

Welcome

Welcome to "The Science". Here we share the studies, the links, and the science for you to explore at your leisure. Some of these humans and studies are pioneering and thought-provoking using new ways of recording information that challenges the way that traditional science may have been done. Many are peer-reviewed, some haven't been able to for differing reasons. As with it all there is an opportunity for you to exercise your sovereignty and make your own decision. There is plenty here to pique your interest and also plenty more to learn so if there is anything you think should be added to the list, or any comments you'd like to make on any of this information, reach out to me HERE

Institutions of Interest

These institutions are looking at science and the human experience a little differently. Fusing together consciousness and philosophy into their work with interesting results. Take a look to explore what they've been up to...

Institute of Noetic Science	Here's your LINK
Heartmath Institute	Here's your LINK
IFS Institute	Here's your LINK
Chek Institute	Here's your LINK

Everything is Energy

This is discussed at length in "You Too Can Bloom" and within "HUMAN 5.0"... A mystery that certain portions of the world see as a quite simply absolute proven fact and others as nonsense. Here we look at some of the studies that open up why we sit firmly in the former...

Dr. Quantum Double Slit Experiment	Here's your LINK
Dr. Quantum Entanglement	Here's your LINK
Dr. Quantum Flatland	Here's your LINK
Entanglement Proved - Nobel Prize 2022	Here's your LINK
Article - Observation affects Reality 1998	Here's your LINK
Studies - Primo Vascular System / Acupuncture	Here's your LINK and LINK
Heartmath - Energetic Heart Study	Here's your LINK

Cymatics and Sacred Geometry

These studies, videos, articles, and generic resources continue the exploration of everything being energy. Seeing how the building blocks of reality are created, how sound is affecting everything, and how this vibrational reality comes to form. Opening the realms of understanding to a new level of what may be possible as our beliefs shift from material to energetic.

Cymatics - Science v Music - YouTube	Here's your LINK
Cymatics - Bringing Matter to Life - YouTube	Here's your LINK

Cymatics - Resonance Experiment - YouTube	Here's your LINK
Cymatics - Architecture of Sound - TEDx	Here's your LINK
Music Medicine - Sound at Cellular Level - TEDx	Here's your LINK
Article - Low-Frequency Sound effect on Human Psychology and Body	Here's your LINK
Music Medicine - Solfeggio Scale	Here's your LINK
Sacred Geometry - Story of Creation	Here's your LINK
Study - Music and Fibromyalgia	Here's your LINK
Study - Drumming and Immune System	Here's your LINK
Study - Music and Alzeihemers	Here's your LINK

Meditation

The power of meditation can be felt almost instantly but what is the science saying to back this up? This field is beginning to be explored more deeply and here are a few interesting studies for you to have a look over, should it so tickle your fancy.

Study - Meditation and Immune Function	Here's your LINK
Study - Meditation and Mood	Here's your LINK
Study - Meditation and Sleep	Here's your LINK

Study - Meditation and Physical Health	Here's your LINK

Aromatherapy & Scent

Whether it's to lift or to soothe the power of aromatherapy is a go-to in our household. To help with mood, period pains, soothe stomach issues or help with the beginnings of a cold... And in my personal experience, it works like a dream! Here are some studies to show what the scientists are finding...

Study - Aromatherapy for Anxiety in Cancer Patients	Here's your LINK
Study - Aromatherapy and Massage a Review of Studies	Here's your LINK
Study - Effects of Scented Products	Here's your LINK

Nature & Grounding

Being closer to nature is a huge thing in my world, I love that studies are coming through to prove that connecting with our roots is where it's at! Doctors are even beginning to prescribe time in nature to those who need a lift, here are some studies that may inspire you to take more time with shoes off, surrounded by the healing power of trees, grasses and rolling hills.

Study - Grounding and Physiology	Here's your LINK
Study - Grounding and Cardio Vascular Disease	Here's your LINK
Study - Grounding and Mood	Here's your LINK
Study - Shinrin-yoku (Forest Bathing)	Here's your LINK

Article - Walking in Nature	Here's your LINK

With love,

Kristina

Last updated February 2024