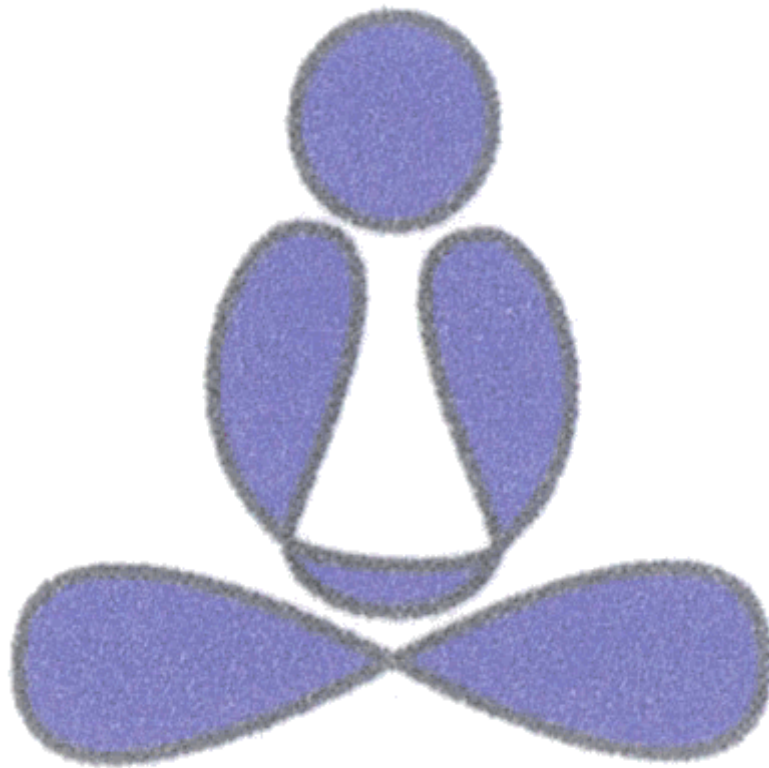


# **The Nuts and Bolts of Meditation**

**Unleash your Quantum Brain!**



*by William (Bill) Cozzolino*

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## **Introduction**

If we follow a river upstream, we will eventually come to its source.

Throughout the ages, beginning with the obvious earth, air, fire and water observations, scientists have been following the ‘river’ of the physical universe. Science endeavors to explain how the physical world works by making observations, drawing conclusions, and designing and conducting experiments to prove their conclusions. Each new scientific discovery leads to another question, and each new conclusion leads science further upstream toward the source.

When we discover how things work, we gain mastery over the processes involved. We could have stopped anywhere along our river of discovery, but our built-in need to know has kept us going right down to the atom, basic building blocks of the physical universe, and beyond! Our knowledge and understanding of the processes involved in our physical world has given us the ability to control those processes and to change the way we live.

Great scientists like Louis Pasteur, Thomas Edison and Albert Einstein made quantum leaps in understanding seemingly overnight. The mental powers found in some savants can include a phenomenal ability to calculate numbers and dates, total recall of written material, visual information and the spoken word, automatic assimilation of other languages and the ability to play musical instruments without ever learning to play that instrument.

Are all brains created equal, or is there something else going on, some ‘hidden ability’ that allows for these seeming exceptions?

### **We can now look at what is happening inside the brain!**

The human brain is a physical organ that produces a steady flow of electrochemical activity ending in an ‘ocean’ of conscious awareness. Modern scientific instruments can display and record the electrochemical brainwave patterns as they change, so we know what is happening inside the brain while it is working.

We know that there is a direct relationship between where our attention is focused, what mental tasks we are performing and the resulting electrochemical brainwave patterns. Differing mental processes such as problem solving, sleeping, dreaming and changing emotions produce different brainwave patterns.

These brainwave patterns change when we take conscious control of our attention and deepen as we consciously isolate our attention on any single focus. The term commonly assigned to **consciously controlling** where our attention is focused and the resulting brainwave activity is meditation. The term often carries mystic, metaphysical or religious connotations, but the fact is; we are **all making choices** as to where we focus our attention, so we are **all meditating, all the time!**

This book addresses meditation from a purely **scientific** perspective. The brain produces a 'river' of detectable electrical activity, and if you follow a river upstream, you will eventually come to its source!

We know what's happening in the brain from a physical perspective, but we're faced with a huge challenge.

**We are the observer, and when we look at the brain, we're not looking out at the universe around us; we're looking in, at the observer!**

We begin by taking a look at the root meanings for meditation from Wikipedia online: <http://en.wikipedia.org/wiki/Meditation>

Meditation is usually defined as one of the following:

- a state that is experienced when the mind dissolves and is free of all thoughts
- focusing the mind on a single object (such as a religious statue, or one's breath, or a mantra)
- a mental "opening up" to the divine, invoking the guidance of a higher power
- reasoned analysis of religious teachings (such as impermanence, for Buddhists).

.... It is easy to observe that our minds are continually thinking about the past (memories) and the future (expectations). With intention, it is possible to slow down the mind. We are able to observe a mental silence, also called experience of the present moment.

This is a subjective sense of being connected with the universality of being. Meditation is the method one may follow to verify this experience. It is an experiential means

of separating thoughts from the part of our consciousness which perceives the thoughts, the observer.

By disengaging our mind, we are able to observe the more subtle details and gain better control over what we give attention to. The experience of thoughts winding down and stopping is also known as timeless awareness.

As you can see, Wikipedia lists four primary categories or 'purposes' for meditation, each with a slightly different objective, yet all four involving the what the Wikipedia calls the 'mind.'

We should also make a note that only the first definition defines meditation as freedom from thought; the remaining three involve a mental process involving thought.

In order to create a usable map of our territory, we are going to require a good foundation for our discussion, so the first part of this book is dedicated to the brain itself. I encourage you to do your own research in order to expand your understanding.

We begin removing the mystery by setting a foundation for how the brain actually works.

Wikipedia makes mention of two very important facts about meditation:

1. It is an **experiential** means of separating thoughts from the part of our consciousness which perceives the thoughts, the observer.
2. By disengaging our mind, we are able to observe the more subtle details and gain better control over what we give **attention** to.

Enjoy the journey!

## The Brain

The brain is an organ of the body, and like all organs, it is designed to perform one or more specific tasks. One of the brain's primary tasks is to be the control center for the entire physical body. Our heartbeat, digestion, temperature and all the 'automated' processes taking place to keep us alive are controlled by the brain. It accomplishes this much like a computer by processing both internal and external sensory information.

The brain also provides us with the interface of **conscious awareness**, what scientists call 'self awareness.' The inputs from our five senses are 'processed' in the brain and displayed on a 'view screen' for us to observe and interact with.

Although the brain's processing of electrochemical information is fairly well understood, no one knows how the brain allows us to be aware of our self. In fact, the brain has no specific location where memory is stored, so how our brain records memory is still a mystery.

This gives us two aspects of the brain to consider, the purely physical electrochemical process and the elusive memory and self awareness processes. We will begin with the mechanics, the purely physical aspects of the brain.

Our brain is made up of billions of brain cells which use electricity to communicate with each other. Since brain cells are alive, they are always generating electrical signals; they are never 'off' or shut down. The combination of millions of neurons sending signals all at the same time produces an enormous amount of electrical activity in the brain. This activity can be detected and mapped using sensitive medical equipment such as an EEG.

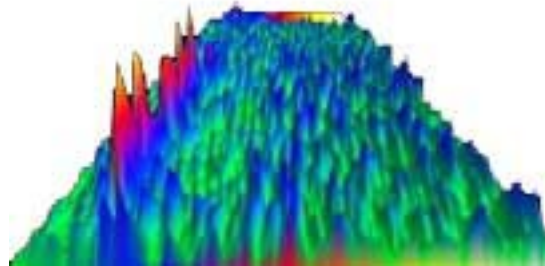
This map shows that the brain is emitting specific frequency patterns that relate directly to different mental processes all the way from wide awake and highly focused to deep, dreamless sleep.

The most common map of these patterns is:

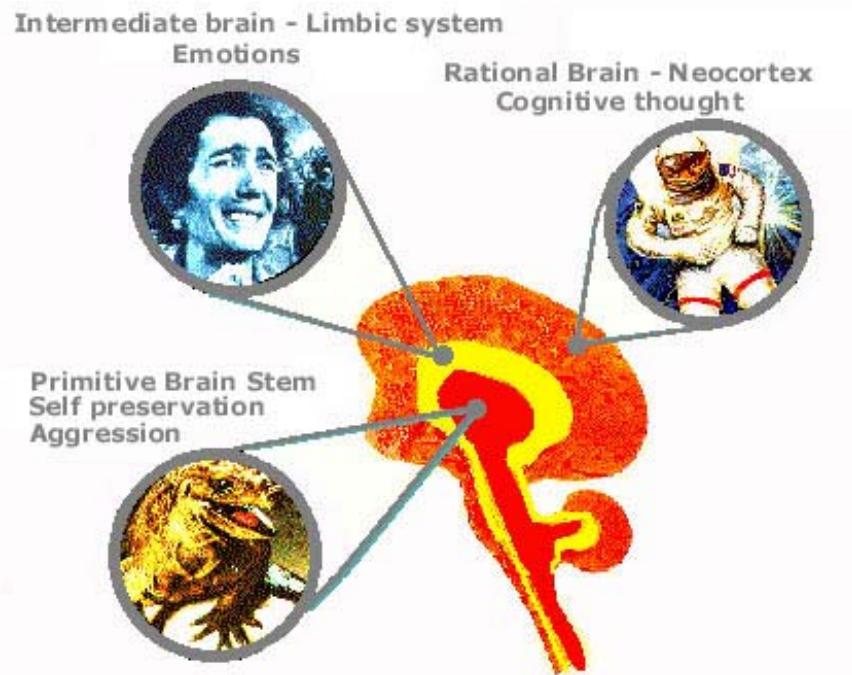
State	Frequency	State of mind
Delta	0.5Hz - 4Hz	Deep, dreamless sleep
Theta	4Hz - 8Hz	Drowsiness and the first stage of sleep and dreaming
Alpha	8Hz - 14Hz	Relaxed but alert
Beta	14Hz - 30Hz	Highly alert and focused

**We do not ‘shift’ from one brainwave pattern to another.** The electrical activity in the brain is generated by living cells that are never ‘off’ and are always sending electrical signals. All the brainwave patterns are present all the time, but only one pattern is dominant at any given moment.

**EEG map of the electrical activity in the brain with the dominant brainwave pattern more prominent.**



The extremely oversimplified drawing of the human brain below is organized into the three basic physical layers as a map of the brain.



The brain stem is commonly called the reptilian cortex and is something that we humans share with all other animals. The brain stem is responsible for regulating the automatic body systems such as heartbeat, temperature, digestion and so on. The brain stem is also responsible for the rudimentary self preservation response of fight or flight and is the seat of our aggressive impulse.

Reptiles and amphibians don't develop a brain much beyond this rudimentary stem, so amphibians like the frog live their entire life depending on the "auto pilot" decisions made in the brain stem.

As an example, a frog's 'decision' to eat is based on the presence of three kinds of visual information available in the immediate surroundings: 1) Is it moving? 2) Is it near enough to reach? 3) Will it fit in my mouth? If the visual information processed in the frog's brain is 'true' to all three, the frog will attempt to eat.

A frog's 'decision' to flee in response to visual information is much the same: 1) Is it moving? 2) Is it bigger than I am? 3) Is it too close? If this visual information is processed as 'true,' the frog will jump into water and dive to the relative safety of the bottom.

What is important to note from this example is that the frog cannot decide how to react. Every move is pre-determined by the signals processed by the "auto pilot brain."

The second layer of the brain is called the limbic system and is responsible for our emotional life. The limbic system is involved in the creation of memories; it appears to add emotions to memories during their creation and to make emotions available to our conscious view screen during memory recall.

The final layer of the brain is known as the neocortex or 'rational' brain, the area of the brain where pure logic and reason can be conducted. From a purely physical perspective, this is where our view screen or 'monitor' of awareness resides.

## **Brains and Computers**

We can gain a fair understanding of the **physical processes** in the brain by comparing it to a computer. A computer is an electronic device that contains programs and process information from both internal and external sources. For example, our computer may have an internal email program, a word processing program and a graphics program residing internally. When we want to check our email, we launch our email program with the external keyboard. Our computer processes the input, launches our email client, connects to the external mail server and publishes the results in an 'output' on our monitor so that we can interact with on a conscious level.

As I write this, my computer keyboard is sending the keystroke inputs to the processor. My word processing program is accepting



these small electrical signals and changing them into a readable document.

A computer can process information in just one program at a time. A computer may appear to be running more than one program, but it is actually switching very quickly between all the programs that are active and checking for input from external sources. The switching, called 'interrupts', is built-in and checks for input from the automatic programs like keyboard, mouse, monitor and such along with programs we have open and running like word processor, email and so on. It happens so quickly that we don't normally see it happening. What is important to know is that the computer can process only one program in at a time.

Like a computer, the brain contains processing 'centers' with programs for our senses of sight, sound, taste, touch and smell along with inputs from all the internal organs down to the cellular level. But unlike a computer, the brain is a living, electro-chemical organism, so its processing centers cannot be turned off. Our brains continually process the billions of 'bits' of information contained in the sight, sound, taste, touch and smell information in our immediate surroundings.

We know less about how the brain works than anything else in our physical world. One of the most puzzling challenges we have is that the brain has no physical location for memory. In fact, there is considerable evidence to support the concept that memory is not in the physical brain at all! We'll discuss these aspects of memory in later on. For now, we'll just look at how science explains the memory.

### **Long Term Memory**

Our long-term or **declarative** memory contains all the 'data' such as facts, figures, names and such that we have encountered in our lives. For example, the average person cannot recall what they had for breakfast on April 5<sup>th</sup> twenty years ago or the license plate number of every vehicle they glanced at on their last trip to town, but the information is there in vivid detail. Declarative memory can be compared to the hard drive of a computer. Like a computer, this information remains in memory until we launch a recall 'program' and activate it. If I want to recall where I parked my car when I'm finished shopping at the mall, the information becomes available from memory.

Long term memory also contains what is known as a **procedural memory**. These are actions, habits, or skills that are learned simply by repetition. Examples include playing tennis, riding a bicycle, walking, swimming, playing an instrument, solving a puzzle and so on. Procedural memory allows us to perform routine tasks without having to think consciously about what we're doing. If I work at the shopping mall and park my car in the same place each day, procedural memory will allow me to walk right to my car after work without having to 'think' about where it's parked.

### **Short Term Memory**

The 'output' from our brain is displayed on our conscious 'monitor' or awareness. As I write this, my awareness is focused on the task at hand in what is known as short term memory. Short term memory in the brain is much like the random access memory (RAM) of the computer. RAM is a 'chunk' of memory that is dedicated to the task at hand and **recycled** or **emptied** when the task is completed.

### **Recallable Memory**

Every sound we've ever heard, every word we've even glanced at, everything that we've seen and everything we've ever touched, smelled or tasted is recorded in long-term memory along with the emotions involved at the time the memories were recorded.

Although the brain records every bit of information in our daily lives, we are normally able to recall **only** that memory that has passed through our short term view screen.

For example, one wouldn't normally be able to recall the license plate number of every car they glanced at on the way to work. But if we **focused** on a license plate number, repeated it a few times and made the **conscious connection**, the number will become more readily available for recall.

**The more attention that we give to the information on our short term memory, the more accessible that information is from memory.**

We can see that there are some similarities between our brain and a computer. However, there are **four important differences** between a computer and our brain.

## **1. Our brain records everything!**

I'm typing away here, but the RAM in my computer will not transfer the information to the hard drive or long term memory until I tell it to do so. I have to initiate the 'save this information' process, or I'll lose what I've been working on.

Our brain still has a record of the day we were born. That record holds all of the sensory information from our birth. All the sight, sound, taste, touch and smell information is there in vivid detail.

## **2. Our brain records information holographically.**

When I hit the save button, the work that I'm doing right now in RAM is transferred to the hard drive and placed in a specific location. If that location becomes damaged, the information recorded there is lost.

There are no memory centers in the brain, so the hard drive comparison is just an analogy, but the implications are profound. Holographic recording is a difficult concept to grasp, so let's compare a 'blank' brain to a gallon jug of pure water with no coloring whatsoever.

We'll say that our birth experience is a little drop of blue food coloring that drips into the gallon jug, and that every sensory experience after birth is a drop of a different color. Okay, we're going to run out of colors pretty darn quick, so we'll assume that we have an unlimited number of colors available and that each color represents a different sensory experience, a different 'bit' of data.

It won't be long before our birth experience is buried in all the colors or memories that have been added since. We may think we've forgotten that experience, but it's still there, and it's 'shading' all the colors that have been added since it was.

Every 'bit' of information we've ever experienced is recorded **everywhere**. This means that we can't go back and erase any information; in fact, we can't even overwrite what has already been recorded!

Every experience we have from the moment of birth, including the emotions related to each experience, is recorded, and the record remains forever.

### **3. Our brain is processing more than one program!**

While computer RAM can process only one program at a time, our brain's short term memory can process around five to nine different programs or tasks and display them on our 'awareness monitor' – all at the same time! So, even though I am focused on the task at hand, my brain's short term memory can also process a radio program I'm listening to in the background, the smell of dinner cooking in the kitchen, the physical movement and sense of touch in my fingers as I type and quite a few other 'programs' - all at the same time!

### **4. Our brain filters information automatically!**

Remember that there is a wealth of sensory information that is being 'transmitted' from our senses all the time. For example, our entire skin is covered with billions of sensors for touch, pain, heat and such. These sensors are not on/off switches; they are living cells and they are always sending signals. Our conscious, short term view screen can process only an average of seven 'programs' at a single time, so we cannot possibly remain consciously aware of all the sensory information available.

**In order to focus on what we're doing in the moment, the 'awareness filter' limits information that is transmitted to our short term memory.**

The mind's awareness filter lives in the unconscious mind and responds to our attention. It systematically lowers the 'volume' of sensory information that we don't need to be bothered with. We can prove this to ourselves now by performing the simple exercise in the next paragraph.

Recognize that you are attentive to what you are reading right now, and as you read, move your 'monitor of awareness' – your attention – just slightly to the weight of your body in the chair, the feeling of your feet on the floor, sounds that are available to your hearing, things that you can see in your peripheral vision and finally, the taste in your mouth and the smell of the air around you.

These are the sensory inputs that our brain is continually processing. Our filter reduces the 'volume' of those inputs that do not require our immediate attention, but they are never completely off.

In the exercise just above, you became aware of and may be able to recall all those feelings in the exercise, but it's important to remember that your brain is recording everything that happens, all the time.

But the brain does more than just filter out information that isn't necessary for our everyday activities. Over time, our brain creates a 'program' that can actually shape the way we see the information that is allowed to pass to our conscious view screen!

### **The Paradigm** (pair – a – dime)

The paradigm can be thought of as the brain's pattern or example for how the physical world around us should 'look' and 'work.'

The paradigm lives in our unconscious mind. Its 'function' is to compare the **current sensory information** with the **information that we have stored in our memory**. Beginning at least from the moment of birth, the paradigm begins to grow more intense as we mature and interact with the physical world through our five physical senses.

Unlike a simple filter, the paradigm not only limits the information that makes its way to our conscious view screen, it also **shapes** that information to the '**look and feel**' of the pattern or example that it has established **over time!**

For example, most of us have a paradigm or 'example' for the way that people whom we know very well and see often should appear physically. Should a close friend decide to shave his moustache, we may not notice that change for some time because our paradigm still includes a moustache.

If we were asked to describe the individual, we would include the fact that he has a moustache. The paradigm continues to present the image of the individual the way that we expect him to appear. This will continue until we **take conscious notice** that he has changed his appearance and **adapt** the change to our paradigm.

When we first see our acquaintance without his moustache, we may get the **feeling** that there is something 'different' about him.

**The paradigm adds emotional content to the information that it allows to pass!**

The moustache is a very subtle example; the paradigm is much more powerful and does much more than simply 'filter' the information that is presented to our awareness. It also has a lot to do with the way we **feel** about our ongoing experiences and our ability to exercise **judgment and reason** as we interact with those experiences.

For example, middle aged man came to a hypnotist in the hopes of resolving his 'fear' of riding horses. His wife was an avid rider and he wanted to join her. It wasn't that he didn't like horses; in fact, he did. It's just that the closer he got to climbing aboard a horse, the more fearful he became. He was an intelligent man, and he knew that there was no logical reason for his fear of riding.

The hypnotist placed him in a hypnotic state and told him to imagine that he was about to climb into the saddle. The man immediately encountered his fear of riding.

The hypnotist told him to stand right there in his imagination and directed him to go back in time, in his memory, through his life experiences until the fear began to go away. With very little effort, the man stated that his fear was gone.

The hypnotist then instructed the man to go forward slowly in time until the fear began to return. Very quickly, the man told the hypnotist that he was once again fearful of getting into the saddle. The hypnotist then asked the man to describe where he was and what was happening in his memory of the past.

The man began to tell the hypnotist what was happening, but he was talking in 'baby talk' and the hypnotist couldn't quite nail down what was taking place. The hypnotist instructed the man to remain where he was, but to describe what was happening from his adult mind, from where he 'was' standing alongside the imaginary horse and saddle.

At two years of age, the boy was in his fathers shoe shop when a pulley belt driving one of the shoe repair machines broke. As the belt snapped away from the machine, one end slapped the boy on the side of his head with the force of a cracking whip. This happened so suddenly that he never saw it coming. As a man, he couldn't even recall the incident. Under hypnosis, the entire event unfolded in vivid detail. He remembered all the equipment in his father's shop, the two employees that were there, what was going on, what was being said, and the **smell of leather!**

The man didn't have a fear of riding horses at all. It was the smell of leather that was stimulating the emotions from an experience that happened years ago!

**The way that we feel about every experience in our daily life is the result of our paradigm.**

Fear of riding horses is an extreme example. Our paradigm is in place during every waking moment. The things that we've been taught to believe, the way we've learned to interact through social customs, our feelings about different races of people, the way we view other occupations and all the aspects of our emotional 'likes' and 'dislikes' are the result of our paradigm.

The important thing to note here is that the brain does not process sensory information and send the results directly to the neocortex for conscious evaluation. The paradigm, including the emotions involved in our pattern or example, are always included in what appears on our view screen of reality.

We do not have a center for 'good' emotions and another center for 'bad' emotions. Emotions are a continuum, a continuous spectrum from one end to the other, no part of which can be distinguished from 'neighboring' parts except by arbitrary division.

The arbitrary division is established by our paradigm during its development. This is why a particular custom, belief, way of doing things or even a word like 'meditation' will produce **different meaning** with the **associated emotions** to different people.

This book is published under different titles because of the paradigm issues contained in meditation! Some readers would never pick up a book with the word meditation in the title, but the same reader would pick up a book entitled 'The Quantum Brain.' With the exception of the introduction, this book contains the same information!

"We don't see things as they are; we see them as we are." *Anias Nin*

### **The cognitive process**

Cognitive ability, the ability to **carefully consider options** and come to an **informed decision**, is unique to the human mind. When food and hunger are present and the conditions for eating are met, a frog's response is automatic. Our cognitive ability allows us

to see the fast food sign on our journey, smell the aroma of a delicious meal, feel the pangs of hunger arise and make a decision to drive right past without even pausing.

Our cognitive ability allows us to make a **conscious decision** in the face of **conflicting emotional experiences**. There is a direct correlation between our cognitive ability and our emotions.

**The intensity of the feelings or emotions that we have in any experience is inversely proportional to our ability to use judgment and reason in that experience!**

To put it another way, as emotions increase in any sensory experience, the brain's ability to exercise judgment and reason is proportionally decreased.

This is true of **any sensory experience**, be it deep emotional love or raging emotional hatred.

The brain responds to sensory information. How are we able to choose not to be attentive to that information?

Classical scientist commonly explains our **cognitive decision making process** as a 'function' of the physical brain. However, classical science cannot explain **why** we are able to choose to ignore information or to place our attention on information that is not arriving from memory and not from our sensory environment.

**No other creature on the face of the earth can choose where the attention is focused.**

We'll set that question aside for the moment and hold on to what we do know.

**Brainwave patterns change when we change the focus of our attention.**

**Our ability to choose where we focus our attention gives us control over our brainwave patterns!**



## **Meditation for physical and mental health** **Alpha 8Hz - 14Hz**

We are where we are right now because of our ability to adapt to our ever changing environment. We know that our brain has grown over time as a part of the adaptation process. At first, the changes were relatively slow and our brain had ample time to set aside old patterns as new, more productive patterns were developed. But in the past hundred years, we've launched ourselves into a physical environment that contains an overwhelming amount of sensory information, all of which the brain must process twenty four hours a day, seven days a week!

We're 'connected' in ways that adults just one generation ago had no idea was possible. From the time we awaken in the morning, we have access to the world news, mostly bad, email, IRC, computer games and TV 'entertainment' that keeps our brain in a high processing mode all day long. Our brain is an electro-chemical machine, so it is burning energy, consuming chemicals and producing waste material during the entire process.

Meditation is the process of stilling the brain's activity and focusing on one simple object of attention. Doing so first sends the brain into a 'tune-up' mode where wastes are removed and critical brain chemicals are re-charged. The physical results of meditation are well documented.

Prolonged meditation can open our awareness in ways that are well documented but not very well explained. We will attempt to clear up the confusion as we progress.

The desired 'results' of meditation vary, and we will discuss these as well. But first, let's take a look at the physical benefits of meditation.

For comparison, imagine that we're driving home from work in slow, stop-and-go traffic in a large city. There are cars, trucks and other vehicles surrounding us and because of the stench of the smog, we have our windows rolled up and the air conditioner running full blast. Sure, our car can take the punishment and so can we. But neither us nor the car were designed for this kind of use.

The car's engine, designed to work best on the open road, is becoming clogged with unburned fuel, some of which is pouring out the tail pipe adding to the already polluted atmosphere. Our gas mileage is at rock bottom and the engine is struggling to stay cool.

We are using our breaks more times each minute than we would all day on the open highway.

So, we've made it home and we park our car in the driveway or on the street. The next morning, we climb in and take the same trip to and from work. It won't be long before this thing needs a tune up!

But tonight we're headed out of town after work. We've just crested a hill on the edge of the city to find ourselves on an open road, straight as an arrow with no hills and best of all, no other cars! We sit back, turn off the air conditioner, roll down the windows and hit the cruise control. Unburned hydrocarbons stuck in a vicious stop and go cycle just moments ago begin to purge, and the engine begins to purr with an almost happy sound.

A crude comparison at best, but the example gives us an idea of what begins taking place during the early stages of meditation. When we are in meditation, we've taken our brain out of the hectic stop-and-go information processing mode and allow it to cruise on a mental 'superhighway' where it was designed to perform.

The moment we close our eyes and simply focus on relaxing, alpha and early theta brainwave patterns begin to increase. The **physical results** are a recordable increase in norepinephrin, serotonin and beta-endorphin levels along with a decrease in blood lactate levels. Blood lactate levels are directly related to stress, so there is a reduction in the stress response along with an increase in the immune system response.

Problem solving and accessing new ideas becomes easier with meditation. When the brain is busy processing the daily information buzz, there is no room for new or creative thoughts. Artists and poets call it "inspiration". Albert Einstein and Thomas Edison, among others were known to have practiced a form of meditation. When confronted with a problem he couldn't get his brain around, Edison simply 'napped' in his office chair. His 'nap chair' is still in the Edison museum.

People who practice meditation on the regular basis look and feel typically 10 or even 15 years younger than other people at their age. Giving the mind a regular "break" and allowing our nature to perform self-repairs everyday makes all the difference.

It takes only fifteen or twenty minutes, preferably twice a day to give our brain and our body a very good tune up. All we have to do is to take the time!

Meditation just for the physical and emotional benefits is as easy as it gets. The process is quite simple and there is no magic involved. If you find that a power nap helps you refresh and concentrate, you're probably already using this form of meditation because it is just a short 'sleep cycle' during the day. Simply follow these steps:

1. Set a schedule!

This is important. Set a time to begin and remind yourself that you intend to come out of meditation or 'wake up' in twenty minutes or so.

Things that we do on a regular basis create **procedural memory** patterns in the brain. We want meditation to become a habit so that our procedural memory begins to prepare us for the event before it happens. If you're one of those that likes to take what we call a 'power nap,' you already know that you begin to feel like napping at a regular time each day. If we think that we can meditate whenever we get the time, we usually won't take the time.

What is most important is that we establish a schedule, a pattern for meditation. Once the pattern is established, our mind will begin to prepare for meditation in advance. In fact, most regular meditators report that they feel 'hungry' for meditation just as if they missed a meal should they miss their scheduled time.

Once we have established the pattern, we will be able to meditate anywhere. But at first, a schedule is very important.

2. Create space for you meditation.

We should have a quiet place where we will not be interrupted; a place with no phone or ring-tones, and where we're sure that no one will interrupt us. In the early stages, this is almost a necessity. As we develop the ability to meditate, we'll find that we can do it anywhere!

3. Sit or lay down in a comfortable position.

This is the only form of meditation that may be practiced lying down. The moment we lie down, the sleep response is stimulated, which is just fine for a physical and mental boost.

#### 4. Select a focus for meditation.

For this form of meditation, we can focus on a happy moment, a peaceful place or anything that has 'pleasant memory' patterns. It is fine to drift from topic or thought to thought, but do not dwell on anything that results in negative emotions or worry. Remaining focused on positive thoughts causes the brain to relax into alpha and the early stages of theta.

**Don't get derailed with 'heavy traffic' problem solving.** Fifteen minutes of 'highway cruising' in alpha once or twice a day produces all the physical and emotional benefits, enhances the immune response, gives the brain chemistry an opportunity to recover and much more.

Here's what scientists know happens during simple alpha meditation:

- \* Increase in attention focusing, and emotional balance.
- \* An increase in norepinephrin, serotonin levels.
- \* A decrease in blood lactate levels.
- \* An increase in beta-endorphin levels.
- \* Enhance the immune system.
- \* Reduce stress.
- \* Quick pick-me-up.

It is important to note that practicing meditation or using binaural sounds is associated with an increase in psychic ability. In this level of meditation, the association may only result in an increase in what is known as intuition.

You will feel the benefits immediately and the more you practice, the better you'll feel and the healthier you'll become!

## **Meditating for Problem Solving and Creative Ability** **Theta - 4Hz - 8Hz**

Thomas Edison and Albert Einstein are just two of the scientist, philosophers, artist and everyday people known to take a 'nap' in their favorite chair or sequestered themselves in their office for a while. Everyone that does this on a regular basis will candidly report that they are able to come up with new ideas and new solutions to existing problems much easier. Meditators report that these occur either while meditating or shortly thereafter. Some leading corporations are even providing 'power nap' time for their employees!

### **They aren't really napping!**

There is a process involved in **memory recall**, and understanding what's happening is the key to unleashing access to new concepts and enhancing our creative ability.

Have you ever had a memory that you knew you could access, like someone's name or perhaps a location, 'hid out' from your conscious view screen? Most of us have, and it happens like this: "Jeez, I **know** his name, but it just won't come to me!"

When we tried to access that elusive memory and it didn't come right away, we started **trying to recall it consciously!**

In order to keep our part of the conversation going, we pass over trying to recall and go on to discussing what we were trying to recall by saying something like, "It'll come to me later." and then continuing with our discussion. Within a short time, a **burst of alpha** will appear and we say, "Oh yeah, now I remember!"

**When we are no longer trying to recall - - -**

**The memory came to us in a flash!**

We have found that when memories are accessed from our unconscious mind, the short term view screen takes a quick 'break' in the beta of attention, there is a **short burst of alpha** while the memory is recalled and then the beta view screen kicks in again. This happens thousands of times each day as we recall memories appropriate for what's going on in our conscious, short term memory.

Active information processing in short term memory does not produce alpha, it produces beta, which is a much higher brainwave pattern!

**We can have only one dominant brainwave pattern.**

If this pattern is beta, there can be no dominant alpha and so, no memory can be recalled.

**The harder we think about trying to remember, the higher the dominant beta brainwave frequency and the more elusive the memory becomes!**

The same is true in problem solving and creativity.

There is only one dominant brainwave pattern at any given instant. While we're thinking about a current problem and trying to establish new connections, we're producing beta or higher brainwave patterns. During these times, we have access to memory we've **created so far** through short bursts of alpha and the lower brainwave frequencies.

**But we know more than we know that we know!**

The unconscious mind creates relationship that we may never become aware of! For example, when we think of the name of an individual whom we know during normal conversation with someone else, we briefly 'touch' everything we know about that person. In everyday conversation or casual short term thought, we'll only have access to surface information, like a name and perhaps the face. If our relationship is stronger, we may access feelings and a kind of 'knowing' about that person. The same is true when we access skills that we've learned, places we've been and all other memory.

The 'knowing' comes from the wealth of information that we never access. For example, our memory holds a detailed record of every conversation we've had with that person, every place we've ever been together - and a ton of other data. This is the total result of our relationship, good and bad combined, right up to this point in time.

The same is true while we're trying to solve a problem in our conscious, short term memory. While we're consciously thinking about it, we have access only to the total result of our problem and the solutions, good and bad combined, right up to this point in

time. As long as we're focused on the way we've been working on the problem so far, we'll only access **active** patterns and **active** memories.

**We cannot hold the problem in short term memory where beta is dominant and possibly hope to come up with new, creative thought!**

The key to creativity and new ideas is to focus **away from** the problem at hand and give plenty of time for alpha and theta!

In order to come up with **different relationships** and establish **different concepts**, we simply review the problem before us and then - -

**Set it aside and go for theta!**

The process is much the same as the previous method, but we cannot go to sleep and we cannot allow our mind to drift or dream as we enter into the deeper patterns of theta, so we must remain sitting – and we must have a focus!

1. Set a schedule!

We will do this initially if we're starting here. If we've already adept at the first form of meditation, we can just alter the following.

2. Create space for you meditation.

Again, establishing repetitive patterns that our mind prepares for is important. Your problem solving 'space' will stimulate the meditation response before you consciously begin the process.

3. Sit in a comfortable position.

Do not lie down. This form of meditation is a **wide awake and alert** process. Remember that the connection between conscious thought and long term memory is established when we are processing short term memory on our 'view screen' of awareness. In order to have recall to any new information, we must remain awake in order to establish the connections.

4. Briefly review the problem at hand.

A quick overview of the entire thought form concept is all that's needed. Do not dwell on the problem or the solutions 'in progress!' These will 'surface' during creative meditation, but as we will see, the process is to recognize the thought and set it aside.

5. Select a focus for meditation.

There is no magic here; simply begin counting each breath and as each new thought arises, just set it aside and return to counting each breath. Counting each breath works very well.

We don't want to be 'on vacation' during creative meditation. We want our brain to be under our conscious, short term memory control. Neither do we want any predetermined meaning involved in our focus, so having pleasant thoughts is not our goal.

**Important: Our Focus Cannot be the Problem!**

We can't hold the problem in short term, conscious memory where current patterns and filters are dominant and hope to come up with new, creative thought!

We will begin experiencing deeper alpha and early theta brainwave patterns almost immediately. When each new thought arises, our alpha bursts will access established memory patterns, but we're looking for **new patterns** – so we set each thought aside without judgment. Just acknowledge the thought and let it go, then begin counting again. If we lose our place, no problem; just start over.

We do this even with 'pleasant thoughts' that may pass through our awareness. We're not 'drifting' in alpha here – we're using a 'recognize, release and return' process to set each thought aside. Doing so continually will stimulate the deeper theta patterns and allow room for new concepts to arise in our awareness.

**Important: Do not 'expect' new concepts to arrive during meditation. Having an expectation for a solution will only stimulate the non-productive patterns that we are currently using to solve the problem!**

Setting an expectation automatically accesses already established patterns. New concepts and insights may surface during meditation, and if they do, you can jump on them. But the majority of the new patterns will come while we're back working on the



problem. They are usually, “Why didn’t I see that before?” insights that were always available just behind the conscious patterns! Meditation just opens the doorway.

Beginning immediately and increasing with practice, this form of meditation results in:

- \* Deeper states of attention focusing.
- \* Problem solving, gaining insight and discovering new concepts.
- \* Traveling the perinatal matrix to resolve life issues.
- \* Flashes of deep insight into paradigm issues.
- \* Increased intuitive and creative ability.
- \* Increased awareness of intuitive and/or psychic abilities.

Practice daily if you’re starting here and you’ll get all the benefits of the first form of meditation plus a continual increase in the deeper states.

The increase in ability will be tempered by the meditator’s individual beliefs and expectations. Remember that the filters of the paradigm are still in place and the mind will shape all information to fit our beliefs and expectations.

We gain all the benefits of every state of meditation through which we pass.

## **Centering Meditation** **Delta 0.5Hz - 4Hz**

Centering or 'empty mind' meditation produces the deepest brainwave patterns during which we can experience:

- \* Expanded awareness beyond the physical.
- \* Out of body experience.
- \* Open visions and transpersonal journeys.
- \* Deeper insight and understanding.
- \* Gaining a sense of Oneness.

When we were discussing the process during alpha and theta, we are working with states just this side of deep, dreamless sleep. Since we can have conscious memory during these states, we can easily make the connection and recall the memories of our meditations.

When we discuss centering meditation, we will be traveling into territory for which we have little or no conscious connection. Delta is related to deep, dreamless sleep, and we don't usually wake up in the morning being able to recall what happened while we were there. Developing a foundation for remaining awake and alert while we go into delta is going to require a lot more understanding, not so much about the brain, but about our world and our relationship to it.

We're going to take a 'quantum leap' here, and a bit more time to lay the foundation and adjust our paradigm.

### **The New World**

There was a time in the past when some of our ancestors believed that the world was flat. They lived in a productive world and their science was advancing nicely, but they could not explore their world beyond the limits of their paradigm.

**To make this point very clear, the world that lay beyond their shores was out of reach for them simply because they didn't believe that they could make the trip.**

With one man's journey, their paradigm changed completely. It didn't change because Columbus brought back stories; anyone can tell stories. It changed because he brought back **evidence**.

It didn't change overnight. Paradigms don't just filter information; they **shape the information to fit our expectations** and they add **emotions** to add an element of **belief**. It took time, more journeys and more evidence for the 'truth' to sink in and a new paradigm to become accepted. As new products and new information from what they called 'The New World' began to **be put to use** in their current paradigm, that old paradigm had to fall.

We have already made the trip into the energy world, and we've **brought back evidence** that the physical realm does not define the boundaries of our world.

**Not only have we made the trip and brought back evidence, we have put that evidence to use in our physical world, and here's how.**

Classical science has taken us from the earth, air, fire and water days into the atomic age. By following the river of matter upstream, science can tell us with a pretty good degree of accuracy just what was taking place a few seconds after the universe came into being or, if you prefer, what was happening in the first few seconds after the universe was created.

Either way, it's the same river.

From that point on up the river, the physical world began to act in strange ways and the laws of physics that described it just microseconds earlier could not describe what was taking place. Science was 'stuck' there for a time. Then, one scientist made a very important discovery.

$$E=mc^2,$$

**which states that matter and energy are interchangeable!**

This is Einstein's signature equation; it states and mathematically proves that **matter and energy are simply different 'forms' of the same thing!**

**Einstein opened a crack in the wall of classical physics, a crack that is leading us right into the world of energy!**

Matter and energy are two forms of the same thing. It's not matter over here, energy over there or matter into energy and energy into matter.

They are **two forms** of the **same thing!**

Matter is energy in a physical form, but matter still has an energy quality. Energy contains the information necessary to become matter, but has no physical qualities. As we paddle upstream, keep in mind that although the two do not ‘manifest’ at the same time, the **qualities** for energy and matter are **always present**.

Energy does not follow the rules of the physical world, so the laws of physics can’t describe what’s happening in the energy world. The more recent science of **quantum physics** provides accurate and precise descriptions of the physical world on atomic and subatomic levels, the territory just upstream.

Quantum physics describes the energy world as **packets or ‘quanta’ of information** with the **potential** to become physical things.

These packets of information are not constrained by the speed of light, so all packets are connected. No time means no distance, so there is no ‘location’ in the energy world.

Quantum science describes and mathematically proves the existence of the energy world as having no time and no distance; a place where ‘everything’ is in constant, instant communication.

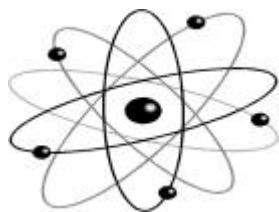
**The Two Worlds Overlap!**

**Quantum Tunneling!**

<http://www.hi.is/~hj/QuantumMechanics/quantum.html>

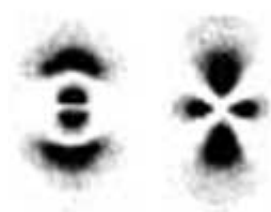
Let's say we are throwing a rubber ball against a wall. In our physical world, we expect it to bounce back every time. Quantum science, however, says that there is a small probability that the ball could go right through the wall, without causing any damage, and continue its flight on the other side!

With something as large as a rubber ball, that probability is so small that we could throw the ball for billions of years and never see it go through the wall. But with something as tiny as an **electron**, tunneling is an **everyday occurrence**.



This is a representation of an atom from a classical science perspective. We understand what an atom should look like because it makes sense compared to what we already know.

If we lined the electrons up in a row, we would see something that looks like our familiar solar system. But quantum science tells us that the electrons aren't in neat little orbits. In fact, quantum science tells us that the atom exists only as quanta of possibility in the energy world.



This is a quantum 'information map' of an atom. It shows where we might find an electron if we were to look for one. The shaded areas represent potential places for finding an electron when we do look.

In the representation, the darker areas indicate a higher probability and the lighter areas contain less of a probability. Remember that quanta are packets of **information** telling us where a physical thing, the parts of an atom, might be 'located' in relationship to where we, the **physical** observer are located.

As our rubber ball approaches the wall, a quantum of information from which the ball is to be constructed in our world extends beyond the wall, to the other side. The ball has a lot of atoms with electrons, protons and neutrons held together by its quantum informational counterpart, so the chances of it going through the wall are **very slim**.

If we look at the ball as a **single electron** and the wall as a **barrier** that would normally block an electron, we see the same potential for quantum tunneling on a much smaller scale.

**On the electron level, quantum tunneling happens all the time!**

**We've already put the theory to work!** Transistors and computer chips work because of quantum tunneling. Without quantum tunneling, a PC would have to rely on vacuum tubes and would probably take up an entire room.

**Einstein opened a crack in the wall of classical physics, a crack that is leading us right into the world of energy!**

We've created microprocessors that work on the quantum principle in our physical universe. What we haven't admitted is that,

**We had to go to the information world in order to do it!**

We know that quantum tunneling works. Our understanding of and our ability to control the potential for quantum tunneling has launched us into the communication age. Computers are electronic devices, and on the electron level, quantum tunneling happens all the time. If you're reading this as an e-Book, your computer is using quantum tunneling.

The brain is an electrochemical organ. Is there any reason to assume that quantum tunneling does not take place in the brain?

No, there is not. Quantum tunneling probably does take place in the brain, but that is **not the issue!**

Transistors work because we've found a way to regulate how much quantum tunneling takes place.

Electron flow through the wires in your computer is just like water flowing through a hose. What goes in one end comes out the other. Our paradigm of the physical world tends to shape quantum tunneling into something that we can understand.

Almost everyone that hears about quantum tunneling for the first time concludes that the ball or the electron somehow makes its way through the barrier.

**Paradigm Upgrade!**

The ball does not physically go through the wall!

The electron does not physically go through the transistor!

We tend to 'see' quantum tunneling that way because of our **paradigm** for physical reality!

The **information** that is to be the physical ball or the electron on one side of the barrier is **already** on the other side. What happens in quantum tunneling is that the ball or electron will suddenly 'appear' on the other side.

It disappears on one side and appears again on the other side!

Does that sound like manifestation, or teleportation?

It could be, but it sounds more like time travel to me. You see, the ‘wall’ that the tiny electron goes through is a big wall from the electron’s perspective. It would be like my car disappearing from where it’s parked in Port Angeles, WA and appearing in someone’s driveway in New York, NY **instantly – with a physical barrier from here to there – and without damaging or leaving a trace in the barrier!**

The words appearing on your computer monitor right now are the result of electrons that have been **manifested through time**, depending on how we look at it through our paradigm, from the energy world – just like a ball going through a wall!

**If you’re reading this, you’re using technology that is not physically possible! Science has crossed the boundary between physics and metaphysics, developed workable theories about the energy world and put those theories to work in our physical world!**

There are ‘rumblings’ everywhere, and it’s easy to understand why many classical physicists **emotionally resist** the implications of quantum science!

Quantum science describes and mathematically proves the existence of the energy world as having no time and no distance; a place where ‘every-thing’ is in constant, instant communication.

Different explanations are associated with different paradigms for what’s ‘out there’ in the energy world. We find everything from angels, heavens and hells to a whole array of obvious ‘psychic’ phenomena. Along with these, we’re confronted with ‘ways’ to access the energy world. These invariably come with a ton of rules and regulations, do’s and don’ts and ‘what to expect,’ mostly assigned by those that have been there and back **through the paradigm that they took with them!**

**Energy and matter are two forms of the same thing!**

They are not separate, one here and the other there, so we are all connected to the energy world all the time.

**The information for something that is not here physically is already here in its energy form.**

Everyone has hunches, many have reached for the phone seconds before it rings, and some of us are able to reach a bit further into the energy realm and bring back more precise details.

I occasionally hear what people are thinking. The label for this is telepathy, one of those metaphysical events that happen to all of us in one way or another. I have a lot of other 'weird' stuff happening, but for now, we'll just stick with telepathy.

At first, I thought angles were doing it. That's what my paradigm supported at the time. Then, I heard about the 'other side' and thought it might be devils, or me going crazy. The more I learned the more options I had to choose from. I made some emotional, paradigm driven decisions along the way, changed my mind, went another direction and regret nothing. All that's happened has taken me here, to this point in time, to share this with you. So here's the way I see it.

We 'normally' hear someone talking only after the vibrations caused by the speaker vocal cords fall on our eardrums, travel the nerves to our audio processing center, get 'processed' in our 'language program' into something that we can understand and then get 'displayed' in our short term memory view screen.

When someone is thinking in words, they are carrying on an internal dialogue; they are talking to themselves. They are 'bouncing thoughts' around in the physical brain. The thoughts begin as packets of information in the energy world. Those packets of information extend beyond the thinkers physical head just as the packets of information for the bouncing ball extend beyond the wall.

Bob and I are walking down the sidewalk on a hot summer's day. Bob is thinking, "Jeez, I could sure use a Coke."

Bob is 'thinking' to himself in words. He is constructing his thoughts as spoken language and carrying on an internal dialogue.

The quanta for those 'thought words' exists in the energy world. Everything is right there for him to mentally push his 'talk now' button and physically tell me what he's thinking, but he hasn't done so – he's just thinking to himself.

I hear those potential words, in his voice, while his attention is focused on them. For me, there is no difference between his internal dialogue and his normal speech, so I reply.



“Me too!”

“You too what?”

“I could use a Coke, too.”

No, I wasn't trying to read his mind. In fact, I was deep in thought about something else at the time. I can't remember exactly what I was thinking about at the time. I can never recall what I was thinking about when this happens, so there is a degree of consistency there.

Is it possible that my 'attention' had shifted from my five senses to some other sense that has 'access' to the energy world?

In my experience, telepathy **never happens** when I am involved in **conscious thought!** It only happens when I'm 'off somewhere.'

When I am paying **no attention** to what is happening in my physical reality – **when I'm thinking about nothing at all** – that's when it happens!

**But I had to pay attention to it!**

Somehow, my brain had learned to pay attention to what's happening between those constant thoughts from my five senses, my body and my memory. I was born with it, and one of the ways my brain translates it is into the spoken word, so I have telepathy. Everyone is born with it, it surfaces in many different ways and it's called many different things. A whole lot of people just follow their hunches, but the bottom line is, we're all connected to the energy world and we're all interacting with it on some level all the time.

The important thing for us is that meditators train so they can do it, and now we know that our science allows for it to work.

Now that we know this, our paradigm can accept it and our meditations will be more productive. All we need to do is to learn how to remain awake and alert, and to pay attention to it when it happens.

**All of Us!**

Yes, in all of us. We are physical beings. Matter and energy are two forms of the same thing. The only way that we can explain our **existence** in the **energy world** is through quantum science.

Our physical brain is made up of atoms that, for the most part, obey the laws of classical physics. Our brain is also energy that is made up of quanta (information with potential) that exist in a world where there is no time or distance.

**Simply put, we are 100% involved in both worlds at all times, time being related to this world, knowing being related to our energy world.**

Why aren't we aware of the information in our energy world?

We were born with the connection. We're just filtering it out because our paradigm for physical reality gives it very little importance; it just isn't necessary for our day to day activity.

A newborn baby is just learning to relate to the physical world, so its filters are not yet in place. It takes time for the newborn brain to learn the patterns for filtering out the quantum information from the sixth sense that does not relate to the physical environment.

Even as a newborn, the information from our five physical senses is overwhelming. By the time we've learned to interact with faces and sounds, learned to use our physical body to reach and touch physical objects and added a language program, information from the quantum world is being filtered very effectively.

But it's still there, just the other side of our paradigm. If we can teach ourselves to pay attention to the place in our mind where information from the energy world arises, we can make the trip into the energy realm.

### **The Centering Meditation Process**

What **normally** appears on our conscious view screen is a 'reality' based on the results of sensory information after that information has been filtered and shaped by our paradigm to reduce the 'chatter' and give us a 'reality' that meets our learned expectations.

The five physical senses provide information from our physical environment, information to which we have established relationships.

The energy world sense or, if you prefer, the sixth sense is one of the sensory inputs, but for the most part, our paradigm has learned to filter that information from our awareness because it doesn't fit our expectations, our paradigm.

When we **recognize the process** and systematically set aside the blocks of information from the five physical senses, we make room for information from the sixth sense.

The only thing that we have to do is remain alert and attentive when it happens.

1. Set a schedule!

We will do this initially if we're starting here. Remember the importance of procedural memory. If we've already adept at the first forms of meditation, we can just alter the following.

2. Create space for you meditation.

Again, establishing a quiet place where we will not be interrupted is important.

3. Sit in a comfortable position.

Do not lie down. This form of meditation is a **wide awake and alert** process.

4. Keep the eyes just open and remain focused on a single **neutral** object.

If we wish to be totally free from expectations, having an object with **no predetermined meaning** is very important. We're going for the transpersonal realm here, the realm of energy that is beyond our current personal experience. A religious, world peace, yin yang or any other icon with a predetermined meaning will only stimulate our paradigm and begin shaping the information in the energy realm to meet our expectations.

I personally prefer Ganzfeld goggles made from two halves of a ping-pong ball. With these, one can keep the eyes open and have absolutely no meaningful visual information reaching the eyes.

5. Select a mental focus for meditation.

**Important: The focus for centering meditation is the empty space between each thought, nothing more, and nothing less.**

6. We simply recognize each block of thought as it flows into our awareness, gently set the thought aside and return to the space between each thought – just wait for the next thought to arise!

It is very important to know that we should **expect nothing to happen**. Expectations will only activate our paradigm.

We have to take ourselves **past** the brain's sleep and dreaming stage in theta, and we have to remain awake and alert while we're doing it. Some people think of it as staying awake while we go to sleep, but we do not allow ourselves to dream. Just continue recognizing each thought and gently setting it aside.

With practice, the brain begins to give less importance to the information it wants to process. This happens because we are not giving it our attention. We can think of it as the brain's information filter sitting there thinking, 'what the heck is important to this guy, he's sending everything back and paying attention to nothing?' and finally, after we systematically set all physical sensory thoughts aside, the filters drop and we begin experiencing glimpses of quantum information.

What happens when we enter the energy realm is related only to our paradigm and your 'vibration', a term that we will explain in our map. The term vibration can stimulate paradigm issues, but don't worry, science is already there.

The area beyond the physical can appear in many ways, so we've created a map and a guide from what we've gathered so far. Your input from your experiences is welcome as well. If you would like to contribute, you can find the information at the end of this book.

## The Transpersonal Realm

The transpersonal realm is that which extends beyond our present scope of awareness; it is the stuff beyond our five senses and our paradigm. We don't need a lot of labels for different things. We're taking our five senses with us so we'll just use common terms for what we see and hear.

Those flashes of insight that bring totally new concepts into our physical world of science, art and music originate there, and for many people, that is their 'gift,' if you will. For most, it flows through what we're doing right here in our everyday lives. This can be anything from hunches that help us help others to advances our science or contributions to our art and music and more.

Flashes of insight differ. Some see the whole thing, others see it in relationships to things they already know and some hear an answer to a question.

Some are told what they want to know by people in the energy world. It appears that the majority of those that leave here end up in the transpersonal realm. We can't say they all do because we're just learning about the territory. And this is where it gets interesting. As we travel further from the 'attention connection' with the physical, we find changes in the language and the 'rules.'

We have explored and mapped these by dividing the energy world into three 'layers' or 'levels'

It is important to know which layer of the transpersonal realm that we are in, so an understanding of the territory beyond the physical is critical if we wish to maintain our awareness of balance.

The paradigm of consensus reality is active the first three transpersonal layers.

These are 1) the 'transition zone' where entities from the first layer are still mentally and emotionally connected to the first layer and, 2) the heavens, where entities have cleared the second transpersonal layer to meet their expectations for another 'place' and 3) the area where the personal 'I' fades away and only one 'rule' remains.

We're going to use the term 'vibration' to describe these layers and what's happening in them. We learned that our emotions are a result of our brain's activity, but we're the one in the driver's seat.

## The Vibrations of Attention

It is very important to understand that the emotional feelings we have about a particular belief or expectation are the **byproduct** of our attention; they do not appear in our physical awareness until we integrate them into our paradigm. In the extreme emotions stimulated by the fight or flight response, there is nearly a one second delay between the time we perceive the sensory information and the time we feel the emotions.

The emotion is driven by attention, and this is very important.

When we focus our attention on the physical world and place 'self' as the primary focus, our attention take on a lower vibration. These vibrations are the result of our **attention**, not of our feelings. We can still have strong emotional love, but our **attention** is focusing on the physical aspect of our overall being, so our vibrations are 'tuned' to the physical where everything is separated by time and distance, and contains assigned meaning through our paradigm.

In the quantum energy world, everything is connected, there is no time and there is only the potential for physical things to be. This is a world of energy information containing potential, a world where everything is connected in harmony. When we focus our **attention** on **relationships** between the physical world and the energy world, on the fact that we are all connected, our vibrations increase.

Our **attention** is what creates the vibrations and the resulting emotions, and this is important. It is not our beliefs or expectations that cause our vibrations to increase; our vibrations increase when we set our expectations aside and consciously accept the fact that in the energy world, we are all connected.

We feel the emotional difference for where our attention is here in the physical world, but our attention had to be present before that feeling could arise. We can experience a **spectrum** of our emotions from hate on the one end to love on the other.

The vibration of attention we need to enter the transpersonal realm is right smack in the middle. This is an **emotional neutral ground**, driven by our **conscious willingness** to accept the fact that everything physical is the result of energy in harmony - and that it's all from the same source.

What we experience during transpersonal awareness is filtered by our beliefs and expectations. How far we go into the energy world

is determined by our open acceptance of the total balance that exists there.

There is one other driving force in our attention, and that is the ability to question. When we are highly focused on what we believe, our transpersonal experience and the information supports those beliefs and expectations because we're vibrating in harmony with energy information that supports our beliefs.

When we enter the transpersonal realm with total acceptance that all potential exists there and focus our attention on questioning how that can be, new possibilities arise in our awareness.

**In short, the lower vibrations are the result of our focus of attention on our physical being in the physical world; the higher vibrations are the result of our focus on acceptance of the potential for anything and our ability to question.**

The information that we find in the energy world can come in visions, examples, hunches, flashes of understanding and many other means, but they can also come directly from people that reside or live in the energy world.

This has always been going on; there have always been mediums and channels. It's quite refreshing to see acceptance taking place. Less than a generation ago, talking about psychic abilities was not considered good practice in most social circles. In today's world, we have TV programs based on the lives of real, practicing psychics, science programs that are revealing bits and pieces of the research being done behind the scenes and creditable sources telling us that

**The most important thing to understand is that the people that we find in the energy world often retain a paradigm of their physical world.**

Their paradigm shapes the way they see themselves, the way they see us and the way that they relate to their energy existence just as ours does here in the physical world.

**We can identify where we are in the transpersonal realm by understanding the paradigms of its residents.**

People in the first two layers see us as physical beings. Not physical in the sense that we have a physical body, but we have an

energy form that looks like a physical body and they see that form with their ‘energy eyes.’

### **The first transpersonal layer**

The people in the first layer still have their physical world paradigm. They have names and appear very physical, often still having diseases, missing limbs and disfigurements. They are often very sad or despondent, very greedy or **hold onto some physical desire**.

**This desire need not be what we call negative.** It could just as easily and often is a strong emotional love that results from physical attachment. They are still attached mentally and emotionally to the physical world and they ‘hang out’ where similar vibrations or emotions exist. We know them as ghosts. They can all see us and many will try to communicate with us if they can get our attention.

We occasionally find individuals that are there simply because they do not realize that they no longer have a physical body. This can happen in cases of sudden death where someone is highly focused on what they are doing at the moment of death. They do not usually remain for long in the first layer.

### **The second transpersonal layer**

Those in the second layer have passed through the tunnel. Yes, there is a tunnel, but it’s not a ‘real’ tunnel. Depending on where our heart is on the emotional spectrum and what we believe will happen, we normally see right past the first layer. For most, the light of the second layer is a strong attraction.

This has nothing whatsoever to do with religion. All of the heavens for all the religions are in the second layer, but so are schools, colleges, science centers, art centers with groups of people continuing ‘working’ on what they were involved in here. It appears that our inventions, music, art, religions and all other advancements we are working on here have their counterpart in the energy world. This would help to explain why major advancements such as the calculus appeared in different locations of the world very nearly at the same time, back when they couldn’t even communicate with each other.

The people in the second layer have a portion of their physical world paradigm; they have names and usually appear in a perfect



or near perfect 'body' that is clothed. They are all quite happy and we immediately feel good about them. Many can move their bodies from one place to another instantly, but they walk, talk and often even eat with everything 'looking' just as it would here if everything were perfect. They have libraries, musical instruments and the scientists actually have their equipment set up in labs.

If our attention is there, we are there in our energy form and some of them can see us in the same way that some in the physical can see the energy 'ghosts' beyond. If they do see us, some will communicate with us; others will ask us what we're doing there or ask us to go home.

### **The third transpersonal layer**

In the final layer, the entity appears as light and they 'see' us as light, not as matter. To them, our light grows brighter when we're focused in the higher vibrations and dimmer when we're not. They don't have names and often use 'we' rather than 'I' when they speak. They have nothing to tell us unless we ask a question.

That's if we see them at all. Something happens to our paradigm when we get to that layer. The only way that I can explain it is that everything makes perfect sense in one flash.

There is an immediate feeling of joy. Not emotional love; emotional love is there, but the source is the total absence of hate, of any negative emotion. There is no judgment because bad or evil don't exist there, period. The 'bad stuff' that's going on in the physical world somehow fits perfectly into the picture. It's still there; we can even 'see' an overview of both ends of our good and evil world. But in the third layer, there is only one principle; freedom of choice, and that is included in the feeling of joy.

Unconditional acceptance is pure love. It does not mean passive. It does not mean even agreeing with the choices of others. It means acknowledging that they have the choice, and that is the principle of the third layer.

It actually makes one want to laugh out loud for joy, and there is a tendency to just take it all in. The people or entities don't even look our way and won't take notice unless we happen to 'focus' on one of them.

When we do, they will only communicate if they 'know' that we have a question. For them, the absence of a question means that

there's nothing to communicate about. They seem to be able to know when an answer is needed. They usually say something very simple, "Do you have a question?"

This is our basic map for the transpersonal realm. If we're receiving raw information from no apparent source, we have only to look to our own paradigm for an interpretation.

If we're getting information from others, checking the paradigm of the source will help us to weed out the facts from the beliefs.

We can identify where we are in the transpersonal realm by understanding the paradigms of its residents.

### **Attention to the Question**

Everything that we have discussed this far fits nicely into the quantum equation. We no longer have an atom made up of electrons, protons and neutrons. Those 'parts' are now being described as implicit energy 'quanta' with possibilities, and these possibilities manifest in the explicit, physical world in response to the **vibration** of energy that's out there.

Just as Einstein and the quantum science that arose after him took us to an understanding of the energy world, the new sciences of string theory and superstring theory are taking quantum science to the next level of understanding.

The superstring theory postulates that all matter and energy can be reduced to tiny **strings of energy** vibrating in a ten-dimensional universe. Dr. Kaku, who wrote the international best-selling book, *Hyperspace*, speaks of the superstring theory as strings on a violin.

Dr. Kaku and many others say that by studying the **vibrations or harmonics** that can exist on a violin string, one can calculate the **infinite number of possible frequencies** that can exist. Just as a note corresponds to the vibrations of a violin string, a subatomic energy or "quanta" corresponds to different **frequencies or vibrations** on the superstring.

In other words, the **notes** of the superstring are the **subatomic particles**, the **harmonies** of the superstring are the **laws of physics**, and the **physical universe** can be compared to a **symphony of vibrating superstrings**.

**This brings us to a critical juncture in our paradigm!**

We have the explicit physical world that is resulting from the implicit potential energy world in response to vibrations of the energy. We can change the vibrations of the energy world by changing the focus of our attention.

Quantum science describes an energy world that only works properly when there is no time, no distance and no location. That's the only way things that we know about in the energy world will work here in the physical world.

The challenge is that some individuals in the energy world still carry a paradigm with aspects of the physical world. A sense of time remains. The need to learn and grow in order to 'advance' to another place is present. Even in the third layer, we are able to become aware of others that are separate from our individual awareness. The mathematics of the energy world works very well; we've put it to good use, but it allows for absolutely none of these lingering explicit qualities.

**In the final analysis, we can conclude that the information we receive in the transpersonal realm is only as reliable as the source and may contain paradigm elements of this physical world and its physical limitations.**

There are also qualities of the physical world that are not present in the energy world. The time relationships in physical world produce experiences that cannot be found in the energy realm. This makes the physical realm a very special place rather than a place that we have to advance from.

There is still a lot of exploration to be done, and we will continue to update this book as we progress. The important thing is that we are creating a map with guidelines so we know where we are and what to expect.

## Processing . . . .

That's what my computer tells me when it's busy working on a problem.

Most readers will be doing the same thing at this point. Unlike the computer, we can't erase old paradigms and just download and install a new one.

Integrating a new paradigm into an existing one is challenging. New information that can change our paradigm is automatically resisted by our current paradigm. This resistance can appear in two ways.

First, the new information may meet emotional resistance. In extreme cases, new information can be emotionally rejected out of hand, without a trace of cognitive thought; without giving the conscious mind an opening for thoughtful consideration.

Secondly, the information may be confusing; it just does not fit into our current pattern so we have a problem wrapping our brain around it and a challenge understanding it.

Of course, paradigm resistance can be and often is a combination of both. The emotions resist the new concept and the paradigm adds 'data' that looks like it fits from the old paradigm in an emotional struggle to make belief look like logic and that the new concept is nothing but a bunch of bull.

When that happens in us, it's **our** old data through **our** old paradigm; and that's the source of the bull.

'If it don't feel right, don't do it.' is another source of bull. Columbus wouldn't have gotten any sailors to make the journey if they all followed that kind of advice. He first **knew**, then he **believed**, and then he convinced them to believe.

The ability to do things that make sense but don't feel right is what explorers are made of! Believing does not bring knowing; knowing brings believing.

That does not make every explorer a winner. Exploring has taken place lots of times when the believer was totally wrong.

The reader may be getting a sense that I treat this whole thing very seriously, and that I also see a funny side. If we think about what

our paradigms have done and are doing right now, and remember that paradigms drive our beliefs, it looks pretty darn serious.

But when we look at this thing from the third transpersonal layer and everything fits perfectly together. When we see that what we call the good and the bad are all in balance in the energy world, and that nobody is going to loose because everyone is in harmony, it really is kind of funny.

Slap me upside the head!

Wherever we are in the physical world now, there are probably at least a few paradigm issues remaining. I've been at this a long time, I was born telepathic, I was raised in the Lutheran church and I'll tell you straight up, I still feel the warm and fuzzy of the ritual, and even though I went through the motions, I never fully believed what they were teaching. It just didn't make sense.

If we came from a paradigm where meditation was something that only Eastern folks and New Age types did, we're probably reviewing our options. If we came from a paradigm place where we added religious beliefs to our meditation, the same may be true. And if we thought that we knew everything that there was to know about meditation, the spirit or energy world and our final disposition as energy, we're up a paradigm creek.

The good news is, we don't have to jump in the boat and head full bore to the new world. That's already been done, and the goods are already available for download.

Those that resisted The New World simply didn't believe, and emotional beliefs are the direct responsibility of the paradigm.

“Would you like to have some spice from The New World?”

“Get that stuff out of here; I don't believe in The New World. The world is flat.”

Later that day; “Here, try a bite of this.”

“Hey, that's good! Where did you get the flavoring?”

“It's a spice from The New World.”

You see, we're already making the journey. Our world is already based on technology that is physically impossible. Computer

processors are used in almost every aspect of our lives. Things that we don't even think about, the cars we drive, the phones we use, the watches we wear and of course, the computer found everywhere all use quantum tunneling, a principle from the energy world.

Scientists are talking Superstring and Vibrations, and some are speculating about origin and the cause.

If you called any law enforcement agency and asked the PR department if they use psychic investigators, they would tell you absolutely not. That's not what the detectives working for those departments are saying on live TV these days.

Doctors are prescribing meditation, hospitals are providing meditation programs and insurance companies are beginning to pay for those classes.

The Science TV shows we're seeing now include psychic abilities as a source for information without even a hiccup.

We're taking it in little steps right now. Those that don't believe in our new quantum spice already like the taste of it, and they're beginning to ask what it is. It's just a matter of integrating the old paradigm into the new, and we can do that by making space for the spice of the quantum energy world in our daily lives.

Not many of us go to bed each night thinking that there is a possibility we'll wake up under on the floor under the bed. That's a possibility, though; it's the same possibility that allows me to write this e-Book on my computer and you to download it onto yours.

If we can establish relationships between the new information and what we already know, we can better integrate our new paradigm into our current sensory experience.

A realistic viewpoint would help. In *The Path*, I compare this physical reality to a movie that we're watching and I say that we're making the movie. I go on to say that this physical universe exists because we agree upon the movie. I didn't include Superstring theory in *The Path* because it was still too new and I hadn't wrapped my brain around it, but every discovery that we make in science is supporting the concept.

The movie comparison stands; it's all a matter of time.

**Light is the constant in the physical world.** Everything physical, right down to the atom, is the result of vibrating, interacting light energy. The **speed of light** is the **standard for time** as we know it.

It takes time for the light reflecting off of these letters to reach your eyes, to be transmitted down your optic nerve and to appear in your visual center. It takes a bit more time for your visual center to process the letters, convert them into words and language, make comparisons with what you already know in memory, filter out what you don't need to be bothered with, run it by the paradigm for an emotions check and present that information on your conscious view screen.

We're 'late' no matter what's happening.

**Light is the constant in the physical world.** When we experience the physical world, we are experiencing the past. The five senses are physical things made up of interacting light energy. We never see, hear, taste, touch or smell anything in real time. Everything that appears on our view screen of physical awareness is **in the past!**

**That's the way the brain works,** and no matter what we're doing, we never have any experience in real time. I don't care if we're solving problems, chopping wood, carrying water or making love. By the time we become **aware** of what's going on, it's history!

But we are experiencing every waking moment of every day. We are conscious. We are aware.

Since we are both energy and matter, and we can't be both at the same time, and we're observing the past, our awareness cannot be a by-product of the brain's physical activity!

**We must be observing and experiencing the physical world from an energy perspective!**

We cannot be 'not connected.' We are right here, right now, experiencing something that happened in the physical world some time in the past. **We can't be doing this in our brain!** Our brain is a physical thing. All it does is send data to our short term, conscious memory.

**Changes in how we live and work together do not take place here in the physical until we place our attention upon the possibility!** The evidence supports the postulation that we are the

ones plucking the ‘Superstrings’, and we’re doing it through our attention.

Of all the array of psychic gifts, sudden insights and profound revelations, this simple focus of attention can do more for us and the world we live in than anything else.

**The Vibration of Total Harmony is already there!** The next step is a small one.

**Simply placing our Attention on the Potential for Total Harmony ‘plucks the superstring’ upon which the entire physical universe is vibrating in harmony, and brings that vibration back to us, here in the physical, through the connection.**

There is just one thing that we must do in order to pluck that string, and that is to make a **conscious decision** to set aside every belief and expectation that we hold in our paradigm.

The energy world of quantum science does not contain disharmony; it is a ‘place’ without time where everything is connected in total harmony. We are manifesting the physical world by placing our attention upon our expectations. When two or more agree, these expectations begin to manifest in the material realm. When many agree, we are able to interact with our expectations through our physical senses.

When we take the time to **focus our attention** on the **Total Balance and Harmony that Is**, that harmony begins to manifest in the physical realm.

**Join the Chorus!**

**Take time every day to set your beliefs  
aside and focus on The One!**

**Multiply the Power of Attention!**

**Pass this information along to everyone that you can think of.**

**As enough of us begin vibrating in harmony, a new music will  
arise in the spheres, and a new physical world will appear.**

Copy and paste the Nuts & Bolts eBook download link and send it to everyone you know: **[www.Skyhero.com/download.html](http://www.Skyhero.com/download.html)**

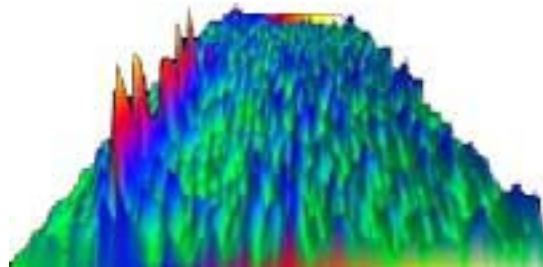


## Meditation Aids

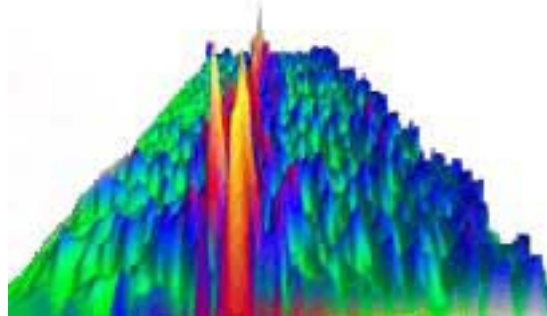
We can stimulate the brain with small electromagnetic transducers placed on different areas of the scalp and produce changes in our internal sensory experience. Doing this interferes with our ability to trace the actual brainwave activity when these changes happen. It also results in feelings that have no explanation, so the technology is still in development.

We do use pure binaural sound technology. Binaural sounds assist the brain in quickly establishing the brainwave patterns for meditative states just by listening and relaxing.

Normal Brainwave Pattern



Brainwave Pattern with Binaural Alpha Sounds



Sound has been used for meditation for many years. We have records of chanting, drumming, ohming and many other methods devoted specifically to a meditative state. Repeated sound containing no meaningful information, especially in the lower frequencies immediately stimulates the Ganzfeld effect. The brain and audio centers begin to disregard it and because of this, more attention is available to the remaining senses. This, in itself, enhances meditation.

Many users report that just listening to the alpha sounds while performing cognitive tasks such as studying or working helps in

focus, concentration and problem solving. All scientific studies point to the fact that it increases our immune system response and increases our ability to ward off infections.

There are many options to choose from when selecting the binaural sounds that are best for you, and we encourage you to look around. From our perspective, the inclusion of any music or suggestions is only good for relaxing in alpha for the physical benefits alone. We've been doing this for years and know from experience that any sensory information that can stimulate our memory will effect our perception.

**We provide pure binaural sounds masked with light brown noise. There are no suggestions, no music and nothing that will stimulate the paradigm. In fact, our sounds are designed to be basically 'boring' by design. This leaves you in the driver's seat and you with the freedom to take charge of your attention!**

Our binaural sounds are available for download in MP3 format that will play on your computer or any MP3 enabled device, and you won't have to wait for shipping. We live in the technology age where anyone with the average PC can convert the MP3 files to a CD if needed.

In addition, we provide live online support three nights each week and email support as well, all at no charge. As an added benefit of ordering through us, you'll receive a copy of my in-print book The Path in eBook format, you'll be supporting our continued research, helping us keep our costs within the disposable income range for most people and, you'll be 'plucking the strings' of Balance in the transpersonal realm!

We believe that this technology should be available to everyone, so you'll have all you need for just \$9.95 with permission to share everything with folks that you know cannot afford the purchase!

**For full details on the benefits of Binaural Sound Technology and purchase information, visit [www.Skyhero.com](http://www.Skyhero.com)**

## Resources for Expanding Awareness

We've already made the journey and returned with the goods; our lives have been forever changed because of quantum tunneling, but the 'goods and services' of the energy world have always been available.

If you would like to sample some of these and put them to use in your life, the resources in this section will get you started.

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### **Mystical Wonders Discussion Group**

<http://www.mysticalwonders.org/group/>

Established in 2003 Mystical Wonders Discussion Group is a vibrant community with hundreds of scientists, researchers, occultists, new agers, healers, psychics and others in an open and exciting sharing of information. Wonderful resources and a great forum with free registration.

Main categories include Psychic Power, Mind Power, Metaphysics, Magick, Occult, Energy Work, Manifestation, Radionics, Psionics, Psychotronics, Sacred Geometry & Shapes, Software, Alternative Health & Healing and Everything Else Mystical.

All registered members have access to harness Orgone, Tachyon & Reki Energies for free including free Psychic Readings & free Manifestation Requests.

Mystical Wonders is the #1 group in the world that encompasses so many various fields at one forum with so many discussions and so many members growing all the time!

Upgrade your Paradigm and Open Yourself Up to All the Many Realities in Existence, Other than What We Have Been Taught and Told to Only Know/See.

Whether you're just starting out or you're already involved, Mystical Wonders is my personal recommendation for proven resources from seasoned, professional people that will help you fulfill your needs and meet your goals. *Bill Cozzolino*

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## **Remote Viewing – The Greater Reality!**

<http://www.greaterreality.com>

Remote viewing is an ability that is common among people. We can receive impressions about something hundreds or thousands of miles away simply by closing our eyes and relaxing. Remote viewing demonstrates the fact that underlying the apparently vast distances we perceive in the Universe, there is the Greater Reality (a quantum energy world) in which there is no time or space. All we have to do is close our eyes to have the Universe collapse into our consciousness.

R. Craig Hogan, Ph.D., is a leading expert in remote viewing and a close friend. The Greater Reality helps us expand our awareness to better encompass The One. Craig is a frequent visitor to The Skyhero Forum. He is also an expert instructor and offers a great online writing course. The Greater Reality web site is a wonderful place to visit.

## **Drop in and take the Remote Viewing Test!**

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### **Bridging Heaven and Earth Foundation**

<http://www.heaventoearth.com/home.html>

The Bridging Heaven and Earth Foundation is a non-profit organization dedicated to connecting the New Age communities through TV media. The foundation's objective is to establish, through love and the knowledge of the "Oneness" of all life.

Bridging Heaven and Earth is well connected to leaders in all fields. A visit to the Bridging web site will reveal a wealth of resources, TV movies of the guests that have appeared and much more.

My good friend Allan Silberhartz hosts the nationwide public network TV show appropriately called Bridging Heaven and Earth. I was honored to appear as a guest on Alan's show, got to know him very well and firmly support the Bridging Heaven and Earth vision.

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### **Tools for Transformation**

<http://www.trans4mind.com/>

To open up our minds to new ideas, new challenges and new solutions - to think differently and be creative - well, we could all do with some help in this direction. Tools for Transformation is dedicated to introducing the best available personal development methods for transformation of body, mind and spirit - to free us of the shackles of the past by reawakening awareness of our true identity in the present.

The complete text of *Transforming the Mind*, a self-help book by Peter Shepherd describing the psychology of personal growth, is online. It includes lots of practical self-improvement techniques. Over 500,000 copies have been downloaded over the years!

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### **Personal-Development.Com**

<http://personal-development.com>

The premier portal on the web for personal development, success, and self-improvement, Personal-Development.com is dedicated to providing free, high quality articles on a wide variety of self improvement topics. It features over 275 original articles by popular author Chuck Gallozzi, which are well organized by topic. It also includes a searchable database of 13,000 quotes, a wide variety of recommended resources, a bi-weekly newsletter with quality, fresh content, and a Blog with even more articles and fresh ideas.

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### **Motivational Self-Improvement**

<http://www.super-selfhelp.com/>

Super Self Help provides top quality self help and improvement resources from a vast array of well known professionals in every field. You'll find free articles and great resources in Self Hypnosis, Anger Management, Communication Skills, Creativity, Fear-Anxiety-Depression, Goal Setting, Inspiration-Enthusiasm-Motivation, Leadership-Team Building, Public Speaking, Memory & Mind Development, Accelerated Learning, Speed Reading, Self-Confidence, Self Esteem, Spiritual Growth, Stress Management, Time Management, Wealth Management and much more.

Hosted by Yeap Soon Ee, a personal friend I've known for a long time and know well. Yeap is also providing a Corporate Quality

Online Conferencing Software that's based on a new VoIP technology! If you're doing business online, being able to meet with your business partners, sales team, associates or customers 24/7 is a must, and Yeap has the lowest prices in the industry.

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### **Skyhero**

<http://www.Skyhero.com>

Skyhero.com - Raissa Publishing is a metaphysical research and publishing company licensed in Washington State, U.S.A. We're 'how stuff works' people, exploring the unlimited potential of the human spirit, without restriction.

We continue conducting research to expand our knowledge and understanding of the nature of our reality and our relationship to it.

This e-Book is a work in progress. The next edition will contain the details of three of my own transpersonal journeys and my experiences with transpersonal awareness here in the physical. The reader can look forward descriptions of my personal experiences including telepathy, my experiences with the Philippine psychic healers, communication while in the transpersonal realm and more.

If you would like to be notified when updates are available, join our mailing list by visiting the Skyhero web site.

If you would like to add your experiences and share the experiences of others, join our online forum by visiting the Skyhero web site or visit directly at: <http://cozzco.com/blog/>

**Live Online Chat!** If you have questions, visit Skyhero.com and take a look at our chat room schedule. We're always happy to help and we welcome topics for discussion.

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**Please pass this eBook along!**