ShapeChanger ®

version 2.2
A New Dimension

What is ShapeChanger®? —

ShapeChanger is a tool to help you explore the powers of your mind. You decide on a possibility and hold it in mind while the image unfolds on your computer display. The outcome may be responsive to your feelings and intentions. When it is, you will know it by the results you get. ShapeChanger opens a door to measuring the effect of mind on matter. You can experience ShapeChanger in the spirit of play, like a game, or as a vehicle to explore abilities you may not have realized that you possess.

Playing ShapeChanger is a personal experience that helps you learn to focus your will and intentions on desired outcomes and make them happen.

Here's What Happens —

You choose two images from a collection, and pick one to be your preferred target. ShapeChanger mixes them on the display, and then randomly shifts pixels from one to the other.

The two scenes compete for pixels, and which one wins is determined by a random process which you influence to favor your target using your mind alone. According to the laws of chance, you can expect to get the picture you want about half of the time. Your goal is to exceed that rate and make your desired picture appear as rapidly as possible.

Play options include personal play where you compete against chance, and competitive or supportive two-person modes. Groups can also work together to achieve their chosen ShapeChanger goal or compete with each other.

We can't promise that you will become a master manipulator of your world, but we believe that playing with ShapeChanger will give you practice in deciding what you want and focusing your intentions and mental images to get it. We can't promise an easy win in Lotto or a casino (the odds are too stacked against you), but we believe that holding positive intentions can give you an edge. Playing ShapeChanger will sharpen that edge, because it is designed to help you learn how to manifest your intentions.

For a major challenge to your conceptions of space-time, ShapeChanger allows you to play from remote locations and times. ShapeChanger can also be set to run as a continuous sequence resulting in scores that may be affected by what's going on in its environment.

The purpose is for you to learn and have fun playing and beating chance, while practicing manifesting your intentions on a computer!

How To Use ShapeChanger –
You can just go for it! ShapeChanger is designed for exploration, and you'll easily find your way to most of its options and possibilities. We think the best way is to tune in and resonate with the system.

A Simple Guide to Get Up and Running –
There are six different image sets in your ShapeChanger® — A New Dimension (v 2.2):
Spectra, *Images in Time and Space*, *Plants*, *Animals*, *I-Ching* and *Portals*.

Click on the ShapeChanger icon to bring up the main selection screen of ShapeChanger. Choose the image set of ShapeChanger that you want to use, and click on it. It will have a menu bar that includes File, Options, Game Type, Intended Image, Select Images, and Help. The main screen shows thumbnail versions of the available images, and two play boxes into which you will place your selected images when you are ready to play. (View any of the images in its full size by clicking on its thumbnail picture.)

To start play:

1. Select an image by placing your mouse on it, then click and drag the image to a play box and release it. (**NOTE:** You can mix images from different sets by dragging an image from one set into a play box, and then clicking Select Images to bring up all the image sets. Choose another set and repeat the above procedure.)

2. After both boxes contain an image, click on 'RUN' and a dialog box asks you for Player Names. If you do not enter a Player Name, or make an entry only in the First Player space, your next click will place you automatically in Supportive Play. If you make entries in both player name spaces, you can choose either Supportive Play or Competitive Play (if there are two players, groups of players, or imaginary players). After you have entered the appropriate names and picked the kind of game you are playing, click on the "OK" button.

3. After Player Names are entered (or you have bypassed this screen for Supportive play), ShapeChanger will ask you for your choice of Intended Image. Click on the button by the name of the image you intend to take over the screen. This will be the image you intend to first resolve on the screen. You may select "Random" as the intended image. If you choose "Random", the computer will select the intended image randomly. This means you don't select the image you are asked to "get" (i.e. resolve on the screen), but must attempt to resolve the image presented randomly by the computer. This is usually more difficult than when you decide which image you are going to "get". After the intended image is chosen, click on the "OK" button.

4. ShapeChanger will then ask you to Choose the Game Type – Standard, Continuous, or Best Of. Standard means the duration of play will be the time it takes to resolve the image pair *one time only*. Continuous means the image pairs will continue to be displayed for your intended resolution until you choose to Quit. Best Of means you are electing to play two or more presentations of the pairs of images, as many as 11 times. Click on the "OK" button once your selection is made.

5. ShapeChanger now gives you Options for setting the speed and maximum time of play. Moderate Speed means the image pixels will fill your monitor's screen, and resolve slowly. Choosing Scale Image, means the image size can be reduced as much as 50%, and will run proportionately faster. Maximum Run Seconds lets you choose between 60 seconds and 300 seconds (5 minutes) to let you try to resolve

the image pairs before your "Time Expired" message occurs, indicating the ending of that image pair effort. Choose your settings and then click on the "OK" button.

6. ShapeChanger then displays the intended image first (or computer selected image if you chose Random), and overlays the other picture until half the pixels are assigned to each image. A progress display in the menu bar shows this happening, and when the mix is complete the intended image name is displayed on the menu bar, a beep signals the start of pixel changes, and the message "Go For It" appears. This is the beginning of your effort on this trial.

7. ShapeChanger now starts shifting the pixels randomly from one image to the other while you resonate with your intended image and envision it completely taking over the screen. This is the time for your intentions to go to work.

Throughout the game, a random number generator is being sampled and its deviations from chance are used to decide how many pixels to shift and which image will take them from the other. Try to get as many pixels as possible shifted to your intended image. Each run ends when all pixels have changed (resolved) to one of the images, or when the time limit has been reached without a winner (Time Expired).

ShapeChanger will automatically return to the main screen and display your score after each run. You can quit at any time during a trial by clicking the "QUIT" button, which will cancel that run.

You can repeat the process as often as you like with the same images and the same intended image, but you can also change the images by dragging new choices into the play boxes.

The score for the run is written on the scorecard along with the trial number, date and time you played, target images you were playing, the score achieved, its qualitative rating, and who won (or was playing if you chose to play Supportively). If you could not get the images to resolve within the Maximum Run Seconds, your score is given as "NA", and its rating is the message "Time Expired". The File menu allows you to save and print your scorecards.

Interpreting Scores –

In ShapeChanger your score is the number of pixel shifts required for one of the images to take over the screen completely. Scores may vary tremendously because they are counts of random deviations. What happens basically, is a mixture of pixels that over time is 50% one image and 50% another. We assign this outcome a score of zero, or pure chance. Over time, the likelihood of top and bottom images being equal is an expected chance outcome. Like flipping a coin many times, it is likely you will get equal numbers of heads or tails. As pixels are mixed during the time of play either time runs out (Time Expired) before image resolution is achieved, or image resolution occurs due to chance, or image resolution occurs due to your intention. The likelihood of image resolution due to chance results in your score. We display scores less likely to be due to chance as high scores. If you let ShapeChanger run continuously, or play a sequence like "Best of 11", you will see a cumulative deviation line plotted in your "Graph". When this line is at zero or very low, you are looking at a chance result. The cumulative score, or Outcome, is the final position of this cumulative deviation line. Playing "best of 3" could require a cumulative deviation Outcome over 50 to be significant, but a cumulative deviation Outcome of only 10 may be significant if you play continuously for 20 games.

In every run it is possible that your intentions may make a difference. When the run has very short duration, it is likely your influence was a factor adding information to the random system that controls the displayed image. ShapeChanger uses statistics to estimate the probability that any particular score was just due to chance. The calculation is presented as a qualitative indication of how strong your influence was. When the picture changes in the direction you intended, your score is positive. If the change is in the opposite direction, the score is printed in parentheses. In this case, the interpretation becomes a little harder — a backward run may be

just chance, or may indicate some contradiction in your unconscious (or subconscious) intentions. When this happens, ShapeChanger will give your results, but indicate they are in the wrong direction of your stated intention.

It is possible that a score of +/-100 occurs by chance, and in long runs it may. Clusters of high scores (e.g. 4 consecutive over 90) are much less likely to be due to chance.

Game Scores —

This chart describes how scores are derived:

Score	Descriptive Phrase	Odds of Getting	Chance Would Provide	If Your Results Are This Or Better
97+	Wow—Resonating!	plus/minus 2%	2 out of 100	Very Significant
95–97	Spectacular!	plus/minus 5%	5 out of 100	Significant
90–94	Outstanding!	plus/minus 7%	7 out of 100	Fairly Significant
70–89	Good	plus/minus 20%	20 out of 100	Approaching Significance
40–69	Not Bad	plus/minus 35%	35 out of 100	Some Progress
11–39	Nice Try	plus/minus 49%	49 out of 100	Pretty Much Chance
N/A	Time Expired	You may be suppressing a chance outcome to resolve the image		

Graph Display —

The graph displays each trial's outcome as a deviation from a 50/50 chance (or zero) baseline to a maximally significant score of plus or minus 100. Interpreting scores for each game is relevant to understanding single trials, but the graphs let you see trends that appear after many trials. If you let ShapeChanger run continuously, or play a sequence like "Best of 11", you will see a cumulative deviation line plotted in your "Graph". When this line is at zero or very low, you are most likely looking at a chance result. The cumulative score, or Outcome, is the final position of this cumulative deviation line. Playing "best of 3" could require a cumulative deviation Outcome over 50 to be significant, but a cumulative deviation Outcome of only 10 may be significant if you play continuously for 20 games.
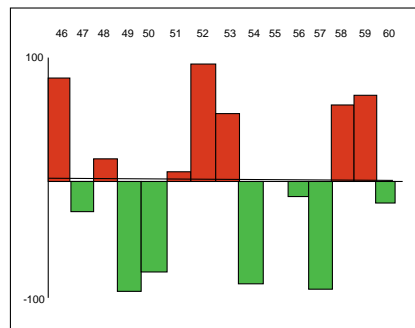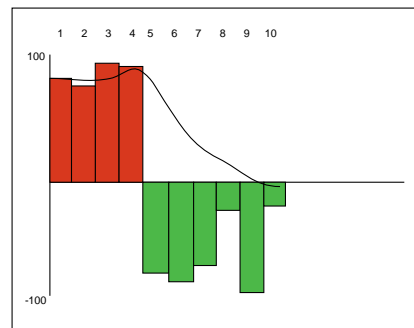

Fig. 1 - Random Sequence Sample   Fig. 2 - Significant Sequence Sample

There are two interpretations of the graphs depending upon the mode of play; either Supportive Play or Competitive Play. In *Fig. 1*, the cumulative deviation is about zero and the results are due to chance. In *Fig. 2*, the intention was to first go one way and then the other. Here the results are significant even though the cumulative deviation ends up near zero.

Supportive Graphs —

When there is only one player or Supportive Play is chosen in the Player Names dialog box, the graph shows positive values when the intended image was the result and minus values when the other image was the result.

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Competitive Graphs —
When Competitive Play is chosen, the graph shows the first player's (or group's) image as positive values and the second player's (or group's) image as minus values.

Outcome Display —
OUTCOME shows the "Overall Score" (scores above the base line are represented without parenthesis; below the base line represented with parenthesis). The Overall Score is a cumulative average of your results. The greater the number of games played, the greater the significance of your Overall Score.

High scores refer to the largest score obtained in the game or series of games. The low score refers to the lowest score in a game or series of games. If you are playing "Competitively", the dialog box identifies both the scores and the name of the winner.

Scorecard —
ShapeChanger allows you to save scorecards in order to keep a record of your results. If you open a scorecard that has previously been saved, it will come up with the players, game type, time and date when the scorecard was last saved. Scorecards can also be printed by accessing the Print command under the File Menu.

File Menu —

New Score Card —
Used to create a new score card. This score card is given the name DEFAULT.SCD. After a blank score card is created, you are prompted for the name of the players.

Save Score Card —
Used to save a score card to its file name. If the scorecard was created using New Score Card, the user is prompted for a filename before saving. You should always save to a filename with no extension or a filename with extension .SCD.

Save Score Card As —
Used to save a score card to a new file name. You should always save to a filename with no extension or a filename with the extension .SCD.

Close Score Card —
Used to close the score card. If the score card has not been changed since it was opened, it will simply close. If the score card has been changed, you will be asked if you want to save the score card before closing.

Setup Printer —
Used to configure the printer before printing.

Print Score Card —
Used to print the contents of the score card to the printer.

Game Type —

ShapeChanger can be played in either of two modes — Supportive Play or Competitive Play. For each of these modes, there are three game types.

IMPORTANT NOTE:
Be sure to turn your screensaver "Off" to prevent it from interfering with the play of the game.

Standard Game —
The Standard Game runs once each time you click on the "RUN" button. The following are some variations for playing one game at a time:
Personal —
Test your intentions against chance. Enjoy the interactions.

Supportive —
Two people working together against chance. An opportunity for interpersonal resonance to help connect with ShapeChanger.
Competitive —
Two people playing against each other.
Groups —
Try to get a group to share a goal. Alternatively, team 1 plays competitively against team 2.

Continuous Game —
The Continuous game option is started by clicking on the "RUN" button.
The game automatically starts new runs until you click on the "QUIT" button.
The scorecard for Continuous includes the date and time of each score obtained. Try running a Continuous game of ShapeChanger when you are away from your computer. Keep track of meaningful meetings or events during your day and see whether they correlate with unusual scores. Alternately, when no one is around the computer and no one has their attention focused on it, you can use Continuous play to generate a calibration set of games that you can compare to your best-effort results (see the Real Or Not section for details). In other words, do the scores of games differ when you are trying to influence the game versus when you are ignoring it?

Best of Game —
Select the number of runs (3 to 11) from the game list box. After you click on the "RUN" button, ShapeChanger will start them all automatically. The highest score out of the selected number of tries wins. Best of Game can be played by one person working for a record score, two people competing for the best positive or best absolute score, or by teams playing in either supportive or competitive mode.

Options Menu —

Moderated Speed —
For new, higher speed PC's, this option provides image mixing and resolution at a pace comfortable for most users. The Significance of Scores remains the same whether or not you use Moderated Speed.

Scaled Image —
For users who like high speed, or for those who have older, slower PC's, this option lets you select a variety of image sizes to permit higher rates of image mixing and faster results. The smaller the image, the faster it runs. When you choose Scaled Image with a reduced size, the Significance of Scores remains the same.

Maximum Run Seconds —
This option allows you to adjust the allowable time of each game from 60 seconds (1-min.) to 300 seconds (5-min.). If you do not succeed in resolving your image within this time, your score card will indicate N/A with a "Time Expired" message.

Space-time —
There are several approaches you can take when playing ShapeChanger:

Here and Now —
You are at the computer and getting feedback while ShapeChanger is running.
This is the usual way to play the game, as described in Game Type help.

Remote Location —
You are somewhere else — in the next room or a thousand miles away, and a friend is running the game for you. Tell your friend what time you want to start, which images to use and what your intended image is. (Be sure to ask your friend not to pay attention to the screen at these times unless you are competing with each other.) Focus on your intended image and think about keeping it on the computer screen. You can also use Continuous play to start ShapeChanger yourself before you go to a remote location. Take notes about your efforts and compare them with the scorecard when you get home.

Off-time —
Just like Remote Location, except you think about ShapeChanger at a time different than when it's running. Try focusing on your intended image at 10:00 a.m. and then Setting ShapeChanger to run that image at 2:00 p.m., or even the next day. Amazingly, laboratory experiments show that it is possible to communicate such intentions over both space and time. What's even more surprising, the scores are at least as good as the "here and now" scores.

Help Menu —

Help is provided in ShapeChanger to guide you in using the game. You can use Help to learn more about ShapeChanger and how to use it, or you can use it as a guide to specific sections or functions of the game. The Help menu also contains information on the following:

Using the Scorecard
Glossary of Terms
Printing
About The Images
How To Do It ?
Real Or Not?

Intended Image Menu —

Select your intended image. This is the image you want to sharply emerge to complete the game. Try to keep your focus totally on your intended image throughout the time of the game.

If you do not have, or choose not to have, an intended image prior to starting the game, choose "Random". ShapeChanger will then randomly select an intended image prior to each image mixing.

(**NOTE:** If you like, you can mix images from different sets by dragging an image from one set into a play box, and then clicking Select Images to bring up all the image sets. Choose another set and repeat the above procedure.)

Images —

Spectra —
In the *Spectra* version of ShapeChanger you will see the colors Black, Red, Orange, Yellow, Green, Blue, Violet and White. The electromagnetic spectrum is a range of wavelengths, from the very short gamma waves (1 billionth of a millimeter) to very long radio waves with wavelengths up to 10 kilometers (6 miles). Between these extremes a very small band of wavelengths, shorter than 1/1,000 of a millimeter, stimulates the human eye.

The eye sees the differences in wavelengths as color, with the shortest wavelengths as violet, and the longest as red. The familiar colors of the spectrum are in between. These colors exist only in our eye and in our mind. If our reality is in a large part determined by what we see, then our

reality differs markedly from that of other life forms which are sensitive to different wavelengths of electromagnetic radiation.

The light waves themselves are not colored, nor does a prism or a rainbow produce the colors of the spectrum. They produce only variations in wavelength.

Our eye and mind divide the colors into what we call the spectrum colors. But we can not distinguish the components of color like we can the flavors of a meal or the pieces in an orchestra. A full mixture of all the colors appears to us as white. The absorption of colors, or the reflection of wavelengths below our threshold of sensitivity, appear dark, or black.

Humans have been fascinated with colors over the centuries, often associating mystical properties or special energies with the colors perceived in a natural spectrum like a rainbow, where the wavelengths occurring are due to raindrops acting as tiny prisms refracting the wavelengths of light. These mystical properties are interpreted differently by different cultures, some seeing them as colors representing different states of being as you ascend up the body from the base of the spine to the top of the head. Some claim they see auras around humans that are colored according to a certain group of feelings, or properties. When you play with these spectrum colors, it is easy to associate moods or feelings with them.
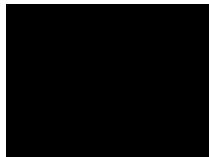
Black —
Something that reflects very little light is perceived as black. Although the perception of black, strictly speaking, is due to a response of zero stimulation of the retina, the experienced perception depends on contrast with surrounding color stimuli. In the gray series, black is one extreme and white is the other.

Red —
A group of colors where the hue resembles that of a stop sign. Wavelengths between 650-800 billionth of a meter are perceived as red, like a red rose.

Orange —
Wavelengths between 590-640 billionth of a meter are perceived as orange. The color is popularly known as the color of the fruit of the orange tree or pumpkin.

Yellow —
Wavelengths between 550-580 billionth of a meter are perceived as yellow. This color is popularly associated with the fruit of a lemon tree.

Green —
Wavelengths between 490-530 billionth of a meter are perceived as green. Popularly the color is associated with emeralds and fresh growing grass.

Blue —
Wavelengths between 460-480 billionth of a meter are perceived as blue. Popularly, it is the color associated with a clear sky.

Violet –
Wavelengths between 390-430 billionth of a meter are perceived as violet. In Spectra, because the perceived differences in computer monitors between blue (460-480 nanometers), purple (440-450 nanometers) and violet (390-430 nanometers) are difficult to distinguish, we have essentially eliminated purple, and included it with violet. Violet is popularly associated with the colors of the flowers of a low growing group of plants with purplish-blue flowers.
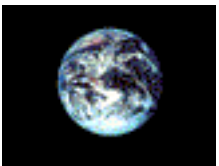
White –
A full mixture of all the colors perceived by humans appears to us as white. Like the color black, white appears to always depend upon contrast with surrounding colors. It is popularly associated with the color of fresh snow.

Images in Time and Space –

In *Images in Time and Space* you will see images of Earth, Mountain, Ocean Wave, Giant Rock Sphere, Dolmen, Stonehenge, Taj Mahal, and Chaos. Whereas *Spectra* involves resolving the colors associated with our tiny range of visual sensitivity to electromagnetic wavelengths, *Time and Space* exposes us to the short but priceless images associated with time on Earth.

The age of the Earth is only a small fraction of the age of the Universe, and mountains, oceans and rocks are only a small fraction of the age of the Earth. The historical creations of humans, like Stonehenge and the Taj Mahal, while much older than our lifetimes, are just a recent spark in the age of the planet.

World –
Seen from the Apollo spacecraft, Earth is a beautiful sphere of blue and white suspended in the blackness of space. A miraculous 4 billion year old planet with an environment to support a diversity of interdependent life forms, from single celled organisms to humans, it is our home.

Summit –
The mountain represents an expression of Earth's activity. Massive tectonic plates buckle to form mountains, and where the disruption connects with Earth's molten core, hot lava erupts. Mountains may be very "young" (5 to 10 million years old) or can be traceable to Earth's activities occurring 60 to 100 million or even billions of years ago.

Wave –
Waves can range from tiny ripples to massive towers of water. The rise and fall of the ocean tides are caused by the gravitational influence of the moon. As you watch a wave, it may pass you in seconds as it travels a few hundred feet to the shore. Or it may be an enormous swell, traveling thousands of miles to crest as a 50 foot high monster before crashing on the shore.

Rock –
This naturally formed giant sphere of rock known as the Great Tilting Rock near Madras, India is considered sacred by people in that region. As ancient as the land it derives from, it is a startling outcome of the eons of interaction of wind, water and terrain.

Dolmen —
About 3,500 to 5,500 years ago, the peoples of Ireland, Scotland and other places around the world, built complex rock chambers for burials, sacred ceremonies and chanting. Though these dolmens differed widely in size and shape, they all resonate at about 110Hz, the familiar bass "A" of the adult human male voice. *("Acoustical Resonances of Assorted Ancient Structures", R. G. Jahn, P. Devereux and M. Ibison, Technical Report PEAR 95002, March, 1995).*

Stonehenge —
About the time the dolmens were built, an even more complex arrangement of rocks was assembled in England. Believed to be constructed as a place of worship, these powerful arrangements and shapes remain a testimony to human creativity and ingenuity.

Taj Mahal —
This beautiful mausoleum was built between 1632 and 1643 in memory of the beloved wife of the Shah Jahan in Agra, India. This magnificent edifice reflects the artistry, beauty and skill of human creativity.

Chaos —
Regardless of the formation of matter — a planet like earth, rock arrangements like Stonehenge or architectural wonders like the Taj Mahal — its origins and ultimate fate is disorder and chaos. Out of chaos comes complexity and order, only to dissipate and again return to chaos.

The next two sets of images reflect how humans have felt about plants and animals. Natural symbolism embodies contrasts - positive and negative, light and dark, good fortune and bad fortune. We find these contrasts of feeling in images of both plants and animals.

Plants —
Plants are much older than animals on earth. There appearance as individual cells, and later as complex organisms like flowers and trees, was what resulted in the oxygen environment essential to animal life. As humans developed in association with plants, special relationships occurred affecting beliefs and well-being. Fruits, flowers and plants are symbols of life itself and its abundance. They also reflect the mystery of all natural phenomena and often inspire strong emotions of fear and awe. Natural symbolism embodies contrasts — positive and negative, light and dark, good fortune and bad fortune. We often find these contrasts of feeling in images of plants. We have selected a few plants and flowers that have become powerful symbols to various cultures over thousands of years.

Acorn —
potential/fertility/immortality

Apple —
life/temptation

Chrysanthemum —
luck/happiness/wealth/longevity

Grapes —
abundance/peace/ecstasy/gluttony

Iris —
hope/sorrow/grace

Lily —
purity/mercy/charity/guilt

Peach —
longevity/marriage/truth/silence

Rose —
love/life/secrecy/death/rebirth

Animals —

Attributes of animals are bestowed by cultures. Often we seek to better define ourselves by assuming these attributes. Natural symbolism embodies contrasts - positive and negative, light and dark, good fortune and bad fortune. We often find these contrasts of feeling in images of animals. Some well known animals (mammals and birds) have been chosen to let you associate your intentions with them as you play ShapeChanger.

Lion —
The leading emblem of royalty. Endowed with strength, conquest, pride and authority.

Tiger —
Represents vital animal energy. Powerful and ferocious, the guardian of hunting and agriculture. The tiger is the mythical guard against chaos.

Elephant —
Dignity with strength, the elephant is patient, wise and a symbol of longevity and good luck.

Bear —
The symbol of bravery and strength. It is our mythical ancestor and the teacher of shamans. The bear can also be crude and cruel. It represents the dangers of the unconscious.

Wolf —
Complex and contrasting feelings are associated with wolves. Ferocious, cruel and evil are in contrast to maternal love and valor. It is the symbol of powerful tribes, thought of as a being of light and a god of war. It is predatory and often associated with the violence that underlies the superficial calm of civilization.

Dolphin —
Signifies salvation, love, and diligence. It is a divine messenger.

Eagle —
The eagle is the all-seeing sky god, representing courage, victory and power. It is the symbol of rebirth and a messenger of the spirit.

Owl —
The symbol of wisdom, it is also associated with death and misfortune.

I-Ching —
Over 3,000 years ago a set of patterns were created, grouped, and written down around the concept of an ever changing universe represented by positive and negative forces in balance. This concept was documented in one of the oldest books, the *I Ching*, or *The Book of Change**.
The process of change is visualized as stretching from One to infinity by a path comprising of Two (the Yin and the Yang), Eight (symbolized by the trigrams), Sixteen (symbolized by a group of hexagrams), Thirty-Two (symbolized by this and 16 other hexagrams), and Sixty-Four (symbolized by all the hexagrams).

Each stage along the path consists of a doubling of the previous figure, forming a geometric progression — the same as that occurring in cell growth in the developing organism. Eight trigrams were multiplied by eight to produce the 64 hexagrams, which when arranged in their myriad combinations are believed to allow the interpretation of human situations and the prediction of the future. The patterns were originally shaped by sticks, straight and broken in half, which could be thrown and arranged in an octagon and read counterclockwise from top to bottom.

We have chosen a simple and standard arrangement of the eight trigrams to permit you to select combinations two at a time to see what your conscious and unconscious intentions resolve. Though we can only approximate the complexity of the use of the *I Ching*, you can make it more interesting and allow greater interaction between chance and intention by selecting the two images you will play by chance. You can do this by numbering the images and then throwing a die to get the number of which image to select, or by closing your eyes and letting your fingers play across the keyboard, and then pick the numbers closest to your index fingers, or any other means to make the choice of the two images you choose be as random as possible.

(* Footnote — We are using the I Ching as translated and edited by John Blofeld (1963, E. P. Dutton, New York) as our primary reference. Blofeld, an exceptional Chinese scholar and translator, translates the title as "The Book of Change".)

Heaven (sky/cold) —
Powerful, expansive, proud (creative, active, strong, firm, complete, light) – father. The symbol of heaven and the sky.

Lake (marsh/rain/autumn) –
Joyous, delightful and evocative (joyful, pleasurable) – youngest daughter. The symbol of lake, marsh and mist, representing happiness, pleasure and serenity.

Fire (lightning/sun/summer) –
Brilliant, perceptive, and beautiful (depending, clinging) – middle daughter. The symbol of sun and fire representing brightness, clarity and community.

Thunder (thunder/spring) –
Energetic, decisive and inspired (active, moving, arousing) – eldest son. The symbol of thunder representing provocativeness and experimentation.

Wind (wood) –
Insightful, flexible and flowing (gentle, penetrating) – eldest daughter. The symbol of wind and wood, representing subtlety, purity and transitoriness.

Water (cloud/a pit/moon/winter) –
Independent, diligent, relentless (enveloping, dangerous) – middle son. Symbol of water and the deep, representing labor, melancholy and pervasiveness.

Mountain (thunder) –
Balanced, sincere, secure (stubborn, immovable, perverse) – youngest son. Symbol of the mountain, representing perfection, stillness, and carefulness.

Earth (heat) –
Peaceful/relaxed/open (faithful, receptive, responsive, yielding, passive, weak, dark) – mother. The symbol of the earth, representing faithfulness, receptivity and charity.

Portals –
The reality we perceive is a mixture of information derived from our senses, experience and the culture we live in. It is also shaped by our memories, expectations and imagination. For the artist, a creative imagination is prized. The images shown here are a selection of creations by Dan Hanson, a creative young artist with a special vision. Playing these images with ShapeChanger lets you see through the portals of his vision. Resolve your choice without effort, by simply letting it happen. *(All Portals images ©1998 Dan Hanson, Creative Frontiers)*
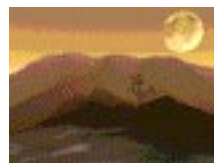

Gateway

Space Mountain

Where Dreams Begin

Zen Space

Moon Sailing

Emergence

Archway

Fire Body

How To Do It —

Many people ask how they should approach these phenomena, that is, what state of mind or method will get the best results. The answer is that there is no set answer. One of the things we are exploring is what we call the "training effect". We believe that anything humans can do they can be trained to do better. Just as athletes and musicians improve with practice, we think that with practice people may get better with these abilities.

To help get you started, we have developed the following protocols, or methods, for using ShapeChanger. You might want to try them yourself, or develop your own.

ShapeChanger® Training Protocols/Methods —

Visualization —

Pick your images and choose the one you intend. Click on this image (on the image menu bar) and absorb its detail. Visualize every aspect of the image, not only what you see, but the feelings and other sensory images (like quiet, or the smell of water, etc.) it evokes. Return to "Run" and with your intended image sharply visualized "as a real thing out there", start the game. This approach is effective at "Moderated Speed" or "Scale Image" (high speed) options and has proven to be a most effective protocol. You need to be able to stop "inner talk" to be most effective.

Talk to it —

Treat your computer like a living thing. Give your computer a name and call it by its name. Out loud and with expression, cajole it, tell it you love it, ask it to give you what you want, the image in your mind. This is effective at "Moderated Speed" or "Scale Image" (high speed) options, but not if you get embarrassed or uncomfortable with this type of emotive expression.

Meditation —

Enter a meditative state and ground/center yourself. Start with the sensation of breath and breathing, then gently switch to the sensation of the image of your selection as you run the game. Best to play with Option Selections on "Moderated Speed" and "Max Run Secs" of 180 or more. Often effective; this method can be combined with other approaches. You need to be able to stop "inner talk" to be most effective.

Tangential (or Secondary) Attention —

Choose your intended image and simply "keep it mind" as you do other things. This approach can work at both "Moderated Speed" or "Scale Image" (high speed) options. On any one trial this approachmay not be convincing, but over several trials (extended runs) it can produce significant cumulative scorecard readings. For many, this is one of the most effective methods.

Force It —

Shout or Ki-ia!, like a karate board breaking effort. More of a "hit or miss" approach — sometimes really effective, sometimes not. Almost a special case of method 2, but more one-way and not as interactive.

Rational Thought —
Think about what you are doing, and analytically, choose an image and "will it" with a rational process, like the typical "inner talk" activity of consciousness. The least effective approach.

Breathing rates and depth can significantly affect outcomes in any method. "Eyes closed" is also a variation, with results like Method 4 (Tangential) where you are not looking at the display.

Our work does not support one method exclusively over another. Different people get different results with a variety of approaches, and the same person may find one method (or combinations thereof) to work better for them on different days, or different times of the same day. All our experience points to an overriding requirement that the intention be strongly outwardly directed and deeply meaningful or desirous, something that is almost impossible to fake, and often difficult to sustain. For those of us who train in this it is important to be able to correctly assess your inner state in order to choose the best protocol, and then you may need to "switch up"as needed to get the desired outcome. Since few of us are aware of our unconscious minds, intentions from deep unconscious origins may be surprising to us.

Sometimes a combination of these approaches works, depending upon how you feel. You will find your ability to resolve the image of your choice may depend on your state of mind, the images selected, and present or past associations with that image. Find out what works best for you by exploring the suggested methods and discovering the approach you do best with.

Influencing ShapeChanger With Your Mind — Real or Not?
An exploration of the phenomena by John E. Haaland, Ph.D.
Dr. Haaland has a Ph.D. in biophysics and is one of the creators of ShapeChanger

The Scientific Issue —
I have had a variety of questions sent to me regarding the nature of ShapeChanger and how it works. Many have asked whether it is driven by a non-deterministic random process or a deterministic pseudorandom number generator. We contend that our randomizing method in ShapeChanger is non-deterministic. The scientific issue is whether the images we produce with ShapeChanger can be influenced by intentions in a manner that exceeds outcomes due to chance. I believe that most of you will be able to prove that to yourself in the manner I describe below.

Defying Belief —
We all know of the many categories and areas of specialty in the fields of science and technology. We also know that these groups of people and the body of knowledge they support is very small compared to the general population of self-supporting individuals, workers, business managers and government officials who are not scientists or technologists. We also know that the view of every person is largely shaped by their beliefs, which to a very large extent is a function of the particular culture they live in and the peer groups they associate with.

How does this apply to a very simple product like ShapeChanger? ShapeChanger defies one of the major beliefs of our established science and technology culture. It claims that reality can be altered by intentions alone, with no known physical intermediary. We are constantly altering our reality by our intentions through what we say, the tools we manipulate with our hands and feet, and by our body movements - all of which can be in response to our intentions. But in ShapeChanger we are claiming an effect that does not use these normal means of influencing our realities.

How The Randomicity Is Generated —
Our goals with ShapeChanger are to let you experience this effect. While ShapeChanger is covered by our general patent, let me give you some clues as to how its randomicity is generated. Each

sample of the random number generator adds or subtracts a pixel, and after each sample a new random number is generated for the next pixel based on the thousandths-of-a-second reading of the computer's clock (plus some other proprietary code), which is pretty much random for each sample cycle. This process is sufficiently random so that it can be influenced by your mind, as you can demonstrate for yourself.

Prove It To Yourself —
Select the "Scale Image" and the lowest "Max. Run Sec" in the options menu. Run the system on "Continuous" (Game Type Menu) overnight where it is alone and unattended to by you or by your intentions.

You will get several thousand trials, and if the system was truly unattended, you will see a cumulative deviation of zero or at most +/- 4 (the black line in your score card graph). This is your random output baseline.

Scan the scorecard for clusters of high hits, 60 or more in either direction. You may see an occasional score of 100, and a distribution of lower scores. You may also see some clusters of scores of 60 to 70 or more. You will rarely see a cluster of 3 or more scores over 90 in any 30 second period.

Now run the game with the same settings using your full attention. You may want to use a "Best of 11" instead of Continuous, since many people find it difficult to sustain attention for over 11 trials at a time.

Now see if you can get a cluster of scores over 60, for example, 6 out of 11 trials. It is highly unlikely that this result is due to chance. Some of you may be able to get 8 out of 11 over 80. I have seen one instance of 9 out of 11 over 60 and some have even achieved four scores of 90 in a row. These are not likely to be due to chance. In this way you will be able to convince yourself and others that you are in fact affecting a distribution of pixels on a screen with no physical intermediary.

Ideas Are Real Events —
For many people the evidence that the mind can effect reality without the use of the body is much more tangible than the subtleties of ShapeChanger. They did not need to participate in a laboratory experiment or use statistical techniques. For them, ShapeChanger can become a valuable biofeedback training tool, measuring the effectiveness of their attention in various states.

Our everyday experiences are not scientific experiments, nor does scientific process have much to do with what we do. We do not concern ourselves about the nature of electricity, or whether electrons are behaving as a wave or a particle when we turn our TV's on. Our direct experience is a fact we understand, just as an idea inside our head is a real event that we experience.

A Creative Act —
Some of us have seen psychokinesis on a macro scale, effects so large and singular that statistics are irrelevant. For myself, I don't try to convince others of what I and others have witnessed, nor do I claim it has any scientific credence. Like a rainbow or a clap of thunder, I simply accept the experience. I have, with credible witnesses, seen a friend of mine "melt" (roll up) the bowls of spoons in a restaurant without touching them. I have seen this same person, holding a heavy fork lightly between the forefingers of each hand "melt" through the center so that filaments of metal seem to be drawn out like taffy.

And I have seen him, simply rolling a 3/4-inch steel rod on a granite table, make it deform. I have seen people at PK parties do astounding PK feats. I once witnessed a person with arthritis so severe that he could hardly grip a fork, get a salad after a PK party and the standard restaurant forks he picked up to serve himself hung limply and wound up like rubber bands. The skeptic will claim fraud and trickery, or an aberrant mental state in the observer, but in my mind these were not factors at all. I make no claims about these events being real other than that I experienced

them. There is no point in discussing these as science. While I have had some success with metal bending, my training is in the martial arts. I can break boards free standing on end, 1-inch apart, with my hand. But my goal is not breaking all the boards, but to break the fourth board before the first three are displaced from their original positions.

These are not statistical events, nor are they the conduct of scientific experiments. They are more along the lines of a creative act, an expanding awareness, a process of self discovery.

To make scientifically credible claims it is necessary to have many trials with varied subjects and impeccable statistics. This is the challenge addressed by a number of reputable research laboratories throughout the world. Their efforts have concluded that events that can be altered by intentions alone are those that can be classified as a non-deterministically random process, and these findings are supported by laboratory data.

But reality is only partially reflected in our intellect, and to an even lessor degree encompassed by the domains of today's science. For many of us, Macro PK effects do occur, with or without a recognized random processes being involved.

Your Own Conclusion —
I'll bet someone will be able to get six 90's or higher consecutively. Then we can ask the statisticians to tell us just how unlikely such an event is. What you conclude after that is purely a matter of your belief system.

ShapeChanger FAQ's — Frequently Asked Questions

Q. How can I set up ShapeChanger so I can really begin to see the effect I'm having on the results?
The best way to do this is to first do a set of "calibration" runs in which you do not try to influence the results at all. This will demonstrate its randomness:

1. Under "Game Type" select the "Continuous" Mode.

2. Under "Options" scale the image to 50% and set the "Max. Run Seconds" to 60-seconds.

3. Let ShapeChanger run on its own for a 24-hour period when you and anybody you know are fully engaged in other activities (that is, not thinking about ShapeChanger at anytime.) Be sure and turn off your screensaver while doing these long, unattended runs.

When the calibration run is done, check the results. The key measurement is the cumulative deviation line you see on the graph. It is the final position of that line that is displayed as the overall score in the "Game Outcome". On long runs unperturbed by anomalies, this line will be at zero and the score will read zero or at most a very small number (+/-). You will note that in these long, random runs all variety of scores can occur, including an occasional (although very rare) 100. If you do not get this result, repeat the process several times. A failure to get a near zero deviation a few times may mean there is an anomalous effect causing the outcome. But if this persists under a variety of conditions, it may mean your computer interface with our software is faulty and not producing a non-deterministic random event. There is a wide range of PC configurations made by numerous manufacturers which are capable of using Windows®, some of which we may not have tested with our software.

As you examine clusters of deviations, you will occasionally see two high scores (greater than 70) in a row. You will very rarely see three high scores in a row. If you see four or more consecutive high scores in a row, the likelihood that they are due to chance is extremely low.

Once you have familiarized yourself with how these random runs look, pick an extended run, say "Best of 11" and run the trials, this time trying to influence the outcome using your intent. You will see your effect by observing blocks of four or more significant (greater than 60), or may even get seven or more in a row greater than 70. If you are running ten to eleven trials, any cumulative deviation over 50 (as indicated by the score and the graph) will be very significant.

Q. What do the ShapeChanger scores mean?

ShapeChanger has been calibrated to give high scores (either plus or minus) when the results are likely to be nonrandom, and low scores (near zero) when the results are random. It reads this about a zero point so that you can get negative or positive deviations. If you run it overnight, for example, you'll see scores distributed above and below the baseline. Occasionally you'll even see a score of +100 or -100 which occurred randomly (although scores of 100 are exceedingly rare). If you look at the arithmetic mean, over time the positive and negative scores will cancel out. For example, at 4000 trials the cumulative score will be about +1 or -1, if the system is operating purely randomly. If you do not get these results under a variety of conditions, it may mean may mean there is an anomalous effect causing the outcome. If it persists, it may mean your computer interface with our software is faulty and not producing a non-deterministic random event. There are a wide range of PC mainframes made by numerous manufacturers which are capable of using Windows®, some of which we may not have tested with our software.

To put it more simply, high numbers (either positive or negative) can be statistically significant, as can frequent "time expired" outcomes. But any one trial can always be due to chance. The key is to run consecutive trials and look for patterns. Four scores in a row above 80, for example, is a highly significant result.

Q. What does it mean when I get a result of N/A?

The N/A in the score column is always associated with a "time expired" message, meaning that the images did not resolve in the time allowed. This is discussed under the "Maximum Run Seconds" and "Options" menu in the Help Screen Glossary. Frequent or consecutive N/A's could be a significant result. A "time expired" by chance is about as likely as getting a 95 to 100 by chance when you are playing at short Maximum Run Times, e.g. 60 seconds. If you are getting this message frequently, or consecutively, you are suppressing a more likely random resolution of the pixels into a sharp image. Suppression of an expected chance outcome can be very meaningful. Pay close attention to your mental states if this occurs. Were you particularly guarded or wary? Were you involved with learning a complex task? Were you in an usually analytic frame of mind? Were you in an exceptionally "inwardly" focused state? These states seem to be sometimes associated with suppression of chance outcomes.

Q. What's the best way to set up ShapeChanger?

Although there are lots of ways to set it, the best way is in accordance with your personal preferences. If you like to play fast, we suggest trying the following:

1. Pick the two images of your choice.

2. Under the Option menu, choose "Scaled Image" and 50%. (This reduces the size of the image on your screen.)

3. Set the Maximum Run Time to 60-seconds (1-minute).

4. Choose either the "Supportive" or "Competitive" option under "Player Names".

5. Pick "Best of 7" under "Game Type", hit RUN and see how you do!

Q. What are the odds of getting a high score in ShapeChanger?

See the Game Scores section for a description of the odds of getting particular ShapeChanger scores.

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