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Extraordinary Super Human Abilities
Enhanced with Biofeedback

Hypothesis:

It is the basic hypothesis of this journal and its articles that an electro-micro-current stimulation of a specific waveform and frequency can enhance human performance in a wide range of activities. Each of these activities has a specific electro-stimulation pattern that best enhance the performance. The human body responds much better to fractal stimulation rather than a perfect balanced stimulus.

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Some people have the ability to recall a scene as if they were looking at a photograph. And how some people can reconstruct music from memory, such as Mozart’s famed reproduction of Gregorio Allegri’s Miserere after one hearing. What other extraordinary abilities do humans have? Here is a list of the some of these qualities and interesting abilities rated from most common to most interesting and rare. Keep in mind that most of these unusual abilities can be enhanced with training. We find that with the cybernetic loop of the SCIO/Eductor technology we can teach these qualities to our children and our selves. Here is a text on how and an outline of the evidence.
Enhancing Super Human Powers

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Superhuman Energy Cultivated by Meditators: It’s Science

By Tara MacIsaac, Epoch Times | January 21, 2014

The universe is full of mysteries that challenge our current knowledge. In "Beyond Science" Epoch Times collects stories about these strange phenomena to stimulate the imagination and open up previously undreamed of possibilities. Are they true? You decide.

The energy emitted by people who have reached an advanced level in meditation practice has been shown by multiple studies to exceed normal human levels by hundreds or thousands of times.

Here’s a look at a few such studies.
1. Gamma Waves off the Charts

Neuroscientist Richard Davidson’s 2004 study on the energy emitted by Tibetan meditating monks is chronicled by Stanford University. Davidson tested the Dalai Lama’s most advanced monks, each with 15 to 40 years of meditation practice. He measured the gamma waves emitted by their brains with electroencephalograph (EEG) testing and brain scanning. A control group of 10 students with no previous meditation experience was also tested after a week of training.

Gamma waves are described as “some of the highest-frequency and most important electrical brain waves.” The production of gamma waves requires thousands of nerve cells to act at extremely high speeds in unison.

Davidson found some of the monks produced gamma wave activity more powerful and of higher amplitude than any documented case in history. The movement of the waves was also far better organized than the non-meditating test volunteers.

It was also shown that meditation could result in the redistribution of gray matter in the brain and prevent its loss. The loss of gray matter has an impact on many mental functions, such as the control of emotions, impulses, thoughts, and movements. This is because the caudate nucleus, which controls these functions and more, is situated within the gray matter.
2. Qigong Masters Emit Infrasonic Waves 100–1,000 Times Above Normal Levels

In 1998, Professor Lu Yanfang and dozens of American scientists conducted research on qigong masters in China.

Qigong is an ancient practice that involves cultivating energy, not only by doing meditative exercises, but also by improving mind and heart nature, as the mind and body are said to be one. It is known to have healing effects.

In her research, she had found that Qigong masters were able to emit powerful bursts of infrasonic waves, 100 to 1000 times as strong as average individuals.

After even just a few weeks of training, beginners in the practice had five times the infrasonic energy they had produced before the training.

A similar study at the Beijing College of Traditional Chinese Medicine, published in 1988, found the qi emitted by qigong masters could be measured in part as infrasonic waves 100 times stronger than that of an ordinary person. Both studies are detailed by the China Healthways Institute.

3. Monks Emit Heat Where Others Could Freeze to Death

An experiment conducted on Tibetan monks in northern India is described in a 2002 Harvard University Gazette article.

The monks, thinly clad, were put in a room where the temperature was 40 degrees Fahrenheit (4 degrees Celsius). They entered a state of deep meditation. Sheets soaked in cold water were draped over their shoulders.

Under these conditions, an ordinary person would shiver uncontrollably and the drop in body temperature could even result in death, explains the article.

The monks, however, remained warm and dried the sheets with their bodies. Once the sheets were dried, more cold, wet sheets were draped over them. Each monk dried three sheets over the course of several hours.
Herbert Benson, who had studied the meditation technique for 20 years, told the Gazette: “Buddhists feel the reality we live in is not the ultimate one. There’s another reality we can tap into that’s unaffected by our emotions, by our everyday world. Buddhists believe this state of mind can be achieved by doing good for others and by meditation.”

He said the heat emanated from their bodies was just a by-product of the meditation.

Many such experiments have been performed on people who practice meditation and it has been found that some of them are able to emanate great amounts of various kinds of energy that can be measured. They are also able to control metabolism and other bodily processes.

4. Amazing Healing Effects

Many Practitioners of Falun Dafa, also known as Falun Gong, have reportedly been cured of chronic and serious illnesses. Falun Dafa is a meditation discipline that cultivates the mind as well as the body. Its three main principles are truthfulness, compassion, tolerance.
Medical writer Lara C. Pullen interviewed some Falun Dafa practitioners in 2000 for an article published in CBS Health Watch.

Sen Yang, then 39, of Chicago was diagnosed with chronic hepatitis. He told Pullen: “A doctor told me directly, ‘There is no way to really cure your disease. You will have it for the rest of your life.’”

After practicing Falun Dafa for a while, he had a physical exam and all 32 test results came back normal, including the ones that targeted his illness.

“At the beginning my physical condition changed very fast. When walking, I felt [that] my body was so light that I could almost float up,” he said.

Falun Dafa practitioners explained that the practice is not meant to heal illnesses, but it is a natural effect of improving one’s mind and of doing the meditative exercises, which strengthen energy in the body among other effects.

Zhi Ping Kolouch, a 43-year-old Falun Dafa practitioner, told Pullen: “If a person is miserable inside their heart, then they will get sick.”
Enlightenment Meditation

Just 11 hours of learning a meditation technique induces positive structural changes in brain connectivity by boosting efficiency in a part of the brain that helps a person regulate behavior in accordance with their goals, researchers report.

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11 The Electro-Sense

http://www.downloads.imune.net/medicalbooks/The%20Olfaction%20Sense%20is%20our%20Electro-Sense.pdf

http://www.downloads.imune.net/medicalbooks/electro-sense%20of%20the%20Platapus.pdf

Personal development of insight is the process of achieving and expanding your full potential. Dream big, develop yourself, unleash your potential, play well with others, play to your strengths, enjoy the process, share your unique gifts with the world, and grow your greatness by testing yourself, listening to your deeper nonverbal body electric, expanding yourself, learning and improving . . . Personal Development of Insight is a Journey, NOT a Destination.

The Eductor helps you to interface with your unconscious to develop insight by interfacing with the body electric.
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http://indavideo.hu/video/Insight_Starts_with_a_Challenge_to_a_Belief

http://indavideo.hu/video/The_Brain_Anatomy_Of_Insight


http://youtu.be/4-pM8iux-HE

http://indavideo.hu/video/GSRtDCs_and_Insight_development

http://indavideo.hu/video/GSRtDCs_stimulates_Insight_and_Chess_ability  --  Eductor
http://youtu.be/DVvVnxTdeRA
http://www.downloads.imune.net/medicalbooks/Facilitate%20Insight%20by%20Non-Invasive%20Brain%20Stimulation%20GSRtDCs(1).pdf


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15
People who experience taste with greater intensity than the rest of the population are called supertasters. Having extra fungiform papillae (the mushroom shaped bumps on the tongue that are covered in taste buds) is thought to be the reason why these people have a stronger response to the sensation of taste. Of the five types of taste, sweet, salty, bitter, sour, and umami, a supertaster generally finds bitterness to be the most perceptible.

Scientists first noticed the differing abilities of people to taste a known compound when a DuPont chemist called Arthur Fox asked people to taste Phenylthiocarbamide (PTC). Some people could taste its bitterness; some couldn’t – whether people could depended on their genetic make-up (a variant of this test is now one of the most common genetic tests on humans). While about 70% of people can taste PTC, two thirds of them are rated as medium and only one third (approximately 25% of the wider population) are supertasters.

Supertasters will often dislike certain foods, particularly bitter ones, such as brussel sprouts, cabbage, coffee, and grapefruit juice. Women, Asians, and Africans are most likely to have the increased number of fungiform papillae that make them supertasters.
Absolute pitch

People with absolute pitch are capable of identifying and reproducing a tone without needing a known reference. It is not simply a better ability to hear but the ability to mentally class sounds into remembered categories. Examples of this include identifying the pitch of everyday noises (e.g. horns, sirens, and engines), being able to sing a named note without hearing a reference, naming the tones of a chord, or naming the key signature of a song. Doing any of these is a cognitive act – it requires one to remember the frequency of each tone, be able to label it (e.g. ‘A’, ‘C#’, or ‘F-flat’), and sufficient exposure to the range of sound within each label. Opinions vary as to whether absolute pitch is genetic or a learned ability that is strongly influenced to one’s exposure to music at crucial developmental stages – much like how a child’s ability to identify colors by their frequency depends on the type and level of their exposure to it.

Estimates of the portion of the population having absolute pitch range from 3% of the general population in the US and Europe to 8% of those (from the same areas) who are semi-professional or professional musicians. In music conservatories in Japan however, about 70% of musicians have absolute pitch. Part of the reason for this significantly larger percentage may be because absolute pitch is more common among people who grew up in a tonal (Mandarin, Cantonese, and Vietnamese) or pitch
accent (Japanese) language environment. Absolute pitch is also more common in those who are blind from birth, have William’s Syndrome, or have an autism spectrum disorder.

# Tetrachromacy

Tetrachromacy is the ability to see light from four distinct sources. An example of this in the animal kingdom is the zebrafish (Danio rerio), which can see light from the red, green, blue, and ultraviolet sections of the light spectrum. True tetrachromacy in humans is much rarer however – according to Wikipedia only two possible tetrachromats have been identified.

Humans are normally trichromats, having three types of cone cells that receive light from either the red, green, or blue part of the light spectrum. Each cone can pick up about 100 graduations of color and the brain combines colors and graduations so that there are about 1 million distinguishable hues coloring your world. A true tetrachromat with an extra type of cone between red and green (in the orange range) would, theoretically, be able to perceive 100 million colors.

Like supertasting, tetrachromacy is thought to be much more common in women than men – estimates range from 2 – 3% to 50% of women. Interestingly, colour-blindness in men (much more common than in women) may be inherited from women with tetrachromacy.
Echolocation

Echolocation is how bats fly around in dark forests – they emit a sound, wait for the echo to return, and use that sound of the echo in each ear plus the return time to work out where an object is and how far away. Surprisingly (well, maybe not on this list!), humans are also capable of using echolocation. Use of echolocation is probably restricted to blind people because it takes a long time to master and heightened sensitivity to reflected sound. To navigate via echolocation a person actively creates a noise (e.g. tapping a cane or clicking the tongue) and determines from the echoes where objects are located around them. People skilled at this can often tell where an object is, what size it is, and its density.

Because humans cannot make or hear the higher pitched frequencies that bats and dolphins use they can only picture objects that are comparatively larger than those ‘seen’ by echolocating animals. People with the ability to echolocate include James Holman, Daniel Kish, and Ben Underwood. Perhaps the most remarkable and well-documented of cases is the story of Ben Underwood, who lost both his eyes to retinal cancer at the age of three. He is shown in the video above (warning: the scene where he puts in his prosthetic eyeballs may be a bit disturbing for some).
Imagine consistently associating numbers or letters with certain colours, or hearing a specific word which triggers a particular sensation of taste on your tongue. These are two forms of a neurological condition called synesthesia. Synesthesia is when stimulation of a particular sensory or cognitive pathway leads to an involuntary (i.e. synesthesia is not learnt) response in other sensory or cognitive pathways.

Synesthesia is most often genetic and the grapheme (letters, numbers, or other symbols) to colour form of synesthesia is the commonest. Other synesthetes can experience special-sequence synesthesia (e.g. where dates have a precise location in space), ordinal linguistic personification (when numbers have personalities), or sound to colour synesthesia (where tones are perceived as colours).

Although synesthesia is a neurological condition it shouldn’t be thought of as a disorder, because generally it does not interfere with a person’s ability to function. Most people are not even aware that their experiences of life elicit more sensory responses than other peoples might and the ones that are rarely consider synesthesia to have a negative impact on their lives.

Predictions of the percentage of people with synesthesia vary widely, from 1 in 20 to 1 in 20,000. Studies from 2005 and 2006, using a random population sample, suggested 1 in about 23 people have synesthesia. Examples of people with synesthesia include the author Vladimir Nabokov, composer Olivier Messiaen, and scientist Richard Feynman. Daniel Tammet, who is mentioned in the next section
of this list, is a synesthete (in addition to being a mental calculator) who sees numbers with shapes and texture.

Daniel Tammet uses his nonverbal mind to do astounding things.
The most extraordinary group of people adept at performing complex mental calculations is those who are also autistic savants. While there are many trained people who can work out multiplications of large numbers (among other calculations) in their head extremely fast – mostly mathematicians, writers, and linguists – the untrained ability of autistic savants is the most interesting. The majority of these people are born with savant syndrome (only an estimated 50% of people with savantism are also autistic), which is still poorly understood, few develop it later in life, usually due to a head injury.

There are less than 100 recognized prodigious savants in the world and of the savants with autism who are capable of using mental calculation techniques there are even less. Recent research has suggested that a blood flow to the part of the brain responsible for mathematical calculations of six to seven times the normal rate is one of the factors that enables mental calculators to work out math much faster than the average person.
Examples of people with extraordinary calculation skills include Daniel McCartney, Salo Finkelstein, and Alexander Aitken. Daniel Tammet is one of few who are also autistic savants.

2 Eidetic memory

When a person has photographic memory or total recall this is called eidetic memory. It is the ability to recall sounds, images, or objects from one’s memory with extreme accuracy. Examples of eidetic memory include the effort of Akira Haraguchi who recited from memory the first 100,000 decimal places of pi and the drawings of Stephen Wiltshire (who is also an autistic savant) – his recreation of Rome is shown in the video above. Kim Peek, the inspiration for the autistic (Peek is not actually autistic though) character of Raymond Babbit in the movie Rainman, also possesses eidetic memory – among other things he can recall some 12,000 books from memory.

Whether true photographic memory exists in adults is still a controversial issue, but it is accepted that eidetic abilities are distributed evenly between men and women. One also cannot become an eidetiker through practice.

1 Anti-Aging Immortal cells
There is only one known case of a person having immortal cells (cells that can divide indefinitely outside of the human body, defying the Hayflick Limit) and that is of a woman named Henrietta Lacks. In 1951, 31 year old Henrietta Lacks was diagnosed with cervical cancer, which she died from within the year. Unknown to her and her family (i.e. without informed consent) a surgeon took a tissue sample from her tumor that was passed on to a Dr. George Gey. A scientist for the John Hopkins University Tissue Culture Laboratory, Gey propagated Lacks’ tissue sample into an immortal cell line – the HeLa cell line (pictured above). The cells from Lacks’ tumour have an active version of the telomerase enzyme (telomerase is the mechanism by which cells age or are aged) and proliferate abnormally fast. On the day of Henrietta Lacks’ death, Dr. Gey announced to the world that a new age in medical research had begun – one that might provide a cure for cancer.

HeLa cells were utilized in 1954 by Jonas Salk to develop the cure for polio. Since then they’ve been used in researching cancer, AIDS, the effects of radiation and toxic substances, and for mapping genes, among other things.

Today, the HeLa cells are so common in laboratories that they contaminate many other cell cultures and have rendered some biological studies invalid through their presence. There are also more HeLa cells alive today than when Henrietta Lacks was alive – they outweigh her physical mass by many times. Tragically, Lacks was never told of the immensely valuable contribution her cells made to science and her family was not informed until many years later that her cells were being used for research purposes (a 1990 court ruling later verified Lacks’ hospital as the owner of her discarded tissue and cells). I highly recommend reading this story for a better picture of Henrietta Lacks’ life and the consequences of her cancer.
ETM Meditation Really Does Slow Ageing

The universe is full of mysteries that challenge our current knowledge. In “Beyond Science” Epoch Times collects stories about these strange phenomena to stimulate the imagination and open up previously undreamed of possibilities. Are they true? You decide.

Is there real science in the spiritualism of meditation? Nobel Prize-winner Elizabeth Blackburn thinks so.

It’s seven in the morning on the beach in Santa Monica, California. The low sun glints off the waves and the clouds are still golden from the dawn. The view stretches out over thousands of miles of Pacific Ocean. In the distance, white villas of wealthy Los Angeles residents dot the Hollywood hills. Here by the shore, curlews and sandpipers cluster on the damp sand. A few metres back from the water’s edge, a handful of people sit cross-legged: members of a local Buddhist centre about to begin an hour-long silent meditation.

Such spiritual practices may seem a world away from biomedical research, with its focus on molecular processes and repeatable results. Yet just up the coast, at the University of California, San Francisco (UCSF), a team led by a Nobel Prize-winning biochemist is charging into territory where
few mainstream scientists would dare to tread. Whereas Western biomedicine has traditionally shunned the study of personal experiences and emotions in relation to physical health, these scientists are placing state of mind at the centre of their work. They are engaged in serious studies hinting that meditation might – as Eastern traditions have long claimed – slow ageing and lengthen life.

Elizabeth Blackburn has always been fascinated by how life works. Born in 1948, she grew up by the sea in a remote town in Tasmania, Australia, collecting ants from her garden and jellyfish from the beach. When she began her scientific career, she moved on to dissecting living systems molecule by molecule. She was drawn to biochemistry, she says, because it offered a thorough and precise understanding “in the form of deep knowledge of the smallest possible subunit of a process”.

Working with biologist Joe Gall at Yale in the 1970s, Blackburn sequenced the chromosome tips of a single-celled freshwater creature called *Tetrahymena* (“pond scum”, as she describes it) and discovered a repeating DNA motif that acts as a protective cap. The caps, dubbed telomeres, were subsequently found on human chromosomes too. They shield the ends of our chromosomes each time our cells divide and the DNA is copied, but they wear down with each division. In the 1980s, working with graduate student Carol Greider at the University of California, Berkeley, Blackburn discovered an enzyme called telomerase that can protect and rebuild telomeres. Even so, our telomeres dwindle over time. And when they get too short, our cells start to malfunction and lose their ability to divide – a phenomenon that is now recognised as a key process in ageing. This work ultimately won Blackburn the 2009 Nobel Prize in Physiology or Medicine.

In 2000, she received a visit that changed the course of her research. The caller was Elissa Epel, a postdoc from UCSF’s psychiatry department. Psychiatrists and biochemists don’t usually have much to talk about, but Epel was interested in the damage done to the body by chronic stress, and she had a radical proposal.

Epel, now director of the Aging, Metabolism and Emotion Center at UCSF, has a long-standing interest in how the mind and body relate. She cites as influences both the holistic health guru Deepak Chopra and the pioneering biologist Hans Selye, who first described in the 1930s how rats subjected to long-term stress become chronically ill. “Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older,” Selye said.

Back in 2000, Epel wanted to find that scar. “I was interested in the idea that if we look deep within cells we might be able to measure the wear and tear of stress and daily life,” she says. After reading about Blackburn’s work on ageing, she wondered if telomeres might fit the bill.

With some trepidation at approaching such a senior scientist, the then postdoc asked Blackburn for help with a study of mothers going through one of the most stressful situations that she could think of – caring for a chronically ill child. Epel’s plan was to ask the women how stressed they felt, then look for a relationship between their state of mind and the state of their telomeres. Collaborators at
the University of Utah would measure telomere length, while Blackburn’s team would measure levels of telomerase.

Blackburn’s research until this point had involved elegant, precisely controlled experiments in the lab. Epel’s work, on the other hand, was on real, complicated people living real, complicated lives. “It was another world as far as I was concerned,” says Blackburn. At first, she was doubtful that it would be possible to see any meaningful connection between stress and telomeres. Genes were seen as by far the most important factor determining telomere length, and the idea that it would be possible to measure environmental influences, let alone psychological ones, was highly controversial. But as a mother herself, Blackburn was drawn to the idea of studying the plight of these stressed women. “I just thought, how interesting,” she says. “You can’t help but empathise.”

It took four years before they were finally ready to collect blood samples from 58 women. This was to be a small pilot study. To give the highest chance of a meaningful result, the women in the two groups – stressed mothers and controls – had to match as closely as possible, with similar ages, lifestyles and backgrounds. Epel recruited her subjects with meticulous care. Still, Blackburn says, she saw the trial as nothing more than a feasibility exercise.

Right up until Epel called her and said, “You won’t believe it.”

The results were crystal clear. The more stressed the mothers said they were, the shorter their telomeres and the lower their levels of telomerase.

The most frazzled women in the study had telomeres that translated into an extra decade or so of ageing compared to those who were least stressed, while their telomerase levels were halved. “I was thrilled,” says Blackburn. She and Epel had connected real lives and experiences to the molecular mechanics inside cells. It was the first indication that feeling stressed doesn’t just damage our health – it literally ages us.

Unexpected discoveries naturally meet skepticism. Blackburn and Epel struggled initially to publish their boundary-crossing paper. “Science [one of the world’s leading scientific journals] couldn’t bounce it back fast enough!” chuckles Blackburn.

When the paper finally was published, in the Proceedings of the National Academy of Sciences in December 2004, it sparked widespread press coverage as well as praise. Robert Sapolsky, a pioneering stress researcher at Stanford University and author of the bestselling Why Zebras Don’t Get Ulcers, described the collaboration as “a leap across a vast interdisciplinary canyon”. Mike Irwin, director of the Cousins Center for Psychoneuroimmunology at the University of California, Los Angeles, says it took a lot of courage for Epel to seek out Blackburn. “And a lot of courage for Liz [Blackburn] to say yes.”

Many telomere researchers were wary at first. They pointed out that the study was small, and questioned the accuracy of the telomere length test used. “This was a risky idea back then, and in
some people’s eyes unlikely,” explains Epel. “Everyone is born with very different telomere lengths and to think that we can measure something psychological or behavioural, not genetic, and have that predict the length of our telomeres? This is really not where this field was ten years ago.”

The paper triggered an explosion of research. Researchers have since linked perceived stress to shorter telomeres in healthy women as well as in Alzheimer’s caregivers, victims of domestic abuse and early life trauma, and people with major depression and post-traumatic stress disorder. “Ten years on, there’s no question in my mind that the environment has some consequence on telomere length,” says Mary Armanios, a clinician and geneticist at Johns Hopkins School of Medicine who studies telomere disorders.

There is also progress towards a mechanism. Lab studies show that the stress hormone cortisol reduces the activity of telomerase, while oxidative stress and inflammation – the physiological fallout of psychological stress – appear to erode telomeres directly.

This seems to have devastating consequences for our health. Age-related conditions from osteoarthritis, diabetes and obesity to heart disease, Alzheimer’s and stroke have all been linked to short telomeres.

The big question for researchers now is whether telomeres are simply a harmless marker of age-related damage (like grey hair, say) or themselves play a role in causing the health problems that plague us as we age. People with genetic mutations affecting the enzyme telomerase, who have much shorter telomeres than normal, suffer from accelerated-ageing syndromes and their organs progressively fail. But Armanios questions whether the smaller reductions in telomere length caused by stress are relevant for health, especially as telomere lengths are so variable in the first place.

Blackburn, however, says she is increasingly convinced that the effects of stress do matter. Although the genetic mutations affecting the maintenance of telomeres have a smaller effect than the extreme syndromes Armanios studies, Blackburn points out that they do increase the risk of chronic disease later in life. And several studies have shown that our telomeres predict future health. One showed that elderly men whose telomeres shortened over two-and-a-half years were three times as likely to die from cardiovascular disease in the subsequent nine years as those whose telomeres stayed the same length or got longer. In another study, looking at over 2,000 healthy Native Americans, those with the shortest telomeres were more than twice as likely to develop diabetes over the next five-and-a-half years, even taking into account conventional risk factors such as body mass index and fasting glucose.

Blackburn is now moving into even bigger studies, including a collaboration with healthcare giant Kaiser Permanente of Northern California that has involved measuring the telomeres of 100,000 people. The hope is that combining telomere length with data from the volunteers’ genomes and electronic medical records will reveal additional links between telomere length and disease, as well
as more genetic mutations that affect telomere length. The results aren’t published yet, but Blackburn is excited about what the data already shows about longevity. She traces the curve with her finger: as the population ages, average telomere length goes down. This much we know; telomeres tend to shorten over time. But at age 75–80, the curve swings back up as people with shorter telomeres die off – proof that those with longer telomeres really do live longer. “It’s lovely,” she says. “No one has ever seen that.”

In the decade since Blackburn and Epel’s original study, the idea that stress ages us by eroding our telomeres has also permeated popular culture. In addition to Blackburn’s many scientific accolades, she was named one of *Time* magazine’s “100 most influential people in the world” in 2007, and received a *Good Housekeeping* achievement award in 2011. A workaholic character played by Cameron Diaz even described the concept in the 2006 Hollywood film *The Holiday*. “It resonates,” says Blackburn. But as evidence of the damage caused by dwindling telomeres piles up, she is embarking on a new question: how to protect them.

At first, the beach seems busy. Waves splash and splash and splash. Sanderlings wheel along the shoreline. Joggers and dog walkers amble across, while groups of pelicans hang out on the water before taking wing or floating out of sight. A surfer, silhouetted black against the sky, bobs about for 20 minutes or so, catching the odd ripple towards shore before he, too, is gone. The unchanging perspective gives a curious sense of detachment. You can imagine that the birds and joggers and surfers are like thoughts: they inhabit different forms and timescales but in the end, they all pass.

There are hundreds of ways to meditate but this morning I’m trying a form of Buddhist mindfulness meditation called open monitoring, which involves paying attention to your experience in the present moment. Sit upright and still, and simply notice any thoughts that arise – without judging or reacting to them – before letting them go. For Buddhists this is a spiritual quest; by letting trivial thoughts and external influences fall away, they hope to get closer to the true nature of reality.

Blackburn too is interested in the nature of reality, but after a career spent focusing on the measurable and quantifiable, such navel-gazing initially held little personal appeal and certainly no professional interest. “Ten years ago, if you’d told me that I would be seriously thinking about meditation, I would have said one of us is loco,” she told the *New York Times* in 2007. Yet that is where her work on telomeres has brought her. Since her initial study with Epel, the pair have become involved in collaborations with teams around the world – as many as 50 or 60, Blackburn estimates, spinning in “wonderful directions”. Many of these focus on ways to protect telomeres from the effects of stress; trials suggest that exercise, eating healthily and social support all help. But one of the most effective interventions, apparently capable of slowing the erosion of telomeres – and perhaps even lengthening them again – is meditation.
So far the studies are small, but they all tentatively point in the same direction. In one ambitious project, Blackburn and her colleagues sent participants to meditate at the Shambhala mountain retreat in northern Colorado. Those who completed a three-month course had 30 per cent higher levels of telomerase than a similar group on a waiting list. A pilot study of dementia caregivers, carried out with UCLA’s Irwin and published in 2013, found that volunteers who did an ancient chanting meditation called Kirtan Kriya, 12 minutes a day for eight weeks, had significantly higher telomerase activity than a control group who listened to relaxing music. And a collaboration with UCSF physician and self-help guru Dean Ornish, also published in 2013, found that men with low-risk prostate cancer who undertook comprehensive lifestyle changes, including meditation, kept their telomerase activity higher than similar men in a control group and had slightly longer telomeres after five years.

In their latest study, Epel and Blackburn are following 180 mothers, half of whom have a child with autism. The trial involves measuring the women’s stress levels and telomere length over two years, then testing the effects of a short course of mindfulness training, delivered with the help of a mobile app.

Theories differ as to how meditation might boost telomeres and telomerase, but most likely it reduces stress. The practice involves slow, regular breathing, which may relax us physically by calming the fight-or-flight response. It probably has a psychological stress-busting effect too. Being able to step back from negative or stressful thoughts may allow us to realise that these are not necessarily accurate reflections of reality but passing, ephemeral events. It also helps us to appreciate the present instead of continually worrying about the past or planning for the future.

“Being present in your activities and in your interactions is precious, and it’s rare these days with all of the multitasking we do,” says Epel. “I do think that in general we’ve got a society with scattered attention, particularly when people are highly stressed and don’t have the resources to just be present wherever they are.”
The other night, someone asked me about how they felt I received this “gift” of mediumship. It’s an interesting question, because there are various opinions about the basis of such abilities.

To me, it is strictly a biophysical thing. I believe that, at least for me, it is the result of birth and biology – essentially, genetic. My father’s mother had it, I have it, and one of my sisters has it. My daughter may have it, but I’ll reserve judgment on that until she is older.

One of the reasons I believe this is because of when I underwent biofeedback. Back in the 1980s, I worked at the A.R.E. (Association for Research and Enlightenment – Edgar Cayce) Clinic in Phoenix, Arizona. While at the Edgar Cayce clinic, staff members were encouraged to experience the various modalities that patients would receive, so that we could empathize with them and understand what they were experiencing. One of these modalities was biofeedback. [See my entry about: Reincarnation Group Karma Experience.]

I am a very hyper person naturally. I don’t really enjoy being stressed and hyper, but it seems to be my more natural state. The irony is that many people associate mediumship and psychic abilities with a very calm, meditative state – it is quite the opposite with me. In fact, when I give readings, it really calms me down, but prior to getting into that mental state to receive information, I usually am pretty jumpy.

Biofeedback allows an individual to monitor and record their brain wave states: Beta, the waking and alert state – the one that we normally operate in when awake; Alpha, the more meditative state that one usually uses for psychic and mediumship abilities, and is usually a state one must learn to attain consciously; Theta, the deeper state than Alpha, but not asleep; and Delta, the sleep state.

So, when I tried biofeedback, I was shocked to learn what I did. I was seated in a very comfortable chair, and had something attached to my head and fingers (as I recall). I was hooked to the biofeedback machine. While they were hooking me up, the machine had started to record my brain waves. “This is interesting,” the biofeedback therapist said, “You’re producing a lot of Alpha.” At that time, I had no idea what Alpha was, so I just said, “Oh, what does that mean?”

“This is a state that is harder to attain, and people usually have to work at getting there, and when they do, it’s often just spurts of it, but you seem to be producing a lot right now.” Well, as I told you,
I’m very hyper, so I was a bit stunned. Certainly I don’t fit the profile of a relaxed, meditative person. If anyone should be producing all Beta, it should be me. But, the contrary was true. I was naturally producing a lot of Alpha – I was literally walking around in an altered state!!

To me, that is important information. I haven’t been tested since then, however, I would guess that my body just seems to be prime for this kind of work. What I can’t figure out, though, is how one can be both hyper and in an Alpha state. (If anyone out there who reads this has any scientific reasoning regarding this, I’d love to hear about it.)

Thus, I feel that for, whatever reason, my body naturally seems able to produce the brain waves necessary to fall into an altered state and receive information from other dimensions. Maybe I ought to join the Alpha Beta Theta medium-ship sorority! Now, where’s my letter jacket??
Quantum Entwinement Predicts Mental Telepathy of Emotions between Meaningful Others

Quantum Science now Explains Society's Deepest Beliefs

When One Person Senses Danger the Other one has an Immediate Brain Reaction Instantaneously
Yes, you read the headline correctly, and no, I can't believe it either, but apparently scientists have invented a brain machine that dramatically enhances musical performance, thus paving the way for a new race of highly skilled super-musicians. According to the BBC, "the system - called neurofeedback - trains musicians to clear their minds and produce more creative brain waves. Research, to be published in the journal Neuroreport, indicates the technique helps musicians to improve by an average of 17% - the equivalent of one grade or class of honours. Some improved by as much as 50%.

The brain machine was tested on 97 students at the Royal College of Music in London, UK, and the percentage scores refer to examinations conducted by professional adjudicators. Anyone who has ever taken piano lessons as a child and gone through the trials of Royal Conservatory exams will understand that a 17% grade boost represents an incredible increase in musical proficiency (enough to send even the crankiest of teachers into fits of joy). But the student wouldn't be able to take the credit - thank the brain machine instead.

Most musicians feel that their best performances are the ones where the music just pours out naturally, and such moments of effortless vitality are usually rooted in a clear state of mind.
Teachers will try to describe this state of awareness to students, but it's very difficult to put such a thing into words. As it turns out, it's not so difficult to put it on a video screen.

The brain activity of a healthy human being can be understood as a collection of brain waves which scientists have learned to identify and isolate. With no musical instruments in sight, the technique consists of attaching sensors to your scalp so the machine can identify three main patterns - dubbed the alpha, beta, and theta waves - and display your own brain waves on a video screen in front of you. From there, as if playing a video game controlled by her mind, a musician can learn to concentrate and hone in on certain brain waves while the machine happily chimes a bell as she successfully learns to isolate one from the other. By teaching patients to increase their theta wave activity, scientists at Imperial College London and Charing Cross Hospital have effectively used the machine to help patients with epilepsy, alcoholism, attention deficit and post-traumatic stress disorders. The new development is that scientists have discovered that increased theta wave activity also enhances performance skills including musical understanding, imagination, and communication with the audience.

And so it is that machines have become far more effective than traditional human teachers in helping us to clear our minds and enhance our creative side. If such technology manages to spread beyond the limits of the experiment and grow in availability it will surely provoke no end of debate between the technophiles and luddites of the arts community. Since it so dramatically boosts performance skills, should musicians who use the machine be banned from competition with those who never had a chance to get hooked up? And from a philosophical standpoint, will this discovery come to be seen as the moment when all of our creative impulses were reduced to waves on a screen, shattering the mystery of the muse and sucking the wonder out of grace and inspiration?

I hope not. I can envision professional musicians who might chastise students for using such a machine, but what I cannot see is a good reason for their scorn. In its time, the invention of the metronome was no doubt met with similar resistance based on similar, unfounded reasons. The machine is not a performance-enhancing drug; it is a teaching tool. Its availability is prohibitive, of course, but so are the costs of tuition and of owning a professional musical instrument. Nor does the machine eliminate the need for practice; instead, if the technology becomes more widely available, it will simply raise expected performance standards for the next generation of musicians.

The philosophical implications may be another source for apprehension, but those who dismiss the discovery are probably the same people who want to cling to the notion of creative talent as being reserved for a chosen few, something you have to be anointed with at birth. But such views are as ignorant as they are selfish – musical talent is something that can be developed, and in a few cases, revealed dramatically by a special teacher. Perhaps this technology will be able to open up creative potential in those who were discouraged from pursuing music but have always secretly wished to be able to strum a chord. Which has to be a good thing.
Enhancing Super Human Powers

Peer Reviewed Med Research has Shown that the Cybernetic Loop Technology Can Stimulate Insight + the Creative Brain

There is a Different Set of Laws in the Right Brain

In over 100 studies the Electro-Stimulation Technique is shown Safe and Effective

When Set Free from Word Verbal Dominance and Properly Stimulated the Creative Insight Brain can Flourish
Super learning

Rhythm is the nature of the universe, rhythm is Creation. Everything is moving to its own beat. From the micro-orbits of electrons and protons to the macro-orbits of planets, stars and galaxies. In lifeforms rhythm is even more obvious, from the continuous beating of the heart, to cycles of the breath. Another word for rhythm is "periodicity", which means that the activity of something falls into cycles. The cadence of human beings is intricately woven into the web of cosmic pulsation.

In theta, learning is extremely rapid, and there probably is also a lot of subliminal learning from other dimensions.

In the under seven age group, children often see imaginary playmates and talk to them. Perhaps these are not imaginary, but are really a link with another dimension of intelligence. Interesting thought, is it not?

Some hypnosis and some past life regression experiences also occur in the theta range of brain activity.

William Hewitt

Do you ever wonder why as children we learn more in our first few years of life? The answer lies in the mysterious and elusive Theta brain wave state. Up until the age of six, children are predominantly in Theta. This frequency allows the brain to absorb and retain massive amounts of information that gets stored in long-term memory. You can restore this magical ability through daily Theta brain wave training.

When you need to study and assimilate new information, slip on your glasses and headphones, relax and listen to your subject of choice. Within minutes, memory receptors are gently stimulated as precision-engineered frequencies shift your brain into a balanced
Enhancing Super Human Powers

theta state. In this state of heightened receptivity, the clarity and speed with which you can concentrate, study, and integrate and store information is profoundly improved. Theta brain waves are associated with long-term-potentiation.

Memory receptors and neural pathways are gently stimulated as theta frequencies balance and relax your mind. Groundbreaking research has revealed that theta brain wave activity triggers the formation of new, more complex connections between neurons. This effect, known as "Long-Term Potentiation," is key to forming memories and retrieving information from the subconscious. You'll find that the clarity and speed with which you can concentrate, study, integrate and store information is profoundly improved.

If external stimulus is applied to the brain, it becomes possible to entrain the brain frequency from one stage to another. For example, if a person is in beta stage (highly alert) and a stimulus of 7.82 Hz is applied to his/her brain for some time, the brain frequency is likely to change towards the applied stimulus. The effect will be relaxing to the person. This phenomenon is also called frequency following response. After a while the person can bring the entrained states to mind at will, the same as any remembered song can be brought to mind.

The electroencephalograph (AKA. EEG) is a machine that monitors brainwave-activity. Laboratories around the world have done studies and experiments-using these tools to better understand the four main brainwave patterns:-BETA, ALPHA, THETA and DELTA.

Each frequency has a characteristic blueprint-and produces a distinctive state of consciousness. BETA waves (14 cycles per-second and above) dominate the normal waking state of consciousness when-attention is directed towards the outside world. ALPHA waves (8-13 cycles per second) are present during dreaming and light meditation when the eyes-are closed. THETA waves (4-7 cycles per second) occur in sleep and are-dominate in the highest state of mediation. In deep meditation and deep-sleep, DELTA waves (.5 to 3 cycles per second) are experienced.

The theta stage (4hz - 8Hz) has been found to increase learning capabilities. In fact, children spend more time in theta stage than adults, which probably explains the accelerated learning capabilities of children. Alpha frequencies are also useful for learning purposes. You can play language cassettes, subliminal tapes, etc. during an entrainment session for a maximum effect.

Each of these brainwave frequencies serves an important function. The optimum level-for
**Enhancing Super Human Powers**

deep thought is in the realm of THETA. When in THETA, the senses are-withdrawn from the external world and focused on then inner one, and provide the most profound feelings of peace.

Like sound waves, the brain has its own set of vibrations it uses to communicate with itself and the rest of the body. EEG equipment distinguishes these waves by measuring the speed with which neurons fire in cycles per second.

![Waveforms of different brain rhythms: Beta, Alpha, Theta, Delta.]

Lead author Michael Kahana, Ph.D., says the Nature paper bridges the gap between scientists' understanding of theta's role in animals and its role in humans. "Hundreds of papers have linked theta oscillations to spatial learning in rats and other animals; our study is the first to seal the link between theta and spatial learning in humans," says Kahana, assistant professor of psychology and neuroscience at Brandeis.

**Scientific Stuff**

*Theta rhythms are very strong in rodent hippocampi and entorhinal cortex during learning and memory retrieval, and are believed to be vital to the induction of long-term potentiation, a potential cellular mechanism of learning and memory. A putative functional role of the theta rhythm has been put forth by Dr. Michael Hasselmo in a series of papers (Hasselmo et al. 2002, Hasselmo and Eichenbaum 2005). Based on evidence from electrophysiological studies showing that both synaptic plasticity and strength of inputs to hippocampal region CA1 vary systematically with ongoing theta oscillations (Hyman et al. 2003, Brankack et al. 1993, Pavlides et al. 1988), it has been suggested that the theta rhythm functions to separate periods of encoding of current sensory stimuli and retrieval of episodic memory cued by current stimuli so as to avoid interference that would occur if encoding and retrieval were simultaneous.*

**COGNITIVE NEUROSCIENCE AND NEUROPSYCHOLOGY**


Egner, Tobias; Gruzelier, John H

Abstract:

Biofeedback-assisted modulation of electrocortical activity has been established to have intrinsic clinical benefits and has been shown to improve cognitive performance in healthy humans. In order to further investigate the pedagogic relevance of electroencephalograph (EEG) biofeedback (neurofeedback) for enhancing normal function, a series of investigations assessed the training's impact on an ecologically valid real-life behavioural performance measure: music performance under stressful conditions in conservatoire students. In a pilot study, single-blind expert ratings documented improvements in musical
performance in a student group that received training on attention and relaxation related neurofeedback protocols, and improvements were highly correlated with learning to progressively raise theta (5-8 Hz) over alpha (8-11 Hz) band amplitudes. These findings were replicated in a second experiment where an alpha/theta training group displayed significant performance enhancement not found with other neurofeedback training protocols or in alternative interventions, including the widely applied Alexander technique.

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The Theta Rhythm

In a 1999 study, Thomas Budzynski, Ph.D worked with 8 struggling college students. After undergoing audio-visual brainwave stimulation, the students outperformed a control group and significantly increased their GPA. GPA for the 8 students continued to rise even after treatment was discontinued!

Psychologist Michael Joyce used brainwave entrainment with a group of 30 children. He observed improvements in reading and over half year advancement in grade level as well as substantial improvements in attention, reaction and a reduction in impulsivity and variability.

Harold Russel Ph.D. and John Carter, Ph.D., of the University of Houston, did several studies in which they used brainwave entrainment to treat ADHD and other learning disorders, testing their IQ before and after treatment. Astonishingly, after treatment the subjects showed a 5 to 7 point increases in IQ score.

Michael Tansey used a similar protocol to treat dyslexia and other learning disorders, reporting a 19 point average increase in IQ score post-treatment.

Drs. Siegfried and Susan Othmer found that neurofeedback brainwave training in the 15-18 Hz range can produce significant shifts in IQ score, particularly with people who are suffering from ADD/ADHD and other disorders. In cases where the starting IQ value is less than 100, the average IQ increase was 33 points! They also found significant improvements in memory, reading and arithmetic. In a one year follow-up, trainees showed major improvements in self-esteem, concentration and self-expression.

SuperLearning

Theta has been-identified as the gateway to learning and memory.

Horse and buggy learning isn't going to cut it on the information superhighways of the 21st Century.
You can start to remember effortlessly
You will realize your mental potential is unlimited
You can start to integrate massive amounts of information
You will start to believe "I am brilliant, I enjoy learning"
I am learning all the time
You can absorb information effortlessly
You can become more confident of your abilities
I feel intelligent, I am intelligent
You may soon realize how your mind works perfectly
You will be able to concentrate easily, stay focused
You can have an excellent memory
Being clear and lucid is easily achieved
You can have an mind that is organized
You can expand horizons with new knowledge
You can be relaxed, alert, and aware
You can be focused, centered, and clear
You can activate your mental potential
Your life can be enriched with knowledge

Speed Learning using Mind Machines

"Imagine how your life and career would improve if you could learn faster and retain much more without constant revisions?"

Research shows that the key to speed learning is your state of mind before, during and immediately after your learning session.
It is when you are in a state of relaxed alertness that you will achieve the greatest improvement in memory together with increased concentration and creativity.

When you start using your light and sound machine you will start to
Improve memory and retention of study material
Enhance understanding during learning sessions
Accelerate new language learning
Increase maths ability

If you're wide awake and alert at the moment, your brain is probably operating at 13 to 25 cycles per second - the beta level.
But that's not the best state for learning and studying. Research has shown that deeper levels of brain activity lead to speed learning. Deeper levels are reached at the alpha and theta brainwave patterns, which are characterised by feelings of calmness and a relaxed alertness.

It is in the theta states that the greatest feats of super-memory, along with heightened powers of concentration and creativity are achieved.
Enhancing Super Human Powers

The gentle pulsating rhythms act in a similar fashion, if the frequencies are computer generated, they are precise, consistent and can be targeted to induce highly specific and desired brain-states. Just as we can tune a radio to get a particular station, with this technology we can tune our consciousness to dial-in a wide variety of brain states.

Using Light and Sound tools for Speed Learning

Using Light and Sound tools before you study will help lead you into the perfect state of relaxed alertness for speed learning. It will automatically produce the alpha and theta brain wave patterns that are essential for greater understanding and memory. You can continue using Light and Sound tools without the light-glasses during your learning session. The audio signals provided through the headphones will keep your mind at the deep levels you need for increased concentration, creativity and retention.

The AVS machine will take you into the deep theta states and make the CD/Tape your listening to hundreds of percent more effective

Just Play your CD through your Light and sound machine (AVS)

Any Subject can be enhanced when played through a light and sound unit and the mind taken to the Deep Theta mind states Eg

- Weight Loss
- Give up Smoking
- Einsteins Mind
- Languages
- Excellerated Learning
- Speed Reading
- Psychic Ability
- Wealth Millionaires mind
- Meditation
Enhancing Super Human Powers

Sleep
Stress
Pain

Make your own Subliminal CD's and play them through an AVS System

Meditation

Brain pattern studies were recently conducted by researcher Melinda Maxfield-into the (SSC) Shamanic State of Consciousness. She found that the steady-rhythmic beat of the drum struck four and one half times per second was the-key to transporting a shaman into the deepest part of his shamanic state of-consciousness. It is no coincidence that 4.5 beats, or cycles per second-corresponds to the trance like state of theta brain wave activity. In direct-correlation, we see similar effects brought on by the constant and rhythmic-drone of Tibetan Buddhist chants, which transport the monks and even other-listeners into realms of blissful meditation.

Until recently, entering extraordinary states of heightened receptivity and peak performance have been predominantly attained by a disciplined few, practicing ancient techniques such as meditation, chanting, yoga and new re-vamped versions of the mystical traditions- such as progressive relaxation, auto-suggestion, hypnosis and biofeedback. The only problem is that these techniques take long periods of practice, discipline and often a leap of faith, to produce results.

But now there is an easier pathway, a new technology that can guide us directly into those beneficial states of deep meditation and heightened receptivity - where we can leverage the powers of the mind-body connection to attain optimal mental and physical performance. This new path uses light and sound waves to carry its listeners into the higher frequencies of consciousness, where profound transformations take place.

The biofeedback model

Biofeedback is by far the most effective method through which man can accomplish speed learning. Speed learning is not identical with speed reading, since the former implies and encompasses the latter. Furthermore, speed learning aims at assimilating a very high percentage of the
information reaching the brain. This indicates that simply speed reading does not suffice, it is essential that the person incorporates what he has read and is capable of revoking it easily from memory at any given moment.

This capability of biofeedback is chiefly based on the fact that as a scientific method it utilizes real and objective data which are fed back by the biofeedback devices, and its results are completely objective, measurable and repeatable, given that it unfolds your inherent capacities, those you possess but do not take advantage of, and does not endeavor to raise new ones.

Lozanof discovered yet another aspect of the body-mind relationship, which emerged from long studies on individuals with supernatural or extraordinary capacities, such as yogis, people with super-memory and human “computers”. The measurements resulting from diverse monitoring devices affirmed that when these subjects were accomplishing their amazing mental feats their body was in relaxation and the brain produced alpha-waves, a frequency indicating relaxation (7-13 circles per second). They did not exert any voluntary pressure on their minds to function. Whatever was going on occurred without any effort. They were in a state of passive or spherical attention.

The reason why it takes you quite some time to read a text is that whether you read it out loud or silently, your vocal cords are vibrating and recite the text, even without making a sound.

This plainly and logically means that if you could immobilize your vocal cords while reading, then the speed your brain is capable of receiving information could be utilized.

The ability to read a text without reciting it with your vocal cords is obtained through biofeedback training.

A particular state of tranquility, calmness and global attention can be reached. This state is characterized by lack of attachment to anything in specific, a state defined as global or spherical in terms of perception and conception. Many studies convey that in this state the brain presents its
**Enhancing Super Human Powers**

**highest capacity to perceive and perform.**

Special biofeedback training assisted with the encephalograph helps you learn how to reproduce this particular state of serenity, calmness and global attention especially in studying, when it is even more necessary.

References


Ever wanted to be in more than one place at a time? That’s right, I’m talking about the super-human abilities that can be gained by those who follow the protocol for what’s known as sun-gazing, a valid practice recently confirmed by NASA. Many proponents of this ancient technique, used by many cultures such as Mayan, Egyptian, Aztec, Tibetan and Indian yoga, report not only healing benefits to common illnesses, but obtaining super-human abilities such as advanced telepathy and going completely without the need for food.

**What is Sun Gazing?**

Sun gazing (also known as sun-eating) is a strict practice of gradually introducing sunlight into your eyes at the lowest ultraviolet-index times of day – sunrise and sunset. Those who
teach the practice say there are several rules to the practice. First, it must be done within the hour after sunrise or before sunset to avoid damaging the eyes. Second, you must be barefoot, in contact with the actual earth – sand, dirt or mud; and finally, you must begin with only 10 seconds the first day, increasing by 10 second intervals each day you practice. Following these rules make the practice safe, says sources.

Nikolai Dolgoruky of the Ukraine calls himself a ‘sun-eater’. He has been practicing sun gazing for the past 12 years and has largely subsisted off solar energy since he began. Others have reported losing the need for food after only 9 months of sun gazing (by which time the practitioner has worked up to a maximum of 44 minutes). After 9 months of practice, you need only walk barefoot on the earth for 45 minutes per day, 6 days in a row to further the process of what has been initiated by sun gazing.

Sun-gazing is a practice also called the HRM phenomenon, coined as such after Hira Ratan Manek, the man who submitted himself to NASA for scientific testing to confirm that he does indeed possess the almost ‘super-human’ ability of not eating, gained through his dedication to this interesting marvel. Funded by NASA, a team of medical doctors at the University of Pennsylvania observed Hira 24 hours a day, 7 days a week for 100 days. NASA confirmed that he was indeed able to survive largely on light with occasionally a small amount of buttermilk or water during this time.

**What happens to the body during Sun Gazing?**

During your first 3 months of practice, the sun’s energy is moving through the eyes and charging the hypothalamus tract, says those who have studied this technique and used it. The hypothalamus tract is the pathway to the rear of the retina which leads to the brain. The brain then, over time, becomes activated by the energy supply being received by the sun. You will first experience a relief of mental tension and worry, since most worry is fueled by the energy received by the foods we eat. Since food gets its energy from the sun, it is said to be readily available to sun-eaters without the trouble of digestion. Though hunger is said to eventually cease, it is fine to continue eating regularly during initial stages, until appetite disappears naturally.

Another benefit early on is said to be an increase in confidence and an ability to easily solve your problems, as you are without tension. Everyone has at least a bit of psychosis, but during the first few months of sun gazing practice, it is reported that these attitudes go away and a positive nature gracefully replaces the old persona full of fears. By the end of 3 months, the gazing time will have increased to 15 minutes per day.

Reports on sun gazing say that the bad qualities normally associated with any person will gradually disappear and good qualities will remain, explaining that ‘bad qualities’ only develop in the absence of sunlight. Bad qualities like anger, fear, jealousy, lust – are said to disappear – and be replaced by a certain confidence and ‘spiritual knowing’ that senses more purely the heart of an issue.
At 3-6 months of gazing, the studies show that physical diseases start to disappear. They say that by the time one is gazing 30 minutes per day (building up 10 seconds per day) all the colors of the sun will have reached the brain. Color therapists attribute their healing of certain diseases to flooding the body and brain with the particular color that is lacking – depending on the ailment. For example, in liver disease, the color green is deficient. The kidneys need red, and the heart, yellow. All of the organs and all of the systems are said to respond to different colors of the rainbow, which is why it is also recommended to eat a diet rich in a variety of colors. It is recommended during the 3-4 month period that you use autosuggestion to see your body already healed of any perceived weakness or disease. This action will facilitate the process of returning to wholeness.

As you continue the process, it is reported that after 6 months, the energy stored from the technique is no longer being used for repairing the body or the mind and can move now into supporting you in gaining more super-human abilities.

**What’s Beyond Healing?**

By seven and a half months of gazing, now at 35 minutes, need and desire for food is dwindling. According to sun gazing experts, food is not actually needed to maintain the body, only energy – and ‘sun-eating’ provides that energy. By 9 months, all taste for food, including aroma, all hunger pains and cravings disappear. Those who make it this far say that they report a noticeable ‘change’ in the way their brain feels – like it’s “charged up.” After 9 months of sun-gazing – reaching a maximum of 44 minutes – it is advised that you give up sun-gazing and redirect your attention now to the Earth.

For 6 days straight, one is to walk barefoot on the earth, 45 minutes per day. During this barefoot walking, the pineal gland is said to become activated. Professional sun gazers and those researching the science say that each toe is connected to a specific gland, and by walking barefoot on the Earth, you activate these glands. The big toe is thought to be aligned with the pineal gland, the second toe with the pituitary, then the hypothalamus, thalamus and finally the pinky toe correlates to the amygdala. Walking barefoot, with the sun now falling on the top of your head, practitioners claim to create a sort of magnetic field in and around your body that recharges you and your brain.

Apparently this walking barefoot part is the most important aspect of the practice. As you continue walking on the Earth, this is when the magic really begins. The pineal gland is activated more and more by this walking procedure. Intellect is said to increase, along with memory. The pineal gland has navigational and psychic capabilities, meaning telepathy, the possibility of flight… now we are getting somewhere! Have you ever thought you would like to have your body in more than one place at a time? Well, sun-gazing is said to be the magical key to such abilities.

If you can barefoot walk 45 minutes every day for a year – you are golden. At that point, only maintenance of 3-4 days a week is necessary to maintain the capabilities you have acquired.
Are there any dangers?

Doctors and eye care professionals caution against looking directly at the sun, saying that it will damage the retina. However, if done correctly, sun-gazing at the correct times of day, studies show there is no risk of damaging the eyes. Those who have been sun gazing for many years have had their eyes checked to show no damage, though it is advised that you have your eyes checked in the first few weeks of your practice, so you can know for yourself.

To sum it all up...

Remember, it’s 10 seconds the first day, at sunrise or sunset, adding 10 seconds per day each day thereafter. After 90 days of accumulative gazing equaling 44 minutes, you cease the gazing and start the barefoot walking 45 minutes per day for 6 days. At this point, I could imagine, hey – if you made it this far, what’s a year of barefoot walking an hour per day to keep it all? You will have to try it out and see for yourself.

If you are really interested in gaining super-human abilities, confirmed by reputable organizations like NASA, as the ones mentioned above, sun gazing sounds like a fairly straightforward path to enlightenment. To find out more about sun-gazing and how others have done it, visit the website on Sun-Gazing.
Can objects be moved by thought alone? A dubious notion, eh? So when the History Channel asked me to look at the brain waves of “a mentalist” I didn’t have much interest. Back when I was in psychiatric training Uri Geller was at the Stanford Research Institute demonstrating New Physics and mind-over-matter with mental spoon-bending. In the intervening years, Uri Geller and his spoon bending was supposedly debunked as just a magician and his tricks. See for instance http://www.skepdic.com/geller.html which has a couple of good YouTube videos of Randi and Michael Schermer “debunking” Geller. But the producer was persistent, saying had a mentalist who seemed adept, and they just wanted to see what was happening to the brain waves of this man at the moment he seems to be moving things with his mind; if we could monitor him, they would not mind what we demonstrated—or not.

I asked Bill Scott, who was working out of my office at the time, if he was willing to join me in this project. It happened that he was using a new protocol that can look at EEG frequencies in a very precise way and was eager to demonstrate its utility. And so we met with the team from the History Channel’s Stan Lee’s Superhumans and mentalist Guy Bavli. Bavli demonstrated a number of tricks which had me gasping—but I kept telling myself that he is a professional magician. I did not expect what we found.

For the data collection, we chose one demonstration—moving a pen in a glass without touching it. (You can see a video of a similar event on line. The segment filmed in my office has not run yet, but should run soon and I will post a link when available). For technical reasons, Bill took EEG data from the pre-frontal (forehead) areas on both sides. Bill processed the data, and we took a look at it the following morning.

Bill and I were surprised to see an indication that when the pen moved there was a massive shift in the gamma region of the EEG—only on the left side. Later, we analyzed the data more carefully and noted that at the same time there was even more elevation in the theta region of the EEG. We believe that the gamma elevation is more impressive because, technically, these are much smaller wave forms that tend to rarely spike as high as we observed.

These are interesting findings which in no way prove that Guy Bavli moved the pen with mental force alone. But we did demonstrate that there were very unusual EEG findings occurring simultaneously with pen movement that we could not account for. This seemed like something we should report to the scientific community for further study and validation. I wrote up the findings and we presented a Poster at the International Society for Neurofeedback and Research this past September. Below I have reproduced that poster and its content (below that).
Asymmetric Frontal Gamma & High Beta During a Telekinesis “Demonstration”

Thomas M. Brod, MD, DFAPA, Associate Clinical Professor of Psychiatry, Geffen UCLA School of Medicine
William Scott, BS*
*Data acquisition and HHT processing.
Introduction
Abstract: 
*Early this year we had the opportunity to observe EEG function during a demonstration of "telekinesis" with EEG monitoring for The History Channel.* We observed that coincident with the mentalist apparently moving a pen in a glass without touch (but not under control conditions), there was a sharp rise in left frontal high beta and gamma activity with no corresponding rise on the right. These non-
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blind observations will not convince skeptics (including ourselves), but they do open a path for open-minded rigorous evaluation of the phenomena that were observed.

Methods
We acquired two channels of EEG from sites FP1 and FP2 with the BrainMaster Atlantis amplifier, comparing resting eyes open condition (watching his breath) to the condition where the mentalist apparently moved a pen telekinetically. We were not using a 60Hz notch filter. We hypothesized that if he was using an electromagnetic current to pick up and move the metal in the pen, we would see a very large 60Hz signal from both sensors.

We utilized the Hilbert-Huang transform (HHT), a new method to construct a sharp and clean time-frequency spectrum of a non-linear and non-stationary signal. Using empirical mode decomposition while retaining intra-wave modulation makes it very suitable for quantitative EEG analysis; also, HHT has excellent potential for clinical EEG neurofeedback.

* It is expected to run on The History Channel’s Stan Lee’s Superheroes.

We applied the HHT to both conditional data sets. We used Microsoft Excel to graph the time-frequency data. The HHT is dynamic, working best on fast changing signals like gamma. Another advantage to the HHT is that we do not need to arbitrarily pick a frequency range for each band, for example “Gamma = 38-43Hz. Here, Gamma was 38-54 Hz.

Results
Baseline frequency bands (empirically derived, HHT) were highly symmetrical at faster frequencies
A post hoc analysis of the mentalist’s Hilbert-Huang Transform (HHT) data and revealed 8 distinct frequency bands (for clarity we have not shown the three lowest bands). The range of each band was obtained by taking the median + and – ½ the standard deviation frequency at each point in the wave.

This is the control condition where the mentalist was watching his breath. We are graphing Gamma amplitude (intensity) against time.

“Mentally” moving the pen seems to correlate with Left Frontal activation.

Here we see the Gamma frequencies deviating both times the pen moved (lift and drop back). The observed pen began to move and lift at sample period 5,753 and dropped back into the glass at 13,521. Observe the left/right asymmetry.

High Beta increased the most of his frequencies. His high beta did not change dramatically when the pen dropped into the glass, but left/right asymmetry persisted.

Here we see some Theta increasing at point 5345 which proceeds the bursts of high beta and gamma.

Conclusions
These data have documented an asymmetrical change in brainwave function of the mentalist as he appeared to move a pen into a glass without touching it. Artifacts from an electromagnetic generator or from physical movement should have shown up equally in both the left and right EEG channels.
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Additional Literature FYI


Shagter HA, Davidson RJ, Lutz A (2011), Mental training as a tool in the neuroscientific study of brain and cognitive plasticity, Front Hum Neurosci 5:17.

During the 1970s scientifically controlled research at the Menninger Foundation, which was then located in Topeka, Kansas, proved beyond the shadow of a doubt that yogis could control their autonomic functions with their conscious minds. They were able to start and stop their hearts, control their body temperatures, and move objects by projecting their brain waves as well as other functions not previously believed to be under the control of the conscious mind. The results of that research are fully documented in the book "Beyond Biofeedback" which was authored by two of the lead scientists in the project, Elmer Green Ph.D and Alyce M.Green M.A. In summing up the results of that research it was discovered that the yogis used a method of visualization and "inner concentration" to project the desired bodily results inward.
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The other night I was watching the Superhumans DVD from the History Channel. One of the featured individuals was a person that they referred to as “The Iceman”. He was a normal man who was driven for some reason to train himself to withstand cold temperatures and conditions that would be fatal to other human beings. In the last part of the segment he was examined and tested by a medical doctor under controlled laboratory conditions and put in a bathtub filled with 200 pounds of ice for 25 minutes. The doctor theorized in the middle of the experiment that he must have “Trained His Body” to endure such extreme conditions. As the matter of fact it turned out that he had used yoga meditation techniques to do exactly that. At the end of the experiment, which would have killed or seriously injured a normal person, he said that he felt cold, but comfortable and was back to normal in 10 minutes. The experiment was limited to 25 minutes, but he can withstand these conditions up to 110 minutes. Even though he was sitting still he was using his mind to exercise internally. His core temperature did not change throughout the experiment.

Some of the episodes on Stan Lee’s “Superhumans” featured individuals who were genetically gifted to do extraordinary things, but in this case and others they were normal individuals who had developed their unusual abilities out of a desire to do so.

There was one episode where an individual had conditioned himself to survive injections of venom from a poisonous snake. In another episode there was an individual who had conditioned himself to penetrate various parts of his body with pins and needles and could not only withstand the pain, but was also able to stop any bleeding. He also developed this ability through meditation.

In “Yoga And Health” it mentions the famous case of a yogi who for purely scientific purposes submitted to a dangerous experiment under the strictest control at the medical facility in Madras. He swallowed a dose of cyanide and conducted the poison intact through his digestive tract, without the slightest bit of it being absorbed by his body.

The power of the mind is limitless and particularly in its effect over the body. I have never forgotten the way one of the reporters summed up how the yogis in the Menninger Foundation research were able to perform their amazing feats of mind/body control: “Get into a relaxed state of mind and visualize the desired bodily results”. Alois P. Swoboda showed us how to develop similar controls for broader life results by combining inner-concentration and visualization with directed muscular tension.
Stanford University Professor Emeritus William A. Tiller has been researching a level of physical reality hitherto undetectable with conventional measurement instruments. He says two kinds of substances exist:

1. **The electric atom/molecule level:** Substances on this level can be measured with traditional instruments. We can measure them because they are electric-charge based.
2. The magnetic information waves level: Tiller explains in an introduction to his research on his website: “This new level of substance, because it appears to function in the physical vacuum (the empty space between the fundamental electric particles that make up our normal electric atoms and molecules), is currently invisible to us and to our traditional measurement instruments.”

This second type of substance has great power, and it is affected by human thought.

**Power of the Magnetic Information Waves**

Tiller put the energy of the magnetic information waves level into perspective in an interview for the documentary “What the Bleep Do We Know?” (See the interviews below) He compared the latent energy of the entire known universe to the latent energy in the vacuum inside a single hydrogen atom.

The latent energy in one atom is a trillion times that estimated to exist in the space of the known universe.

“Just that little bit of vacuum outweighs all the mass and all the planets and all the stars,” he said. This comparison assumes the universe is fairly flat, which astronomers say it is. Tiller said the calculations are not 100 percent accurate, but they are accurate enough to give us an idea of the amount of energy in this second type of substance he talks about in the vacuum.

**How Human Intention Takes Effect**

Tiller says he has been able to detect this hitherto invisible substance, but only when it interacts with the electric molecule/atom type substance we can conventionally measure.

Human consciousness spurs this interaction.

An intention projected from a person’s mind seems to increase the conductivity between the atom/molecule level and the vacuum level.

“Consciousness lifts the higher thermodynamic free energy state [of the vacuum level], then we can access the physics of the vacuum,” Tiller says. “Accessing that new physics allows intention to bring forth effects you wouldn’t imagine.”

The consciousness can, in a way, affect or interact with a power greater than anything conventional instruments have been able to measure thus far.
Biofeedback has deep roots in the Himalayan Yoga Tradition. Swami Rama is considered one of the pioneers of modern-day Biofeedback. In experiments done at the Menninger Foundation in Topeka, Kansas in 1970, Swami Rama astonished scientists with his ability to regulate what was previously thought of as the “involuntary” autonomic nervous system functions. The experiments he participated in are well documented and explained in depth in the book *Beyond Biofeedback* by Elmer and Alyce Green (1977 Knoll Publishing Co.).

Under laboratory conditions he demonstrated the following:

1. He increased the temperature difference between the left and right side of one hand to 11 degrees Fahrenheit. This caused the left side of the hand to become pink and the right side to become gray. Dr. Green described this demonstration as “showing exquisite differential control over this normally uncontrolled piece of the neural apparatus.”
2. He stopped the heart from pumping blood for 16.2 seconds while sitting motionless during the demonstration.

He returned to the Menninger Foundation several months later and did other brain wave and psychokinetic experiments that are also documented in the book *Beyond Biofeedback*.
Today Biofeedback has all sorts of medical applications. It is considered efficacious for urinary incontinence in females, anxiety, attention deficit disorder, headache (adult), hypertension, temporomandibular disorders, and urinary incontinence in males. It is considered probably efficacious for many other disorders including alcoholism/substance abuse, and chronic pain.

I first got interested in Biofeedback after being diagnosed with a hyperthyroid condition about 10 years ago. I had already been studying Yoga/Meditation for several years, so I was very interested to experiment with the various relaxation and breathing exercises I had learned to see which one would be most helpful. I bought a heart rate monitor watch, which is commonly used by runners. This is a Biofeedback instrument because it gives constant information on a biological sign (the heart rate). I found that 2 to 1 breathing, where the exhalation is doubled, was the most helpful for me. This is because the exhalation is associated with the parasympathetic side of the autonomic nervous system. By extending the exhalation, the heart rate slows down.

I continued to use Biofeedback to supplement other medical treatments I received for my thyroid condition. I believe that Biofeedback allowed me to take less allopathic medicine and eventually I was able to get entirely off the medicine. My interest remained high, so after a few years of informal practice, I decided to formalize my study of Biofeedback. I invested in some expensive equipment, and after about a year of training, practice, and being mentored, I became a certified Biofeedback practitioner. I practice the Relaxation Model of Biofeedback, which uses the same relaxation and breathing techniques as taught in the Himalayan Yoga Tradition. Detailed information on what it takes to become certified can be found at the Biofeedback Certification International Alliance website (www.BCIA.org).

There are two pieces of Biofeedback equipment that are reasonable to buy and effective for practice at home. One is the heart rate monitor mentioned previously and the other is called a thermistor, which has a sensor that you tape to your finger and it can measure changes in skin temperature.

There are 3 keys to learning self regulation:

1. Correct diaphragmatic breathing
2. Rate of breathing (5-7 cycles per minute most quickly balances the nervous system)
3. Nurturing positive emotions in the Heart Center such as love, gratitude, joy, etc.

Learning self regulation through Biofeedback is very similar to learning how to meditate. One similarity is that you “allow” yourself to relax rather than “try” to do it. Biofeedback supports a quantitative approach to this process. I have found this approach to be very helpful over the years.
for myself and clients I have worked with. For more information, see the Biofeedback link at www.themeditationcenter.org.

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Welcome to our first journal of 2015. The company Biofeedback srl has been accepted by a new ethics committee as indicated by the next letter. The studies published in this journal have all been under the scrutiny and supervision of this ethics committee. All of the studies in this journal have had ethics supervision of institutional review boards or the like. And we welcome this new ethics review board to our team of research associates.

This journal will have articles about GSRTDCs electro stimulation to help insight, hormone, erection, chess ability, memory, focus, learning among others. Stories and details of Alzheimer’s are also contained. Please see, read, review and consider the call for papers in the back of this journal. We wish to broaden our knowledge of natural and energetic medicine.

Brad Victor Johnson
Call for Papers

for the International Journal of the Medical Science of Homeopathy, Naturopathy + Energetic Medicine

The International Medical University of Natural Education IMUNE who sponsors the International Journal of the Medical Science of Homeopathy and Natural Medicine wishes to announce a call for papers. Please send us studies, letters, comments, articles, photos, testimonials, or stories for us to consider for publication.

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