

Worth the Effort

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April came and April and ne'er the sign of a crop circle. Emails of concern reached me daily--have the circles disappeared; what is happening? Nothing more than a very cold spring and a late start.

May arrived with a flurry of activity. Spirits were raised overnight; formations appearing in previously unvisited places, all close to sacred sites or long barrows. Old Sarum, Wiltshire being the first to arrive within spitting distance of the famous hill top site first occupied in the Neolithic period C3000 years BC and originally called Sorviadum (fortress by a gentle river) by the Celts. As time went by the Saxons arrived and repelled the marauding Vikings and the Romans occupied the site as a castle, great importance, the later cathedral built until 1219.



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A huge formation consisting of two nautili embracing a line of different sized ringed circles with three circles of ascending size the largest circle arrived opposite Quickly followed by the `magic key hole at



attached to the perimeter of Stonehenge. the iron hill fort,



Yarnbury Castle.

Brain Teaser

Possibly one of the most teasing events of the year was the much debated formation at Wilton, Wiltshire, lying beneath the famous windmill. As with the earlier circles, it was in oil seed rape (canola). Some likened it to the ancient Ogham alphabet thought to have been brought here by the Celts who originally migrated from Assyria to Mesopotamia (Iraq) before arriving in Great Britain. Others preferred Russian born physicist Leonhard Euler's equation but after close examination, it was clear that several anomalies existed as illustrated by Jim Lyon's excellent diagram. These anomalies drew Linda Moulton Howe's attention to the German physicist Max Planck's theory of the Wave Structure of Matter (WSM) & Standing Wave Interactions (which occur at discrete Frequencies f) explains Quantum Energy States of Matter & Light 'Quanta' (E=hf) <http://www.spaceandmotion.com/quantum->

Wilton Windmill
Ascii Codes approximate Euler's Equation

Crop Circle
 $e^{h(i)pi} = 1 = 0$
 h - redundant

Euler
 $e^{i\pi} + 1 = 0$

e = 2.7183 is Euler's number i is (-1)^{1/2} 2nd) error - should be +

theory-max-planck-quotes.htm. Another interesting discovery by Jim Lyons was the presence of the diatonic ratio encoded in the design (white notes on the piano). Able to play it on his piano he told me `it was not very harmonious`! It was the late Paul Vigay and David Kingston who were the first to transform the crop circle geometry into music with some quite remarkable results.

Having woken at 4am one morning and unable to get back to sleep I decided to drive down to Wiltshire and see the formation for myself. It had been raining heavily overnight and despite having stopped by the time I arrived, I had forgotten how much water the yellow petals retain. The crop stood about 5 ft tall and in no time at all I was drenched from head to toe and my Wellington boots were full of water that had trickled relentlessly downwards. In addition I had forgotten to bring my aerial photograph and as the formation could not be seen from the ground (only from the air or the windmill and this had been closed the week-end the formation appeared), I simply could not find it and was getting wetter and wetter. Not surprisingly not many people were happy to answer my early morning mobile telephone calls until Julian Gibsone nobly answered his and gave me the necessary directions. The outer ring was much trampled and did not provide me with the information I needed. However the lay of the crop was remarkable, lying in a criss-crossing herring bone manner. I made my way inwards to areas that had been untouched and found what I was looking for; an unbroken stem without any cracks above or below. In order to ascertain this properly, it is necessary to dig



away the soil from some way down around the stem. Holding my camera with soil covered, wet and slippery hands, I managed to get a photograph. Now soaked to the skin, and hoping that no-one was around, I did a quick strip, discarding first my jacket and replacing it with a sweater that came down to my knees and my jeans. Luckily I did not have to stop for anything on my way home so modesty was preserved! Definitely worth the effort.



and hid the fact that I had also discarded my first my jacket and replaced it with a sweater that came down to my knees and my jeans. Luckily I did not have to stop for anything on my way home so modesty was preserved! Definitely worth the effort.

“My mobile started flashing”



Liddington Castle was the scene of another interesting mathematical approximation. By turning the outer ring one way or the other, it seemed as though the rest would fall into place. Annoyingly it didn't. However a contributor to the www.cropcircleconnector.com made a brave stab at working out the relative sizes of the

various circles. It was also generally thought that many of the 2010 circles had astronomical aspects and were foretelling future events. Andrew Pyrka kindly sent me the following report *“On the way into the formation the screen on my mobile phone started flashing and then simply died, its not until I exited the formation and returned to our vehicle the screen faded back in again.*

“We also used a Electromagnetic Magnetic Field Radiation Tester – the readings were nothing to shout about but a most extraordinary thing happened which we I cannot explain. Igor Byttebier and Antoinette Dyson were present and conducted the test for me. This meter also measures air temperature in Fahrenheit and Celsius – Antoinette walked round the

formation with hope for the meter alarm to go off, but nothing, as soon as she stood in the centre of the formation the temperature reading shot up to 46 degrees Celsius!!! Then a few minutes later rapidly dropped to minus 24 degrees Celsius. Few minutes later the battery in the meter started to fade so I went to get a replacement but also found that this battery was completely discharged. The evening was warm and sunny so we have no explanation to what might have occurred. Approximately half an hour later I returned to my kit bag and started to pack away my camera and to my surprise I could see my breath as one can on a cold winters day !! Also moisture droplets were becoming visible on plant stems within the formation – when we first entered this formation our shoes were perfectly dry but on exit my shoes and bottom of my trousers were wet. Normal temperature at the time was approx 20 degrees Celsius so some kind of fast temperature changes occurred within this formation. ???!!! The formation measured c.225 feet in circumference.”

We couldn't get into our hotel room

Many are the electrical failure reports I receive. In the 080808 Alton Barnes formation, a visitor using her mobile telephone on entering the formation found that it cut out inside the circle but worked perfectly on leaving. Henmrick Lovdokken joined me for a private entry visit to Stonehenge “However, coming back to our hotel, both of our credit size magnetic hotel keys did not work. It looks like they had been exposed to some magnetic fields from the crop circle visits, causing them to be demagnetized. Demagnetization could happen if it is near a cell phone, but mine was in my wallet all the time and my wife did not carry a cell phone.”

Bill Hodge sent me this report dating from 1998 “In 1998 I was in England on Holiday with my family and happened across Avebury (we did not know of its existence coming from Australia without much knowledge about stone circles other than Stonehenge) Outside Silbury Hill was a crop circle, while we respected the sign that asked people not to enter the field it got my attention. I also videotaped it from the road about 20 feet from the circle edge. The camera however would not play the images back normally, only when viewing on fast forward or high-speed rewind did the circles appear and anything else taken after this point of the trip.

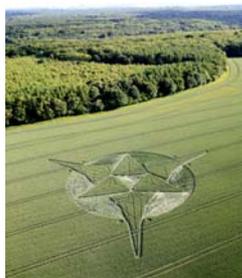
“It a long time ago but I still have the tape, I've even tried digitizing the images at high speed playback. The camera was repaired after we got home Every thing we shot that holiday after the circle had the same problem no image unless high speed playback.

“I just thought I'd damaged the camera in transport but I beginning to think it was the electro magnetic influence of the fresh crop circle that had affected the camera. “

Christopher Weeks suffered an even worse fate in famous 1999 Hackpen formation. <http://www.lucypringle.co.uk/articles/dreams/> Christopher and his friend Linda visited the formation on the 11 July and after leaving Christopher discovered that the three bank and credit cards he had brought with him into the formation, no longer worked. They had been wiped clean. This would indicate the presence of an oscillating electromagnetic field or, according to Rodney Hale, even a simple DC field (direct current) would achieve this result, which is why we should not place our credit cards neat fridge magnets.

Brain Drain?

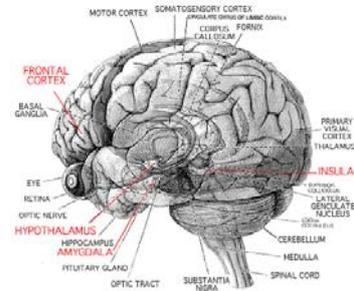
Curious reports came Savernake, for Maria Quezoda time stood still while in the activity in the Hippocampus, yet



from the Merkaba formation at “I felt that there was no time or that circle”. This could be the result of another report “I slept for 2 hours

when I got home". Extreme tiredness after visiting a circle has been reported on many occasions; it seems as though certain formation have a draining effect whereas others act as stimulants, increasing energy levels unexpectedly. Clearly different areas of the brain are being affected. A feeling of joy and `Oneness` joy and laughter as reported by Diana

Underwood in the Roundway circle "*Lots of laughter*". These feelings show activity in the crown chakra. Similarly Claire Alvey had "*a feeling of deja vu/past life and intense joyful tears*" Claire also found that there was gravity disturbance "*I wanted to lie down and crawl.*"



This can also be shown as a spike in the Brain Stem of between 18-18.5 Hz. The brain stem is located on the top of the spinal cord. It deals with important functions that keep us

alive. It automatically controls our breathing, heartbeat, pressure, and circulation. Indeed Margaret Colgate on entering the Clay Hill formation she "*felt a vibration stem base of my skull as soon as I walked in and it until 15 minutes after I left.*"



blood reported that in the brain continued

This feeling of `Oneness` etc. shows activity in the

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crown chakra.

Another hexagon, resembling a portcullis, appeared underneath the Iron Age at Danebury Hill Fort, Nr Stockbridge, Hampshire.

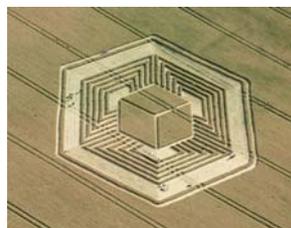


Annual Scientific Research Day.

Sunday 18 July was the date of my annual scientific research day. In order not to influence the test results no food is consumed from breakfast time to after all tests have been conducted. Participants are encouraged to drink water to avoid dehydration, but only water. Hazel Drummond conducted tests using the Asyra technique <http://www.lucypringle.co.uk/articles/highs-and-lows-2009/>.

In addition she included brain activity tests.

As before we conducted control tests at the well-appointed Avebury Study Centre before going to the hexagonal Vernham Dene/Fosbury formation that had only appeared two days before. The circle lay in an surrounding the edge. looked magnificent. It only place where the Romans going in a straight line). In the barrow and there are two old After repeating the tests



double control tests at the end of the grass verge bordering on to the narrow lane.

amphitheatre with roads Enclosed in 26 acres, Fosbury ring overlooks Chute Causeway (the went round the valley instead of middle of the ring lies a saucer ponds within the camp itself. inside the circle we conducted

The participants were Jim Lyons (a professional engineer, who after a career in the aerospace industry where he was one time Chief Engineer responsible for the development of the Harrier Jump Jet, specialising in electronics, has recently retired from the academic world at York University), Dowser extraordinaire Billy Gawn (he dowses with his eyes), Bob Sephton and Jeffrey Keen (also a dowser), guinea pigs Christopher Weeks, William Betts, Peter and Philippa Wedderburn-Ogilvy, Jackie Faulkner and myself.

Hazel led the way into the field and reported that *“I felt my legs become heavy as we were all walking up towards the circle. I was really surprised as I wondered whether this was going to be a man made circle but in fact the energies seemed to be very strong in there. I felt fine when I was sitting in the spot I had chosen for testing everyone but when I wandered around I didn't feel so happy. Especially in the outer hexagon for some reason. I felt slightly nauseous and uneasy in the circle and then very very tired when driving home. I had to lie down as soon as I arrived home and felt quite unwell. I went to bed early and do not appear to have had any dreams. I am still a bit tired today but much better than yesterday. I almost feel a bit down. I sometimes wonder there isn't a reaction to coming back to 'normal' life and 'normal vibrational frequencies' as I feel sometimes that we have a higher vibrational rate inside the circles. How to prove that? I don't know.”*

Heavy legs, time displacement, tiredness, tingling, shivers and trembling, excessive thirst, disorientation, nose running excessively, visual distortions etc all fall into the same category involving different bands of frequencies in which the eddy current of the brain contract as in migraines. See migraine variant (Migraine Variant is a little known condition suffered by many people who do not suffer the headaches of normal people and therefore are unaware that they are sufferers. Much research is continuing but unfortunately many people when asked why they did not visit their doctor with these symptoms said, they felt they had not wanted to bother their doctor, or didn't want to be labelled as being 'strange'. Unfortunately as these symptoms are not readily recognisable they might be diagnosed incorrectly.

This condition is often triggered off by seeing a series of straight lines!)

Hazel placed herself and her equipment unhesitatingly in a certain spot.

Caught in an `energy trap`?

I was standing next to Billy Gawn when he remarked that an energy coming from the ground was going straight up through Hazel's body, up through the centre of her head and beyond, further than he could see. On looking at people sitting next to her, the two on either side had similar energies but ones further away had the energy passing up to their heads but then it plunged downwards into the ground. This was significant as Christopher Weeks who had entered and walked around the outer area of the circle was badly affected. He writes that *“It was at the Avebury centre where I first saw a photo taken by Lucy of the circle that we were to visit. It is always hard not to form an instant opinion about circles when you see pictures of them, and this one was no exception. It put my mind at rest as at first glance it didn't seem an over complicated hand made one, which I am always delighted to visit as they tend not to provoke the bad reactions and illness that can so often follow a visit to the more interesting/genuine ones.*

“We arrived at the edge of the field and my feeling about the formation was very different, my inner sense of “proceed with caution” feeling was raised. We made our way up the slope towards the circle, and as I got closer I felt very ill at ease with the whole thing. It was as though I was approaching an invisible electricity pylon beaming energy straight up and out of the circle. Taking great care, I entered and completed a whole circuit before venturing in further and meeting up with everybody again. The experiments were set up in an area which felt the most comfortable and almost shielded from the effect of the rest of the circle.

“I continued to explore the circle, but decided to avoid the centre section totally as this felt to me to be an area that just wanted to drain energy straight up out of you, and out of the circle.

“Once we had completed the field, I felt the circle still had a huppy to be out of it I did not leave



the experiments at the edge of certain draw to it. While very the area for some time. I

noticed that the circle would empty of people and then refill with visitors who would all head for the very same spot in the circle that we had felt safest, and almost all avoided, or spent very little time in the centre of the circle as can be shown by my photos.

“Upon reflection this circle, had a very different feel to it than many that I have visited, this felt like a pure `energy trap`.

Happily after my visit I felt no ill affects but feel sure that this might have been very different had I visited the centre of the formation. The question has to be asked were we all drawn to the same section of the circle for some other reason of which we are still unaware?

“Maybe this year it would be an idea to do the tests in the most uncomfortable part of the circle just to see what anomalies it throws up? I might live to regret that suggestion!

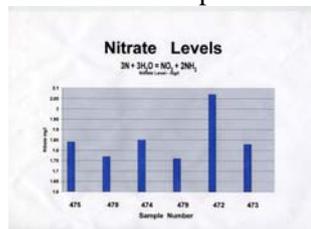
After all the tests were conducted, Christopher Weeks and I remained in the formation to bury bottles of Volvic water in different areas. The further out towards the edge the worse I felt and eventually said “I have got to get out”. My head ached, I felt nauseous, disorientated and generally drained. However we both managed to bury the one remaining bottle before hurriedly making our exit. We had buried the control samples at the edge of the field before entering the formation, thereby insuring they didn’t come into contact with any of the formation `energies`.

On retrieving the bottles some 10 days we experienced none of these symptoms. This is something to which we have become accustomed as the more people visit a circle, the more they seem to soak up and absorb the `residual` original force.

There is no ammonia in a bottle of water.

It is intriguing to note that the only bottle to show any anomalies was the one buried where Hazel had positioned herself. The controls were bottles 273,274, double control sample 275. Another fascinating factor is that the Yara tests for trace minerals revealed an increase in ammonia. There is no ammonia present in a bottle of Volvic! What was happening? Jim Lyons kindly supplied a solution. Ammonia is a compound of nitrogen and hydrogen with the formula NH_3 .

“The first thing to notice is the nitrate and ammonia results. It breakdown of water into its hydrogen and oxygen. These nitrogen atoms creating both ammonia NH_4 (cannot subscript interesting finding!”



correlation between the seems as there is some constituent parts, namely molecules then attach to free increased nitrate NO_3 and the numbers). This is an

Dowser Billy Gawn wrote” *The circle had most of the characteristics that I have come to expect to find at a genuine formation and would convince me that it was not man made. It was located where two wide flows of underground water are present. The edges of the formation corresponded on several of the edges with the edge lines of this underground water. Crossing at the site of the formation were seven major energy lines. At what one would call the focus point of the formation an upshot of energy came out of the ground and formed a pattern that conformed to a high degree with the pattern within the crop. Across the formation I found two other energy lines of a unique type that crossed a little bit away from the focal point within the formation. These lines were moving very slowly and it is likely that at the time the formation was created that they did cross at the focal point.*

”As far as how I was affected by the energies within the formation I had no signs or indications of changes taking place within my body, or feelings, or emotions and did not observe any long term effects.”

Hazel Drummond reported on her findings using the Asyra technique:

The colours: As a general rule, for all the tests, the colour-coding in the tests is as follows:

The Asyra machine.

In the 1950's Dr R Voll discovered that acupuncture points, traditionally used for treatment, could also be used to measure an individual's state of health. Through many thousands of screenings he found that particular points were associated with particular organ imbalances and health conditions. These principals were key in the development of the BEST Screening system, which was a highly developed version of Dr Voll's original instrument monitored the body's energetic response to various substances and tests through a process called

our
you see,
like you
body will
producing

Red	Stressed, Acute or Inflamed
Yellow	Chronic, Weakened or Depleted
Green	Balanced

biofeedback. We all respond to environments in various ways. If taste or hear something you really will think good thoughts and your physically respond by relaxing, saliva etc. If however you

experience something undesirable you will respond very differently; tension, shallow breathing, thoughts of how to avoid it etc. Biofeedback is the process of monitoring how your body responds to various stimuli. With Electro Dermal Screening (EDS) systems this is done by monitoring electrical changes in acupuncture points while tests are performed.

The technology works by measuring the amount of current that passes through the cellular structure of an organ, gland or body system, which reveals the functional status of the tissue. Because the assessment is based on defined parameters of health any deviation from the standard is easily detected. This provides an accurate picture of how the body is functioning. Once the body's problem areas have been identified,

The Asyra System is the next generation of bio-energetic health screening. New technology has eliminated the need to test at each individual acupuncture point, making screenings faster than ever and eliminating variables that may arise from the administration of the screenings. Since the 1950's many studies, tests and research papers have been produced, verifying the effectiveness of the process. There are many papers on the physics and bio-electrical principles behind EDS.

In a recent study, Drawing from a clinical pool of 1,800 patients, E. Alan Jeppsen, M.D., and Steven G. Osguthorpe, N.D., conducted a double-blind study of over 600 randomly assigned patients, of which 100 were used as control subjects. This study, "Effectiveness of the Asyra in Assessing Sub-Physiologic Thyroid Levels in Women 35 to 65 Years of Age," yielded a 97 percent correlation with blood chemistry.

This paper can be read at www.asyra.com.

The Asyra system is also registered with the FDA in America

Crop Circle Day 22nd July 2010

"This year I carried out a test especially for the crop circle research day. It tested for disturbances/imbances in the endocrine system, neurotransmitters, brain wave patterns, chakras, vertebral misalignments, electrolyte disturbances, geopathic stress, harmful energies, meridian disturbance,

"The baseline test which covers all of the main organs/systems was also run.

In the results we are primarily looking for patterns of results that are out of the ordinary. For instance in standard group of 11 people being tested for any particular disturbance we may well see 2 or maybe 3 showing a similar disturbance but usually it would be none or maybe 1. Therefore more than 3 becomes significant. The results are then collated.

1. Baseline test – This test measures energy states in major organs and systems. This can give an indication of which organs are out of balance and could indicate health problems.

2. Comprehensive test – Thousands of test items in the computer's database are tested to show whether one has been affected by viruses, bacteria, parasites, etc.

3. Hormonal imbalance in the endocrine system – 31 hormonal signatures are tested for imbalances.

4. Neurotransmitters-----
5. Brainwave patterns.
6. Vertibral misalignments
7. Meridain disturbances..
8. Electrolyte disturbances.
9. Chakra Imbalances – The 7 chakras are tested.
10. Geopathic stress and Harmful Energies - Here we look at Earth fields, electromagnetic stress, mineral deposits, power lines, microwave energies, radioactive exposure, ultraviolet waves and X rays."

"The first control tests using the Asyra were conducted at the Avebury study centre between 10.00am and midday. For this year's crop circle research day we had 11 subjects including myself- 7 men and 4 females.

The same tests were then repeated in the crop circle between 2.00pm and 3.00pm. Further identical control tests were conducted at the edge of the field bordering the lane after visiting the circle.

"I was then able to compare the results to see if there were any significant changes in the 3 sets of results.

As well as comparing the 3 sets of tests I also compared the results of 10 random people.

"The results will probably take months to investigate fully but these are a few of our In the circle 7 out of the 11 were showing an imbalance of the 6th chakra."

The 6th chakra is located between, and just above, the eyes. It is often referred to as the "third eye.

preliminary significant findings."

"This chakra deals with visualization, intuition, imagination and telepathy. It is also referred to as the centre for perception and wisdom."

Organ/parts of body associated with the 6th chakra: Pituitary gland, eyes, head, lower brain.

The emotion for the 6th chakra is "knowing", an intuitive type of knowing. When this chakra is dominant, one may have clairvoyant abilities...being able to see things that others can't.

Could this be the purpose of the circle - to stimulate our abilities of clairvoyance?

The colour is purple/violet, which are both spiritual colours.

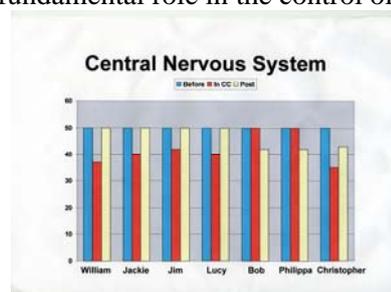
"Another unusual pattern was that in the circle 5 of the test subjects had imbalances in the Central Nervous System and 5 with the Connective tissue."

The central nervous system is that part of the nervous system that consists of the brain and spinal cord, which is enclosed in the meninges; it has a fundamental role in the control of behaviour. The central nervous system is conceived as a system devoted to information processing, where an appropriate motor output is computed as a response to a sensory input. Symptoms may include: change in fine-motor skills, behavioural changes, cognitive disturbance, meningitis, encephalitis, or sleep disorders

Connective tissues bind structures together, form a framework and support for organs and the body as a whole, store fat and transport

substances; collagen is the main protein of connective tissue.

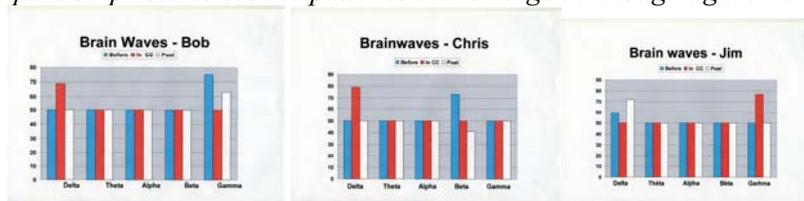
Symptoms may include: pain or discomfort in the affected area, weakness, skin scurvy, joint inflammation (arthritis), swollen hands, muscle weakness, difficulty in swallowing, heartburn, shortness of breath, abnormal lung function, or migraine-type headaches.



Could there be a link to Parkinson's Condition?

Hazel continued "This was the first time that we had tested for unusual activity with brain wave patterns. When this test is usually run we might see that none of the patterns come up as

imbalanced or 1 or 2 out of 11 may have a particular brain wave pattern imbalanced. I was quite surprised to see the patterns that emerged although again I am not sure of any meaning.



6 in the circle showed Gamma activity.”

Further research told me *“Beta is the frequency range approximately 13-25hz and Gamma approximately 26-100 Hz. Because of the filtering properties of the skull and scalp, gamma rhythms can only be recorded from electrocorticography or possibly with magnetoencephalography. Gamma rhythms are thought to represent binding of different populations of neurons together into a network for the purpose of carrying out a certain cognitive or motor function.*

Gamma brain waves are considered the brain’s optimal frequency of functioning. Gamma brainwaves are commonly associated with increased levels of compassion, feelings of happiness, and optimal brain functioning. Gamma brainwaves are associated with a conscious awareness of reality and increased mental abilities. Gamma brainwaves range from the frequency of 38 Hz – 70 Hz and have a tiny (virtually unnoticeable) amplitude. Gamma brainwaves can be found in virtually every part of the brain. They serve as a binding mechanism between all parts of the brain and help to improve memory and perception.

“Dopamine is a neurotransmitter (messenger) in the brain. Dopamine is classified as a catecholamine (a class of molecules that serve as neurotransmitters and hormones). It is a monoamine (a compound containing nitrogen formed from ammonia by replacement of one or more of the hydrogen atoms by hydrocarbon radicals). Dopamine is a precursor (forerunner) of adrenaline and a closely related molecule, noradrenaline. Dopamine is formed by the decarboxylation (removal of a carboxyl group) from dopa.”

*One of the most exciting aspects of this year’s results was the discovery that higher frequencies (Beta and Gamma) release more dopamine. Wikipedia tells us that **Dopamine** is an important neurotransmitter (messenger) in the brain.*

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Dopa is used in treatment of thought to be associated with low of the brain. This discovery to 1997 the year of the Torus Knot `Noughts and Crosses I described



Parkinson’s disease which is often levels of dopamine in certain areas immediately drew my attention back at Alton Priors. In my article the following:

The shaking stopped

“That we are dealing with low frequency micro wave radiation still appears to be the case. Indicative of such evidence came in a report from a friend of mine, suffering from a condition similar to Parkinson's (subsequently confirmed as Parkinson’s). She experienced a temporary but wonderful physical respite from the exhausting and continuous shaking after

sitting in the centre of the Torus Knot at Alton Priors for 20 minutes. Subsequently she did not shake for 24 hours. The physical relief was enormous during that period.”
Not to shake for 24 hours is a remarkable occurrence considering the person is powerless to control the shaking which in certain cases can occur so many times per second, let alone during a 24 hours period. That we should find a connection this summer with regard to dopamine in the brain wave activity tests has decided me to focus on this area of research.

The fact that dopamine is a monoamine (a compound containing nitrogen formed from ammonia by replacement of one or more of the hydrogen atoms by hydrocarbon radicals).

Can we therefore make a further connection, this time linking the findings of ammonia found in the water sample in addition to those found in high Beta and Gamma brain activity results? This is potentially exciting and deserves further in depth investigation. If it were possible to further the advance of research into Parkinson’s this would be my ultimate dream. A vision and goal towards which I am prepared to give my utmost energy and dedication.

Psychic Ability?

“4 people in the circle showed Delta activity. “Delta is the frequency range up to 3 Hz. It tends to be the highest in amplitude and the slowest waves.”

Delta brain waves have long been linked to stages 3 and 4 of sleep. Delta brain waves are the slowest of all your brainwaves. They usually fall within the frequency range of 0 – 3 or 4 Hz. When your brain waves reach levels below 0.1 Hz, you will literally be “brain dead.” Unlike theta brainwaves, which are commonly associated with the “subconscious mind” – delta brain waves are associated with the “unconscious mind.” Due to delta brainwaves being the least understood amongst brain waves besides Gamma. Delta brain waves have long been linked to stages 3 and 4 of sleep. Delta brain waves are the lowest of all your brainwaves. They usually fall within the frequency range of 0 – 4 Hz. When your brain waves reach levels below 0.1 Hz, you will literally be “brain dead.” Unlike theta brainwaves, which are commonly associated with the “subconscious mind” – delta brain waves are associated with the “unconscious mind.” The slower, delta brain wave frequencies have long been linked to boosted intuition and even the cultivation of “psychic skills” in certain individuals. It is seen normally in adults in slow wave sleep. It is also seen normally in babies. It may occur focally with sub cortical lesions and in general distribution with diffuse lesions, metabolic encephalopathy hydrocephalus or deep midline lesions. It is usually most prominent frontally in adults (e.g. FIRDA - Frontal Intermittent Rhythmic Delta) and posteriorly in children (e.g. OIRDA - Occipital Intermittent Rhythmic Delta).

“And 5 had their patterns reversed – so for example 3 started the day with Delta activity, then Gamma activity in the circle which then reverted to Delta activity on leaving.

“Each year we have been particularly interested in any hormonal activity inside the circle. Again we need more time to look into the relevance of the findings but we have noticed a definite shift in the thyroid hormones inside the circle.

“Another interesting case is of a female who has a lot of problems with her hips and back. These areas showed up in the preliminary test. Non Vertebral & lumber 5 & non-vertebral Sacrum F1 were balanced in the circle. Also Nonpinephene were balanced in the circle. However after visiting the circle, Non Vertebral returned except for her toes. These areas became balanced in the circle and stayed balanced. For 2 weeks after leaving the circle the female in question regained a lot of movement in the affected areas and had virtually no pain.” Sadly her improvement was not maintained and she subsequently had a hip replacement.

Balancing Act

Yet again as so often happens Thyroid patterns showed anomalies:

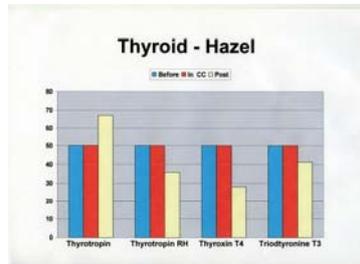
In particular Hazel's thyroid showed unusual activity. The thyroid is the slowest responding gland in our endrochrine system and normally would not show any large levels of change in anything under three months let alone in around three hours as happened in this and other crop circle cases and as a

On researching thyroid
"Thyrotropin (*thī'rät'rō'pīn*)
hormone (TSH), hormone
pituitary gland that
to release thyroxine.

The function of the thyroid
in many foods, and convert it
thyroxine (T4) and

Thyroid cells are the only cells in the body that can absorb iodine. These cells combine iodine and the amino acid tyrosine to make T3 and T4. T3 and T4 are then released into the blood stream and are transported throughout the body where they control metabolism (conversion of oxygen and calories to energy). Every cell in the body depends upon thyroid hormones for regulation of their metabolism. The normal thyroid gland produces about 80% T4 and about 20% T3, however, T3 possesses about four times the hormone "strength" as T4."

In other words as Hazel's Thyotrpoïn RH4 and Throxin 4 and 3 were lowered, it appeared that Thyrotropin RH4 was trying to compensate and balance the other thyroid levels.

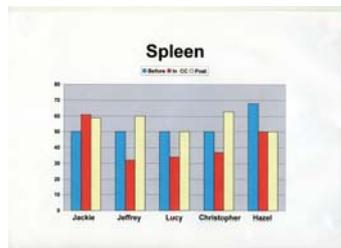


result is of certain concern.
behaviour, I discovered that
or thyroid-stimulating
released by the anterior
stimulates the thyroid gland

gland is to take iodine, found
into thyroid hormones:
triiodothyronine (T3).

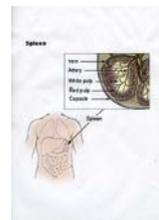
Fighting infection

On further investigation we noted that the Spleen levels had varied considerably.



The spleen is part of the lymphatic system, which fights infection and balance. It that fight germs.

out a spleen as
liver will take
function.
the body will lose



keeps the body fluids in
contains white blood cells
It is possible to live with
other organs such as one's
over some of the spleen's
However without a spleen,
some of its ability to fight

infections and many people such as footballers/jockeys etc: who have lost theirs due to accidents, have to live on permanent medication.

I realised I was no longer hobbling

Another Vernham Dene report came my way at the Glastonbury Symposium from Sue Bowness who had been on the coach tour the previous day and who found that her hamstring injuries had been cured. "At the time of the tour I had damaged hamstrings in both legs stemming from December 2009 and was walking unevenly and had had an aching neck for 2 weeks.

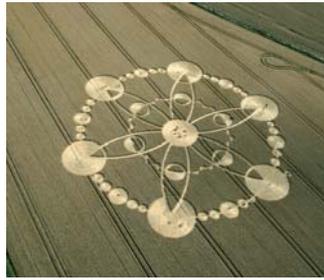
"As soon as I reached the road (after visiting the formation) and took a few strides, I realised I was no longer hobbling but walking evenly with my stride lengthened to what it had been before the injuries. I felt rebalanced.

The dizziness and aching neck persisted for another 2 weeks or so but is now gone. "

I asked Sue to walk up and down the long room at Glastonbury Town Hall and to my amazement she was striding out without any sign of a limp. I have kept in touch with her since then to see if the healing had been long lasting. I telephoned her again at the time of writing this article (February 2011) and she tells me that she the cure has indeed been maintained.

Sadly this is not always the case, in particular with arthritis and rheumatism sufferers no matter how dramatic the cure may seem at the time. Many are the reports I have received over

the years of quite remarkable alleviation and reduction in inflammation and swelling, yet none have been permanent. One such case occurred this summer when I was taking a group round the circles. We went into the 'flower like' Windmill Hill circle and had a wonderful mediation. It was a perfect leaving the circle Rae Hurst how she could bend her fingers. Apparently she had been years. Her mother and sister confirmed this. The pain had hand and wrist. Sadly the after 4 days and despite resting the formation and experiencing remained.



sunny summer's day. After came up to me and showed me tightly into her palm. unable to do this for many who were also present completely vanished from her swelling and pain returned her hands over a photograph of a tingling, the swelling

Overall I believe this may prove to have been one of the important years in terms of research development and as always I am deeply indebted to the many people whose contributions have made this possible.

To all of you who continue to nobly fill in and return my questionnaires entrusting me with your experiences; you are the foundation members of my research and as such invaluable to its progress. Please don't stop, the work goes on at even more exciting levels and you are all a part of it!

To all the scientists with whom I work, in particular to Jim Lyons whose energy, enthusiasm and generous sharing of his knowledge is boundless.

To the many farmers who kindly open their fields to the hoards of 'croppies' who don't always understand that the fields are not open playing grounds but are the livelihood of the farmers on privately owned land. Their honesty boxes are much appreciated and I believe everyone is happy to make contributions.

Finally and not least to the kind and intrepid Andy Potter who bravely and skilfully manages the demands of my web site. I am indebted to you all.