

## EFT Research

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Clear evidence that our emotions affect our body--in this case, dramatic changes in the blood

Rebecca Marina provides us with obvious evidence that changes in our emotional states generate instant and dramatic changes in our physical bodies. As you will see, she purposely shifts from one intense emotion to another (using EFT to enhance the emotions) and then, after each emotion, a photo is taken of her blood using darkfield microscopy. The photos are contained in this article for your perusal.

Please note that these are static photos and thus do not show the dramatic change in movement and speed that accompany the various emotional changes. However, Rebecca describes this movement in her narrative below.

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By Rebecca Marina

Dear Gary,

Here are the results of the latest research I have done with live blood cells and EFT.

I was inspired to do this by the work of the Japanese researcher, Masaru Emoto, who photographed pictures of frozen water crystals imbued with different emotions. His work is quite astonishing and wonderful and I recommend you read his book, *The Hidden Messages in Water*.

Anyway, I tried to duplicate Mr. Emotos experiments but found the water crystals melted under the hot light of the darkfield microscope before we (Dr Felici and I) could get a look at them.

OK-I am the first to admit I am no scientist. However, I sure am a pioneer and I love to try new experiments with everything. If you never try for fear of failure, you dont get anything!

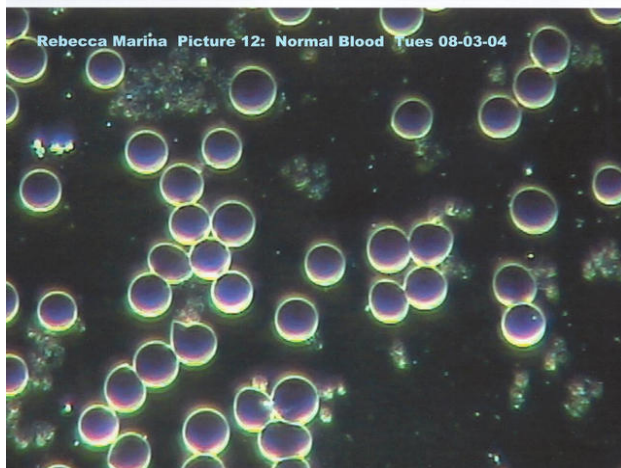
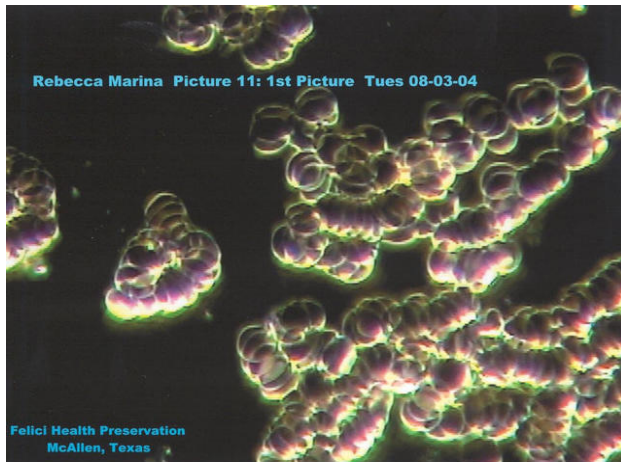
So, I had a backup plan.

While the water crystals experiment did not work , Dr Felici and I had previously done some experiments with live blood and EFT. We were certain we could get good pictures of my blood.

So, the plan was to use EFT to invite one emotion at a time into my energy field and thus into my body and into my blood. Dr Felici would take a blood sample after each different emotion and we would take a look at the sample under the darkfield microscope.

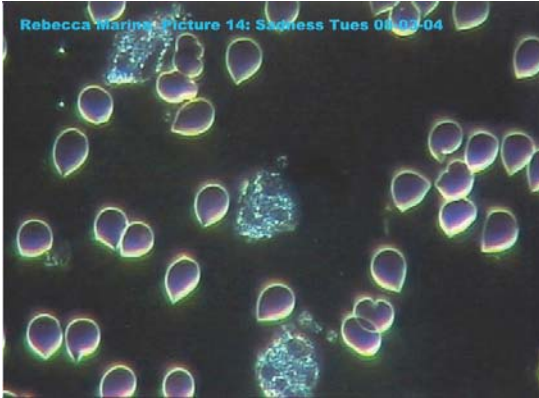
I had never purposely invited negative energies into myself; however, I really allowed the emotions to be very powerful within me. I used EFT with the INTENT that whatever emotion I was inviting in would be very powerful indeed.

Before we began with the emotions, I asked Dr Felici to take a look at my blood as it looked normally. Well, folks, I had eaten 2 things for lunch that caused lectins to form in my blood and clumped my red blood cells together horribly! I am B POSITIVE blood type and am not supposed to eat chicken or avocados (should have cleared those allergens beforehand with EFT). Anyway, I had to do EFT to fix my blood so I could get good readings for the emotions. Since I had done this twice before, it was a piece of cake! Here are darkfield microscopy pictures of my blood cells before and after EFT. Please note the astonishing and immediate change from being clumped to being free and mobile.



After I used EFT to clear my blood, we were ready to begin.

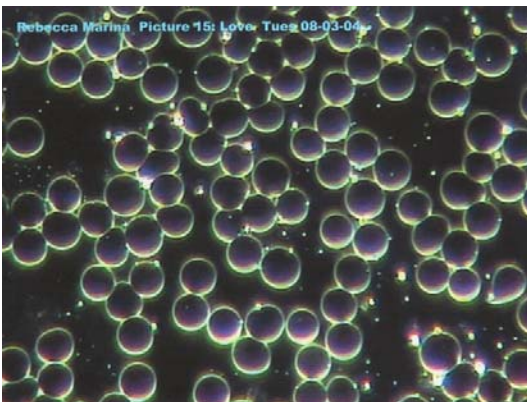
The first emotion I invited in was the energy of sadness. I did EFT and thought of many sad things. I got into it so deeply that I was even crying. I did not wait any time at all but allowed Dr Felici to take a blood sample that very moment. EFT works really fast you know! Here is the picture.



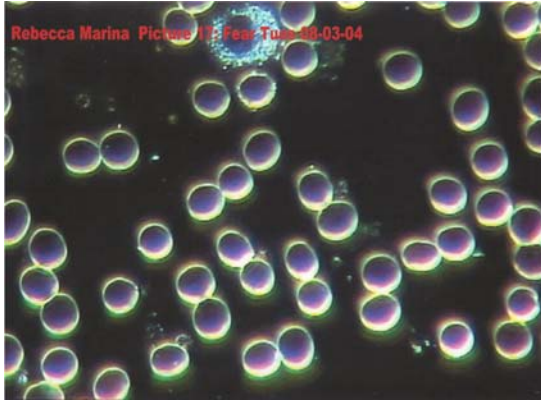
Understand that when you look at blood on a darkfield microscope, the sample is alive and still moving. Dr Felici has seen this movement many, many times. However, she had never seen the movement like the sample moved with the energy of sadness!

You would think the blood cells would be all slow and plodding but NO! The cells were moving very rapidly (that why they look so far apart) and a lot of white blood cells were predominant, much more so than when we just did a normal blood sample. Another thing that is quite unusual is that many of the red blood cells took on a teardrop formation! Perhaps there is some scientific reason this happened, I do not know. I just know what I saw on the computer screen attached to the microscope.

Next, using EFT, I invited the energy of LOVE to come into my body and blood. When we placed the sample under the microscope, the cells were moving all placidly and beautifully. The shape of the cells was normal but you can notice there is a bit of some sparkly substance in the fluid of the blood.



On an interesting note, we had left the sadness sample on the screen as I was doing EFT to invite LOVE in to my blood. The sample on the screen started to change as well. Even when our blood is out of our body, we are still connected to it.



Next, I invited the energy of FEAR into my blood. (see above photo) I allowed myself to remember a time when I was very frightened and really got into the emotional state, using EFT to assist me. I placed the sample pictures of LOVE and FEAR close together so you could see how the LOVE sample cuddles together and how the FEAR sample seems to spread a lot further apart.

Remember it was my INTENT to allow myself to feel all these emotions.

When we placed the energy of FEAR under the microscope, the cells were just going crazy! They were moving much faster even that with the energy of sadness! There were also a whole lot more of the white blood cells showing than in any of the other samples. I took it to mean that when your body feels a threat it sends out the soldiers to fight any perceived danger. Interestingly enough, the cells were really going crazy but came to a standstill very quickly. Perhaps, it was an adrenaline response and it ran out of gas quickly.

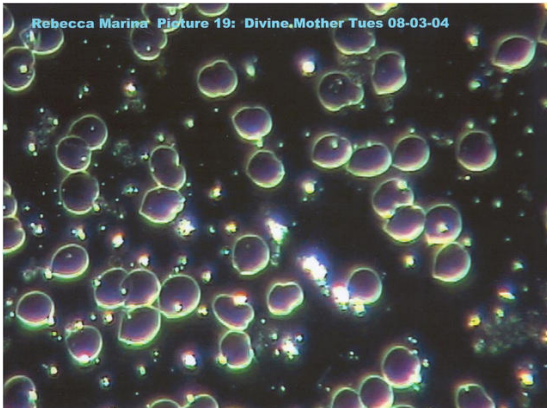
(Before you read this next paragraph, please know that I am not of a certain religion and I am not espousing any certain religion this is simply my personal experience.)

I felt I needed something heavy duty to calm my poor blood cells down so I brought out the big gun of my own belief system- The energy of Divine Mother! Now when I say Divine Mother, I am speaking from my personal belief system that there is a Divine Feminine energy that is the nurturing, mothering part of God. It is my belief that Her energy comes through many of the Deities in many religions and indeed in the nurturing part of all of us. I am not asking anyone to believe as I do, I am simply stating my views for clarification on the experiment. I could have (and have done since) asked Jesus, Holy Spirit, and even Buddha to assist me. The point I am making is that I asked an energy I perceived to be Divine to come into my body and blood.

I must share with you that when I asked the energy of Divine Mother to come into me I had great waves of energy all over my body. It was such a very tender and precious feeling that I was crying tears of pure joy.

When we placed the sample under the microscope and the image came up on the screen there was dead silence in the laboratory.

You could have heard a pin drop!



The sample was so different from any of the others. The fluid part of the blood was very clear, the movement of the cells was so placid, and the cells were just gliding along in peace. There was a great deal of white, yet beyond white, sparkly substance interspersed with the cells. The white blood cells that showed each had a white, glowing center and a pulsation in that center almost like a little heartbeat!

It was like looking into a parallel universe.

Myself, Dr Felici, the technician, and my daughter (who was filming) just could not stop looking at that sample. As long as we left the sample on the screen, it had life. All the other samples started to slow down after a short period of time but the Divine Mother sample did not. Another interesting thing that happened and it shows up in the photograph, was that some of the red blood cells began to take on a heart shape. This is not 2 cells overlapping but single cells taking on this shape. I have included 2 of these pictures taken at different positions on the sample slide.

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So what have I proved by this experiment?

- That EFT can enhance any emotion and bring it about quickly with all the physical ramifications as well.
- That you can INTEND and use EFT to enhance even a negative emotion.

- That different emotions affect the blood in profound ways.
- That you can fix many emotions with INTENT and EFT.
- For me, the most astonishing thing this experiment proves is that the Divine can come into your blood and this could be used for all kinds of reasons. Perhaps, using EFT in this manner simply stimulates the Divine that is already inherent in all of us.

I do not know the answers to many questions. I will keep doing experiments in the hopes of helping and inspiring us all.

With much love,

Rebecca Marina