

WHAT IS BIOFEEDBACK

Biofeedback is scientifically proven to have a powerful, positive effect on your emotional and physical well-being by teaching you to alter your brain activity, blood pressure, muscle tension, heart rate and other critical bodily functions.

The Journey to Wild Divine's innovative biofeedback hardware platform measures skin conductance level (SCL) and [heart rate variability](#) through the three, gently attached finger sensors. The measurements are registered through the "Light Stone" and fed back to you through biofeedback activities on the screen.

Read more about biofeedback from the [Mayo Clinic's](#) Complimentary & Alternative Health Center.

Mentors within *The Journey* help you learn to control your body's reactions. By increasing, decreasing or synchronizing body rhythms, through various levels of breathing, relaxation, and meditation techniques you'll quickly learn to master the activities and begin using these techniques everyday in throughout your life.

The knowledge you gain will help enhance your personal growth and well-being. The graphs below (available to view through the added capabilities of [The Wild Divine Expansion Pack](#)) illustrate the dramatic physical changes that occur when a person plays *The Journey to Wild Divine*.

The Wild Divine Grapher optimized to show skin conductance levels.

This first graph shows the decrease in Skin Conductance Level (SCL) - signifying a state of relaxation - during a biofeedback event in the game which requires the person to calm themselves in order to float a feather to the bottom of the screen.

The Wild Divine Grapher displaying skin conductance, heart rate variability and raw heart data.

This second graph depicts the simultaneous harmonies occurring between the decrease in SCL (pink line), the even wave of the heart rate variability (purple line), the steady strength of the pulse (red lines) and the peaks of the pulse rate (green dots). This graph was charted during another biofeedback event where the player is asked to perform a yogic breath to help "heal the planet." For more information about biofeedback, [Read Dr. Bob Whitehouse's article on the Science of Biofeedback](#).

The graphs depicted above are only available to view with the purchase of [The Wild Divine Grapher Expansion Pack](#). They are only shown here to convey the type of data measured by the LightStone during game play. To view a pdf of the Wild Divine Grapher Manual for more information on its capabilities and features, [click here](#).