

# STUDYING HUMAN TRANSFORMATIONS – PHYSICAL AND SPIRITUAL

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This issue of our journal is the first to be delivered in electronic form. I hope this transformation makes the journal more accessible and easy to use. We are working to convert the back issues of the journal into standardized electronic files, intending to provide online access for the entire archive in the future.

This continuing transformation is appropriate for our society, a community deeply connected to studies of transformation. The inspiring contents of this issue explore a wide panoply of human transformations – from very finite electrical changes observed on the body in association with diagnosed disease conditions; through physiological and psychological alterations associated with specific meditation practice; to the benefits of carefully crafted sound and guided imagery in relieving fatigue and stress; and far beyond into the potential for direct experiences of life beyond death. We can't range much more deeply or broadly in our searches and researches than is demonstrated by the fine work presented in these four papers offered here.

Naohiro Nagayama and Hiroshi Motoyama continue their studies, previously published in this journal and elsewhere, using Motoyama's AMI device – observing changes in electrical conductance at acupuncture points associated with various diseases and therapeutic interventions. The present study, "Change of electrical properties in the skin of the big toe during acute asthma," has found a curious effect. A meridian reaction occurs during acute asthma in the Liver meridian but not in the Lung meridian. Increased severity of acute asthma associates with increased prominence of this Liver meridian reaction.

In patients with a clinical assessment of Bronchial asthma, compared with healthy control subjects, Nagayama and Motoyama studied the electrical properties of the Well points (alternately called Ting or Jing in Chinese and Sei in Japanese) that terminate meridians at fingers and toes. Therapies for the patients in the study were corticosteroids and aminophylline. The subjects were assessed before and after clinical recovery from the acute asthma condition.

The results show that the electrical properties at the Liver Well point were altered asymmetrically in acute asthma. The lack of significant electrical changes at Lung Well points during these acute asthma observations may indicate that the Lung Meridian processes are not prominent in acute asthma. Results of published researches have not shown acupuncture to be effective for asthma, although most of the studies reviewed in available meta-analyses of acupuncture treatment in asthma were not based on very well-crafted trials.

In previous research, published in volume 17 of this journal, these researchers had shown that electrical properties associated with the Lung meridian altered with use of fiberoptic bronchoscopic procedures, such as transbronchial lung biopsy and bronchial brushing, curetting and washing. These observations were interpreted to illustrate the relationships between organs and the corresponding meridian. In this context, the results of the current study may show that some disturbances occur in the liver during acute asthma. Some suggested mechanisms for altered liver metabolism and hormone production have been explored in the literature and may be implicated in these current observations.

The asymmetry in the measurement at the Liver Well points was greater with the more severe acute asthma conditions. In a severe case that subsided only over several days of treatment, there was an accompanying gradual improvement of the asymmetry in the measures. These measurements may provide an indicator to gauge the severity of the condition during acute asthma.

Joan Hageman, Stanley Krippner and Ian Wickramasekera II, have explored "Sympathetic Reactivity during Meditation," in a small population of advanced meditators from an esoteric school who use an active meditation style with accelerated breathing. Analysis of eleven psychological and psycho-physiological measures showed variable sympathetic activation during meditation and recovery relative to baseline measures. The meditators reported low levels of stress at the same time they were experiencing sympathetic system reactivity.

From the Western medicine perspective, Benson's "relaxation response" is a widely accepted model to examine meditative benefits via the autonomic nervous system. Some other research approaches have found varying effects with differing attentional strategies, and cognitive processes in different meditation types.

Hageman, Krippner and Wickramasekera's present study did not find the decreased sympathetic activation seen in most passive meditation studies. Their findings here support other research that active meditation styles with accelerated breathing prompt sympathetic activation while also minimizing self-perceived stress.

The relaxation response alone may not be the best indicator of meditation's impact on health. Not all meditation practices are the same. Some people may benefit more from active meditation styles that use imaging and cognitive strategies more attuned with their own personality. Active meditation may have more appeal and be easier for people who are drawn toward active imagination rather than the "clearing of the mind" techniques.

Although the passive meditation styles are more present in the scientific literature than active meditation styles, these authors have noted that health benefits are not limited to passive meditation styles. There are options in selecting meditation styles for health issues.

"Hemi-Sync® and Radiation Oncology: A Pilot Study," by Jonathan Holt and his colleagues is reprinted from the Monroe Institute Hemi-Sync Journal, Vol. XXVI, Nos. 3 & 4, Summer/Fall 2008. This small but practical study deserves a wide circulation, so we are republishing it here.

Hemi-Sync, a binaural-beat brain-wave entrainment technology and consciousness-modulating tool developed by Robert Monroe and his associates, can be combined with guided meditation to produce a useful tool for behavioral medicine. These authors applied the technology to mitigate side effects from radiation treatment with cancer patients. Their data strongly support the binaural-beat exercise's effectiveness for relieving fatigue associated with radiation treatments. Though this was an open rather than a placebo-controlled study, the effect size is far beyond what one would expect from a placebo effect. This pilot study gives strong encouragement for using the Hemi-Sync technology as an adjunct to radiation oncology.

Christian Hallman's "Part Three: A Multidimensional Model of the Deceased State of Consciousness," extends his wide ranging synthesis of ideas from the physical sciences and multicultural consciousness studies into explorations beyond biophysical experience. Hallman began in Part 1 with extensions of theoretical physics to embrace spaces and times for the dreaming state of consciousness, then expanded this enterprise in Part 2 to Out of Body Experiences, which Hallman calls the Released State. Now he widens his multidimensional model to conscious experience beyond death, mapping the realms described from Near Death Experiences, to explain how people can experience a variety of phenomena during the dying process.

Hallman shows a breadth of understanding and mastery of a wide range of literatures pertinent to multi-cultural traditions in studies of consciousness and physical cosmology. He also goes beyond extensions of physical theory to call for two new scientific methods, practical approaches for charting connections between the bio-physical model and the psycho-spiritual realm.

In this endeavor, he is following a lead from William Gough and Robert Shacklett's proposal for a "Science of Connectiveness," published in a three part series of articles in Volume 4 of this journal, in 1993. Hallman also embraces Claire Petitmengin-Peugeot's call for First Person approaches to the study of consciousness. And he acknowledges the foundational principles for these endeavors in William James' Radical Empiricism. Hallman presents James' concise definition of what is required for a Radical Empiricism, and I want to repeat it here also:

"To be radical, an empiricism must neither admit into its constructions any element that is not directly experienced, nor exclude from them any element that is directly experienced. For such a philosophy, the relations that connect experiences must themselves be experienced relations, and any kind of relation experienced must be accounted as 'real' as anything else in the system."

Following Gough and Shacklett's proposal for a scientific model of connectiveness, Hallman introduces his Quantumtative method, for measuring connective experiences. Rather than focusing on the differentiated parts (e.g. individual objects) this new method is proposed to measure a complete whole, such as an entire State of Consciousness (SoC). While quantitative methods serve for measuring the objective bio-physical domains, this Quantumtative method is proposed for measuring the connective psycho-spiritual realm, asking questions like "what is the link between subject and object?" In this Quantumtative method, Hallman adopts Petitmengin- Peugeot's four stage process from studies of intuitive experiences:

- 1) Preparation
- 2) Connection
- 3) Acceptance
- 4) Confirmation

Hallman's second innovative scientific method is also focused on measuring complete wholes, such as an entire Stream of Awareness. This method he calls Qualumtative, including the goal of measuring the unitive experience. Hallman uses Quantum and Qualum to represent entire wholes, whereas quanta and qualia are commonly used for differentiating certain parts, such as a distinct quantity or unique quality of a whole.

Hallman is proposing a truly radical epistemology, as we can see from his practical proposals here for theory building, based in access to a State of Consciousness beyond death:

“With proper training in learning how to access the deceased SoC, modern day cosmologists who question how the physical universe came into existence may find the answers by passing through the various heavens and into the void beyond all motion, space and time. During this journey they will be capable of directly experiencing primordial energy and the binary forces as a unified field. Psychologists could investigate the phenomena of a deceased SoC by observing the behavior of various beings or entities encountered within these more subtle multidimensional realms. Some researchers might be interested in studying the anatomy of the CB [Causal Body], which may be more directly observable through a deceased SoC.”

I certainly must admire the enthusiasm for exploration revealed in Christian Hallman’s endeavors. His first person approach reminds me of Robert Monroe’s personal explorations, documented in his books. It seems fitting that Hallman’s radical proposals for empirical science is accompanied by a demonstration of very practical applications of Monroe’s sound technologies to aid physical healing. Our studies of the subtle realms are not separate from our compassionate lively endeavors.

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### **Correction**

In Volume 18 number 3, the article DISCOVERY OF CHARGE DENSITY PLASMAS IN WATER AND LIVING SYSTEMS, by William C. Levengood, and Penny L. Kelly contains a printing error.

The explanation following equation 3 on page 42 should be corrected:

$$\mathbf{F}_{\text{int}} = (\mathbf{i}_{\text{int}} \times \mathbf{vB}_{\text{int}}) + \mathbf{B}_{\text{ext}} (\cos \varphi) \quad (3)$$

“where  $f$  is the angle between the internal magnetic field vector” should read “where  $\varphi$  is the angle between the internal magnetic field vector.”

