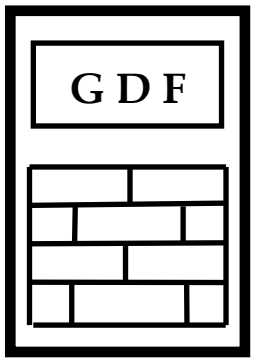
GDF DATA BANKS BULLETIN

THE 20th ANNIVERSARY



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HuPoTest – new attempt for self-evaluation and improvement of mental state

"Mind is the builder" – Edgar Cayce (the sleeping prophet)

National Neuroscience Society of Romania (www.snn.ro) has organized the 7th conference with international participation at the University of Medicine and Pharmacy "Carol Davila", Bucharest 24-26 November 2016 with the topic "neurons and mind in health and disease". I have found out incidentally about this event from a tv interview of professor Leon Zagrean (the main mentor of this society in conjunction with his wife, dr. Ana-Maria Zagrean) and further details from internet. I have considered that the topic fits perfectly with my results obtained and consolidated in the latest years about the basic importance of mental state in evolution of human individuals and society as well. I have decided to submit a short contribution about main aspects of HuPoTest as a poster. The imposed rule was to prepare poster on A0 format, so I attach it here in two A4 pages with the same content.
Unfortunately, although my previous efforts to make known these ideas have attracted interest of the audience, they did not succeed (on my knowledge!) to impose HuPoTest as usual procedure for self-evaluation and training of mental state.
I was good surprised to find out that the majority of participants at this event were young students and researchers under 30, so I am optimistic that at least several of my points will be successful sooner or later to some of them.
I consider important to mention in few words logical path of my verbal presentation of the poster. **1-:** HuPoTest history since 1967 (see previous papers on it). **2-:** the importance of SELF- evaluation in view to SELF-control of our own mind, not to control other minds as is the major tendency in actual human society. **3-:** the basic importance of timer/proper watch in self-organizing systems. Microcontrollers and microprocessors are the best examples of well-controlled artificial minds by highly precise and stable timers in comparison with humans whose timers are in general not well-controlled leading to diseases and other dramatic consequences. Humans tend to control more and more artificial minds with bad consequences; for instance, progressive alienation of latest human generations using computers and other intelligent gadgets instead to control their own minds. On the other hand, the main working principle in the actual society is "each one for himself and against all others". Selfishness and fear are the worst emotions blocking our minds and causing diseases. **4-:** The basic principle of HuPoTest available as freeware on my website is to compare/calibrate the periods of time measured by the Person Under Test (PUT) with seconds delivered by personal computer (PC) with accuracy of 0.01 s. **5-:** The main steps in performing HuPoTest were clearly explained and the results obtained for three PUT of different ages, but at the same Hour Of the Day (HOD) were presented. **6-:** Important parameters results defining the PUT mental state. These parameters and their significances have been established as a result of long time and intensive study of more than 1000 PUT by retrieving the correlation between measured and standard values (details in previous papers). Mental state strongly depends on the coupling strength of PUT mind to social problems/duties and finally on HOD. At 11 am, especially in a working day, this coupling has the maximum strength. By repeating HuPoTest, PUT can improve and control his own mental state by adjusting this coupling and by developing some beneficial skills avoiding the incidence of diseases and bad decisions/actions.

Conclusion: so much we control our own timer, so much we control both our own internal metabolism and external relationships. However, I am afraid that progressive degradation human mentality at global level can not be stopped so as much to be improved.

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POSTER

The 7th Conference of the National Neuroscience Society of Romania, November 24-26, 2016
"Neurons and Mind in Health and Disease", UMPh "Carol Davila", Bucharest, ROMANIA

HuPoTest – self-evaluation and training procedure for mental state

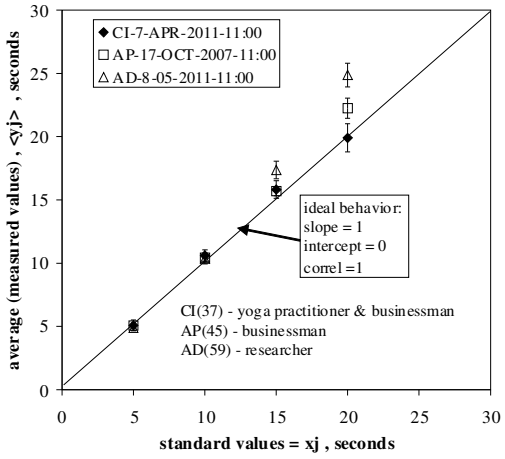
Gheorghe DRAGAN, Ph.D.physics, www.gdfdatabanks.ro

HuPoTest is the name of a procedure establishing human potentials driven by mental state discovered incidentally in 1967.This procedure belongs to the classical procedures of calibration of measuring instruments, so that HuPoTest actually calibrates the timer of the Person Under Test (PUT). Timer and mentality are strongly interconnected defining each other. Simply said, a good mentality is based on good timer (stable and well tuned) and both of them define the vital potential driving a good health. Method: PUT has to count periods of time of 5, 10, 15 and 20 seconds in special conditions, the measured values are retrieved statistically by a software and the final values stored in a data bank in view to reveal the evolution of the health state according to established assignments.

HuPoTest must be performed according the following steps of the free software (500 kB) available on thee website **www.gdfdatabanks.ro** (mental technology):

step 1: PUT must be relaxed and remove all external stimuli (sounds, visual, odors, etc.);
step 2: PUT must be accustomed with what second means, by watching the timer displayed on the PC screen;
step 3: PUT must count xj = 5, 10, 15, 20 seconds for 5 to 10 values of each xj; measured values do not appear explicitly in the table;
step 4: measured values appear in the final table with the calculated parameters: average, stdev; slope, intercept, correl (Excel syntax), SC and C.
step 5: the calibration graphic is displayed between yj=average(measured values) vs xj= standard values.
step 6: measured dat and calculated parameters can be saved in a folder automatically created.

step 5



step 4: Three male PUT of different ages tested at the same Hour Of the Day (HOD) (11:00 am).

PUT :	CI - 7-APR-2011-11:00			
i \ xj	5	10	15	20
1	4.22	10.25	14.34	20.28
2	5.13	10.16	15.16	19.78
3	4.63	10.72	15.84	21.94
4	4.82	10.04	15.44	20.03
5	4.92	10.88	15.94	20.56
6	5.25	11.03	16.50	18.38
7	5.62	11.16	16.78	18.60
8	5.38	11.19	16.18	18.78
9	5.44	10.53	16.10	19.75
10	5.44	10.06	15.97	20.94
average	**5.09**	**10.60**	**15.83**	**19.90**
stdev	**0.44**	**0.46**	**0.70**	**1.11**
slope	**0.99**			
intercept	**0.47**			
correl	**1.00**			
SC	**2.00**			
C	**24.00**			

PUT :	AP - 17-OCT-2007-11:00			
i \ xj	5	10	15	20
1	5.43	10.00	15.76	22.19
2	5.27	10.55	15.54	21.37
3	5.11	10.49	15.44	22.08
4	5.06	10.49	15.87	22.14
5	5.00	10.87	16.15	24.06
6	4.73	10.49	15.93	22.14
7	4.89	10.27	14.99	21.75
8	5.05	10.28	15.82	22.24
9				
10				
average	**5.07**	**10.43**	**15.69**	**22.25**
stdev	**0.22**	**0.25**	**0.36**	**0.79**
slope	**1.14**			
intercept	**-0.84**			
correl	**0.999**			
SC	**3**			
C	**31**			

PUT :	AD - 8-05-2011-11:00			
i \ xj	5	10	15	20
1	5.34	10	16.15	23.01
2	4.95	10.32	16.64	24.39
3	4.78	10.11	17.52	24.66
4	4.77	9.78	17.19	26.03
5	4.84	10.49	18.01	25.76
6	4.89	11.15	17.91	25.04
7	4.88	10.43	18.18	25.38
8	4.72	10.66	17.35	24.72
9				
10				
average	**4.90**	**10.37**	**17.37**	**24.87**
stdev	**0.19**	**0.43**	**0.70**	**0.94**
slope	**1.34**			
intercept	**-2.4**			
correl	**0.998**			
SC	**2**			
C	**20**			

Further parameters defining mental state of tested PUT.

	PUT:	CI-07.04.2011-11:00	AP-17.10.2007-11:00	AD-08.05.2011-11:00
slope	d-less	0.987 ± 0.05	1.14 ± 0.04	1.34
intercept	seconds	0.49 ± 0.7	-0.84 ± 0.6	-2.4
correl	d-less	0.997	0.999	0.998
SD (s)	standard deviations	0.44/0.46/0.7/1.11	0.22/0.25/0.36/0.79	0.19/0.43/0.70/0.92
SSD (s)	sum of standard deviations	2.70	1.62	2.26

POSTER continued

AP1 (d-less)	educational potential of action	53	28	80
AP2 (d-less)	native potential of action	30	69	89
a (d-less)	life motivation	23	-41	-9
C (d-less)	thinking coherency	24	31	46
SC (1/s^2)	spiritual coupling strength	2	3	2
K21 (Hz)	1st harmonic of mental activity	7.05	74.14	16.01
K23 (Hz)	2nd harmonic of mental activity	43.18	117.4	25.11
TR (d-less)	Transparence Ratio (K23/K21)	6.13	1.58	1.57
PS (d-less)	panic stress	73	21	13
M (d-less)	social coupling strength	47.8	55.28	53.51
N (%)	noise of measurements	13	22	46

Assignments of calculated parameters

GRAPHIC represents measured values by the Person Under Test (PUT) (yj = average(yij)) as a function of the imposed (standard) values xj = 5, 10, 15, 20 s:

- Slope (d-less) = the proper second of the PUT as expressed in standard seconds (ideal = 1);
- Intercept (s) = yo = the extrapolated yj value for xj=0 (ideal yo=0), s;
- stdev(yj) (s) = standard deviations (s) associated to each standard value (vertical bars);
- SSD (s) = sum(stdev(yj)) (s) (all zero for ideal behavior);
- Correl (d-less) = correlation coefficient (dless) of all (xj,yj) pairs (ideal correl =1) shows the degree of mental stability and coherence of PUT.

SC = Spiritual Coupling (1/s^2)

SC represents estimation of the coupling strength between PUT mind and the PS = Primary Source (or Universal Conscience). SC tends to infinity when the mind is perfectly coupled to PS and this corresponds to samadhi state = supreme bliss = God Realization = super conscious state.

Action potentials (d-less)

AP1 = action potential as a result of education and experience in the present life;
AP2 = native action potential (basic instinct = karma, experience from previous lives);
Positive 0-20 = PUT has an idealist attitude with no material gains, in good harmony with the all environment;
Positive > 20 = progressively worried, tense, anxious, panic attack;
Negative: materialist behavior
a = AP1-AP2 = life motivation of PUT; positive = PUT actions are oriented on the same direction, negative = reverse oriented relative to the social tendency.

M = social coupling strength = PUT coupling with social medium (d-less)

<50 social dependent (PUT has no opinion, he is waiting for instructions);
=50 social independent (PUT easy adapts and cooperates);
>50 PUT fights against social tendency (innovative, non-conformist, suspicious).

N = degree of noise in processing of information (%)

<20 good coordination of all actions (prompt reactions);
20-50 = normal life (easy go);
>50 too much duties, permanently worried

K21, K23 (Hz) are harmonics of mind activity: high frequency means high power of processing of information, high time resolution in getting information and taking decisions.

K23 > K21; K21: 10 – 50 Hz; K23: 20 – 130 Hz.
Average people (80%) range between K21=10 – 20 Hz; good experienced people range between K21= 20 – 30 Hz and people with particularly high mental potential have K21=30 – 50 Hz. People with K21 under 10 Hz have mental blockages from genetic and/or educational causes.

K23/K21 = Transparence Ratio (TR) (d-less)

TR >1 and increases with ambitious behavior. "Young and restless" people have TR = 6 to 8, while senior people TR ~ 3.

K23 – K21 = Transparence Frequency (TF) (Hz)

TF results to be proportional with TR.
TR and TF are measures of honesty or transparency, selfishness, i.e. these parameters increase with the difference between PUT declarations and his actions.

PS = Panic Stress (d-less), represents the temporary mental stress due by bad emotions (tiredness, fright, panic, anxiety);
PS < 100 : relaxed and flexible mind;
PS > 100 : proportionally worried mind.

CONCLUDING REMARKS: after a long and intensive experience on over 1000 PUT, HuPoTest can define and improve mental state which determines the overall health state of PUT. For more details and free help contact me: gdf.dragan@gmail.com

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Born	1 September 1945, Ploiesti, Prahova (Romania)
Studies	Faculty of Physics, University of Bucharest, Romania (1963-1968) Ph.D. in Physics, University of Bucharest, Romania (1980)
experience	● Head of material testing laboratory, ICECHIM, Polymer Department, Bucharest (1969-1979); ● Initiator and leader of the research project on new forms and sources of energy; ICECHIM, Center of Physical Chemistry (1979-1988); ● Head of laboratory of analytical devices and measuring instruments, AMCO-SA, Bucharest (1988-1993); ● Founder & owner of GDF-DATA BANKS srl Bucharest (1993-2008); ● Expert metrologist, Romanian Bureau of Legal Metrology, Bucharest, Romania (1997-2000).
publications	● >100 scientific papers ● >70 scientific communications ● 17 patents ● 5 books
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Previous issues of GDF DATABANKS BULLETIN

Year	VOL	NO	Content (titles)	$*)
1997	1	1	Editorial: Databanks – the compulsory language. LOGKOW – a Databank of evaluated octanol-water partition coefficients (James Sangster). Solubility behavior introducing topoenergetic working principles. Comments on 1-octanol-water partition of several n-alkane related series.	F
1997	1	2	Guide of good practice in metrology (Romanian)	AFI
1998	2	1	Editorial: socio-psychological implications in creation and utilization of a databank (Ioan-Bradu Iamandescu); Behavior in vapor-liquid equilibria (VLE): I. Structural aspects; Behavior in vapor-liquid equilibria: II. Several structures in databanks; Symposium on VDC-4 held on 30 October 1997 at Lubrifin-SA, Brasov (Romania).	F
1998	2	2	Practical course of metrology (Romanian)	AFI
1998	2	3	DIFFUTOR-01: Thermally driven diffusion in pure metals	AFI
1998	2	4	VAPORSAT-01: Databanks of thermally driven VLE. The first 100 simple molecules	AFI
1999	3	1	Editorial: New trends in material science: nanostructures (Dan Donescu) DIFFUTOR: Databanks of diffusion kinetics. VAPORSAT: Databanks of vapor-liquid separation kinetics.	F
1999	3	2	Discussions on Applied Metrology	AFI
2000	4	1	Editorial: Laboratory accreditation and inter-laboratory comparisons (Virgil Badescu) Doctoral Theses – important data banks. GDF intends to open new series of experiments on thermo-physical properties. Some comments on uncertainty: global budget and DFT analysis. Events: The 9th International Metrology Congress, Bordeaux, France, 18-21 October 1999.	F
2000	4	2	Measurement and Calibration.	AFI
2001	5	1	Editorial: Metrology ensures moral and technological progress. Topoenergetic aspects of amorphous-crystalline coupling. I. Composite behavior of water and aqueous solutions (paper presented at nanotubes and Nanostructures 2001, LNF, Frascati, Rome Italy, 17-27 October 2001). Events: Nanotubes and nanostructures 2000.School and workshop, 24 September – 4 October 2000, Cagliari, Italy.	F
2001	5	2	Editorial: Viscosity – a symptomatic problem of actual metrology. Visco-Dens Calorimeter: general features on density and viscosity measurements. New vision on the calibration of thermometers: ISOCALT® MOSATOR: Topoenergetic databanks on molten salts properties driven by temperature and composition.	F
2002	6	1	MOSATOR-01: Topoenergetic databanks for one component molten salts; thermally driven viscosity and electrical conductance.	AFI
2002	6	2	Editorial: HuPoTest - Operator calibration or temporal scale psychic test. MOSATOR: topoenergetic databanks of one component molten salts; thermally driven viscosity and electrical conductance.	F
2002	6	3	Editorial: Quo vadis Earth experiment? ISOCALT® : Report on metrological tests	F
2003	7	1	Editorial: Time – an instrument of the selfish thinking. 1st NOTE: Homoeopathy: upon some efficient physical tests revealing structural modifications of water and aqueous solutions. I. Mixing experiments.	F
2004	8	1	Metrological verification and calibration of thermometers using thermostats type ISOCALT® 21/70/2. Metrological verification and calibration of thermometers using thermostats type ISOCALT® 2.2R.	F
2004	8	2	Aspects of correct measurements of temperature. I. measurement of a fixed point according to ITS-90. Physics and Homoeopathy: some physical requirements for homoeopathic	F

			practice.(Plenary lecture at the 19th SRH National Congress, 21-22 September 2004, Bucharest, Romania)	
2005	9	1	AWARD for ISOCALT® at the International Fair TIB-2004, October 2004, Bucharest. ISOCALT® 3/70/21 was awarded in a selection of 20 products by a commission of experts from the Polytechnic University of Bucharest. Upon some aspects of temperature measurements. (12th International Metrology Congress, 20-23 June 2005, Lyon, France)	F
2005	9	2	A new technique for temperature measurement and calibration. National Society of Measurements (NSM). Important warning for T-calibrator users: MSA has chose metrology well calibrators from Fluke (Hart Scientific).	F
2005	9	3	Universal representation of Cancer Diseases. 1. First sight on NSW-2003 report. Universal representation of Cancer Diseases. 2. UK cancer registrations on 1999-2002. Vital Potential can estimate our predisposition for cancer diseases.	F
2006	10	1	NTC – thermistors -1	AFI
2007	11	1	HuPoTest - 40 years of continuous research Basic rules for preventing and vanishing cancer diseases Climate change = change of mentality Hot nuclear fusion – a project of actual mentality	F
2007	11	2	MT – Introduction to Mental Technology HuPoTest – general procedure, assignments of results, specimen of complete test, order and obtain your complete HuPoTest report	F
2007	11	3	TRESISTOR© - data banks of materials with thermally driven electric and magnetic properties TRESISTOR© - NTC -1 - data bank of NTC thermistors	AFI
2008	12	1	Australian population: life, death and cancer	F
2008	12	2	Pattern of Cancer Diseases	F
2008	12	3	Adiabatic calorimetry – summary description of the demo prototype	F
2008	12	4	Flight QF 30 and even more… Temperature calibration of NTC-thermistors. 1.Preliminary results.	F
2009	13	1	Proposal for interlaboratory comparisons. Calibration of NTC-thermistors (The 14th International Metrology Congress, Paris, France, 22-25 June 2009).	F
2009	13	2	Sudoku – un algoritm de rezolvare. (Sudoku – an algorithm for solution).	AFI
2009	13	3	Cancer and Diabetes – as social diseases. (Open letter to all whom it may concern).	F
2010	14	1	Studies on cement hydration by High Resolution Mixing Calorimetry (HRMC).	F
2010	14	2	Measuring tools for subtle potentials; pas-LED: an efficient measuring tool for subtle potentials.	F
2010	14	3	Upon some features of cancer in Australia: 1982 – 2006.	F
2010	14	4	Cancer as an erosion process in human society.	F
2010	14	5	Cancer erosion in Australian human society: 1982 – 2006.	F
2010	14	6	Cancer erosion in German human society:1980-2008.	F
2011	15	1	Procedures and devices for energy and water saving. (I) (in Romanian).	F
2011	15	2	Structural and relativistic aspects in transforming systems. I. Arrhenius and Universal representations of thermally driven processes.	F
2011	15	3	Topoenergetic aspects of water structuring as revealed by ac electric conductivity.	F
2011	15	4	Topoenergetic aspects of human body	F
2011	15	5	HuPoTest: four month study of a case	F
2012	16	1	DTA study of water freezing. I. Upon some aspects of repeatability.	F
2012	16	2	DTA study of water freezing. II. Statistical features on one week of experiments.	F
2012	16	3	DTA study of water freezing. III. New facts on daily mental field.	F
2012	16	4	Mental field and state of health. Câmpul mental şi starea de sănătate.	F

2013	17	1	DTA study of water freezing. IV. New facts on energy circuits.	F
2013	17	2	DTA study of water freezing. V. Effect of a mental antenna	F
2013	17	3	AC electric conductivity of untreated and mentally treated electrolyte aqueous solutions.	F
2013	17	4	DTA study of water freezing. VI. Mental field in a working day.	F
2013	17	5	DTA study of water freezing. VII. More statistical features on one week of experiments.	F
2013	17	6	HuPoTest: New measurements and results	F
2013	17	7	Time as unique base quantity. (Proceedings of the 16th International Congress of Metrology, 7-10 October 2013, Paris, France).	F
2013	17	8	Eurovision song contest. 1.Basic social aspects	F
2013	17	9	Mental field-water interaction as evidenced by Isothermal Convection Flow Calorimetry (ICFC). I. ICFC description and preliminary results.	F
2013	17	10	1. Procedure for defining standard liquids for viscosity based on topoenergetic principles. 2. Topological aspects of flow and deformation in polymer composites, The VIII-th International Congress on Rheology, 1-5 September 1980, Naples, Italy, pp. 375-376. 3. Universal representation of flow behavior based on topoenergetic principles, The IX-th International Congress on Rheology, 8-13 October 1984, Accapulco, Gro. Mexico, pp.369-376. 4. Comments on "Universal representation of flow behavior based on topoenergetic principles", The IX-th International Congress on Rheology, 8-13 October 1984, Accapulco, Gro. Mexico, pp. 369-376. 5. Open letter to BRML and INM.	F
2014	18	1	Adiabatic calorimeter as high accuracy T-calibrator	F
2014	18	2	Mental field-water interaction as evidenced by Isothermal Convection Flow Calorimetry (ICFC). II. Effect of convection flow power.	F
2014	18	3	Eurovision song contest. II. Copenhagen, Denmark 2014 and some more features on social mentality.	F
2014	18	4	The 38th Congress of American-Romanian Academy (ARA) of Arts and Sciences, 23-27 July 2014, Pasadena, California, USA	F
2015	19	1	Gold versus money. 1. An overview on main financial figures of world countries.	F
2015	19	2	Gold versus money. 2. Rich, middle and poor countries.	F
2015	19	3	High Resolution Mixing Calorimetry (HRMC) redivivus. 1. General presentation and heat capacity measurements.	F
2015	19	4	High Resolution Mixing Calorimetry (HRMC) redivivus. 2. Structure developing of aqueous solutions by mixing experiments.	F
2015	19	5	High Resolution Mixing Calorimetry (HRMC) redivivus. 3. Calibration	F
2015	19	6	Evidence of human mental field by ac-electric conductivity in electrolyte solutions. 1. Bio-energy.	F
2015	19	7	High resolution mixing calorimetry redivivus.IV. Specific heat of crystalline phase of water. WPA2015: International Congress of World Psychiatric Association,Primary care mental health: innovation and transdisciplinarity, Bucharest, 24-27 June 2015, ROMANIA	F
2016	20	1	Quo vadis population growth on planet Earth: more details	F
2016	20	2	Structural aspects revealed by topoenergetic view on ac electric conductivity in HCl/(water + organic solvent)	F
2016	20	3	Stability of amorphous-crystalline coupling in electrolyte aqueous solutions in relation to interaction with bio-fields	F
2016	20	4	Efficient, simple and cheap outdoor extension of exhausting system using Bernoulli and thermal convection effects applied for air forced boilers on natural gas	F
2016	20	5	Good quality home made soap in high efficient conditions	F
2016	20	6	Interaction of quartz crystals with bio-fields. I. Preliminary experiments on commercial quartz oscillators.	F
2016	20	7	Interaction of quartz crystals with bio-fields. II. Differential measurements on pairs of commercial quartz oscillators.	F

2016	20	8	Interaction of quartz crystals with bio-fields. III. Quartz selection and their significances.	F

*) F=free, AFI=ask for invoice.

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15	2	Figure 5	P+	P-
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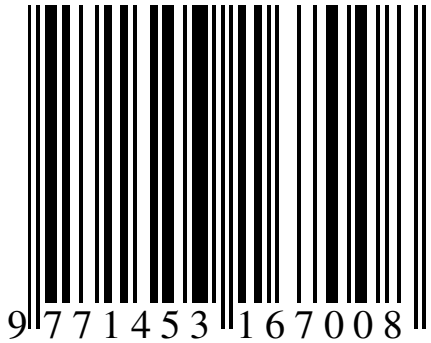

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