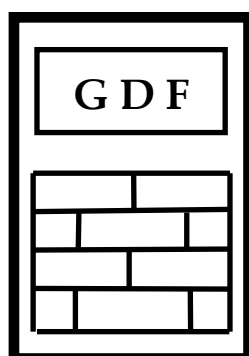


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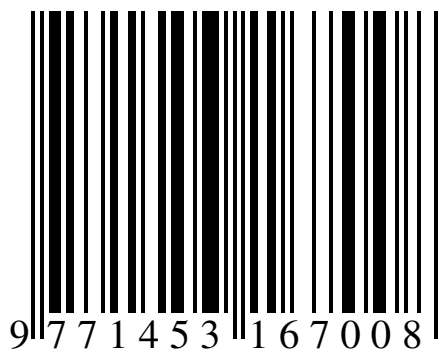
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HuPoTest – up to date history

*Sri Swami Sivananda: "Time is life; it is more precious than money
Utilize time profitably in spiritual pursuits".*

HuPoTest was discovered incidentally in 1967 occasioned with development works of pictures on color paper requiring complete darkness. I had to count time periods of tens of seconds and the results were surprisingly good, so I decided to check my „personal timer” by measuring $x_j = 5, 10, 15$ and 20 seconds several times each by using initially an analog stopwatch for sport purpose as standard timer for which I was able to obtain 0.01 s resolution. My wife wrote down the measured values in a table as a matrix in view to be further retrieved. I have extended progressively face-to-face these tests to family members, friends, colleagues and other contacts and performed in a such way that during measurements of y_{ij} values the person under test (PUT) did not see these values. The correlation procedure of $y_j = \text{average}(y_{ij})$ (i was finally established from 1 to 8) with x_j was in fact the calibration of PUT timer. In the meantime I got a digital stopwatch with 0.001 s resolution also used in the present. In the same time I have engaged works in metrology by progressively developing detailed forms of calibration certificate containing original parameters with deep significance both for tested instruments and operating person. I was able to establish particular significance of these parameters for HuPoTest by correlating them with the psychic pattern of PUT. HuPoTest was also a suggestive and efficient example during lectures of further training sessions in metrology I have held. Starting from 1994 when I purchased the first personal computer (PC) I was able to manage better and better the huge data base first by using Excel under Windows and progressively using professional math programs.

I published in 2004 the book *“Time – the instrument of selfish thinking”* where I devoted a chapter to HuPoTest. I distributed the book free of charge and it is also posted on my website. I have already realized that overall health state and biological potentials are in strong correlation with the personal timer similar as in the case of operating manner of microcontrollers and microprocessors.

In 2005 I had already a huge data base obtained by direct face-to-face tests for over 1000 PUT substantiating the significance of calculated parameters some of them by professional math programs. However, I was not able to test myself without the help of another person writing down the measured values y_{ij} , so I begun to search for different high precision stopwatches allowing the storage and transfer to PC of these values. In that period microcontrollers begun to be popular and a friend of mine (Nicolae STEFAN, electronist technician) was trying to use one model, so we made together some promising tests, but we abandoned shortly the project because I had to move at my daughter in Sydney, Australia. I continued to apply HuPoTest face-to-face by using for a while a digital stopwatch for sport use with 0.01 s resolution and by looking for cooperation with programmers in view to create a self-evaluation hardware and software.

In October 2008 I came back in Bucharest for several months and another friend of mine (Dan POPOVICI, electronist engineer) who already has read my book, made me

the proposal to create the HuPotest program in Visual Basic 3.0, so I gave to him the exact flow chart including several simple math formulas. The resulted software (approximately 560 kB) was posted on my website as freeware by common agreement.

This freeware is still resident on my website for any one to try it, but even at the beginning I observed a series of major drawbacks, so in the present I do not recommend it for HuPoTest self-evaluation and training. The most important drawbacks are:

- (i) Although the operating systems and microprocessors of PC after 2000 were working with frequencies over 1 GHz (internal watch with the resolution under 1 ns), the resolution of Visual Basic 3.0 is only 0.01 s;
- (ii) After a careful and thorough measurements by correlating different standard timers (see detailed data published in this bulletin), I have established that in general there is a delay between START command and real START of yij measurements, and the software under Visual Basic 3.0 has the lowest figure of merit, while my initial digital stopwatch with 0.001 s resolution has the best one. The explanation is that all modern timers using microcontrollers or microprocessors have this almost random delay originating from their cycling work by controlling more or less successive functions, while my old digital stopwatch is based on logic gates with very constant such delay at ns level. I have found out in this way that stopwatches can not be properly calibrated because they “*do not work in real time operating system*” experts say. Indeed, top level metrology labs and companies producing measuring instruments recognize they are not able to calibrate stopwatches. However, there are digital stopwatches available on internet with calibration certificates.
- (iii) The software under Visual Basic 3.0 does not allow PUT to initially establish his own measuring rhythm before starting proper yij measurement.
- (iv) This freeware is working only on Windows platforms with 32 bit which became obsolete in the lasts 10 years. This was the main reason it was not used at all, although I made hard efforts in promoting it.

In the present, I established a new operating procedure for HuPoTest in 4 major steps by using a stopwatch available on internet with 0.001 s resolution, a good figure of merit and allowing efficient storage of yij values for further retrieval.

Details for subsequent evolution of HuPoTest are published periodically on this Bulletin.

Gheorghe DRĂGAN, Ph.D. physicist,
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May 2018

HuPoTest – operating instructions

There are 4 main steps in performing HuPoTest both for self-evaluation of a particular mental state and its evolution by training procedure over a significant period of time.

1. Proper preparation of the person under test (PUT)

PUT must isolate himself in most efficient manner from all external stimuli affecting the 5 senses which can perturb him from correct measurements of y_{ij} values. I recommend for beginners to practice HuPoTest at early hours (4-6 am) when in general surrounding is quiet. It is also effective to use protection earphones covering completely the ears, but avoiding any discomfort.

PUT must minimize as much as possible emotions of any kind and relaxes his overall body.

2. Selection of the right standard stopwatch and performing the basic test

2a. I recommend the following stopwatch available on internet:

<http://stopwatch.onlineclock.net/>

by selecting small size of the figures (left & up side of the screen).

2b. PUT must establish his own rhythm of measurement (proper second) by counting series of 5 seconds by using the button START/STOP. The final rhythm is achieved when the latest 3-5 values are considered very close, for instance with the differences of 0.01 s or smaller. It is possible that the PUT mind be highly unstable so that the measured values are unacceptable. In this case PUT must renounce to continue HuPoTest because his mind is not properly prepared.

Important: proper second can be significantly different from the standard one.

2c. For continuing the test, PUT must cover the part of the screen with the measured values with a sheet of paper or fabric letting uncovered the first figures denoting the number of the values.

2d. PUT must reset all previous values and start the measurement of 8 values for 5 seconds. If PUT consider wrong one value (only one) he can measure one more, so at the final stage he will remove the wrong one.

2e. PUT must push the button Download.CSV and the measured values in csv format (comma separated value) are saved in a document generally nominated as “stopwatch” in the Downloads folder.

2f. PUT must reset the measured value for $x_1=5$ seconds and repeat the above steps for $x_i=10, 15$ and 20 seconds. The documents with the measured values will be nominated as “stopwatch” followed by figures 1, 2 and 3, respectively.

Important: The all above mentioned steps must be performed without interruptions in view to keep as much as possible the measuring rhythm proper to the same mental state.

2g.PUT must create an Excel document under Windows (I recommend Office 2003) in which the measured values y_{ij} from “stopwatch” documents will be imported successively.

2h. Import of each “stopwatch” series can be performed by the following steps:

Data – import external data – import data (a window will open and search for Downloads and select successively each “stopwatch” documents) – Open (a new window will open and to the option “start import” select 2 and successively – Next – Next – Finish, close the window).

Data from “stopwatch” document will appear as a column on Excel sheet.

2i.Data from each cell must be “cleaned” by selecting and deleting unnecessary information and keeping only the y_{ij} value.

2j.Finally y_{ij} will appear as a matrix with 4 columns and 8 rows proper to the HuPoTest performed at the calendar date (for instance WED-4-04-2018) and the hour of the day (HOD, for instance 5:30). These two data must be written on the top of the y_{ij} matrix.

3. Calculation of parameters defining the mental state during the test

3a. Entire matrix of y_{ij} values will be selected and transferred into HuPoTest-Excel-template.xls (available on my website or obtained by request from me) by following successively edit-paste, special-transpose. In this way matrix y_{ij} will be transposed in the existent table and automatically will result the values of most common parameters presented on the chart.

3b.PUT must copy parameter values first on paper and subsequently on a new sheet from Excel document with y_{ij} values by mentioning also data and HOD.

3c. HuPoTest-Excel-template.xls will be closed without saving in view to be properly ready for next calculations.

4. Management of data base obtained by a significant number of tests over a significant period of time in view to evaluate the evolution of mental state.

Analysis and evaluation of resulted parameters is possible by considering tests over a significant period of time, for instance at least one week and several tests each day.It is important to correlate events influenced the mental state and the significance of the parameters.After each test PUT is able to improve his life style in view to obtain better mental state.

Minimal PC configuration:

- any Windows platform;
- Microsoft Office (recommended 2003 version);
- Internet connection.

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www.gdfdatbanks.ro

October 2018

HuPoTest – significance of calculated parameters

*Sri Swami Sivananda: "Time is life; it is more precious than money
Utilize time profitably in spiritual pursuits".*

GRAPH presents the average values, $y_j = \text{average}(y_{ij})$, measured by the Person Under Test (PUT) as a function of the imposed standard values $x_j = 5, 10, 15, 20$ s established by the used stopwatch.

Slope = the slope of the most probable straight line defined by the pair values (x_j, y_j) . Slope is a relative measure of the PUT rhythm of measurement = PUT second/standard second.

Intercept = y_0 = the extrapolated value $y_j(x_j=0)$;

Standard deviations (SD = stdev) are associated to each y_j value (vertical bars on the graph). Sum of SD (SSD) (= 0 for the ideal case) and the correlation coefficient (correl) show the stability degree and coherence of PUT mental state at the instant of test. Slope, intercept and correl are calculated by the least squares algorithm.

For the ideal case slope = 1, $y_0 = 0$, correl = 1.

$-\Delta a$ (dimensionless) is proportional with intercept:

($y_0 > 0$, $\Delta a < 0$) denotes low reactivity of PUT (slow reaction, "he misses out on the START");

($y_0 < 0$, $\Delta a > 0$) denotes high reactivity PUT (impulsive, "he pushes the START");

Δb (dimensionless) averaged on a significant number of tests (recommended approximately 30/week) denotes the mental pattern of PUT: slow (>0) or impulsive (<0).

C (dimensionless) = thinking coherency

0-10: incoherent, forgetful, depressive;

10-50: normal thinking;

>50 : very efficient in using all opportunities.

Action potentials (dimensionless)

AP1 = action potential generated by education and personal experience;

AP2 = native action potential = generated by karmas = "basic instinct";

AP1, AP2 > 0 : 0-20 = PUT has an idealist attitude, without materialist goals, he is in good harmony with the natural and social environment; > 20 = progressively worried, stressed, anxious, panic attack;

AP1, AP2 < 0 : materialist attitude, dominating tendency.

a = AP1-AP2 = life motivation;

$a > 0$: PUT actions in the same direction with social tendency;

$a < 0$: PUT actions against social tendency.

M = coupling strength of PUT with the social environment (%):

$M < 50$ social dependent (PUT has not personal opinions, he is waiting for instructions);

$M = 50$ social independent (PUT easy adapts, avoids conflicts and cooperates);

$M > 50$ PUT is in contradiction with social tendency = dominating, "trouble making".

N = instability degree in mental retrieval of information (%)

$N < 20$ good coordination in performing actions;

N = 20-50 = normal life (easy going);
N >50 overwhelmed by worries.

K21, K23 specific mental harmonics (1/s=Hz)

High frequencies denote high capacity of retrieval of information, good resolution in reception and retrieval of information, accuracy in taking decisions.

For majority of PUT = averaged people (80%): K21=10 – 20 Hz,

For experienced PUT: K21= 20 – 30 Hz

For PUT with high vital potential: K21=30 – 50 Hz.

PUT having K21 < 10 Hz have mental blockage from native and/or education origin.

K33 is a measure of thinking coherency; is proportional with C (Hz)

GFOM = Global Figure Of Merit (1/s=Hz) is proportional with K21.

SC = Spiritual Coupling (in 1/s²)

SC is a measure of coupling strength between PUT spirit and Universal Source = Universal Conscience. In general SC < 10 denotes a unstable mental state with high level of emotions in good agreement with other parameters

There is a general linear relationship between K21, K23, GFOM and SC.

By increasing SC, y_0 and Δa tend to zero, while Δb tends to a value different of zero denoting the PUT reactivity (see above).

PS = Panic Stress (dimensionless) denotes the mental stress created by emotions. It is also generated by fatigue, panic, fear, anxiety..

PS < 100 : relaxed and flexible mind;

PS > 100 : proportionally stressed/worried mind.

NOTE: The following parameters:

slope \pm su, intercept \pm su, correl, SD, SSD, C, $\Delta a \pm$ su, $\Delta b \pm$ su, SC
(su = standard uncertainties)

are calculated in the HuPoTest-Excel-template.xls (available free of charge on my website or obtained by request from me).

The other parameters can be calculated only on professional math programs.

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Composite structure of mind*

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Abstract: Mind is in permanent activity no matter its nature or mental state. During long and intense experience with HuPoTest both on a large number of persons and on myself as well, I was able to observe that mind can not be entirely and in the same extent focused on the imposed measurements. This fact is generally recognized for any mental activity. However, HuPoTest is able to quantitatively establish the active and inactive parts of the mind during the test. This means that mind has a composite structure according to topoenergetic principles developed and extensively applied for a large number and variety of transforming systems. My HuPoTest results recently obtained on 7 weeks of measurements are presented according to these working principles.

Key-words: HuPoTest, composite structure, topoenergetic principles, mind structure.

1 . Introduction

I discovered incidentally HuPoTest in 1967 by developing pictures on colour paper. This work needed complete dark and rigorous times for several immersion baths from few seconds to tens of seconds. This means that I had to count mentally these times and I discovered that the results were very good. I decided to check my “personal clock” by comparing my counts on 5, 10, 15 and 20 seconds with the ones of a stopwatch with the help of another person writing in a table the measured values. I extended permanently measurements on other persons by using a digital stopwatch with the resolution of 0.001 s. In fact HuPoTest represents the calibration of personal timer [1], so that I established parameters in direct correlation with the mental pattern for more than 1000 Persons Under Test (PUT) [2]. In 2005 I decided to find an accurate stopwatch able to save the measured values in view to evaluate myself without the help of another person. I have tried to cooperate with programmers and in October 2008, one of my friends (eng. Dan Popovici) offered his expertise in programming in Visual Basic 3.0 under Windows platforms on 32 bit. I gave to him the exact flow chart of the program and a couple of simple math formulas because the other ones need professional math software. The resulted software was posted as free on my website. Unfortunately, excepting me no one used this software despite my efforts in making it as known. In the meantime I tried more stopwatches and their performance and I established that my old digital one has the best figure of merit while the posted software the worst one [3]. The origin of this result is the time delay between start command and real start of measurements introducing errors. In the latest measurements I used a stopwatch available on internet (**stopwatch-onlineclock.net**) with a much better figure of merit. In addition, this one allows PUT to establish in the first stage his own rhythm of measurements i.e. personal second which generally can be different than the standard one. Recent results obtained on 7 weeks of measurements [4] revealed the composite structure of mind according to the UNIVERSAL procedure developed on the basis of topoenergetic working principles applied on a large number and variety of transforming systems [5].

2 . Topoenergetic principles

The basic principle of topoenergetic theory is that any system in transformation has a composite structure, i.e. is composed by a transforming component (Ctr) and an inert one (Cin). Figure 1 schematically shows the extent of the two components for a transforming system. In reality these components are mixed together more or less (Figure 2), so a coupling strength (CS) between them exists. In view to quantitatively evaluate these kinetic parameters, standard experimental conditions have been established by considering a large number and variety of transforming systems [5, 6]. The following UNIVERSAL kinetic equation was established:

$$\text{Ln}(\theta) = N * \text{Ln} |U - U_0| + M \quad (1),$$

where Ln is natural logarithm, θ is a specific value (eigenvalue) from the transformation conversion, U is the potential governing the transformation process and U_0 is a threshold value. Parameters (N, M, U_0) define the nature and amplitude (extent) of transformation process, namely:

$$M \sim -\text{Ln}(\text{Ctr}); -M/N \sim -\text{Ln}(\text{ctr}); -N^2/M \sim -\text{CS} \quad (2).$$

For a couple of transforming systems with the same nature, but different extent of transformation process, the first phylogeny relationship results

$$N = n_1 * M + m_1 \quad (3),$$

where parameters (n_1, m_1) define the nature or pattern of the common transformation process.

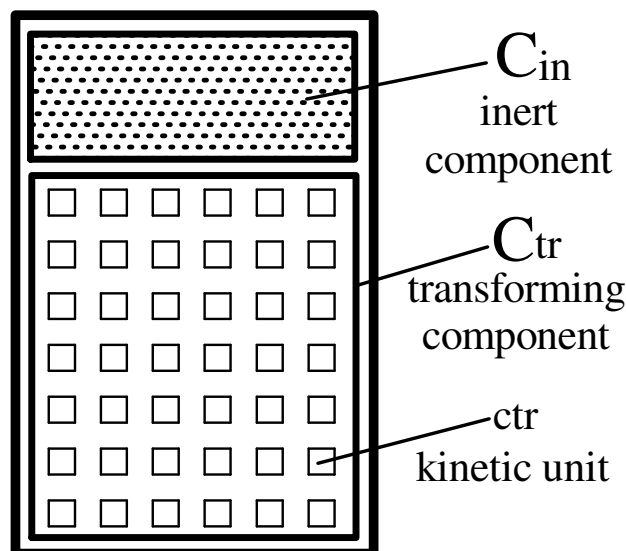


Figure 1.

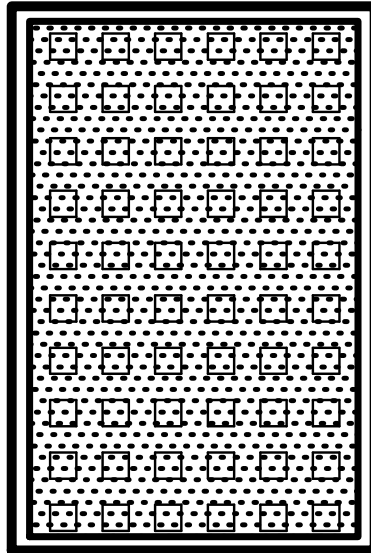


Figure 2.

3 . Composite structure of mind

Recent 7 week HuPoTest measurements were performed by using the stopwatch above mentioned and taking into account both weekly and daily general periodicity of mind activity. So, 30 measurements were evenly distributed on each week and separately retrieved [4] by basic parameters (see their significance [2, 6]).

Figure 3 shows the phylogeny of the 7 week measurements considering $\theta = C * K33$ and $U = K23$ ($U_0=0$).

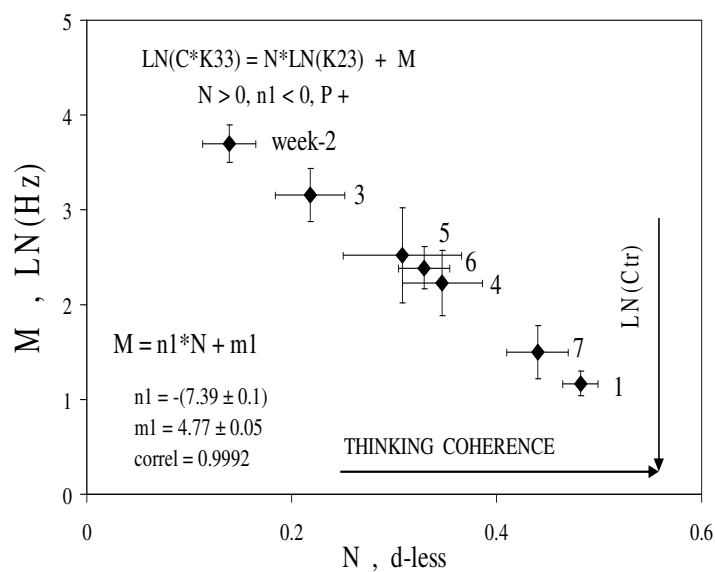


Figure 3.

The mind behavior on each week (ontogeny) results to be distinct (excepting weeks 4-6 appeared as grouped) and the mind pattern (n1, m1) during overall measurements is defined with high accuracy. However, the mind/thinking coherency of Ctr specific to measurement activity has no monotonous variation along the weeks and this fact reveals that mind remains the “crazy horse” hard to be mastered.

Figures 4 and 5 show the variations of ctr and CS, respectively, along the 7 weeks of measurements. The same observations as above can be made.

Inert component, Cin, appears as a “jelly” structure embarrassing coherent thinking of Ctr. This jelly component randomly “shakes” by emotions.

As a general conclusion it results that:

$$\ln(\text{Ctr}) \sim - \ln(\text{ctr}) \sim - \text{CS} \quad (4),$$

this means that for greater extent of coherent thinking (Ctr) the kinetic entities (ctr) are smaller and with smaller CS values.

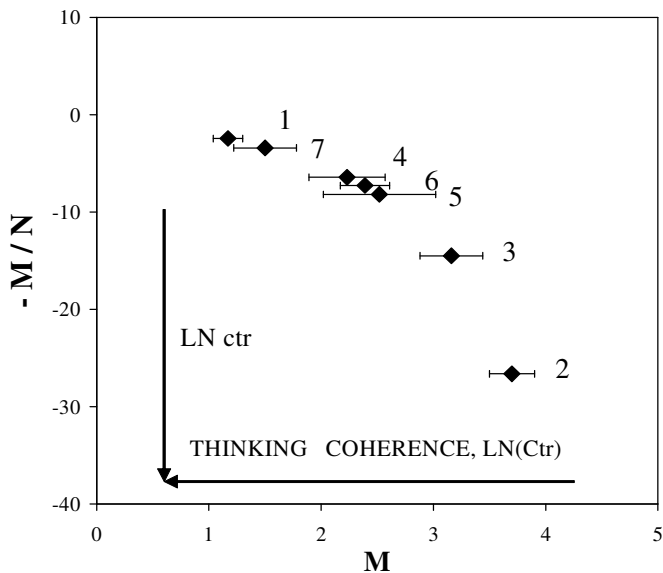


Figure 4.

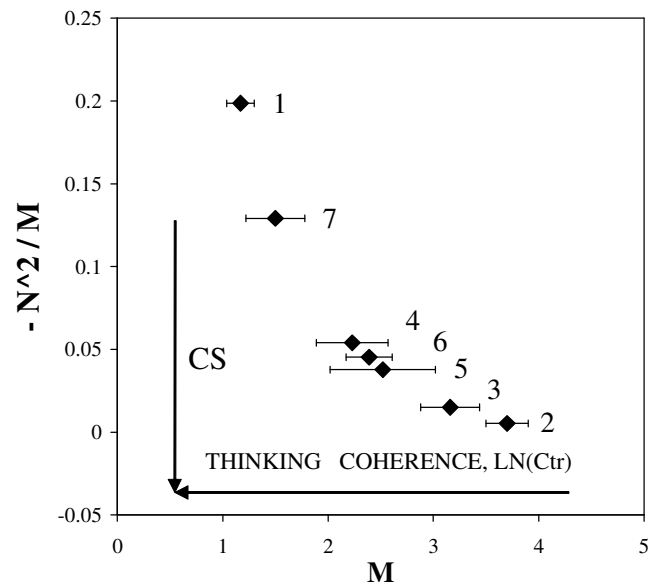


Figure 5.

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- *) Lecture held at the 42nd Congress of American-Romanian Academy of Sciences and Arts, August 26-29, 2018, Iasi, Romania.

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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 9 th 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. 1 st 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 19 th 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. (12 th 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 14 th International Metrology Congress, Paris, France, 22-25 June 2009).	F
2009	13	2	Sudoku – un algoritm de rezolvare. (Sudoku – an algorithm for solution).	AFI
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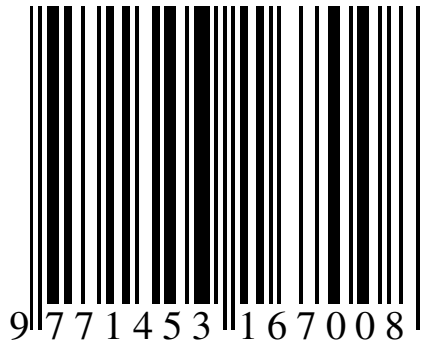
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