



Institute for  
the Awakened Mind

## Mind Mirror Study on Intuitive

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Charlottesville, Virginia

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**INTRODUCTION** Frank DeMarco is a seasoned intuitive and the author of 12 non-fiction books (and three novels) rooted in 25 years of psychic exploration. He has been in dialogue for decades with The Guys Upstairs (TGU), whose higher perspectives are the subject of most of his books. Frank receives information from TGU related to the realities and interactions of the 3-D and non-3D worlds.

The co-founder of Hampton Roads Publishing Company, Frank is a professional writer and author with a highly developed ability to listen inwardly as well as outwardly and chronicle what he hears. That was his process during this 39:52-minute measurement of his brainwaves on the Vilstus Mind Mirror 6 EEG.

**ABSTRACT** In a highly cyclical manner, Frank's left brain reached out to TGU and the quantum field with the low-frequency delta waves of his unconscious mind, which slow-moving waves operate like radar to send and receive psi information. Frank's left-brain gamma functioned at high amplitudes in tandem with his delta to process the information received and perhaps to raise his awareness closer to the frequencies of TGU.

While Frank's left-brain delta-gamma searched for and processed information, his right brain consistently flared into the Evolved Mind pattern of unity with oneself and the field. He maintained an emotional, sensory, and creative connection to non-local consciousness through this right-brain Evolved Mind pattern.

Toward the end of the session, the two hemispheres of Frank's brain began to resonate together and form dual-hemisphere Gamma Synchrony and Evolved Mind patterns. These constitute the highest levels of awareness thus far measured on the Mind Mirror.

In the report below, Mind Mirror displays are presented first to visually illustrate this cyclical search for and retrieval of information and how this process steadily evolved Frank's brain and consciousness.

**GAMMA VERSUS sEMG ARTIFACT** This issue has been carefully considered because of the suspicion within the scientific research community that subtle muscle movements in the head, neck, and jaw can be misidentified as high-frequency gamma production.

Surprisingly, although Frank's writing hand was moving during much of the session, he was able to keep his head still enough to prevent and minimize muscular tension in his scalp and head. Consequently, his sEMG artifact readings are very low. Note the readings of 2uV in the left- and right-brain sEMG Artifact Amplitude windows below, where 5uV (green dotted lines) is the level at which movement or tension artifact can contaminate gamma readings.

On six occasions during the 40-minute session Frank did make gross movements, such as drinking from a glass of water, which disturbed the four EEG sensors located on his temporal and occipital lobes. These data distortions and losses were visible in the brainwave pattern and were subsequently removed from the session with the red artifact markers shown in the sEMG Artifact Amplitude windows below.



Both the deletion of signal quality artifact and his very low 0.5 microvolt sEMG readings (the averaged red trend line) in the sEMG Artifact Amplitude windows ensure that the Mind Mirror patterns and data analysis represent accurate and reliable brainwave measurements and information.

## THE INTUITIVE INFORMATION

The following transcript of Frank's session with TGU is included as a guide to notations correlated with the Mind Mirror displays shown below. The transcript includes the questions Frank asked TGU and the answers he received.

Friday, June 29, 2018

*9:45 a.m. Home again. Judith going to record me while talking to the guys. We'll see.*

*10:15 a.m. Beginning. Guys, you know what we're doing here, I know. What would you like to say to Judith and me?*

We approve the idea of verification by electronics, although it isn't necessary, of course, strictly speaking. Yet – it is. There is a type of person – you should know! – who needs to be sure “I'm not just making this up.” Electronic signatures don't give content but they do give an indication that something is happening.

Now, looking at your whole week at Monroe (The Monroe Institute the previous week, during which Frank attended a 5-day brainwave training program), you can see that merely seeing electronic signatures of brainwave activity validated your process to you *even though you didn't really understand what was being measured, nor what it really means.*

*Yes, I know. Sort of a circular process, I thought. They tell me it's real and I say, “See, this proves that it's real.”*

Nonetheless, it did help. Your difference from others – or in the case of Dirk, your similarity and difference – shows you in isolation.

*Not “isolation,” I think. “In relief”?*

Yes. Better.

*So subjectively as you know I feel like things changed. To go from a housecat to an eagle is if nothing else great symbolism. (Note: Frank perceived himself first as a housecat then as an eagle during Animal Sensualization meditations included in Opening and Closing Baseline measurements at the beginning and end of the week at TMI.)*

You already *knew* it was going to be a big week.

*True.*

Well, must have been a coincidence.

*Very funny. Ready for questions?*

You can try.

[I had thought to allow Judith to ask questions, but she had none at this time.]

*So guys, let's go a different way. What can you tell me about where I go from here? I get that you want me to write out the gist of the material I have been given all these years, but – beyond that?*

It isn't so much a “beyond that” as a “how to do it.” It begins with seeing yourself differently. You have come to that, this week.

Yes.

Decide and execute. Once you know what you want – *and decide to get it* – the way clarifies.

*Specifically?*

There is the speaking aspect – interacting persona to persona, so to speak – and the writing aspect – interacting mind to mind, or, in TMI-speak, mental body to mental body. You can see which one has the potential to reach the largest number of people.

*Go at it through the emotions, in other words.*

Not exactly. Slow down.

*Okay.*

Emotions are a part of the persona-to-persona interaction, but that doesn't mean "emotional" in the sense of drama. It means, your whole *essence*, who you are in toto – *in relation to the given listener* – rather than merely mental constructs. Mental constructs can be as valuable as anything else, but they are limited, and that limitation has advantages and disadvantages. On the one hand, it puts things in isolation, eliminating misleading context. On the other hand, the "extraneous" aspects it weeds out may be (necessarily are) important in the overall scheme of things, and their absence results in a distorted picture.

*If I get it right, it is a matter of words as sparks versus words as markers.*

Yes. Direct speech in someone's presence – even virtual presence such as a telephone or internet connection – allows for a greater jump of understanding between the two (or more) people. Fixing the speech in writing – still more, in print – reduces, though it does not eliminate, that potential, with the corresponding advantage in permanence of presentation.

*So I need to be taking the show on the road, so to speak.*

Yes, but virtually does at least as well as physically. Telephone, skype, web seminars, anything that brings it present-tense to present-tense, will serve the purpose. You don't have to be P.T. Barnum.

*Okay, I hear that. A word on process. I am very aware of Judith watching the monitor as I do this, and in the back of my mind I'm wondering, will any of this show? Will it demonstrate that I'm fooling myself? Now, I know it isn't that, yet the background worry is there. Is there anything to be done besides ignoring it?*

Just remember the doubt as part of the process. If you still occasionally doubt in unusual circumstances after 25 years, what must the person trying it for the first time (on faith, so to speak), experience? Remember that and allow for it.

*Allow for it, how?*

To a great extent, merely mentioning the problem reassures people that you are not qualitatively different from them, and so reduces the perceived distance they have to go.

*Okay. I can't understand how we can have covered so many pages in 20 minutes.*

Perhaps you are a bit hyper being under observation.

*Hmm. Maybe so. All right. Can we talk about housecats and eagles?*

Housecats balance energies unnoticed. Self-contained, alert, curious, they interact without much being interfered with. Eagles live away from everyday human activity and may serve more as a symbol of freedom and flight than as an everyday part of life. But both have their place. What you really want to see is the movement *from* seeing yourself as a housecat *to* seeing yourself as an eagle. The progression is a different thing from either given state.

*Okay.*

Your life becomes less your own, and becomes at the same time of more consequence. People tend to hang their drama upon symbols, and, as you learned from watching Hemingway, public attention can be like the drag of a fishhook in a fish's mouth.

*Gary P. (a TMI program participant) is facing that concern.*

It isn't a unique problem. Life involves tradeoffs.

*Somehow during the program – I'll have to look back among my notes to remember how – I changed my image of things. Seeing myself as a point of awareness extending means that past lives, etc., are all part of my extended being.*

You will find it much less constricting. You are already living *as if*; now you will live not *as if*, but *as*.

*I think I'll bring this to an end (I'm tired), unless you have more you'd like to say.*

No, enough for now. Good work. Be well.

*Thanks, and you.*

[I then told Judith that I was ready to quit, and she had something for me to ask.]

*Judith has a question. "What are the conversations that I've been listening to just now?" (Note: During the session, the monitor shifted below conscious awareness into the lower frequencies of Frank's theta/delta and heard two phrases: "in case they didn't catch anything yet" and "you usually do all the cooking.")*

Your framework has been slipping, so to speak, just as Frank's. You are no longer seeing yourself as separate in the way you did previously – if only from sitting among so much evidence to the contrary all week. You are so much more than your consciously identified presence – "Judith" – and your awareness is now extending to be more conscious – more *actively* conscious – of interacting continuously with those other elements. At first they will seem to be "other" but in time they become familiar.

*"Is this the astral realm that I've been listening to?"*

To say yes or no would be to implicitly affirm a way of seeing the world that we do not share. Let's say merely that you are experiencing greater range of --

*"Range of motion" isn't right. What is?*

Greater range, let's leave it at that.

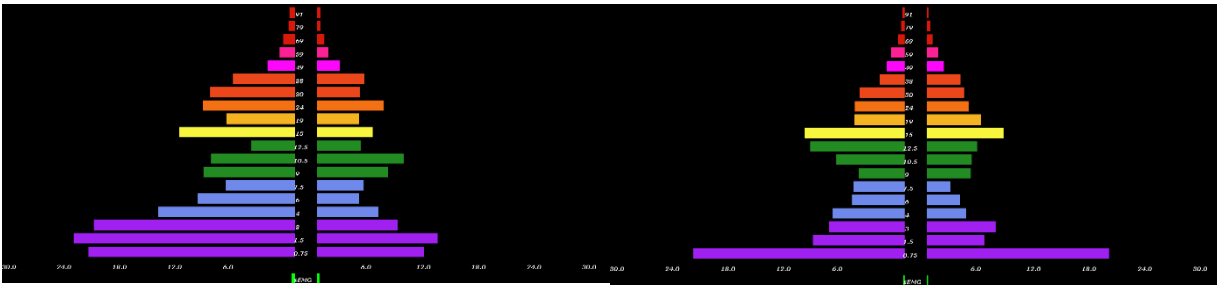
[end 10:55 a.m.]

## MIND MIRROR SCREEN CAPTURES

The first four minutes of this session, ranging from start-up at 0:27 seconds through Frank's writing the words "the gist," showed delta (purple) amplification and the theta-delta Channeling pattern of psychic perception as Frank reached out for information. Note that his high-amplitude delta dwarfs his other brainwave frequencies. From the Channeling pattern, Frank expanded into the Gamma Synchrony pattern of the Superconscious Mind and the Evolved Mind pattern of union with non-local awareness.

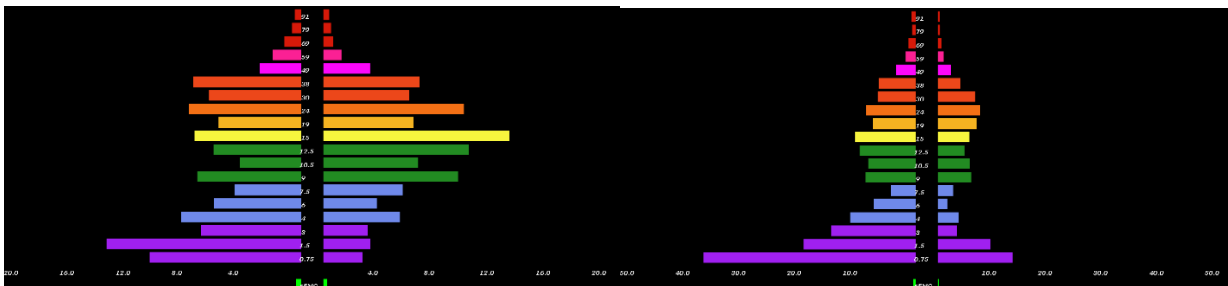
### CYCLICAL BRAINWAVE ACTIVITY

1/ *Delta amplification.* Below, these screen captures show the amplification of Frank's delta, most often in the left brain, as he asked questions and extended his unconscious delta radar to search for answers.



Delta expanding to 24 and 22 microvolts, respectively, to search for insights

2/ *Channeling patterns.* Below, Frank produces the Mind Mirror's classic Channeling pattern, observed in intuitives, mediums, healers, and meditators engaged in psi activity. The channeling pattern is an amplification of both delta (purple) and theta (blue) beyond the dominant amplitudes of alpha (green). His low-frequency theta and delta increased their power and strength to seek and obtain insights.



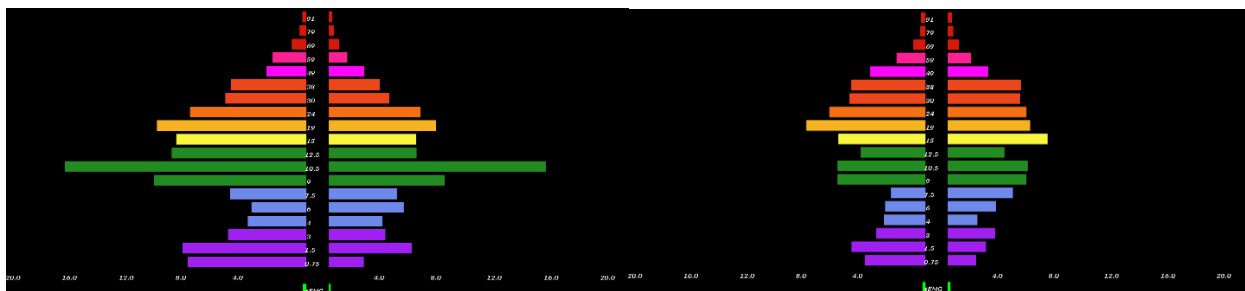
Channeling patterns with high-amplitude delta

Frank's channeling pattern in the left hemisphere often repeats as he receives and records insights with his verbal, analytical left brain. Split-brain activity is often seen during psychic perception and other

transpersonal activities. The creative, spiritual, and spatial right brain merges with the field of energy and information while the left brain verbalizes and processes what was received.

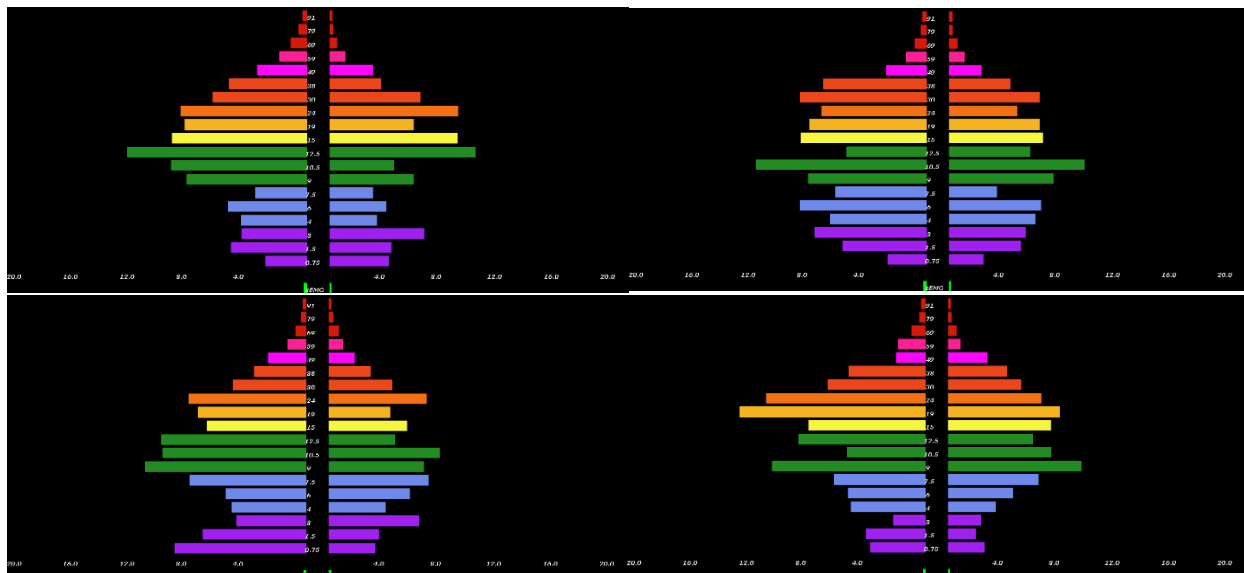
3/ *Right-brain Evolved Mind flares.* Below: As Frank’s left-brain delta waves and theta-delta Channeling pattern reached out for insights, his right brain rounded into the shape of the Evolved Mind pattern, which shows the union of his heart, mind, and spirit with his non-3D source. The Evolved Mind pattern flares briefly when the meditator’s brain releases the separation between the categories of beta, alpha, theta, delta, and gamma and merges its united awareness with source in a circular pattern of oneness.

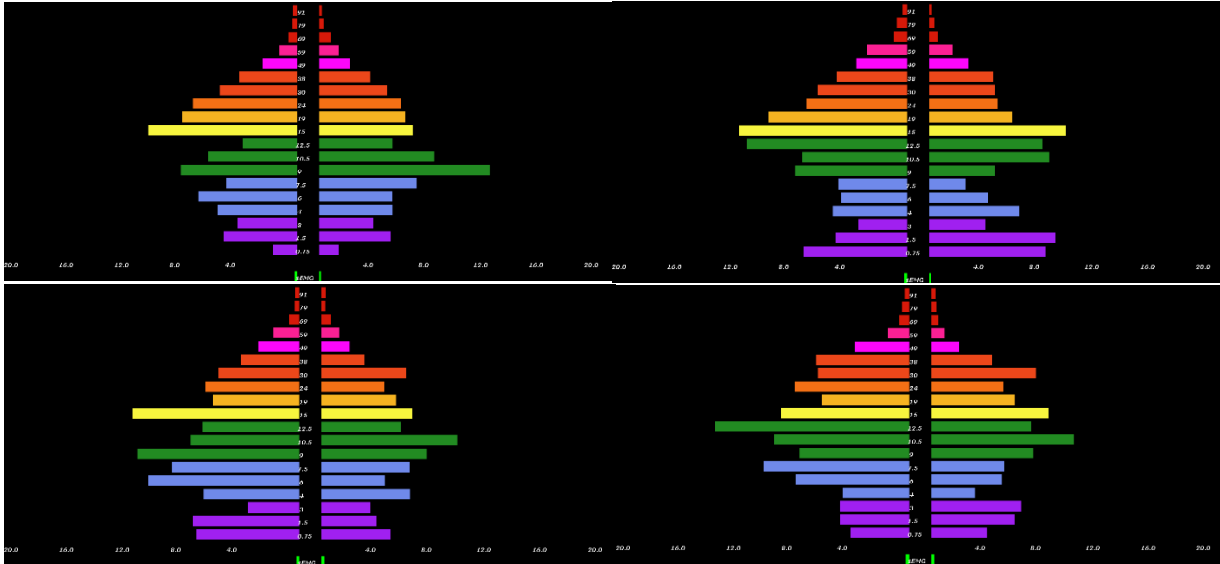
The Evolved Mind pattern is associated with spiritual/mystical union, the spontaneous flow of insights, absolute understanding, and feelings of bliss. Frank often sustained Evolved Mind flares for several seconds at a time and through them maintained his mystical/spiritual connection with TGU.



(Above, left and right): Gamma Synchrony in the left brain, Evolved Mind in the right

4/ *Dual-hemisphere Evolved Mind patterns.* Within the first three minutes of the session, Frank’s right-brain Evolved Mind flares resonated into his left brain to form dual-hemisphere Evolved Mind patterns. Evolved Mind patterns include low gamma frequencies of 35-45Hz. Note below the activation of higher gamma frequencies (fuchsia) in the 45-65Hz Gamma Synchrony domain of the Superconscious Mind.

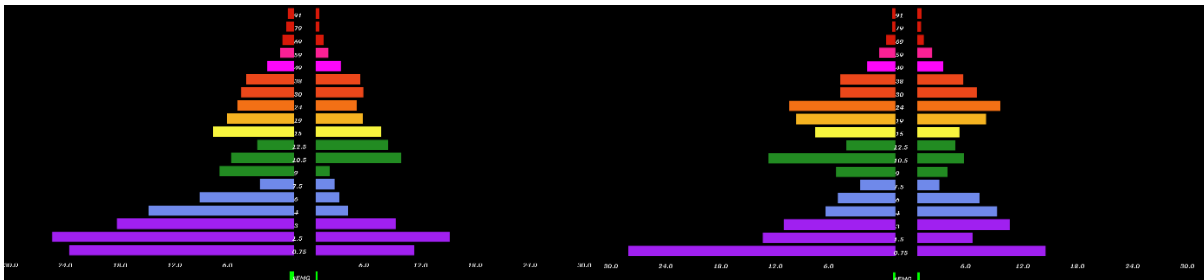




## CORRELATING THE PATTERNS AND INTUITIVE INFORMATION

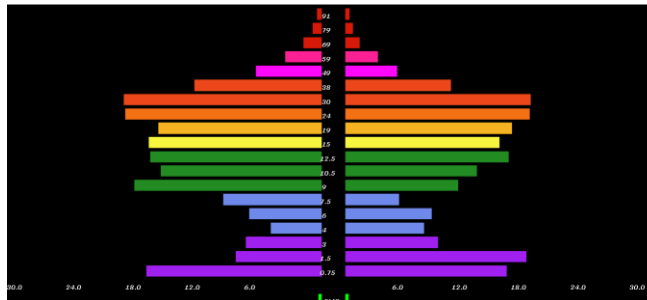
**4:18 – TGU:** Once you know what you want – *and decide to get it* – the way clarifies. **Frank:** *Specifically?*

Frank's reaches out with 30uV left-brain delta and gamma for the answer to his question.



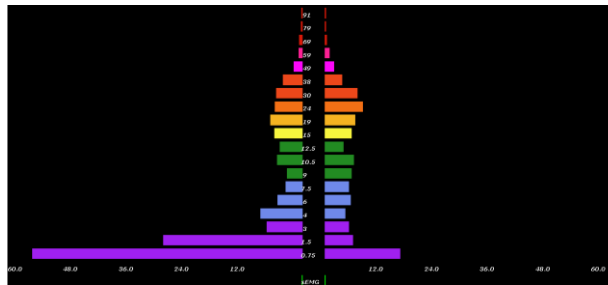
**4:20 – TGU:** There is the speaking aspect – interacting persona to persona, so to speak – and the writing aspect – interacting mind to mind, or, in TMI-speak, mental body to mental body.

The answer received in delta/gamma amplifies Frank's alpha and overall pattern.  
This is an "aha" of information transfer and superconscious understanding.

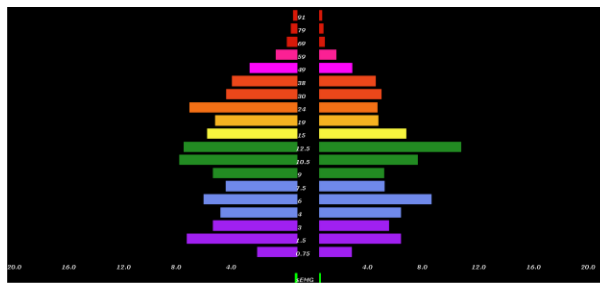




Searching the field with 58uV delta, the range of intuitives, healers, and qi gong masters receiving and transmitting energy

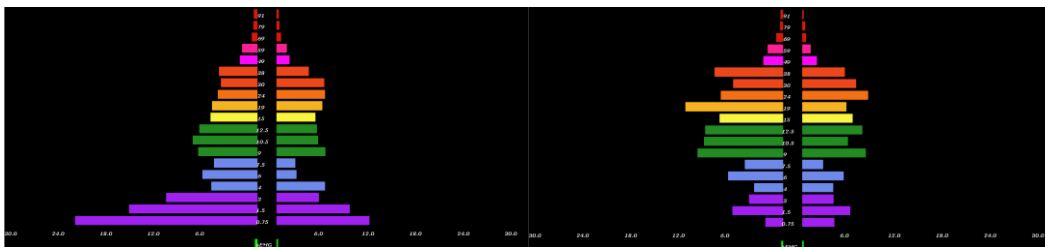


Processing information and resonating with TGU and the field in the circular Evolved Mind of unity consciousness. The circularity at the bottom of the pattern shows the upward flow of information from low frequencies to high: making what was unconscious, conscious.



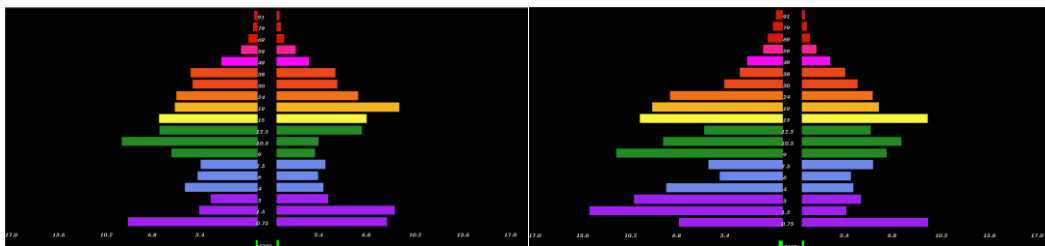
10: 18 - The instruction to "slow down"

10:20 - Message received

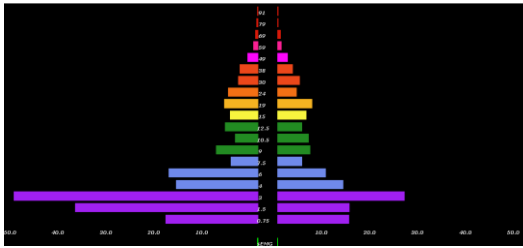


29:05 - Gamma Synchrony pattern

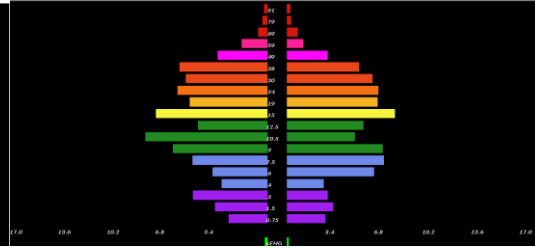
30:18 - near right-brain Evolved Mind



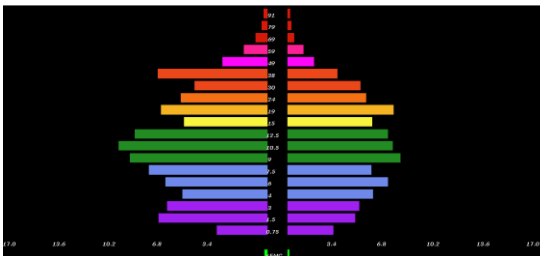
31:21 – Left-brain delta 50uV



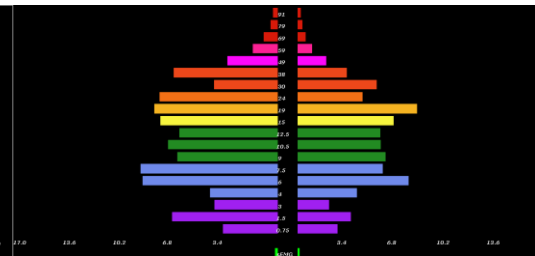
32:41 – GS toward full Evolved Mind



32:49 – near-perfect Evolved Mind



32:50 – near-perfect Evolved Mind



END OF SESSION 33:00

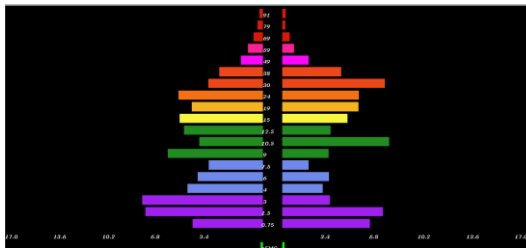
THEN JP's QUESTION ABOUT INNER CONVERSATIONS:

JP heard: "in case they didn't catch anything yet"

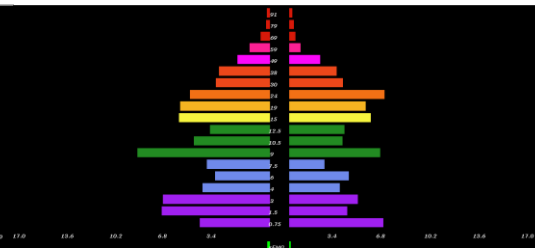
"You usually do all the cooking"

Frank's question to TGU: "What are the conversations?"

33:50 – Gamma Synchrony on left

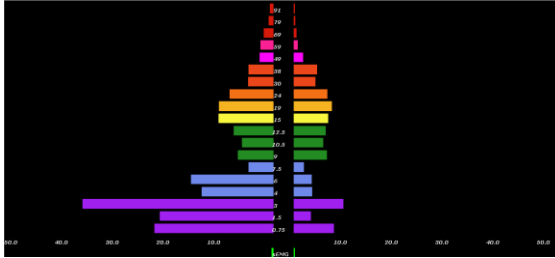


34:17 – balanced Gamma Synchrony

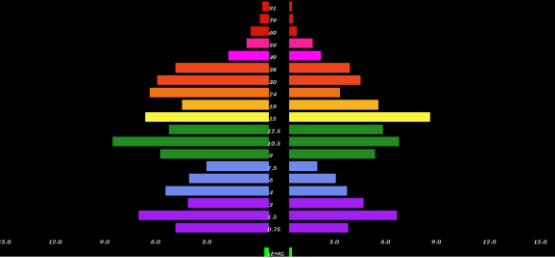


(Above) Frank's 9Hz alpha peak (strongest amplitude in the alpha category) shows his ability to return quickly to the depths of the subconscious/unconscious mind—supported by gamma frequencies—to obtain an answer to JP's question.

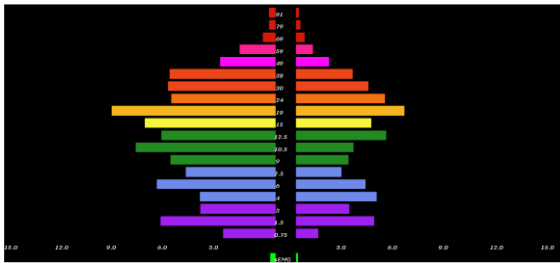
34:41 – 37uV delta, seeking, listening



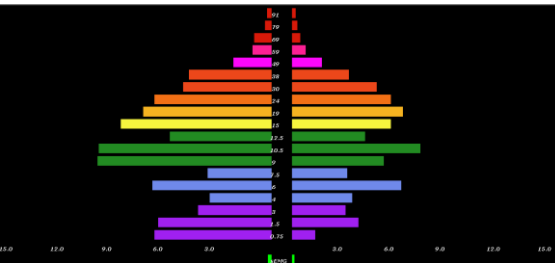
35:08 – GS with Evolved Mind delta



35:41 – near Evolved Mind on left

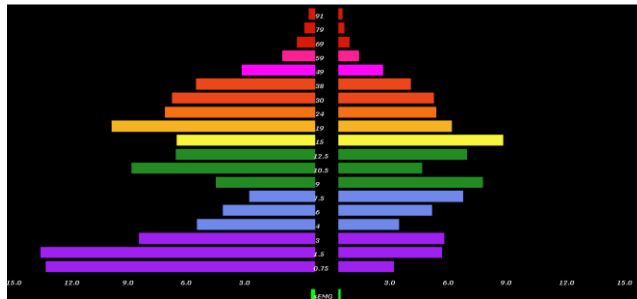


38:20 – question “is it astral?” EM right, GS left



39:04 – sitting still, reading the transcript

High-amplitude gamma/delta on left, Evolved Mind on right: a repetition of the brainwave pattern produced at the beginning of the session, while Frank was actively channeling

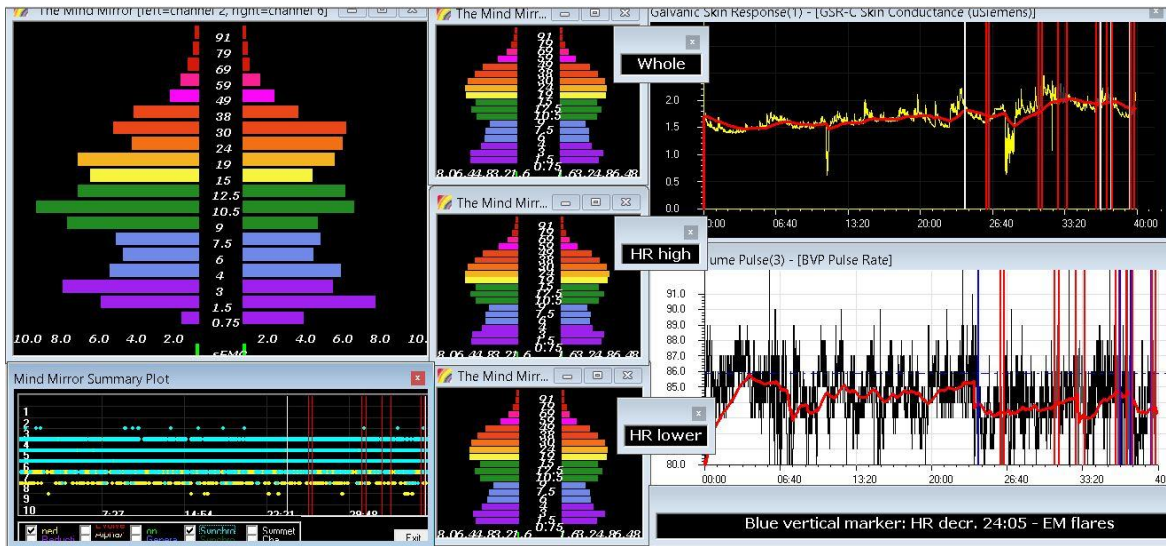


## MIND MIRROR SUMMARY PATTERNS

The Mind Mirror Summary provides 1/ an average of the brainwave amplitudes of each frequency bar; 2/ a statistical column chart called the Training Summary which provides pattern attainment statistics; and 3/ the Summary Plot, which charts the locations of pattern production on a timeline. The Training Summary includes pattern attainment levels ranging from 1 to 10, with 10 no challenge at all, as it allows for 100% deviation from the ratios of each of the brainwave patterns.

Previous studies have shown that advanced meditators, intuitives, healers, and other highly developed and spiritually conscious people attain high pattern reward statistics at Training Level 5 (TL 5), which constitutes 50% compliance with the ratios of each of the three brainwave patterns considered here: the Awakened Mind of peak performance, Evolved Mind of unity consciousness, and Gamma Synchrony superconscious mind.

Comparison of Frank’s Training Summary statistics to those of other intuitives shows low Awakened Mind scores due to his gamma production, very high Gamma Synchrony scores, and extremely elevated scores for the dual-hemisphere Evolved Mind Pattern.



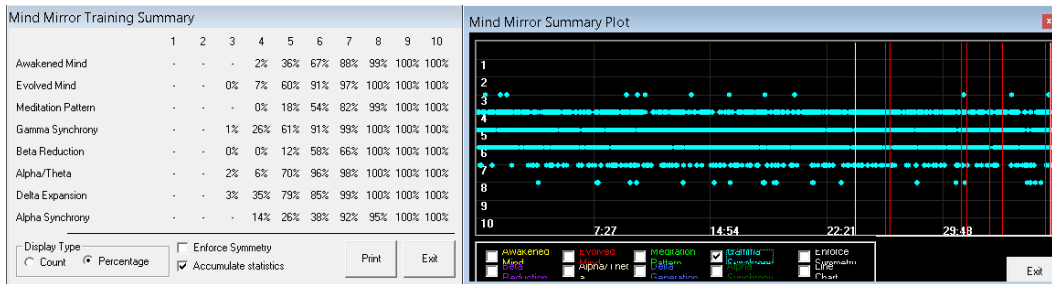
**(Above) Top left:** Brainwave pattern produced just after the 10:20-minute instruction from TGU to “slow down.” This is a strong Gamma Synchrony pattern (Superconscious Mind) with upturned delta forming the bottom of the circular Evolved Mind pattern.

*Vertical row of Mind Mirror Summary patterns in the center:* These summary patterns consist of averaged brainwave production during 1/ the whole session 2/ the first two-thirds, when the heart rate was 80-88 beats per minute and 3/ the lower heart rate of 75-80 beats per minute. There is very little difference in these EEG patterns, which confirm Frank’s consistency of process throughout the session.

*Top right:* The Galvanic Skin Response (GSR) window shows that sweat gland activity increased when the heart rate (BVP, bottom right) decreased. Following the red trend line shows this inverse activity. Both windows, however, show only minor differences. The changes at about 26 minutes relate to Frank’s taking a drink of water at 25:56. That movement would cause an increase in the GSR readings. Perhaps satisfying his thirst lowered his heart rate.

## GAMMA SYNCHRONY PATTERNS

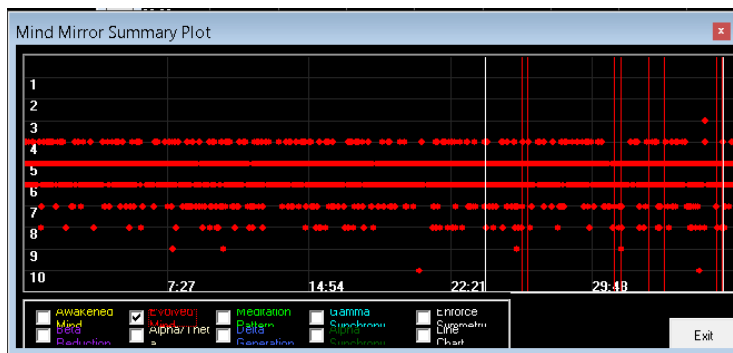
The following Mind Mirror Summary Plot shows high-value Gamma Synchrony pattern rewards of 61% at Training Level 5 and 26% at Training Level 4. Very few people score any statistical rewards at Training Level 3. Frank's Gamma Synchrony score of 1% at TL 3 means that he was in 70% compliance with the ratios of the Gamma Synchrony pattern *on at least one side of the brain* 1% of the time.



## EVOLVED MIND PATTERNS

The Training Summary below shows Evolved Mind rewards of 60% at Training Level 5. This is a remarkably high score that is rarely seen, as Evolved Mind pattern rewards are given only for *dual-hemisphere* patterns. Most notably, he scored 7% at Training Level 4, which is also uncommon.

Frank's strong gamma amplitudes at the top of his pattern and the rounding of the right hemisphere, along with high-amplitude alpha and theta production, explain his high Evolved Mind rewards. Each of the red dots in the Summary Plot below represents Evolved Mind pattern attainment.

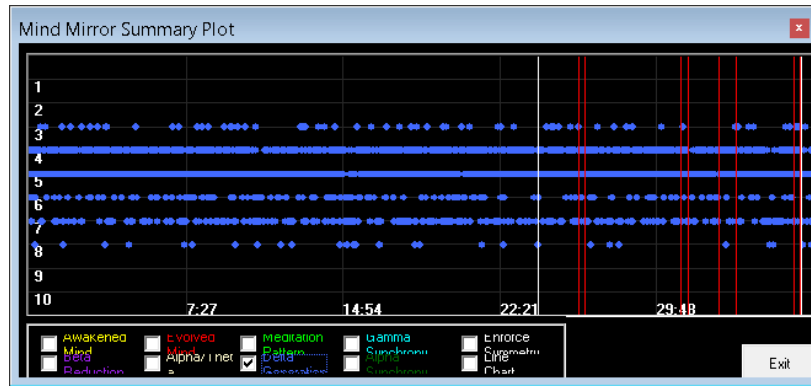


## DELTA AMPLITUDE GENERATION

Frank's delta waves were extremely active during the session. Delta Generation statistics are typically suspect, as overall pattern amplifications can register as delta amplification. In this case, Frank's overall

Mind Mirror pattern was not as dynamic as his delta; therefore, the following Delta Generation pattern rewards are meaningful.

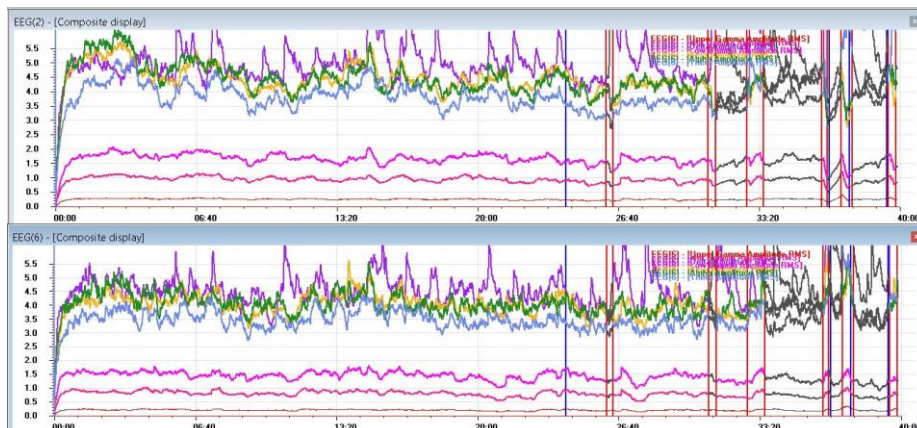
His 79% statistic at TL 5 is very high. Note the pattern attainment (blue dots) in the rare Training Level 3.



## COMPOSITE AMPLITUDE SUMMARIES

The following Composite Summaries for the left and right brain show the interactions of all brainwave frequencies, most notably Frank's delta frequencies (purple). These delta surges were seen in the Mind Mirror screen captures above, when left-brain delta reached out to seek and find while the right brain maintained its spiritual contact with TGU and the vibrational information within the quantum field.

**EXPLANATORY NOTES:** 1/ the surges of delta occurring after the red artifact markers are false readings caused by signal quality issues. This data has been deleted from the Mind Mirror Summary statistics shown above; and 2/ the Composite Summary is an FFT window which averages the amplitudes produced from second to second. The considerably higher amplitudes seen in the Mind Mirror window are peak amplitudes and not averages. Despite the different amplitude readings in the Mind Mirror displays above and the FFT windows below, it is useful to see the interactions of all the brainwave categories in summary windows showing changes over time.



[Upper Gamma Amplitude RMS]  
 [Mid Gamma Amplitude RMS]  
 [Delta Amplitude RMS]  
 [Low Gamma Amplitude RMS]  
 [Beta Amplitude RMS]  
 [Alpha Amplitude RMS]  
 [Theta Amplitude RMS]

The above Composite Summary windows trace Frank’s powerful surges of delta (purple) on both sides of the brain. Note the higher amplitudes in the left brain. Decreased delta amplitudes in his right brain relate to delta’s retraction into the upturned Evolved Mind pattern.

Note the synchronous tracking of the blue theta and green alpha data lines. This means that his alpha and theta fired in tandem and in proper proportion to one another for the open flow and transfer of information. Frank’s alpha-theta statistic of 70% at Training Level 5 (see the Training Summary above) confirms that information was able to flow upward from low to high frequencies and in reverse.

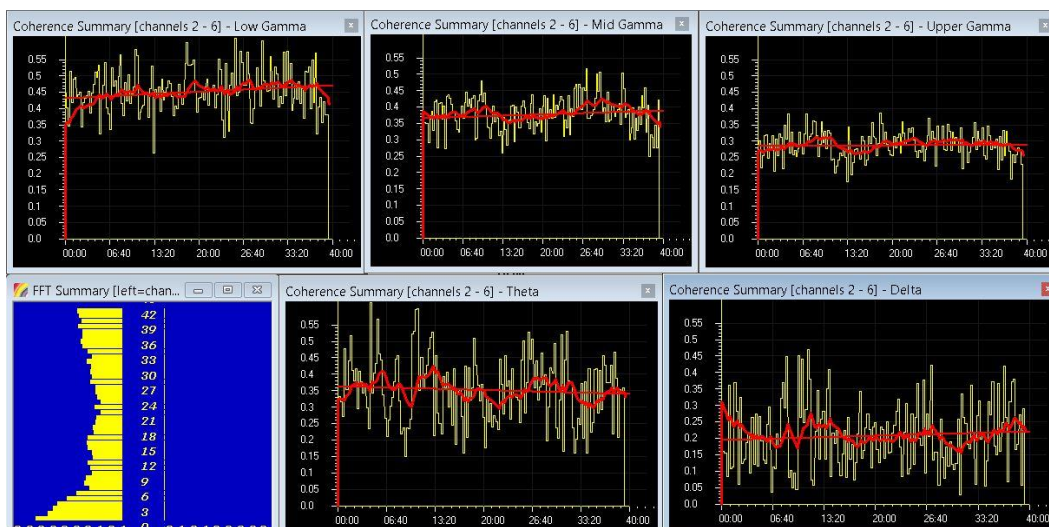
The bottom three lines in these windows are low, mid, and upper gamma, with the lowest amplitudes in 65-100Hz upper gamma, as is typical. Frank’s consistent, stable gamma data lines confirm that his gamma is real and not the result of movement or tension artifact in his head, neck, or shoulders.

## COHERENCE REPORTS

Coherence refers to amplitude symmetry across the two hemispheres of the brain. Researchers have shown that amplitude symmetry in specific frequencies is associated with the powering up of neurons, neural clusters, and neural pathways in the areas being measured—in this case, the temporal and occipital lobes. However, coherence can extend from the back of the head toward the front, because of electrical diffusion across the scalp and because brain waves resonate throughout the head.

In this study, amplitude symmetry (coherence) in Frank’s left and right hemispheres was unlikely to reach high values, since the two hemispheres frequently engaged in split-brain operations: his verbal left brain and emotional, sensory, and spiritual right brain were doing different things.

Note in the following screenshot the FFT summary window at bottom left. This shows an insignificant 20% dominance in Frank’s left brain over his right brain.



Considering this 20% left-brain dominance, it is surprising to see mid-level coherence in Frank's low and mid gamma (top row): low gamma doubling from 0.3 to 0.6, and mid gamma from 0.3 to 0.5. These are mid-range levels compared to high-level coherence at 0.7 to 1.0. Notably, coherence in his low and mid gamma frequencies steadily increased as the session progressed, as shown earlier in the dual-hemisphere Evolved Mind and Gamma Synchrony patterns in the Mind Mirror display. Sustained connection with the frequencies of TGU and the field increased his low- and mid-gamma coherence and, as a consequence, the stability and organization of his brainwaves and mental lucidity.

Frank's coherence values in theta measured above the 5.5+ mid-range to begin with, then slightly decreased. The concentration of consciousness in high gamma frequencies often reduces theta amplitudes. Frank's coherence level in delta reached a low mid-range value of 0.45, which is surprising due to his preferential left-brain delta activity.

## CONCLUSIONS

The Mind Mirror graphs show great fluency and flexibility in Frank's theta and delta brainwaves as he sought and received psi information in a left-brain Channeling pattern. Insights were processed in beta and gamma, which higher frequencies amplified into Evolved Mind and Gamma Synchrony patterns of inner unity and non-local awareness.

Frank's patterns show a great deal of variation from one second to the next, due to the delta search for and inflow of information. Nevertheless, his brainwaves showed cyclical activity that constitutes a stable, consistent, and clear representation of superconscious attunement to non-3D energies.

Frank's simultaneous generation of low-frequency delta and high-frequency gamma suggests wide-spectrum access to psi information. This dynamic versatility of consciousness accounts for the highly advanced brainwave patterns he produced as he dialogued and united with The Guys Upstairs.

*Study completed by Judith Pennington, July 17, 2017  
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