This study presents a long-term self-observation project documenting atypical physiological, structural, and functional changes recorded over nearly three decades using magnetic resonance imaging (MRI), electromyography (EMG), electrocardiography (ECG), and biofield visualization techniques. The objective is to explore whether sustained self-regulation practices, heightened interoceptive awareness, and intensive cognitive focus may influence measurable anatomical or functional parameters. More than one hundred MRI scans, including approximately eighty comparative before–after studies, were analyzed to evaluate changes involving the autonomic nervous system, diaphragmatic positioning, intracranial membranes, spinal alignment, and other internal structures. Additional documentation includes electrophysiological data and visualizations of the body’s energetic field. While interpretations of these findings remain under active professional discussion, the dataset provides an opportunity to examine uncommon physiological patterns not currently described in medical literature. The project also investigates the potential role of artificial intelligence in structuring, analyzing, and comparing large volumes of imaging data to identify patterns, anomalies, or correlations that may support future clinical research. AI-assisted image comparison and temporal analysis may offer a systematic framework for evaluating unconventional physiological processes and generating hypotheses related to self-regulation, neuroplasticity, and adaptive responses. The implications of this work lie in its potential to contribute to interdisciplinary dialogue between medicine, neuroscience, and computational analysis, and to encourage controlled clinical evaluation of rare or unexplained physiological phenomena. Further research with professional medical oversight is required to determine the scientific relevance and reproducibility of the observations presented.