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EFFECTS OF AN INTERVENTION OF EMOTIONAL RELEASE: HEKALOGIA ON THE LOVE AND FRUSTRATION INDEX MEASURED BY BIORESONANCE IN SAN MIGUEL DE ALLENDE, MEXICO

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SUMMARY

To evaluate the changes in the love and frustration index measured using the system of SCIO bioresonance in participants that They attended the emotional release intervention: Hekalogia titled "Perception Chakra 6", he 21 and 22 of February 2026 in San Miguel de Allende, Mexico. Explanatory research, design experimental, prospective, where HE performed a pre-measurement, 1 day and 7 days post event in a sample census of 30 participants (18–65 years) during the February 21 and 22, 2026 in San Miguel de Allende, Mexico. The event, consisting of 22 hours of in-person instruction, full a process emotional release to through of the deepening consciousness, allowing the participant to observe, recognize, integrate and release emotions retained that generate strain mental and bodily for assess the effects of an emotional release intervention developed under the theoretical framework of Hekalogia on two indicators of energetic emotional coherence: the love index and the frustration index, measured by the SCIO bioresonance system (Scientific Consciousness Interface Operation System). The results showed an average increase in the love index from 67 to 84 and a reduction in the frustration index. of 78 to 62 after the event, evidencing a change positive significant in Electromagnetic markers of emotional coherence. These findings suggest that experiences guided of introspection and release emotional studied Hekalogia could induce measurable modifications in the body 's energy dynamics, opening new lines of investigation in medicine integrative and emotional awareness.

KEYWORDS: Emotional Release Intervention, SCIO Bioresonance System, Hekalogia, Emotional Coherence, Love and Frustration Index

1. INTRODUCTION

The study of the relationship between human emotions and the body's bioenergetic states has garnered increasing interest in recent years within the fields of integrative medicine and the neuroscience of consciousness. Various studies have suggested that emotional states influence neuroendocrine regulation and heart rate variability, and the electromagnetic patterns of the human body. Hekalogia proposes an approach integrator for the self-healing emotional based in the understanding of the consciousness and the release of emotional memories. No resolved to through of the body.

Inside of this frame, HE raises that the reconnection with the "feel" and the expression Being aware of repressed emotions can restore an individual's emotional and energetic coherence. The SCIO bioresonance system is a device designed to measure and provide feedback of the answer electromagnetic of the body in view of various stimuli energetic, evaluating parameters associated with emotional regulation, stress and energetic coherence global.

Likewise, the SCIO Biofeedback system was created to address the root cause of our body's malfunctions. This device functions as a "scanning device" that maps our internal electrical, magnetic, and electromagnetic characteristics. It then tests our body according to the laws of electricity. From this, it can observe our body's predetermined responses and reactions to different stimuli. This innovative and sophisticated technology ... works directly in the cells, where dissolves the blockades that inhibit the natural energy flow of the human body.

It is worth noting that SCIO is officially a certified medical device with the CE marking, which indicates that the medical device complies with applicable EU regulations. We used this device in our study to measure the vibration energy of the markers of the index of love and frustration in the body human of the participants previous and later to the event of car healing emotional studied by Hekalogia in order to study how the energetic vibration of these markers was in the participants before starting self-healing and after this to assess whether there is any significant improvement of these markers in the energetic field of the body of the participants (15).

That said, the approach takes into account the individual in their entirety, including their mind, body, and spirit, and seeks to restore the balance in all these aspects. In other words, The device performs a reading of the frequency electromagnetic of the body human through a safe, relaxing, non-invasive method with no side effects, and can be used by all the people, to any age. HE knows that each element

or organ of our body has a frequency electromagnetic unique and identifiable, revealed by the reactivity electrophysiological of the person, through their levels (vitamins, amino acids, enzymes, minerals, nutrients, sugars, toxins, bacteria, fungi, allergies, parasites, virus, organs, bones, muscles, factors mental and emotional, between others).

As with electroencephalograms (EEG), electrocardiograms (ECG), or electromyograms (EMG), which use the recording of electrical current to make a diagnosis, the quantum therapy, accessing the laws of Physics Quantum Modern medicine uses the infinitesimal energy of DNA to maintain the balance of the psychobiological "machine," detecting imbalances in the human body. The concept of the "energetic body," developed from the work of Einstein (Nobel Prize winner), is based on this concept. In 1921, Einthoven (prize Nobel in 1924), Werner Karl Heisenberg (prize Nobel Prize in 1932), Albert Szent-Gyorgyi (Nobel Prize in 1937) and Burr, is now absolutely accepted in scientific circles.

On another note, The biophysics demonstrates that all subject has his own frequency vibratory in situations such as emotions, thoughts, neurotransmitters, cells, tissues, organs, viruses, bacteria, sound, or color. This technology is patented by Professor William Nelson, a former NASA researcher, who dedicated more than three decades of his life to research in alternative medicine, quantum physics, psychology, and biology. He worked on these trivectorial theories, on NASA's Apollo project, and investigated electromagnetic fields applied to the medicine, development of treatment energetic. (16).

The present work aimed to assess the changes in the indices of love and frustration measured by SCIO before and after of an event intensive of self-healing emotional, with the purpose of exploring the correlation between guided emotional awareness practice and the bioenergetic modulation of the organism.

AIM

Evaluate changes in the love and frustration index measured using the bioresonance system SCIO in participants that attended to the event of validated emotional release by the Hekalogia titled "Perception Chakra 6", on the 21 and 22 of February of 2026 in San Miguel de Allende, Mexico.

2. MATERIALS AND METHODS

DESIGN EXPERIMENTAL

The study was explanatory, experimental and longitudinal. With the consent As reported, two indicators of energetic emotional coherence were

measured: the love index and the frustration index, measured using the SCIO bioresonance system (Scientific Consciousness Interface Operation System), before, 1 day and 7 days later to the event of the Hekalogia -validated emotional release practice to assess the effect of an emotional release event on the love and frustration index using Hekalogia in participants that attended to the event of emotional release the 21 and 22 of February of 2026. In this way, the measurement of the love and frustration indices was obtained with the system of bioresonance SCIO with serial SX0411245113, for discover the importance of the car healing emotional validated by the Hekalogía in the science medical in the present.

HYPOTHESIS PRE-ESTABLISHED

The practice of emotional self-healing produces a beneficial change in electromagnetic markers. of coherence emotional measured through he system of SCIO bioresonance (Scientific) Consciousness Interface Operation System), as it demonstrate:

1. Increase of the index of love in a percentage significant of participants.
2. Decrease in the frustration index in a significant percentage of participants.

SIZE OF THE SAMPLE

The sample census it consisted in 30 participants, of between 18 and 65 years, men and women, who attended to the event of car emotional healing called "Perception - Chakra 6" in San Miguel of Allende, Mexico, he event had a duration total of 22 hours in-person, distributed in two days consecutive (21 and 22 of February 2026), with a scheme schedule from 10:00 to 9:00 PM h and three stages daily: 1) Stage theoretical (10:00 - 14:00 h): exploration of unconscious beliefs and mental programming related to human relationships with the aim of leading the participant to a process of conscious observation, questioning the mental structures formed by the experience passed to through of A theoretical-reflective exposition addresses topics concerning the nature of thought and emotions. repressed and the relationship mind-body. This questioning carry to a state of surrender of the ego either mind analytics, allowing that the attention HE direct toward he body and the sensations present. From the perspective of Hekalogia, this moment represents Entering the level of consciousness where transformation occurs, because by letting go of mental interpretation, pure perception of the present is activated, allowing emotions blocked emerge for be released. 2) Stage of rest (14:00 - 17:00 h): lunch and repose. 3) Stage practice (17:00 - 9:00 PM h): movements body

consciously directed to recognize and release tensions physical associates to emotions No resolved.

HE noticed changes in a increase of the index of love and reduction of the index of frustration in a significant percentage of participants.

The measurements HE they carried out in two moments: pre-event (Saturday 21st) of February of 2026) and 1 day post-event (Monday 23 of February of 2026) and 7 days post-event (Monday, March 2, 2026) to the 7:00 A.M all the measurements. HE They recorded the values of the love and frustration indices using the SCIO system, interpreted as markers of coherence emotional energetic electromagnetic.

TO each participant HE you performed a assessment medical individual, explanation from the study, signature of consent informed, the measurement was carried out in conditions controlled environment, lighting and basic physical condition (without having eaten or consumed stimulants in the previous 8 hours).

CRITERIA OF INCLUSION:

- Consent informed signed.
- Provision to assist to the event of car emotional healing "Perception Chakra 6".
- Of both genres without distinction of cluster ethnic.
- Individuals with a weight elderly of 50Kgs.
- Age included between 18 and 65 years.

CRITERIA OF EXCLUSION

- Breach of the protocol of harvest of samples.
- Users minors of 18 years and older of 65 years.
- Individuals with weight less of 50 Kg.
- Women, No be pregnant women, breastfeeding either menstruating.
- That express his desire of No continue in he study.

VARIABLES CONTROLLED

- Hour of measurement: 7:00 to. m.
- Same equipment of bioresonance SCIO.
- Same people in both measurements

MATERIALS

Equipment of Bioresonance SCIO (Scientific) Consciousness Interface Operation System) serial # SX0411245113.

1. Protocol of self healing emotional:
 - Withdrawal structured (22 hours in-person, distributed in two days consecutive, with a schedule from 10:00 to 21:00 and three daily stages

3. RESULTS

Table 1. Of Relationship First Measurement Index of Love and Frustration.

NAME	INDEX OF LOVE	INDEX OF FRUSTRATION
AB	67	78
OH	66	76
AF	74	90
av	59	81
CR	78	85
CRR	54	69
CV	65	93
ER	80	87
EG	87	80
IS	63	136
EGL	91	75
FD	73	84
FA	69	107
FL	57	97
GQ	65	84
HB	83	86
ES	80	87
IJ	58	76
JM	77	101
LV	79	75
LM	65	89
LP	84	93
LG	75	94
LM	64	75
LL	67	77
MM	80	88
MS	60	91
MZ	72	104
MG	69	104
MM	72	82

In the following Table 1. HE show the results of the measurement of the scoreboard of index of love and frustration in the participants he day 21 of February before of start the event.

Table 2: Relationship Second Measurement Love and Frustration Index.

NAME	INDEX OF LOVE	INDEX OF FRUSTRATION
AB	84	62
OH	96	58
AF	88	64
av	104	68
CR	92	70
CRR	90	58
CV	87	62
ER	88	56
EG	104	68
IS	96	62
EGL	104	58
FD	98	62
FA	90	56
FL	78	54
GQ	82	58
HB	102	72
ES	96	54
IJ	100	62
JM	98	58
LV	88	64
LM	90	57
LP	100	67
LG	96	59
LM	78	54
LL	82	52
MM	104	58

MS	86	62
MZ	84	57
MG	88	66
MM	102	67

In the following Table 2. HE show the results of the measurement of the scoreboard of index of love

and frustration in the participants 1 day after of culminate he event.

Table 3: Of Relationship Third Measurement Index of Love and Frustration.

NAME	INDEX OF LOVE	INDEX OF FRUSTRATION
AB	80	64
OH	98	60
AF	86	62
av	10	64
CR	90	68
CRR	90	62
CV	88	64
ER	90	62
EG	100	70
IS	90	60
EGL	100	56
FD	90	58
FA	96	58
FL	82	56
GQ	84	62
HB	100	74
ES	98	64
IJ	96	64
JM	92	62
LV	94	62
LM	92	60
LP	98	62
LG	92	64
LM	82	62
LL	84	58
MM	100	62
MS	82	64
MZ	86	58
MG	92	60
MM	100	68

In the following Table 3. HE show the results of the measurement of the scoreboard of index of love

and frustration in the participants he day 02 of March, 1 week after the event ends.

Table 4: Of Relationship of the Change Absolute and Percentage in the Variable of the Measurement Index of Love and Frustration.

Variable	Pre- event	Post- event	Absolute Change	Change Percentage
Index of Love	67	84	+ 17	+ 25.3%
Index of Frustration	78	62	-16	- 20.5%

An increase in the love index was observed after the intervention, accompanied by a decrease in the frustration index in most participants. The absolute change analysis showed a positive trend in the love index and a reduction in frustration levels. Similarly, the percentage analysis revealed a relative increase in the love index and a proportional decrease in the frustration index, suggesting a favorable effect of the intervention.

Pre- and post-event averages were calculated for each variable. Absolute and percentage changes were

evaluated to identify trends in the analyzed indices. A paired-samples t-test was used to compare pre- and post-event values. For the love index, a significant increase was observed after the intervention (mean $\Delta \approx +21$ points, $p < 0.001$), accompanied by a large effect size. Similarly, the frustration index showed a significant decrease (mean $\Delta \approx -27$ points, $p < 0.001$), also with a large effect size.

These results indicate that the changes observed after the event are highly significant and of very high

magnitudes, reinforcing the effectiveness of the self-healing process. emotional in the modulation of the indices energy evaluated through the device of bioresonance SCIO.

He 100 % of the participants showed the same trend

directional (increase of the index of love and decreased frustration index), suggesting a collective response of greater coherence emotional later to the experience of self healing emotional guided.

Name	Love Before	Love 1 Day Later	Love 7 Days Later	Love Change	Change % Love	Frustration Before	Frustration Afterwards	Frustration 7 days later	Change Frustration	Change % Frustration
AB	67	84	80	17	25.37	78	62	64	-16	-20.51
OH	66	96	98	30	45.45	76	58	60	-18	-23.68
AF	74	88	86	14	18.92	90	64	62	-26	-28.89
av	59	104	10	45	76.27	81	68	64	-13	-16.05
CR	78	92	90	14	17.95	85	70	68	-15	-17.65
CRR	54	90	90	36	66.67	69	58	62	-11	-15.94
CV	65	87	88	22	33.85	93	62	64	-31	-33.33
ER	80	88	90	8	10.0	87	56	62	-31	-35.63
EG	87	104	100	17	19.54	80	68	70	-12	-15.0
IS	63	96	90	33	52.38	136	62	60	-74	-54.41
EGL	91	104	100	13	14.29	75	58	56	-17	-22.67
FD	73	98	90	25	34.25	84	62	58	-22	-26.19
FA	69	90	96	21	30.43	107	56	58	-51	-47.66
FL	57	78	82	21	36.84	97	54	56	-43	-44.33
GQ	65	82	84	17	26.15	84	58	62	-26	-30.95
HB	83	102	100	19	22.89	86	72	74	-14	-16.28
ES	80	96	98	16	20.0	87	54	64	-33	-37.93
IJ	58	100	96	42	72.41	76	62	64	-14	-18.42
JM	77	98	92	21	27.27	101	58	62	-43	-42.57
LV	79	88	94	9	11.39	75	64	62	-11	-14.67
LM1	65	90	92	25	38.46	89	57	60	-32	-35.96
LP	84	100	98	16	19.05	93	67	62	-26	-27.96
LG	75	96	92	21	28.0	94	59	64	-35	-37.23
LM2	64	78	82	14	21.88	75	54	62	-21	-28.0
LL	67	82	84	15	22.39	77	52	58	-25	-32.47
MM1	80	104	100	24	30.0	88	58	62	-30	-34.09
MS	60	86	82	26	43.33	91	64	64	-27	-29.67
MZ	72	84	86	12	16.67	104	57	58	-47	-45.19
MG	69	88	92	19	27.54	104	66	60	-38	-36.54
MM2	72	102	100	30	41.67	82	67	68	-15	-18.29

Individual analysis showed a consistent increase in the love index across all participants, with percentage changes ranging from 10% to 76%. Concomitantly, a decrease in the frustration index was observed in all subjects, with reductions ranging from 14% to 54%. These findings demonstrate a uniform pattern of emotional change characterized by an increase in positive indicators and a decrease in negative indicators following the intervention.

4. DISCUSSION

He aim of the present study is to evaluate Changes in the love and frustration index measured by the SCIO bioresonance system in participants who attended the event of car healing emotional validated by the Hekalogia titled "Perception Chakra 6," on February 21 and 22, 2026 in San Miguel de Allende, Mexico , and a change was recorded: an increase in the love index and a decrease in the frustration index. The findings of this study indicate that

participation in an intensive self-healing process emotional can induce changes measurable in the patterns body electromagnetics , reflected by the SCIO indices.

The increase in the love index can be interpreted as a manifestation of greater emotional openness, internal connection, and reduction of the dissonance emotional, while that the decrease of the index of frustration suggests a relief of tensions energy associates to the stress and to memoirs emotional unresolved. These results are consistent with contemporary models of neuro-emotional coherence, which associate conscious emotional integration with greater synchronization between the nervous, endocrine, and electromagnetic systems. They also reinforce the value of body awareness and emotional expression practices as tools therapeutic complementary inside of the medicine integrative.

No However, the study has limitations: size small sample size, absence of control group and lack of

randomization. Future studies should incorporate parallel physiological measurements (heart rate, HRV, cortisol levels, EEG or magnetoencephalography) to correlate SCIO energetic findings with objective neurobiological markers, weigh of the limitations of No have a cluster of control preparative, HE performed a revision of others Studies already conducted since 2020 are not identified in major indexed databases. studies that use exactly the same indices owners of the The SCIO system (e.g., "love index" and "frustration index") uses these as primary variables. However, there are three closely related approaches that allow for conceptual and methodological comparison. as the coherence cardio Respiratory/HRV (Heart Rate Variability).

He Widespread use in controlled trials and recent reviews to quantify emotional regulation and stress using standardized metrics with accessible instrumentation (sensors cardiac) and protocols of training in coherence; useful as marker

Convergent physiological objective (1). In bioelectrography, studies between 2020 and 2025 report physical parameters (area, entropy, symmetry) associated with psychological states (stress, depression) that provide an "energetic" approach based on photoelectric discharges; it requires further standardization for inter-study comparability (2). In clinical bioresonance (not focused on emotional indices), recent literature evaluates symptoms clinical (pain, smoking, anxiety), typically with designs Pre-post and methodological heterogeneity (3). The quality of evidence is variable; controlled designs with CONSORT reports are recommended when possible. In the implications for he present study the indices SCIO employees (love, frustration) must declare yourself as markers owners of coherence emotional electromagnetic.

In he state of art it is advisable contrast them with (to) HRV/coherence cardiac as standard physiological of emotional self-regulation and (b) GDV/EPI as an alternative energetic approach (4). Therefore, to strengthen validity, convergent validation is suggested in future studies: correlating the SCIO indices (5) with HRV metrics (e.g., coherence, RMSSD) and with GDV parameters (area, entropy), also incorporating psychological measures standardized (p. e.g., PANAS, DASS-21). So same propose designs with control/randomization groups when logistics allow, and report effect sizes (Cohen's d) along with confidence intervals.

Furthermore, it is important to point out that the purpose of the event system is based on breaking

down mental structures by questioning them, based on the principle that psychological and physiological stress originates in emotional repression and unconscious mental structures that condition the individual's perception of themselves and their environment, hence the resulting outcome. in the density cellular energy and electromagnetic of the body (6). He The purpose of this event is to induce a process of emotional self-healing through deepening in the consciousness, allowing to the participant notice, recognize, to integrate and release pent-up emotions that generate mental and physical tension.

The methodology used by Hekalogia is based on the principle that by expanding consciousness and surrendering the rational mind, limiting mental structures are broken, facilitating the natural movement of emotional energy in the body and, with it, liberation. of the blockades emotional. He process seeks induce a state Expanded awareness through mental surrender, body awareness, and connection with the present moment. This methodology integrates principles from the neurophysiology of stress and psychology. somatic, questioning these beginning and doing consciousness that is he to realize in the reality of it that we feel, for enlarge of this manner the perception of the human beings to see beyond what we have been conditioned to and registered in what we have been told taught of the control and management of it that we feel, focusing in he body as a direct path to transformation. During the process, the human being, by deepening their consciousness, deepens their consciousness. breaks the structures mental rigid (programming) and beliefs limiting factors), which activates emotional release and thereby the change in the energetic and electromagnetic vibration of the human being shown in the measurements of the love and frustration index markers of the SCIO bioresonance device.

He system of car healing emotional validated by the Hekalogia HE substantiate in the The idea that consciousness is the essential transformative element of human beings. Becoming conscious is equal to the give us account of enlarge the perception of the be human and with Based on this, the intelligence to see beyond what we have always conditioned ourselves to believe exists, when a person delves into their consciousness and allows themselves to feel without judgment, the structures mental that they maintained blocked the emotions HE dissolve and the The energetic and cellular vibration of the human body is transformed. This dissolution releases retained emotional energy, producing an electromagnetic, physiological, and neuroendocrine reorganization. measurable, evidenced by the reduction of indicators

biological of stress (such as cortisol, oxytocin, and catecholamines).

In this way, the event not only promotes subjective emotional well-being but also an objective biological response, integrating science, consciousness, and self-observation as paths to healing. Scientifically HE has demonstrated in different studies as the car healing Emotional validation by Hekalogia can cause an improvement in brain waves with a predominance of delta and theta waves (10), decrease in body weight and index of body mass (11), changes in the electromagnetic vibration of the human body (12).

Further there of his relevance in the record of an increase in its marker of the index of love and decrease of the marker of the index of frustration in a percentage significant of The study seeks to provide empirical evidence for the participants, acknowledging the limitation of lack of data. In a cluster of control it that undermines the ability of provide evidence overwhelming, So as scarce evidence of others studies scientists current related to these markers, these results contribute to a path for future research with more rigorous designs, thus revealing an emerging field of complementary medicine and neuroscience that seeks to understand the interactions between emotional processes, unconventional practices, and objective electromagnetic markers. However, it is essential to acknowledge the limitations of the present job, between they the size reduced of the sample, the The absence of a control group and the short-term follow-up are factors that restrict the generalizability and statistical robustness of the research findings.

5. CONCLUSION

This work suggests that a structured experience of emotional self-healing, based on the principles of Hekalogia, produces measurable improvements in emotional coherence. Energy evaluated through bioresonance SCIO. The increases of the The love index and the reduction in the frustration index point to an electromagnetic reorganization consistent with states of greater emotional balance. These results support the hypothesis that emotional awareness and mindful bodywork can be factors modulators of energy and the coherence human, offering a bridge

between energy medicine and the psychology of consciousness.

The system of car healing emotional validated by the Hekalogia HE substantiate in the idea of that the consciousness is the element transformer essential of be human.

The Raising awareness is the same as realizing to expand the perception of being human and with base to this the intelligence of see further there of it that always we have conditioned that exists, when a person delves into their consciousness and allows themselves to feel without judgment, the structures mental that they maintained blocked emotions dissolve.

This dissolution releases the retained emotional energy, producing a measurable physiological, electromagnetic, energetic, and neuroendocrine reorganization, evidenced by the change in the markers.

Of this manner, the event No only promotes a welfare emotional subjective, but also one answer biological objective, integrating the science, the consciousness and the self-observation as a path to healing.

No However, is essential recognize the limitations of the present job, between The sample size, compared to a sample of people who did not attend this event, the absence of a control group, and the short-term follow-up are factors that restrict the generalizability and statistical robustness of the conclusions. Furthermore, there is no scientific evidence from other studies using the same device to compare the proposed methodology, thus requiring further research. with experimental designs further rigorous, samples further wide and Appropriate controls are needed to confirm these findings and define the neurophysiological mechanisms involved. If consolidated, this approach could open new avenues for integrating Hekalogy and other related practices as complements to existing approaches. conventional in health, favoring So a model further comprehensive of human well-being. This opens the field to future research, as this line of investigation could become a benchmark for future interventions in integrative health, where science and consciousness converge to benefit human well-being today.

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