent Variable: SFQ61**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.533	.664
Intercept	4.593	.042
SEX	.014	.908
RIDE	.803	.378
SEX * RIDE	1.277	.269

**Dependent Variable: SFQ71**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.023	.995
Intercept	13.233	.001
SEX	.007	.936
RIDE	.056	.815
SEX * RIDE	.031	.861

**Dependent Variable: SFQ81**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.524	.670
Intercept	1.480	.235
SEX	.047	.830
RIDE	1.480	.235
SEX * RIDE	.479	.495

**Dependent Variable: SFPC1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.814	.498
Intercept	1.239	.276
SEX	.060	.808
RIDE	1.168	.290
SEX * RIDE	.312	.581

**Dependent Variable: SFMC1**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.032	.992
Intercept	11.263	.002
SEX	.066	.800
RIDE	.030	.864
SEX * RIDE	.001	.981

**Dependent Variable: SYS2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.243	.865
Intercept	5.316	.029
SEX	.592	.449
RIDE	.136	.715
SEX * RIDE	.002	.966

**Dependent Variable: DIA2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.911	.449
Intercept	1.966	.173
SEX	1.215	.280
RIDE	.137	.714
SEX * RIDE	1.901	.180

**Dependent Variable: PULSE2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.747	.534
Intercept	3.633	.068
SEX	.001	.975
RIDE	.160	.692
SEX * RIDE	2.171	.153

**Dependent Variable: TEMP2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.288	.299
Intercept	.767	.389
SEX	.843	.367
RIDE	.187	.669
SEX * RIDE	3.381	.077

**Dependent Variable: POMA2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	2.434	.087
Intercept	22.193	.000
SEX	2.128	.157
RIDE	.289	.596
SEX * RIDE	4.012	.056

**Dependent Variable: POMC2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.838	.486
Intercept	.460	.504
SEX	.584	.452
RIDE	.160	.693
SEX * RIDE	1.382	.250

**Dependent Variable: POMD2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.755	.181
Intercept	9.597	.005
SEX	.040	.843
RIDE	.696	.412
SEX * RIDE	2.545	.123

**Dependent Variable: POMF2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	2.975	.050
Intercept	13.293	.001
SEX	.577	.454
RIDE	.509	.482
SEX * RIDE	5.746	.024

**Dependent Variable: POMT2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	2.373	.093
Intercept	4.714	.039
SEX	.125	.726
RIDE	2.093	.160
SEX * RIDE	2.011	.168

**Dependent Variable: POMV2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.414	.261
Intercept	2.160	.154
SEX	.145	.706
RIDE	.514	.480
SEX * RIDE	3.775	.063

**Dependent Variable: SFQ12**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.034	.394
Intercept	.212	.649
SEX	.582	.452
RIDE	1.482	.234
SEX * RIDE	2.275	.143

**Dependent Variable: SFQ22**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.361	.782
Intercept	5.951	.022
SEX	.862	.362
RIDE	.135	.717
SEX * RIDE	.000	.994

**Dependent Variable: SFQ32**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.050	.985
Intercept	.138	.713
SEX	.138	.713
RIDE	.008	.930
SEX * RIDE	.008	.930

**Dependent Variable: SFQ42**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.678	.574
Intercept	6.896	.014
SEX	.255	.618
RIDE	1.250	.274
SEX * RIDE	.027	.870

**Dependent Variable: SFQ52**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.651	.590
Intercept	.424	.521
SEX	.267	.610
RIDE	.005	.947
SEX * RIDE	1.524	.228

**Dependent Variable: SFQ62**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.924	.443
Intercept	.657	.425
SEX	.200	.658
RIDE	1.936	.176
SEX * RIDE	.018	.895

**Dependent Variable: SFQ72**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.326	.287
Intercept	2.811	.106
SEX	.029	.865
RIDE	.862	.362
SEX * RIDE	1.628	.213

**Dependent Variable: SFQ82**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	1.461	.248
Intercept	2.229	.148
SEX	.002	.967
RIDE	.103	.751
SEX * RIDE	3.140	.088

**Dependent Variable: SFPC2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.078	.971
Intercept	.467	.500
SEX	.101	.754
RIDE	.001	.970
SEX * RIDE	.072	.790

**Dependent Variable: SFMC2**

<b>Source</b>	<b>F</b>	<b>Sig.</b>
Corrected Model	.933	.439
Intercept	.926	.345
SEX	.124	.727
RIDE	.283	.599
SEX * RIDE	1.591	.218

As can be seen, there is only one significance on trial two. The significance is of an interaction only in which the following figures result:

**Table # 16 Interaction of Sex and Direction of Ride on POMS Fatigue**

		RIDE	
		CCW	CW
Sex	Male	Mean = 1.10	Mean = 4.25
	Female	Mean = 3.80	Mean = 1.25

The interpretation was that for the variable Fatigue under the POMS second trial, the males showed less change (1.10) under the counterclockwise direction than did the women (3.80); however, the men showed more change for the clockwise direction (4.25) than did the women (1.25). Since this is only one of the whole group of variables that showed change and was only on replication of the post hoc tests, this finding should be taken with caution. It could be expected that at least one significance would have emerged through the sample sizes or chance alone. This finding is consistent with classical concepts and is described in the general summary section of Chapter V.

3. *What difference did the procedures have without regard to direction?*

In order to determine what changes occurred during the rotation, each pre-measure was compared to each respective post-measure to determine any change, regardless of rotation or trial. The t-tests for correlated samples were used and presented in Tables 17 and 18.

**Table # 17 Trial #1 Differences Regardless of Rotation**

		Mean	N	Std. Deviation	Std. Error Mean	T	Sig.
Pair 1	PRE1SYS	116.8000	30	14.7961	2.7014	2.608	.014
	POST1SYS	111.5333	30	14.8434	2.7100		
Pair 2	PRE1DIA	70.0000	30	7.8784	1.4384	1.336	.192
	POST1DIA	68.2000	30	7.1119	1.2985		
Pair	PRE1P	71.6000	30	9.5470	1.7430		

		Mean	N	Std. Deviation	Std. Error Mean	T	Sig.
3	POS1P	66.7333	30	8.6381	1.5771	3.432	.002
Pair	PRE1T	88.1100	30	4.4293	.8087		
4	POS1T	86.2100	30	3.6858	.6729	2.090	.045
Pair	PRE1POMA	3.0667	30	3.9994	.7302		
5	POS1POMA	.1000	30	.5477	.1000	4.076	.000
Pair	PRE1POMC	5.3333	30	3.4173	.6239		
6	POS1POMC	3.0667	30	1.8370	.3354	4.196	.000
Pair	PRE1POMD	3.6000	30	4.5908	.8382		
7	POS1POMD	1.1333	30	2.4031	.4387	3.262	.003
Pair	PRE1POMF	6.8000	30	5.9330	1.0832		
8	POS1POMF	1.7000	30	2.5617	.4677	4.650	.000
Pair	PRE1POMT	4.9000	30	4.7659	.8701		
9	POS1POMT	.6333	30	1.2452	.2273	5.156	.000
Pair	PRE1POMV	7.9333	30	5.0168	.9159		
10	POS1POMV	7.2000	30	5.0062	.9140	.706	.486
Pair	PRE1SFQ1	2.5333	30	1.1958	.2183		
11	POS1SFQ1	2.3333	30	1.0613	.1938	1.361	.184
Pair	PRE1SFQ2	1.6667	30	.8841	.1614		
12	POS1SFQ2	1.7000	30	1.0875	.1986	-.215	.831
Pair	PRE1SFQ3	1.6000	30	.8550	.1561		
13	POS1SFQ3	1.6333	30	1.0981	.2005	-.254	.801
Pair	PRE1SFQ4	2.6000	30	1.2205	.2228		
14	POS1SFQ4	2.2667	30	1.3113	.2394	1.904	.067
Pair	PRE1SFQ5	2.6667	30	.9223	.1684		
15	POS1SFQ5	2.4000	30	.7701	.1406	1.765	.088
Pair	PRE1SFQ6	2.1000	30	1.0939	.1997		
16	POS1SFQ6	1.7000	30	1.1188	.2043	2.449	.021
Pair	PRE1SFQ7	2.7667	30	1.1651	.2127		
17	POS1SFQ7	1.9000	30	1.0289	.1878	4.176	.000
Pair	PRE1SFQ8	2.0000	30	1.1142	.2034		
18	POS1SFQ8	1.6000	30	.8137	.1486	1.649	.110
Pair	PRE1PC	51.6000	30	8.4918	1.5504		
19	POS1PC	50.7333	30	10.1027	1.8445	.809	.425
Pair	PRE1MC	42.6667	30	11.2812	2.0596		
20	POS1MC	50.6000	30	8.0840	1.4759	-3.828	.001

**Table # 18 Trial #2 Differences Regardless of Rotation**

		Mean	N	Std. Deviation	Std. Error Mean	T	Sig.
Pair	PRE2SYS	118.2667	30	12.9799	2.3698		
1	POST2SYS	114.0000	30	12.0573	2.2014	2.379	.024
Pair	PRE2DIA	67.9333	30	7.8518	1.4335		

		Mean	N	Std. Deviation	Std. Error Mean	T	Sig.
2	POST2DIA	66.8000	30	7.6402	1.3949	1.190	.244
Pair	PRE2P	71.2267	30	9.1732	1.6748		
3	POS2P	68.5333	30	10.5952	1.9344	2.019	.053
Pair	PRE2T	87.1833	30	5.2894	.9657		
4	POS2T	86.1287	30	4.1366	.7552	1.181	.247
Pair	PRE2POMA	1.5667	30	2.0957	.3826		
5	POS2POMA	.2000	30	.7611	.1390	4.094	.000
Pair	PRE2POMC	3.2667	30	2.6644	.4864		
6	POS2POMC	2.8333	30	1.8020	.3290	.833	.412
Pair	PRE2POMD	1.7000	30	2.1995	.4016		
7	POS2POMD	.4000	30	1.1626	.2123	2.809	.009
Pair	PRE2POMF	4.1333	30	4.5008	.8217		
8	POS2POMF	1.2333	30	1.7943	.3276	3.514	.001
Pair	PRE2POMT	2.9667	30	3.1457	.5743		
9	POS2POMT	1.6000	30	4.4147	.8060	1.605	.119
Pair	PRE2POMV	10.5000	30	5.6857	1.0381		
10	POS2POMV	8.0667	30	4.9961	.9122	1.881	.070
Pair	PRE2SFQ1	2.0667	30	.7849	.1433		
11	POS2SFQ1	1.9333	30	1.0148	.1853	.891	.380
Pair	PRE2SFQ2	1.5667	30	.7739	.1413		
12	POS2SFQ2	1.3000	30	.5960	.1088	2.283	.030
Pair	PRE2SFQ3	1.4333	30	.7739	.1413		
13	POS2SFQ3	1.3667	30	.6149	.1123	.571	.573
Pair	PRE2SFQ4	2.1667	30	1.1167	.2039		
14	POS2SFQ4	1.7667	30	1.0063	.1837	2.449	.021
Pair	PRE2SFQ5	2.2333	30	.6789	.1240		
15	POS2SFQ5	2.3667	30	.9994	.1825	-.701	.489
Pair	PRE2SFQ6	1.5667	30	.7279	.1329		
16	POS2SFQ6	1.5000	30	.9738	.1778	.372	.712
Pair	PRE2SFQ7	2.0000	30	.8305	.1516		
17	POS2SFQ7	1.7000	30	.8769	.1601	1.511	.142
Pair	PRE2SFQ8	1.6000	30	.7701	.1406		
18	POS2SFQ8	1.4333	30	.6789	.1240	1.306	.202
Pair	PRE2SFPC	52.8667	30	7.0306	1.2836		
19	POS2SFPC	53.5333	30	5.8589	1.0697	-.597	.555
Pair	PRE2SFMC	50.3000	30	6.7321	1.2291		
20	POS2SFMC	52.0333	30	8.4383	1.5406	-.920	.365

As can be seen, there were eleven significant differences found in the first trial and six differences found in the second trial. The significant variables were all in the positive direction from a mental health perspective for trial one and are listed in Table 19.

Apparently the subjects had lower systolic blood pressure, lowered pulse and temperature; were less angry, confused, fatigued, tense, depressed; were less limited in social and emotional function; and had better mental health. (See General Summary section in Chapter 5 for more detail.)

**Table #19 Significant Pre-Post Variables for Trial #1**

<i>Variables names</i>	<i>Pre mean scores</i>	<i>Post mean scores</i>
Systolic BP	116.80	111.53
Pulse rate	71.60	66.73
Temperature	88.11	86.21
POMS Anger	3.07	0.10
POMS Confusion	5.33	3.07
POMS Depression	3.60	1.13
POMS Tension	4.9	.63
POMS Fatigue	6.80	1.70
Standard Form #6 Social Functioning	2.10	1.70
Standard Form #7 Emotional Function	2.77	1.90
Standard Form Overall Mental Health	42.67	50.60

All of the differences on the second trial were in the positive direction, which are presented in Table 20. Apparently the subjects had lower systolic blood pressure, as well as lower levels of anger, depression, fatigue, physical problems and pain.

**Table #20 Significant Pre-Post Variables for Trial #2**

<i>Variables names</i>	<i>Pre mean scores</i>	<i>Post mean scores</i>
Systolic BP	118.27	114.00
POMS Anger	1.57	0.20
POMS Depression	1.70	0.40
POMS Fatigue	4.13	1.23
Standard Form #2 Physical Function	1.57	1.30
Standard Form #4 Pain	2.17	1.77

4. *What differences in level of self narratives were derived from sex differences and direction?*

The narrative frequencies of the males and females were compared per trial with the following results in Table 21. In order to compare across rotations and sex types, each narrative frequency had to be transformed by both base lines for frequency of subjects (rotation and numbers of male versus female subjects). The raw frequency is read with transformed comparative number at each side (.xxx). The table was presented for observational purposes because statistical calculation would only serve as confusion since probability does not justify any source of appropriate distribution.

**Table #21 Narratives for Sex Differences and Directions Frequency (Transformed Frequency)**

<b>Trial One</b>				
	<i>CW</i>		<i>CCW</i>	
	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
Alterations in thinking	6 (.067)	15 (.056)	2 (.042)	9 (.094)
Sense of time altered	8 (.089)	11 (.040)	0 (.0)	5 (.052)
Loss of control	2 (.022)	10 (.037)	4 (.084)	4 (.042)
Change of emotions	10 (.110)	25 (.093)	6 (.125)	13 (.135)
Body Image Change	6. (.067)	10 (.037)	2 (.042)	11 (.114)
Perceptual Distortions	7 (.078)	14 (.052)	6 (.125)	13 (.135)
Change in Meaning	8 (.089)	11 (.040)	2 (.042)	14 (.146)
Sense of the ineffable	3 (.033)	3 (.011)	1 (.021)	7 (.073)
Sense of Rejuvenation	10 (.110)	14 (.052)	4 (.084)	14 (.146)
Hypersuggestability	0 (.0)	0 (.0)	0 (.0)	0 (.0)

Trial Two				
Alterations in thinking	3 (.063)	10 (.104)	5 (.056)	12 (.044)
Sense of time altered	2 (.042)	6 (.063)	9 (.109)	9 (.033)
Loss of control	2 (.042)	7 (.073)	3 (.033)	7 (.026)
Change of emotions	6 (.125)	14 (.146)	7 (.078)	25 (.093)
Body Image Change	3 (.063)	12 (.125)	8 (.089)	9 (.033)
Perceptual Distortions	1 (.021)	5 (.052)	7 (.078)	13 (.048)
Change in Meaning	4 (.084)	14 (.146)	8 (.089)	10 (.037)
Sense of the ineffable	0 (.0)	8 (.033)	4 (.044)	20 (.074)
Sense of Rejuvenation	8 (.167)	12 (.125)	9 (.109)	9 (.033)
Hypersuggestability	0 (.0)	0 (.0)	0 (.0)	2 (.007)

**ENDNOTES**

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- <sup>1</sup> Andrew Baggaley Intermediate Correlational Methods (New York, NY: John Wiley & Son, 1964), 190.

## **CHAPTER V – SUMMARIES, RECOMMENDATIONS FOR FUTURE STUDIES, AND CONCLUSIONS**

### **General Summary**

The statistical results indicated that there was little basis to assume differences in experiences when rotated in different directions on the Trinity Table™. Post Hoc analyses confirmed that although there were not enough bases to consider differences in sex types, there was scientific basis to suggest that the initial experience was more powerful than the second trial in terms of differences, and that both experiences had rich effect on the psychological aspects of the participants. The second trial experience appears to promote more physiological changes in the individuals, versus the first trial experience, which showed more changes in emotional states.

When comparing differences in sex in the reduction of fatigue part of the second trial, men showed a greater reduction of fatigue when they were turned in a clockwise direction, compared with women, who showed more reduction in fatigue when they were turned in a counterclockwise direction. This ties into the classical concepts on human energy outlined in the Energetic Motion and Fields section of Chapter II, Review of Literature. Those theories share the opinion that male energy circulates around the body in a counterclockwise direction, and female energy circulates around the body in a clockwise direction. This one finding in my study mirrors that theory, in that when a

female energy (which spirals around the body in a clockwise direction) is turned in a counterclockwise direction, energetic balance occurs—or in this case, fatigue is reduced.

The initial trial had a higher difference in the mean scores for reduction in systolic blood pressure, pulse rate and body temperature. The POMS scales for anger, confusion, tension, depression, and fatigue were all reduced. Overall mental health improved, according to responses to the SF8 questions, and there was less conflict with emotional problems as well.

In the second trial the POMS scales showed decreased anger, depression, and fatigue. On the SF8 questions, limitations in physical function and pain were reduced. The second trial also showed changes in lowered systolic blood pressure.

When comparing the ASC dimensions with the sex differences and direction, the findings were similar between men and women. Both had psychological shifts and physiological shifts as reported in their narratives and direction was not a significant factor. The most common responses were:

1. change in emotions,
2. sense of rejuvenation,
3. perceptual distortions, and
4. change in meaning.

### **Summary of the Written Narratives**

In the analysis of the written narratives, some features of ASC occurred more than others, depending on the direction and trial number. The top 3-4 features are listed below, ranked in order of highest occurrence.

The rotation of the Trinity Table™ in trial one in a clockwise direction appeared to promote:

1. change of emotions,
2. sense of rejuvenation,
3. perceptual distortions, and
4. alterations in thinking.

The counterclockwise rotation in trial one had the results of:

1. change of emotions
2. perceptual distortions
3. sense of rejuvenation, and
4. change in meaning.

Examples of these are included in the following excerpts from the narratives.

## **Trial One Responses**

### **Alterations in Thinking**

During the rides, 44% of the men and 52% of the women had alterations in thinking. Descriptions of these alterations differed by individual. Following are examples:

“I realized that I like to explore all things thoroughly before committing to a course of action and my sexuality is no different. I was sad and nervous, but now I am calm and serene.”

“I thought I was asleep although I was alert and awake.”

“I traveled in a tunnel or worm hole or something to another place very beautiful.”

“Marshmallow people (female probably) dotted the landscape.”

“I physically relaxed and areas of stress and negativity came to me. Some from memory and others unexpectedly out of my subconscious.”

“I felt as if I was floating in the air maybe on a magic carpet with a kaleidoscope of colors, also floating in a boat in smooth water with my eyes closed, very relaxed with a light breeze.”

“I saw my father a couple of times (he is dead). At first he was very old--later when he appeared he was much younger and very relaxed and comfortable.”

“Many times throughout the session I sensed that I was flying through the air in time with the music and toward the end, I felt that my awareness was floating freely in the midst of the molecules of my body. I could see all the molecules in my body.”

“I could feel the music in my body.”

“I felt my spine disappear and become a jelly pad on the table.”

“I felt as if angels were massaging my temples.”

“The music took me to many different countries-- as though flowing over the land with its landscapes, people and architecture.”

### **Change In Emotions**

Change in emotions was also found to be a common dimension with 88% of the men and 85.5% of women reporting comments:

“Anger and grief surfaced many times.”

“I was filled with the feeling of love and tears ran down my cheeks into my ears.”

“This experience was very emotional for me.”

“I spent time with lovers, alone time just the two of us.”

“This experience makes me happy.”

“Emotionally and spiritually I feel like I went to an internal resting place and was nurtured.”

“I was moved emotionally by the beautiful music.”

“I was aware of being overwhelmed with a sense of forgiveness since I had made a plea for forgiveness.”

“A smile came to my face as I felt tinges of euphoria.”

“I felt emotional around my intention, peace in my relationships and open to intimacy.”

### **Perceptual Distortions**

66% of the men and 61% of the women experienced perceptual distortions.

“I kept seeing a white light to my left side.”

“I heard and felt movement around me.”

“Early into the experience I saw the letters TRUST.”

“What came to me was a series of colors in turquoise, peacock blue and sky blue family. The shapes were irregular, expanding and contracting.”

“My grandfather came in and brought my sister and cousin and then later my grandmother, she was amazed at the events/experience I was having” (all deceased family members).

“I felt heat and pressure in my third eye, in my solar plexus and in my hands.”

“I saw a lot of intense purple color in the room.”

“When we started, I felt like I was flying. Also felt a strong sensation of every cell in my arms and legs flowing to the left and an energetic pull--very comfortable, just an awareness of energy shifting and realigning.”

“Felt brain waves and noticed energy blocks in places that I usually hold stress.”

“The other emotion was close to euphoria. I felt like this was a return to the womb.”

### **Change in Meaning**

Change in Meaning occurred in 55% of the men and 37% of the women.

“I felt this may be an answer to problems I am currently having, most of which are self induced.”

“I understand dancing now, it was very peaceful and helpful.”

“I saw her (deceased grandmother) working in her kitchen and beauty shop--these were all warm loving moments where I felt her love when I was a child.”

“A female being appeared before me, she said her name was Anna --then she kept adding syllables. Her whole name was Amaran Thanna. She told me she was here to be my guide, my teacher, and my mentor.”

“I felt a release into the room, to fill the room and feel the flow of the music.”

“I feel profoundly peaceful and restful and have the sense that this unified non-mental state is more important than mental differentiation, and that if I never understood anything mental again, that would be fine.”

### **Sense of Rejuvenation**

77% of the men and 66% of the women responded that they experienced a Sense of Rejuvenation:

“I erased pain, suffering, fear, and hate, darkness, lack of health, and all negative experiences.”

“Relief from allergies and back pain was almost immediate.”

“The time passed quickly and it was most relaxing and enjoyable. Everything is wonderful right now.”

“This was a very good experience, I look forward to the second one.”

“I could feel myself get calmer.”

I feel as though I was heavy before and feel light now.”

“My stomach feels soft and free of pain inside.”

## **Trial Two Responses**

The second trial clockwise and counterclockwise had significant responses as well. The top 3 features are listed below, ranked in order of highest occurrence. The second trial clockwise direction showed:

1. change of emotions
2. sense of rejuvenation, and
3. changes in meaning.

The opposite direction, counterclockwise, in the second trial had:

1. change of emotions,
2. sense of the ineffable, and
3. perceptual distortions.

Examples of written narrative excerpts are presented below.

### **Change in Emotion**

66% of the men and 90% of the women responded they experienced changes in emotion.

“I was very relaxed and peaceful, there was a little bit of emotion which resulted in an upliftment in my spirit, my energies feel aligned and there is a higher level of focus.”

“This generated a sense of giddiness in me.”

“It felt somewhat like the sweet sensation of going back to sleep after hitting the snooze button.”

“A very dreamy state. Pleasing, happy and lost in time.”

“Emotional releasing the sadness of losing my young brother six days ago. Accepting what I cannot change.”

### **Perceptual Distortions**

44% of men and 37% of women had perceptual distortions:

“I could feel someone supporting under my back and legs.”

“I know I left my body and my physical and emotional body became very calm.”

“I was aware of sensations around my face--prickly energy spiraling light DNA helixes--in fact the music seemed to flow around me in waves of helixes.”

“My hands were so lit up that if I wave them across my eyes/third eye I could see the red and blue energy from my finger tips.”

“My hands were very energized and I was light headed.”

“Her essence changed from the human life form that I had been seeing to a purple and silver fluid energy.”

“It literally felt as if someone or something was holding me and carrying me through space and time and time was still. I didn’t want it to stop or come to an end.”

### **Change in Meaning**

Change in meaning was a common response with 66% of men and 56% of women responding:

“One distinct realization came back to me--my lack of and need for human touch.”

“I can turn my thoughts off completely, so this was a choice at the start of the ride, but the ride took it from that choice and created something new.”

“This experience has given me a chance to visit a safe place within myself that I wasn’t sure existed before.”

“I feel a great sense that everything is OK in my life.”

“I feel more patient with what I want to fulfill in my lifetime.”

“Slowing down on the table makes me really appreciate this moment that I am in; to cherish it and not try to rush it by –I feel very connected with who I am and that I am loved.”

### **Sense of Rejuvenation**

88% of men and 47% of women experienced a sense of rejuvenation:

“Great experience, very healing, relaxing and the energy felt so safe, it just allows the joyful energy to flow.”

“It was an awesome feeling to know I had the power to heal.”

“I could feel myself get calmer.”

“I am excited to see what will happen now.”

“I feel great, I feel settled and happy.”

“I feel more relaxed and calm. My psyche will take time to sift through this new understanding.”

“Throughout the ride I felt whiffs of euphoria and a sustained sense of well being.”

The subjects’ written responses indicate they experienced significant physical and emotional changes, as well as conceptual changes in thinking (i.e., their attitudes regarding themselves and their place in the world appear to have shifted). For some of the subjects, this was their first powerful experience in transformation, and they were greatly moved with emotion.

**Table #22 Actual Mean Ratings Per Sex and Direction and Ride – Experience #1**

	CW		CCW	
	Men (5)	Women (13)	Men (4)	Women (8)
Alterations in Thinking	3	7	1	4
Sense of Time Altered	4	6	0	2
Loss of Control	1	5	2	2
Change of Emotions	5	12	3	6
Body Image Change	3	5	1	5
Perceptual Distortions	3	7	3	6
Change in Meaning	4	5	1	7
Sense of the Ineffable	1	1	1	3
Sense of Rejuvenation	5	7	2	7

Hypersuggestability	0	0	0	0
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**Table #23 Actual Mean Ratings Per Sex and Direction and Ride – Experience #2**

	CW		CCW	
	Men (4)	Women (8)	Men (5)	Women (13)
Alterations in Thinking	1	5	2	6
Sense of Time Altered	1	3	4	4
Loss of Control	1	3	1	3
Change of Emotions	3	7	3	12
Body Image Change	1	6	4	4
Perceptual Distortions	1	2	3	6
Change in Meaning	2	7	4	5
Sense of the Ineffable	0	4	2	10
Sense of Rejuvenation	4	6	4	4
Hypersuggestability	0	0	0	1

## Limitations

There were several limitations in this study, including the time allotted for the data collection (only two months), which limited the number of participants that could be evaluated. Financial limitations mandated the time restriction as I was unable to schedule my regular clients during this study, and so for the two-month period, my center

generated no income. Although there were 60 experiences for this study, this number was not large enough for statistical significance.

Beside the scheduling conflicts to get participants to show up for the two rides, time scheduled in the center also proved to be a challenge because recovering from altered states after the ride varied by individual. It frequently took an additional 10 to 20 minutes for participants to resume a usual alert state of consciousness before they could walk into the relaxation area to write their narratives. This resulted in an overlap of participants arriving and departing the center, because although the rides were scheduled at the center two hours apart, some lasted more than two hours.

## **Recommendations For Future Studies**

### **Increase Data Collection Time**

I would suggest running the study over a longer period of time, perhaps six months to a year. This would allow a larger sample size and make scheduling easier. A large number of people volunteered for the study, but scheduling conflicts disallowed many volunteers when it came to scheduling the two appointments. The goal of the study was to keep the experiences five to ten days apart. It was successful with the mean days between rides (7.22 and 7.33 respectively). Also, future studies could be done to see if a shorter ride is as beneficial as the hour-long rides done in this study, perhaps providing an alternate scheduling avenue.

If the study ran over a longer period of time, the long-term effects of the perceptual changes and spiritual growth could be more easily documented. Documenting

the integration of the experience would be beneficial to the researcher as well as the individuals involved.

### **Different Table Ride Experiences**

A study could be performed using a control group that experiences the table using the same variables as this study, except that the table does not rotate on either experience. Later this group would be offered a “real” table experience, where the table did rotate, after the study was completed so these participants could determine if there indeed would be a difference.

Another study could be run where the table was used without the combination of music and/or journaling. I have some current clients who request not to have the music because they “enjoy the depth of the silence.” Others prefer not to journal. Both groups report significant experiences on their rides without journaling or music.

### **Chronic Pain Subjects**

A study using individuals with chronic pain would be very interesting to pursue because a number of my clients who have come to the Trinity Centre have experienced relief from various types of pain. This research could be significant if it could establish that pain relief has been accomplished without drugs.

### **Studies Using EEG**

Possible studies could also be conducted using EEG measurements to document brain hemispheric synchronizations and alpha and theta brain wave activities.

### **Gas Visualization Technique**

Additional future studies could involve the Karotkov Gas Discharge Visualization technique, where a client’s energy fields are documented before and after the table experience to scientifically quantify measurements in energy fields.

## Conclusions

My study had remarkably similar results to the horizontal body rotation studies conducted on mice and rats at the University of Western Ontario (for a more in-depth look at this study, please see Horizontal Motion Machines section in Chapter II Review of Literature). Their results showed reductions in mean body temperature of approximately 1.8 degrees. Subjects in my study showed reductions in mean body temperature of 1.9 degrees. The rodents also had rotation induced analgesia that was found to be blocked with the opiate antagonist Naloxone, as well as a reduction in spontaneous motor activity.<sup>1</sup> Likewise, in the written narratives, my subjects reported both reduced pain and many features of ASC. Also, not unlike the rats, my clients' motor activity was impaired, evidenced by the inability to move off the table for up to 15 minutes after the experience.

My opinion is that the rats and mice produced elevated levels of endorphins with the horizontal body rotation, and this same effect occurs with the Trinity Table™ experience. Many of the volunteers reported “feelings of euphoria, ecstasy, a sustained sense of well being, a sense of giddiness, and/or overwhelming sense of forgiveness.” They also reported changes in their thinking and understanding of themselves and others. Examples of this from the written narratives include: “I felt this may be an answer to problems I am currently having, most of which are self-induced,” and “I did not know the darkness was there—and that it had indeed engulfed me—until it was gone.”

As this study has shown, the Trinity Table™ experience promotes varying states of altered consciousness. Through ASC, there is an opportunity for continued growth and expansion of self to better understand our place in this universe.

These altered states of consciousness appear to work through the process of deconstructing and restructuring the mental and emotional framework of each person. Studies have shown that as we grow older, we tend to respond to situations in an automated way, both mentally and physically. Without thinking, we respond and react automatically either positively or negatively. ASC can help expose and transform some of these habitual patterns. During ASC, we are able to revisit experiences and recall events, as well as review the subjective issues associated with it. With an overall, integral picture used to review the situation, memories are experienced in more forgiving terms, promoting a healthier self image. Patterns of thinking and feeling are shifted to more positive, balanced beliefs resulting in better health.

As one of the participants in the study reported after his experience, “I feel centered in my soul and in my destiny, which is God destiny. An ever unfolding of life, my life, and the life I was born to live. A life I was born to create with God. It is the letting go of my will that will open all possibilities up to my life path. Through God all is possible!”

Although my original posit, to see if table direction alone would show significant changes in individuals, did not prove out in the results, this study did inspire new directions for my future research. Some of the data in this study was not statistically significant, but was conceptually significant, challenging me to pursue those concepts in future studies.

## ENDNOTES

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<sup>1</sup> Klaus-Peter Ossenkopp, Leslie Macrae, Marcie Bettin, and Martin Kavaliers “Body Rotation Induced Analgesia in Male Mice: Effects of Duration and Type of Rotation Procedure” Brain Research Bulletin, Vol. 21, 967-972 (1988), 971; Klaus-Peter Ossenkopp, Marcie Bettin, and Martin Kavaliers “The Effects of Naloxone on Body Rotation-Induced Analgesia and Anorexia in Male Mice” Pharmacology Biochemistry and Behavior, Vol. 34, 317-320 (1989), 319; Klaus-Peter Ossenkopp, Yacov Rabi, Lisa Eckel, and Eric Hargreaves “Reductions in Body Temperature and Spontaneous Activity in Rats Exposed to Horizontal Rotation: Abolition Following Chemical Labyrinthectomy” Physiology and Behavior, Vol. 56, No. 2 319-324 (1994), 323.

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**Appendix A**  
**Research Information and Consent Form**

**A. Purpose and Background**

Margaret Clench, R.N., a doctoral student at Greenwich/Holos University, Norfolk, Australia, and Hot Springs, South Dakota, under the supervision of Frank Lawlis, Ph.D., and Bernard Williams Ph.D., is conducting a research project on the use of the Trinity Table for deep relaxation and body/mind/spirit/healing. This study seeks to understand the physiological and other processes by which the Trinity Table can lead to healing of the body/mind/spirit. I have been asked to participate in this study.

**B. Procedures**

If I agree to participate in this study I will complete three short questionnaires regarding my health and mood states and have my pulse, blood pressure, and skin temperature measured before and after each Trinity Table experience. I will have a total of two Trinity Table experiences, one on two different days.

**C. Risk of Discomfort**

I acknowledge there may be emotional distress as the process of evoking memories and deep reflection may touch on sensitive or emotional areas of the body/mind/spirit.

**D. Benefits**

There will not be any monetary payment to me for participating in this study. I recognize that the information that I provide may assist to better understand the relaxation response and body/mind/spirit healing.

**E. Confidentiality**

Participation in this study may involve the loss of some privacy, however, I have the option to remain anonymous. The records of this study will be handled as confidentially as possible and only the interviewer will have access to the questionnaires. No record of my name or other identifying information will be made as part of any reports or publications that may result from this study.

**F. Questions**

I have discussed this study with the researcher Margaret Clench, and have had my questions answered. I can contact her or her advisors at the phone numbers or e-mail addresses listed below. I understand that if I have any questions about my rights as a participant in this research, I can contact Dr. Bernard Williams, Department Chair, Energy Medicine, Greenwich University, Norfolk, Australia.

Margaret Clench  
 (214) 824-7129  
[mmbclench@aol.com](mailto:mmbclench@aol.com)

Dr. Frank Lawlis  
 (972) 404-9595 ext. 231  
[LawlisF@aol.com](mailto:LawlisF@aol.com)

Dr. Bernard Williams  
 (913) 723-3258  
[berneyw@Ku.edu](mailto:berneyw@Ku.edu)

**G. Consent**

I have been given a copy of this information sheet to keep. I understand the nature, demands, risks, and benefits of the study. I understand that participation in this study is voluntary and I am free to decline or withdraw from participation at any time.

I hereby agree to be a research participant in this study.

Participant Signature \_\_\_\_\_ Researcher's Signature \_\_\_\_\_

Print Name \_\_\_\_\_ Print Name Margaret Clench \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

**Appendix B (Page 1)****Pilot Study Questionnaire ( Experience # 1)**

By Margaret Clench R.N.  
 For purposes of Ph.D. Dissertation  
 Greenwich/Holos Universities

Name \_\_\_\_\_ (optional)      Date \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

1. Have you ever experienced the Trinity Table prior to this study with Margaret Clench? \_\_\_\_\_

2. What is your intention for this ride today? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Answer the following questions on a scale of 1-10.1 being not at all and 10 being extremely.

3. How stressed do you feel at this time? \_\_\_\_\_

4. How fatigued do you feel? \_\_\_\_\_

5. How over whelmed with problems do you feel at this time? \_\_\_\_\_

6. What medications do you take regularly? Please include vitamins, homeopathic and other over the counter supplements. ( please include date of the last dose)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Pulse** \_\_\_\_\_ **Skin Temp. Lt.** \_\_\_\_\_ **Rt.** \_\_\_\_\_

**Appendix B (Page 2)****(Fill in this information after your Trinity Table experience)**

Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_ Skin Temp. Lt. \_\_\_\_\_ Rt \_\_\_\_\_

Answer the following questions on a scale of 1-10. 1 being not at all and 10 being extremely.

7. How stressed do you feel at this time? \_\_\_\_\_

8. How fatigued do you feel? \_\_\_\_\_

9. How over whelmed with problems do you feel at this time? \_\_\_\_\_

10. Was your intention for this experience met?

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11. Please write a detailed description regarding your Trinity Table experience today. Would you describe your experience today as emotional, physical, or spiritual?

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(You may write on the back of this sheet if needed)

**Appendix C (Page 1)****Pilot Study Questionnaire ( Experience # 2)**

By Margaret Clench R.N.  
 For purposes of Ph.D. Dissertation  
 Greenwich/Holos Universities

Name \_\_\_\_\_ (optional)      Date \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

1.      What is your intention for this ride today? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Answer the following questions on a scale of 1-10.1 being not at all and 10 being extremely.

2.      How stressed do you feel at this time? \_\_\_\_\_

3.      How fatigued do you feel? \_\_\_\_\_

4.      How over whelmed with problems do you feel at this time? \_\_\_\_\_

5.      What medications do you take regularly? Please include vitamins, homeopathic and other over the counter supplements. ( please include date of the last dose)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Pulse** \_\_\_\_\_ **Skin Temp. Lt.** \_\_\_\_\_ **Rt.** \_\_\_\_\_

Table CW \_\_\_\_\_                      CCW \_\_\_\_\_

**Appendix C (Page 2)****(Fill in this information after your Trinity Table experience)**

Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_ Skin Temp. Lt \_\_\_\_\_ Rt \_\_\_\_\_

Answer the following questions on a scale of 1-10.1 being not at all and 10 being extremely.

6. How stressed do you feel at this time? \_\_\_\_\_

7. How fatigued do you feel? \_\_\_\_\_

8. How over whelmed with problems do you feel at this time? \_\_\_\_\_

9. Was your intention for this experience met?

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10. Please write a detailed description regarding your Trinity Table experience today. Would you describe your experience today as emotional, physical, or spiritual?

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(You may write on the back of this sheet if needed)

## Appendix D

### Trinity Table Research Client Narratives

**#1     Age 52, Female**

#### **Experience 1, CW**

Intention: Clear the blocks in my mind to grow spiritually, to see my path in my career and to secure the right job and be responsible with my spending/payment of bills.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

My experience had a blend of physical, emotional and spiritual. I physically relaxed and concentrated on meditating and looking at areas of stress and negativity. Some came from memory others came unexpectedly out of my subconscious mind. Anger and grief surfaced many times. I kept consciously processing forgiveness. Ascending to God and requesting and creating the space for new good things, I find a companion [the perfect job and soul mate] to arrive in my life. And health and joy, love, wisdom, compassion, health divine order and synchronicity. I erased pain, suffering, fear, and hate, darkness, lack of health, and all negative experiences. I invited and created positive spiritual physical growth and abundance in my life. Responsibility and to live in accordance and directed by the Christ with in. Awakenning the Christ within and all my abilities to succeed in life as a child of God, a person of compassion and kindness in my heart always. To live daily within the Christ consciousness and promoting good and enlightenment for all.

At the start I felt the table moving but it went away quickly. My body kept getting warmer. At moments I was crying as I released pain and emotion. I kept seeing a white light to my left side, (thought it was Margaret) sometimes in my right side too. As I kept breathing in the attributes of God and the Christ and I kept releasing all negativity, my body started getting cooler. Which coincided with almost the last minutes of the session. I felt very relaxed, did not want to “come back.” Right now I feel relaxed, calm and peaceful at the same time energized. The room provided a very safe space with the music and the crystals around me. I started with neck pain it is now gone.

### **Experience 2, CCW**

Intention: Connect with God and my spirit guides hear their message about my business/work the perfect job coming to me. Clear past relationships take responsibility for my life.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I kept feeling my surroundings; I do not feel I went as deep as the first time did not feel very many emotions. However, I felt disappointed when I realized the lights I saw was the light from outside coming through the doorframe. I did “hear” something and movement around me. I started deep breathing and felt more relaxed and released “disappointment feeling” was aware of my body itching and had to scratch. I don’t feel I am sure what kind of experience I felt. I felt physical, emotional, and spiritual. I feel somewhat confused at this moment, but emotionally disappointed and tired. I feel stress in the back of my neck.

**#2 Age 66, Female****Experience 1 CCW**

Intention: to learn--experiment--satisfy curiosity. To help make clear-minded decisions. Perhaps experience an emotional breakthrough.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Some of physical and spiritual and emotional. Early into the experience I saw the letters TRUST. I feel this may be an answer to problems I am currently having most of which are self--induced. My feelings are wait, the solutions will come. Physically--I was able to feel my lower jaw gradually unclenching. Thoughts would enter my mind and then I would notice being able to again loosen the jaw even more. A pinched feeling around my lips also released. Emotionally the word TRUST appeared in block letters from the upper left when attempting to relax. I saw myself sitting on a hill, the sun to my right, facing a small lake, fur trees predominating, and a small neat cabin on a spit of land on the opposite side of the lake. The cabin is always in the sun. This vision came to me early. Later, as seen from California, on Highway 80 going north to Auburn appeared, with the sierra Nevada mountain range off in the distance with the thick bank of clouds over the tops of the mountains.

It was easier than usual to concentrate on my breathing; thoughts did intrude but nothing unpleasant or demanding and I was able to set them aside. I enjoyed the experience, many thanks.

**Experience 2 CW**

Intention: To build on last week's experience.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Not as I had wished.

Emotionally mostly. What came to me was a series of colors--in the turquoise, peacock blue, sky blue family. The shapes were irregular, expanding and contracting.

I visualized my favorite spot with the cabin across a body of water, but wasn't able to hold on to this. Instead, what appeared was a flat beach with the tide rolling gently in at my feet. All the stones and pebbles were warm, smooth and flat. My father's image came to me identical to a portrait I have of him. It didn't stay. One distinct realization came to me my lack of, and need for, human touch.

**#3 Age 51, Male****Experience 1 CW**

Intention: Balance, spiritual experience.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Went into altered mind state right away 2 to 3 minutes just long enough to become accustomed to the motion of the table. I went immediately into looking at the physical state of my body and put intention and prayer into relief from back pain brought on by prescribed medication. The pain left right away and Ari (my guide) came right in and was delighted with this process. Jesus' presence came in briefly, smiled and gave a blessing and departed. This brought on visits from other than my usual guests. My sister and cousin who have crossed came in and watched and made a few observations about the process. They were both intrigued and very excited at this new experience. I was visited by my grandfather throughout the entire session, and he brought in my grandmother briefly to observe the process. I was shown a huge city, which I was told was underground and here on earth now it was beautiful, lots of color and falling water. I was amazed of how clean the air was and how quiet and peaceful this place was. It is huge! I was given a baby eagle that grew and flew above my head. I could feel Margaret's energy moving around the room and when I asked Ari told me "she is flowing with the music." I understand dancing now, it was very peaceful and helpful for her to join in the process. Ari told me that we have an open/great opportunity to join in (Margaret and I) future work together. I am open to this--he made it sound soon and joyous. Lots of colors and sights, many symbols I am not sure of. They appeared to be Native American but could have been Mayan or alien. Saw the triangle shape star ship again red/blue and white (its very big) the star ship seemed to be moving away from the sun? (Bright large star). There were so many guides and observers in the room it was like an "operating room gallery." The loving energy was just amazing. Relief from allergies and back pain were almost immediate. The allergies have resumed. The motion sensation went away quickly and the music seemed to be the tranquilizer.

**Experience 2 CCW**

Intention: Balance, information, fun.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Almost immediately I went out of body and lost physical sensations, I traveled in a tunnel or worm hole or something to another place very beautiful. Red and blue the

water appeared to be reddish/pink then I came right back, the table was rocking. My hands were very energized and I was light headed. My grandfather came in brought my sister and cousin then a little later my grandmother, she was amazed at the events/experience. Ari showed me more info on the DNA/RNA grid alignment as it works or in conjunction with this table and its amazing healing power. Once again I got the American Indian symbols the drum, the owl, and then Indians dancing with the music in the room. My hands were so lit up that if I wave them across my eyes/third eye I could see the red and blue energy from my fingertips. Koslo (he told me koslouch) came in and out a couple of times. Cobalt blue, red yellowish eyes it could have been fearful, but Ari assured me that was just a perception, (mine) and to not judge Koslo but together we blessed him and let him return to his experience. Had a short (in seconds) visit from Jesus and Mary then Raphael came in and showed me a short vision of future work to be done. This was exciting but I could not tell/figure out where I would be doing it. (On earth for sure that's all I could tell). Lots of light blue beings were watching I do not know them, they were very interested in this work. Great experience, very healing, relaxing and the energy felt so safe, it just allows the joyful energy to flow. My hands moved constantly and my right leg twitched a lot. That was kind of amusing.

**#4 Age 76 Female****Experience 1 CW**

Intention: curiosity

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Spiritual. I felt as if I were floating in the air maybe on a magic carpet with a kaleidoscope of colors. I thought of being on a water front with soft breezes through the trees and completely peaceful. Also floating in the boat in smooth water with my eyes closed very relaxed with a light breeze. The time passed quickly and it was most relaxing and enjoyable. Everything is wonderful right now.

**Experience 2 CCW**

Intention: To relax and meditate.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Spiritual. For quite a while I have been meditating and it is difficult because my mind wanders. During this experience I seem to be able to focus on nothing, which is my goal more or less. At least I didn't wander off on other things.

**#5 Age 58, Female****Experience 1 CW**

Intention: experience relaxation/deep meditation

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

My experience today was physical and mostly spiritual. It was physical because the experience was new so I was paying attention and noticing what was happening to my body. It was spiritual because I was focused in that area. I noticed the spinning motion of the bed throughout the session--this was neither good nor bad--I just noticed it. I also noticed the light at the crack of the door and that was a little distracting. The bed was comfortable and the temperature was good. Music was a little loud. My inner experience was a lot of disconnected pictures for the most part--not thoughts or issues just pictures that floated in and out.

I did see a picture of my Maltese dog (which is dead) early on--she was a great source of love and joy to me when she was here. I saw my father a couple of times (he is also dead). At first he was very old--later when he appeared he was much younger and very relaxed and comfortable. Towards the end, I felt the need to picture my friend, Sharon who is experiencing a health challenge and to send her healing energy from this peaceful place where I was. Then I saw the planet earth before me and saw streams of light and love energy swirling around the planet, bringing healing.

Many times throughout the session I sensed I was flying, flying through the air in time with the music towards the end, I felt that my awareness was floating freely in the midst of the molecules of my body. I could see all the molecules and I knew it was my body, but I was not connected. This was a very good experience, I look forward to the second one because I will know more what to expect.

**Experience 2 CCW**

Intention: to be open to spiritual experience and guidance.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

The experience today was much less on the physical level--although I did notice that the bed was spinning in the other direction--counter clockwise. The experience was mostly spiritual--with some emotional reaction to parts of the experience.

The first thing that happened was that Natalie came to me – Natalie is the daughter of my friend Sharon--Natalie committed suicide in 1996. Sharon called me to be with her at the hospital as they were treating Natalie and I was there with Sharon when Natalie transitioned. Today Natalie came to me and she told me she was very glad I was open to this experience and that I am a friend and support to her mom. I told her I was happy to do it and asked Natalie if there is anything I could do for her to help her. She said she would like to visit with Sharon so we invited Sharon to come into this space and she appeared before us--sitting in a meditative position eyes closed. Natalie was very happy her essence changed from the human like form I had been seeing to a purple and silver fluid energy. She just flowed gently and lovingly all over Sharon's body caressing all parts. She stopped to kiss the top of Sharon's head and to kiss her eyes. This energy just kept gently flowing and caressing, enveloping Sharon's whole body, and I could see Sharon relaxing and smiling. (I was filled with the feeling of love and tears ran down my cheeks and into my ears). Natalie did not rush but took plenty of time loving and blessing her mother. When she was finished we hugged Sharon and she left. I asked Natalie if there was anything else and she said she would like to give the same treatment to her brother Dan. So, we invited Dan to come in. Dan walked in and sat in a chair with his eyes closed. Natalie again began to flow over Dan in the same purple silver energy. Loving and caressing him, Natalie focused on his heart center for most of her treatment. Again, she didn't rush but took whatever time was necessary. When she was done we hugged Dan and he left. Natalie was very peaceful and she did give me a hug--then she left. The next thing that happened was that I saw my grandmother. She appeared to me in various little scenes that I remember about her. Some, driving in her car to Evansville as we did when I was a child--feeling the sun and the warm June air coming in the window. I sensed the smell and the feel of her, as we would sleep together. I saw her working in her beauty shop and her kitchen--these were all warm loving moments where I felt her love when I was a child. Then I saw her (when I was an adult) and I took her to the party for her 50<sup>th</sup> anniversary as a member of the Eastern Star. I felt she was communicating to me how she had loved me and how she had felt loved by me.

Then my dad (Lowell) came in--he sat down on the bed beside me with his hands on my leg. He said he was here and he would be with me to support and love me. Then there were lots of disjointed visions. I saw lots of movement, purple, animals. I seemed to be moving through a garden with all sorts of beautiful flowers--mostly purple, red, blue some colors of yellow and white. Finally, I bubbled up into a light space and I was behind several people who were in a circle around a glowing light. I couldn't see very well from where I was so I moved between the people into the center of the light. I stood there for some time and sensed before me a female being. She was dressed in a long white robe with big sleeves. The robe had gold brocade sewn in intricate designs all over it. On her head was a long covering scarf or a wig of some kind and it was made of alternating rows of white lace ruffles and pink curls. This covering came down past her shoulders to mid upper arm and draped from in front of her arms around the back and around the other arm. The face in front was opened. I could not see face or arms--just light energy. She told me her name was Anna--then she kept adding syllables. Her

whole name was Amaran Thanna. She told me she was here to be my guide, my teacher, and my mentor.

We talked for a while and she said she would like to give me a treatment – and I agreed. For a long time I felt energy moving in from her through and around me. I felt most of this energy focus in my back, up through my spinal column and into my head, I felt heat and pressure at the third eye, in my solar plexus and in my hands.

This process went on for some time and I sensed many entities around me but I could not see them. Finally, I became aware that I was in a robe and head covering just like Anna's or maybe I was one with Anna because I didn't see her anymore.

I looked down at my hands and in them I saw the planet earth and I knew that if it was what I wanted--it was what I thought I could heal the planet. The power was in me and so I did. Then I began to see people--(not in spirit) who have been on our prayer lists and they would come to me and stand before me. I would touch them and know in my heart and mind that they were whole perfect and complete--and they would be healed and move on. Then another would come and another--and on and on until the lights came on. It was an awesome feeling to know I had the power to heal.

**#6 Age 65 Female****Experience 1 CW**

Intention: For better concentration, memory, and less lethargic

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? No, not really.

The experience was emotional and physical. I found it difficult to lie on my back for one hour. Some of the music was distracting and I wanted to tap my feet. I found that I could not keep my mind still for long. The experience was relaxing but could not control outer feelings. I tried to go back into my childhood to remember incidents--found that I only remembered the same things. I would like to recall more. This session seemed too long. I was getting anxious for it to be over.

**Experience 2 CCW**

Intention: To learn how to relax and concentrate.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? No.

The experience was emotional and physical. I found it difficult to relax my mind at first, then also to keep still--then half way through I began to relax--the session did not seem so long this time, I was not distracted by the music this time.

**#7 Age 57 Female****Experience 1 CCW**

Intention: To become more aware of my intuition and to utilize it more in my daily life.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Partially.

My ride was physical, since I felt tingling in my feet, legs, toes, and arms. I could feel the music in my body. I saw a woman's face during the first part of my ride. I didn't recognize this woman, who had very moist skin and lipstick. She just appeared briefly and I only saw her face. She also had short curly hair. I don't know what that meant, oh well.

**Experience 2 CW**

Intention: To become more aware of my intuition and what it is telling me and to trust it.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? (No answer given.)

The experience was physical and somewhat emotional. I again felt sensations in my hands and my body was very relaxed. It was more difficult this time to fully concentrate on the music, however, I did and almost fell asleep.

Again, I had a visual experience in whirls and was passing between two shiny objects that were taller than myself and were a wine color, they flanked me on both sides. I could feel myself get calmer also.

**#8 Age 43 Male****Experience 1 CW**

Intention: I'd like to have clarity and understanding about my sexuality and lifestyle. I'd like to be able to go to Colorado and still feel like I have fulfilled my potential with my current employer.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Pretty well. I realized that I like to explore all things thoroughly before committing to a course of action, and my sexuality is no different, just more frightening and much more significant and life impacting than most of my decisions.

This experience was physical, emotional, and spiritual. I saw myself in many of my experiences in nature, very close to home in Dallas--for example: White Rock Lake. I have a renewed sense of awe of the power of meditation and reflection. I saw, felt, and re--lived numerous hikes in the mountains and hill country, but what stood out in each experience was the view from high country out over the low lands. The views exhilarate me and call forth my spirit. I came here tense in shoulders and back and neck. They are all much more relaxed now--to the point of joints popping. I was sad and nervous, but now I am calm and serene. I recognize that I have missed the meditation I used to do in church and with meditation groups. I realized I can transform my living place with candles and tranquil music. I saw that my emotional and spiritual sides are very close to one another. They reflect one another. When my spirit is nourished, my emotions are purged and recharged, and cleansed.

The briefest way I can describe my experience of the Trinity Table is that it was like taking a journey to review significant moments of my life, realizing with power why they are significant to me. I love nature, especially mountains of green plants and beige boulders. I can bring nature and serenity to my house, daily, if I so choose, and I think that is what I am choosing for now, excited to see what will happen.

**Experience 2 CCW**

Intention: To experience what my life would be like if I lived it in a way that fulfilled me, especially day to day, nights and weekends.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, it was met and then some! I experienced vacations too, and I saw my fulfilled life over time, unfolding with yet unborn children, playing on the floor, and later hiking in the mountains.

This experience was more emotional and spiritual, but definitely with physical affects to my body--as I said, replenished and enlivened. At first, I tried to focus on my intention, and I got a lot of answers, but I worked hard in my mind's eye to fulfill my intention. Once I got enough answers, then I let go to see what would happen. What happened was that I got more graphic answers--richer in imagery, more vivid in color, smell, and...well in conceptualized taste. I was aware, for example, that I kept needing to swallow, that my ears and sinuses were draining a bit and my mouth was dry. So I swallowed often. Most predominately I noticed the fundamental difference between my current life and my fulfilled life was that my fulfilled life, as it was in the past, was full of experiences with friends, new and old--but a lot of new friends. We played music together. We went on adventures together, both in the states and abroad. We camped at the lake and in the mountains. We sang around campfires and performed on stage. I renewed my long ago life's long goal of acting in plays, and I attended cast parties. I danced vintage dances and current dances. I spent time with family, bringing my children to play with my sibling's children and their children's children.

I spent time with lovers; alone time just the two of us, and time interacting with other couples. I attended church picnics, hopping in burlap sack races. I took hikes through woods and down garden paths with my wife and children. I sailed on sailboats and sat in cafes in France, outside along the street.

I recalled previous experiences and relived them a little differently. For example spirituality in Arkansas ten years ago was seen in a different way. I interacted more tranquilly than the spirited way I did ten years ago. I shared more thoughts, feelings, and connected more in the dream circle.

I saw gardens around my house, smelled the flowers, dug holes, and harvested tomatoes. I saw my house rich in green and pictures with vibrant life. I experienced a vibrating energy, humming and energizing with steady energy.

**#9 Age 48 Female****Experience 1 CCW**

Intention: What is my occupational block?

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, in one sentence. I don't know how that can be made practical, but yes, I got the information.

Primarily physical, with some emotional reaction. It seemed that the table tilted in a series of gentle ratchets, pointing my feet closer to the floor. Then, after a period of time at the normal flat level, it gently ratcheted in the opposite direction, pointing my head to the floor. I had the sense that the motion recreated the experience of floating, rocking, and turning in amniotic fluid, which is more or less non-spatial. (in utero). It seemed that the lack of gravitational field was beneficial to my muscles, most primarily to the skeleton, which when compressed in habitual ways has a tendency to disrupt and artificially redirect the natural energy matrix of the body. The motion of the table made all cells in my body more liquid and therefore more elastic and resonant, and with the relaxation of typically more rigid cell orientation, the trapped images and questions never resolved successfully could now float free of the cell walls and reprocess in the brain. That was an impression at the time of that part of the session.

I was told (by spirit entities) that I have occupational failure in standard office scenarios because I am psychic, plain and simply unable to tolerate gestalt dissonance. I am psychic and am supposed to be doing that work, not office work, which is mental and intellectual with suppression of the emotional fields, which is unhealthy and inherently dangerous to me.

I did not like the sensation of movement after the period of "amniotic fluid non directional orientation." I got cold but was aware that any physical action would make me nauseated and so did not pull up the cover. I also got a little dehydrated.

The "caffeine free" headache did not go away and I still have it but strangely, although I recognize it as physically active, I do not feel it as pain right now. It is there; in the same way that I would normally experience as pain but while recognizing that I do not feel that as pain. Very interesting. The rest of my body--mind--spirit does not engage in pain response right now, so the stimulus is being ignored.

I feel profoundly peaceful and restful and have the sense that this unified non-mental state is more important than mental differentiation, and that if I never understood anything mentally again, that would be fine.

The mind is over-used in our culture, and the table experience brought the other seventy percent of my real experience back into my awareness. Although I really did not

like the table ride, and wanted it to end, finding it uncomfortable, I have benefited greatly from it, and know this.

## **Experience 2 CW**

Intention: What is the next thing I should do to help in my current work/finance dilemma?

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Emotional today, as opposed to physical. Once again my spine was realigned during the process, and I felt myself in a light sleep state for probably fifty percent of the ride, but that was as it was supposed to be for the purpose of the ride. I asked what “do I do next in the job/finance area, as in immediately, and by the way, I not sure of my personal guidance lately,” and then my mind began to roam to a very lengthy reading of Wednesday night. I was gently told that I do not have to work with these women if it makes me uncomfortable, which it does. I was also very gently told by Margaret Clench in my inner voice, “it is essential that you concentrate on the goal of inner peace and harmony, and relax. You are being cared for and it will all turn out alright.” It was Margaret consciously or unconsciously, without doubt. I thought to myself “I need to ask her if she is telepathic,” but I did not think she was sending this with her daytime consciousness. I saw several more images from the movie Quills that had bothered me more than I had been aware of. This time it was the dunking chair and iron maiden. Then I saw very clearly my hands, left hand being cut off period. Then I had a brief impression of my eyes being impinged from the rear and sides of my head by large male thumbs. I was gently told, “you have had your eyes gouged out.” I began to drift. I considered, or I should say, passively reviewed the knowledge that I had recently considered, giving up my psychic practice. Margaret said, “No, you must not do that.” My lower back was very uncomfortable but I was fine with that because my spine and posture were being healed.

I saw nothing about job, but I did hear quietly, as usual, the same message, “you will not suffer, you will not have loss. Your needs will be met,” so I released it. Much drifting, much soothing period. I can turn my thoughts completely off, so this was a choice at the start of the ride, but the ride took it from that choice and created something new. I feel great. I feel settled and happy. I would like to work with the Trinity Centre and would like to rent the room at the end of the hall. I think the way will be made clear. It makes me happy.

I wanted to get to the right work, there is no need for more distress and no more time needs to be spent getting used to the idea of becoming what I am. The real adjustment is that what I am could be pleasurable and serve a useful purpose, rather than suffering with death at the end, mine and others.

**#10 Age 37 Female****Experience 1 CW**

Intention: To relax my stomach to breathe steadily and calmly and to release tension in my head.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Experience was physical when I just lay down on the table and the music began. I was thinking and counting the songs. Then I began to concentrate on breathing calmly. Then I went fast asleep and didn't wake up until it was over. I feel as though I was heavy before and feel light now. My head feels free of pain and my sinuses have drained. My stomach feels soft and free of pain inside. My breathing feels easy and relaxed. I don't have to take a big breath to feel like I am breathing. I feel very good. I feel proud of myself and my body that I was able to reach such a high level of relaxation. I feel like I had a full body massage. Emotionally and spiritually I feel like I went to an internal resting place and was nurtured. I feel clear in my thinking. In general, I feel very happy! What a good feeling! I also have a feeling of fulfillment and peace. I feel very confident in myself.

**Experience 2 CCW**

Intention: To learn to feel good in my body, relaxed and calm. I want to learn if I believe in God and if God really exists.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? My answers will take time for me to digest and comprehend. I feel more relaxed and calm. My psyche will take time to sift through new understanding.

The experience was physical and emotional. My sinuses have drained and I don't feel any more pressure in my head. My stomach feels so much better. This experience has given me a chance to visit a safe place within myself that I wasn't sure existed before. I lost all sense of time. I feel a great sense that everything is OK in my life. I feel more patient with what I want to fulfill in my lifetime. Slowing down on the table makes me really appreciate this moment I am in; to cherish it and to not try to rush it by--I feel very connected with who I am and that I am loved. It was very comforting to have Margaret kind of tuck me in bed, cover my feet and ask if I was comfortable. It is also nice to know I am not alone in the room. It made me feel cared about. (Client commented that she had significant sexual abuse as a child).

**# 12 Age 47 Female****Experience 1 CW**

Intention: Experiment, new things for stress reduction

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I believe it was mostly physical and somewhat spiritual. Physically I was able to focus on my breathing and allowed myself to enjoy and simply rest. I let myself relax. Spiritually, I focused on the importance of relaxation and being quiet. I believe I was moved emotionally by the beautiful music. All in all, I would say the experience felt nurturing and peaceful.

**Experience 2 CCW**

Intention: Experimentation on various ways to reduce stress.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? No.

Really, I had a hard time relaxing. I couldn't stop the thoughts of work. The things that I had to do tonight to meet a noon deadline. Really, it was more physical trying to unwind or let go. Mind over thoughts. I must have been concerned about things to accomplish.

**#13 Age 57 Male****Experience 1 CCW**

Intention: Healing arm and hand; emotions.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? The emotional intention was met. It is too early to tell if the arm and hand have responded.

At first I was afraid of being confronted with emotions or fears that I had resolved. This quickly changed so my concern was how to orient myself--was I spinning east or west--where was the point of reference? I then became aware of the table during slight see-saw movements. I became concerned that these up and down movements should occur at all. I was aware of the music, the power of the sound system and the pieces being played--were they familiar? And why was it important to have these as an additional point of reference. Finally I became quite tired and probably dozed off--my concern was then that I was not fully conscious for the entire experience.

**Experience 2 CW**

Intention: Healing neck and shoulder tension, healing my hand; releasing negative emotions.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Partially met.

This ride was emotional/spiritual. My intention was to be awake for the experience and more on issues. The dark room made it somewhat difficult to stay awake, however, while conscious I was aware of being overwhelmed with a sense of forgiveness since I had made a plea for forgiveness. I found I was able to respond more spontaneously to the experience without the apprehension of being overwhelmed with negative emotions. Also notable in this ride was the lack of awareness that I was turning at all. I would say it was more an experience of floating in space. I had a sense that I could better direct energy to different parts of my body at will.

**#14 Age 40 Female****Experience 1 CW**

Intention: Clarity and understanding around business.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? In a way, I switched to “I don’t know and that’s OK.”

Physical experience--felt a bubbling energy and warmth around my injured leg and ankles. Felt this strong at first and then on occasion later. I feel a great energy and relaxation. My lungs feel clear, my neck is strong and relaxed. I felt a release into the room with the music, to fill the room and feel the flow of the music. I felt at one time a great sadness, like a great sigh that came up and out of my chest and throat. I felt a sexual energy that was feminine and free and fun. I felt a fullness of where I was, but not restricted. Right now I feel my breathing and feel each sound. I felt my spine disappear and become a jelly pad on the table. The tingle in my leg just came back. My scalp tingles. I saw motions that were not threatening, like my eyes were open but they were not. I saw colors, primarily a bright blue, some red with the motions in the room. It was a fun motion that took me with it. Sense of time left after a while but did not disrupt my peace. Lasting feeling of sensation and clearness.

**Experience 2 CCW**

Intention: Peace around my relationships, open to intimacy.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I thought I was relaxed when I arrived but nothing compared to the way I feel now. My body feels lighter. My eyelids feel heavy. I felt emotional around my intention--peace in my relationships--open to intimacy. There was a word that came up that made me anxious! Uncomfortable! “Beautiful.” A man I started dating in the last two weeks, calls me beautiful frequently. This was one relationship I wanted some peace with. I felt a great wave of sadness again by surprise. This stayed while I was breathing deeper and then moved on. I feel such a great energy in me so that every movement is easy and fluid. I feel unrestricted. I still feel the motion. I did feel some sensations around my leg injury right at first, but more up my whole leg.

**#15 Age 50 Male****Experience 1 CCW**

Intention: To lessen over all feelings of fear and aloneness.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Not completely, but my intention is the removal of a very chronic and deep seated problem that is more severe than ever in the last fifteen years.

Physical experience. I expected an emotional/spiritual trip, but was surprised to find it a body/experience. At first I saw colors--blue/purple. And I had visions that correlated to the music. But, instead of leaving my body behind, as I usually do in meditation, I became more aware of my body. Each cell began to tingle and feel more alive. My body felt heavy a lot, instead of light and floating I never really lost awareness of my surroundings. This is conjecture on my part, but I find it interesting that I had a more physical experience at a time in my life when I am more preoccupied with health/aging concerns than ever before. In fact, body/health and aging have never been a subject of my concern before. I look forward to my next session when I am more comfortable with what the experience can or will be like.

**Experience 2 CW**

Intention: To strengthen trust in myself and increase the courage to act on it.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Time will tell.

Again I would say my experience was physical. I felt a kind of heaviness or "grounding" during the experience at times. I stayed alert though relaxed. No visions or revelations. Started to fall asleep twice, but didn't. At both of these times I noticed the table began to rock as if on its own. If meditation is the desire, I found the music pleasant, but distracting. However, I would like to report that after my first ride, my mood has stayed elevated and my energy has risen. I have been able to handle stressful situations much more peacefully! This more positive frame of mind and improved health have lasted all week.

**#16 Age 39 Female****Experience 1 CCW**

Intention: Relax, re--energize myself, clarity about my future direction, awareness of any issues that could block me.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, I did relax deeply--thought about things for a bit--but then let everything go--so I'm currently not conscience of any clarity of direction or issues.

I think this was a physical experience for me--that is an area I am working on. (I spend too much time in my head so I need reconnect to my body). When we started I felt like I was flying. Also felt a strong sensation of every cell in my arms and legs flowing to the left--an energetic pull--very comfortable (not frightening) --just an awareness of energy shifting and realigning (this is another area I have been working on lately--moving to a more creative yin, right brained existence--learning to receive). I got quite cold at one point--went to pull my blanket up and was then aware of rocking and turning I heard myself snore a few times but didn't think I was asleep.

**Experience 2 CW**

Intention: Open up my heart; to reconnect with my physical self; to gain insight on working/relationship issues with Pam.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? I'm not sure--the first two (open heart and reconnect to my physical body) are longer term--I'm also not conscious (right now) about insights to my issues with Pam.

Today was definitely a more physical experience. I was very aware of sensations in--around my face--prickly energy spiraling light DNA helixes--in fact the music seemed to flow around me in waves of helixes.

I did notice the table start to swing at different times and that I was clearing my sinuses throat in this snoring type noise (but again I didn't think I was asleep). My mind really shut down during this session. I don't have a lot of awareness of thinking about anything specifically -- just floating and enjoying the physical experience. Lots of memories coming from my teenage years--Pacabel music and scratched cornea.

**#17 Age 61 Female****Experience 1 CW**

Intention: Focus on insight into my inability to be willing to lose weight.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? No, I did receive special insight just noticed stress melting away.

I would describe it as all three physical, emotional and spiritual. Physically, I noticed the sensations of my body. Felt brain waves and noticed energy blocks in places that I usually hold stress--right shoulder tight and slight pain in lower midsection--tension in hands and toes at times--some need to turn head from side to side and move hands to touch my body gently. Emotion was slight, mostly felt happy, a little sadness, noticed the people that came to mind were the male side of my family and slight presence of my mother. Spiritually, I felt very connected to the universal healing energy and very much at peace. Toward the end I felt a need to cough--seemed to be some congestion in my throat. I connect that with an inability to verbally share who I am with others, unless I know I will be received. Maybe trust is the issue--more trust of self than trust of others. (Saw a lot of intense purple color in the room.)

**Experience 2 CCW**

Intention: Feel unconditional love for self.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes and no. I felt very comfortable with self and no big bang--maybe do not know how self love would feel!

More physical and spiritual not a lot of emotion noticed a couple of times small images, one fleeting glimpse of a girl talking then it faded off --outside during an earlier time ( a different era, maybe a past life) like then she was carried away very shortly. Had eyes open a little bit, saw light circling me around the table at table height and heard noise, a beating drum right at my head. Some twitching of shoulders--hands were clasped over my heart, I released them later. Remember an image of a black cat near the end, it was a side view of the cat, with one arm relaxed and its head turned toward me with very green eyes. The light was circling the table all around me. Margaret said she would be sitting in the chair. The word betrayal came up and I wondered if she was telling me the truth or what did I miss closing my eyes. Question: why the word betrayal was there--no answer. Seem to be much more relaxed this time than the first. Toward the end, opened my eyes and there seemed to be a small light floating around the room--I only saw black and white and the cat's very green eyes. Saw intense purple a lot last time--enjoyed very much, would like to have stayed longer.

**#18 Age 48 Male**

**Experience 1 CW**

Intention: To be in the flow with God's plan. With no resistance, no judgment and no thinking!

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, I felt at peace.

My experience was physical, emotional & spiritual. I know I left my body and my physical and emotional body became very calm. It was a floating type of feeling like on a cloud I feel at great peace at this moment. I also feel some areas in my energy field were expanded and/or opened more fully. I look forward to experience the results of this work in the next couple of days. I had no sense of time.

**Experience 2 CCW**

Intention: To be in God's flow, to let go of my irritability, anger, frustration because it is not my way or my will.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Time will tell!

I had no sense of time, of course I was very relaxed and peaceful, there was a little bit of emotion which resulted in tears an upliftment in spirit, my energies feel aligned and there is a higher level, of focus. I feel centered into my soul and my destiny, which is God destiny. An ever unfolding of life, my life, and the life I was born to live, a life I was born to create with God. It is the letting go of my will that will open all possibilities up to my life path. Through God all is possible! So let go and let God assist and direct you. It is so simple that way and much easier for you and everyone around you. So remember, write twice a day for the rest of your life.

**#19 Age 37 Male****Experience 1 CCW**

Intention: I'm curious about this experience!

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I would describe my experience as physical, and a battle with my mental thoughts. Having had done meditation and self--hypnosis in the past, I found myself analyzing the various stages or depths of my state of mind. I also was battling various thoughts, mundane articles of life kind of thoughts that I kept trying to dispel from my head. So when I wasn't thinking those or analyzing, if I was going deeper into a trance, I did manage to experience various things. My body relaxed very deeply and completely. A smile came to my face as I felt tinges of euphoria. When just concentrating on the music I found I was influenced strongly by the mood of the song. At one point I saw a flash of an image that I took to be some sort of memory, but it was too brief to identify and I was unable to see it again. At another point I thought a visual was forming, an abstract visual, as I tried to concentrate on it, I felt movement in my eyes, and then I opened my eyes to see the ceiling of the room. By the light leaking under the door it took a few moments to get back to my relaxed mental state. At various points I did feel myself fall into deeper states of mind. This was very enjoyable and satisfying. When I awoke I felt very rested, alert and happy. I also had these small--disoriented feelings that I feel after a good meditation session.

**Experience 2 CW**

Intention: To try meditation techniques during the ride.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, instead of trying meditation techniques I just tried to concentrate on the music. Therefore I had no expectations and no real focused intention.

I used a relaxation technique at the beginning of the ride and achieved a relaxed state very quickly. I would say that again my experience manifested itself mostly in the physical realm. I could feel my muscles releasing tension through small spasms and twinges. Trying to turn off my analytical mind was once again a major effort. Towards the end of the ride I felt a slight spinning sensation and thought the ride was over. It wasn't, but from that point I worried about it and came up from the deeper mental state several times. However I was able to slide back very quickly and it felt somewhat like

the sweet sensation of going back to sleep after hitting the snooze button. On this ride I played more with the visualizations that sprang up while concentrating on the music. The first couple of pieces inspired an underwater ballet, while the more percussive pieces had me flying over seaside cliffs or running top speed through a forest. This generated a sense of giddiness in me. Throughout the ride I felt whiffs of euphoria and a sustained sense of well being. If I could turn off my analytical mind I think I would get more from the experience. I would guess that I spent one half of the time telling myself not to think about the things that sprang up in my mind. Coming off the ride my body had achieved a very deep state of relaxation that took a few moments to wake up from. Mentally I felt alert, emotionally at ease.

**#20 Age 48 Male****Experience 1 CCW**

Intention: Release blocks to abundance.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Time will tell, I hope so.

I was aware of the turning by the sound. The feeling of movement was unnoticeable. The sound level was just right; I only faintly heard any other sounds. I thought I was asleep, although I was alert and awake. I did get stiff and achy while lying still and at the end, moved my head and arms to loosen my neck and elbows. I liked it and was surprised how smooth the table turned. I wondered about the effects of speaker placement or number or having them turn with the table.

**Experience 2 CW**

Intention: To let go of tension from home.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I felt my body relax as the lights dimmed. I melted into the table. It started with physical and progressed to spiritual. I replayed part of a movie I saw last night changing it where I thought they had strayed from a spiritual result. I mostly wandered through thoughts and positive feelings, letting go of negative thoughts I felt like a level of dreaming. Very relaxing to me. Seemed to stand still. I will use consciousness to be open to goodness and balance.

**#21 Age 38 Female****Experience 1 CW**

Intention: To become calm and centered.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Was spiritual at one point. I felt as if angels were massaging my temples. Later I felt as if they had moved on to my feet. I have a history of sexual abuse and for a brief moment felt apprehensive in the complete darkness. I then reminded myself that I was safe and loved. It was then that I felt my temples being massaged. My first thoughts and feelings were "WOW! This is great!" So relaxing...next, the slight apprehension--reminding myself I was fine and then feeling as if angels were attending me. I may have dozed off but I don't really think so because I remember all the music very clearly. The music reminded me of an exercise class where there is a warm up period, the actual working out of the muscles, and then the cool down period. I didn't have any trouble whatsoever letting the thoughts drift through, to be remembered later. The directions given before the ride started greatly helped me. I feel much more rested and calm.

**Experience 2 CCW**

Intention: To clear my mind so I can hear and be in tune with God's plans for me. To use this time to care for myself so I can care for others.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, I felt very clear of mind and connected in spirit.

Extremely spiritual I kept saying, "I'm here God, I'm listening." I felt as if I was weightless being carried, first one direction and then another. It literally felt as if someone or something was holding me on my left side and just carrying/holding me through space and time and time was still I didn't want it to stop or come to an end. On my left side I saw the face of an old friend. Prior to that I had the feeling that the one carrying me was a spirit guide, my spirit guide. It was a woman with long dark hair similar to the New Mexico Indians. I saw her with blonde hair for a moment maybe that was actually two different guides? Then there was a child, a little girl with a pixie haircut with very straight black hair like a China doll and she was laughing and very playful. But the other guide was also on my right at about my shoulder. The little girl was straddling me like children do when they tickle, saying that everything was all right and would

continue to be alright, that she would carry me and not let me fall. That all was well. I felt the bottom right side of my jaw feel paralyzed--but as if I could move it if I wanted too but it was to help me to understand how Gambill our dog is feeling. And this feeling in my jaw was to remind me that Gambill would walk and run again (dog is paralyzed at this time). I saw him running in our yard chasing his ball and playing and romping – I consciously brought this to mind and affirmed the entire scene. When Gambill realizes that he can move just as I could move my jaw when I wanted to. I felt someone rubbing over the tops of my feet--more holding onto them as you would a child going to sleep. I could feel someone supporting under my back and knees. I also felt myself going on a slight angle with my head down but not so much as you would feel the blood rushing to your head – as if I was underwater or being floated down stream. I remember seeing rapids and floating/going down them, but they were bubbly like a kettle or soup pot boiling, and I thought this is my life, I am going downstream with the flow but there will be some bounces along the trip. My husband and son were there with me and I was peaceful and happy.

**#22 Age 39 Male**

**Experience 1 CW**

Intention: To learn/heal the wound of divorce.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes,

Initially I sensed a deeply textured wall just beyond my reach. Time passed. Small ball materialized and blue electrical charges lit up across it. And I appeared. I interpreted this as my third eye chakra opening...TIME...a movie where a guy's wife died, her heart was donated to another woman guy met and fell for the second woman. THEN, it hit me! My ex-wife may be my second chance at loosing (?) the heart of a love in a previous life.

As I sensed our girls...the idea of my ex-wife dying brought sadness. Momentarily I had trouble visualizing the face of my youngest daughter, but got one, then the other. Marshmallow people (female probably) dotted the landscape; one straddled a fishing pole and balanced high in the air. Kept turning my Reiki off and on...breathing became slightly constricted in my throat by the end. Wanted/thought about combining deep breathing methods with the "table." Wondered about the impact on performance during sporting events. (I am cycling tonight). Sensed the emptiness of space tantric sex "practice" came to "light." A potential girlfriend would show up...can't recall details. Ex-wife also shared in some exotic sex; maybe loving might be the word.

A large object similar to a stone wall appeared suddenly when I imagined ex (wife) dying. More subtle sadness. Happiness when I thought of not having to coordinate the girls schedule with her anymore. Sensed something about a previous life! Handling a sword felt very comfortable. Militaristic/warrior like I kind of enjoyed the fantasy but didn't feel "realistic." Tightness in my belly relieved with relaxed breathing. Positive energy when I first entered the (table) room. Tornado sensed at one point, but my intellect got in the way--dissipated EVERYTHING.

## Experience 2 CCW

Intention: To grant me wisdom, courage and love to work through my relationship issues.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? I don't know... my immediate thoughts are yes. I feel more comfortable addressing my challenges, that may change tomorrow though!

Emotional experience, sensation of depth, fuzziness like a shaggy carpet. A cat like animal with carpet like fur pulses of a ball in the distance continuously changing color and texture, then completely disappeared. Someone's having sex...not with me though, initial reaction is slightly angry, then reality seems to "hit." Graphic! Mystical release shortly thereafter! Felt like I was a part of wispy clouds with green sky...wispiness turned to a milky green muscle twitches...my shoulder seemed to keep wanting to flip or twist my wrists experienced so many visuals kind of hard keeping track! No sense of time. Saw different scenes with different tracks of music. After writing the above and answering the next page (of questions) I realized one third of my intention is complete! I have the wisdom to deal with women appropriately! As well as my "ex" (wife). P.S. I was extremely hungry when I started this ride and am feeling no hunger pains now.

**#23 Age 55 female**

**Experience 1 CW**

Intention: Peace.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes

Spiritual experience, the music took me to many different countries--as though you are flowing over the land with its landscapes, people, architecture. Sometimes, you can picture dance, sometimes the instrumentalists playing their instruments. A very dreamy state. Pleasing, happy, relaxed. Lost in time.

**Experience 2 CCW**

Intention: Relaxation--mellow--peace.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? DEFINITELY!

Pleasantly emotional and somewhat spiritual. The music takes you to a very loving "place"--all cares and worries are gone. There is a wonderful flowing movement--rich colors in a variety of patterns--large rooms of marble and deep rich colors are envisioned. As the culture of the music changes, different countries are flown through with their costumes, dance, landscapes. You want to visit this "place" often and experience these feelings--too wonderful to ever leave.

**# 24 Age 52 Female****Experience 1 CW**

Intention: To release limitations and enter the world of infinite possibilities.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

Saw faces of Gods--one was Buddha, some from other lives, other times. I was in a room with a lowered ceiling so I could not stand straight. Then I did straighten and stretch and removed the ceiling. Another vision. In a brown tent-like structure with one small window overlooking the mountains. I decided to leave the structure and went outside to remove all barriers from around me. I was in beautiful surroundings with mountains. Another vision had me supported by downy quilts by the universe. I was shown the love that my mother and father had for me as a small infant.

I was shown to exhibit compassion first for myself. When I am done doing that, I can have compassion for others.

**Experience 2 CCW**

Intention: Complete release of world of fears and limitations, and enter the world of infinite possibilities.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I was shown that I did not have to “try” to achieve any special state or “do” any meditating or visualizing. All I needed to do was “be.” And I could enjoy that “being.” I just spent time enjoying the music and the feeling of total relaxation and letting go. Right at the end of the experience I was shown a beautiful sunrise.

**#26 Age 42 Male****Experience 1 CW**

Intention: To help me relax so that I can make some important business decisions about my businesses.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? No, not as relaxing as I wanted.

A little of each physical, emotional and spiritual it was somewhat physically relaxing, my emotions were somewhat mixed with highs and lows. Also mixed spiritually with highs and lows. Excitement/sadness, happy/scared. (During the drive home from this experience I was very elated and happy. I was in very heavy traffic and it did not even bother me. This really shocked me! I always get angry in heavy traffic.)

**Experience 2 CCW**

Intention: Stress relief.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Mostly physical, much more relaxing than the previous ride, I seem to kind of slip in and out of reality, lots of different things ran through my mind. Thoughts about my family and happy times, I feel calmer and happier.

**#27 Age 43 Female****Experience 1 CW**

Intention: To become clear on my feelings, thoughts and intention regarding Jon.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? I don't know yet, but I did decide to buy a new sofa first and then later a new computer.

Physical. Most of the time I kept reminding myself to listen to the music. Events in my life would pop up, but then I would release and listen to the music again. I kept hoping my guides would plop down beside me and say "OK--here's your answer..." but they didn't. I kept hoping that the bed would tilt or something, but I only felt it move a couple of times. I would become aware that people I did not know were speaking sometimes to me, most times not. Sometimes I was speaking, only I did not look like I do now. All of it was inane. The most outstanding image is of a steel/metal kitchen table with yellow and white linoleum--like something out of the Greater Tuna set. The last thing just before the lights came on, was clearly I am going to buy a new sofa before I buy a new computer--I've been planning on buying the computer first. I asked my guides if I could please see them. I told them I would give them lots of love. Then I told them I would very much like to be loved. There was no action/reaction at all.

**Experience 2 CCW**

Intention: To be clear on my thoughts, feelings and intention regarding Jon.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Again I don't know. Right now I feel whatever happens with Jon will be fine, but I came in with that thought.

I drifted to different experiences in this life time and experienced them as other people who were involved. There was a discussion of firing someone from a job and how that person would take it. Then I switched to when I was fired from a job and how that was a good thing that led to other paths. I kept thinking about spirit entities and people who had died. (Later I felt that the two rides had the effect of centrifugal force, like the twirling of the bed flung all of the darkness out of me. All of the blackness, the heaviness, the depression was lifted away from me, and in its place, I was filled with light, with joy, with freedom, and with happiness. I did not know the darkness was there--that it had indeed engulfed me until it was gone. For the first time in eight months, perhaps even a year, my smile reached my eyes again. I did not know how much I had missed it until it was back.)

**#28 Age 43 Female****Experience 1 CCW**

Intention: Explore a dream that I believe reflects spiritually where I am in relation to moving from my home of twenty years.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Sort of--some part of me felt like I had missed something not facing the mother tiger. She was wise and not like a true tiger. She could have bitten me, but she might not have too.

Physical: My hands felt magnetic--the rocking kept me from "leaning" on any one part too much. I became aware half way through that my awareness/my self--ness is almost entirely on my right side. I feel more centered. Emotional: someone in my head asked me why I am working so hard to run away. (I am moving.) Terrific emotions welled up in me for some time. Later, I told the voice (my response was just out of the blue and unexpected) that I needed change. I believe the need for change within me at this time must be profound. The other emotion was close to euphoria. I felt like this must be like a return to the womb. There were many images. I don't remember most, my grandmother--a black cat.

One image was of being a guest at someone's house. They had created a toilet out of someone's head. It was a fiberglass reproduction this was like a joke. Someone asked me "how would you like to go to the bathroom using someone's head?" I told them that "I wouldn't like it." Do you want to use the head? (24 hrs after this experience--I received great incite into understanding this change in my life, I now know where I need to put my energies.)

**Experience 2 CCW**

Intention: Release tension/let go of circumstances about moving and open myself to a spiritual perspective.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, I was able to physically release (which was a big deal!) and spiritual release. I became aware that I am suppressing fears and I didn't want to visit them, if that is what I had to do to release the fears.

Physically I was tense. My neck hurt. My neck quit hurting. I became aware of tension in my mouth and nose that released. My sinuses opened, my breathing became very slow. My jaw did not completely relax. I was aware that the tension is partly

caused by not centering my body. Emotional: I avoided visiting the fears. I didn't feel it was constructive. Tried to image and feel being in our new home with a welcoming community and feeling in my right place. Spiritual: I sensed a group purpose in our family and it is being served by moving. This is not about a mosaic made up of our individual needs creating a movement, but our family as a whole, having many needs as a whole unit, and the whole is served by the move. My dog was in and out of my thoughts. I asked about our family's purpose and only had a vague impression like we were a cloud of love. A man was telling me how he conducted a symphony by projecting his image on the ceiling of the band pit. I audibly heard him say "I..." then the scene passed. There was a buffet. The containers were covered with plastic. James, my son had come in late and was helping himself. I think I was telling him not to disturb their wrapping and he was explaining to me why this was appropriate. Another adult woman came in and I asked James to help her. (I was frustrated that my point of reference was so conventional and automatic that I had questioned James before removing myself from autopilot.)

**# 30 Age 35 Female****Experience 1 CCW**

Intention: To experience more relaxation and peace of mind

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes

I would describe the experience as physical, emotional and spiritual. The physical experience mainly from the relaxed inclined/horizontal position, dark room and relaxation music. I felt I was physically able to take deep breaths and clear my mind of deadlines, troubles, etc. Music helped to evoke my emotions--The spinning of the table somehow made me feel like I was "dancing" with the music--though I only recall seeing occasional flashing of neon green lines here and there. I know on a couple of occasions, I felt tear drops roll down my face and it was not due to any particular incident or emotion. I think it was more relief or release of negative energy and emotion. I came today from a stressful environment, compounded by added stress because I was running late for this appointment. I leave refreshed and with a sense that I have communed with my God on a very personal, spiritual level. What a great experience! Thanks for sharing.

P.S. I am on my way to have my regular allergy medicine refilled and feel that if I were not congested, this session would have been even more relaxing and possibly energizing. As for my feelings right now, I am glad to leave on a more positive note than with the negative energy I brought with me.

**Experience 2 CW**

Intention: Extreme meditation--seek spiritual experience--for clarity to seek God's will

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes--was able to really experience relaxation and was able to find peace of mind regarding the direction of some aspects of my life.

This second experience still had aspects of all three. Physical, emotional, and spiritual. Though not a new experience. This second time met other expectations that I did not previously have. Physically, the entire experience is truly wonderful--reclined, dark room, music, etc. This week I am in better health so I could physically allow my muscles, etc., to relax. My first part of the ride is when I attempt, through deep breathing etc. to relax each muscle, cell, etc. until I feel almost like my spirit is leaving the physical body behind on the table to soar above and move with the music and rhythms. This is when I began to really move toward a spiritual experience.

This time I sensed a collective presence--Some refer to terms of guides/teachers--I used to call them my team of angels. And in this experience I wished to commune with them--playful, fun, etc. To feel assured of their presence and of their guidance. Emotionally, again I did have tears toward the end of the ride after seeing or sensing several visions of ways I could impact others through my current position at work. Several opportunities I have not previously thought of rapidly came to mind and provided confirmation that my work is not yet done in my current place of employment. The remainder of the ride, I wished to release all thoughts of work and again to focus on the music, the feeling of being in the presence of my guides and focusing on being loved, guided and cared for on this life's journey. I am so pleased that I took the time to make this appointment. I trust the experience will continue to reveal other aspects to me as I continue with my current obligations. Thanks again for the opportunity.

**# 31 Age 39 Female****Experience 1 CW**

Intention: relaxation and energy healing

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? I believe so, I feel more relaxed, but energized as well.

Before coming to the Trinity Table session today I felt extremely fatigued and lacked energy as well as mental sharpness/motivation. During the Table experience, I was able to concentrate on my breathing and allow my body, mind, spirit to relax. For only moments at a time during the session, I visualized various images, mostly to do with self improvement and service. I did think of different situations and relationships, but again only for moments. I felt completely comfortable and spiritually receptive to the Trinity Table experience and could feel my being loosening up “through” the process.

**Experience 2 CCW**

Intention: Meditation

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes

For the most part, I am feeling relaxed and confident in my journey at the present time. However I do find that I seldom take or make the time to enjoy deep meditation, so the Trinity Table experience has been an excellent opportunity to do self meditation zoning. My experience is mostly spiritual, somewhat emotional and a little physical. Being able to consciously relax and meditate on the Trinity Table in the comfortable, dark environment truly enhances meditation.

**#32 Age 48 Female****Experience 1 CCW**

Intention: Peace and acceptance.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes.

I would describe the ride as first emotional--releasing the sadness of losing my young brother six days ago--accepting what I cannot change--as I released I became more aware of my physical self relaxing and releasing the tension and stress in my neck--shoulders and heart--with deep breaths--with deep release--transmuting the energy. Having cleared and centered, I opened to my spiritual connection and felt the love engulf me--the feelings were healing--uplifting and euphoric I felt no sense of time.

I do have more peace and feel calm and centered--my focus today will be to hold this energy in my being and experience clarity and balance. Thank you.

**Experience 2 CW**

Intention: Balance and intuition and clarity.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Yes, I feel very balanced.

Today's ride was relaxing and centering--SPLENDID! I feel very connected to my spiritual self --engulfed by peace and tranquility. My physical and emotional selves are just quietly flowing along in awe--I am grounded in joy. Thank you.

**#33 Age 39 female**

**Experience 1 CCW**

Intention: To be clear as a channel of love and to attract wonderful people and a man to partner with.

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Time will tell

It was very relaxing, calming. I really enjoyed the table and its turning and its rocking. The room was very nice and peaceful and gentle feeling. It was a physical experience and emotionally calming.

**Experience 2 CW**

Intention: Clarity in finding a man for a life partner and being in love

Would you describe your experience today as emotional, physical, or spiritual? Was your intention met? Time will tell

It was very relaxing. It was emotionally calming and spiritually very light and peaceful. It was wonderful! It felt very clearing, balancing and very good.