

# Consciousness and Mediation

How far down the rabbit hole  
do you want to go?

# Caveats to this Workshop

- Do not accept or reject this information blindly
- Use intelligent discernment and validate for yourself
- Respect your physical body
- Respect and be sensitive to any partner you work with

# The Buddha said

- Believe nothing because a wise person said it.
- Believe nothing because it is generally held.
- Believe nothing because it is written.
- Believe nothing because it is said to be Divine.
- Believe nothing because someone else believes it.
- But believe only what you yourself judge to be true.

# What this is about

- Tai Chi
- Speculative Science
- Some empirical investigations of our own
- If this is right, implications for mediation and peacemaking

# What Can Tai Chi Teach Us?

- Three levels of meaning
  - Physical
  - Emotional/Mental
  - Subtle Energy
- Each level requires different skills
- All levels are relevant to mediation

# Two Paradoxes

- The softer you are, the stronger you are.
- The more vulnerable you are, the more powerful you are.

# Tai Chi on the Physical Level

- Tai Chi is a martial art
- Defend
  - Without effort
  - Without harm
  - With loving kindness
  - While being One
- We learn how to relax in the face of aggression

# Tai Chi on the Emotional/Mental Level

- Re-programming the fear response system
- Situational sensitivity
- Emotional and Mental balance
- Developing a sense of Oneness with others
- Deep centered, calm

# Tai Chi on Subtle Energy Level

- Tai Chi develops the subtle energy fields of the physical body
- As the energy fields purify and increase in vibration, more energy becomes available for:
  - Health
  - Healing
  - Martial applications
  - Spiritual development

# Some Speculative Science at the Extreme Boundary of Knowledge

- Field Theories
- The Power of Thought
- Intriguing Research

# Field Theories

- Classical field theory
  - Newtonian-physical
  - Local causality
  - Well-known, understood, and accepted
- Quantum field theory
  - Non-physical
  - Non-local causality
  - Acts on the quantum level
  - Not well-known or understood, accepted by physicists
- Consciousness field theory
  - Non-physical
  - Non-local causality
  - Acts on the macro level
  - Not well-known, understood, or accepted

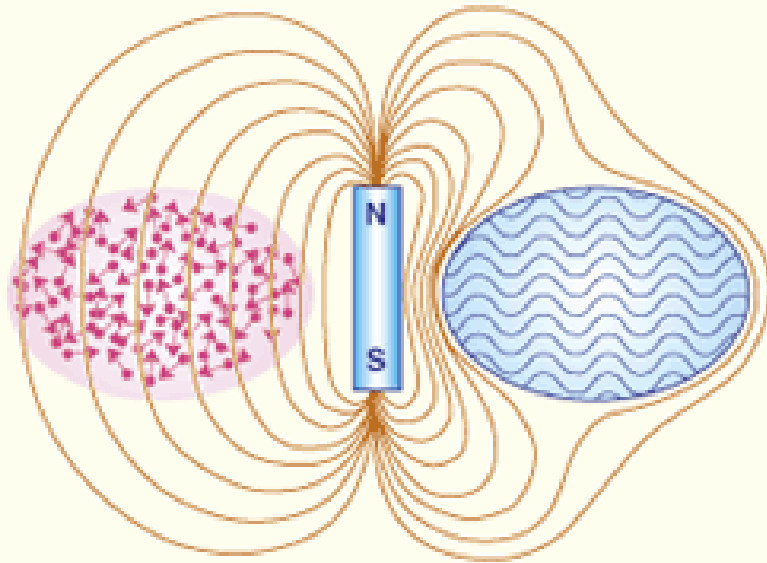
# Chaos and Coherence in Fields

- Chaotic field
  - Random
  - Individualized
  - Disordered
  - Uncoordinated
- Coherent field
  - Uniform
  - Consistent
  - Coordinated
  - Collective

# The Meissner Effect

## ORDINARY CONDUCTOR

In an ordinary electrical conductor, incoherent, disordered electrons allow penetration by an external magnetic field.



## SUPERCONDUCTOR

In a superconductor, coherent collective functioning of the electrons spontaneously excludes an external magnetic field, and maintains its impenetrable status.

The ability of a system or field to resist disorder is based on its coherent functioning.

# The Field of Consciousness

- Highly controversial and speculative
- A uniform field at the base of everything
- Apparently affected by coherent thought
- The more coherent the thought or focused the attention, the more the field is affected

# Some Intriguing Research

- The Maharishi Effect
- The Global Consciousness Project
- Russian Research into Torsion Fields
- Masaru Emoto's Work
- Heart Math Institute research
- All highly speculative, but suggest that  
Something is Going On

# The Maharishi Effect

- No. of meditators necessary to reduce, crime, violence, and war within a given population  $N = \sqrt{N * 0.01}$
- Ten meditators can positively affect a population of 10,000
- Studies have been replicated multiple times.
- Has gained serious attention, but faces great skepticism in many circles.

# Example: The 1983 Israeli Study

An Israel Maharishi Effect group was established during the summer 1983. The number of participants varied on a daily basis from a low of 65 to a high of 241. Time series analysis and transfer function analysis are simultaneously used, and results compared, on six variables, and three composite quality of life indicators.

War intensity dropped 45% ( $p < .0045$ )

- War deaths dropped 76% ( $p < .02$ ) from a mean of 40 deaths per day to 9.7 per day.
- Crime in Israel dropped 12% ( $p < .0016$ ) from a mean of 608 per day to 535 per day.

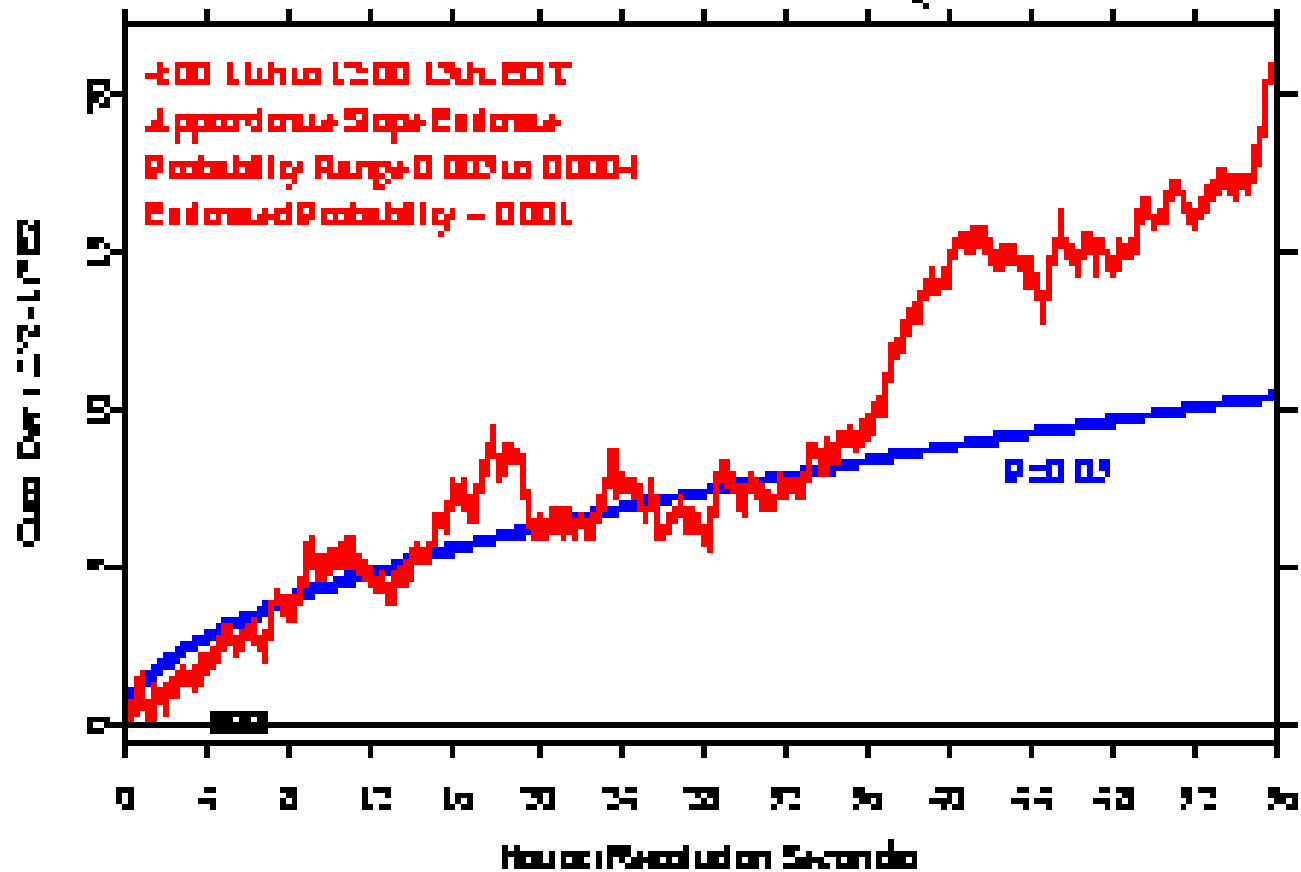
*Journal of Conflict Resolution*, 32(4), 776–812.

# The Global Consciousness Project

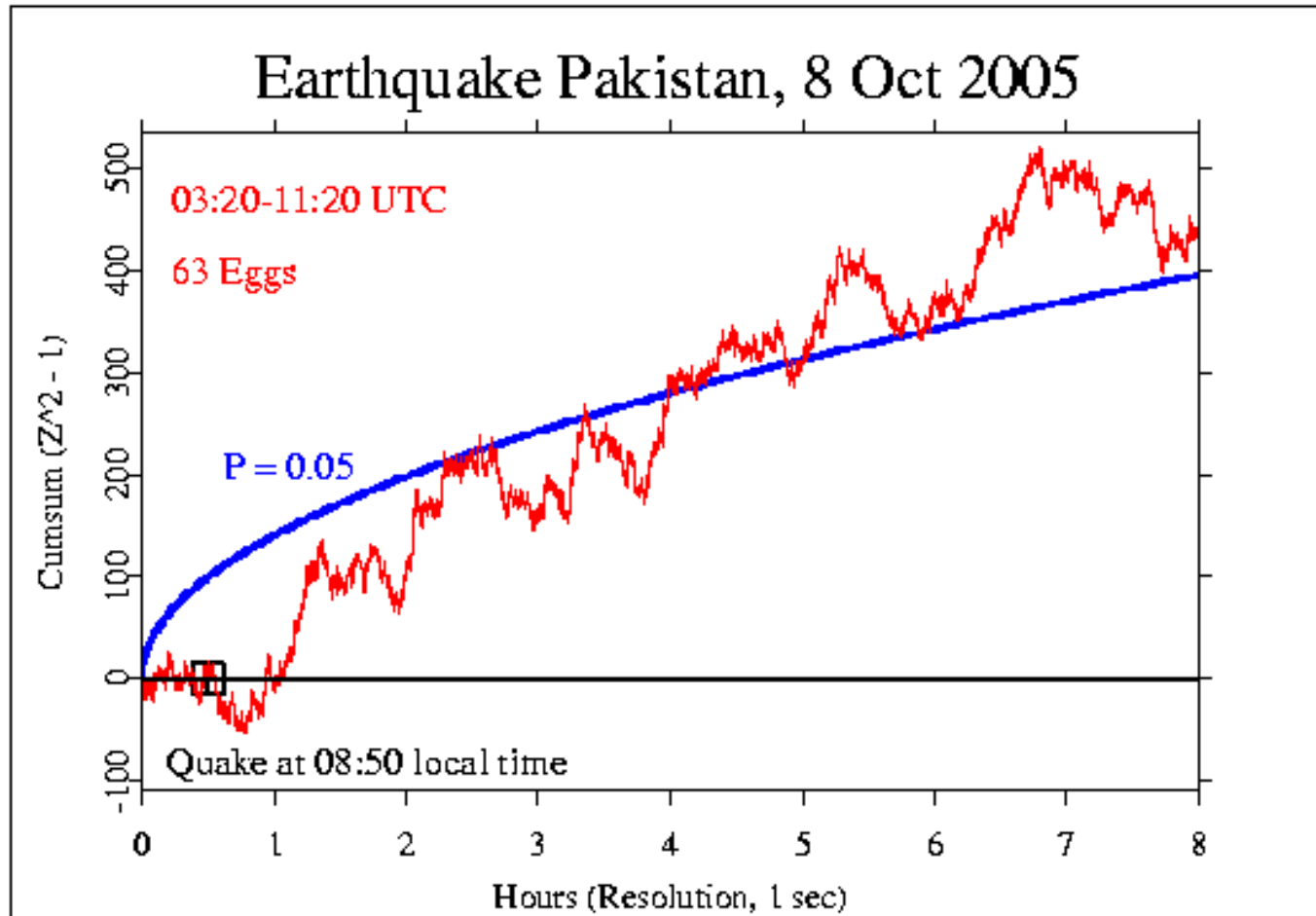
- Examining the effect of mass attention on chaotic, randomized instruments
- 60 Random Number Generators placed around the world and linked to a Princeton University computer via Internet
- Focused attention should result in less randomness if a field of consciousness exists.

# Effect of 9/11 on RNGs

Context, Terrorist Attacks, Sept 11-13, 2001



# Effect of 10/8/05 Pakistan Earthquake on RNG's



# Torsion Fields

- Russian (and former USSR) field of study  
1950-1990s
- Very little review in western scientific  
literature
- If credible, implications are significant

# A Fundamental Force

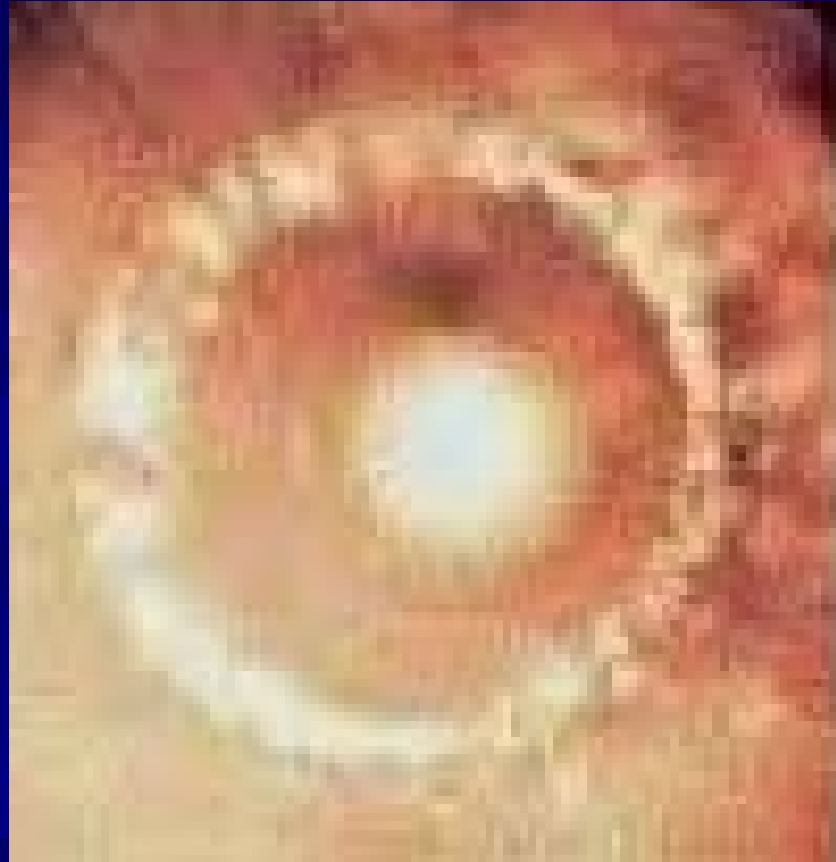
- Non-electromagnetic, super luminal, non-linear
- Affects and changes DNA structure
- Is modified by conscious thought
- Has healing properties
- Is claimed to be detectable and replicable

# Masaru Emoto's Work

- Japanese Hado practitioner
- Study of wave forms in water
- Led to study of water crystallization
- Stumbled on effects of thought forms on water
- Caveat: Has not been subject to replication studies

Masaru Emoto, "The Hidden Messages in Water," (Beyond Words Publishing, Hillsboro, OR. 2004)

# Thought Forms in Water



Crystal of Distilled Water

# Contrasting Thought Forms

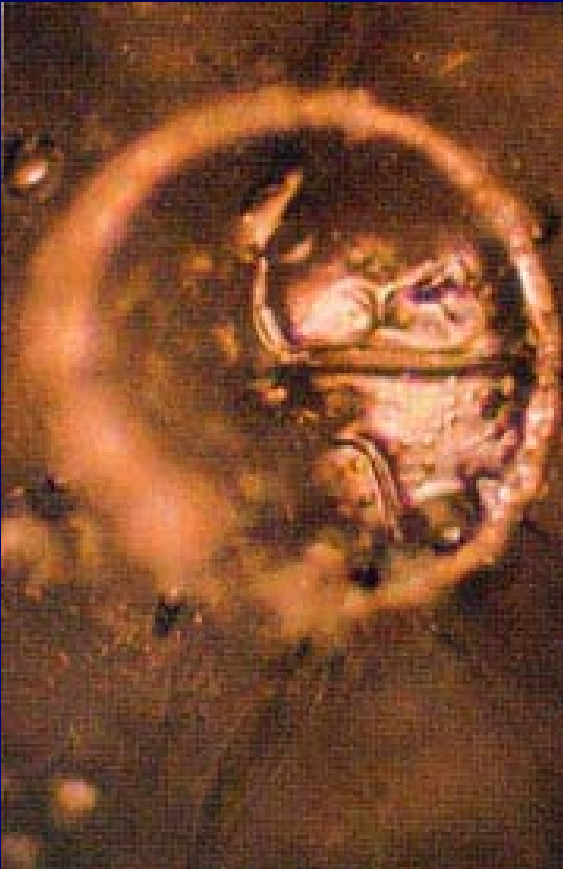


You Make Me Sick

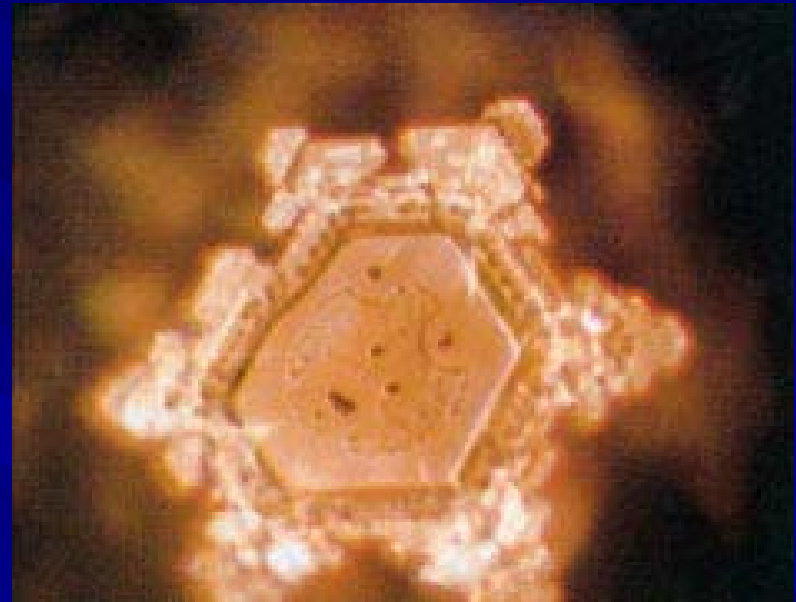


Thank you

# People



Adolph Hitler



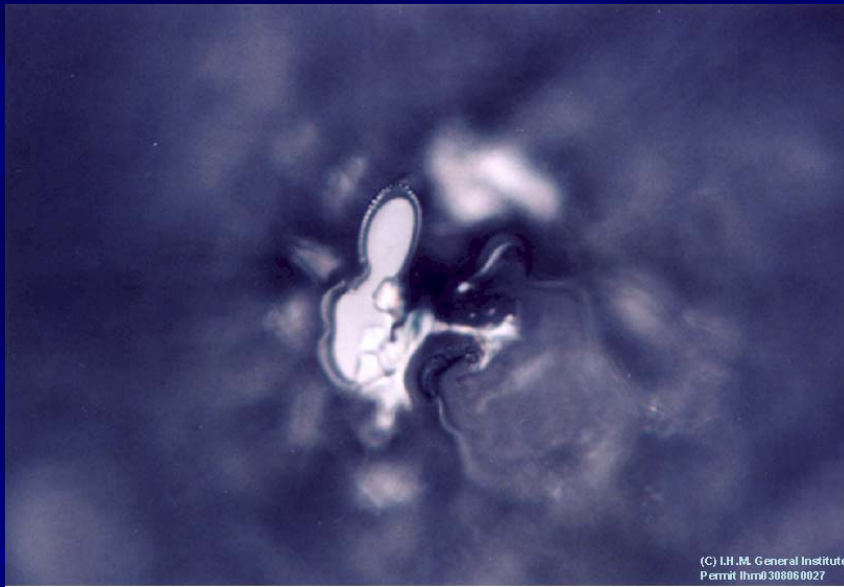
Mother Teresa

# Love



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# Effect of Pranic (Chi) Energy



Untreated

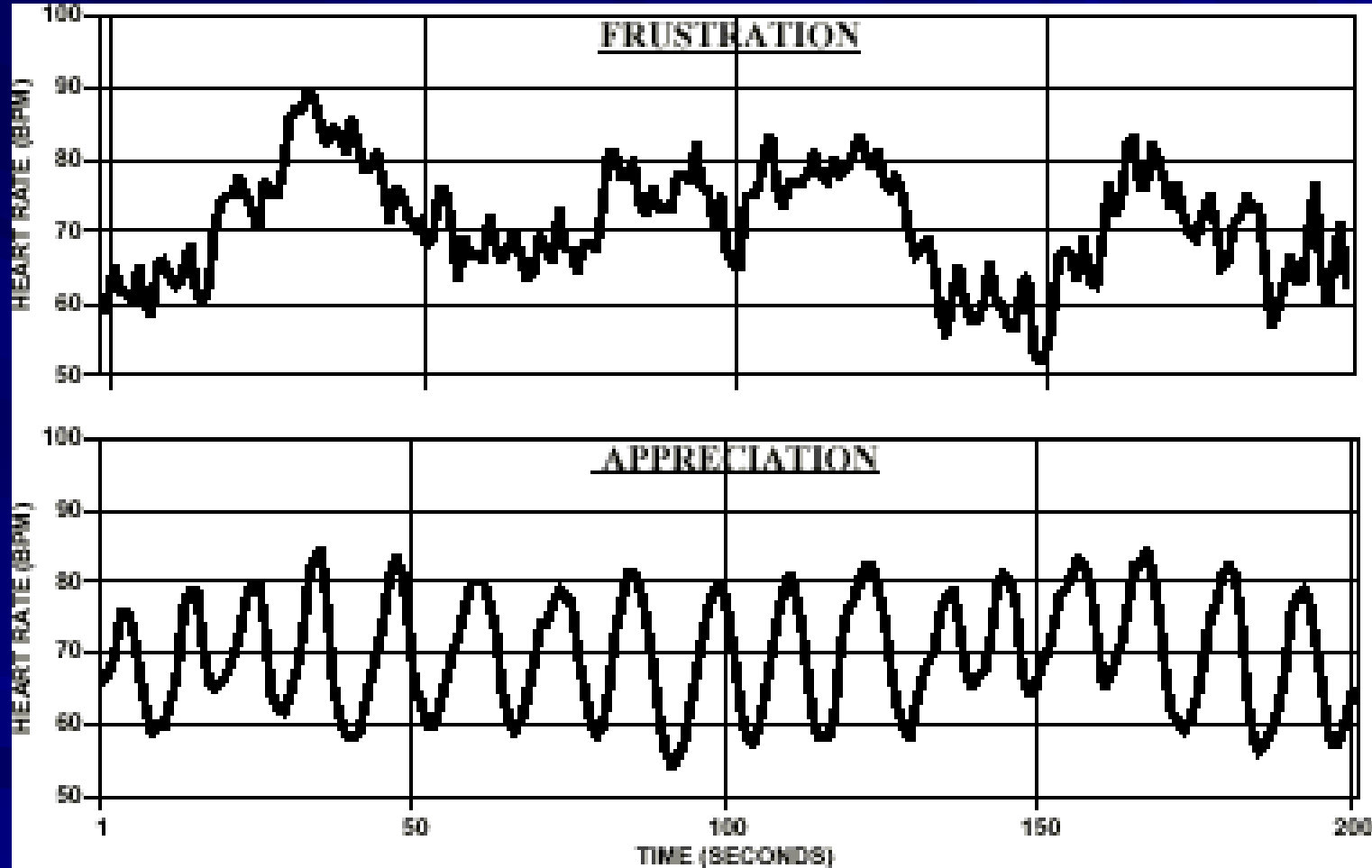


Treated with Pranic  
(Chi) Energy

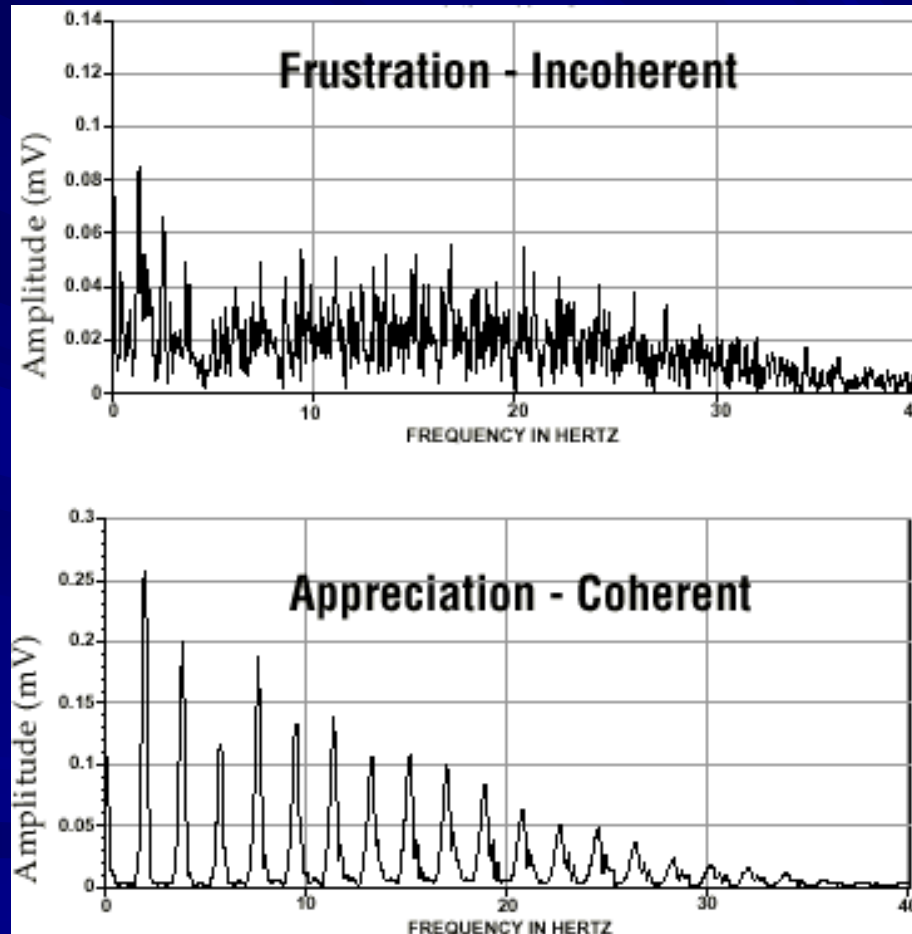
# Heart Math Institute

- The heart is a powerful neurophysiological system
- Heart rate variability changes in coherence depending on emotion

# Heart Rate Coherence



# Amplitude Coherence



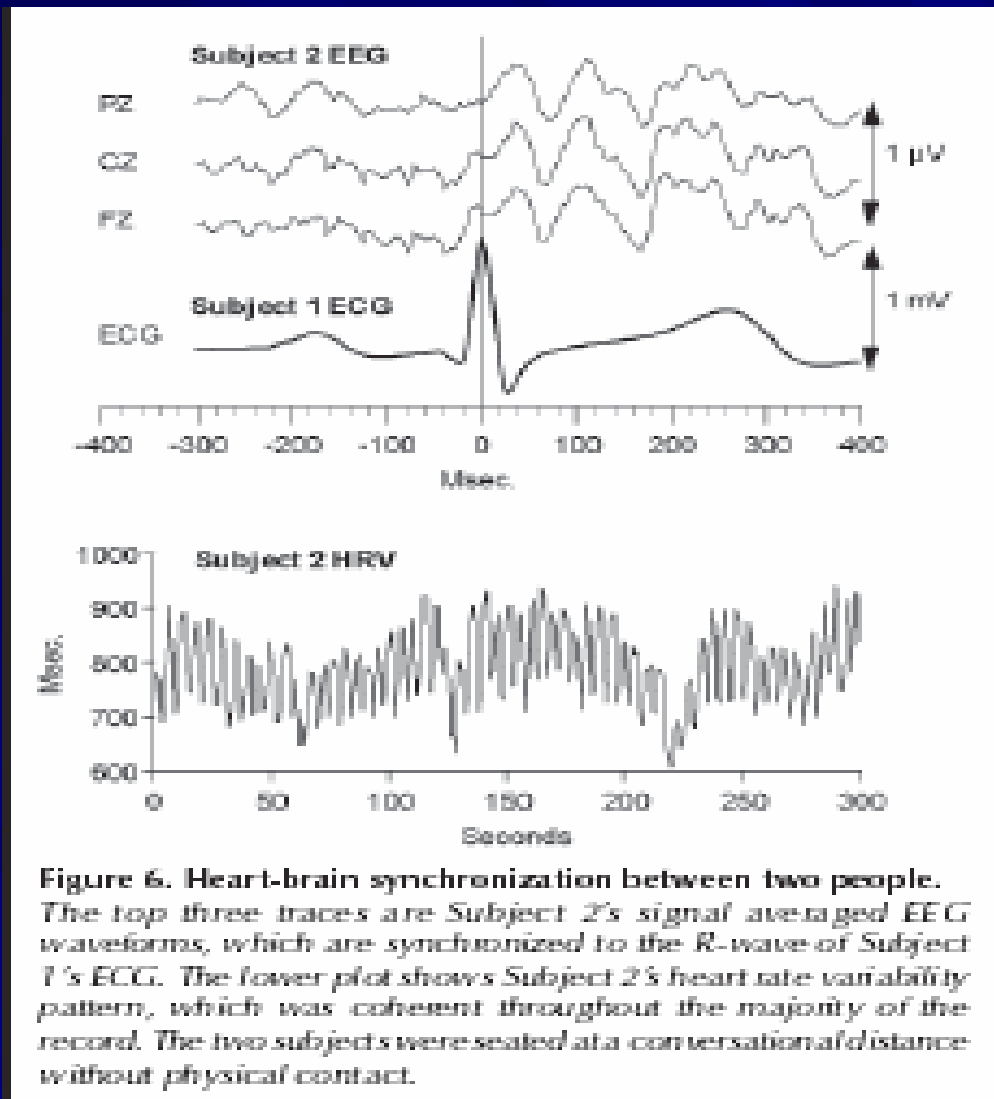
# Cardioelectromagnetic Communication

- The heart is an electromagnetic transmitter-signals detectable some distance from the physical body
- The nervous system acts as an antenna
  - Tuned to the hearts of others
  - Responds to the hearts of others
- This system permits exchange of energetic information between people

# Experimental Design

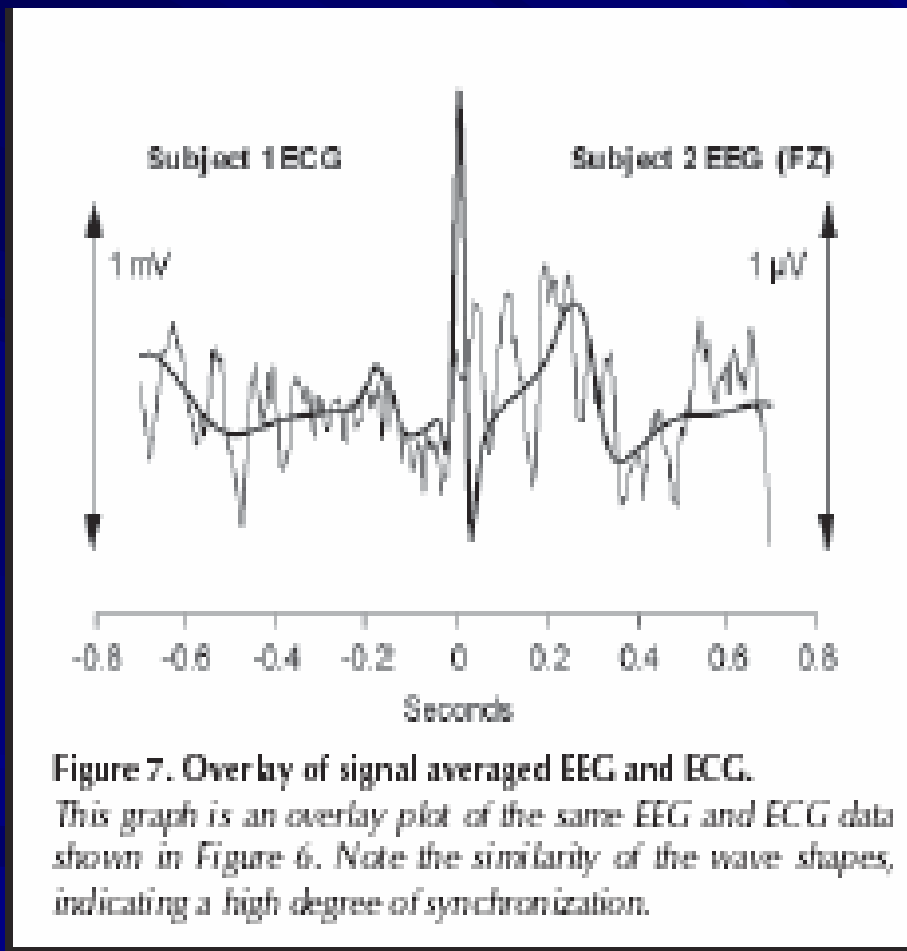
- Two subjects practiced a technique creating high heart rate variability coherence
- Sat facing each other six feet apart
- No intention of "sending" energy
- Participants unaware of purpose of experiment
- Source subject's heart ECG was the baseline
- Target subject's brain measured through EEG

# Heart Brain Synchronization Between Two People



**Figure 6. Heart-brain synchronization between two people.** The top three traces are Subject 2's signal averaged EEG waveforms, which are synchronized to the R-wave of Subject 1's ECG. The lower plot shows Subject 2's heart rate variability pattern, which was coherent throughout the majority of the record. The two subjects were seated at a conversational distance without physical contact.

# Overlay of Averaged EEG and ECG



# Findings

- The heart appears to create a coherent energy field
- Alpha signal of target brain synchronized with the source subject's heart rate, despite the extremely weak signal.
- The degree of coherence in the receiver's heart appears to determine whether the receiver's brain synchronizes with the source's heart
- The greater the degree of coherence, the more sensitive the target is

# What about negative emotions

- Negative emotions create an incoherent heart rate
- Incoherence inhibits the ability to synchronize with another's heart
- Higher emotional stability equates to higher coherence and reduces susceptibility to negative emotions of others

# Speculative Implications

- Something is Going on Here
- What if a field of consciousness actually exists?
- Could we as mediators and peacemakers affect the mediation process through the field of consciousness?

# What if. . .

- Conflict was a manifestation of an incoherent, disordered consciousness field?
- We could, through our thought intentions, provide coherence for that field of consciousness?
- Our thoughts could help bring peace to the table?
- Hmm...how about some experiments?

# Experiments

- Marriage of Heaven and Earth
- Gentle Push Hands
- Verbal Tai Chi
- Move the Card

# Summary

- Conflict is physical, emotional/mental and perhaps energetic
- Perhaps a field of consciousness exists
- If so, it may explain how thought manifests in the physical world
- As peacemakers, we should be working at all levels of Consciousness

# The End

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