

Pilot Study
on the
Effect of the Scalar Room

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ABSTRACT

A pilot study was conducted to research the effect of a two-hour meditative quiet time in a Scalar Room. A detailed report of this study and related papers about the technology is available from the author.¹ The ‘Scalar Room’ is a conditioned space where the electromagnetic dominance of the environment has been technically reduced. A test group of 84 subjects reported their physical, emotional and psychological condition during four data points within a three-week period. A control group of 13 subjects underwent the same procedure, except they spent the two-hour quiet time in their own home.

The results suggest that an exposure to the environment of the Scalar Room is very conducive to meditation practices and allows meditators to reach deeper places and more profound experiences than in their normal meditation. 78% of the test group reported that they were able to relax more deeply than they are accustomed to and 64% of the test group reported a deep and profound feeling of being HOME. The sense of time also became distorted. The 120 min. long meditative quiet time seemed to be an average of 78 min. long for the test group and 115 min. long for the control group. Another interesting result is that subjects with sleeping disorders were able to relax extremely well and reported wonderful night’s sleep after experiencing the Scalar Room.

All these results points toward an interpretation which focuses on the difference between the ego-personality and Beingness. It is the principal investigators opinion that the Scalar Room can facilitate a unique connection with the deeply relaxed and peaceful true nature of each person, the part of ourselves which too often is hidden behind the strategies and maneuverings of a busy ego-personality. The Scalar Room appears to reveal to us the domain of our consciousness that is not dependant upon or associate with our time-space construction of our ego-personality.

BACKGROUND

The Scalar Technology

The conditioning of the Scalar Room is mainly achieved by the installation of a technology called EES (Energy Enhancement System), which consists of eight computers. These computers are positioned at the point of an eight-sided geometry (octagon) with opposing screens. They are aligned perfectly, so that their radiating waves meet in the center of the room and collide with each other in negative interference. This procedure significantly reduces the electromagnetic part of the wave, allowing the scalar component of the waves to dominate in the field.

This theory is backed by various scientists. Thomas Bearden calls this field of research Gravitobiology and claims in his book that “in gravitobiology, physical reality itself becomes deterministically tuneable, changeable, engineerable, and not fixed at all”.² He further claims that the Scalar Potential is hidden inside the electromagnetic part of a wave and is only released when the electromagnetic part is cancelled out by destructive interference. Jim Oschman³ explains that in destructive interference, waves which are out of phase with each other (one is at its peak while the other is at its trough) cancel or destroy each other. What is left is not measurable with

electromagnetic tools and therefore gives the appearance that nothing is there. What has been revealed – or unmasked -, though, is the scalar component of the wave.

The developer of the EES technology, Sandra Rose Michael, defines the waves which are produced through the computers as “non-hertzian, non-linear, 5th dimensional standing waves”.⁴ A standing wave is analogous to a sound wave, where one particle bumps the neighboring particle and forwards the impulse only. With 5th dimensional, Rose Michael refers to the connection or origin of the wave, which is said to be in a realm outside our space-time continuum.

Dr. Konstantin Meyl, Professor at the Technical University of Fuertwangen, Germany, has written extensively about Scalar Waves and has formulated a unified field theory which centers on potential vortexes and their propagation as scalar waves. Meyl states that “Scalar waves are able ... to revolutionize both the energy technology and the information technology fundamentally. It is more than only a technology for the new century. Scalar waves are a change for the whole millennium”.⁵

The Scalar Room

The chosen intervention for this pilot study is a two-hour meditative quiet time in the ‘Scalar Room’ at the principal investigators private research facility. The study does not refer to the EES technology exclusively, but incorporates it as one feature of the Scalar Room. Further conditioning of the space – apart from the EES technology - is achieved by crystal covered arches, a stained glass dome containing crystals and sacred geometrical forms and an eight-sided infinity loop floor-inlay made out of copper. The EES monitors are furnished with Tachyon discs⁶ and each electrical outlet carries two Stetzeriser filters, which reduces the harmful high frequency harmonics that are created by irregularities of electrical current.

Picture 1 shows a partial view of the Scalar Room with the illuminated crystal arches, the stained-glass skylight dome and two out of the eight computers that are mounted on the posts of each crystal arch.

It is this Scalar Room which is under investigation and any results can only be claimed valid for this specific Scalar Room, not necessarily for the EES technology by itself. Having said this, though, it is very likely that the scalar creating EES technology is playing a major part in the achievement of any results.

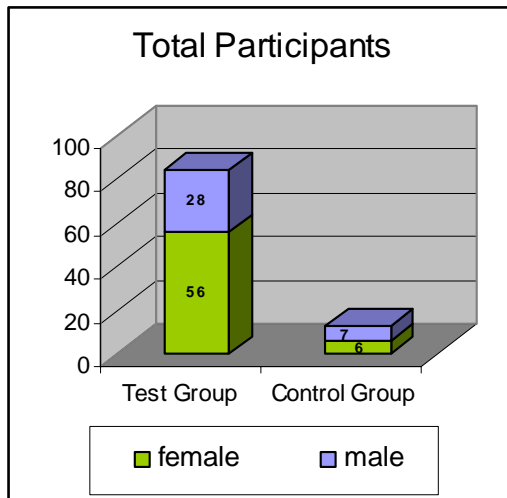


Picture 1: The Scalar Room

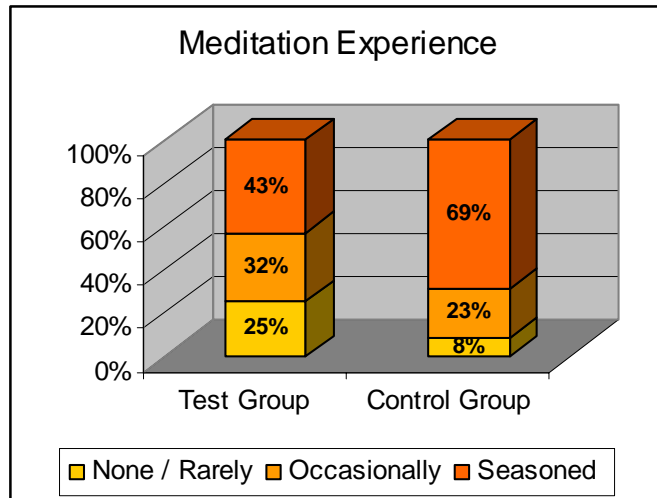
THE PILOT STUDY DESIGN

On the first weekend of Oct. 2005, a test group of 84 subjects experienced a two hour meditative quiet time in the Scalar Room. The participants were divided into groups of six and were given a questionnaire before entering the Scalar room (Q2) and one questionnaire after leaving the room (Q3). These two questionnaires had 142 statements about the momentary STATE of the subject. The participants were asked to evaluate the *intensity* of the occurrence of each condition. 82 test subjects completed both Q2 and Q3. The participants also filled out a baseline questionnaire a few days before (Q1) and a follow up questionnaire 1-2 weeks after the experience of the room (Q4). These two questionnaires were designed to evaluate the TRAIT of the condition. The participants were asked about the *frequency* of the occurrence of each condition. 31 test subjects filled out both Q1 and Q4. The analysis gives results for either the State or the Trait of the condition; it does not mix the two together. A test group of 13 participants underwent the same procedure with the only difference being that they conducted the two-hour quiet time in their own home and sent in all questionnaires electronically.

The test group consisted of 67% women and 33% men. The average age was 52 with the youngest being 19 and the oldest being 82 years old. The experience in meditation was divided into 43% longtime, seasoned meditators, 32% occasional and 25% rare or non-meditators. The Control group consisted of 46% women and 54% men. The average age was again 52, with the youngest being 35 and the oldest being 72. The experience in meditation was divided into 69% longtime or seasoned meditators, 23% occasional and 8% rare or non-meditators.



Graph 1: Participants



Graph 2: Meditation Experience

THE RESEARCH QUESTION

A pilot study can be viewed as a “giant fishing expedition – you throw out the net and see what you get.” This understanding characterizes the current study, which is not intended to live up to a doctoral research design and execution. On the contrary, it is the first attempt to gather as

much and as broad a data as possible about the subject matter under investigation. For example, it is absolutely legitimate to question the validity and reliability of self-designed questionnaires, which were used in this design. As mentioned before, though, this study was not designed to suffice the scientific standard of peer-reviewed journals, but rather is a tool to gather as many ideas and as much information as possible about the broader question of “What the Scalar Room might be good for?” This generic question was adapted to following research question:

Does a two-hour meditative quiet time in the ‘Scalar Room’ facilitate a significantly different change in the physical, emotional and/or psychological state and trait of adult volunteers with different meditation experience in comparison to the control group?

THE RESEARCH RESULTS

A) Physical-Emotional-Psychological TRAITS

The Questionnaire Q1 and Q4 contained 142 statements about the physical, emotional and psychological condition of the subject. When summarizing all answers from the 31 subjects of the test group who answered both Q1 and Q4, 27 (19%) of the statements changed towards negative, 17 (12%) did not change and 98 (69%) changed towards positive.

The most dominant physical/mental condition mentioned in Q1 were *loss of vision* (46%), *stiff or painful muscles and joints* (46%) and *difficulty remembering* (42%). In Q4, these conditions improved 12% (vision), 18% (stiffness) and 26% (remembering) respectively. Other conditions which improved were *difficulty concentrating* (17%) and *painful feet* (14%). Conditions which changed to the negative from Q1 to Q4 were *cold hand* (-4%), *headache* (-4%) and *menstrual pain/hot flashes* (each -4%). The most dominant emotional condition mentioned in Q1 were *not feeling relaxed and calm* (37%), *feeling fatigued* (30%) and *feeling sluggish* (27%) In Q4, *feeling fatigued* improved 14% and *feeling sluggish* improved 5%. The most dominant psychological condition mentioned in Q1 were *I don’t live with a deep sense of inner peace* (55%), *I don’t feel self confident in a deep, profound way* (46%) and *I don’t feel exuberant aliveness and happiness* (44%). In Q4, these conditions improved 12% (inner peace), 7% (self-confidence) and 3% (aliveness) respectively. Other improved conditions were *Being indecisive* (18%), *Insomnia* (13%) *Feeling inadequate* (12%), *I have a need to compete* (11%) and *I feel lonely & separate* (11%).

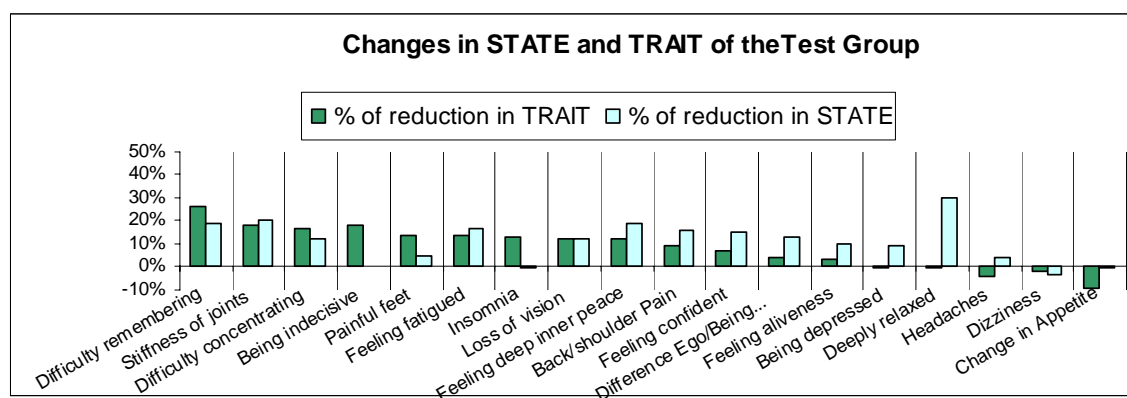
B) Physical-Emotional-Psychological STATES

The Questionnaire Q2 and Q3 contained 107 statements about the physical, emotional and psychological condition of the subject. Summarizing the 81 subjects from the test group who answered both Q1 and Q2, 4 (3%) out of the 107 statements changed towards negative, 7 (6%) did not change and 98 (91%) changed towards positive.

The most dominant physical/mental condition mentioned in Q2 were *loss of vision* (42%), *pain in back and shoulders* (33%), *stiff or painful muscles and joints* (31%) and *difficulty remembering* (26%). In Q3, these conditions improved 12% (vision), 16% (back and shoulder pain), 20% (stiffness) and 19% (remembering) respectively. Other conditions which improved

were *difficulty concentrating* (12%) and *teeth problems* (11%). Conditions which changed to the negative from Q1 to Q4 were *dizziness* (- 3%) and *nausea* (- <1%). The most dominant emotional condition mentioned in Q2 was *feeling fatigued* (22%). This improved 17% in Q3. The condition of *feeling sluggish* (20%) improved 10%. The most dramatic change in psychological condition from Q2 to Q3 was about the statement of *not being deeply relaxed*. Entering the room, this statement received a score of 42%. After leaving the room, the score was only 12% . Other statements which received improved scoring were *I don't live with a deep sense of inner peace* (improvement of 19%), *I don't feel self confident in a deep, profound way* (improvement of 15%) and *I don't feel exuberant aliveness and happiness* (improved 10%).

Graph 3 summarizes the most interesting percentages of reduction of the TRAIT condition and compares it with the data for the STATE condition.



Graph 3: Percentage of Change in the Trait and State of Conditions for the Test Group

Other conditions which improved ‘on paper’ were *Financial Problems*, *Problems with current Love Relationship*, *Not having but wanting a Love Relationship* and *Difficulty with Other Relationship*. All these issues improved between 34 and 30 points (roughly 13%). As financial or relationship issues can hardly be solved in a two-hour meditation, it becomes clear that what changed was not a fact, but the attitude towards a fact. What was a problem before, dissolved or evolved into a non-issue due to a change in perspective.

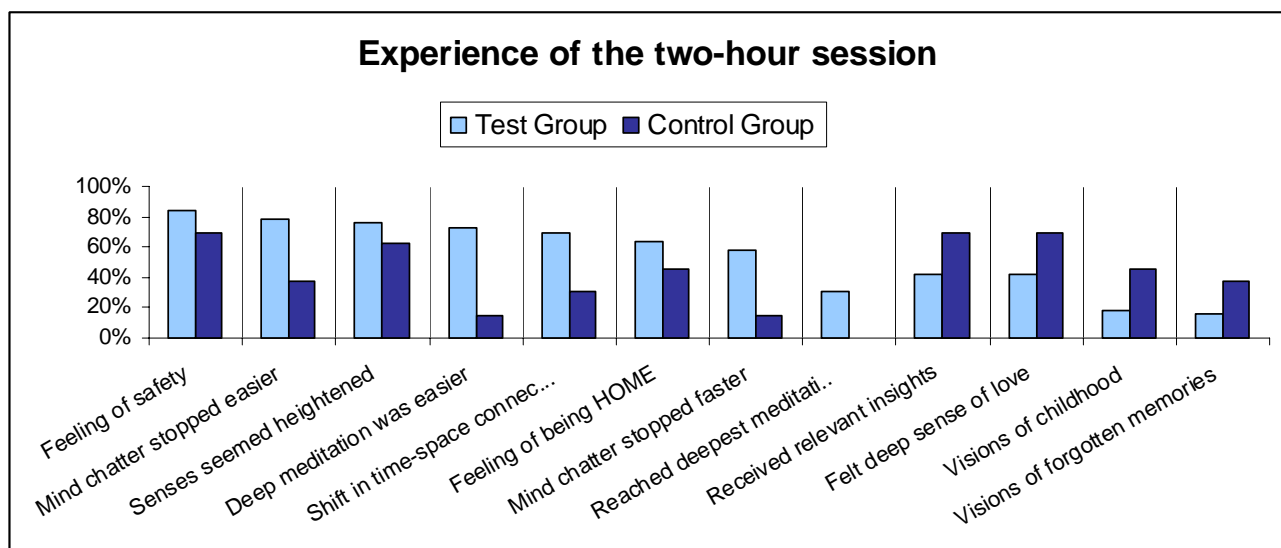
C) The Experience of the two-hour quiet time

In Q4, 1-2 weeks after the experience, 29 specific statements about the experience in the room were given with the instruction to answer them with a “yes” or “no”. The below list gives the percentage of the answer “Yes” to each of the statements, out of 45 returned questionnaires from the test group. In parenthesis at the end of the statement, the respective percentage for the answers of the Control Group (N=13) are given. Graph 4 summarizes the most interesting statements.

84% = I had a noticeable feeling of safety (C=69%)

78% = I was able to relax more deeply than I am accustomed to (C=69%)

- 78% = I stopped my mind chatter / monkey mind easier than I am accustomed to (C=38%)
- 76% = My senses seemed to be heightened (C=62%)
- 73% = I slipped into deep meditation much easier than I am accustomed to (C=15%)
- 69% = I felt a significant shift in my usual connection to time and this time-space reality (C=31%)
- 64% = I had a deep and profound feeling of being HOME (C=46%)
- 60% = After I came out of the Scalar Field, I felt more energized (C=54%)
- 62% = I stopped my mind chatter / monkey mind much faster than I am accustomed to (C=15%)
- 58% = I slipped into deep meditation much faster than I am accustomed to (C=15%)
- 56% = I did not want to leave the Scalar Field when the session was over (C=62%)
- 49% = I had a sense of floating (C=31%)
- 42% = While being awake, I received unexpected insights which are relevant and helpful (C=69%)
- 42% = I felt an unusually deep sense of love to the loved-ones in my life (C=69%)
- 42% = After I came out of the Scalar Field, I felt an energetic tingling in my body (C=31%)
- 36% = I had a sense of peace which I have never experienced that deeply before (C=15%)
- 31% = I reached the deepest place I have ever reached in my meditation (C=0)
- 27% = While being awake, I sensed or saw (closed eyes) non-physical beings in the room (C=23%)
- 24% = While being awake, I was worked on / treated / re-wired by non-physical beings (C=15%)
- 22% = I felt an unusual and noticeable sense of connectedness to the people in the room (C=n/a)
- 22% = After I came out of the Scalar Field, I felt more drained and fatigued (C=15%)
- 18% = While being awake, I had visions of childhood experiences which lend to insights (C=46%)
- 16% = While being awake, I had visions of long forgotten memories (C=38%)
- 16% = I felt a sensual / sexual desire arising, which is unusual in this situation and setting (C=8%)
- 13% = I experienced a headache or nausea while I was in the Scalar Field (C=8%)
- 11% = After I came out of the Scalar Field, I felt no difference compared to sitting at home (C=n/a)
- 9% = While being awake, I physically saw (open eyes) non-physical beings in the room (C=0%)
- 4% = I fell asleep without dreaming and do not recall much of the 2 hours session (C=15%)
- 4% = I fell asleep and had a meaningful dream (C=8%)



Graph 4: Experience of the two-hour quiet time in the Scalar room and at home

The last question about the experience in the Scalar Room or the meditation at home was an open question in regards to personal expansion. It asked if anything unusual in terms of perception, relationship to the environment or personal experience had occurred in the period since the two hour intervention. Out of 20 comments from the test group, five said that there was no change and 15 subjects reported lasting and sometimes dramatic changes. 24 subjects did not write any comments. Some of the comments from the test group were:

“It made me realize what is possible, when I get stressed, I think about how I felt in the room”, “Yes, I am feeling more positive than usual, more confident and happy”, YES, intolerance to watching news negativity, dreams are profound, heightened awareness”, “I had profound connection to lost feelings and the reason for them”, “I felt I was home and in the realm of essence”, “Meditations were more frequent and increasingly profound”, “I now can enter much more quickly into a deep space of peace”, “Yes, I have the feeling I was cleaned”, “there has been more laughter and a sense of ease in our home”, “That night, I had a very deep sleep, deeper than I can remember”. The comments “I am a little more impatient and have negative mind chatter, being in the room brought my stuff up more intensely” and various hints to headaches and slight nausea show that not all experiences are straight out positive. Some subjects went through a healing crisis or went deeper into their personal issues which were ready to be exposed.

Out of the 13 subjects in the control group, 4 (31%) did not answer. The comments from the 9 (69%) participants who felt some lasting changes were:

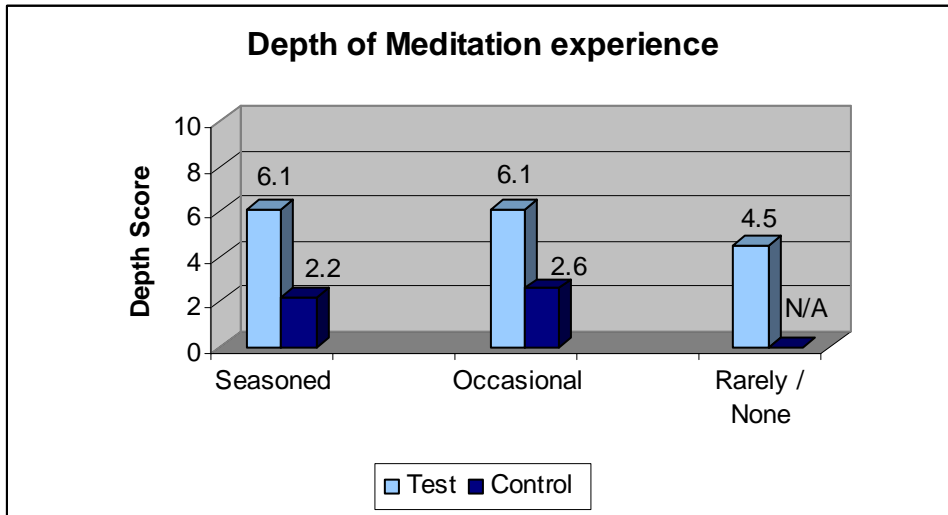
“I felt more compassionate”, “It has provided a deeper sense of peace and groundedness”, “I had an abiding sense of goodwill and connectedness to people”, “I feel more confident”, “more connected to inner child and compassionate with her”, “deeper love of all humankind and a conscious, open connection to a great will of being”. One control subject was the wife of a test-group member and she wrote: I think I tapped into the (scalar) field, I have a sense that it is there for us any time, if we want to avail ourselves of it. I will say that my husband came back (from the 2hr in the room) a different man. His sweet, essential innocent self was more in the ascendancy than I've ever seen, and for a longer time.”

D) Influence of meditation practice on meditative experience in the Scalar Room

Another analysis was performed to find out if the degree of meditation practice had an influence on the meditative experience. The depth of meditative experience was arbitrarily defined by the sum of scores of answering positively 10 statements concerning the meditation practice from the 29 closed questions in Q4. The highest score (if all subjects answered Yes to all statements), which reflects a profound meditative experience, is therefore 10. In a separate analysis, the subjective evaluation of time was investigated as well. While every subject spent exactly two hours in a meditative quiet space, the subjective evaluation of the length of time varied from 15 min. to three hours.

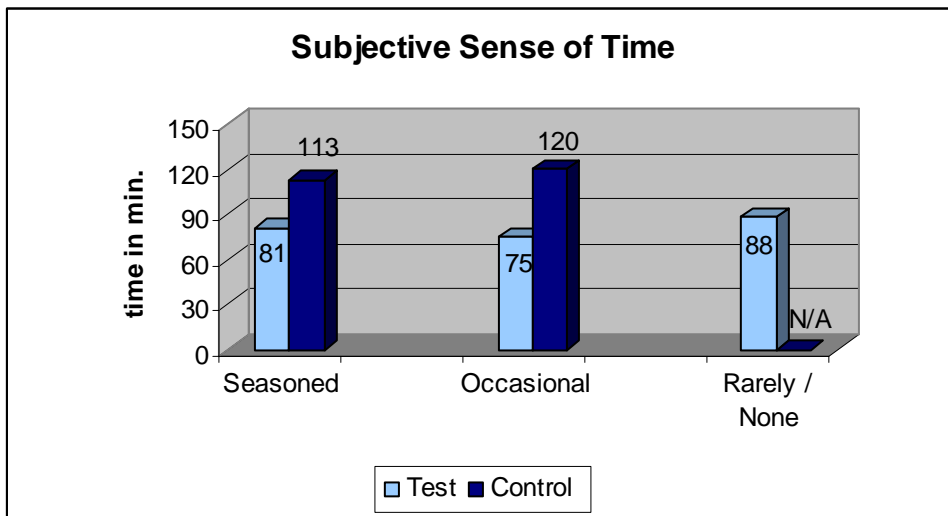
Graph 5 visualizes the comparison of the depth of meditation experience of the test group versus the control group. The Seasoned Meditators of the test group scored an average of 6.1 out of 10 in meditative depths while the control group reached only 2.2 points out of 10. This difference proves to be significant. Similar results hold up for the Occasional Meditators. The test

group scored again 6.1, while the control group scored 2.6 out of 10. No comparison for Non-Meditators could be established as the control group did not have any Non-Meditators which were included in this analysis. The test group showed 4.5 for meditative depth. The results suggest that at least some meditation practice is conducive to achieving a profound meditation experience. The results also show that the Scalar Room has an enhancing effect on the meditation experience.



Graph 5: Depth of Meditation Experience according to meditation level

A total of 80 subjects from both test group and control group gave an evaluation of the subjective length of the two hour intervention. The average sense of time for the test group (N=68) was 78 min, while the control group (N=12) averaged 115 min. The two hour stay appeared shortest for Non-meditators (average 77 min) and Occasional Meditators (average 79 min), but appeared up to 15 min longer to the Seasoned Meditators (av. 92 min). The split into test group and control group reveals a similar picture. Overall, the two-hour period seemed shortest for occasional meditators in the scalar room, but longest for occasional meditators of the control group.



Graph 6: Subjective Sense of Time according to meditation level

While this result looks impressive, it is important to remember the small size of the control group. The 12 participants who reported a sense of time were nine seasoned meditators and three occasional meditators.

THE RESULT INTERPRETATION

The interpretation of the results of this study is a difficult task, mainly due to the very different composition of the test group and the control group. To measure significance between a test group of N=84 and a control group of N=13 is inevitably very difficult with standard statistical tests. If both groups showed a difference in a condition of 20%, the test group would have 17 people reporting this difference in condition, while the control group only needed two or three. But represents getting 17 out of 84 the same chance than getting two or three out of 13? A major shortcoming of this study is definitely the recruitment and the size of the control group. Due to this discrepancy, all comparisons between control and test group must be looked at with caution.

Another factor influencing the results was the state of mind of the subjects. The results of Q1 (the Baseline) – and Q2 (the questionnaire before the intervention) suggest that the subjects took their time and concentrated on filling out the questionnaire as accurate and as complete as possible. The answers to Q3 (right after the intervention), however, reveal a definite lack of concentrated, focused effort to be as accurate as possible. This is understandable due to the nature of the intervention itself. After allowing the right brain hemisphere to roam freely for two hours, the last thing most people want to do is to sit down afterwards and engage the left brain in a detailed analysis about the body's physical and emotional state. As mentioned before, a lot of issues which could not be solved in a two hour period were not reported afterwards, such as financial problems, relationship issues or loss of vision. What most likely had happened was a shift in attention and perspective towards these issues.

It becomes more and more clear that the current study does not allow a definite and straight forward answer to the question "What does the Scalar Room do?". The instruments chosen were not adequate or sensitive enough to measure the nuances of the two different meditative experiences of the test group and the control group. Looking at the STAI, for example, the statements "I am relaxed" or "I feel upset" or "I feel calm" or "I feel at ease" are not designed to catch the difference in state of mind between a two hour meditation at home and a two hour meditation in the Scalar Room. Anecdotal stories from people spending time in the Scalar room, the enthusiasm and wonder of the control group members who finally experienced the Scalar room and the number of people who are coming back to reserve the room for additional exposure (mostly doing the 4 x 2-hour packages) show that something is happening. But what it is, is hard to pinpoint and even harder to capture with standardized instruments. Having said this, I would like to close with my own interpretation of the results, which are not necessarily derived from the numbers and statistical analysis, but rather from the overall understanding which I have gained in the last 5 months since the opening of our facility:

The results which were closest to demonstrating a unique difference between the test group and the control group are the answers to the 29 statements about the experience itself in Q4. Graph 5 shows a significant difference between the depth of the meditative state which was achieved by

the test group versus the control group. 36% of the test group experienced a sense of peace which they had never experienced that deeply before and 31% reached the deepest place they had ever reached in their my meditation, something that the control group did not mention at all. Overall, the practice of meditation seemed to be easier and much deeper in the Scalar room.

Meditation is an exercise to shut down or disregard the mind chatter of the ego personality. It is a practice to explore and experience the two distinct states of awareness, that of the ego and that of Beingness. By taking away the ego's control over the mind, the core personality (Beingness or 'Who we Really Are') can finally come forth and take center stage. The state of Beingness is utterly stress-free, relaxed, calm, peaceful and serene, because there is no investment to protect and no persona to pretend. If this place is reached, former struggles seem to be unimportant and the ego's worries, strategies and maneuverings float away like balloons in the evening breeze. The results are that we become more peaceful and relaxed. The findings about Insomnia (anecdotally subjects reported wonderful night's sleep one to three nights after)⁷ - point in this direction. If that which keeps one awake - the worrying monkey mind of the ego personality - is deprived of its power, the peacefulness of the true Being becomes the reference point of awareness and sleep is accessed organically.

Many acknowledged scientists point out that stress is the precursor of most illnesses and that it is a major factor in aging and chronic disease. Stress is created by the ego personality and its demands to keep up with its own fabricated expectations. It is my understanding that the Scalar room provides an environment which is more successful than normal meditation to reduce this stress and to allow us to connect with our true Beingness, with "Who We Really Are".

Additional research results are available in the extended version of this report. Further research, investigating the effect of the Scalar room on Insomnia, is planned for May / June 2006. The Scalar room is located at the Transformational Research Project facility in Bend, Oregon. It can be reserved for research, individual inner work or seminar and group work, depending on availability. Please contact Nicole Loeffler or Jeb Barton at 1-541-388.1854.

ENDNOTES

¹ Please contact the author for a full report on this pilot study. Due to the nature of the summary, many details about the design and execution of the study are left out.

² Bearden T. (1991): *Gravitobiology*, p. 2

³ Oschman, J. (2000): *Energy Medicine – The Scientific Basis*, p. 203ff

⁴ Sandra Rose Michael, in an interview with the author, April 24th, 2005 in Hawi, Big Island, Hawaii.

⁵ Meyl, K. (2003): *Scalar Waves*, p. 485. INDEL GmbH., Germany. 2003 1st English Edition. ISBN: 3-9802542-4-0

⁶ Wagner, David & Cousens, Gabriel: *Tachyon Energy – A New Paradigm in Holistic Healing*. North Atlantic Books. 1999. According to Wagner / Cousens, the tachyon energy contains everything that exists in the zero point field, but it is given a form, albeit still existing in the faster-than-speed-of-light realm. The tachyon energy is the source of all frequencies, it is not a frequency itself, but it is the link between the zero point field and the physical realm.

⁷ The effect on Insomnia was also investigated and reported in detail in a separate paper, which can be obtained from the principle investigator at Nicole@tipi.com