

Observing the Effects of Forces and Energy

This research investigates a person's awareness of forces and energy in themselves and the world around them. In this study individuals use their physical senses to observe and record the effects. Here is a sample format to use when documenting the experiences:

Directions for recording what you experience and sense:

1. Use clear, concise language to describe the experience. This will include the five known senses of
 - **Touch:** subtle, internal tactile feeling, temperature;
 - **Sight/Visual:** internal visuals;
 - **Sounds:** internal sounds;
 - **Smell:** internal smells; and
 - **Taste:** internal tastes.
2. Note any thoughts, prior to or after the experience. (Keep a separate notebook for entries that are private, or just for you.)
3. Note the place where you were when you were observing.
4. Note what you were doing (the activity) at the time, for example meditating, working, reading or other activity.
5. Note the local atmospheric conditions: temperature, humidity, weather, and space conditions, if known. Resource: <http://www.swpc.noaa.gov/>

Sample entry form:

Name:

Date of entry:

Time (include am or pm and time zone):

Location (city, country):

Note any long term, recent, or current health considerations:

Note any medications that you are currently taking:

Notes:

1. **Observing with the senses**
2. **Thoughts**
3. **Place**
4. **Activity**
5. **Atmospheric conditions**

Contact us at info@AgniInstitute.org to discuss any of this research.

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