BioCoherence Manual

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A brief history of BioCoherence

It's summer 2024 and the first public version of BioCoherence is about to be launched. How did we get here, with this software out of my head, featuring to date over 1400 proprietary biomarkers, 40 screens, scan analysis of an electrocardiogram and tests with live biofeedback, as well as a rebalancing module?

Let's look back at two converging paths.

Our first contact with energy assessment and treatment devices dates back to 2011. Christine and I were married and had 3 children. That year, our second daughter Isis, still gluten intolerant at the time, was due to start secondary school. While we were still living in Sournia, a tiny village in the Pyrenees (in the south of France), we were looking for a solution so that she could have lunches at school. I'll spare you the details, but when we got to the specialist, he told us that the only solution was a colonoscopy. And that it couldn't cure her anyway. So we started looking for another solution. A friend pointed us in the direction of a strange guy who worked in a small village, and this strange guy did a complete check-up and reharmonization in one session; not only had he identified all the problems in half an hour, but she was cured a month later.

Christine and I looked at each other and realized that there was something wrong with medicine. Why hadn't the hospital been able to offer us this solution? Why was it apparently so confidential? But above all, what was this thing?

At the end of 2011, we set up a non-profit with this practitioner to try to study and validate these practices, then a care center, then a second one. We finally got in touch with the manufacturer of this device to distribute it in France, at the end of 2012. We met others, and ended up establishing solid distribution, a network of practitioners, and a school.

But for me, a scientist, engineer, software designer, musician, author and above all compulsive creator, I couldn't stop at a commercial or administrative role. I had already set up several companies, for which I had always programmed the entire computer system. In fact, I started creating software when I was around 10, and sold my first around 15. I then studied science and went to sound engineering school, before setting up a web agency with Christine in 1996, and then several start-ups. Coming back to the care devices we distribute, as a designer, I was keen to contribute to this innovative impetus in the design of these check-up and care systems, which I have experienced a lot and understand well.

This first path, then, is science, IT and business, and their applications to healthcare.

But this is not the only path that has led to BioCoherence today.

The other path is meditation.

When I was 11 or 12 years old, I had a passion for magic — or rather, conjuring. I could spend all day in Parisian magic stores, meeting all the customers (show business professionals). — mind you, I also created, made and sold a trick to a store, I estimate 13 years old … — And that's where I met Pierre, a magic pro who worked all over the world. We became great friends. And Pierre had been doing "out of body", or "astral travel", since he was a child, which fascinated me. I'd never heard of it. He gave me a few books on the subject and spoke of it as something completely natural to him, but we lost touch after a while.

Since then, it seemed natural to me that a much larger world existed beyond the veil of appearances. But how, in Paris, in a hyper-materialistic age, in a family that knew nothing about it, could I delve into this question?

As the years went by, it remained a privileged and fascinating subject of discussion, a source of curiosity, but nothing more. We tried meditation as teenagers and then as adults, without much success. Then life began to take shape in the here and now, with all its demands.

Back to 2011, a pivotal year, a convergence of paths. As Isis began her recovery, we were referred to a family doctor in Perpignan. He sees things differently. Sure, let's go. I talk to him about anything and everything, and the subject of meditation comes up again; I tell him that I had tried to go outside my body without much success. He replies that he knows a technique based on sounds with different frequencies in the ears, without knowing much more about it. But sound spoke to me… and I sought out and discovered binaural beats. And from then on, progress, so tedious until then, accelerated greatly. Within a few months, the universe was expanding, both inwards and outwards. Since that pivotal year, everything has been reorganizing around us.

I began a series of interviews for a film project, "in reality". I met and filmed around forty fascinating people. I ended up setting up a French publishing house to translate their books, and have published some twenty works to date.

Christine, for her part and much to her surprise, became clairvoyant. That's a good one. Oh, and so is my daughter. Like a good scientist, I'm doing a few validation protocols anyway. It all looks very real, okay, let's admit it. That year, after 7 years of quasi-autarkic family life in the mountains (we had left Paris in 2004 to build the house Christine had designed ourselves), Disneyland arrived in force. And the world gets far wider. The house fills up with beings, each more fantastic than the last. Crazy, but anecdote after anecdote, it becomes impossible not to believe in this new reality.

These are the two paths that come together; on the one hand, energy assessment and healing devices and software, with their fabulous possibilities but various limitations and frustrations; on the other, meditation, inner personal development, the widening of the world's boundaries, and the immense power of taking power over oneself and awareness of one's own responsibility.

So, in 2017, I operated a first alliance of the two, and started a meditation app project, intended as a platform for creators; too complicated, never finished. In 2018, I created an app to generate binaural beats and other sounds to accompany meditations; too complicated, never finished. I'm starting to see a recurring pattern. This isn't my first too-complicated, never-finished application. OK, let's rewrite the whole thing, and simplify it: Ah, we've won! In 2021, we'll present our school with its first, less complicated and - hooray! - finished app: 33, guided meditations, based on Christine's first 2 books.

One detail remains: I want to offer more. I want to get a reliable measurement system for choosing and, why not, adapting meditations. A detail, as I said, that finally took me 3 years. In 2022, I can present our annual Masterclass with a first tool based on the measurement of an electrocardiogram. In 2023, after more than a year's work, the interface was adorned with numerous visualizations and new screens were created. Another 6 months of research and we arrive, in April 2024, with a software that's thirsting for interactions…

To arrive at this first version, I drastically (and painfully, as you can imagine) selected the ideas to be implemented. But, in the almost 40 years I've been creating, I've finally realized that there's no point in creating for the sake of creating; you have to create in order to share. And to do this, I had to spend a lot more time than I would have thought to make this software easy to understand. I've managed to do it, even if I'm still frustrated by everything that doesn't exist yet. You can rely on me to continue incorporating and sharing ideas and tools, and I'll make sure they're always beautiful, easy and intuitive for you.

Médéric Degoy, designer of the BioCoherence software.

Building bridges

BioCoherence has been designed around a number of key concepts. It's important to have a general idea of them, as they guide the underlying logic.

Our job is to build bridges between domains that are often unconnected. These include : cybernetics; systems theory; energy, entropy and negentropy; emergence;heuristics; synchronicity; ergodicity; resource theory; cascade theory; embryogenesis; prology theory; the principle of resonance; the principle of coherence; scale waves; temporal crystals; the body-mind relationship; the matter-energy-information signification relationship; physical entropy and information entropy; the unconscious and archetypes.

Unless otherwise stated, quotations are from Wikipedia.

Cybernetics

"the general science of regulation and communication in natural and artificial systems."

"Cybernetics is the study of information mechanisms in complex systems. The contours of this body of research revolve around the key concept of feedback, or *teleological mechanism*. Their aim was to provide a unified vision of the nascent fields (between 1942 and 1953) of automatic control, electronics and mathematical information theory, as an "entire theory of control and communication, both in the animal and in the machine".

Formalized by Norbert Wiener, cybernetics is at the origin of, among other things, the systemic therapies of the Palo Alto school, and the biological theories of self-organization."

Interesting notes:

- "In 1894, Ludwig Boltzmann made the link between entropy and information, noting that entropy is linked to information to which we have no access."
- "Physiology also provided him with many elements. For example, the principle of homeostasis, highlighted by Claude Bernard."
- "Cybernetics is also a continuation of phenomenology, insofar as it auscultates phenomena to grasp their autonomy and particularity, notably through form, and then moves on to another type of analysis: modeling, mechanics…"
- "Feedback is highlighted by this approach, as it is essential for designing a self-regulating logic. Feedback loops thus emerge, circular mechanisms that highlight systems."
- the term "emergence" will soon be used to designate not only new forms, but also new properties and processes that appear during the spontaneous reorganization of a system. This type of phenomenon sometimes involves, more than a reorganization of the system, an organization at a higher degree of complexity."
- "In second-order cybernetics, the observer includes himself in the observed system

Cybernetics is at the root of ecology, psychoanalysis, information science, systemics, cognitive science, artificial intelligence, internet…

Application in BioCoherence

In the entirety of software at all levels, from the deepest (the very existence of the computer; the operating system; and the Internet) to the most flush (systemic logic, level 1, 2 and 3 analysis and the emergence of new properties, the linking of all elements, calculations of links and resonances).

The principle of feedback is at the heart of the software, particularly in biofeedback measurements.

Interestingly, cybernetics focuses on the restrictions and constraints of a system. This gives an indication of possible choices. But the principle of equifinality stipulates that it is possible to reach a goal via many different paths.

Systems theory

"Systems theory is a way of defining, studying or explaining any type of phenomenon, which consists above all in considering this phenomenon as a system: a complex set of interactions, often between sub-systems, all within a larger system. It differs from traditional approaches, which focus on breaking down a system into parts without considering the functioning and activity of the whole, i.e. the overall system itself.

Systems thinking favors a global, macroscopic, holistic or synthetic approach; it observes and studies a system from different perspectives and at different levels of organization; and, above all, it takes into account the various interactions existing between the parts of the system.

Emerging gradually in the middle of the 20th century, systemics was built in opposition to the Cartesian analytical tradition and other forms of reductionism, which tended to cut up the whole into independent parts and showed their limitations in understanding reality."

Interesting notes:

- "The essential concept here is undoubtedly that of regulation, as defined through the notion of the feedback loop" "Interaction (or interrelationship) refers to the idea of non-linear causality. This concept is essential for understanding coevolution and symbiosis in biology. A particular form of interaction is retroaction (or feedback), the study of which is central to the work of cybernetics."
- "Totality. If a system is first and foremost a set of elements, it cannot be reduced to this. As the saying goes, the whole is more than the sum of its parts
- "Organization is the central concept for understanding what a system is. Organization is the arrangement of a whole according to the division of its elements into hierarchical levels. Depending on its degree of organization, a totality will not have the same properties. We thus arrive at the idea that **the properties of a totality depend less on the nature and number of elements it contains than on the relationships that are established between them**: "an open system is a system which, through its exchanges of matter, energy and information, manifests the capacity to self-organize
- As open systems, living beings are capable of creating negentropy loops (i.e., of decreasing entropy, creating a higher order).
- With regard to the "dynamic system", the first idea characterizing this field is that, behind the apparent disorder, lies an order more complex than the visible order. The second idea is that this order arises through self-organization and the emergence of new characteristics and properties that were previously absent."

Application in BioCoherence

- the highlighting of links between elements that are as, if not more, important than the evaluation of the elements themselves.

Emergence

"Emergence is a philosophical concept that can be roughly summed up by the adage: "the whole is more than the sum of its parts". It is opposed to reductionism as well as to dualistic doctrines (dualism or vitalism).

A property can be qualified as "emergent" if it "follows" from more fundamental properties, while remaining "new" or "irreducible" to them. Thus, John Stuart Mill notes that the properties of water are not reducible to those of hydrogen or oxygen."

Interesting points:

- "We sometimes speak of' "synchronous emergence" in the context of relationships between the micro and macro levels of a system. In this case, emergence implies a conceptual irreducibility: emergent properties and laws are systemic features of complex systems governed by laws that are not reducible to those that qualify the relationships between smaller-scale components."

Application in BioCoherence

- the logic of emergence: analysis is carried out in several stages, each revealing higher-level properties that do not exist at the lower level. In the final stage, resources are found.

Energy

"Energy is a concept related to those of action, force and duration: the implementation of an action requires maintaining a certain force for a sufficient length of time, to overcome the inertia and resistance that oppose this change."

Application in BioCoherence

The energy of a biomarker is measured in different ways depending on the type of biomarker; placed in a minimum/maximum scale specific to each biomarker, it becomes the vertical axis of the flower.

Entropy

This is a concept that is both clear and complex, but above all a term that explains quite different things in different fields.

- For physicists, entropy is agitation, disorder.
- For information theory, entropy is a measure of the possible raw quantity of different types of information.
- For computer science, it's roughly the range of possible information, the size of space.

We can summarize the concept of entropy as being proportional to the disorder of a system; its opposite, negentropy, is therefore proportional to the degree of order of a system.

Application in BioCoherence

We measure the variation at different levels of biomarkers to deduce an agitation factor, which will constitute the horizontal axis of the flower.

Resource theory

Developed by Christine Degoy, resource theory postulates that, in every living system, there are perfectly accomplished parts that nourish other parts. In a system logic, these are resource parts, actively linked to other sub-systems in need.

Christine has identified resources at all levels: organic, psychological, energetic and non-physical (i.e., made up of matter interacting with the overall system, but not subject to the same physical laws as usual matter).

Application in BioCoherence

As the highest-level emergent element, resource identification enables us to build a coherent plan for the priorities to be addressed, using them to optimize the overall system.

Cascade theory

Following in the footsteps of Paul Schmidt's principle of searching for the original causes of disease, and later developed by Philippe Matza, cascade theory is part of a systemic logic. It postulates that a suffering organ or system is part of a chain of causalities and energetic interrelations, and that this chain must be retraced for effective therapy.

Application in BioCoherence

By identifying links and coherent systems, BioCoherence enables us to reconstruct complete causal chains and act at the source of disturbances. But we're extending the concept of causal chains to multiple chains, and to the fact that a system whose elements are in coherence will need simultaneous intervention at all levels to sustainably rebalance its elements.

Embryogenesis

"During the formation of the embryo, cells are organized into distinct cell layers: the outer layer is called the ectoderm, while the inner layer is called the endoderm. The intermediate layer forms a tissue called the mesoderm. In mammals, each layer has a different destiny: the endoderm produces the digestive tract and its associated glands (pancreas); the mesoderm produces muscles, the skeleton and blood vessels;

the ectoderm produces the epidermis and nervous system"

Application in BioCoherence

We postulate that these elements remain linked in the adult organism by particular resonances, and we take into account 8 corpora developed by Christine Degoy which are made up of elements linked by their embryonic origin. These relationships are then integrated into an interpretation of the results.

Prology theory

Extract from *Prologie, rediscovering the meaning of life*, by Christine Degoy:

"It's a unified approach to both care and fulfillment. Integrative and transverse in nature, it can be described as systemic, oriented towards the resonance of all the components of the person as so many available resources brought into synergy."

Prology offers a complete paradigm shift, integrating the body as a powerful lever for fulfillment, even in the midst of illness. Its strong principles are based on the life project combined with the systems theory approach, illustrated by the following thesis: **"Every human being is a system with a project, and everything that constitutes it is designed to achieve this objective."**

Prology enable us to map the human body in terms of personal project support, and to discover a temporal organisation of successive ranges in the growth of maturity and mastery of one's life.

Mapping on the basis of embryology, combined with the three pillars of human nature - will, love and wisdom - gives rise to a new understanding of disease. Indeed, prological decoding sees disease as a transformation of the system, not a failure. When a human being's matter-energy-information system needs improvement to keep moving forward, he or she takes advantage of every evolutionary opportunity to modify and develop skills and behaviors, needs and desires, as well as visions of life and the world around him or her.

Each organ plays a role in the fulfillment of the individual's life project, and updates itself with varying degrees of discretion, depending on the extent of the transformation required to evolve.

The objectives of a prologic approach are to restore balance, energy and comfort, while respecting one's life project, in order to achieve holistic fulfillment.

Application in BioCoherence

The software enables a complete assessment and identification of the issues and transformations underway in resonance with the life project. This is a positive reading based on purpose and energy release, as opposed to biological decoding, which is based on conflict and hindrance.

The principle of resonance

"Resonance is a phenomenon whereby certain physical systems (electrical, mechanical, etc.) are sensitive to certain frequencies. A resonant system can accumulate energy, if it is applied in periodic form, and close to a frequency known as the "resonance frequency"."

Application in BioCoherence

During audio meditations, sounds or sequences of sounds emitted at particular frequencies will energize particular organic or mental structures.

The principle of coherence

"Coherence in physics is the set of correlation properties of a wave system. We can speak of coherence between 2 waves, between the values of the same wave at two different instants (temporal coherence) or between the values of the same wave at two different locations (spatial coherence). Examples of coherent beams: laser light"

Binaural beats

"A binaural beat is an apparent sound perceived in the brain as a result of a specific physical stimulus. This effect was discovered in 1839 by Heinrich Wilhelm Dove.

The brain produces a phenomenon perceived as low-frequency pulses of sound volume, when two sounds of slightly different frequencies are presented independently to each of the subject's ears. If the difference between the two frequencies is 4 hertz, the subject will hear 4 beats per second."

Application in BioCoherence

During audio meditations, specific binaural beats are integrated according to the priorities to be addressed. These train the brain on particular frequencies in the alpha, beta, gamma or theta ranges.

Scale waves

Marc Henry[1] explains that "there is a fifth dimension of scale, independent of the three spatial dimensions and the temporal dimension. This new dimension makes it possible to determine the scale at which the observed or measured spatio-temporal phenomenon operates. But, if there is a new dimension, there are necessarily waves that can propagate in it. These are, of course, our scale waves. Their role is to ensure coherence between the different scales of description and manifestation of the same physical object. These scale waves do not appear in academic treatises on quantum or relativistic physics. They are, however, very familiar to us. All we have to do is accept the question of how an individual is able to recognize the different parts that make him up. Thanks to scale waves, the same individual can feel his unity, whatever scale he uses to describe himself".

Scale waves were theorized by Joël Sternheimer, who put them to practical use with Proteodies.

Temporal crystals

"A temporal crystal is a periodic structure in time and space. The idea of such a structure was proposed by Frank Wilczek in 2012. According to him, it is possible to conceive of a structure composed of a group of particles moving and periodically returning to their original state, which would form a "temporal crystal". The expression is coined from what is observed in a "classical" crystal, whose atomic structure shows a repeating pattern in different directions in space. In a temporal crystal, on the other hand, the pattern is repeated periodically in time, like an oscillator. Only an external periodic excitation can cause a temporal crystal to appear, **absorbing energy.** "

Application in BioCoherence

Once the links between elements have been identified, recurring patterns can be identified. The idea is that these patterns (which can be successions of thoughts, movements, pains, various malfunctions…) form structures that constantly absorb energy from the general system to perpetuate their movement. The software's algorithms can find specific nodal points to break the repetition.

The mind-body relationship

"The notion of occurrence was introduced into the field of philosophy of mind in the 1960s by Donald Davidson, in order to reconcile the apparently contradictory ideas of systematic dependence and irreducibility of mind and body. When a property of type B (e.g. mental) arises on a property of type A (e.g. physical), any change of type B is equivalent to a change of type A. Thus, when there is an occurrence, there cannot be a difference of one kind without a difference of another kind at another level of description. There is therefore a covariation relationship between these two levels."

"According to Simon Blackburn, the contemporary physical conception of nature lacks qualitative properties such as color, pain, and everything else that constitutes the qualitative aspect of our experience of the world."

"Some panpsychist philosophers, such as Galen Strawson, argue from this perspective that all physical objects are in fact mental properties analogous to the properties of lived experience."

The matter-energy-information significance relationship; physical, energetic, information and significance entropy

To return to "the qualitative aspect of our experience of the world", let's take a look at matter:

- matter is made up of both waves and particles. It can be described as material (particles) or energetic (waves). In reality, we're talking about self-contained stationary waves that create their own magnetic field, like a guitar string folded in on itself. In this way, they create …

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1. *https://marchenry.org/2014/09/15/ondes-dechelle/*

- energy, which is stored or circulates. It can be exchanged, but is not in itself either negative or positive: it merely represents an exchange of energy potential in one direction or the other. However, it does carry …

- 'information, which is encoded on 'energy or matter, and represents the symbols of …

- meaning, which is ultimately the only thing that matters to us as beings of consciousness.

This puts the notion of 'entropy back into perspective. At the level of matter, entropy is agitation, or energy potential. At the level of information, entropy is the possible quantity of information transmitted on the medium (energy or matter). But at the ultimate level of meaning, entropy is the quantity of significant information that can actually be transmitted.

For example: imagine a button that triggers a nuclear bomb. At the information level, a single bit of information is enough to trigger the bomb. At the level of matter and energy, the effect is gigantic but localized. And in terms of significance, it depends on the target: a city (huge effect in space and time), or a test tunnel (effect limited to the result of the experiment)? In this way, the quantities of entropy can be radically different at these different levels, for the same action.

Synchronicities

"Sometimes we think the universe is sending us signs when seemingly incredible coincidences happen. But for Jung, this is synchronicity, which we could define as the simultaneity of different events linked by a meaning that is not that of chance. In other words, this singular science can be summed up as the temporal coincidence of a series of events (two or more) which, although linked, are not causally connected. However, there is a content link

"According to Jung, when we speak of synchronicity, we are referring to the union of inner and outer events. Thus, the individual who experiences these events finds meaning in their unification. Jung established synchronicity or l'occurrence as a search for recognizable patterns."

Application in BioCoherence

Pattern recognition is an integral part of our way of understanding the world. Synchronicities are understood as the emergence of meaning through the confrontation of a priori unrelated events. It is this connection through meaning, through significance, that brings out the meaning of information. This emerging relationship is highlighted by the calculation of links between biomarkers. At the extreme, coherent systems indicate the equivalent of synchronicities, i.e. the emergence of higher-level meaning.

General semantics

"General semantics proposes a non-Aristotelian form of thinking for all, initially developed by Alfred Korzybski.

General semantics seeks to extend the framework of classical semantics (the study of the meaning of vocabulary terms and the changes it can undergo). Korzybski's aim was to conceptualize a logic that also corresponded to the level of scientific evolution of his time, enabling us to solve human problems more effectively than with the previous logics of Aristotle and Descartes, and of Aristotelian and Newtonian physics. These logics, conceptualized from Antiquity to the 17th century, Korzybski no longer considered them effective for describing and dealing with the problems specific to the discoveries of his century. Korzybski applied it to psychiatry, Henri Laborit to biology (theory of action inhibition) and aggressology (study of the reactions of living organisms under conditions of aggression).

In Science and Sanity, Korzybski explains that he sees a correspondence between this non-Aristotelian logic and two scientific revolutions of the 20th century, quantum physics and the theory of relativity[1]. He points out that the former overturns the usual categories of reason, while the latter introduces "non-Newtonian" physics and "non-Euclidean "[2] geometry. Like the latter, the "no" of non-Aristotelian is not to be understood as a negation, but as a generalization and overcoming of Aristotelian logic, while including the latter, and the word "general" understood in the same sense as general relativity[3]. By analogy with quantum physics, Korzybski asserts that the observer is an integral part of the representation of reality, and that this must be taken into account in general semantics".

Application in BioCoherence

Everything is meaning. This is the ultimate level of abstraction of the matter-energy-information-meaning chain. This is what the algorithms developed for BioCoherence seek to highlight.

Heuristics

"heuristics is "the art of inventing, of making discoveries" by solving problems based on incomplete knowledge. This type of analysis leads to acceptable solutions in a limited time. These may deviate from the optimal solution. For Daniel Kahneman, it's a procedure that helps to find adequate, albeit often imperfect, answers to difficult questions."

Application in BioCoherence

Heuristics is the "discipline of finding rules". Here again, it's a question of recognizing patterns, and highlighting links enables us to look at the general organization rather than the particular state of any one element in the system.

Ergodicity

"Ergodicity exists if several different and separate statistical analyses on the same subject produce a sufficiently comparable result. The theory has undergone numerous developments in close connection with dynamical systems theory and chaos theory".

Application in BioCoherence

Pattern recognition is an integral part of analysis, boosted by recent advances in deep learning and neural networks.

Computational irreducibility

"Computational irreducibility is one of the main ideas proposed by Stephen Wolfram in his book *A New Kind of Science (2002)*.

Many physical systems are so complex that they cannot be measured efficiently. Even the simplest programs exhibit a wide variety of behaviors. Consequently, no model can predict, using only initial conditions, exactly what will happen in a given physical system before an experiment is carried out. Because of this problem of irreducibility in the formal language of computer science, Wolfram calls this inability to "shortcut" a system (or "program"), or to describe its behavior in a simple way, "computational irreducibility". This idea demonstrates that there are cases where the predictions of theory are effectively impossible. Wolfram asserts that many phenomena are normally computationally irreducible.

Computational irreducibility explains the observed limitations of existing mainstream science. In cases of computational irreducibility, only observation and experiment can be used."

Application in BioCoherence

This concept explains, for example, why life unfolds as it does. Let's say we're living in a simulation, as if we were characters in a video game: why should we bother with all the experiences we have? Why not jump straight to the conclusion? Because, according to this principle, it's impossible to jump to the conclusion: we're obliged to go through all the stages of the event in order to know its epilogue. You have to "play the game", because no one can say how it will end without having played it in its entirety.

In my opinion, this explains most of the complex questions raised by mysticism and existential questions. Let's say metempsychosis (reincarnation) is true. Then why Karma? Quite simply because it's important to calculate all possible options, and the best system for calculating these options is one that is aware of the alternatives. From this point of view, Karma is not a tool for vengeance, but for the transverse knowledge of the possible consequences, impossible to predict, of a given event. Life then presents us with similar situations, but from a different point of view, and it's up to us to consciously go through the stages and observe the results. In this vision, there is no such thing as fate or an unavoidable event; the only reality is that of the decisions we make in the face of the events we are presented with, but the outcome is impossible to predict until we have made our decisions. In reality, our lives are entirely in our own hands.

The unconscious, the collective unconscious and archetypes

"The archetype is an analytical psychology concept developed by Swiss psychiatrist Carl Gustav Jung (1875-1961), who defines it as the human tendency to use the same "a priori given form of representation" containing a universal theme structuring the psyche, common to all cultures but represented in various symbolic forms.

For Jungian psychology, the archetype is a founding psychic process of human cultures, as it expresses the elementary patterns of behavior and representation that have emerged from human experience throughout history, in conjunction with another Jungian concept, that of the collective unconscious."

Speaking of the unconscious, here's a list of inventions and discoveries the authors claimed to have had one morning, after a dream:

- Descartes claimed that three separate dreams he had on November 10, 1619 revealed to him the foundations of a new philosophy, the scientific method. OK, so the scientific method itself comes from'a dream.
- E. Howe is said to have dreamed up the needle for the modern lockstitch sewing machine.
- Scientist F.A. Kekulé discovered the seemingly impossible chemical structure of benzene (C6H6) when he dreamt of a group of snakes swallowing their tails.
- Niels Bohr was awarded the Nobel Prize in Physics in 1922 for his discovery of the structure of the atom. He recalls that electrons revolving around the nucleus, like the solar system, appeared to him in a dream.
- Russian chemist Dmitri Mendeleïev was exhausted from three days of trying to classify the 56 elements when he decided to sleep. "In my dream I saw a table where all the elements fell into place as they should. When I woke up, I immediately wrote it down on a piece of paper," Mendeleev wrote in his diary. "It was only in one place that a correction later proved necessary."
- Indian mathematician Srinivasa Ramanujan, known for his substantial contributions to number theory, analysis and other areas of pure mathematics, claimed that the Hindu goddess Namagiri Thayar gave him mathematical insights in his dreams: and that in these visions, "scrolls containing the most complicated mathematics unrolled before his eyes": "Suddenly, a hand began to write on the screen. I became very attentive. This hand wrote a number of elliptical integrals. They stuck in my head. As soon as I woke up, I wrote them down
- A field of cows inspired Albert Einstein's theory of relativity. In his dream, Einstein told a farmer that cows were surrounded by an electric fence, but the farmer saw something different. Einstein woke up to the realization that the same event could vary from different perspectives, and the theory of relativity began to take shape.
- If Charles Darwin is in the spotlight when it comes to the theory of evolution, scientist Alfred Russel Wallace is not to be outdone. During an eight-year expedition to what is now Indonesia, Wallace collected and studied thousands of animal specimens. In 1855, Wallace concluded that living beings evolve, but he didn't understand how until 1858, when a fever dream gave him the revelation: animals evolve by adapting to their environment.
- Before Otto Loewi's work, the question was whether neurotransmission was essentially chemical or electrical. The night before Easter Sunday, Loewi had dreamed up the perfect experimental setup: two chambers containing beating hearts - one with his nerves intact, the other without. These chambers would be filled with a solution and connected by a tube. The experimenter electrically stimulates the first coeur, causing it to beat more slowly. If neurotransmission is essentially electrical, there's no reason for the second heart to slow down. However, if neurotransmission is chemical, chemicals could theoretically float down the tube and also slow down the second coeur in the other chamber. Loewi takes note of this idea, but is unable to decipher his own handwriting when he wakes up in the morning. The following night, the dream comes back to him. In collaboration with Henry Dale, Loewi used this experimental device to demonstrate chemical neurotransmission and won the Nobel Prize in 1936.
- James Watson, who with Francis Crick discovered the double-helix structure of DNA - the building blocks of life - apparently dreamt of a spiral staircase, which gave him the idea of how DNA could be constructed. According to other sources, he dreamt of two intertwined snakes whose heads were at opposite ends.
- There are countless songs, books, video games and films whose ideas became clear to the author one morning.

The rational mind (whose rationality stems, let's not forget, from a dream) can draw several conclusions from this:

1. Dreams enable the inventor to synthesize his thoughts in a different way from the mind. Conclusion: there is a different thought process within us, one that feeds on everything we already have within us, and which is expressed in archetypes. The unconscious is capable of bringing us interesting information.
2. Dreams are a gateway to a different dimension of knowledge. Conclusion: dreams are a language that brings us hitherto inaccessible information, perhaps from other realities or other conscious beings.

These two possibilities are not mutually exclusive. But, whether the dream is a doorway to our inner self or a doorway to another reality, in both cases one conclusion stands out: the language of dreams, the archetype of the unconscious, is a valid source of information and evolution for our conscious problems.

Our personal experience, after more than 10 years of meditation, is that meditation enables the unconscious to communicate better with the conscious. Meditation trains the conscious mind to better listen to the "little voice" that otherwise expresses itself only in the depths of dreams. We have seen the power of giving more space to the unconscious. These two aspects work together for better problem-solving, as they have access to very different fields of knowledge.

My other personal conclusion is that internal communication needs to be trained like a muscle. Christine's first visions were very blurred and unsure, but after years of training, she has developed a new "sense" that is as tangible as the usual 5 senses. Whatever the explanation for the origin of this information, it has been proven a thousand times over to be as real as that from the other senses. But, without training, it's very difficult to separate illusion from reality. After all, it takes us years to master and trust our 5 physical senses; these 5 senses simply translate stimuli reflecting a reality from the outside world, into a pattern in our neurons. What we've come to understand is that there are also "subtle" senses which also translate concrete external realities, and which need to be trained.

Application in BioCoherence

Guided meditations call on different archetypes to bring the unconscious and conscious into action in problem-solving and inner self-development.

True cardiac coherence

Dan Winter defines true cardiac coherence by the appearance of a peak cascade in the "harmony" part of the analysis (i.e. a 2nd order FFT). An FFT or Fourier transform is used to extract frequencies from a signal. A 2nd order FFT extracts the musically harmonious frequencies. This mathematical operation allows us to detect that a clear majority of the frequencies present in an electrocardiogram are harmonious with one another; he calls this "true cardiac coherence".

This peak in the "harmony" part can be found at several frequencies, and it has been identified frequency bands of this peak that correspond to fundamental emotions at the time of recording.

Fractality, compression and phase conjugation

"an infinite number of states is maximally compressed when the ratio between frequencies is a power of the golden ratio."(gsjournal[2])

Compression is defined here as the maximum addition of frequencies (thus having constructive - conjugate - phases between them), obtained if the frequencies are multiples of the d'or number between them.

Fractality refers to the fact that similar structures can be found at different scales.

Elfie measurements

Dan Winter, again, theorized a fundamental equation of optimal energy "implosion"; this equation predicts many of the resonant frequencies found in the universe. I have named the corresponding quantity "Elfie" in homage, on the one hand to the Elves (and in particular to Elvish architecture) and, on the other, to equitation itself: n Elfie = L_p x Phi^n, i.e. the Planck length (the smallest measurable length in the universe) multiplied n times by the golden ratio.

In this way, the Elfie scale is not only proportional to the number of Elfies, but also includes values given for whole Elfies. These integer values include many known quantities, such as length, time and frequency. See Elfie.link[3] for more information.

2. *https://www.gsjournal.net/Science-Journals/Research Papers-Quantum Theory / Particle Physics/Download/4543*
3. *https://elfie.link*

3.1.
Modules overview

- BioCoherence **Scan** is a complete analysis module from a raw electrocardiogram to several dozens of maps, graphs and explicit ways to compute and interpret biomarkers.
- BioCoherence **Test** is an open way to assess item lists from the live evolution of the pulse (biofeedback).
- BioCoherence **Balance** allows to identify resources and pick priorities, and build PDF reports and custom meditations based on it.

Contents

1. The Balance modules

Priorities, resources, reports and guided meditations.

Balance is a collection of tools to help you achieve maximum quality.

- **Priorities** is what needs attention now.
- **Resources** is what you can reliably build on.
- **Report** is a PDF document for all important parts of the analysis.
- **Balance** is the generation of guided meditations, frequencies, binaural beats and re-evaluations, all optimised in real-time via biofeedback.

1.1. Resources

The power of resources: they are already yours and they are already available to help

Resources are the main pillars, the main energy drivers for this recording. The Balance module is mostly build on resources to choose relevant frequencies, binaural beats and audio guidance voices to build up energy before starting the work on priorities.

- Resources are automatically identified but can be changed if needed. To change a resource, click on it and pick another one of the most important resource for this category.
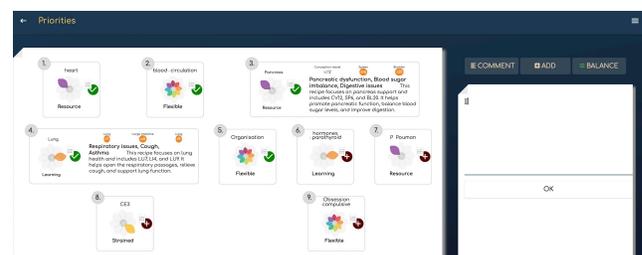

1.2. Priorities

What needs attention.

Priorities are biomarkers that need attention. They are automatically computed after a recording, but it is entirely up to the user to add or remove priorities.

- Priorities can be added or removed from any biomarker flower, in any page, or in the Priorities module. Just click on the + button!
- Under priorities, the **Comment** button allows the user to add any text.
- the **Add** button displays a list of relevant additional priorities to choose, if necessary, from Organs, Acupuncture meridians, Meridian points, TCM Recipes, Chakras, Drives, Momentum...

1.3. PDF Report

1-clic export of all important informations as a PDF

The PDF Report can be printed, saved or sent in 1 clic.
It contains:

- Client information
- Recording information
- Annotations
- Parts and sessions
- Resources and priorities
- Main meridians (energy, entropy, coherence)
- Main organs (energy, entropy, coherence)
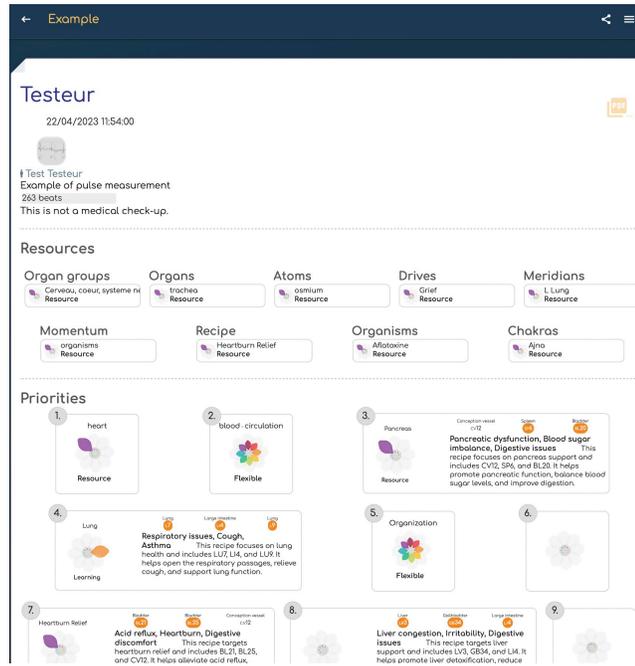- Main MTC recipes (energy, entropy, coherence)

It can be personalised by the Pro.

1.4. Balance: the custom meditation

Now is time to take action.

Balance is a whole module to create custom meditations.

- The user can choose a style he relates to, which will pick cards from different guided meditation series.
- It is advised to re-evaluate every day, before a new meditation: all biomarkers will evolve and the meditation will be recomputed accordingly.
- The main parameters (dive speed, personality, music, resources) are computed from the main features of the computed biomarkers. The music is generated from the current tune and chords of the user, to the desired state, in an harmonic progression.
- The priorities are displayed as planets orbiting the user, farther and farther away because that's how the meditation will approach them, further and further into deep space.
- An additional tool is the **time Cristal melter** which will be calculated around integer time-Elfie values and remind the user at proper moments of the decisions and the work in progress. Think about it as micro-meditations, 5 to 30 seconds for oneself at particular time nodes. The goal is to dissolve the time Cristal of habits and reprogram the whole system in 21 days.
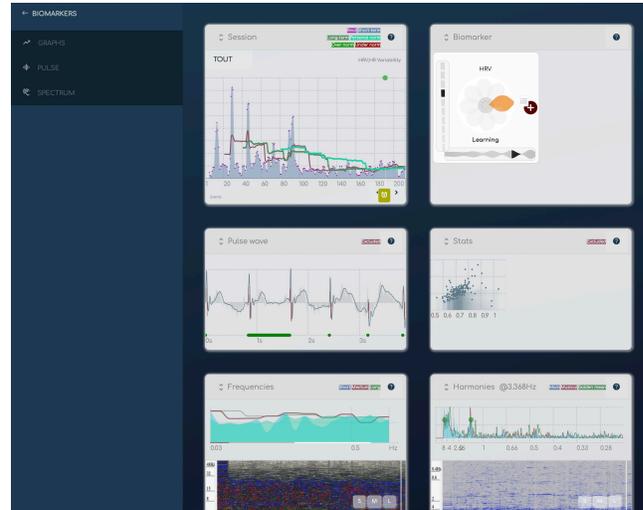
2. Scan: biomarkers and technical analysis

> *To work on the ECG pulse, biomarkers and spectrum.*

BioCoherence builds its biomarkers exclusively through mathematical operations on the raw recorded ECG pulse.

- In this module, you can access to the raw recording, disable beats if there were measurement errors (the app auto-disables beats based on an automatic quality detection algorithm) and work on temporal events.
- You can also see the 1st, 2nd and 3rd order information on biomarkers, and browse them by category (there are more than 1400 biomarkers...).
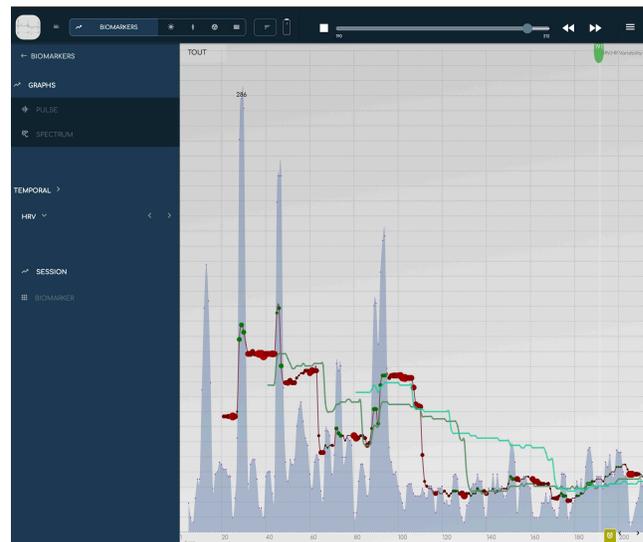
2.1. Time graph module

> *See how a biomarker evolves over time and sessions.*

BioCoherence works with biomarkers in a very dynamic way, assessing their evolution over several timeframes and comparing them across timeframes.

- On this graph, each biomarker is shown at the beat level, compared to the short-term, medium-term and long-term moving averages.
- You can move inside the recording with the top scroll (press the Play button to display it; press the Stop button to compare across sessions). You can also click in the graph to move the current mark.
- You can change the zoom scale with the top-left range selector.
- You can work with events on this module: the events are displayed on the bottom of the graph. To create or edit an event, click on the button on the bottom of the graph.
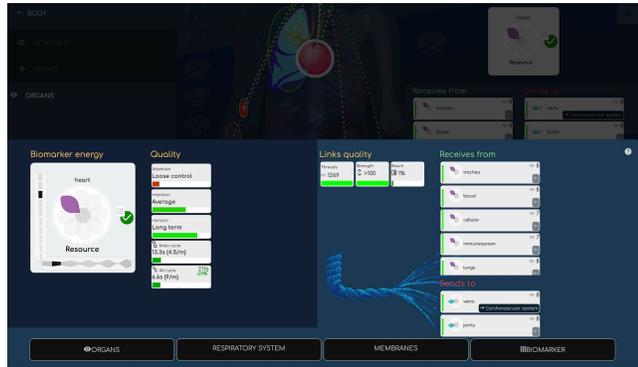
2.2. Biomarker module

> *A deep dive into a biomarker's wide informations.*

Each biomarker is one click away from the Biomarker panel, which shows in a compact and convenient way everything there is to know about its dynamic.

- The main information is the biomarker **flower**, which allows to immediately assess its main quality. The Flower is a composite of its main energy and its main entropy (or agitation). There are 9 different petals, and each is accompanied with a simple word to understand its main quality.
- The dynamic qualities are displayed in the 2nd column. **Attention, intention and horizon** are informations about its long-term dynamic.
- The main cycle and alt cycle are also shown in this column. This is the main respiration of the biomarker. The cycle is displayed in duration (seconds) and period (per minute). If the cycle matches an <u>integer Elfie value[1]</u>, which indicates a resonance with good energy implosion, the link to the Elfie table is highlighted.
- The **links** panel shows relationships with other biomarkers (here, other organs). Links quality is a composite of the main ropes (threads is a count of all links, strength on their solidity, and Reach indicates how many biomarkers in the family are linked with this one). Receives from, and sends to, lists the other biomarkers. A click on it opens their information page.
- On the bottom, the Maps and Graph buttons allow for a direct access to the relevant pages.

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1. *https://elfie.link*

3. Scan: organ maps

Dozens of exclusive, beautifully drawn body maps have been designed for BioCoherence so that navigation and links become easy to see and understand.

With close to 500 biomarkers dedicated to organ systems, organs or organ parts, we felt we had to map everything in order to make sense of it.

- A dozen beautifully crafted maps for a general view or zooms into Teeth, Vertebrae, Nerves, Brain...
- One of the core features of BioCoherence is the 3rd order information **Links between biomarkers**. Each map beautifully highlights the links between organs on the map, or links in one click to organs on other maps.
- The visual links and the two columns allow to immediately assess the energetic relationships with other organs (receives from, or sends to)
- The selector on the left lists all organs on this map, along with their biomarker evaluation.

Opening the module

By clicking on "Body" then "organs", the module opens with a general overview of the body, including a selection of the most important biomarkers: main organs, main hormones, main parts of the locomotor system, blood, cells.

If you click on an organ, or select it from the menu list, it is surrounded by a white halo, and the main links with the other organs on this screen are displayed (they are circled in red if they receive energy from the selected organ, and in green if they send energy to it).
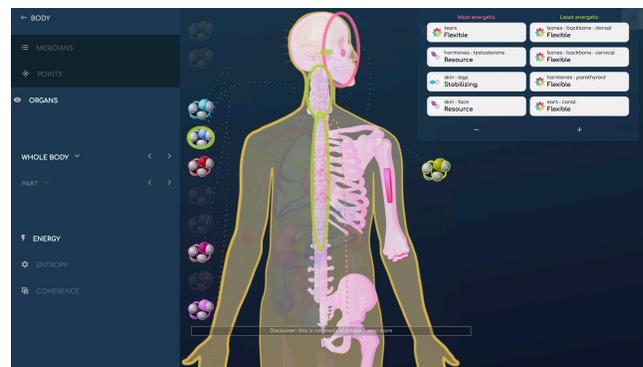
If links exist with organs that are detailed on other body maps, they are identified by the name of that map on a black background; clicking on it will open that detailed map.

3.1. Notable causes: energy

Immediately highlights the most and least energetic parts

Each body map has an Energy, Entropy and Coherence submenu, below to map menu and parts menu.

- The **Energy** module displays the least and most energetic elements of this map, along with their relationship links. You can change the number of elements by clicking on the + and - buttons under the list, and click on any biomarker to display its information.

3.2. Notable causes: entropy

Immediately highlights the most agitated and most static parts

Each body map has an Energy, Entropy and Coherence submenu, below to map menu and parts menu.

- The **Entropy** module displays the most agitated and most static elements of this map, along with their relationship links. You can change the number of elements by clicking on the + and - buttons under the list, and click on any biomarker to display its information.

3.3. Notable systems: coherence

Immediately highlights the systems that resonate together most.
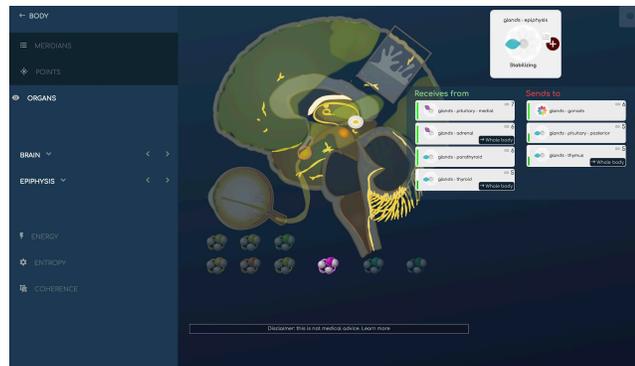
Each body map has an Energy, Entropy and Coherence submenu, below to map menu and parts menu.

- The **Coherence** module displays the systems that are most in phase together, that resonates together, along with their relationship links. You can click on any biomarker to display its information.
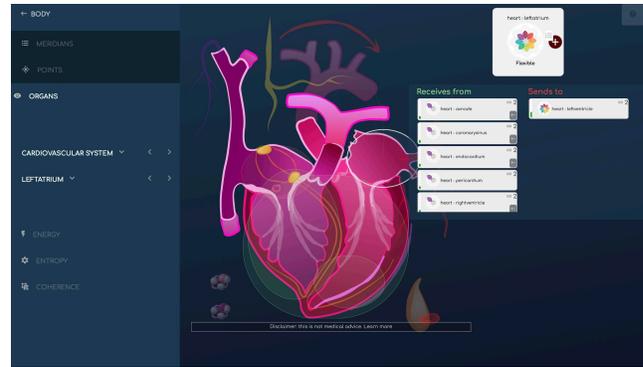

3.4. Brain

The links between the brain's components, and the hormones linked to them, are graphically highlighted here; it's also possible to display the most notable from an energetic point of view, the more or less agitated, and those in coherence

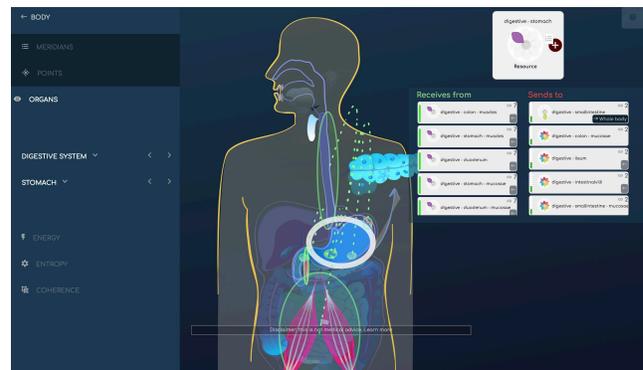We've also added the eyes and their components to this map.

3.5. Cardiovascular system

The links between the elements of the cardiovascular system are graphically highlighted here; it is also possible to display the most notable from an energetic point of view, the most or least agitated, and those in coherence. The anatomical board of the cardiovascular system includes the heart and all its details, the blood system (veins, arteries... including circulation and sympathetic control of blood pressure), blood (plasma, hemoglobin) and hormones (adrenalin and noradrenalin).
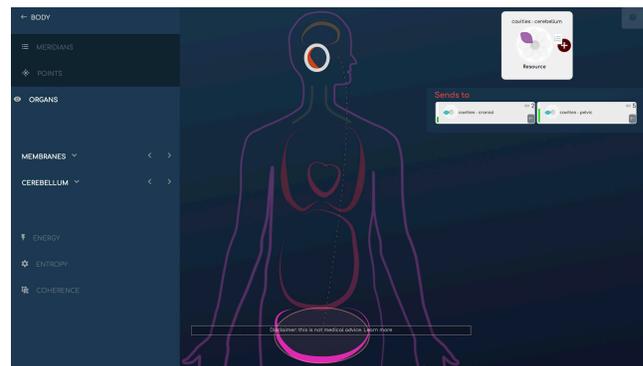

3.6. Digestive system

The links between the elements of the digestive system, from mouth to anus, are graphically highlighted here; it's also possible to display the most notable from an energetic point of view, the most or least agitated, and those in coherence.

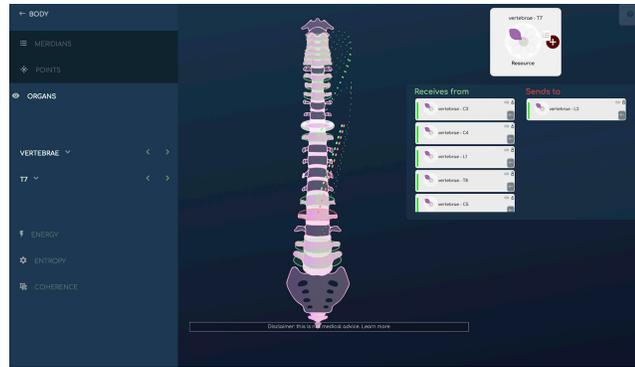
3.7. Membranes

The anatomical layout of the membranes is a little unusual; we wanted to highlight the resonance links between these large cavities. They are in fact an important part of the overall balance from a holistic point of view, which is usually little taken into account. They provide a semi-global reading level and are also important from a prological interpretation point of view.

3.8. Vertebrae

The links between vertebrae are graphically highlighted here; it's also possible to display those that are most notable from an energetic point of view, those that are more or less agitated, and those that are coherent.

3.9. Nervous system

The links between the elements of the nervous system are graphically highlighted here; it is also possible to display the most notable from an energetic point of view, the more or less agitated, and those in coherence. The nervous system includes the brain and details of the brain, the nerves and details of certain nerves, and the nerves linked to the spinal cord.

3.10. Teeth

The links between teeth and gums are graphically highlighted here; it's also possible to display the most energetically significant teeth, those more or less agitated, and those in coherence.

3.11. Locomotor system

The links between the elements of the musculoskeletal system (bones, muscles, but also hormones and some organs) are graphically highlighted here; it is also possible to display the most notable from an energetic point of view, the most or less agitated, and those in coherence

The selections made on each anatomical plate are designed to highlight relevant relationships between elements. On this screen, in addition to parts of the spine, bone marrow, skeleton, cartilage, muscles, fascia and calcium metabolism, we've added interesting hormones and organs such as parathyroid, hdh or noradrenalin, hair, skin and teeth.
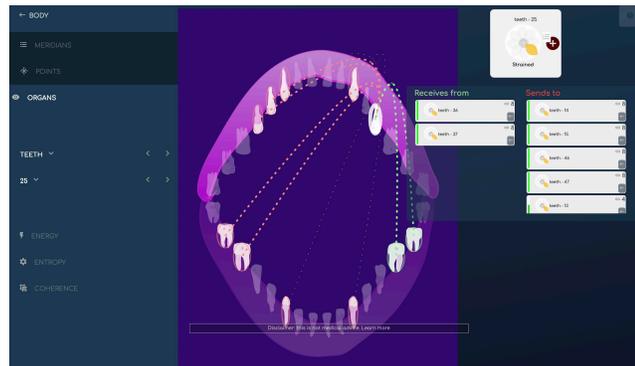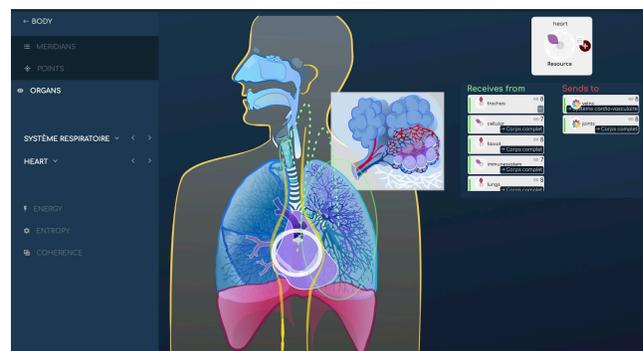
3.12. Respiratory system

The links between the elements of the respiratory system are graphically highlighted here; it is also possible to display the most notable from an energetic point of view, the more or less agitated, and those in coherence. On this screen, we also find the frontal sinuses, the auditory canals, and the heart.

3.13. Female genitalia

The links between the elements of the female genitalia and related organs (kidneys, bladder, sacrum, adrenal glands, and related hormones such as pregenolone...) are graphically highlighted here; it's also possible to display the most notable from an energetic point of view, those more or less agitated, and those in coherence

3.14. Male genitalia

The links between the elements of the male genitalia and related organs (kidneys, bladder, sacrum, adrenal glands, and related hormones such as testosterone, dhea, hgh...) are graphically highlighted here; it's also possible to display the most notable from an energetic point of view, the more or less agitated, and those in coherence

4. Scan: TCM meridians, points and recipes

> *Meridians, acupuncture points, TCM recipes*

Masters of the energetic evaluation since 5000 years, the Traditional Chinese Medicine is extensively used and dramatically extended in BioCoherence.

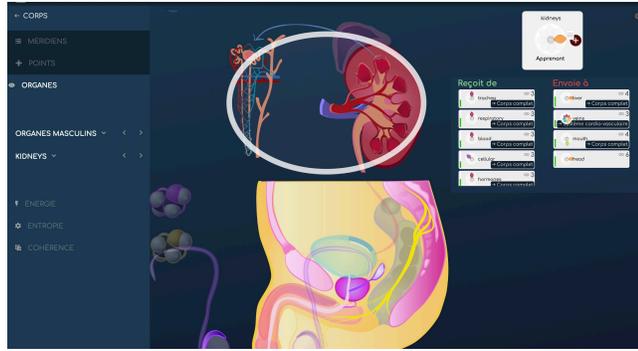- **Meridians** are displayed in 12 or 20 parts. The main energy channels of the body, the graph shows their links and the map, their paths.
- **Acupuncture points** are dynamically animated on the map. More than 350 points are computed by our exclusive algorithm.
- **Recipes** are traditional ways to address energetic problems, the TCM way. We dramatically extended this principle to calculate the energy, entropy and coherence of hundreds of recipes to assess their utility in the current evaluation, thus indicating their possible need - a form of assessment that could help diagnose issues.

4.1. Bladder meridian with links

> *Click on a meridian to get information.*

When clicking on a meridian, the graph will show its relations with other meridians, the biomarker will show its main quality, and the links with other meridians (receives from, or sends to) will be displayed.

- You can browse the meridians with the menu on the left, and show all meridians with their biomarker in the drop-down menu.

4.2. Meridians by energy, with common related issues

> *Identify the energetic best and worst, in one clic*

The **energy** menu show directly the most energetic and least energetic meridians, which can help identify problems.

- When clicking on a meridian, additional conclusions appear, that are related to the current energetic state of the meridian, and the possible conditions when associated to other meridians's state, as per TCM knowledge.

4.3. TCM Points

More than 350 points are computed

The **Points** module shows TCM acupuncture points.

- Click on a meridian to show all points in this meridian, along with traditional information on important points of the meridian.
- Click on a point to see its biomarker.

4.4. TCM Recipes, by coherence

Coherence is a way to see recipes that are entirely in phase.

We reverse-engineered the acupuncture recipes to make it into an assessment tool.

- By clicking **Coherence**, recipes whose points are entirely in phase together (that means, its points are resonating together and moving together like a single point) are displayed. Click on a recipe to see the points on the map and get directions. When added to priorities, the recipe will be used in the Balance part to help rebalance its effects.

5. Scan: The Energy modules

Everything you need to assess on the energetic level

These graphs allow to see informations like chakras, clock, planes, momentum, atoms, influences and organisms.

5.1. Ayurveda: Doshas and sub-doshas

The Ayurvedic evaluation of the body's energy.

Ayurvedic practitioners know how to work with the energetic constitution of the body. The three main constitutions are Vata, Pitta and Kapha, each with 5 sub-doshas. In a BioCoherence analysis, you can see each dosha and sub-dosha move when you move the time cursor, because all these systems are dynamic. The way they move is part of our assessment.

5.2. Energy graphs: chakras, planes, clock and momentum

The main energetic motors of the body

These 4 graphs allow for a proper energetic evaluation of the main functions of the body.

*   **Chakras** can show the 7 or 12 chakras, their global aura, and the relationships between them.
*   **Planes** highlights the main energetic equilibriums of the body: the horizontal, vertical and axial planes are shown, along with the link to the deep earth field and the celestial field.
*   **Clock** shows the relationship between the meridians and their main functioning hours, along with the recording time, to assess the proper time alignment.
*   **Momentum** is a graph we created to show the 3 main inertias and their components: those who restraints, those who equilibrates and those who help for movement.

5.3. Energy graphs: the micro world

Very small, but vey useful

This 3 graphs show the micro elements that can impact the global system.

- **Atoms** show the periodic table and the resonances between elements.
- **Influences** is the TCM 5 elements star, with their respective constructive or destructive influences calculated and highlighted through arrows.
- **Organisms** is the evaluation of 200 external organisms (virus, bacteria, fungi and parasites) and their respective links.

6. Scan: the Mind module

Mind, Spirit and Shadow are the focus of this module.

With more than 300 biomarkers dedicated to things happening in out thoughts, the Mind module aims to organise in a convenient way their readings.

- **Mind** addresses personality, focus and brainwaves.
- **Personality** reconstructs the Jung personality type (later popularised as Myers Briggs or MBTI). For this screen we created a unique, new logical visualisation based on 4 axis we discovered in the personality assessment.
- **Focus** regroups traditional HRV academic indicators as well as a constructive/destructive balance visualiser.
- **Brainwaves?** Yes, our sensor can read up to 64Hz the whole-body electricity, not just the heart's. We designed an algorithm to extract the brainwave's specific informations to get a sense of the mind's most active focus states.

6.1. The shadow module

Emotions, wounds and drives

The shadow, or the subconscious, is an integral part of our behavior.

- **Emotions** are extracted from the main rhythms of the ECG.
- **Wounds** are relating to TCM influences. The 5 wounds (or 8 wounds as it was originally designed) have a popular use since 30 years. In BioCoherence, we extend their meaning by adding their respective constructive or destructive relationships.
- **Drives** is a completely new way of organising emotions in a meaningful way.

6.2. Shadow: drives

A new way to organise emotions.

Drives is a completely new way of organising emotions in a meaningful way into 28 groups of opposites, neatly arranged into 3 main groups (ME Inside, ME outside and OTHERS), each comprising 3 sub-groups (Emotion, Feeling, Action).

- **ME inside** addresses the emotions that concerns my inner functioning.
- **ME Outside** addresses those emotions that relates my inner workings with what happens around me.
- **OTHERS** addresses the emotions relating to other people around me.
- **Emotion** is the root of their origin.
- **Feeling** is how I interpret them.
- **Action** is what I do with them.

By using meditation techniques such as the observing mind, one can better understand the articulation and implications of arising emotions.

The resonance links between emotions, that show when you click on the graph, can also help understand what is happening.

6.3. The Spirit module

Music and Scale alignement

The spirit is that part of us that transcends space and time.

- **Music** is a reading of the main frequencies in the ECG coupled with a lot of music theory. Scale and main chords are calculated on a short-term (one bar), medium-term (2 bars), long-term (3 bars) and very long term (4 bars). Those are then used when building the custom meditation, to take you musically from where you are, to where you could go.
- **Alignment** is based on Dan Winter's equation and Elfie integer values[2].
- in Alignment, **Focused coherence** is, as Dan says, the "Real Heart Coherence": it calculates the amount of focus through the cepstrum (2nd order FFT) or, in simple terms, it calculates how much the global frequencies found in the ECG are **musically** in tune and in phase together.
- in Alignment, **Real Heart Coherence** calculates the same but for frequencies that are multiples of the golden mean between them.

- in Alignment, **Embedded implosion %** shows the part of the frequencies that are close to integer Elfie values, thus indicating the amount of energy that is currently embedded in the best energy implosion cycle.

7. The tests modules

Using biofeedback to get real-time assessment of any information

Tests are a unique way to assess any kind of information.

- Using biofeedback in real-time, tests are individual assessments of compatibility.
- Test are made of lists of elements. Each element can be pre-calculated from a scan, and tested live against the body's reaction to its information.

7.1. A test list after a live evaluation

After the live evaluation, you can see the 2 informations displayed on the list: the automatic pre-evaluation (if any), based on the biomarker's needs and the stated effect of each list element; and the biofeedback response, a thumb up or down, based on the somatic answer of the organism during the test.

7.2. A test list

A test is made of a list of elements to be evaluated and ordered.

7.3. Test lists

Searching, editing, sharing and choosing tests

Tests is an open platform where creators can create and share their lists. You can search by keywords, creator or test type, duplicate existing tests to build you own, and display all tested results for the current report in one click.

7.4. test: biofeedback live evaluation

When launching a test, informations are sent to the user and the somatic answer is evaluated.

7.5. tests: edit

Any pro can create tests for oneself or to share later. For each element in the test list, one can specify the action on biomarkers for automatic evaluation, or add any kind of information for biofeedback evaluation.

3.2.
Detailed guide

This manual covers all aspects of the application, and each chapter is illustrated with screenshots and videos to help you understand how best to use it.

To access the videos and the forum by chapter, go to biocoherence.net/tutorials

Contents

8. Introduction

General presentation of this guide

In this introduction, we'll look at how to open an existing report, import an ECG from Health, or create a new report by recording with Sensor. We'll also take a look at the application's initial concepts.

8.1. Overview of the software interface

Interface on computer, tablet or smartphone; forums, context-sensitive manual access and context-sensitive help requests.

When you open a report after recording, there are several interface elements to help you navigate and analyze the data efficiently.

At the top of the interface, you'll find a menu giving access to the different parts of the report. A navigation bar allows you to move around within the recording. The main menu is divided into several sections. To return to the summary, simply click on the button provided.

The main sections include :

- **Scan analysis**: This section displays various screens, such as body, energy, biomarker technical analysis, mind analysis, and progressions through the recordings.
- **Tests**: Currently, this section has only one entry, but more options will be added. It includes list tests, frequency tests and live tests.
- **Sensor connections**: By clicking on the battery icon, you can initiate a Bluetooth connection to the sensors and start a recording directly.

Navigation in the recording can be at the top of the screen on a computer or at the bottom on a phone, depending on screen size. You can navigate between sections such as before session, after session, and see all actions performed for a specific client. The interface also allows beat-by-beat navigation for detailed real-time analysis.

biocoherence.net/n82.92

Report saving includes customer information, report title, and the ability to save the report in the cloud. This enables access from multiple devices and secures data away from the local computer. You can also change the client if a recording has been started on the wrong profile.

The general menu at the top of the interface offers several options:

- Return to home page
- Edit test lists
- Contact management
- Modification of contact details and account
- Change subscription
- Update application data
- Using the Elfie calculator

Recent news and a help request option are accessible from all pages. In the event of a technical problem, you can enter "Opinions and suggestions", ask a question, or send a support request with a screenshot.

Help requests, forums and online manuals

The application also offers context-sensitive help and integrated videos for each item. Whenever you see the question mark symbol (?), it will open a small help text. This text may give you access to a video and the manual page directly. It will also give you access to a collaborative forum. If you don't have a specific problem but would like to make a comment at this point, or if you need clarification

between practitioners, you can open this collaborative forum by clicking on the question marks. You can then ask questions or answer other users' questions there.

Using the "Advice and Suggestions" function to request help

The "Notices & Suggestions" function is accessible from any page of your interface and enables you to request help in the event of a technical problem. Here's how to use it effectively:

1. Open the menu in the top right-hand corner and access the "Notices and suggestions" menu.
2. Type your question or describe your problem in the text box provided.
3. The system will search the knowledge base for an answer to your question.
4. If an answer is found, it will be displayed directly on the screen.
5. If no answer is found, you can send a support request.

To send a support request, you have two options:

- **Take a screenshot**: This helps you better understand what's happening on your screen. Once you've taken the screenshot, you can use the tools at the top to annotate the image. For example, you can circle the problem area and add an explanatory speech bubble.
- **Write a ticket**: You can also simply write a description of your problem without taking a screenshot.

Once you've annotated the screenshot or written your description :

- Click on "Validate".
- Add a little text if necessary to clarify your initial search.
- Send the message.

Your request will then be converted into a ticket with all the necessary information so that the support team can help you as best as possible. Always use the "Advice and suggestions" menu when you have specific questions or problems to resolve.

Follow-up your requests
Still in the "Advice and suggestions" menu, a 3rd button "Track your tickets" opens all your current requests, allowing you to add information or view our replies.

Back to home page

When you return to the home page, the last open report is displayed for quick access. The interface includes important sections for scan analysis, live testing, scan conclusion, and the ability to share results.

The interface is designed to offer fluid navigation and comprehensive tools for analyzing and sharing recordings.

8.2. Open a report

Discover the app

Introduction

Welcome to this chapter dedicated to the BioCoherence application, available on smartphone and computer. This application allows you to track and analyze various biomarkers for a better mind-body balance.

Home screen

When you open the application, you find yourself on the home screen. You have two choices: start a new measurement or open a sample report. We recommend that you start by opening the sample report to familiarize yourself with the interface. This home screen also features a menu providing a variety of information, which we will describe in detail in the following sections.

Example report

Once you've opened the example report, you'll notice that the calculation starts immediately. This takes you to the main menu, which is divided into the following sections:

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- Balancing: Priorities, Resources
- Reports: PDF Report, Guided Meditations
- Detailed analysis: Biomarkers, Energy, Body, Mind, Progression

Computer application

The computer application offers a similar experience to that on a smartphone, with more space to navigate. The menus and sections are identical, but the display is optimized for larger screens.

Navigation

Whether you're using a smartphone or a computer, a navigation area is available at the top or bottom of the screen. This allows you to move from one section to another, notably to compare pre- and post-workout recordings, or to track daily progress over a given period. To go back or forward in the recording, simply press "play" and navigate through the recording.

Biomarker analysis

When you select the "Biomarkers" section, you can examine data such as the pulse wave. This analysis may vary according to marker type and recording time. On the computer, additional tabs such as "Tests" and "Progress" are available, offering a detailed view of the evolution of biomarkers over the course of sessions.

Conclusion

This chapter has provided a general overview of the BioCoherence application. For an in-depth understanding of each screen and feature, we invite you to consult the complementary videos.

8.3. Recording with Sensor

Several methods are available for making a clean ECG recording with BioCoherence. You can start from the home page by initiating a new recording and clicking on "record". Another option is to start from the "progress" page or by clicking on the battery icon at the top of the screen. These actions will automatically connect the application to the Bluetooth sensor and start recording.

During recording, an animation is displayed to illustrate the expected results. However, this animation is not updated in real time with the measurements. The data will be calculated at the end of the recording. The animation helps you to spend the time needed to obtain a good recording, ideally at least two minutes.

Three sliders at the top of the screen, labelled "energy", "activity" and "link", fill up progressively. These cursors must be completely filled to ensure that the information collected is sufficient to calculate all the necessary variables. Once these cursors reach 100%, the recording is considered sufficient.

To ensure recording quality, place a thumb on each sensor. If the signal is not of good quality, use electrode gel or moisten your fingers slightly. Signal quality is evaluated automatically. For example, if you remove a finger, recording stops immediately. If you put your finger back in, reconnection takes about a second, but you may need to recalibrate.

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If you don't apply sufficient pressure, move or make sudden movements, the screen changes to a red background, indicating that the data is not being taken into account. The device will wait for recalibration, indicated by the return of the green dots and the absence of the red background, before resuming the recording of good quality data.

Once the cursors are 100% full, click on "Stop". The application will then calculate all the data, and you will be able to consult the various main chapters of the scan recording.

8.4. Customer management

Overview

BioCoherence Pro allows you to network with an unlimited number of customers, each of whom can be connected via their own application. This chapter will guide you through the steps involved in managing and sharing information with your customers.

Customer selection

On all pages where you need to select a customer, a button is available in the top right-hand corner for making this selection. To find a customer, simply type his name in the search field. The system will display the corresponding customers and the number of records available for each.

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Record management

Once you've selected a customer, you'll see the records available for that customer. Records can be identified by different pictograms:

- A pictogram indicates that the record is stored on the local computer.
- Another pictogram indicates that the recording is in the cloud.
- A third pictogram indicates that the customer has access to this recording.

Sharing reports

When you open a report, you can choose whether you wish to share access with the customer. On the home page, a button allows you to modify the customer's information, such as gender, email and a photo. This information is crucial for visualizations specific to sexual organs and chakras.

Sending invitations

To send an invitation to a customer, enter their e-mail address and click on "Send e-mail". You can also share the invitation link or text via SMS, WhatsApp or any other application available on your device. The message can be sent in English or French, by changing the language with the flag selector.

Using these features, you can easily manage and share information with your customers on BioCoherence Pro, while ensuring efficient and secure communication.

User and Client Management in BioCoherence, in detail

The BioCoherence app provides comprehensive user and client management features, allowing users to manage their own profiles and those of their clients. This section details the functionalities available for managing users and clients within the app, including creating new contacts, switching between users, and managing user data.

Current User Display

- **User Display**: The current user is displayed at the top of the Home Screen of the app interface. This can be you (the primary user) or any client or contact.
- **Privacy Feature**: Users can blur all names and pictures by clicking the blur icon, ensuring privacy when others might be viewing the screen.

User Analysis

- **View Analysis**: Clicking on "Open Analysis" or "See All Analysis" will display analyses tied to the current user only.
- **Switching Users**: To switch users, click on the two arrows icon to access the user directory. The primary user is always listed at the top of this list.

User Directory

- **Accessing User Directory**: Click on the two arrows icon to open the user directory.
- **Searching Users**: Use the search icon (looking glass) on the bottom of the page to filter users by entering keywords.
- **Creating New Contacts**: Access the contact list via the menu and click "Create New Contact" to add a new user. Specify gender for accurate screen display. Add their email if you want to invite them or share a report, or give them access the the report in their app.

Contact Management

- **Editing Contacts**: Edit current contact details, including name, email, and gender. Gender selection affects screen display, particularly for gender-specific analyses.
- **Email Integration**: Adding an email allows direct sending of PDF reports and creates an account on the server for the user.
- **Additional Information**: Optional fields include date of birth, weight and personal notes. Date of birth is not currently used in calculations but will be used for future features like biological age comparison.

User File Management

- **File Saving**: Analyses are saved in user files. Ensure analyses are saved under the correct user to avoid confusion. You can change the user at this stage if there was a mistake, like starting a record under a different user.
- **Cloud Upload**: Analyses can be uploaded to the cloud for sharing. This is necessary for sharing access with clients.

Sharing and Inviting Users

- **Inviting Users**: Send invites to users via email or text, allowing them to access their reports and use the app.
- **Sharing Reports**: Share PDF reports with clients. Reports can be customized by selecting which sections to include.

Device Compatibility and Updates

- **Device Compatibility**: The app is compatible with various platforms, with updates regularly released to improve functionality.
- **Updating the App**: Users should regularly check for updates to ensure they have the latest features and fixes.

Additional Features

- **Multi-View Analysis**: Compare multiple variables across recordings in real-time. Useful for research and detailed analysis. You can show and compare history of a given contact.
- **Apple Health Integration**: Import recordings from Apple Health. Note that imports on a device are from the primary user's own Apple Health account. If you do a recording on your own Apple Watch, you can import it only from your own device. So, if the recording is done on the client's Apple Watch, the import must be done from his device, with his app and his login. He can then share it with you.

Privacy and Data Management

- **Local Data Storage**: All calculations and data are stored locally on the device. Cloud storage is optional and used only for sharing purposes.
- **Data Security**: The app can function without internet access, ensuring data security and privacy.

Future Developments

- **Stripped-Down App Version**: A simplified version of the app will be available, focusing on recording, frequency playback, and report reading.

This comprehensive guide to user and client management in the BioCoherence app ensures users can effectively manage their profiles and those of their clients, enhancing the overall user experience.

8.5. Multi-part report

To examine the details of a report, start by opening the report in question. Click on its name to open it, which will display the various elements it contains. At the top of the screen on a computer, or at the bottom on a phone, the various sections of the report are displayed. By default, the entire record is visible, but you can choose to display only the first or second section, for example.

Section details can be accessed via the "Progression" tab, also located in the middle of the home page interface. This tab shows the evolution of the various variables over the course of the recordings. For example, you can see recordings spaced 5 minutes apart, 4 minutes 30, or recordings of various lengths, such as 40 seconds and 20 seconds.

It is also possible to add comments to these recordings. This feature makes it possible to document the beginning and end of sessions, or to annotate specific actions to observe the evolution of markers over the course of a session.

The various recordings are directly accessible, allowing you to compare the status of biomarkers, section by section, and observe changes in momentum, chakras, etc. These features offer a detailed, comparative view of the different sections of the report.

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9. Understand: Biomarkers

Pulse wave technical analysis

These screens enable technical analysis of the pulse wave, such as extraction of frequencies and harmonies, editing of the recording, direct analysis of the wave, biomarker evolution graph...

9.1. Biomarkers in detail

Introduction

In this chapter, we'll explore the details of biomarkers in a user interface. Let's take the example of the chakras to illustrate how they work and how the relevant information is displayed.

Accessing Chakras

When a page dedicated to chakras is accessed, the various chakras are displayed. By clicking on a specific chakra, the associated biomarkers appear on the right-hand side of the screen.

Energy and Agitation

The first key element is energy, a resource evaluated according to its energy level and agitation. On the left-hand side of the screen, energy is visualized, while at the bottom, agitation is displayed. Both aspects are represented by 9 different petals, describing the state of energy and agitation:

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- Here, high energy and low agitation indicate a resource.

Additional information

Other information is also displayed:

- Attention level
- Intention level
- Time horizon (short, medium or long term)
- Element's main cycle

Evolution and Average

It is possible to follow the evolution of biomarkers over the course of a session, divided into four parts. For example, you can observe a variation in energy, with phases of ascent and descent, enabling you to evaluate the overall average.

Priorities

Each biomarker page offers over 1,400 different biomarkers. A button allows you to automatically add a biomarker to the priorities. By clicking on "add to priority", this item is marked for further treatment, such as meditations or reharmonization frequencies. The process of adding and removing is a simple click away.

Link quality

Links between elements of the same family (e.g. chakras) are indicated:

- Number of fibers (links)

- Resonance points
- Percentage of diffusion (e.g. 33% of linked chakras)

Direct Access Buttons

Two buttons facilitate navigation:

- Direct access to the chakra
- Direct access to full-screen biomarker analysis page

Help and Information

A question mark is available on each page, providing additional information on the petals and the meanings of the various resonances and regulations.

In short, this interface enables detailed, personalized management of biomarkers, facilitating analysis and optimization of chakras and other related elements.

Biomarker energy and agitation information

Energy

The vertical scale on the left shows the biomarker's average energy. A low value (to the bottom) indicates a low energy biomarker. A high value (to the top) indicates a high energy biomarker. For some biomarkers (e.g. acupuncture points, emotions...) the energy can be negative or positive, indicating an impact on the overall equilibrium. In this case, the low energy is indicated in the middle of the scale.

Agitation

The horizontal scale on the bottom shows the biomarker's average agitation. A low value (to the left) indicates a mostly static biomarker. A high value indicates a mostly agitated biomarker.

Biomarker petals

The 8 petals (plus the opened flower, all 8 petals in equilibrium) indicate the main energy/agitation zone of the biomarker.

Static

Low energy, low agitation. This is the lowest activity possible for a biomarker. It is usually associated with chronic, long-term conditions.

Low energy

Low energy, normal agitation. This biomarker has a low, but functional activity.

Strained

Low energy, high agitation. This is a sign of distress.

Stabilizing

Normal energy, low agitation. This biomarker is a stable pillar.

Flexible

Normal energy, normal agitation. The opened flower indicates an optimal functional state.

Learning

Normal energy, high agitation. This indicates a learning process, usually in reaction to some external information.

Resource

High energy, low agitation. This is a caracteristic of main resources.

Adaptating

High energy, normal agitation. This indicates an adaptation process, usually in reaction to some external stimulus.

Destabilizing

High energy, high agitation. This indicates an acute, hard to resolve situation.

Biomarker regulation information

This is a non-linear analysis of the biomarker.

Attention

Indicates the strength of management of the biomarker.

Intention

A lower value indicates dispersion (presence of many concurrent biomarker regulations). A higher value indicates focus (a strongly present biomarker principal regulation). A negative value indicates chaos (there are no clear regulations). An overvalue indicates hypervigilance (a too strong regulation).

Horizon

A lower value indicates short-term agitation (more short-term management in the biomarker regulation than long-term). A higher value indicates long-term relaxation (more long-term management in the biomarker regulation than short-term).

Biomarker resonance information

This is a non-linear analysis of the resonances between biomarkers in the same group.

Threads

Indicates the total number of resonances with other biomarkers in the group (thread count of the main rope).

Strength

Indicates the total stength of the links with other biomarkers in the group (width of the main rope).

Reach

Indicates the proportion of other markers in the same category this biomarker has links with (separation of the main rope into individual ropes).

Resources

Resources are strong links with other biomarkers. A resource indicates an energy exchange between 2 systems. The main direction of the energy exchange is indicated (receives from, or sends to). Resources are ordered first by the most powerful resources it receives from, or the most needy resources it sends to.

9.2. Pulse wave editing and verification (raw recording)

In this section, we'll look at how to edit the pulse wave in the event of recording problems, and how to check the raw wave. To begin, go to the "biomarker" section and select "pulse wave". You'll then be able to see the waveform of each heartbeat, point by point. This beat-by-beat visualization is useful for comparing and observing the evolution of each wave.

In addition to the average wave, which we're used to seeing, it's important to note that the true waveform is often much shakier around this average. If a problem occurs during recording, for example, if part of the wave is not detected, the software automatically deactivates this section. However, you can reactivate this section if you decide that it should be taken into account.

To do so, simply click on the corresponding section. You can also activate or deactivate individual beats with a single click. Deactivated beats will no longer be taken into account in the calculation of flowers or in the graph.

Finally, you'll find a set of technical statistics below the pulse wave, such as RR interval, PR interval, QRS intervals and so on. These data can provide valuable information for further analysis.

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9.3. Monitoring biomarker changes over the course of sessions

To analyze the evolution of a biomarker over time, start by accessing the "Biomarker" tab and open "Session", then "Dynamics". You'll see the complete evolution of the biomarker over time.

In playback mode, you can move the cursor point by point to observe different parts of the evolution. At the bottom of the screen, marks indicate the separations between each part of the session. You can adjust the zoom for a more precise analysis, and navigate between the different parts of the session, whether second, third, etc.

You can add events by clicking where you wish. For example, if you perform a noteworthy action, you can mark this event. Once added, the event is visible as a mark at the bottom of the screen, and by clicking on it, you can access it again. You can also move the event by editing it, then confirming the new position.

Events are used to note important aspects of your practice and also appear in the summary of the various parts. The evolution graph is divided into several segments: very short-term (blue background for instantaneous evolution), medium-term, long-term and very long-term. The very long term provides an average over a longer period, requiring around 90 beats to calculate.

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Analysis of the relationship between the very short term and the medium term is crucial. Sometimes, the very short-term curve is above or below the medium-term curve. When the curve is below, it is marked in red, and when it is above, it is marked in green. These indications provide important information for assessing instantaneous trends during testing.

Finally, a synthesis of the information is available in the form of a "flower" indicating energy and agitation levels. This summary can also be analyzed part by part to observe the evolution over the different sections.

9.4. Frequency and Harmonic Analysis

> *Thanks to a mathematical operation called FFT, the wave is transformed into frequencies, then these frequencies are analyzed to find their harmonics.*

In this chapter, we'll be looking at the frequencies and harmonies calculated from the waveform. We remain in the biomarker space, i.e. in the technical list.

To begin, open the frequencies. You'll see a display between 0 and 60 Hz. At the top of this display, you'll find the lowest frequencies, i.e. the very low frequencies below 0.03 Hz, the low frequencies, and the high frequencies around 0.4 Hz. These frequency ranges generally contain very interesting information.

We look first at the 0-3 Hz range, but it's also possible to find information on the other frequency bands.

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Next, move on to the Harmonic section. This section performs a calculation on the frequencies to determine which are the strongest. The information obtained here is also relevant to the various biomarkers. This technical analysis allows you to scan the recording and identify the predominant frequencies. It is difficult to distinguish relevant information with the naked eye on these displays, but it is one of the bases of what the application uses to calculate biomarkers...

FFT (Fast Fourier Transform) is an algorithm that calculates the Fourier transform quickly and efficiently. It is widely used in signal processing, spectral analysis and data compression. The Fourier transform is a mathematical tool that decomposes a function or signal into a sum of sinusoids of different frequencies. It transforms a signal from the time domain to the frequency domain.

9.5. The causal chain

The Causal Chain feature in BioCoherence provides a comprehensive way to analyze the interconnections between different biomarkers, allowing users to identify the root causes of imbalances and determine the most effective interventions. Unlike previous methods that only displayed relationships within the same category (e.g., organs linked to other organs), the Causal Chain expands this analysis to include all biomarker categories, such as meridians, chakras, atoms, pathogens, and more.This feature enables users to:

- Identify the underlying causes of imbalances.
- Determine which biomarkers are in resonance with each other.
- Find the best helpers to restore balance.
- Build a customized priority list for harmonization.

Accessing the Causal Chain

To access the Causal Chain:

1. Open an analysis and navigate to the Biomarkers section.
2. Select a biomarker of interest (e.g., an organ, meridian, or drive).
3. Click on the Causal Chain submenu, under the Relations menu.

This will open a new interface displaying all biomarkers that are in resonance with the selected biomarker.

Understanding the Causal Chain Interface

The Causal Chain interface presents a network map of interconnected biomarkers. Key elements include:

1. Central Biomarker

- The biomarker you selected is placed at the center of the map.
- All other biomarkers that resonate with it are displayed around it.
- You can click on any biomarker around to place it in the center and recompute around it.

2. Resonating Biomarkers

- Only biomarkers that are currently in resonance with the central biomarker are shown.
- These are categorized into different groups, such as organs, meridians, chakras, atoms, pathogens, and more. The groups are displayed on the bottom of the screen. Click on a group name to show the related biomarkers. Each group can show one or two numbers:
  ◦ always, the number of related biomarkers in this group
  ◦ only if there are, in a white circle: the number of large links (best helpers) in this group.

3. Relationship Strength

Each connection between biomarkers is color-coded:

- Large link (white, green or blue): Best helpers, with the strongest resonance and most capable of helping (best improvements in energy, agitation and quality)
- Green: Positive influence towards the central biomarker (e.g., increasing energy, reducing entropy).
- Blue: The central biomarker sends energy towards it.

- Fine links indicate specific relationships related to attention, intention and horizon. The legend on top shows their signification.

4. Energy and Entropy Mapping

- The biomarkers are positioned on a graphical map based on Energy levels (low to high) and Agitation (entropy) (low to high), in the same way as the petals are organised on the flower.
- This allows users to visually assess which biomarkers are contributing to stability or imbalance.

5. Filtering and Best Helpers
Users can filter the displayed biomarkers based on specific qualities:

- Increases attention
- Increases intention
- Increases horizon
- Aligns with main cycles
- Best helpers (biomarkers that provide the most beneficial influence)

6. Navigation and History

- Clicking on any biomarker will center it in the analysis, allowing users to explore its own causal chain.
- A history panel tracks the path of exploration, allowing users to return to previous biomarkers.
- Users can navigate back to the original biomarker or explore deeper into related biomarkers.

Detailed guide: using the Causal Chain for analysis

Step 1: Identify the Root Cause

- Start with a biomarker that appears in the Priorities list.
- Open the Causal Chain to see which biomarkers are influencing it.

Step 2: Find the Best Helpers

- Use the Best Helpers filter to identify biomarkers that can positively influence the central biomarker.
- Look for green connections, as these indicate the strongest beneficial relationships towards it.
- Blue connections can indicate other elements helped by this biomarker and taking energy from it, thus revealing causal links that can explain current states.

Step 3: Build a Custom Priority List

- Click on a biomarker and add it to the Priorities list.
- Continue exploring related biomarkers and adding relevant ones to the list.
- This ensures that the harmonization process addresses not just the symptom but also the underlying causes.

Step 4: Apply the Findings

- Use the Harmonic Boost feature to play the selected frequencies.
- If applicable, integrate TCM points, organs, meridians, or atoms into the harmonization process.
- Improve the Harmonic Boost by adding selected protocols on top of each biomarker.
- Monitor progress over multiple sessions to track improvements.

Example Use Case

Scenario: Addressing Lung Imbalance

1. Select the Lung from the Priorities list.
2. Open the Causal Chain to see related biomarkers.
3. Identify best helpers: for instance, Organs: Stomach, Liver - Meridians: Kidney, Bladder - Atoms: Tantalum, Osmium - Drives: Lack of trust, Hypersensitivity
4. Add the most relevant biomarkers to the Priorities list.
5. Play the harmonization frequencies (Harmonic Boost) and programs (Personal Guide), and track progress over time.

Benefits of the Causal Chain

- Holistic Analysis: Provides a complete view of interconnections between different biomarkers.
- Personalized Approach: Tailors harmonization to the individual's unique energetic state, and allows to start from a particular symptom of complain and find the relevant causal chain items.
- Deeper Insights: Helps practitioners and users understand the underlying causes of imbalances.
- Efficient Prioritization: Focuses on the most impactful biomarkers for faster results.

The Causal Chain is a powerful tool in BioCoherence that enhances the ability to analyze and address imbalances at a deeper level. By mapping out the relationships between biomarkers and identifying the best helpers, users can create highly effective Harmonic Boost and Personal Guide programs tailored to their specific needs.

9.6. Polygraph

This screen mainly uses academic biomarkers.

It provides a convenient way to see in a glance e.g. the VHF, HF, LF and VHF proportions, and a linear graph of up to 7 important curves.

This can be used in real time during recording, as all screens (just switch screen during a recording). All these markers come from the academic research on ECGs. You can display up to 7 bands of your choice, in parallel or centered on the same line.

- In **Bands** mode, the 7 lines are: Bpm, HRV, Mayer waves, VHF, HF, LF and VLF.
- In **Ratios** mode, the 7 lines are: SDNN (Total power), SI (Stress index), IC (Index of Centralisation), LF/HF (Power, vago-sympatethic interaction), LF/VLF (Relax), VLF/HF (Stress) and VLF+HF (Global activity).
- In **Systems** mode: CNS, Ortho, Symp, Para, IRSA, Immunity, HRV.
- In **Brainwaves**: Delta, Theta, Alpha, Beta, Beta1, Beta2, Gamma.

Click on a category under the graph to show these items; click on the items colored legends to show or hide them.
Click on Centered to show the all on the same baseline.
Click on the flower under the graph to access the full biomarker details.

If you do research with this graph, it could be the basis for new insights or new biomarkers. In addition, remember you can analyse any biomarker in its timeline and with events on the biomarker Dynamics screen.

10. Understand: Energy

The energy screens feature graphics on the biological clock, chakras, impulses, atoms, influences, ayurveda, micro-organisms...

10.1. Momentum

> *constraints, balances and movements*

In this section, we'll look at momentum in the context of energy management. To access this feature, go to the "Energy" menu and click on "Motions". Here you'll discover some twenty available momentums, classified into three main categories: constraints, balances and movements.

The principle of momentum

Our bodies are constantly in motion; movement is life. But we're made up of a myriad of elements, some of which are part of us, some of which are external constraints, and some of which want to go against the general interest. We have separated the impulses into 3 categories: those that slow us down, those that balance us and those that drive us.

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1. **Constraints**

   Constraints are elements that put the brakes on movement. These include :

   ◦ Geopathic stress (click on any element in the graph for more information).
   ◦ Geopathic radiation.
   ◦ Geopathic water: water veins, faults, etc. that induce underground electrical currents.
   ◦ Harmful energies.
   ◦ Heavy metals.
   ◦ Pathogens.
   ◦ Miasmas.
   ◦ Toxins.

2. **Balance**

   The balance section covers the aspects that help maintain stability. It includes :

   ◦ Emotional balance.
   ◦ Energy balance.
   ◦ Sleep quality.
   ◦ Terrain (overall body balance).
   ◦ Vertical balance.

3. **Movements**

   Movement encompasses the factors that give you dynamism. The main elements are :

   ◦ Bodies.
   ◦ Vitality.
   ◦ Blood pressure.
   ◦ Fluids.

You can also observe general movement and compare it according to the different stages and sections of your recording.

An interesting point to note is the relationship between these elements. For example, here, bodies are linked to emotional balance, and blood pressure receives and sends information to different locations, which can provide valuable insights into the overall quality of the analysis

By combining this information, you can better understand and manage the different aspects of your energy and drive.

10.2. Atoms

Periodic Table of the Elements

On the Atoms page, you can access the periodic table of the elements to obtain information on the different atoms. By clicking on an atom in this table, you can see the bonds it may have with other atoms, i.e. the common resonances. This information is also visible at the bottom of the screen, but viewing it directly on the table is more intuitive.

At present, the application provides a general evaluation of resonances for each atom. A future version could enable the reconstruction of resonances for entire molecules, based on the bonds between different atoms. This feature could be particularly useful as part of a check-up you're carrying out, to see excesses or deficiencies in certain elements, or to see, thanks to multi-part recordings that can be compared, whether an element is stabilizing following the application of a product or therapy.

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10.3. Ayurvedic Energy Assessment

Doshas and sub-doshas

Ayurveda is a traditional system of medicine distinct from traditional Chinese medicine, although it does have some similarities, notably the equivalent of the 12 meridians in the form of 15 sub-doshas. These sub-doshas are grouped into three main influences: Kapha, Pitta and Vata.

These influences can be perceived in a general way, and our usual flower-shaped visual representation can be displayed to illustrate these influences. It is also possible to display the individual elements, called sub-doshas. By clicking on one of the Sub-doshas, you can see the groups to which it corresponds. For example, one sub-dosha may correspond to the skin and the limb group skin. Another Sub-dosha may correspond to different groups, and so on.

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The 3 Doshas according to Ayurveda

1. **Vata**

   ◦ **Description**: Associated with air and ether, Vata governs movement in the body, including blood circulation, respiration and nerve impulses.

2. **Pitta**

   ◦ **Description**: Composed of fire and water, Pitta controls digestion, metabolism and energy production.

3. **Kapha**

      ◦ **Description**: Composed of earth and water, Kapha is responsible for body structure, stability and joint lubrication.

The 15 Sub-Doshas

Sub-doshas of Vata

1. **Prana Vata**
      ◦ **Function**: Controls breathing and the mind.
2. **Udana Vata**
      ◦ **Function**: Controls speech and expression.
3. **Samana Vata**
      ◦ **Function**: Regulates digestion and assimilation of food.
4. **Vyana Vata**
      ◦ **Function**: Supervises circulation and movement of body fluids.
5. **Apana Vata**
      ◦ **Function**: Regulates waste elimination.

Pitta sub-doshas

6. **Pachaka Pitta**
      ◦ **Function**: Controls food digestion in the stomach and intestine.
7. **Ranjaka Pitta**
      ◦ **Function**: Responsible for blood formation.
8. **Sadhaka Pitta**
      ◦ **Function**: Influences emotions and mental functions.
9. **Alochaka Pitta**
      ◦ **Function**: Affects vision and visual perception.
10. **Bhrajaka Pitta**
      ◦ **Function**: Regulates skin health.

Kapha sub-doshas

11. **Kledaka Kapha**
      ◦ **Function**: Lubricates and protects stomach walls.
12. **Avalambaka Kapha**
      ◦ **Function**: Supports heart and lungs.
13. **Bodhaka Kapha**
      ◦ **Function**: Regulates mouth and saliva functions.
14. **Tarpaka Kapha**
      ◦ **Function**: Lubricates the brain and nervous system.
15. **Shleshaka Kapha**
      ◦ **Function**: Lubricates joints.

These doshas and sub-doshas work together to maintain balance and health in body and mind.

10.4. Chakra Visualization

In this chapter, we'll explore the Energy tab, starting with the Chakras section. This section allows you to view and interact with chakra information in detail.

To begin, you can choose to display the chakras by clicking on the dedicated button. You can display either 7 or 12 chakras by clicking on the small "12" button at the bottom of the screen.

Once the chakras are displayed, you can select a specific chakra by clicking on it. This action gives you access to all the information concerning that chakra, including energy links and associated acupuncture points. The acupuncture points indicate the chakra's entry and exit points, and appear on the screen in varying sizes according to their energy level.

In addition, the chakra aura is also displayed, and its presentation varies according to the general energy of the selected chakra. In this way, you can obtain an accurate visual representation of the energy state of each chakra.

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10.5. Influences

> *The 5 elements : Wood, Fire, Earth, Metal, Water*

Another important energy concept is that of influences. This screen, called "influences", visualizes the relationships between the five elements, as assessed by Traditional Chinese Medicine (TCM). These relationships can be of creation, destruction, insult or overheating.

For example, wood can influence metal by exerting pressure on it, while water can weigh down fire. On the other hand, wood helps to create fire. These relationships are deduced according to TCM rules and meridian evaluation.

The 5 elements of Traditional Chinese Medicine (TCM) are :

1. **Wood**: associated with the liver and gallbladder.
2. **Fire**: associated with the heart and small intestine.
3. **Earth**: associated with the spleen and stomach.
4. **Metal**: associated with the lungs and large intestine.
5. **Water**: associated with kidneys and bladder.

The main relationships between these elements are :

*   **Generation cycle (Sheng)**: Wood > Fire > Earth > Metal > Water > Wood.
*   **Control cycle (Ke)**: Wood > Earth > Water > Fire > Metal > Wood.

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These cycles ensure balance and harmony in the body.

11. Understand: Body

Using Navigation and Evaluation Methods in the Body Screens

The body screens include 3 main types of analysis: TCM meridians, acupuncture points with associated TCM recipes, and organs.

11.1. TCM meridians

14 or 20 meridians, links and related symptoms

The "Body" section of the application offers three main sheets of information: meridians, acupuncture points and organs. This chapter will focus on navigating and evaluating the meridians.

1. **Meridian display**:

   ◦ The application lets you choose between 14 or 20 meridians.
   ◦ In 20 meridians mode, extraordinary meridians are displayed in addition to standard meridians.
   ◦ In 14 meridians mode, the main 12 are displayed, in addition to the two vessels: governor and conception.

2. **Navigation and visualization**:

   ◦ You can click at the top of the screen to display a meridian's path and its main characteristics.
   ◦ Clicking on the flower icon brings up additional information.
   ◦ Click to navigate between meridians, visualizing the links between them.
   ◦ The evolution of the meridians can be followed during the different parts of the session.
   ◦ Use the menu on the left or top to navigate on your phone.

3. **Meridian evaluation**:

   ◦ Clicking on the list of meridians displays their evaluation.
   ◦ The submenu offers three criteria: energy, entropy and coherence.
   ◦ The logic of these criteria applies to all Core pages.

4. **Evaluation criteria**:

   ◦ **Energy**
     ▪ Display in two columns: the most energetic meridians and the least energetic.
     ▪ Possibility of displaying more or fewer meridians per click.
     ▪ Additional information based on current energy status and Traditional Chinese Medicine (TCM) symptoms.
     ▪ Cross-reference information with other meridians for more precise details.
   ◦ **Entropy**
     ▪ Displays the most agitated and static meridians.
     ▪ Provides possible symptoms associated with each condition.
   ◦ **Coherence**
     ▪ Displays meridians that resonate together.
     ▪ Meridians in coherence form a system resonating at the same rhythm.

5. **Use of information**:

   ◦ The energy-entropy-coherence logic is used to classify the main elements of an assessment.
   ◦ These elements help to understand the functioning of the person being assessed.

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By following these instructions, you'll be able to navigate the application efficiently and use the assessment criteria to obtain detailed information on the meridians, their energy state, entropy and coherence.

About meridians in TCM:

In Traditional Chinese Medicine (TCM), meridians are energy channels through which Qi (vital energy) flows. There are 12 main meridians, and 8 extraordinary meridians, including 2 regulatory meridians. These are described below:

12 Main meridians :

1. **Lung (LU)**: Regulates breathing and the immune system.
2. **Large Intestine (LI)**: Eliminates solid waste and regulates intestinal functions.
3. **Stomach (ST)**: Digests food and absorbs nutrients.
4. **Spleen/Pancreas (SP)**: Transformation and transport of nutrients, energy support.
5. **Heart (HT)**: Governs blood and blood vessels, controls the mind.
6. **Small Intestine (SI)**: Separation of pure and impure substances, absorption of nutrients.
7. **Bladder (BL)**: Eliminates liquid waste, regulates body fluids.
8. **Kidney (KI)**: Stores vital essence, regulates water, controls bones and ears.
9. **Master of the Heart (PC)**: Protects the heart, regulates emotions and blood circulation.
10. **Triple Warmer (TE or SJ)**: Regulates the three warmers (upper, middle and lower), controlling the circulation of energy and liquids.
11. **Gallbladder (GB)**: Stores and excretes bile, aids decision-making.
12. **Liver (LV)**: Stores blood, regulates Qi flow, supports tendons and muscles.

8 Extraordinary Meridians :

1. **Conception Vessel (Ren Mai)**: Regulates Yin meridians, controls reproduction.
2. **Governor Vessel (Du Mai)**: Regulates Yang meridians, controls central nervous system.
3. **Penetrating Vessel (Chong Mai)**: Regulates blood and main meridian energy.
4. **Belt Vessel (Dai Mai)**: Encircles vertical meridians, regulates sexual organs and abdomen.
5. **Yin Junction Vessel (Yin Qiao Mai)**: Regulates Yin-Yang balance, controls sleep and wakefulness.
6. **Yang Junction Vessel (Yang Qiao Mai)**: Regulates Yin-Yang balance, influences limb movements.
7. **Yin Link Vessel (Yin Wei Mai)**: regulates Yin meridians, influences emotions.
8. **Yang Link Vessel (Yang Wei Mai)**: Regulates Yang meridians, influences body defenses.

2 Regulating meridians :

1. **Conception vessel (Ren Mai)**: Already mentioned among the extraordinary meridians.
2. **Governor vessel (Du Mai)**: Already mentioned among the extraordinary meridians.

These meridians work together to maintain energy balance and overall body health.

11.2. Organ maps

More than 10 detailed organ charts and links

In this section, we'll explore the functionality of organs in our body assessment application. When you access the organs category, you will first be presented with a full body visualization. You can enter the general assessment by clicking on a specific organ to see its relationship to other parts of the body. For example, highlighted organs are those of interest. By clicking on the heart, you'll see its connections with various organs, and these relationships are also visible on the map.

You can easily navigate by clicking on specific systems such as the respiratory system to see its connections, including with neurotransmitters, the tongue, mouth and various tissues. Clicking on the mouth zooms in on the digestive system, modifying the map to show the relationships between the mouth and other aspects of the digestive system.

You can also select different maps, such as the brain map. This map will show you the different parts of the brain, with a full evaluation in list form. If you wish to locate a particular part, the map will show it to you. For example, if you click on the epiphysis, you'll see its position and the glands it receives and sends signals from. Each element, such as serotonin or prolactin, can be explored to see its connections or lack of connections with other hormones.

The organs section also offers options for viewing energy, entropy and coherence, which vary according to the screen used. On the full body screen, these parameters are displayed for the elements deemed most relevant, indicating their energy resources or level of agitation. For example, by examining teeth or vertebrae, you can identify which are the most energetic or agitated, offering valuable information for a complete check-up.

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Finally, as a reminder, whenever you identify a relevant item, you can add it to the priority list by clicking on the dedicated icon. This allows them to be included in the balancing selection for subsequent harmonization.

11.3. Acupuncture points

Evaluate over 350 acupuncture points and the relevance of hundreds of TCM recipes

Exploration of points and meridians

When exploring the body in the software, you have access to meridians, points and organs. By clicking on a specific meridian, the display changes to show details of the points on each meridian, rather than the whole meridians. This feature enables precise evaluation of each point.

Point selection and information

You can click on each point to obtain detailed information about that particular point. It is also possible to select a meridian and view the status of each of its points. By switching meridians, you can view the different points and their locations on a map, which is particularly useful for efficient navigation.

Navigating and tracking meridians

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You can navigate meridians by clicking on the meridian title in the selector at the top of the screen. You can also view the evolution of points over the course of sessions. This feature is invaluable for tracking the evolution of specific points over time.

Meridian-specific information

When you select a meridian, you access different information from that available in the meridian tab. Here you'll find the eight main points, such as the ambassador point, dispersion, gushing and river, which are essential in Traditional Chinese Medicine (TCM). Information on the meridian's power supply and connections is also available.

Displaying points on the map

Clicking on a point displays its precise location on the map. The menu on the left offers options such as energy, entropy and coherence. By selecting energy, the display shows the most energetic and least energetic points in purple and yellow, respectively.

TCM Recipe Logic

The application uses a TCM recipe logic, which combines several points to correct a symptom. For example, if certain points resonate together and are too weak or too strong, this may indicate an imbalance. TCM recipes, developed over thousands of years, are applied to treat specific symptoms such as acid reflux. In this application, we have applied an inverted logic. We assumed that if certain points resonated together and had energy levels that were too low or too high, this could provide us with valuable insights. For example, highly energetic or very low-energy points, or points that are too agitated or too static, could signal an imbalance in the coherent system normally used to treat conditions such as acid reflux or pyrosis. Take the case where three specific points on an individual are very static. This could indicate that the recipe or treatment associated with these points is needed for that person. This approach can provide you with additional ideas for diagnosis.

Applying recipes

Recipes can be applied by acupuncture or by using sound or electrical frequencies during the balancing phase. Coherent systems, where points resonate together, are particularly relevant for accurate diagnosis. The synchronization of points suggests an increased relevance of TCM treatments for the person being analyzed.

Conclusion

This chapter has detailed the use of points and meridians in TCM software, explaining how to navigate, select and interpret information for accurate diagnosis and effective treatment.

12. Understand: Mind

Mind, spirit and shadow

These screens are dedicated to the mental, spiritual and unconscious parts of the analysis. They include personality, musical harmony, emotions, alignment, wounds and motors.

12.1. Alignment

Alignment and Coherence in Elfie Wave Management

Alignment is an essential component of the mind, especially when dealing with Elfie waves. Alignment manifests itself in different scales of these waves, and understanding them can be facilitated by the use of visualization tools. For example, cardiac coherence can be represented visually, offering a perspective on an individual's energetic state.

In the interface, three sliders at the bottom allow parameters to be visualised, while at the top, a visualisation of the implosion spiral is displayed. The Elfie wave scale, as illustrated by values 205, 206, and 214, indicates the current scale level. For detailed information on a specific value, such as 214 Elfie, simply click for details of its characteristics and implications.

Each scale presents notable values at certain wavelengths, offering valuable information on energetic interactions. By observing these scales, it is possible to determine the degree of connection with other scale levels. For example, an analysis may reveal that an individual is more energised on a micro scale than on a macro scale, indicating more concentrated energy in smaller structures.

The visualization of the spiral allows you to follow the energy path through different scales. By moving down the spiral and observing the values at each level, it is possible to understand how energy evolves over time. This is particularly relevant in extended recordings, where evolution at different scales can be studied.

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A crucial aspect of this analysis is targeted coherence, in particular cardiac coherence, which measures the extent to which an individual's energy is synchronized with elfie values. These values are considered the most compatible for energy transmission on all scales. Cursors play an important role in adjusting these parameters to achieve optimum coherence.

In conclusion, alignment and coherence in Elfie wave management are complex but fundamental concepts for understanding energy at different scales. Visualization tools and cursors offer invaluable assistance in navigating and optimizing these parameters, contributing to better energy management and transmission.

More info at https://elfie.link or on the "Elfie" menu in the software.

12.2. Brainwaves

Analysis of general brainwave activity

In this section, we'll look at the last tab of the "Mental" interface, which concerns brainwaves. This feature is still in the experimental phase. It's bold to say we can read brainwaves in an ECG, so it allows you to examine the analysis spectra in the ECG corresponding to the various brainwaves and observe their evolution over time. After all, our device measures the whole body electric activity, but brainwaves are on a 100x less powerful level than ECG so it is still an experimental algorithm.

The brainwave display is dynamic. When in playback mode, you'll notice a multi-band display. The logic behind this display is that the wider the band, the longer the period of time it represents. Conversely, a thinner band indicates a shorter period of time.

Here's an explanation of the different bands:

- The shortest band corresponds to very short-term measurements, measured at the level of the beat or a few beats.
- As the bands widen, they represent increasingly longer periods of time.

It's important to note that short-term elements move very quickly, while long-term elements show slower variations.

When you click on a band, an evaluation is displayed at the bottom of the screen with a representation of the flower you know. You can use this rating to add items directly to your priority list, making it easier to track and analyze your brainwaves.

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To find out more

Brainwaves are divided into several categories, each associated with different mental states and levels of alertness:

1. **Delta waves (0.5-4 Hz)**: Associated with deep sleep and regeneration.
2. **Theta waves (4-8 Hz)**: Associated with deep relaxation, meditation and the light sleep phase.
3. **Alpha waves (8-12 Hz)**: Correlated with a state of calm relaxation and waking meditation.
4. **Beta waves (12-30 Hz)**: Linked to concentration, vigilance and cognitive activity.
5. **Gamma waves (30-100 Hz)**: Associated with high cognitive processes, such as learning and memory.

These waves fluctuate according to the individual's activities and mental states.

12.3. Drives

> *51 emotions, feelings and actions face-to-face, in 3 main groups and 3 sub-groups for each.*

Understanding the Engines of the Mind and the Unconscious Mind

The final element of the mind and unconscious part of the scan concerns the motors. The drivers are made up of around sixty emotions, which can be either constructive or destructive. These emotions are classified into three categories: the **inner self**, the **outer self** and **others**.

1. **Categories of Emotions :**

   ◦ **Inner self**: Includes all emotions related to our inner world.
   ◦ **Outer self**: Includes all emotions related to our outer world.
   ◦ **Others:** Includes all emotions related to our interactions with others.

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2. **Structure of Emotions:**

   ◦ Each category of emotions is divided into three subdivisions: emotion, feeling and action.
   ◦ **Emotion**: The basis of all realization, it then generates a feeling.
   ◦ **Feeling:** Stems from emotion and leads to action.
   ◦ **Action**: Final result of the emotion-feeling process.

3. **Horizontal organization:**

   ◦ Emotions are also classified horizontally: at the top are constructive emotions and at the bottom, destructive ones.
   ◦ For example, depression is opposed to letting go, health anxiety to meditative state, heartbreak to pleasure, and self-sabotage to satisfaction.

4. **Interconnections:**

   ◦ Emotions can be interconnected in different places. For example, calmness is opposite compulsive obsession, reflection opposite harshness, and so on.
   ◦ These interconnections provide crucial information for meditation and self-understanding.

5. **Customization:**

   ◦ It's possible to select specific emotions to work on. For example, if the organization is in a low-energy state, you can decide to strengthen it.
   ◦ You can add specific items, such as the high-energy decision, to your personal work list.

In short, understanding and organizing these emotional drivers enables better management of our emotions and actions, facilitating more balanced and conscious personal development.

To find out more

Emotions and feelings are internal responses to external and internal stimuli.

• The inner self encompasses self-awareness, personal thoughts and feelings.
• The outer self concerns the image we project to others and the behaviors we display in society.
• The other self concerns the way we react to everything the outside world presents to us.

Interactions with others influence these two dimensions through emotional exchanges and social feedback. Emotions such as joy, sadness, anger and fear shape our experiences and actions, in turn influencing our perception of ourselves and others. A better understanding of these dynamics can improve emotional intelligence and interpersonal relationships.

Here is a detailed description of each emotion:

1. **Agility**: The ability to adapt quickly and effectively to change.
2. **Health anxiety**: Excessive concern about one's own health or that of others.
3. **Benevolence**: Attitude of kindness and compassion towards others.
4. **Heartbreak**: Deep feeling of sadness and emotional pain after a loss or disappointment.
5. **Calm**: A state of tranquility and inner serenity.
6. **Charisma**: Ability to attract, charm and influence others.
7. **Concentration**: Ability to maintain attention on a specific task or objective.
8. **Confidence**: A feeling of certainty and security in one's own abilities or those of others.
9. **Consideration**: Care and respect for the feelings and needs of others.
10. **Courage**: Ability to face fear, pain, danger or uncertainty.
11. **Decision**: Ability to make choices with determination and resolve.
12. **Depression**: A prolonged state of sadness, despair and loss of interest in life.
13. **Willpower**: Determination to pursue goals despite obstacles.
14. **Euphoria**: Intense feeling of happiness and excitement.
15. **Elocution**: Ability to express oneself clearly and effectively.
16. **Emotional instability**: Excessive and unpredictable variability of emotions.
17. **Empathy**: Ability to understand and share the feelings of others.
18. **Erratic mood**: Frequent and unpredictable changes in mood.
19. **Exhaustion**: Feeling of extreme fatigue, both physical and emotional.
20. **Grief**: Intense emotional pain, usually due to loss.
21. **Honesty**: Quality of being frank and sincere.
22. **Hope**: Positive expectation of a better future.
23. **Despair**: Total loss of hope and confidence in the future.

24. **Hyperemotional**: Excessive emotional reaction to stimuli.
25. **Hypersensitivity**: Increased reactivity to emotional or sensory stimuli.
26. **Incoherent thinking**: Difficulty maintaining a logical, structured line of thought.
27. **Absence of grief**: Feeling of detachment and emotional indifference.
28. **Lack of confidence**: Doubts about one's own abilities or those of others.
29. **Learning difficulties**: Disorder affecting the ability to acquire knowledge or skills.
30. **Letting go**: Ability to relinquish control and accept things as they are.
31. **Loyalty**: Faithfulness and devotion to a person, group or cause.
32. **Meditative states**: States of deep relaxation and heightened awareness, often achieved through meditation.
33. **Memory**: Ability to retain and recall information.
34. **Long-term memory**: Storage and recall of information over an extended period.
35. **Short-term memory**: Ability to retain information for a short period of time.
36. **Obsessive-compulsive**: Repetitive, uncontrollable thoughts or behaviors.
37. **Obsession**: Excessive and persistent preoccupation with an idea or person.
38. **Organization**: Ability to structure one's activities in an orderly and efficient manner.
39. **Performance**: Ability to complete tasks or activities successfully.
40. **Pleasure**: Feeling of satisfaction and contentment.
41. **Procrastination**: Tendency to put off important tasks.
42. **Rigidity**: Lack of flexibility in thought or behavior.
43. **Rudeness**: Harsh or insensitive behavior toward others.
44. **Self-sabotage**: Behaviors that deliberately undermine one's own success.
45. **Spatial awareness**: Perception of surrounding space and the objects it contains.
46. **Stagnation**: Lack of progress or development.
47. **Surprise**: Emotional reaction to an unexpected event.
48. **Reflection**: Deep, attentive thought on a subject or situation.
49. **Shyness**: Reserve or anxiety in social interactions.
50. **Tolerance**: Acceptance of and respect for differences in others.
51. **Willpower**: Determination to achieve a goal, often despite difficulties.

12.4. Emotions

sadness, security, love, truth, peace, well-being and satisfaction

The chapter on the unconscious is divided into three main areas: emotions, wounds and motors. We'll start with emotions.

On this page, you can evaluate seven main emotions: sadness, security, love, truth, peace, well-being and satisfaction. You can also track their evolution. By clicking on the bars, you can visualize the biomarker in its flower form, showing its internal dynamics and the links between these emotions. Here again, the graph represents the valuation at different horizons, with the widest bars being those for the longest term, and the thinnest bars being those for the shortest term.

This analysis is technically very different, and based on different data, from that found in Drives. It is therefore interesting to compare them.

These main emotions are dependent on the second-order harmonic analysis, and the general deep heart rhythm. They can be described as follows:

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1. **Sadness**: A feeling of distress or melancholy caused by loss, failure or disappointment. It often manifests as weeping, lack of energy and withdrawal.

2. **Safety**: A feeling of protection and absence of danger. It engenders confidence and serenity, allowing us to feel safe from physical or emotional threats.

3. **Love**: Deep emotion of affection and attachment towards a person, an animal or an activity. It translates into tender gestures, positive thoughts and a desire for closeness.

4. **Truth**: A feeling of sincerity and authenticity. Truth brings clarity and transparency to relationships and situations, avoiding confusion and deception.

5. **Peace**: A state of tranquility and inner harmony. Peace manifests itself in the absence of conflict, stress and anxiety, promoting relaxation and general well-being.

6. **Well-being**: A general feeling of health, comfort and physical and mental satisfaction. It encompasses aspects such as health, emotional balance and personal fulfillment.

7. **Satisfaction**: Emotion of contentment and pleasure resulting from the fulfillment of desires, needs or goals. It brings a sense of fulfillment and achievement.

12.5. Focus

Stress index, HRV...

In this section, we'll explore the Focus screen, which provides a wealth of information crucial to advanced electrocardiogram analysis. This information is generally used in academic and research contexts, and includes various scientific markers.

1. Stress Index: This index was developed by the Russian researcher Bevski. It measures body stress levels using specific parameters.

2. Adaptation Level: Another index developed in Russia, it assesses the body's ability to adapt to different stimuli and conditions.

3. Total Power, Variation Factor and Cardiac Variability: These markers are well known in the field of cardiology and are used to measure various aspects of cardiac function and stress response.

4. Psycho-Emotional Stress: This indicator assesses the emotional and psychological impact on the cardiac system.

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The data provided by the Focus screen can be displayed as cursors for quick visualization. Alternatively, they can be presented in the form of notes, flowers and quality, enabling a more detailed analysis.

The Focus screen also includes information on the quality of attention, intention and horizon controls. These indicators provide additional information on the user's mental and emotional state.

An interesting aspect of this screen is the relationship between construction (catabolism) and destruction (anabolism). Catabolism represents energy expenditure, while anabolism corresponds to energy conservation. This ratio is dynamic and can vary during recording, reflecting the general respiration of living systems. Please keep in mind we are a systemic being and destruction is part of the general movement of compression-expansion, destruction-rebuilding, separation-reunification, complexification-simplification. A healthy complex organism should be constantly oscillating between these states.

It is crucial to observe these dynamic variations, as they indicate the evolution of the ratio between construction and destruction. The addition of this evolutionary factor provides a better understanding of the respiration of biological systems.

Finally, the Focus screen presents two flowers, representing anabolism and catabolism, to provide visual information on these processes. These data can be analyzed section by section or over the whole recording, providing a complete overview of the user's physiological and psychological state.

12.6. Music

Musical Analysis and Alignment

In this section, we'll look at the second part of the mind concept, which includes the mind, the spirit and the unconscious. We'll be concentrating mainly on the mind, and in particular on the elements of music and alignment.

Music in Recordings

When we analyze the mind, we start by identifying the musical elements present in the recording. The aim is to find relevant musical correspondences. You have two options: visualize all the musical elements or play them back to observe their evolution over time.

Thin bars represent short-term elements, while wider bars indicate longer-term elements. Another interesting metric is the general level of musical harmony in the recording. After around a hundred beats, we can begin to identify specific short-, medium-, long- and very long-term musical chords.

These chords may comprise 2, 3 or 4 notes and be spread over different scales. Although this information is not always directly useful, it becomes crucial when reconstructing guided meditation. It enables us to understand the participants' current state, i.e. the music present in their recording, and to determine where we want to take them musically.

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Musical alignment and adjustment

Musical alignment involves adjusting the scales and chord types to suit the objectives of the meditation. For example, if the present chords are minor 7 chords and we wish to move on to major chords, this transition will be made gradually throughout the meditation. Similarly, if we're aiming for a certain frequency that isn't present, we'll build music that gradually evolves towards that target frequency.

The idea is to take participants in their current musical state and guide them into a deeper state of meditation using the melodies present in their bodies. This approach facilitates entry into meditation by directly speaking the participants' musical language.

In short, musical analysis and alignment enable the personalization of guided meditation, making the experience more accessible and effective for each individual.

12.7. The 16 personality types

Jung's types, also known as MBTI or Myers-Briggs, in a completely new map

Assessing Personality according to Jung's Types

In this section, we'll explore the "Spirit" tab to get a general overview of personality according to Jung's types. Personality is analyzed through four main axes.

Personality Axes

Jung's types are calculated using four axes, which we have placed on a logical graph for the first time:

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1. **NS (Sensation/Intuition)**: This axis determines how a person processes information.
2. **FT (Thought/Feeling)**: This axis evaluates the way a person processes information, focusing on the mind or thought.
3. **IE (Introversion/Extraversion)**: This axis measures energy, indicating whether a person is outward-looking (extraversion).
4. **JP (Judgment/Perception)**: This axis is concerned with temporal space, and indicates whether a person is short-term oriented (spontaneity).

Each axis is divided into segments, enabling detailed evaluation. For example, on the IE axis, a person can be assessed as extraverted or introverted.

Jung Types and Evaluation

Jung types, such as ENTP, ENTJ, ESTJ, ESTP, etc., are determined according to position on these four axes. For example, an assessment might reveal a dominant ESTJ type.

Personality Type Dynamics

Unlike a static questionnaire assessment, this method allows us to observe a person's unconscious, dynamic response. As we navigate between the axes, we can see that the assessments move, indicating that the personality types are dynamic. This means that the individual can oscillate between different adjacent types depending on the situation.

This non-static approach to Jung's types opens up interesting perspectives on the understanding of behaviors and personalities.

Personality types in detail

Jung's personality types are based on four main psychological functions: thought, feeling, sensation and intuition, combined with the attitudes of extraversion and introversion. This results in eight personality types:

1. **Extraverted thinking**: Logical, objective, fact-oriented.
2. **Introverted thinking**: Reflective, analytical, independent.
3. **Extroverted Feeling**: Sociable, warm, social values-oriented.
4. **Introverted feeling**: Reserved, deep, guided by own values.
5. **Extroverted feeling**: Practical, realistic, concrete-oriented.
6. **Introverted feeling**: Artistic, sensitive, oriented towards subjective experience.
7. **Extroverted intuition**: Innovative, opportunistic, future-oriented.
8. **Introverted intuition**: Visionary, introspective, insight-driven.

These types help to understand the different ways in which individuals perceive the world and make decisions.

Here's a brief description of the 16 Myers-Briggs Type Indicator (MBTI) personality types:

1. **ISTJ (Inspector)** - Reliable, organized, realistic and practical.
2. **ISFJ (Protector)** - Dedicated, caring, loyal and detailed.
3. **INFJ (Advisor)** - Idealistic, empathetic, perceptive and inspiring.
4. **INTJ (Architect)** - Strategic, independent, analytical and determined.
5. **ISTP (Artisan)** - Practical, observant, adaptable and logical.
6. **ISFP (Artist)** - Sensitive, reserved, spontaneous and harmonious.
7. **INFP (Idealist)** - Creative, passionate, altruistic and introspective.
8. **INTP (Logician)** - Innovative, curious, objective and independent.
9. **ESTP (Entrepreneur)** - Energetic, direct, pragmatic and sociable.
10. **ESFP (Interpreter)** - Enthusiastic, spontaneous, warm, and entertaining.
11. **ENFP (Inspirer)** - Imaginative, sociable, energetic and visionary.
12. **ENTP (Innovator)** - Ingenious, energetic, resourceful and intellectual.
13. **ESTJ (Supervisor)** - Organizing, practical, realistic and decisive.
14. **ESFJ (Consul)** - Friendly, conscientious, cooperative and sociable.
15. **ENFJ (Teacher)** - Charismatic, altruistic, empathetic and motivating.
16. **ENTJ (Commander)** - Visionary, assertive, strategic and efficient.

These brief descriptions give a general overview of each MBTI personality type.

12.8. The 5 wounds

Abandonment, rejection, humiliation, betrayal, injustice

The human unconscious is largely influenced by psychic wounds. Among these, there are five main wounds: rejection, abandonment, betrayal, humiliation and injustice. These five wounds are derived from an initial model of eight wounds. They interact in a similar way to the five elements in traditional Chinese medicine, creating a complex network of mutual influences.

Understanding which wounds are currently active within us can offer valuable insights. By observing how rejection, betrayal or injustice feed off each other, we can gain dynamic insights into our psychic state. This understanding can be a key to greater self-knowledge and self-improvement.

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Origin of the 5 wounds

John Pierrakos, psychotherapist and co-founder of the Institute for Bioenergetic Analysis in 1956, took up Wilhelm Reich's work on existential wounds (or narcissistic wounds) and defined eight: abandonment, rejection, humiliation, betrayal, injustice, intrusion, powerlessness, insecurity.

Lise Bourbeau later adapted and simplified the theory into five emotional wounds that prevent us from being ourselves. According to her, these wounds are at the root of many emotional problems and dysfunctional behaviors. They originate in childhood, often between birth and the age of seven, but continue to influence our adult lives if left unhealed.

1. The wound of rejection: This wound is usually formed very early, sometimes even before birth, and is often linked to a feeling of not being wanted. People with this wound feel unworthy of love and avoid situations where they could be rejected. They have difficulty asserting themselves and taking their place.

2. Abandonment wound: This appears when a child feels abandoned or unsupported by those close to him or her. People affected by this wound have an intense fear of solitude, and constantly seek the attention and approval of others. They can become emotionally dependent.

3. The humiliation wound: This develops when a child feels belittled or criticized by parents or loved ones for his or her behavior or actions. Individuals with this wound tend to feel ashamed and lack dignity. They may also humiliate themselves to prevent others from doing so.

4. The wound of betrayal: This wound occurs when a child feels betrayed by someone he or she trusted, often a parent who doesn't keep promises. People with this wound have difficulty trusting others and seek to control everything. They may become jealous or possessive.

5. Injustice wound: This is formed when a child feels unfairly treated, often by overly authoritarian or critical parents. People affected by this wound strive for perfection, and can become rigid and intolerant. They often have difficulty expressing their emotions.

Lise Bourbeau explains that these wounds influence our behavior and the way we perceive the world. To heal, it's essential to recognize these wounds, understand their origin and work on overcoming them.

13. Test

> *This module is dedicated to live biofeedback testing and the evaluation of test lists from existing recordings.*

The Test module enables you to perform any kind of live test, the result of which is evaluated according to the instantaneous variation of certain biomarkers; and to pre-evaluate any list of tests according to the values of certain biomarkers in the current Scan

List pre-evaluation
You can create new lists or use existing lists created by other users. When you open a list, all its items will be prioritized in relation to the currently open report. You can then check off which of these you wish to test live

Live testing
Once items have been selected, live testing enables you to display them to the customer and measure the biofeedback response of his system using the Sensor. The result is classified into 3 possible responses: strengthens the system; weakens the system; or neutral There's also an infinite open test option, which lets you test any therapeutic approach directly on the client or on yourself, and measure the result live using biofeedback.

13.1. Test lists

> *Testing with lists in Biocoherence*

Managing and editing lists in your application

When you're working with lists, you've got keyword search functionality at your fingertips. Although the number of lists is currently limited, it is designed to expand to hundreds or even thousands of lists. This will enable you to edit and manage your own tests.

Test editing mode

1. **Access to editing mode**: If you are on a test that belongs to you, a small pencil appears next to the test. Click on it to enter edit mode.
2. **Editing items**: Once in edit mode, you can click on each item to modify the text and associated actions. For example, you can define actions on categories such as Ayurveda, organs, Vata, Vita, etc.
3. **Defining actions**: Click on categories such as VPK to specify effects, such as increasing or decreasing certain elements (e.g., amino acids, bladder, blood, brain, eyes).

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Automatic evaluation

Automatic assessment is based on the match between users' element levels and the actions defined in the tests. This makes it possible to rank the items on the list according to the expected results.

Additional tools

1. **Add and import**: You can add new tools or import a list by pasting items line by line.
2. **Delete list**: An option is available for deleting a list entirely.
3. **2D logic map**: Soon you'll be able to place items on a two-dimensional image, making it easier to visualize and organize tests.

General list properties

At the top of the interface, you can modify the general properties:

• List category
• Visibility (public or private)
• Access (free or paid)

Paid lists can be made public so that other users can access them for a fee, either on a one-time basis or via a monthly subscription. This allows you to share your knowledge and get paid for it.

Managing unowned lists

If you're working on a list you don't own, you can duplicate it. Duplication allows you to create an editable copy where you can change the title, description and actions.

Accessing lists

From the general menu, accessible on the right-hand side of the screen, you can navigate to "My lists" to edit your existing lists or create new ones. This feature is available from any screen, including the Home screen.

By following these instructions, you'll be able to manage your lists and tests efficiently, while taking advantage of the various editing and organization options offered by the application.

Introduction to List-based testing

List-based testing in Biocoherence is a completely open system, allowing users to select existing lists, create new lists, or duplicate existing lists to share with other users.

What is a list?

A Test list is a collection of entries, for example, aromatic herbs or essential oils. When a list is opened in a report with a record available, each entry is evaluated and prioritized. Percentages indicate the compatibility of entries with the record, ranging from 0% to 100%.

Color Codes

• **Green**: Very relevant, high compatibility (e.g. 85%)
• **Other colors**: Different gradations of compatibility (e.g. 40% for an intermediate series)
• **Violet**: Low compatibility (20-30%)
• **Gray**: Neutral or near-zero compatibility (around 0%)
• **Red**: Incompatibility or negative response

Live test

After a pre-assessment, the second part consists of a live test. Here are the steps to follow:

1. **Select items**: Select the items to be tested individually.
2. **Connect to Sensor**: Connect the sensor for calibration.
3. **Run Tests**: Tests are run one by one, sending visual, audio or other information to the person being tested.
4. **Observation**: The person must see or hear the information being tested for an accurate assessment.
5. **Evaluation**: The system classifies the body's responses according to the information presented.

Results display

At the end of the test, the results are re-displayed and classified as follows:

• **Successful test**: Good body response
• **Average test**: Mixed response
• **Inconclusive test**: Negative or inconsistent response

Importance of information presented

It is crucial to present as much information as possible on the elements tested (e.g. photos, details of the systems on which the essential oils act) to obtain an intuitive and measurable response from the body via the biofeedback system.

Integration of results in the report

Test results appear in the report, showing only items with good or average responses, and excluding those that are rejected. The report includes :

- **Compatibility percentage**: Calculation based on initial scan
- **Unconscious body response**: Measured when information is presented

Future developments

New test functions, such as frequency testing and live testing of any information, will soon be available.

Test editing mode

When you are on a test that belongs to you, a small pencil appears. By clicking on this pencil, you enter test editing mode. You can then click on each item to modify the associated texts and actions. For example, you can set actions on items such as Ayurveda and organs, and soon, other types of actions will be available.

Editing actions

To modify an action, click on the element concerned (e.g. VPK) and define the impacts, such as increasing or decreasing certain aspects (e.g. Vata and Vita). You can also specify effects on organs, such as increasing amino acids, bladder and blood, or decreasing brain and eyes. These modifications define the specific action of this input, which is essential for automatic evaluation.

Automatic evaluation

Automatic evaluation is performed by comparing user levels (in flower form) with defined actions. This matching allows you to rank the items in the list according to the results obtained.

Available tools

Various tools are available at the bottom of the screen. You can add tools, import a list by pasting items line by line, or delete a list. Soon, you'll also be able to place these items on a two-dimensional image, by taking a photo or importing an image to position them on a logical map. This allows the test to move around the map according to the items selected.

General list properties

General list properties are located at the top of the screen. You can modify them by clicking on them to define the category, visibility (public or private), and pricing mode (free or paid). A paid list can be made public once ready, allowing users to pay for its use either each time, or via a monthly fee.

Sharing and remuneration

This system allows you to share your knowledge or types of evaluation, and be remunerated for doing so. If you're working on a list that doesn't belong to you, you can duplicate it. You won't be able to edit it directly, but by duplicating it, you create a copy that you can modify entirely, including the title and description.

Access to Lists

From the general menu on the right-hand side of the screen, you can access "My lists". From any screen, such as the Home screen, you can choose to edit your lists. You can also easily create a new list from this interface.

Conclusion

This system gives you great flexibility and autonomy to manage and share your test lists, while providing powerful tools for editing and evaluation.

14. Balance

> *Resources and priorities; reporting, meditation generation and frequencies.*

These screens allow self-identification and modification of resources and priorities, generation of a PDF report, and creation of rebalancing tools such as guided meditations, specific frequencies...

14.1. Priorities

> *Define the key elements to be addressed following analysis*

The balancing section deals with actions to be taken once the analysis is complete and the objectives are clear, or when the device is trusted to determine requirements automatically.

Priorities

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Definition and Purpose: Priorities are the elements identified by the app as needing attention or intervention. These are the areas where the user's health may be compromised and require support from the identified resources (see next chapter about resources).

Selection Process: The app automatically selects priorities based on an algorithm that evaluates various biomarkers. Users can explore additional potential priorities within each category and add them as needed, either by clicking "explore" to get a preselection of interesting biomarkers, or by browsing through all screens and choosing interesting priorities.

Categories: Similar to resources, priorities are categorized into various groups, including organs, emotions, and energetic points. Users can explore these categories to identify additional areas of focus.

Customization: Users can add or remove priorities from the list, allowing for a tailored approach to their health journey. It is recommended to keep the number of priorities manageable (15-20) to maintain focus and effectiveness.

Run recalculations to optimize the system.

To restart priority and resource calculations, click on the appropriate icon in the top right-hand corner of the home screen. Start by identifying the resources, which will enable the system to automatically re-identify all necessary resources. Next, identify priorities by clicking on the corresponding option, which will automatically add the priorities identified by the system. You can also click on "add" and "auto identify priorities" in the Priorities screen; that will only add new priorities to your current selection, not remove them.

Waveform analysis is a crucial step in logical evolution. You can recalculate biomarkers, links, priorities and identify resources according to your needs. If you encounter problems accessing a full report, you can always recompute it.

View and modify priorities

In the priorities section, the system displays everything identified as relevant. You can modify these priorities by deleting them or adding new ones. To add a priority, click on "Add" and select the items of interest from the various categories offered, such as organs, meridian points or TCM (Traditional Chinese Medicine) recipes.

You can also clean up the list of priorities by deleting those no longer required. Priority editing uses the same interface on all the system's pages, but here groups together all the priorities you have defined.

Finally, you can add comments to the priorities. These comments will be integrated into the final report, providing additional context for each identified priority.

You can add or remove priority items from any page, by clicking on the icon to the right of the relevant flower. If this icon is green, the biomarker is present in the priorities; if it is red, it is not.

14.2. Resources

> *The pillars on which to solidly harmonize*

Before we explore resources, Christine Degoy will share some insights about her research, as this is a key focus:

> *"We've developed a culture--a new mindset--about engaging with problematic systems. Ten years of therapy work and research with clients initially revealed to me a coherence within each being. This natural resonance is crucial as it helps explore the full spectrum of issues. It's the easiest way to establish profound internal connections, fostering a <u>positive contagion</u> that <u>enhances coherence</u> in the system. This approach empowers individuals to heal and grow internally, respecting their body's natural order. We call this the 'way of the resources,' an open door to possibilities.*
> *Resources are the most coherent and powerful parts of our being, akin to a superpower we've developed over our lives. The concept of lifetime resources will eventually be part of our life missions module. Even a single organ, meridian, acupuncture point, chakra, emotion, etc. can be a powerful resource, contributing to a <u>happy contagion</u> that aligns our life and body. " -- Christine Degoy*

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After looking at priorities - the crucial elements that need to be addressed for a person at any given time - we'll move on to resources. Resources, represented by a small ticket icon with a star, are the "star" elements of the body. They are the ones that are overflowing with energy, are extremely stable and on which the body can rely to distribute energy to priorities throughout the healing process.

In the app, we've developed a sophisticated algorithm to calculate a resource score for each biomarker. This score identifies the most energetic and stable elements, highlighting priorities for improvement. It considers various factors, like an element's stability, energy, and connectivity, resulting in the resource page you see now.

A detailed understanding of the resources and priorities within the BioCoherence app offers users a clear pathway to harness their inherent strengths and address areas of need for improved health and well-being.

Resources are automatically identified after a recording, thanks to an algorithm developed to take into account all available elements. However, it is possible to modify these resources manually if required. For example, when accessing the organs section, if neurotransmitters are identified as the main resource, it is possible to click on them to see a choice of other strong resources.

The available resources of this family are then ranked in reverse order of importance, from the strongest to the weakest. If you prefer to work with a different resource, for example the tongue instead of neurotransmitters, or the trachea, or the cell nuclei of neurons, simply click on the desired resource to select it. To better understand what each resource corresponds to, you can click on the flower icon to see the connections and make a more informed choice.

These resources will then be used in the various stages of reharmonisation.

A brief presentation of Resources

Our approach introduces a paradigm shift for addressing problematic systems. Initially discovered through therapeutic practices, this method emphasizes the coherence within an individual. This natural resonance between therapy and personal coherence serves as a foundation for addressing broader issues. The approach fosters internal connectivity, leading to a 'happy contagion'

that enhances personal healing and empowerment without external protocols. This methodology, termed 'the way of the resources,' respects complex systems and promotes synergy.

Resources are identified as the most coherent and potent aspects of the body, akin to inherent superpowers. To further expand the understanding of one's personal journey, future updates will include life missions, which is an extension of Christine's research.

A particular organ, for instance, might be a significant resource, potentially diffusing power and coherence throughout the body. The application employs an advanced algorithm to calculate a resource score for each biomarker, identifying optimal resources and priorities. The algorithm evaluates energy, stability, and connectivity, considering the strength or weakness of these connections, resulting in a comprehensive resource page.

Resources and Priorities in BioCoherence

Overview

The BioCoherence app provides a comprehensive analysis of the user's physiological and energetic state through a detailed scan. Upon completion of the initial scan, users are presented with two critical components: Resources and Priorities. These elements are essential for interpreting the scan results and guiding the user towards optimal health and well-being.

Resources

Definition and Purpose: Resources in the BioCoherence app refer to the most coherent, stable, and energetically potent elements within the user's body. These elements are identified as the user's inherent strengths or "superpowers" that can be leveraged to support healing and balance.

Calculation: The app employs a sophisticated algorithm to determine the resource score for each biomarker. This score considers factors such as energy levels, stability, and connectivity with other elements. The highest-scoring elements are identified as resources.

Categories: Resources are categorized into ten groups, including:

- Organ Groups (e.g., Ayurveda-based groups)
- Individual Organs
- Atoms
- Meridians
- Momentum (dynamic states)
- Drives (emotions)
- Organisms (symbiotic or parasitic)
- TCM Points
- Ayurvedic Subdoshas
- Chakras

Customization: Users can accept the app's automatic selection of resources or manually adjust them based on personal resonance or therapeutic goals. This customization allows for a personalized approach to healing.

Integration with Balance Features

- **Frequencies:** The app uses resources and priorities to create a frequency program. This program includes main frequencies to target specific organs, emotions, or energetic structures. Users can enhance this program with additional protocols for increased effectiveness.
- **Balance:** The app calculates an optimal path through the selected priorities, creating a guided meditation or balance session. This session begins by activating the resources, followed by addressing each priority in sequence.
- **PDF Report:** Users can generate a PDF report that includes detailed information about their resources and priorities, providing a comprehensive overview of their current state and therapeutic focus.

Practical Application

Timing for Use: The app's meditation and frequency programs can be used at any time of day, depending on personal preference. Some users may find it beneficial to engage in these practices during quiet moments, such as early morning or late at night.

14.3. PDF report

> *Generate, export PDF, print and share results*

Chapter: Generating and managing reports with Balance

The third key feature of Balance is report generation. This feature allows you to create a PDF file containing all the information retained during use of the application.

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PDF report contents

The generated PDF report includes:

- Project sections and duration
- Written comments
- Identified resources
- Priorities defined
- Most energetic or least energetic organs
- Most or least agitated organs
- Organs in coherence
- Meridians
- Traditional Chinese Medicine (TCM) recipes
- etc.

Report customization

You can add or remove sections from the report. To do this, access the section types and use the tools available to customize the report to your needs.

Report sharing and saving

The PDF report can be shared directly via several channels:

- **Direct sharing**: Use the share box to send the report by WhatsApp, SMS or messenger.
- **Saving**: Click on "PDF File" to save the report. On a computer, you can save it directly to your hard drive. On a phone or tablet (iPad), it will be saved in your files.
- **Print**: Click on "Print" to print the report. On a computer, this will open the print dialog box. On a phone, the print option will appear if a compatible printer is available on your network.

The PDF report retains all the information entered, including any comments added in the various sections. This feature ensures that all important data is centralized and easily accessible for future use.

14.4. Balance: Meditations, sounds and tools

> *guided meditations, frequency generation, and time crystal dissolution. At this stage, this module is being prepared and will be developed over the coming months.*

Balancing with Personalized Guided Meditations

The "Balancing" section is a crucial part of our method, dedicated to the creation of guided meditations or audio files integrating the frequencies required for each individual. The principle is based on a progressive approach, comparable to the peeling of an onion: the problems closest to us are the easiest to deal with, while those further away require more in-depth treatment. This process is carried out step by step, following an ideal path defined for passing through the various priority elements in a specific order.

Meditation parameters

1. **Meditation speed**: Depending on the parameters detected during recording, the speed at which a person enters meditation is determined.
2. **Personality type**: This factor influences the construction of the meditation.
3. **Music**: Chords and a general scale are identified to start at the person's level.

Resources selection

Resources are designed to tap into the most powerful items in each category. Relevant resources are called each day to address the day's priorities.

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Priorities selection

For each type of priorities selected, a series of meditations is included. These series include different types of guided meditation adapted to different profiles. The application then determines the most appropriate guided meditations to start with, followed by a second part based on frequencies or voices generated according to the priorities to be addressed and the resources to draw on.

Recording and follow-up

Once a personalized guidance has been designed, it can be saved on the user's account. If made by a Pro, users can then install the Biocoherence application, enter their email address and access their personalized meditation. It is also possible to re-evaluate regularly before each meditation session via the app. The reassessment prompts you to register the sensor and connects it for a new assessment.

Progress monitoring

Progress is displayed in the form of curves corresponding to each priority, making it possible to visualize progress and points still to be addressed. Other tracking methods are also available, like initial and follow-up questionnaires.

Plan and duration

Once the plan has been drawn up and the personalized meditation created, it is available on the user's profile. The user can be invited to install the application via email to launch the guided meditation directly. A complete balancing session is planned to last three weeks.

A detailed guide: Using the Harmonic Boost and Personal Guide in BioCoherence

The Harmonic Boost and Personal guide are two key features in the BioCoherence app that allow users to engage with their personalized frequency programs. These tools help users integrate bioactive frequencies into their daily routine, supporting their energetic and physiological balance.This section provides a detailed guide on how to use these features effectively, including best practices for different scenarios.

1. Harmonic Boost

What is the Harmonic Boost?

The Harmonic Boost is a frequency-based tool that plays all selected priorities simultaneously. It is designed to provide a comprehensive, holistic energetic harmonization in a short period.

How to Use the Harmonic Boost

- Accessing the Harmonic Boost:
  - Open the BioCoherence app.
  - Navigate to your active record (it is in the center of your Home Screen), or choose a record in your list.
  - Click on Harmonic Boost to start playing the frequencies.
- Playing the Harmonic Boost:
  - The Harmonic Boost plays all selected priorities at once. You can also filter by energy, body and mind; programs with high priority; programs with protocols; etc. Filter programs if you wish only an energetic boost, for instance, or if you are in a mood to address your deeper problems by filtering only programs with protocols.
  - It can be played in the background while performing daily activities. The volume can be very low.
  - It is recommended to use headphones or external speakers for better resonance. You can even use in-ear headphones in your pocket that will deliver a tiny electromagnetic field to your body with the included bioactive frequencies. That way, you don't have to listen to the frequencies: your energetic field, body and mind will register them electromagnetically.
- Exporting the Harmonic Boost:
  - Users can export the Harmonic Boost as an MP3 file for offline use.
  - On Mac, iPhone, iPad and Android, the file can be saved or shared directly via SMS, AirDrop, WhatsApp, or email.
  - On Windows, the file must be saved manually and then shared.
- Best Practices:
  - Daily Use: Play the Harmonic Boost once or twice a day.
  - Passive Listening: It can be played at a low volume in the background.
  - Focused Sessions: For deeper effects, listen in a quiet environment with minimal distractions.

2. Personal Guide

What is the Personal Guide?

The Personal Guide is a guided meditation that integrates personalized frequencies with voice guidance. It helps users focus on their energetic and physiological balance through structured visualization and relaxation techniques. The goal of this guidance is to integrate focused healing awareness into your daily life.

How to Use the Personal Guide

- Accessing the Personal Guide:
  - Open the BioCoherence app.
  - Navigate to your active record (it is in the center of your Home Screen), or choose a record in your list.
  - Click on Personal Guide to start the session.
- Customizing the Personal Guide:
  - Duration: Adjust your desired session length with the slider.
  - Dive Speed: The speed and intensity of relaxation techniques used are precomputed according to your measured vitals.
  - Personality Type: Automatically selected based on the scan.
  - Music Chord: Personalized based on resonance analysis.
  - End Mode:
    - Wake Mode: Gently brings the user back to an alert state.
    - Sleep Mode: Guides the user into a deep sleep.

- Playing the Personal Guide:
  - The session includes voice guidance, individual frequencies and binaural beats, and background noise.
  - Users can mute the voice if they prefer to listen only to the frequencies.
  - The white noise, frequencies and binaural beats can be adjusted for deeper relaxation.
- Best Practices
  - Daily Use: Recommended once per day, preferably in a quiet setting.
  - Before Sleep: Use the Sleep Mode to enhance relaxation.
  - During Meditation: Focus on the guided instructions for maximum benefit.
  - Without Voice: Some users prefer to mute the voice and listen only to the frequencies. This can be a relaxing mode before sleep, especially in the final days of the 21-day program, if guidance is already internalised.

3. Combining Harmonic Boost, Personal Guide and Basic Programs

In addition to your personal program, some basic programs can be useful to play along on your journey.

Basic programs are preset programs for a specific use case: for instance: detox, eye care, chakras harmonisation, stress management... These basic programs are carefully designed by our specialists for general use without a scan.

Users can choose to:

- Run them separately (e.g., Basic program in the morning, Harmonic Boost in the day, Personal Guide in the evening).
- Combine them by adding some basic programs and the Harmonic Boost frequencies to the Personal Guide.

How to Combine Both

1. Open the Record, and navigate to Priorities.
2. Click on the + button to add additional priorities.
3. Select basic programs, for instance Energy > Detox (or any other relevant category).
4. Click Add All Priorities to integrate them into the session.

Best Practices for Combination

- Morning Routine: Use the Harmonic Boost, filtered to Energy, for a quick energy alignment.
- Morning power pause: play a quick Basic program for an immediate relief.
- Evening Routine: Use the daily 21-day program Personal Guide for deep relaxation and integration.
- Continuous Support: Play the complete Harmonic Boost at a very low volume throughout the day.

4. Evaluating Progress

Re-Evaluations

- Users should perform re-evaluations every 3 to 7 days to track progress. They need a Sensor to measure vitals and compute biomarkers.
- Each re-evaluation updates the priority relevance and progress, and adjusts the program accordingly.

Signs of Improvement

- Physical Changes: Reduction in symptoms or discomfort.
- Energetic Shifts: Feeling more balanced and focused.
- Emotional Well-being: Increased clarity and emotional stability.

5. Troubleshooting & FAQs
Why is my main issue not in the priorities?
> The system prioritizes root causes rather than symptoms. Use the Causal Chain feature to explore related factors.

Can I listen while doing other activities?
> Yes, the Harmonic Boost can be played in the background. The Personal Guide is best used in a quiet, focused setting.

How do I share the Personal Guide with a client?
> Ensure the record is shared with the client. The client can access the Personal Guide directly in their app.

Can I export the Personal Guide?
> No, due to its complex nature and live biofeedback adjustments, the Personal Guide must be played from within the app and

cannot be exported. Only the Harmonic Boost can be saved as an MP3.

6. Summary

- Harmonic Boost Plays all selected priorities at once, for background listening, passive harmonization.
- Personal Guide is a guided meditation with personalized frequencies for Focused sessions, deep relaxation.
- The combination integrates both for a comprehensive experience.
- Morning boost, evening meditation and re-Evaluation every 3-7 days allows for updated priorities based on progress.

By following these guidelines, users can maximize the benefits of BioCoherence and create a personalized healing journey.

14.5. Harmonic Boost

The Harmonic Boost feature in BioCoherence is designed to enhance the effectiveness of meditations and frequency-based harmonization by integrating specific **frequencies** tailored to the user's needs and specific **protocols**. This feature allows users to stimulate and correct various biomarkers using a combination of preset and individualized frequency programs.

Item Colors and Their Functions

The Harmonic Boost interface consists of different colored elements, each serving a distinct purpose:

- White Elements: These represent **systemic harmonizations**, linked to a specific biomarker. They are precomputed frequency sets associated with specific organs, acupuncture points, burdens (e.g., geopathic stress), or other biomarkers. These frequencies are fixed and do not change based on individual analysis results.
- Blue Elements: These represent corrective protocols. They are individualized and computed locally on the user's device. These frequencies are selected based on the user's specific needs and are designed to counterbalance disharmonies detected in the analysis.
  - Dark Blue Elements: These are bioactive individual frequencies or collection of frequencies (frequency spectrums), which can be played electrically or acoustically.
  - Light Blue Elements: These are binaural beats, which are designed to make very low frequencies be heard acoustically and train the brain into specific altered states of consciousness. They work by playing two slightly different frequencies in each ear, creating a beat frequency in the brain that aligns with the desired therapeutic effect.

Action Mode and Functionality

Precomputed Frequencies

- All biomarker harmonization frequencies (white elements) are precomputed and stored both locally and in the cloud. This ensures smooth playback without requiring real-time computation, even on low-end devices.
- The same precomputation process will be applied to blue elements (which are highly individualised) at needed time, directly on the user's device, eliminating glitches and improving performance.

Real-Time Computation for Individualized Protocols

- When a user adds a protocol (blue elements), the system computes the required frequencies locally before playback.
- This ensures that the frequencies are tailored to the user's specific needs while maintaining optimal performance.

Simultaneous Frequency Playback

- The Harmonic Boost system plays four frequencies at once.
- If only white elements are selected, four frequencies from the biomarker harmonization set are played.
- If both white and blue elements are selected, the system dynamically balances the playback frequencies between biomarker harmonization and corrective frequencies.

The fact that the frequencies are played together allows for a targeted action of protocols, by establishing a direct bridge to the selected system via the resonance effect and adding the protocol frequencies to obtain the effect of a directed laser targeting the protocol specifically on the system.

Binaural Beat Integration

- When a binaural beat (light blue element) is included, it is mixed with one of the biomarker frequencies.
- For example, if a geopathic stress frequency is 100 Hz and a binaural beat is 8 Hz, the system will play 100 Hz in one ear and 108 Hz in the other, creating an 8 Hz beat in the brain.

Duration and Timing

- The default duration of each frequency cycle is 6.73 seconds, which is a multiple of Planck time to the golden ratio (phi).
- Each white or blue program consists of multiple cycles, typically lasting between 10 and 150 seconds (with reset cycles of 6.73 seconds).
- Users can adjust the duration of a program to make it shorter or longer, depending on their needs.
- The complete program can be exported as one audio file, and subsets can be directly exported to address specifically energy, body, mind, or the elements needing the most attention, for instance.

Customization and Export

Adding Protocols

- Users can manually add protocols to enhance the effectiveness of a Harmonic Boost session.
- The system provides suggested protocols based on the selected biomarker, but users can also search for additional protocols. There are more than 2000 included protocols and the list is regularly enhanced with new studies.

Exporting MP3 Files

- Users can export Harmonic Boost sessions as MP3 files for offline use.
- The exported files include metadata such as album covers and keywords, making them easy to organize in music libraries.

Practical Applications

- Personal Guide Enhancement: Users will hear Harmonic Boost frequencies into the Personal guided meditations for deeper relaxation and healing.
- Targeted Healing: By selecting specific biomarkers and corrective protocols, users can create personalized healing sessions.
- Energy Boosting: Users can create and save energy-boosting frequency sets for quick access when needed.

The Harmonic Boost feature in BioCoherence provides a powerful tool for frequency-based harmonization. By combining

precomputed biomarker frequencies with individualized corrective protocols, users can create highly effective and personalized healing sessions. The ability to export and play these sessions offline further enhances accessibility and usability.

15. AI in BioCoherence

BioCoherence uses the latest state-of-the-art Artificial Intelligence (AI) technologies to facilitate understanding, use and analysis in a seamless and fully integrated way.

- **AI Helpers** are able to explain, analyze, test and act on priorities. More than 30 specialized assistants can receive biomarker values and open a simple chat with the user or the Pro.
- For Pros, the **creation of list items** is accelerated thanks to assistance in writing meditation parts, automatic identification of actions, product ingredient searches....
- BioCoherence integrates thousands of exclusive algorithms linked to BioFeedback and biomarkers, some of which have been obtained with the assistance of deep learning and artificial intelligence.

15.1. AI Helpers

One of the most exciting developments in BioCoherence is the introduction of AI Helpers. These AI-driven assistants are designed to help users navigate the vast amount of information within the app, making it easier to understand and utilize the data from their biofeedback scans.

The AI Helpers in BioCoherence are designed to enhance user experience by providing tailored guidance, explanations, and program creation based on user data. These AI modules reduce the learning curve for new users and offer professionals a way to streamline client interactions. AI Helpers can operate in two distinct modes depending on the context of their use:

1. Without a Recording: Users can chat with the AI to create a basic program based on their needs. From the Homepage: Users can interact with the AI for general guidance without linking to specific biomarkers.
2. With an Open Recording: AI Helpers analyze the user's biomarkers and provide insights or recommendations based on the recorded data.

Key Features

The AI Helpers function as a virtual clinic, with specialized assistants acting as nurses and support staff for both general users and professional practitioners. These AI assistants can:

- Read and interpret biomarkers from your scans and the scans of your clients.
- Show specific biomarkers and interpret its values.
- Play harmonic boosts to help balance your energy.
- Modify your priorities based on your health data and the discussion.
- Add elements to your harmonic boost list for personalized healing.
- Request and analyze new tests in real-time.
- Provide explanations and advices for various biomarkers and test results.
- Redirect clients to professional consultations when needed.

This means that users can interact with the AI to gain deeper insights into their health, ask questions about their results, and even receive recommendations for actionable insights, meditation, herbal remedies, and more:

- Tailored Assistance: Each AI Helper specializes in a specific domain, such as naturopathy, Traditional Chinese Medicine (TCM), essential oils, or meditation. There are currently more than 25 AI Helpers. They receive a curated subset of biomarkers relevant to their expertise, specific crafted prompts, specific knowledge and training, specific lists and list items, specific additional information and specific abilities.
- Basic Program Creation: Users can create personalized programs by discussing their needs with the AI. These programs are saved in the "Basic Programs" section and can be launched immediately.
- Language Support: AI Helpers support multiple languages, allowing users to interact in their native language. The system is designed to handle multilingual queries effectively.

- Customizable Access: Professionals can control which AI Helpers are available to their clients and what data they can access. This ensures that the AI operates within the boundaries set by the professional.

The AI is designed to acknowledge its limitations, ensuring that users are encouraged to seek professional guidance when necessary.

AI Helpers for Professionals

For practitioners, the AI Helpers serve as intelligent assistants that can:

- Help explain complex biomarkers to clients.
- Suggest additional tests based on client data.
- Recommend meditation techniques or herbal remedies.
- Alleviate the explanation process by providing selected AI Helpers to the client with abilities to explain but not modify the Pro's decisions.

When a Pro works on a client's record, the AI Helper receives the client data and acts as the Pro's assistant.

Accessing AI Helpers

AI Helpers can be accessed from:

- The Homepage: For general guidance or Basic Program creation.
- An Open Recording: To analyze and explain specific biomarkers, to provide detailed insights into the analysis.

AI Helper Use Cases

Creating a Basic Program:

- Navigate to the AI Helpers section from the homepage.
- Select an AI Helper (e.g., Sleep Coach, Meditation Guide).
- Engage in a conversation to describe your needs (e.g., "I feel stressed and need help relaxing").
- The AI will generate a tailored basic program and save it in your "Basic Programs" section.

Explaining Biomarkers:

- Open a recording and navigate to the AI Helpers section, under "Conclusions".
- Select an AI Helper relevant to the biomarkers you wish to explore (e.g., TCM Practitioner for meridians).
- The AI will provide detailed explanations and recommendations based on your biomarkers computed in the recording.

Example: Custom Tea or Essential Oil Blends. Use the Herbalist or Essential Oil Expert AI Helper. The AI will analyze the relevant biomarkers and suggest a custom tea blend or essential oil recipe.

AI Helper Limitations

- AI Helpers cannot modify recordings or analysis results. They are designed to explain and provide guidance based on existing data.
- The initial set of biomarkers provided to each AI Helper is limited to their domain of expertise. However, the AI can request additional biomarkers during the conversation if needed.

Advanced Features

Summary and Report Integration:

- At the end of a conversation, the AI Helper generates a summary of the discussion.
- Professionals can choose to include this summary in the client's PDF report for future reference.

Feedback and Ratings:

- After each interaction, users can rate the AI Helper's usefulness and success in addressing their query. This feedback helps improve the AI's performance.

Customizable AI Access for Clients:

- Professionals can enable or disable specific AI Helpers for their clients.
- They can also control whether clients have access to features like the personal guide, harmonic boosts, or the full report.

Technical Notes

- AI Helper Data Handling: Each AI Helper receives between 5% and 10% of the user's biomarkers, depending on its domain. This ensures focused and relevant guidance.
- AI Helpers are tools based on large language models and their responses are not vetted by medical professionals. The accuracy of the answers should always be verified.
- 26 AI Helpers are available today but now that the system is running, it is quite easy to add new helpers; please contact us if you see any field that you would add to the AI Helpers.

Conclusion

The AI Helpers in BioCoherence are a powerful tool for both professionals and individual users. By leveraging advanced AI capabilities, they simplify complex analyses, provide actionable insights, and create personalized programs tailored to user needs. As the system evolves, new features and improvements will continue to enhance the user experience.

Addendum 1.
Frequently asked questions

How to get help in the app
To ask for help or send a suggestion from any page in the app, just open the top-right menu and click "Feedback and ideas". You can click "annotate a screenshot" to add a screenshot of the page you are currently on, and add this annotated screenshot to your request. It's much easier for us to help you then!

How do my family members or my clients access the bespoke meditations?
To access the bespoke meditations, they need to install the app from biocoherence.net/install or from the App Store or Play store. You can invite them by creating an account for them; please insert their email in the account so that they receive an invitation with the correct account. You can then share their analysis with them by adding them as contact on the analysis. When they log in the app with the email you specified in the account you created, they will find this analysis on their app's home page, or under "Recorded analyses".

Once they have the analysis, they can listen to the balancing meditation through the "Balance" section of the BioCoherence app, where the audio combines spoken guidance with frequencies for optimal results.

BioCoherence Affiliate Program

Welcome to the BioCoherence Affiliate Program! We're thrilled to have you join us in sharing the benefits of our cutting-edge technology with your audience. Our program allows you to earn commissions while helping others discover a transformative approach to health and wellness.

Getting Started
1. Log into your account: Visit https://biocoherence.net/s0,login[1].
2. Access your affiliate page: Navigate to https://biocoherence.net/n119[2]. This is your personal affiliate hub.

Here, you'll find all the tools and information you need, including how to:

- Create and manage your invitation codes.
- Track your commissions.
- Grow your affiliate network.

About the Affiliate Program

Our program offers **subscription-based commissions** for direct sales and a variety of purchase types. You can also earn additional incentives when you refer new affiliates to the program.

Subscription Commissions for Direct Sales

When you share your invitation codes, you earn commissions on subscriptions and other purchases made by users who register with your code. The program is designed to reward both you and your customers, offering perks and incentives for new users who join with your code.

Additional Purchases

Earn commissions on purchases such as reports, tests, and hardware through the BioCoherence platform. These rewards allow you to benefit from every transaction made by your referred users.

Note: For items covered by **territorial exclusivity**, commissions and customer invoices will be processed through the local exclusive distributor. Rates may vary depending on distributor policies. Check biocoherence.net/distributors[3] for details.

Manage Your Invitation Codes

From your affiliate management page, you can create multiple codes to distribute across different channels like social media, videos, and blogs. This allows you to track the performance of each code and optimize your efforts.

What is BioCoherence NOT designed to do?
BioCoherence is not intended to diagnose specific medical conditions or replace traditional medical advice. While some biomarkers come from official academic medical research, its primary purpose is to provide tools for quick understanding and identifying root causes. It supports self-help for home users and connects them to advanced therapists when needed.

What is the best way to ensure the scan process is complete, considering the analysis should take at least 130 seconds?
The analysis must indeed take at least about 130 seconds for accurate results (it needs at least 128 valid heartbeats). There are progress bars at the bottom of the scan that show you the necessary duration for each type of analysis. Please ensure the scan runs for the full duration, even if it appears complete when the bars are filled green. Ensuring the entire duration of the scan is completed is crucial for the accuracy of the results.

1. https://biocoherence.net/s0,login
2. https://biocoherence.net/n119
3. https://biocoherence.net/distributors

What results have been measured or reported?

While still in beta, BioCoherence has received very positive feedback from initial tests validating its effectiveness. We are collecting diverse feedback to further validate and expand its use. Customer testimonials and specific case studies will be available as more data is gathered.

BioCoherence includes a way to gather anonymized data (with opt-in) to validate scientifically all biomarkers and balancing modes. This data will serve as the basis to publish scientific articles with an access to the raw, anonymized data upon request from reputable institutions.

What would be an entry-level use and an advanced use?

Entry-level use: Me Play (automatic scan or test, and automatic custom biofeedback-enhanced meditations). Advanced use: Pro (40+ graphical pages, links, resources, and priorities identification and modification, and the Pro directory for user-therapist connections). Future features will also include comparative scans and simultaneous meditations for multiple users.

App installation and first launch

- On windows, Mac or Linux: Download the installation file on biocoherence.net/install[4]
- On iPad, iPhone or Android: Please follow the instructions on biocoherence.net/install[5]; the installation should be just one click from the App Store.

After installation

Once installation is complete, there might still be problems.
1. **Can't find the app?** It is called "BioCoherence"; On Mac, it is in "Applications". On windows and linux, in the start menu. On iPad, iPhone and Android, it is added to your Home Screen, and you can also find it with a search.
2. **The app doesn't launch?** Either your computer or tablet is too slow, or there are incompatibilities.
3. **You cannot log in?** If you have an account, please click on "lost password" on the login screen. You will receive a link to reset your password. If you don't, you can create one within the app.

Can BioCoherence use Spooky's frequency protocols?

Yes, BioCoherence has integrated many of the frequency protocols from various sources, including Rife-based tables used by Spooky and other devices. In the future, BioCoherence aims to allow Spooky devices to act as emitters, making it possible to export audio from BioCoherence and feed it directly into Spooky. We plan to be open to as many devices as possible and to interface with them directly when they are open to it. In any case, the audio export of the frequency programs allow the frequencies to be played on a large variety of devices.

Can it perhaps "replace" a technology that I might currently use?

BioCoherence could potentially replace or complement other biofeedback and health analysis tools depending on your specific needs. It could replace most devices, especially those based on random-number generators, but may not fully replace devices that have different proven action modes.

How can I obtain information on the central themes of a client when results vary across scans?

To obtain information on the central themes of a client, comparing multiple scans can be helpful. Look for consistent patterns or recurring issues across the scans to identify central themes. Mederic mentioned that it's important to look for trends in the scans to get a more comprehensive understanding of the client's central issues.
Results will generally be very consistent across scans, with variations in links and relative energy or agitation of systems. These variations are healthy and indicate a progress.
You can actually compare several scans side-to-side in the application to see how specific biomarkers evolve, for instance before and after a specific therapy has been applied.

How can my clients access their reports outside of the practitioner's office? How do they review their reports and access the meditations?

Clients can access their reports and meditations through the app. Here's how practitioners can enable client access:
- Add the client as a new contact in the app:
  ◦ Click the two arrows next to your profile photo to access "Contacts."
  ◦ Create a new contact, ensuring to include the client's email address.
- Perform a scan under the client's profile.
- Share the report:
  ◦ Open the completed report and select the "Share with…" option.
  ◦ Send an invitation email to the client, including a link to download the app along with login details.

Once the client logs in, they can review their report and access the meditations directly in the app. They can also do remote tests for you (local tests for them, with a Sensor) and you will receive the results back in your software.

How can my family members or my clients use the custom frequencies generated for them?

To share the custom frequencies with your family members or clients, follow these steps:
- When viewing their frequency report in the BioCoherence app, export the audio file of the frequency session.
- You can then share the audio file with them via messaging, email, or other communication methods.

You can also invite your clients or family members to install the app and share the analysis with them. For that, you can create a client account with their email.

How is BioCoherence unique?

BioCoherence combines advanced mathematical algorithms with ECG technology to provide detailed health insights. It stands out by offering a multi-level analysis of the body's electrical signals and includes an energy/body/mind approach, multiple graphical displays, and links between biomarkers. It also includes biofeedback-adapted meditations and frequencies.

How to update the app

Always use the latest update, as your problem may already have been solved - or your idea, already implemented!
Depending on the platform you're using, the update is performed differently:

Beta version

- If you're using the Beta version with TestFlight: you should receive a notification with each update. Launch TestFlight and click on "Update".
- If you have installed the beta version for Mac, Windows or Linux outside TestFlight: go to biocoherence.net/beta[6], download the installer for the latest version, and run the installer. All your data will be preserved.

Public version

- If you have installed the public version for Mac, Windows or Linux outside TestFlight: go to biocoherence.net/install[7], download the latest version installer, and run the installer. All your data will be preserved.
- If you're using the public version from the App Store or Play Store: open the App Store or Play Store and update the app from its page.

4. https://biocoherence.net/install
5. https://biocoherence.net/install
6. https://biocoherence.net/beta
7. https://biocoherence.net/install

Resolving Bluetooth Connection Issues with BioCoherence

If you're experiencing problems with the Bluetooth connection in BioCoherence, follow these troubleshooting steps to ensure a smooth setup:

General Guidelines

- **Launch the Process First:**
  - Start by launching a recording or test in the BioCoherence app. Many connection issues arise from attempting to connect the sensor too early.
  - The app is designed to manage the connection process automatically once you initiate a recording or test.
- **Avoid System Settings:**
  - Do not attempt to connect the Bluetooth sensor via your device's system settings. Let the app handle this process to avoid disruptions.
- **Ensure Bluetooth is Active:**
  - **Windows:** Turn on Bluetooth via the Settings panel or the Bluetooth shortcut in the bottom-right taskbar.
  - **Mac:** Enable Bluetooth from the top-right menu bar. Ensure Bluetooth permissions are granted to BioCoherence in System Settings.
  - **iOS/Android:** Toggle Bluetooth on from the device's settings menu, usually located near Wi-Fi options.
- **Moisten Thumbs:**
  - **Important:** Ensure your thumbs are suitably moistened with water or conductive gel. This enhances the connection and ensures accurate sensor readings.

Step-by-Step Troubleshooting

1. **Activate Bluetooth:**
   - If stuck on this step, verify that:
     - Your device has an active Bluetooth chip.
     - Bluetooth is turned on and functioning.
2. **Switch the Sensor On:**
   - The sensor powers on automatically when removed from its cradle. Place your moistened thumbs on the sensor. It usually connects within 1-2 seconds. If it doesn't:
     - Click *Relaunch Bluetooth* in the app.
     - Remove your thumbs and try placing them back on the sensor.
3. **Connection Status:**
   - The app provides step-by-step indications on the Bluetooth panel:
     - **Activate Bluetooth:** Ensure Bluetooth is turned on.
     - **Switch Sensor On:** The app is ready for the sensor to connect.
     - **Sensor Connected:** The sensor is successfully linked and ready.
     - **Preliminary Data Exchanged:** The app has received initial data, such as battery status and serial number.
     - **Active Data:** ECG data is being received, and the recording or test begins.
4. **Handle Multiple Device Connections:**
   - If the sensor has previously been paired with multiple devices, disable Bluetooth on unused devices to prevent interference.

Additional Notes

- **First-Time Authorization:**
  - When launching the app for the first time, grant Bluetooth permissions when prompted. If you accidentally deny these permissions:
    - Adjust them in your system preferences.
    - Alternatively, uninstall and reinstall the app to reset permissions.
- **Sensor Disconnection:**
  - If the sensor disconnects during use, check:
    - Battery levels.
    - That thumbs are properly placed on the sensor.

By following these steps and ensuring your thumbs are properly moistened, you can resolve most Bluetooth connectivity issues and enjoy a seamless experience with BioCoherence. If problems persist, consider reaching out to support for additional assistance.

What are BioCoherence's prices?

BioCoherence offers a maximum of flexibility in prices. You can start for free and then choose the plan that suits you best. All our plans are explained in full details on biocoherence.net/price[8]

Free plan

The free plan allows you to do unlimited recordings and connect with a Pro, and receive one custom meditation. For the scan, you can open some general information pages but most pages are blurred; you can buy one report to unlock it. You can do recordings with an Apple Watch or with our Sensor. You can also access the test catalog and choose to pay for any test you want.

To use the free plan, you just have to install the app[9] and create a free account.

If you want to go further, here are our paid plans:

Paid plans, for personal use

Please check prices on our website. Prices go per month (no commitment) to a full lifetime licence, all updates included for life. We also have yearly plans with rebates.

- Me Play allows unlimited plays of frequencies and meditations.
- Me Essential allows unlimited scans and balances (meditations and frequencies) for up to 2 accounts, and gives you access to essential screens of the report and free tests. You can buy full reports and paid tests at your convenience.
- Me Custom allows 3 always-unlocked screens of your choice.
- Me Plus gives you unlimited full scan screens for up to 6 people, editable resources and priorities, and custom balancing.

Paid plans for professional use

- Pro Essential allows unlimited scans (locally or remotely) and balances for an unlimited number of clients, and gives you access to essential screens of the report and basic tests creation. You can buy full reports and paid tests at your convenience.
- Pro Custom allows 3 always-unlocked screens of your choice.
- Pro Plus gives you unlimited full scans (locally or remotely), and all screens for an unlimited number of clients, editable resources and priorities, custom balancing, and full tests creation, including monetisation.
- Med focuses solely on medically validated biomarkers in an ECG.

To get much more details about the plans, go to biocoherence.net/price[10]

What does BioCoherence do best?

BioCoherence software excels at providing a comprehensive analysis of the body's electrical and magnetic activity, giving insight into various biomarkers and overall health status. Highlighting resources, priorities and links between organs, it presents complex data from various fields in a simple, graphic way for everyday use by therapists. It makes exclusive use of advanced mathematical operations for multi-level analysis, extracting meaningful data directly from the body's electrical sensor (electrocardiogram). Based on these identified resources and priorities, he can then propose customized guided meditations and rebalancing protocols.

What quality are the generated files?

The focus is on developing high-quality sound generation within the app, including a full-featured real-time synthesizer and sequencer. These tools are already available in the app for noise, frequencies, and recorded guided meditations. The generated parameters are under constant development. Music supports tuning for meditations and simultaneous group sessions.

Why does my sensor continue flashing either blue or green after I've completed the scan?

You need to put the sensor back into the sensor case, which will automatically switch it off. We've designed the sensor to be very simple in terms of usage, so you don't even have to worry about turning it on and off—it does this automatically. You might see that it continues flashing green or blue for a couple of seconds, or maybe up to 1 minute after completing the scan, but then it will shut down and wait for the next scan to start.

Why does the Bluetooth sometimes fail to connect during a scan?

If you're experiencing issues with Bluetooth connectivity during a scan, it might be because the BioCoherence scanner has been paired with multiple devices. When this happens, the scanner might attempt to connect to a device that isn't currently in use. To resolve this issue, ensure that Bluetooth is fully turned off on any other devices that have been previously connected to the BioCoherence scanner. By doing this, the scanner will connect smoothly to the correct device, allowing your scan to proceed without interruptions.

To avoid any trouble, it is very important to launch the bluetooth connection process in the app first by starting a new recording or a test, and THEN grab the sensor. By putting your thumbs on the sensor, it will power up and connect automatically to the app that is already in research mode at this point.

Which account type can I use to detect parasites?

This feature is reserved for professional users only. The information needs to be interpreted by a professional, and we aim to ensure that it is used accurately and responsibly. It remains within the limits of an energetic assessment and not a direct observation of a parasite presence.

8. https://biocoherence.net/price
9. https://biocoherence.net/install
10. https://biocoherence.net/price

Addendum 2.
List of related studies

You can access all links on **biocoherence.net/studieslist**

Acupuncture, meridians

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5. *https://onlinelibrary.wiley.com/servlet/linkout?suffix=null&dbid=128&doi=10.1002/ar.10185&key=A1995TT60300006*
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Addendum 3.
Bibliography

1. **"Prology: fulfill your life project - Book 1: illness, healing, transmutation: the path of resources"** by Christine Degoy
An innovative guide that re-explores health and well-being through a systemic approach, enabling you to redefine your existence and access a deeper understanding of your life project. This book gives you the tools you need to cultivate inner communication, transform your perception of reality and fully embody your raison d'être.

2. **"Prology: rediscover the meaning of life - Book 2: The life project in the body: understand, unlock, transmute"** by Christine Degoy
Dive into prological organ decoding to discover how each part of your body reflects deeper dimensions of your existence. This book explores the links between your life experiences and your physical health, offering keys to understanding, unblocking and transmuting energetic blockages. By focusing on inner resources and hidden potentials, this book invites you to embrace your life project through a holistic vision, enabling you to harmonize your body and mind for a fully fulfilled life.

Energy and electric medicine

3. **"The Body Electric: Electromagnetism and the Foundation of Life"** by Robert Becker and Gary Selden
This groundbreaking book explores the human body's electromagnetic field and its profound implications for healing, energy flow, and health. Becker's research into bioelectricity provides essential insights for understanding the science behind the body's energy systems.

4. **"The Spark in the Machine: How the Science of Acupuncture Explains the Mysteries of Western Medicine"** by Dr. Daniel Keown
Dr. Keown's work bridges the gap between Western medical science and the ancient practice of acupuncture, offering a comprehensive explanation of how energy flows through the body and how it can be harnessed for healing.

5. **"Energy Medicine: The Scientific Basis"** by James L. Oschman
This book offers a thorough exploration of the science behind energy medicine, presenting evidence of how electromagnetic fields, meridians, and other energy systems influence health. Oschman draws from physics and biology to explain the body's energy systems in a way that complements both conventional and alternative healing practices.

6. **"Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies"** by Richard Gerber
Gerber's classic text is an essential resource for understanding the field of subtle energy medicine. It provides a detailed overview of energy fields, chakras, and how vibrational therapies work to heal the body and mind.

7. **"Cross Currents: The Perils of Electropollution, the Promise of Electromedicine"** by Robert O. Becker
Becker's follow-up to *The Body Electric*, this book investigates the health implications of modern electrical technology, while also exploring how electromagnetic therapy can aid in healing.

8. **"Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles"** by Bruce H. Lipton
This book delves into the intersection of biology and belief, showing how the mind influences the body on a cellular level. Lipton explains how energy fields and consciousness impact biological processes.

9. **"The Field: The Quest for the Secret Force of the Universe"** by Lynne McTaggart
McTaggart explores cutting-edge science about the zero-point field, a universal energy field that connects all matter. This book offers insights into the energetic nature of life and how we can harness this energy for healing.

10. **"Healing Is Voltage: The Handbook"** by Jerry Tennant
Dr. Tennant explains how voltage in the body, particularly at the cellular level, is crucial to health. He provides a comprehensive view of how maintaining proper electrical potential is fundamental to healing and well-being.

Modern Spirituality

11. **"My Big TOE (Theory of Everything)"** by Thomas Campbell
A comprehensive trilogy that explores the nature of reality, consciousness, and the connection between the physical and metaphysical. Campbell, a physicist and consciousness researcher, blends science and spirituality to present a model of existence that supports meditation, altered states of consciousness, and the understanding of energy in the universe.

12. **"The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness"** by John Yates (Culadasa)
Culadasa's guide is a thorough, step-by-step explanation of meditation practice rooted in both ancient Buddhist teachings and contemporary neuroscience. It bridges the gap between traditional meditation techniques and modern scientific understandings of the brain.

13. **"Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body"** by Daniel Goleman and Richard J. Davidson
This book dives into the scientific research surrounding meditation, exploring its profound effects on the brain and body. Goleman and Davidson draw from decades of research to explain how meditation leads to lasting psychological and physiological changes.

14. **"Waking Up: A Guide to Spirituality Without Religion"** by Sam Harris
Sam Harris, a neuroscientist and philosopher, presents a rational approach to spirituality and meditation, grounded in both science and personal experience. His book is particularly focused on how meditation can lead to profound shifts in perception and understanding of consciousness, without the need for religious frameworks.

15. **"The Power of Now: A Guide to Spiritual Enlightenment"** by Eckhart Tolle
Tolle's widely read book emphasizes the importance of mindfulness and staying present in the moment. His teachings offer practical insights on how to live more fully and mindfully, which aligns with the energetic and mental aspects of well-being discussed in *Sing the Body Electric*.

16. **"Real Magic: Ancient Wisdom, Modern Science, and a Guide to the Secret Power of the Universe"** by Dean Radin
Radin, a leading researcher in the field of parapsychology, explores the scientific evidence for phenomena like telepathy, precognition, and psychokinesis, drawing connections between consciousness, energy, and the broader structure of reality. This book provides a foundation for understanding other realities beyond the physical.

17. **"The Physics of Consciousness: The Quantum Mind and the Meaning of Life"** by Evan Harris Walker
This book delves into quantum physics and its relationship with consciousness. Walker explores the role of the observer in quantum mechanics and presents a theory that consciousness is fundamental to the universe, contributing to a broader understanding of energy and existence.

18. **"The Secret Doctrine"** by H.P. Blavatsky
This foundational text of Theosophy explores the nature of the universe, consciousness, and spiritual evolution.

19. **"The Perennial Philosophy"** by Aldous Huxley
Huxley examines the common threads of spirituality across various religions, emphasizing universal truths.

20. **"Human Destiny"** by Pierre Lecomte du Noüy
This book explores the intersection of science, philosophy, and religion, arguing for the idea that human evolution is guided by a divine purpose. It discusses the spiritual potential of humanity and the moral responsibilities that come with human consciousness.

21. **"The Road to Reason"** by Pierre Lecomte du Noüy
 In this philosophical work, Lecomte du Noüy discusses the importance of reason and scientific thought in understanding the universe. He also delves into how scientific progress should be integrated with moral and spiritual development.

Digital signal processing

22. **"Understanding Digital Signal Processing"** by Richard G. Lyons
This book provides a clear and accessible introduction to digital signal processing (DSP), making complex concepts understandable even for beginners. It covers topics like filtering, Fourier analysis, and sampling theory in a practical and easy-to-follow manner, ideal for those interested in the fundamentals of signal processing for audio analysis.

23. **"The Scientist and Engineer's Guide to Digital Signal Processing"** by Steven W. Smith
A popular, easy-to-read book that introduces DSP concepts with practical examples and applications. It's a free online resource that explains how signal processing works with step-by-step guides and real-world examples, making it highly accessible for beginners, especially those interested in audio and musical signal analysis.

24. **"Digital Audio Signal Processing"** by Udo Zölzer
This book introduces the principles and applications of digital audio signal processing, focusing on areas such as digital filters, audio effects, and time-frequency analysis. While technical, the material is presented in a way that is approachable for readers with basic knowledge of DSP.

25. **"An Introduction to Audio Content Analysis: Applications in Signal Processing and Music Informatics"** by Alexander Lerch
This text is particularly useful for those interested in audio and music signal processing. It introduces techniques for analyzing audio content such as music structure, rhythm, and harmony using signal processing algorithms. The book is practical and accessible for students and professionals alike.

26. **"Designing Audio Effect Plug-Ins in C++: With Digital Audio Signal Processing Theory"** by Will Pirkle
For those wanting to dive into the application side of audio signal processing, this book is a user-friendly introduction to coding and designing audio effects using C++ programming. It's ideal for beginners looking to understand how DSP can be applied to create real-time audio effects.

Jung and the unconscious

27. **"Memories, Dreams, Reflections"** by Carl G. Jung
A semi-autobiographical work, this book covers Jung's life and key ideas, including his development of concepts like the collective unconscious, archetypes, and the shadow. It provides personal insights into his psychological theories.

28. **"The Archetypes and the Collective Unconscious"** by Carl G. Jung
This book is a central text in Jungian psychology, where he outlines his theories of the unconscious mind, particularly the collective unconscious and its archetypal images. It's fundamental reading for understanding Jung's ideas about personality and the psyche.

29. **"Psychological Types"** by Carl G. Jung
In this work, Jung introduces his theory of psychological types, which later influenced the development of the Myers-Briggs Type Indicator (MBTI). He discusses the dichotomy of introversion and extraversion as well as other psychological functions that shape personality.

30. **"Man and His Symbols"** by Carl G. Jung
Written as an accessible introduction to Jungian thought, this book delves into the use of symbols in dreams and art as representations of unconscious processes. It's designed for a broader audience and offers insights into the human psyche.

31. **"The Undiscovered Self"** by Carl G. Jung
Jung explores the conflict between the individual's need for personal development and the pressures of modern society. It emphasizes the importance of self-awareness in navigating the unconscious and shadow aspects of personality.

32. **"Owning Your Own Shadow: Understanding the Dark Side of the Psyche"** by Robert A. Johnson
A practical guide to understanding Jung's concept of the shadow, this book explains how to recognize and integrate the shadow self for psychological balance and personal growth.

33. **"Jung's Map of the Soul: An Introduction"** by Murray Stein
This book offers an introduction to Jung's theories of personality, including his ideas about the shadow, the unconscious, and individuation. It's a good resource for those new to Jungian psychology.

34. **"Gifts Differing: Understanding Personality Type"** by Isabel Briggs Myers with Peter B. Myers
This book explains the MBTI system of personality types, which is based on Jung's psychological types. It provides insights into how different personality types interact and how they influence personal and professional life.

Healing with sounds

35. **"The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music"** by Mitchell L. Gaynor
This book delves into the use of sound therapy for healing, focusing on how vibrations and frequencies can be used to support recovery from illness. Gaynor, an oncologist, combines medical insights with sound healing practices.

36. **"Tuning the Human Biofield: Healing with Vibrational Sound Therapy"** by Eileen Day McKusick
McKusick explores the biofield anatomy, discussing how sound, frequency, and vibration affect the human energy field. The book includes information on how tuning forks and other sound tools can promote healing.

37. **"Healing Sounds: The Power of Harmonics"** by Jonathan Goldman
This book explains the concept of using sound and harmonics to heal the body and mind. It includes practical techniques for sound healing, such as vocal toning and working with overtones.

38. **"Sound Medicine: How to Use the Ancient Science of Sound to Heal the Body and Mind"** by Kulreet Chaudhary
This book combines ancient Ayurvedic medicine with modern sound therapy practices. Chaudhary explains how sound frequencies and vibrations can be used for healing and well-being, from mantras to modern sound technologies.

Pioneers

39. **"Implosion: Secret Science of Ecstasy and Immortality"** by Dan Winter
Dan Winter explores the fractal nature of reality, particularly in relation to consciousness, the heart's electrical activity, and bioenergetics. His work ties together concepts from sacred geometry, implosion, and the physics of bliss.

40. **"Fractal Space-Time and Sacred Geometry"** by Dan Winter
This book delves into the geometry of consciousness and the human energy field, emphasizing the implications of fractal structures in biology, heart coherence, and the deeper understanding of the universe.

41. **"Decoding the Human Body-Field: The New Science of Information as Medicine"** by Peter H. Fraser
Peter H. Fraser, a pioneer in bioenergetics, examines the body's information systems, or the "human body-field," explaining how it influences health and healing. His work integrates quantum biology and modern medicine with energetic healing practices.

42. **(no book)** Joël Sternheimer
Sternheimer's work presents a theory of how musical notes correspond to biological processes. He explores the concept of "protein music," suggesting that specific frequencies can influence molecular interactions in living organisms.

Consciousness, Energy, and Reality

43. **"The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor"** by Gerald Pollack
Pollack presents groundbreaking research on the properties of water and its implications for biology and energy medicine.

44. **"LSD and the Mind of the Universe"** by Christopher Bache
Bache explores the intersection of psychedelics, consciousness, and the nature of reality through personal experiences and scientific insights.

45. **"Consciousness Beyond Life: The Science of the Near-Death Experience"** by Pim van Lommel
Van Lommel provides a comprehensive examination of near-death experiences, their implications for consciousness, and the continuity of self beyond physical existence.

46. **"The Man Who Didn't Believe in Miracles"** by Didier Van Cauwelaert
This novel intertwines themes of consciousness and quantum physics, exploring the nature of reality and belief through a compelling narrative.

47. **"Healthy on purpose: impulses for self-healing"** by Folker Meissner
Meissner investigates the scientific principles underlying energy medicine, offering insights into its therapeutic potential and mechanisms.

48. **"Connected: The Emergence of Global Consciousness"** by Roger Nelson
Nelson examines the interconnectedness of human consciousness and the implications for understanding collective experiences and global consciousness.

49. **"Morphogenic water - Health - Information and fields of consciousness"** by Marc Henry
Henry discusses the significance of water in biological systems and its role as a medium for energy transfer and consciousness.

50. **"Life After Life"** by Raymond Moody
Moody's groundbreaking work introduces the concept of near-death experiences and presents numerous case studies that highlight common elements reported by those who have had such experiences.

51. **"Embraced by the Light"** by Betty J. Eadie
This memoir recounts Eadie's near-death experience, sharing her insights and the profound spiritual revelations she encountered during her journey.

52. **"Proof of Heaven: A Neurosurgeon's Journey into the Afterlife"** by Eben Alexander
Alexander, a neurosurgeon, shares his own near-death experience and offers a compelling account that challenges conventional scientific views on consciousness and the afterlife.

53. **"Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing"** by Anita Moorjani
Moorjani shares her transformative near-death experience during her battle with cancer and the powerful lessons about self-acceptance and healing she learned.

54. **"Journeys Out of the Body"** by Robert A. Monroe
This classic book documents Monroe's personal experiences with out-of-body travel and explores the possibilities of human consciousness beyond the physical body. It is widely regarded as one of the foundational texts in consciousness studies.

55. **"Far Journeys"** by Robert A. Monroe
This sequel to "Journeys Out of the Body" delves deeper into Monroe's travels beyond the physical plane, where he explores different dimensions of existence and expands on his understanding of consciousness.

56. **"Ultimate Journey"** by Robert A. Monroe
In this final book of the trilogy, Monroe shares insights from his experiences in altered states of consciousness, focusing on themes such as the afterlife, the nature of existence, and human purpose.

57. **"Cosmic Consciousness"** by Richard M. Bucke
Bucke describes his own experience of cosmic consciousness and explores its implications for spiritual evolution.

58. **"A Yaqui Way of Knowledge"** by Carlos Castaneda
This book delves into shamanic practices and the nature of reality through Castaneda's apprenticeship with a Yaqui shaman.

Bioethics and Medicine

59. **"Bioethics: Principles, Issues, and Cases"** by Lewis Vaughn
Vaughn presents key ethical principles and issues in medical practice, providing case studies for real-world applications.

Consciousness Studies

60. **"Consciousness and the Universe: Quantum Physics, Evolution, Brain & Mind"** by Sir Roger Penrose and Stuart Hameroff
This collection of essays explores the quantum origins of consciousness, combining insights from physics, neuroscience, and philosophy to investigate how quantum processes in the brain may explain conscious experience.

61. **"Consciousness Explained"** by Daniel Dennett
Dennett presents a comprehensive theory of consciousness, arguing against traditional views and offering insights into the workings of the mind.

62. **"Waking Up: A Guide to Spirituality Without Religion"** by Sam Harris
Harris discusses consciousness, meditation, and the nature of spirituality, advocating for a secular approach to understanding the mind.

Quantum Physics and Metaphysics

63. **"The Quantum and the Lotus: A Journey to the Frontiers Where Science and Buddhism Meet"** by Matthieu Ricard and Trinh Xuan Thuan
This book explores parallels between quantum physics and Buddhist philosophy, discussing insights from both fields.

64. **"The Holographic Universe"** by Michael Talbot
Talbot presents the idea that the universe operates like a hologram, merging insights from quantum physics with metaphysical implications.

Psychology and Psychotherapy

65. **"Man's Search for Meaning"** by Viktor E. Frankl
Frankl explores the psychological journey of finding purpose even in the direst circumstances, integrating existential philosophy and psychology.

66. **"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"** by Bessel van der Kolk
This book discusses the impact of trauma on the body and mind, highlighting innovative approaches to healing.

67. **"Core Energetics"** by John C. Pierrakos
This book outlines Pierrakos' approach to Core Energetics, a body-centered therapeutic modality. He delves into how unblocking energy in the body can lead to emotional and psychological healing, integrating spirituality with psychotherapy.

68. **"The Pathwork of Self-Transformation"** by Eva Pierrakos
Authored by John Pierrakos' wife, Eva Pierrakos, this book is essential in understanding the spiritual and energetic foundations of Core Energetics. It presents a collection of teachings from the Pathwork Guide, which strongly influenced Pierrakos' own therapeutic work.

69. **"My Voice Will Go with You: The Teaching Tales of Milton H. Erickson"** by Milton H. Erickson, edited by Sidney Rosen
This book is a collection of Erickson's therapeutic stories and teaching tales. It highlights his indirect techniques and use of metaphor to facilitate deep psychological change, offering insights into the way Erickson subtly guided his patients to healing.

70. **"Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, M.D."** by Jay Haley
Haley offers a detailed look into Erickson's innovative techniques in brief therapy. This book highlights Erickson's non-traditional and often surprising methods, including his ability to guide patients toward rapid therapeutic breakthroughs in just a few sessions.

Systems Theory and Systems Thinking

71. **"General System Theory: Foundations, Development, Applications"** by Ludwig von Bertalanffy
A classic in systems thinking, Bertalanffy's work introduces the fundamentals of General Systems Theory, which became a foundational pillar for interdisciplinary study across the sciences. His ideas have been influential in everything from biology to social sciences.

72. **"Steps to an Ecology of Mind"** by Gregory Bateson
A key figure in the Palo Alto Group, Bateson's collection of essays covers topics like communication, psychology, and ecology. His work laid the groundwork for systems thinking in human communication and interactions.

73. **"Mind and Nature: A Necessary Unity"** by Gregory Bateson
Another essential text from Bateson, which explores how the mind and the environment are interconnected. His ideas are foundational for understanding systems theory in terms of human interaction, learning, and ecology.

74. **"The Social Construction of Reality: A Treatise in the Sociology of Knowledge"** by Peter L. Berger and Thomas Luckmann
This book ties into systems thinking through its exploration of how social systems and realities are constructed and maintained.

75. **"The Systems View of Life: A Unifying Vision"** by Fritjof Capra and Pier Luigi Luisi
Capra, a key figure in systems thinking, presents a contemporary and integrated understanding of living systems. This book ties systems theory to biology, ecology, and consciousness.

76. **"Change: Principles of Problem Formation and Problem Resolution"** by Paul Watzlawick, John Weakland, and Richard Fisch
Another essential work from the Palo Alto Group, it explores how change occurs in human systems, particularly families and organizations, through a systemic lens.

77. **"The Tree of Knowledge: The Biological Roots of Human Understanding"** by Humberto R. Maturana and Francisco J. Varela
This book ties together biology, cognition, and systems thinking, focusing on autopoiesis (self-creating systems), a central concept in understanding living systems.

78. **"Cybernetics, or Control and Communication in the Animal and the Machine"** by Norbert Wiener
This foundational text of cybernetics explores how communication and control processes operate in both machines and living beings.

79. **"The Fifth Discipline: The Art & Practice of The Learning Organization"** by Peter M. Senge
Senge's work applies systems thinking to organizational development. It's widely regarded as a key text in both business and education, focusing on how complex organizations can be structured for learning and adaptability.