

Brain Scan Proof of PER-K® Impact

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Where is the science to back up the anecdotal stories?

This was often the question asked, even though the processes of PER-K® have been resulting in long-lasting change for over 25 years.

Several years ago, the originator of PER-K®, Robert M. Williams, collaborated with a neuroscientist, Jeffrey L. Fannin Ph.D., in order to demonstrate and document the impact of a PER-K® Balance with the brain energy patterns of individuals thus resulting in sustainable behavioral change. The extensive explanations of this research have been published in several peer-reviewed papers.

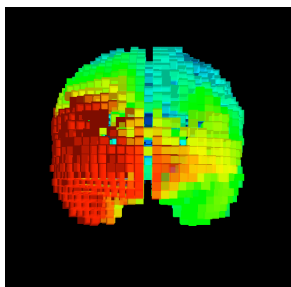
To access some of these scientific papers, see PER-K.com/per-k-research

In January 2013, I was given the opportunity to have my brain scanned with a different organization using a similar but different technology. After the initial scan, I did a PER-K® Balance (i.e. change process) and then we repeated the scan a few minutes later. The results stunned the technician.

And, in January 2014, a full year later, I repeated the same brain scan with the same word stimuli. The new scan showed definitive change in my response. Since I had not done any additional Balances about the specific concept/word stimuli, this demonstrates the long lasting impact of PER-K®.

For simplicity, I will explain a small portion of the brain scan experience. With a cap on my head and wired to a computer for capturing my EEG brain signals, I looked at a word representing a specific concept as it displayed on the screen. This word was one I suspected I might have an avoidance to, or fear of. (The specific word I used doesn't matter for purposes of this explanation, however you can imagine such a word for yourself, and you will get the importance of the result!)

The initial scan of my reaction to the word was this:



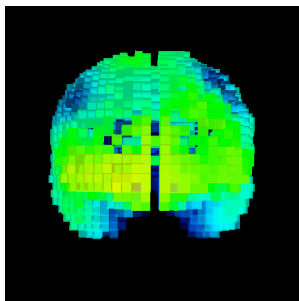
In this particular scan technology, you are looking at the front of the brain in the image. The red on the right side of the brain (left side of the image) indicates avoidance to the specific word concept.

Proof positive that what I suspected was true – I was avoiding this at a subconscious level as well as a conscious one.

Since I had the opportunity to use PER-K® and literally see what impact a Balance would have on the avoidance reaction... I asked the technician to give me a few minutes and then rescan on the same word. He agreed.

Using the standard protocol of the New Direction Balance taught in the PER-K® Essentials for Success™ workshop, I shifted my perception of the specific word/concept. This took me about 3 minutes to complete.

Then we rescanned again with me looking at the same word and this was the new response:

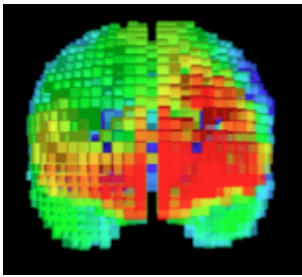


Differences are obvious! I was now displaying a Whole-Brain perception toward the concept that five minutes earlier I was significantly avoiding. The reaction from the technician was “WOW!!”

What does a Whole-Brain perception mean? Rather than avoiding the concept and having to use will power, discipline and determination to overcome the avoidance/fear, now my subconscious response is open and willing to move forward. The impact on my decisions or behaviors regarding this concept will now come from one of openness rather than fear. Pushing against the fear is no longer necessary and I can move forward with confidence and ease.

While this shift to a Whole-Brain perception is significant given the 3-minute timeframe, the ultimate goal would be to have the brain scan response indicate ‘Acceptance’ by showing red activity on the opposite side of my brain. The full integration of the changes created by a Balance sometimes takes a few more minutes, however we did not have the extra time to retest during this session.

But wait... being the curious type, in January 2014, I asked to repeat the same process to see what my response would be one year later. We rescanned as I processed the same word from a year before and here is the new response:



Again the technician was impressed because this is a complete opposite of the original scan the year before. As a reminder, with this particular scan technology, you are looking at the front of the brain in the image. The red on the left side of the brain (right side of the image) indicates total Acceptance to the specific word concept.

Remember, one year earlier I did a Balance process of about 3 minutes and have not done anything else with respect to the specific word/concept. Impressive to all who have seen this!

Also, during the year, I responded differently to the specific word concept – indicating my perception and thus behavior did change during the original 3-minute process. The brain scan provided proof of the change from avoidance to acceptance.

Since 1994, when I started learning these processes and then teaching and sharing them around the world, I have consistently heard WOW from participants after experiencing the ease of transforming self-limiting beliefs, fears and stress with PER-K®.

However, many people asked ‘where is the measurable scientific proof beyond an individual’s personal experience?’ Now, we have proof from two difference organizations, multiple technicians, and individuals.

What is wonderful is that you do not have to have your brain scanned to experience the empowering shifts of PER-K®. Every time you do a PER-K® Balance, you are changing the neuron pathways and energy signature of your brain. And, these changes are long lasting and sustainable.

To learn more about PER-K®, visit the main website, per-k.com, to find a workshop that fits your schedule and location.

For questions or comments, contact me, Robin Graham, at Robin@InnerActiveMindset.com