

Exploring Syntropic Intent Effects across Nonlocal Time

Bob Cochran¹

Abstract

As a bio-energy therapy Reiki master², I've found a quick way to describe Reiki energy to the unfamiliar is the metaphor of applying jumper cables to a car's discharged battery, where the practitioner's energy transmitting hands are the jumper cables and the client's ailment is the battery. For those that desire a more detailed *geek speak* explanation, I offer this assertion:

In the presence of a client ailment, the bio-energy practitioner transmits future-focused syntropic (wellness) intent along with a negative-time, syntropy-promoting left-handed torsion energy carrier wave encoded with wellness template information. The presence and application of negative-time energy:

- (1) adds sufficient syntropy-promoting potential such that the syntropy/entropy balance of the localized ailment area can be 'charged up' to match the homeostasis level of the body in general*
- (2) allows a wellness synchronicity attractor pattern to be inserted into the client's future such that optimal remedies and therapists are more likely to appear*
- (3) allows the client's ailment to be encapsulated in a localized area of slowed time, allowing every clock minute to contain more than a minute's worth of healing time*

If these assertions are true, an energy therapy session is capable of not just meeting some expectations of those who would apply an allopathic healing metric, but is capable on occasion of far exceeding those metrics.

What all the phenomena above tend to have in common is the intersection of positive emotion-charged syntropic intent, syntropic-promoting energy, information and time. The scope and depth of this paper will reflect how these phenomena intersect with the author's experience.

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² Not inferring mastery, but inferring the ability to teach and perform Reiki energy attunements.

Introduction

Over the last 30 years, my *left*-brain pursuits were consistent with the activities of a computer engineer and technology inventor³. Striving to maintain brain balance, my *right*-brained pursuits led me to practice multiple types of bio-energy therapy as a hobby. What started out as segregated areas quickly merged into a single area of investigation as I empirically discovered the potential of temporally local syntropic intent to activate temporally nonlocal syntropic *energy* and *information* transfers. This paper strives to provide working theories as to the mechanisms that would account for the author's experiences such as effecting nonlocal scanning/healing⁴, altering biometric recordings in the past, retrieving technology patent solutions from the future, receiving blessings or healings *on credit* from the future, bi-locations, etc.

Time

In my experience, *time* has multiple dimensions. Time, the *noun*, infers the scope of the Akashic record within a holographic universe that, since time began, already contained a recording of every thought, word and event that has occurred or ever will occur, in every timeline and dimension.

Time, the *verb*, infers a directional vector that allows for the *perception* of time to progress in a forward or backwards manner.

As mentioned in another paper⁵, the $E=mc^2$ (Mass IS Energy) equation so often attributed to Albert Einstein was published by at least three others before Einstein. Because the angular momentum of electrons was found to be nontrivial, Einstein modified the equation to allow for momentum (p), resulting in this updated equation:

$$E^2 = m^2 c^4 + p^2 c^2$$

Because solving the equation for E now requires taking the square root of both sides, it infers a plus and minus solution. This, much to the chagrin of some scientists, predicted the existence of positive and negative versions of both matter and time. Since negative matter (antimatter) has since been verified, it lends support to the

³ Patents may be viewed here: <https://preview.tinyurl.com/y3svs7jh>

⁴ I am not a medical professional. Any use of health related terms such as 'healing' are only from a layman's perspective.

⁵ <http://www.sintropia.it/journal/english/2018-eng-05.pdf>

notion that negative time also exists, which aligns with my own experiences in that I've:

- sent Reiki energy and information into the *past*
- accessed patentable information from the *future*
- witnessed positive effects *on credit* based on past/future blessings
- sent Reiki energy and information into the *future*
- witnessed time-accelerated healing

Homeostasis with imbalanced syntropy/entropy promoting energies

Entropy is the tendency for things to degrade to a *lower* level of order within the perception of forward moving time. For older humans, this tends to mean less and less physical robustness and ability until we die. Russian scientists such as Nikolia Kozyrev identified an entropy-promoting, forward-time-based subtle energy known as *right-handed torsion* that I assert is the dominant part of the body's syntropy/entropy homeostasis balance in the *last* half of our life. As we get older, perhaps we perceive time speeding up because that is the actual case in that the bubble of energy around our body is more forward-time energy dominant than our surroundings.

Syntropy (AKA negentropy) is the life-affirming tendency for things to improve to a *higher* level of order. For living things, this would be associated with periods of growth and robustness. Nikolia Kozyrev also identified a syntropy-promoting, negative-time subtle energy known as *left-handed torsion* that I assert is the dominant part of the body's syntropy/entropy homeostasis balance in the *first* half of our life, and is the energy emitted from the hands of an energy therapist. Kozyrev measured the ability of human consciousness to generate this type of energy, especially in the presence of an emotion. In fact, I assert that peaks in human emotion, such as during an emergency, are capable of generating negative time left-handed torsion waves. Perhaps our consciousness instinctively generates a cloud of life-affirming, time slowing energy to give us the best chance at survival during an accident or emergency.

The application of the same reverse-time energy may account for why one plant grows faster or one wound heals faster. I assert that the plant and wound are enjoying more than a normal amount of slowed-time growing or healing time within the same amount of clock time.

When we are young, perhaps we perceive time crawling because that is the actual case in that the bubble of energy around our body is more negative-time energy dominant than our surroundings. The net effect of a localized bubble of negative time within a larger context of positive time may be *slowed* time. It would be interesting to place one, highly accurate atomic clock on the person of someone perceiving slowed or accelerated time and another clock elsewhere to see if their readouts diverge.

It's been said that an oak tree spends its first 200 years growing, and its last 200 years dying. Unlike the perfectly balanced yin/yang type diagram⁶ shown in fig. 1 below, syntropy-promoting and entropy-promoting energies are normally slightly imbalanced in the homeostasis of a living system.

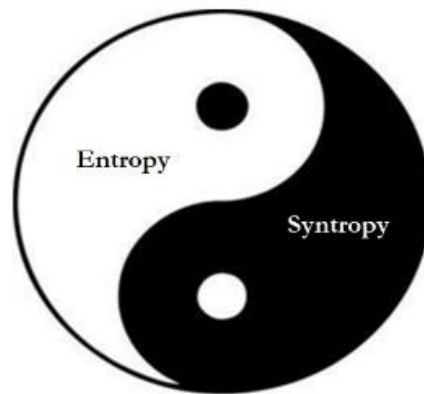


Fig. 1

In the case of the oak tree, *syntropy*-promoting energy dominates the homeostasis balance for the *first* half of its life and *entropy*-promoting energy dominates its homeostasis balance for the *last* half of its life. Humans tend to exhibit *mental* homeostasis that tips from *syntropy*-dominant (growth) to *entropy*-dominant (decline) around age 27. Likewise, human *physical* homeostasis tends to tip from *syntropy*-dominant (growth) to *entropy*-dominant (decline) around age 50.

When an energy practitioner's client has a health issue, my assertion is that the energy in and around a client's ailment is more *entropy*-dominant (an excess of right-hand torsion energy) than the homeostasis energy balance of the rest of the body, implying that the area of the ailment may be more time-forward, or more close to the person's moment of death than the rest of the body. Thus, the application of negative-time left-handed torsion energy to the localized ailment area by way of Reiki, Qigong

⁶ Borrowed with thanks from this Ulisse Di Corpo paper: <http://www.sintropia.it/journal/english/2018-eng-05.pdf>

hands, etc. can counter the localized time-forward nature of the ailment area until its energy balance matches that of the rest of the body, creating an environment in which the ailment may no longer stay.

No time like the present

One commonality I've encountered in multiple types of bio-energy therapy is a practitioner visualization involving angular momentum. My assertion is that these visualizations, whether a spiral or circle, (besides entraining the brain towards a more healing conducive frequency) prompt the practitioner to stay in the *here and now*, allowing the energy sent to a local or nonlocal space-time client target to be maximized.

As asserted in one of my www.clever2wise.com blogs⁷, *Life-Force Potentiality Units* (LPUs) represent the energy available to all humans, but by way of two *thought* and *emotion* controlled valves, largely choked off by most.

The top valve shown in fig. 2 below illustrates how we can severely choke off our own, virtually unlimited free universal energy supply in a *nonlinear* way by our thoughts not being *in the now*.

The bottom valve also shown in fig. 2 below illustrates how we can further choke off the remaining free universal energy supply in a *linear* manner according to our current *Attitude*.

Notice that the two valves create a compounded choking effect. For instance, my model predicts that when mired in a past grievance, we have access to only 20% of 20% of 100% (Not-Now *Thoughts* and *Critical Attitude*), which is $0.2 \times 0.2 \times 1.0$ or only 4% of the free universal energy available to us. I estimate that a 10% flow is the minimum for maintaining health, leaving little or nothing for manifesting goals. Thus, long term marinating in a grievance is predicted by my model to be unsustainable from a health, longevity and a goals perspective.

Since ~80% of our daily thoughts seem to oscillate between future concerns and being unappreciative about something in our past (the math for both cases would be $0.2 \times 0.3 \times 1.0 = 0.06$) reducing our 100% potential life-force flow to only 6%, which

⁷ <https://www.clever2wise.com/bob-s-blog/tag/lpu>

in the long term would be debilitating if we never slept. We tend to be saved by spending perhaps 8 hours sleeping, in that time oriented *neutral* with attitude *neutral* would be $0.5 \times 0.5 \times 1.0 = 25\%$, or a rate of life-force energy input that may be $\sim 400\%$ of when we are wake. Taken together, the forward moving average may be enough to maintain health and manifest modest new challenges. It does not say much for our mental discipline and sovereignty of mind that we must go unconscious or asleep to experience our highest life-force energy flow of the day.

If we applied the math of this model to the social media saying “*The more you <in the moment> thank life, the more life gives you to be thankful for*”, that equates to an highly potent energy flow of *In-the-Now* (100%) times Gratitude (80%), or a life-force potentiality energy flow of 80%, subtracting 10% for health maintenance still leaves a phenomenal 70% that life can use to manifest new reasons to be grateful. Thus, its more than a potentially annoying platitude, my model puts math behind it.

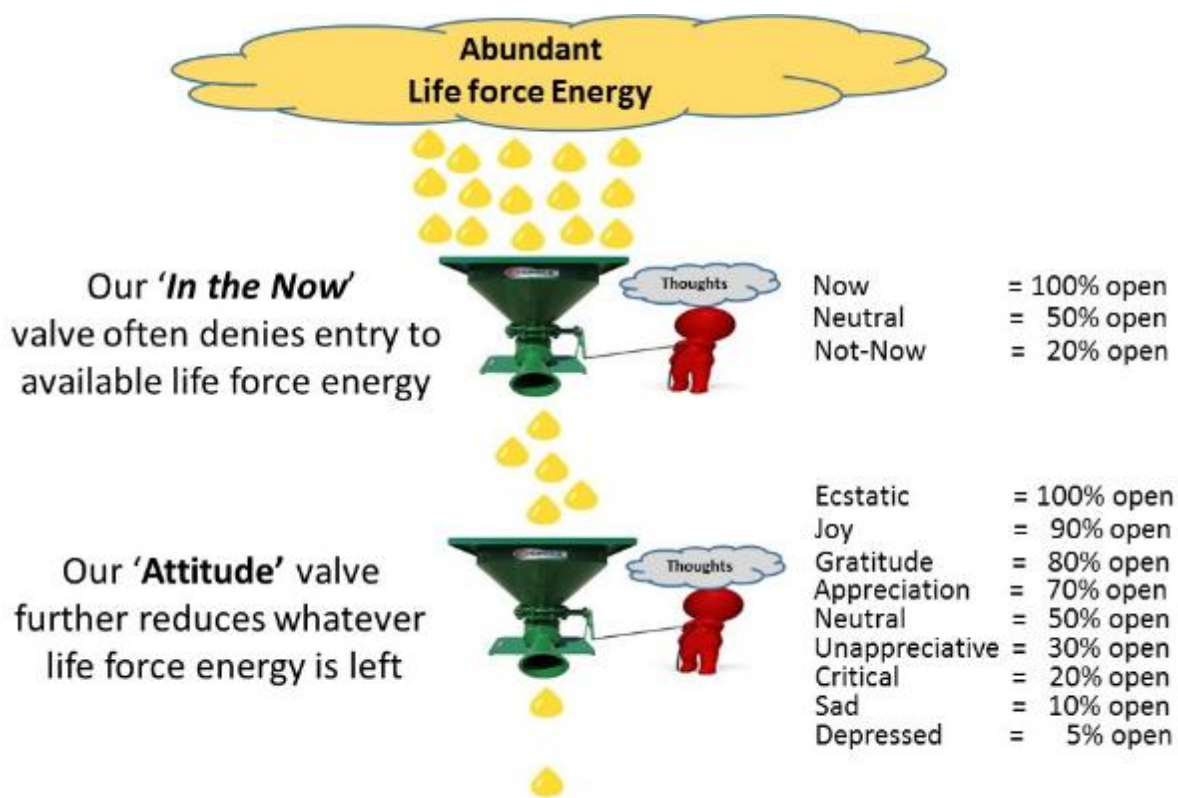


Fig. 2

Since a circular or spiral angular momentum visualization prompts the energy therapy practitioner to be *in the now* (100%) if they can keep their attitude during an energy therapy session somewhere between *gratitude* (80%) and *ecstatic* (100%) the two

numbers multiplied together imply a flow of free universal energy of 80-100% of what is possible, to be directed on behalf of the client.

When it comes to an energy practitioner employing positive emotion empowered, syntropic-promoting intent for activating syntropic left-hand torsion energy, sovereignty of mind can (according to my model) allow up to 20 times more energy to be at the practitioner's disposal than the past-grievance example. This energy may be employed for the purpose of personal or client mental/physical/emotional repair, goal manifesting, or placing helpful attractor patterns in local or nonlocal time.

In the laboratory of my own life, I've placed a '*thank you universe*' mantra in the gap between my thoughts for years. Wherever my energy flow was before that point, this mantra causes it to temporarily shift to *Now Thought* (100%) of *Gratitude Attitude* (80%) for a combined energy flow of 80% of optimal. This has caused my typical forward moving average energy level to be significantly greater than before. The efficacy of this has been demonstrated by the impressive number of '*swing for the fences*' goals that have materialized in my life since beginning this mantra practice.

Energy, information and time dilation from a reiki hand

Per this⁸ scientific study, energy therapists emit from their hands intention-controlled, client customized bio-photon energy and information in the 200-750 nm wavelength.

The 200-400 nm part of the electromagnetic spectrum represents ultraviolet light. Beyond the bio-photon energy delivered to the client (<100 photons per second per hand sq. cm that can be increased by up to 600% through intention), health reprogramming information is also likely delivered. How much information? Even if the therapist's intention succeeds in only a slight (0.0001%) modulation of the ultraviolet light coming from their hands, that would still enable an 800 MHz bandwidth wellness template data transmission, equivalent to 160 simultaneous TV broadcasts.

This establishes that some type of information encoded energy is likely delivered to the client by way of Reiki, Qigong, etc. hands. My assertion is that the energy (activated via positive emotion-charged syntropic intent) is of the negative-time left-handed torsion type and the transmitted information is both a wellness synchronicity

⁸ <http://cosmosandhistory.org/index.php/journal/article/viewFile/608/1027>

attractor pattern and a wellness template. In the individualized checklists below, some common aspects may become apparent while others vary.

Sending reiki energy and information into the past

- ✓ positive emotion-charged syntropic intent
- ✓ syntropic-promoting energy
- ✓ information
- ✓ *nonlocal* (past) time

A scientific study⁹ included two experiments that involved wiring up a group of volunteers in Nevada with medical instruments to record biometrics such as brain waves, pulse, etc. A first experiment consisted of people sending healing intentions to volunteers from 200 meters away. The volunteers registered a significant change in their breathing rate and galvanic skin resistance.

The second experiment asked remote energy healers in Brazil (~6000 miles away) to attempt to alter the previously recorded biometrics of volunteers. The fact that they succeeded in altering the recordings of volunteer's fingertip blood volume and galvanic skin response was not necessarily new science. The fact that healers were asked to send energy *two months into the past, and succeeded* in altering two-month-old medical recordings, was more novel.

Intrigued by this study, I decided to replicate it on myself, but with a twist in that I was both the energy sender and receiver. Having wired myself up to simultaneously record brain waves, galvanic skin response, eye blinks, pulse, respiration and skin temperature, I sat quietly and recorded those biometrics for three consecutive 5-minute periods (15 min. total). In order to not collapse the wave function to lock in the reality of the recorded content, I did not look at the recordings until later.

I then recorded a second session, intending to send Reiki energy (including a nose tickle) by way of a surrogate teddy bear to myself in the past, to *only* the middle 5-min. part of that 15-min. session. This allowed for a 5-min. control period on either side of the targeted 5-min. period. When it was all over, I finally looked through the recordings of the first session for any artifacts that were unique to *only* the middle 5-min. Reiki *receiving* section. I found several.

⁹ <https://preview.tinyurl.com/y3ekjk7z>

During only the target period:

- my delta brain waves had their highest spike and my theta brain waves had their lowest maximum for the entire 15-min period
- the sent nose tickle was received/noted back in time, and correlated with changes recorded in my delta and theta brain waves
- my Heart Rate Variability went to its lowest point for the entire 15-min period
- the extremes of my respiration inhalation and exhalation jointly shifted down more than 20% *only* during that middle 5-min. period

In other words, one could make a case that at least in this anecdotal test, I was able to recreate results in support of the Brazil ‘*sending and recording energy backwards in time*’ experiment. However, since I was both the sender and receiver, it’s possible that my experiment actually pushed the boundaries of science forward.

Accessing patentable information from the future

- ✓ positive emotion-charged syntropic intent
- ✓ localized attractor pattern placement for information retrieval
- ✓ *nonlocal* time and space
- ✓ *altered* future?

Experiments within the laboratory of my own life have included accessing actionable and patentable information from the future. As a *Computer Technology Futures Architect* working for a Silicon Valley tech giant, one of my challenges was to find solutions to technology problems that had thus far stymied the entire global industry. My approach to generating a local time attractor pattern for accessing future-based patentable information was to think to myself during meditation something to this effect:

“Although this currently appears to be an unsolvable problem, there will be a point in the future where the solution is obvious. As my mind travels to that time, I am grateful to know that the obvious solution is ...”

In that my name is now associated with ~34 technology patents¹⁰, I would have to judge my experiment in accessing actionable information from the future via positive emotion-charged syntropic intent to be a success.

What I'm describing differs from the Mandela Effect, where people claim to remember details from an alternate past. It also differs from how my sister momentarily¹¹ experienced an alternate present.

Since ideas build upon ideas, accessing and publishing a *future* idea in the *present* allows new ideas to be built on top sooner than in the original future timeline. By the time we get to the point in time where the idea was originally going to first exist, new ideas will have likely progressed beyond that idea. Thus: *Accessing knowledge from the future may increase the amount of knowledge available in the future.*

Since repeatedly accessing future knowledge could cause knowledge to increase geometrically, and knowledge currently *is* increasing geometrically, perhaps we access future knowledge more than we appreciate? As opposed to the Quantum Zeno Effect, where observing something in the *present* has the potential to *collapse the wave function* to lock it into reality, *observing the future may change what future there is to observe.* Someone has likely already coined a term for this, but until I discover it, I'll refer to it as the '*Cochran Effect*'.

Contemporary healing effects on credit based on future prayers

- ✓ positive emotion-charged syntropic intent
- ✓ syntropic-promoting energy
- ✓ information
- ✓ *nonlocal* time and space

In a study¹² of 3393 hospital patients diagnosed with life threatening sepsis, prayer was associated with over 100 patients surviving and leaving through the front door when statistically, they should have left the hospital through the morgue door. As just a *prayer-and-healing* study, this would not have broken new ground. This study was

¹⁰ Patents may be viewed here: <https://preview.tinyurl.com/y3svs7jh>

¹¹ Meditating in a chair near the end of a weeklong retreat, my sister opened her eyes to notice that the room décor had completely changed, her clothing had changed and the notebook/pen on her lap had changed. If she had stood up and walked around, the Quantum Zeno Effect suggests she may have locked into that alternate reality. Instead, she resumed her eyes closed meditation. The next time she opened her eyes, everything had switched back to normal.

¹² <https://www.bmj.com/content/323/7327/1450>

different in that the prayers did not occur until 4-10 years *after* the patients had left the hospital one way or another. The study demonstrated the universe's ability to look across time, know that a patient would eventually be prayed for, and facilitate precausal healing *on credit*, so to speak.

A crowd sourced blessing (today, and on credit) co-op experiment

- ✓ positive emotion-charged syntropic intent
- ✓ syntropic-promoting energy
- ✓ information
- ✓ *local and nonlocal* time and space

As the sepsis experiment demonstrates, all time is now and it's possible for blessings to be received *on credit*, well before the catalyzing blessing are sent. Based on that, I've been running (for a few years) a crowd sourced experiment at www.clever2wise.com to see if participants in a *Blessings Co-op*¹³ would receive an *inordinate* amount of blessings in an *inordinately* short amount of time based on helpful synchronicities triggered by blessings from study participants in the past, present and future. No money is involved. All that's asked of participants is that they (1) send a blessing once or more times per day to those who *are*, or who at some point have been, or will be involved in the experiment and (2) report back when something significantly positive occurs in their life.

To this point, those that have signed up to participate in this modest experiment can be enumerated in only double digits. That said, the number that have *actively* participated by reporting the blessings in their life can likely be enumerated in a single digit.

The biggest problem has been massive and chronic underreporting from participants. I attribute this partly to a misunderstanding about the study requesting the reporting of blessings *correlated* with participating in the experiment as opposed to blessings seemingly *caused* by participating. Blessings that were significant and *unplanned* have only occasionally been reported, assuming that participation *may have caused* it to occur. Blessings that may have been previously planned and merely *correlated* with experiment participation were most often erroneously not reported. Participants failed to grasp that even if they had planned that vacation, promotion, new car, etc.

¹³ Join the free Blessings Co-op experiment at www.clever2wise.com

years before joining the experiment, the universe knew even then that they would eventually join the experiment and may have blessed them *on credit* by giving them the original idea and arranging the necessary synchronicities to allow it to occur.

That said, the biggest delight has been the results I *could* track by way of minimal reporting and being close enough to follow the lives of some participants. It is my impression that I've definitely seen an *inordinate* amount of blessings delivered *causally or precausally* in an inordinately small span of time based on blessings that were *already* sent in the past, are *now* being sent in the present, or *will be* sent in the future.

For instance, one participant:

- who was irreparably stalled in a bid for an advanced degree now has her PhD
- went from needing to work 60hr. weeks with significant debt to being debt free and having no financial need to work
- was treated to an all-expenses paid Alaskan land/sea cruise
- subject to life-threatening anaphylactic throat swelling survived being brought back from the dead multiple times in a hospital ER and then healed from massive CPR bruising in record time
- received an insurance check that was ~50% more than expected
- received a holiday miracle in being invited, after a 35-year estrangement, to her ex-husbands home for Christmas dinner
- after countless attempts over 50 years, was finally able to release a toxic grievance
- was able to vacation in 10 different countries since joining the experiment

Not bad, in that this represents only a fraction of the blessings experienced by only four early jointers in the experiment.

Sending reiki energy and information into the future

- ✓ positive emotion-charged syntropic intent
- ✓ syntropic-promoting energy sent into *nonlocal* time and space
- ✓ attractor pattern placement in *nonlocal* time and space
- ✓ information sent into *nonlocal* time and space

When I or a client am planning a medical or dental procedure, I send into the future, energy along with a *best possible outcome* attractor field, scheduled to arrive *just at the right time and place* to promote a calming, analgesic effect and the best outcome. As both the sender and (later on in the dentist chair) receiver, I can attest to the efficacy of this practice.

Accessing/sending information/energy in local/nonlocal space and local time

- ✓ positive emotion-charged syntropic intent
- ✓ syntropic-promoting energy delivered in *local* or *nonlocal* space
- ✓ accessing *local* or *nonlocal* information
- ✓ *local* time

When a Reiki client is on the table in local time and space, my bio-energy sensitive hands are capable of detecting normal and abnormal client energy cords, energy structures, energy clouds and chakra projections from a few feet away. This informs me as to where and how my time with the client might best be spent. After abnormal energy cords and clouds are removed from the client's biofield, Reiki-sending hands are successively moved to the body areas identified in my initial hand scan. Over the span of a normal 40-60 minute session, clients typically go to a very relaxed (if not asleep) place.

When a client in need of Reiki services is located at the current time but not in my current space, I perform similar services, except by way of a surrogate teddy bear. Once I have established an *energetic equivalence connection* between the client and the teddy bear, with positive emotion-charged syntropic intent, I am able to hand scan the client and send Reiki energy to the client by way of the same teddy bear as if they were in the room.

According to author/speaker David Wilcock, a photon sensitive meter can be placed in a light-tight box along with a secret object. When people successfully send their consciousness inside the box in an attempt to identify the secret object, the light meter registers the presence of their consciousness by way of a significant uptick in the normal level of background photons.

Likewise, when I've made a successful remote consciousness, energy and information connection with clients, they can often perceive it. When I've used this technique to treat hard to reach parts of my own body, I often sense the arrival of the Reiki energy which has sometimes been delayed by obstructions in my biofield.

Likewise, remote clients (and their pets) have reportedly being able to sense when my consciousness and Reiki energy started and stopped being active near them.

In an experiment to measure the energy involved with remote Reiki, I sent healing intent to the probiotic lactobacillus bacteria in a glass of yogurt that was wired up by remote sensor to the sensitive Bio-Well Gas Discharge Visualization device shown in Fig. 3. The effect of the remote Reiki, as shown in centijoules in fig. 4, was small but measurable – in this case, a ~5.5% measured increase in the energy within the yogurt and a 58% decrease in standard deviation as measured by the Bio-Well device and calculated by its software application.

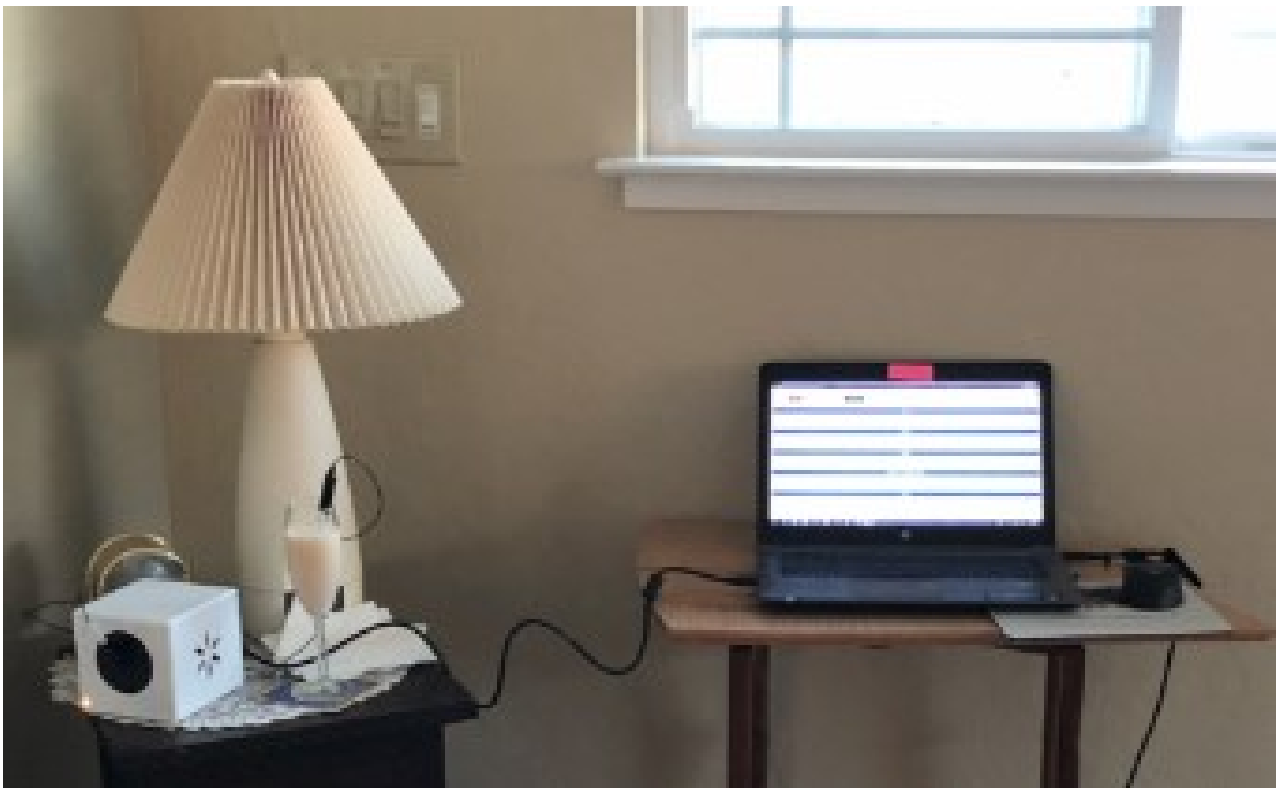


Fig. 3

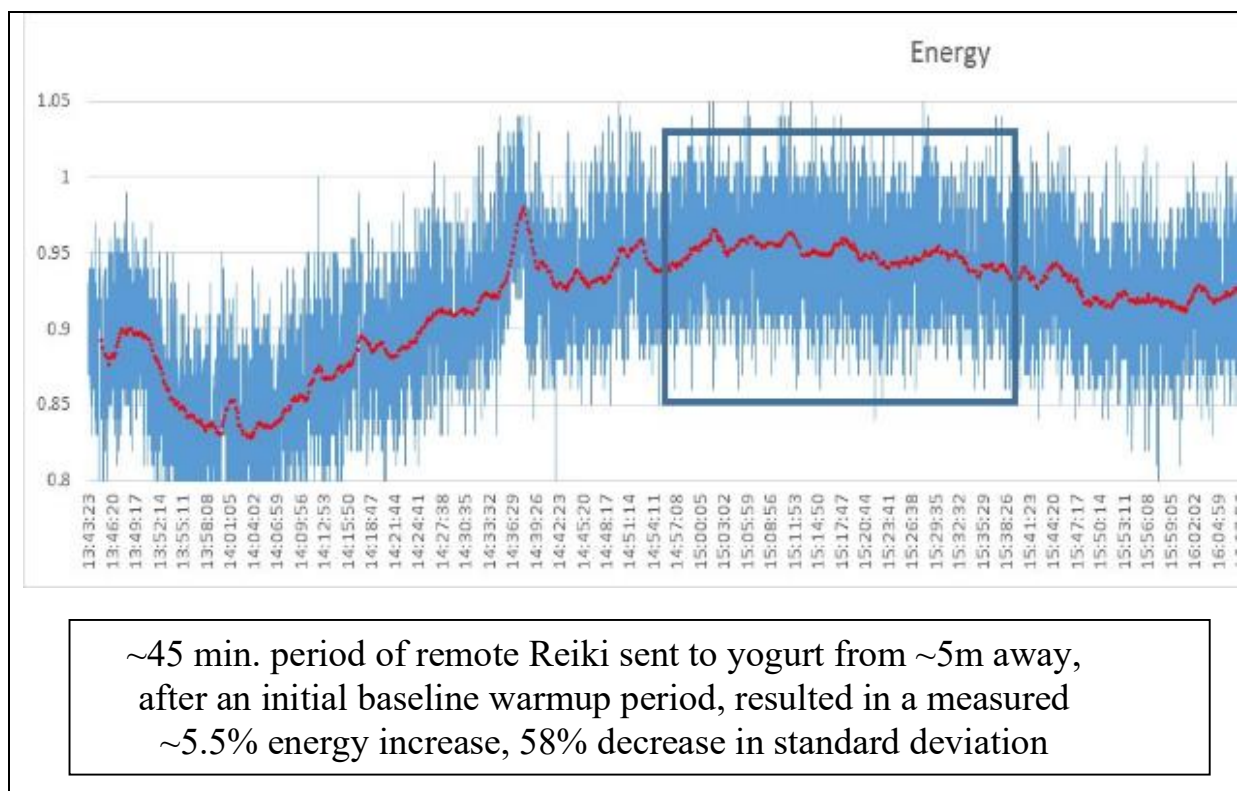


Fig. 4

As a separate experiment, notice in fig. 5 below that whole blood diluted in normal saline absorbs light in the blue and green portions of the visible light spectrum, which is why it appears red to our eyes. As a measurement of Reiki efficacy, I am attempting to first establish the normal progression of red blood cell hemolysis (rupturing) in the presence of a mildly unfriendly solution, and then measure how well local/remote syntropy promoting Reiki can prolong the life of the red blood cells as opposed to the normal entropy progression. This experiment is still underway.

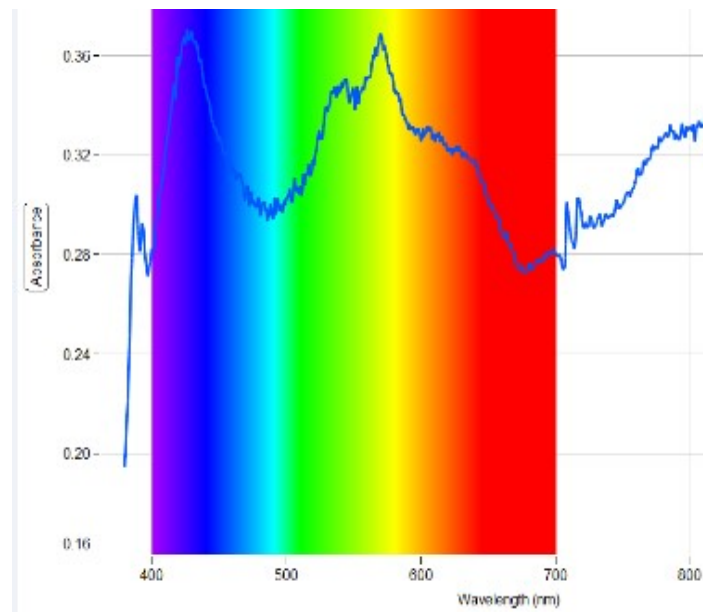


Fig. 5

Unplanned bilocations

- ✓ *subconscious* positive emotion-charged syntropic intent
- ✓ *attractor pattern* information
- ✓ local in time, *nonlocal* in space

On three separate occasions, I've been informed after the fact that as I slept elsewhere, a facsimile of myself bilocated to manifest in the presence of someone I cared about. All three were people I was likely thinking about before going to sleep, without consciously planning to manifest in their presence. Thinking about them likely installed an attractor pattern that my astral body followed as I slept. In that one occasion involved me being asleep on a commercial aircraft at full substantial altitude and speed, its impressive that my astral body was apparently up to the challenge of exiting and re-entering a fast-moving target.

Each time, I had no memory of the interaction that others eventually described to me, although my actions seemed in line of something I would consciously say and do. All three instances involved some physical aspect of me checking in on those I cared about. One involved an aspect of me showing up during a heated argument and verbally suggesting calm.

Discussion and conclusion

It's ironic that maintaining our consciousness in the *here and now* allows the maximum universal energy to be sent to nonlocal space-time. The same mind sovereignty practice, along with the suggested mantra, can optimize the energy available in anyone's life to power optimal health and goal manifestation.

Whether conscious or subconscious, the common thread in all the examples above involve what can be accomplished across space and time when positive emotion is combined with syntropic intent. The experiences described are intended to support the assertions in the abstract. As to how an *information and energetic equivalence* connection is formed between a surrogate teddy bear and a client or target in nonlocal space-time, I'll leave for another time, except to say that every object and creature seems to possess a unique energy signature that, like a phone number, can be used to facilitate a connection.

While energy medicine may often fall short regarding many allopathic medicine metrics, energy medicine does offer the potential to accomplish some things far beyond the current grasp of allopathic medicine. As always, it may come down to a naturopathic physician knowing when and how to apply the correct tool for the job.

Finally, during today's mid-day *meditation*¹⁴, the unfamiliar word 'Meeka' was given to me. It seems to have many meanings in many languages, but the definition that most resonates was urban African for "*one with the courage to say what is true for them*". It is my hope that this paper measures up to that definition.

¹⁴ Some snoring may have been involved