The Energy Enhancement System & Improved Psychological Well-Being

In 2004, a research study on the effects of the Energy Enhancement System (EES) on 29 adult men and women from the Big Island of Hawaii was conducted by Dr. Lana J. Marconi, Ph.D. A scientifically valid and reliable measure of change called the Personal Orientation Inventory (POI) was administered before and after people experienced the EES. The study ran for 3 weeks during which time people experienced the EES once a week (60 min. sessions) for three weeks. The observed mental health changes in the following personality qualities as measured by the POI showed *significant* results. These positive results demonstrate that the EES assists human development. This is very promising considering that psychotherapy's ultimate goal is to nurture the embodiment of the Higher Self within people. Briefly, in psychology, the client is guided to develop a strong and healthy ego from which to function in life. Once that is achieved, the client is guided to expand his/her ego container to hold Higher Self energies such as the five qualities described below. Some experts call this process of human development "Self-Realization."

- **Improved Time Competency:** Being more present, living in the now. Person is less attached to the past with traumas/depression and future with anxieties. Person is more emotionally clear/free.

- **Improved Inner Direction:** Being more inner driven than outer motivated (trusting the inner sense of direction/inner wisdom instead of outside voices such as society's conditioning).

- **Improved Existentiality:** Being able to respond to previous stressors without rigid adherence to mental schemas (opening the mind; more flexible to applying own values).

- **Improved Spontaneity:** Being able to authentically react to situations spontaneously without executing an accepted behavior in order to please another so as to belong. Person operates from a place of inner excitement/trust instead of from a place of judgment.

- **Improved Self-Acceptance:** Being more self-loving in spite of perceived limitations and weaknesses. In other words, the level of unconditional love that people hold for themselves, including imperfections, improved.

"From this research study, the Energy Enhancement System, proves to be a worthwhile mechanism/tool for facilitating human development and psychological well-being. Any counselor would benefit from integrating the EES in their therapy practice."

—Dr. Lana J. Marconi, Ph.D., Th.D.

