



# SUPER LEARNING

brainstorm



## WARNING!

This book contains provocative material  
not for children or the sexually immature

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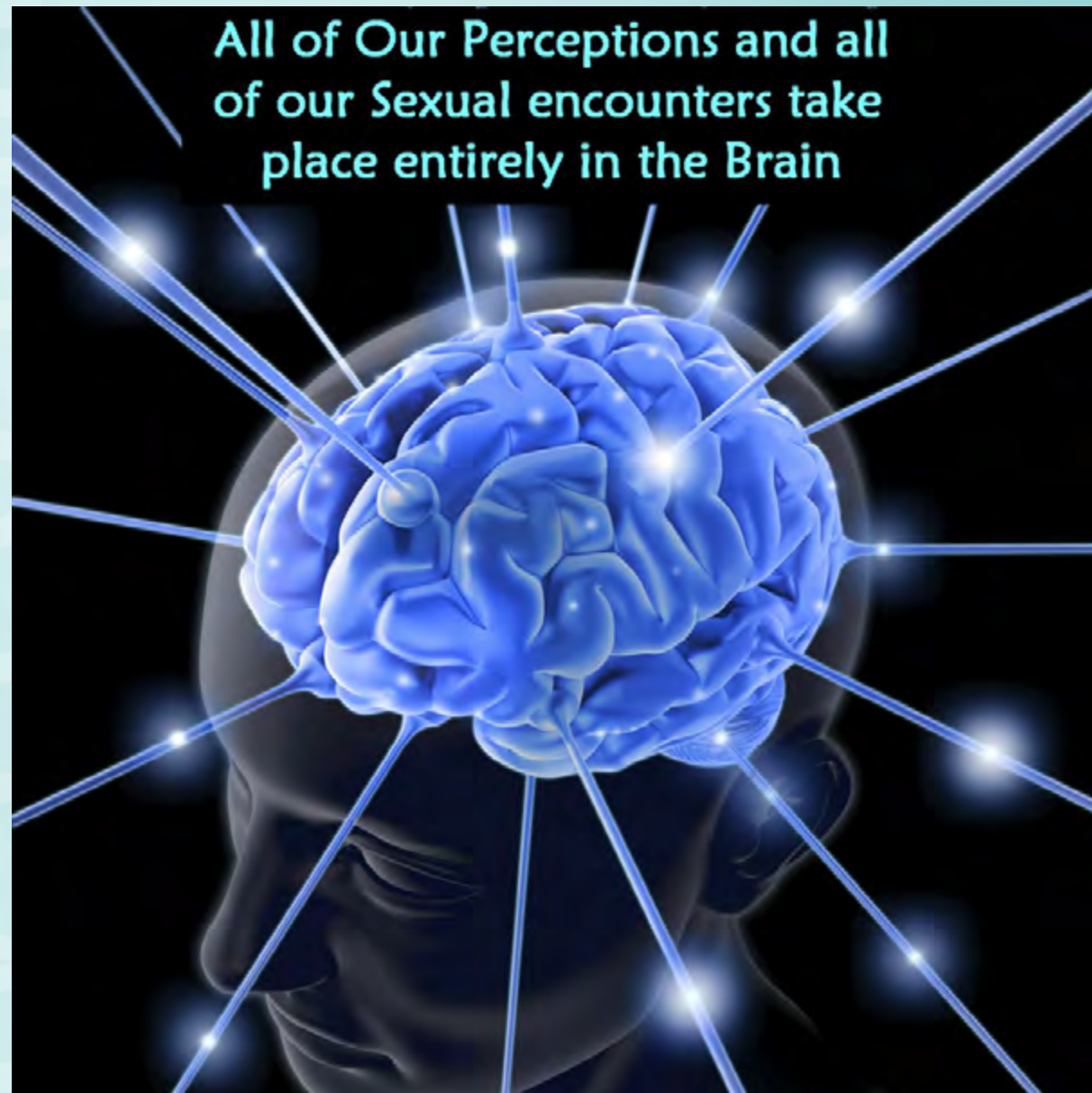
All of our perceptions are but reflections of our own Mind,  
how we see self is How we see the World



*Matter is Energy,  
Our Bodies are made  
of Energy Fields That  
We can not Percieve  
Some of these fields  
have a spiritual  
source that act  
upon a person's  
Soul. This Soul is  
developed thru a  
Process of Guided  
Self Observations*

*However this is  
rarely Achieved  
due to man's  
unique ability to  
be Distracted  
from Spirit  
and Spiritual  
Matters by  
EveryDay  
Trivia and  
emotional  
desires of  
Greed, Anger,  
Arrogance,  
Delusion and  
Conformity  
Distract us  
from Spirit  
and Spiritual  
Development*

*Desire'*  
*Delicious*  
*Dubounet*



So the small petty mind is over critical because it is over critical of itself. When you harbor fears and self doubts you transmit them to all you see. This book is designed to shock and stun you to set your mind free. The first instinct you have to criticize is a reflection of the closed mind. The closed mind cannot learn. So this book opens your mind thru over stimulation of your critical self. It makes some of you face your inner fears and self doubts and fears of humiliation. It is fear of humiliation that limits the brain the most. The number one fear most people have beyond even death is fear of public speaking, because they are afraid to be humiliated and laughed at.



**Judgment comes from Within the mind.**

So when the closed mind sees something provocative it projects it's own fear and is over critical of what it sees. They feel that by putting others down they make the selves better. This Book is designed to set your spirit, your mind, and your learning free.

So the small petty mind will struggle with this book because they struggle with themselves. They will make fun of it and laugh behind the back, not having the courage to say something to me. And jealous of the courage I have in writing it.

**Warning, Warning, If you are very prudish or easily offended do not read further, or read at your own risk.**


This book will enhance your learning and add IQ points just by reading it. But first you will have to get over your judgments and your pedantic ways of seeing things. Set your mind free the rest will follow.

**Warning Warning  
We Really Mean it**



*Desire' and  
her Totem  
Snow*

**If you are easily  
offended, anal  
retentive, very  
prudish, over  
judgmental or  
mentally unstable  
or just an idiot  
WARNING do not  
read Further**



*So the small  
petty mind  
is over  
critical  
because  
it is over  
critiical of  
itself. When  
you harbor  
fears and  
self doubts  
you transmit  
them to all  
you see.*

*You Criticize  
everything  
except  
Yourself.*

*This book is  
designed to  
shock  
and stun  
you to set  
your  
Mind  
and  
Spirit  
Free.*

*Desire' Delicious  
Dubounet*



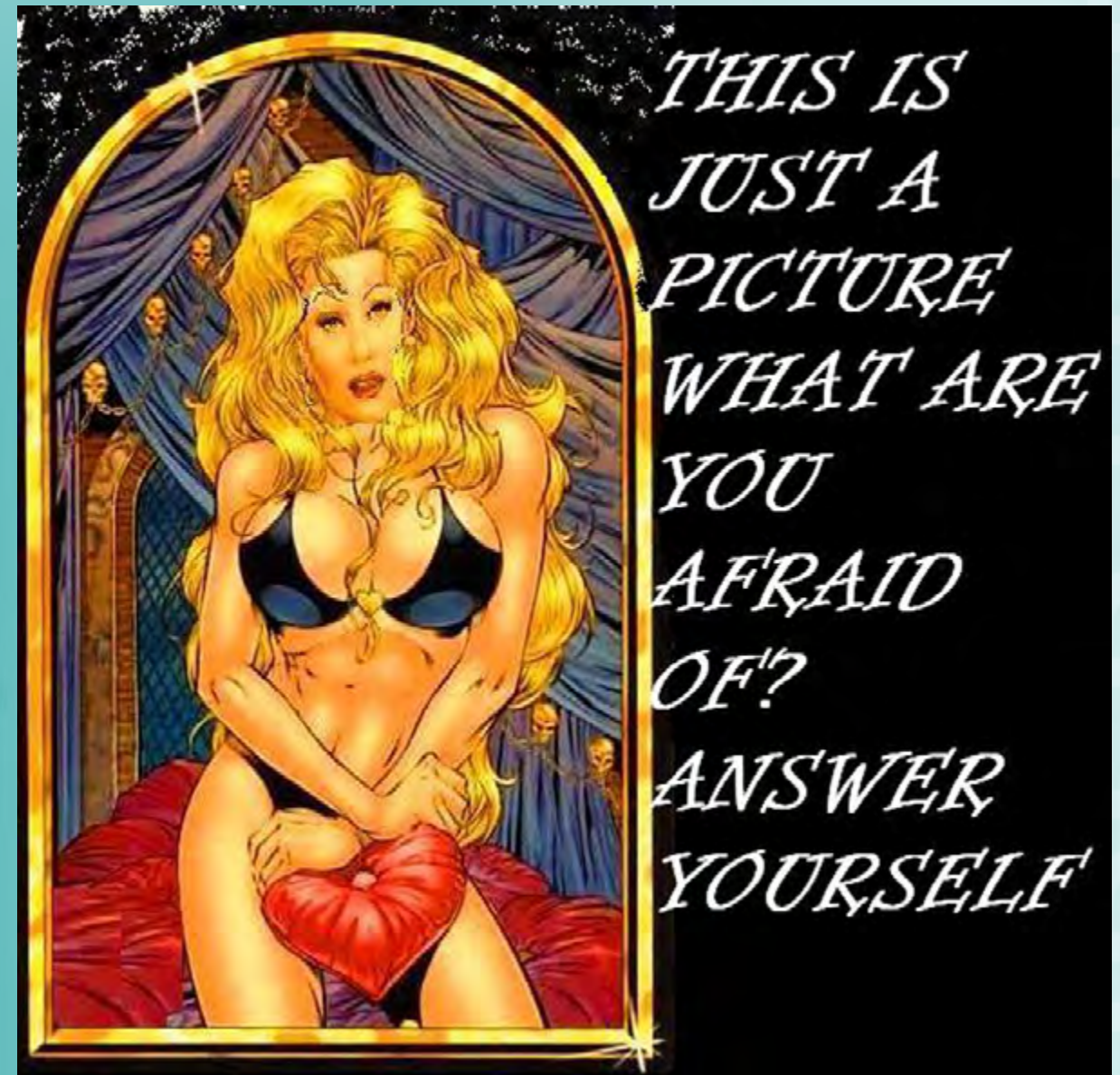
*Judgment comes from Within*

*So when the closed mind sees something as very provocative it projects it's own fear and is over critical of what it sees. They feel that by putting others down they make the selves better.*

## Start Super Learning

To start Super Learning there are several points to discover. The field of Janusian psychology is the first one. Janus was the God of doors in ancient Rome. He had two faces one looking in and one looking out. Thus he saw both ways. To see both sides of a situation was then coined Janusian thinking. It is the base thinking of all genius. Einstein said the an object that is falling is also at rest. And Janusian thinking abounds in his work. All genius show a capacity to see both sides of an issue.

Extremeists can not see both sides they are so caught up in their extreme view they cannot see the other side. This robs them of the ability to truly understand any issue. When shown the other side they manipulate, twist, and rationalize any idead to fit their extreme view. Extremists are afraid that if they see the other viewpoint they might find some value and it would diminish their extreme view point.



The young mind is like the root of a tree, it absorbs whatever it touches. The skilled mind can see both sides and make a better judgment of what to do.

When you start seeing both sides of things it frees your mind. You can see that both sides offer some truth, both sides offer some falsehoods. You start to develop a broader, freer more stable mind. Learning is greatly enhanced. You grow up mentally and become an adult. The process scientifically known as eclosion.

Seeing both sides you find out that in every argument you are partially right and partially wrong. Thus this brings out Humility. It brings out Grace, it brings out the finest qualities of cooperation which is the height of intellect. This simple trick of looking at both sides and saying they can both be right in some ways and both be wrong in some ways is called the thinking of a genius. It is called the Janusian thinking.

There are male and female, yin and yang, positive and negative. Each exists with the other and some of the other is always with each side. As you increase your intelligence you see that these poles must exist together. Then when you understand Desiré you have made a big step towards opening your mind to learning. Desiré comes to teach us to open the mind and tap the potentials of the mind.

Desiré is not a role model. In fact she wishes people would not try to become bisexual to copy her. If there is anything to copy it is the openness of mind and the freedom of spirit. If you wish to express yourself as a personality find your own personality and express it don't copy Desiré.

But to start your journey into super potentials of the mind, first study the Janusian method. In all of your argument try to fully see both sides. Try to see both extremists side, and construct what is right and wrong of opinion. Be humble. Learn to think before acting, think before insulting, think before putting someone down. Teach your mind to think better. Practice and start your journey.

By the end of this book You will tap into Super powers of thought that you never knew you had. They are there and they can be awakened. It starts with Janusian thought and Humility. It starts with the visions of Desiré.

Simply reading this book and following the simple exercises for just 6 months will add IQ points to all of your IQ areas. If you use this book with the IQ Builder program we can guarantee an activation of deep powers that will make you super in many ways. At first you will be shocked, appalled, and even dismayed at what you see. But the deep brain functions beneath your judgmental word brain once activated will kick into awakening the non-judgmental awareness of the enlightened mind. This will lead to an awakening of the nonverbal unconscious forces of the brain. This will awaken your super-human potential and release your over judgmental mind's lock on growth. Once released your mental growth will flourish and life will be an endless cascade of superhuman experiences. To this growth of potential this book is written and designed. Simply read and experience and the growth will start on its own. The i's will be dotted the t's crossed and superlearning will be activated in your brain.

# SURVIVAL *of the* MOST COOPERATIVE

You dramatically increase your chances of survival by cooperating with your environment rather than through conflict. The illusion of the survival of the fittest has led to violence and warfare as well as destruction of the environment and species. When the humans destroyed the Dodo bird in front of Darwin's eyes in the Galapagos, it was not a display of survival of the fittest, it was a display of ignorance, stupidity and lack of respect for the true nature of survival. Survival of the most cooperative. If a species destroys his environment just out of display of the fittest, the species is really displaying total stupidity. There are aliens who want us to see our brothers as aliens.

Xenophobic divisions of our society pull at the need to display superior fitness. A childish effect of our biological nature. Lack of true opportunity of poor youth leads to disenchantment, despair, and desperation. The lack of education breeds violence. Violence breeds violence. Repression breeds retaliation. Only a cleansing of the whole world society can remove this sickness from our souls.

*Darwin related that there was survival of the fittest. This is not the dictum of survival. It is Survival of the most Cooperative.*

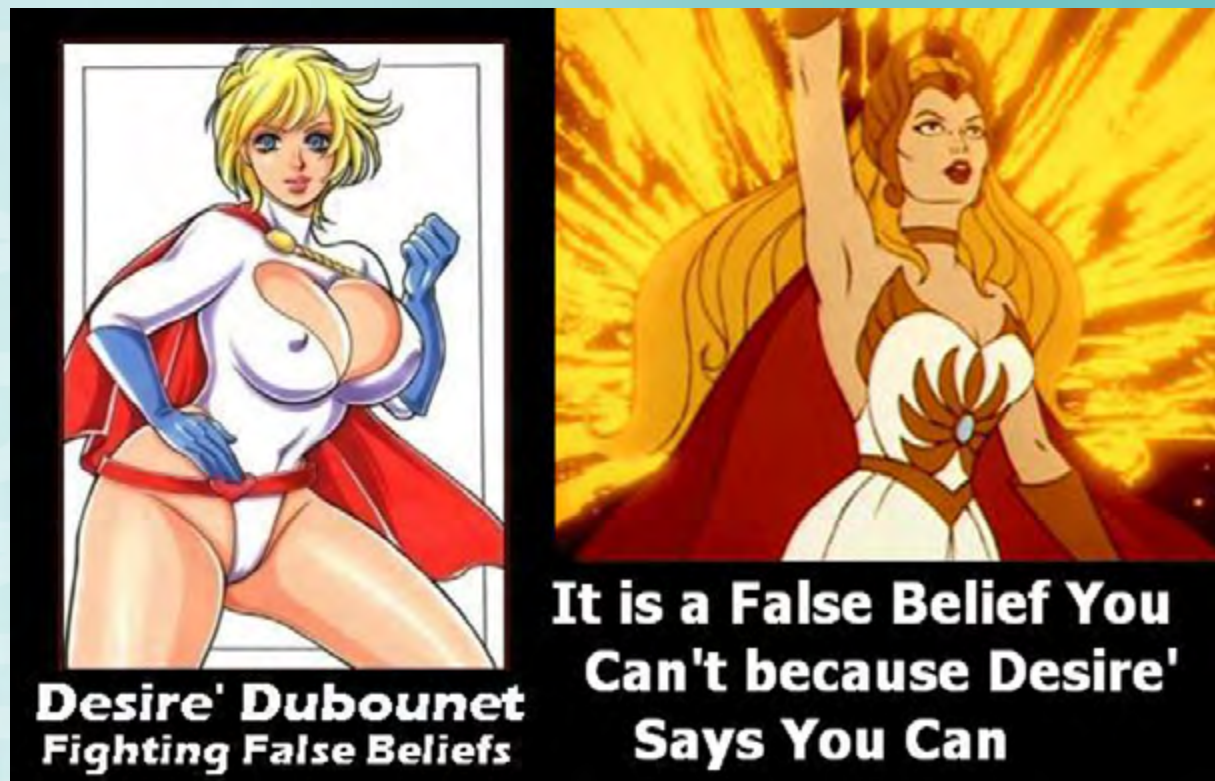
Mindless violence aggravated by anger of divisions, hatred of others, lack of respect for others, desperation over a overly complex society that greatly favors the ultra rich and deprives the masses of true opportunity, all riveted to the delusions of false beliefs, this and more feeds violence, conflict, hostilities and even war. There are bad evil words, such as violence, anger, hatred, apartheid, desperation, inequality, disparity, prejudice, bigotry, favoritism, greed, stupidity, destruction and even WAR. We must stop glorifying such ludicrous concepts. We must teach our children to not praise or dignify such evil thoughts. Too often we honor swagger and bluster and the wielders of force. Too often we excuse those who build their own lives on the shattered dreams of unfortunate others. There are and always will be psychopaths that do such things, but we must not let them make psychopaths of us all. We must not tolerate these offensive revolting actions.

I watched a war based on lies and greed tear America apart in the sixties. Only to be repeated in the nineties. We must not glorify the war and learn that remembering the dead only breeds anger. To stop wars we must not remember the lost nor the cost, we must remember the cause and then pause to learn how to not do it again, learn a way to begin.

The highest ideal of humanity is cooperation. The supreme conception is love. We must learn to foster our common humanity and our civilized society. Our society has become so selfish and self obsessed that thoughts of others are not so easily come by. We must become more selfless, more compassionate, more humane. These are not weaknesses, they are our greatest strengths. We all share air, we should all share care. For ourselves and our family and the family of man.



*There are aliens who want us to see our brothers as aliens.*



## How to Set Free the Genius Within



Genius comes from the Arabic word jinn which means spirit. The free spirit is genius.

A genius is a person with distinguished mental prowess. This can manifest either as a foremost intellect, or as an outstanding creative talent. The IQ of a genius is usually defined as 140 or above. The term also applies to one who is a polymath, or someone skilled in many mental areas.



the books **3D Views on Natural Cancer Therapies**

**Immune Stimulation  
The True Health Care Debate**

Years ago I was excited to see some infomercials about alternative medicine treatments for diseases. The speaker talked a good show and sold me to buy his books. But there was absolutely no real advice in the books, only multilevel companies with more to buy. This made me angry and then I decided to write the best self help books on natural medicine. Editing and collecting the best in real substantiated advice.

Desiré has written two incredible books and made movies to go with them. What to do for influenza and specifically what to do when the next major virus hits. A movie and a self help book designed to really help you and your families understand what to do to protect yourself.

Also cancer is such a devastating disease, and there are ways to help yourself in the kitchen with cooking for cancer patients. Full advice from soup to nuts on exercise, meditation, cooking, and more. Coupled with a video for the science of how it works.

The health care debate is bringing a question of health and care. In this incredible new book Desiré has outlined a very thorough review of the real problems of Health Care. This book will tell you the truth the chemical companies do not want you to hear.



*video goes with the book*

3D Views on Natural Cancer Therapies



Immune Stimulation



The True Health Care Debate



In Ancient Rome, the genius was the guiding or "tutelary" spirit of a person or indeed of an entire gens. A related term is genius loci, the spirit of a specific locale. In contrast, the internal driving force within all living things is the animus. A specific spirit, or daemon, may inhabit an image or icon, giving it supernatural powers.

A comparable term from Arabic lore is a djinn, often Anglicized as "genie". The original genie had superpowers that were merely increased mental abilities, the same ones we all share but sharpened to a keen edge. You can be a genie and grant wishes if you work at it. "The mind can do anything it just takes time."

**Gifted**

Geniuses come gifted with phenomenal brilliance, they are often as insensitive to the limitations of mediocrity as they may be very sensitive emotionally themselves, sometimes both. The term prodigy simply denotes the presence of exceptional talent or genius in early childhood. The terms prodigy and child prodigy are synonymous, the latter being a pleonasm.

Artistic genius may show itself in early childhood (prodigy) or later in life; either way, geniuses eventually differentiate themselves from the rest through great originality. Intellectual geniuses usually have crisp, clear-eyed visions of given situations, in which interpretation is unnecessary—the facts just hit them, and they build or act on the basis of those facts, usually with tremendous energy. Here too, accomplished geniuses in intellectual fields start out in many cases as prodigies, gifted with superior memory, pattern recognition super mental abilities or just understanding. Sometimes it is just clarity of mind.

The classical skill of the musical genius is the capability of holding many different melodies in one's head at once and knowing how they interact together. In the classical greats (Bach, Mozart, etc) you can hear and read about them holding 5, 6 and even 7 different melodies in their head at once. They could just write music, all of it, at once without having to hear it played. In comparison, the average person can hold 1 melody in memory.

A theory put forth by Harvard professor Howard Gardner in his 1983 book Frames of Mind states there are seven kinds of intelligences, each with its own type of genius. See theory of multiple intelligences for more on this view.

*Being a genius is more about hard work and constantly learning new things rather than just wishing for a higher level of intelligence.*

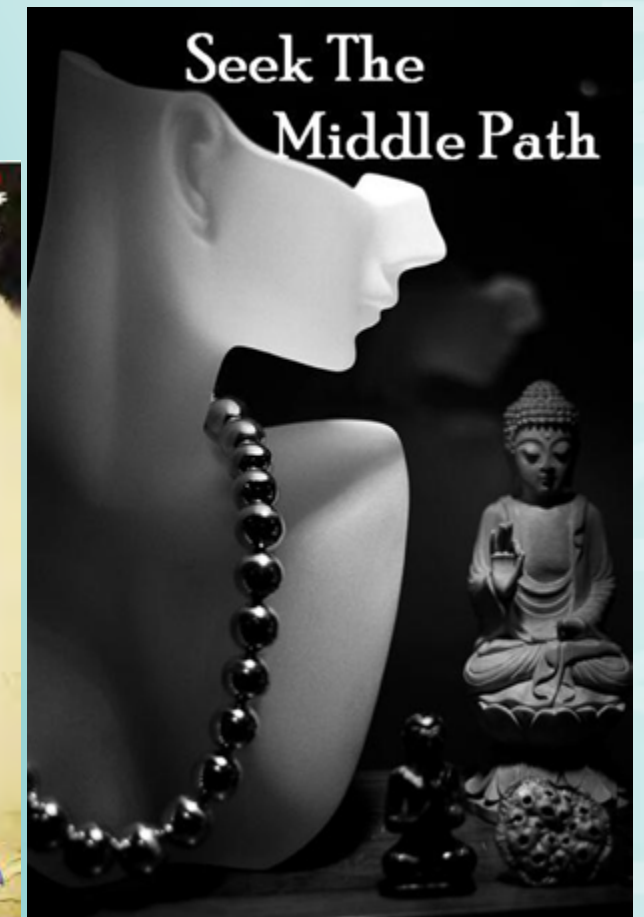
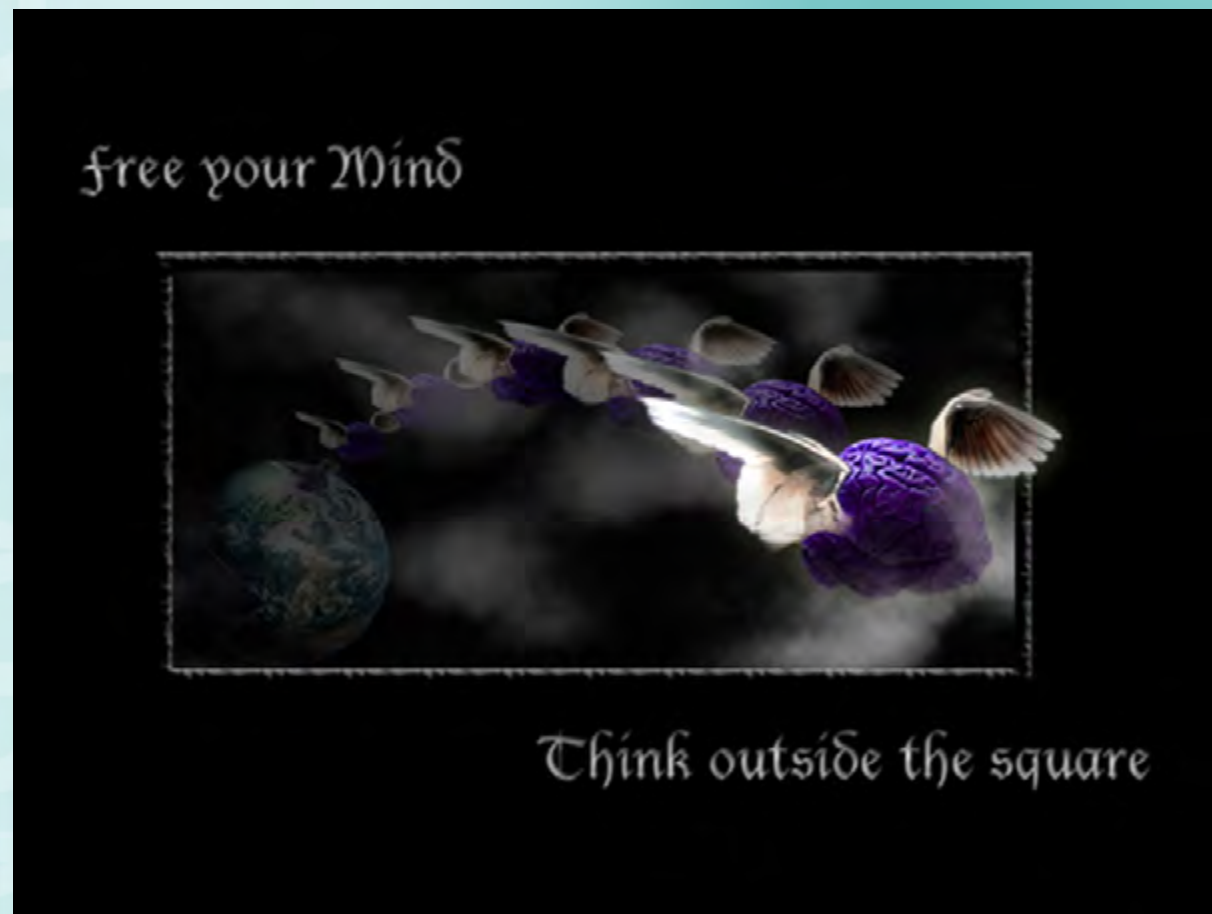
Thomas Edison once said, "Genius is one percent inspiration and ninety-nine percent perspiration." The human brain stores huge potential for learning, creativity and memory. The intellectual greats of the past and present including Leonardo Da Vinci, Isaac Newton, Albert Einstein, Stephen Hawking and Desiré D Dubounet learned to tap into those hidden capabilities by expanding their thoughts and perspectives.

*Thinking like a genius isn't impossible, so by using the following methods your thoughts will be more productive as opposed to reproductive.*

**See Problems from all Sides, there are Numerous viewpoints to consider offering numerous solutions**

Albert Einstein once commented that somebody can't solve a problem with the same kind of thinking that created it. It is wrong to think that technology will solve the problems technology has caused. The perspective of just one individual is usually much too biased. When faced with a puzzle it helps to approach it with different points of view, therefore it can be restructured and new solutions will present themselves.

There are many ways to perceive an event. Each way has different extremes and thus poles of perception. Conservative view differs from the liberal, construction versus destruction, creation versus preservation, prudish anal retentive versus open slut thinking, care for others versus care for self, and many many ways of seeing problems. Each constructs poles and the poles are extreme. Moderation in all things said Benjamin Franklin. The middle path sought the Buddha.



**Geniuses Never Stop Asking Questions and Continuously Expand Their Knowledge**

Great thinkers are passionate about discovery. As people get older, some of them stop questioning the world around them and they become passive. Learning will come to a grinding halt. People become set in their ways and try to preserve not create. The youth tend to be liberal and have less respect for authority and convention as they seek new ideas. Then the authorities beat them down and as they age they learn to bow to authority and convention and become more conservative.

Without questions, without problems, without concerns, without a drive to solve a dilemma, without playful challenge a mind cannot grow and flourish. Geniuses will not hesitate to question conventional wisdom and will think clearly and critically.

**You Can Use Your Imagination beneficially**

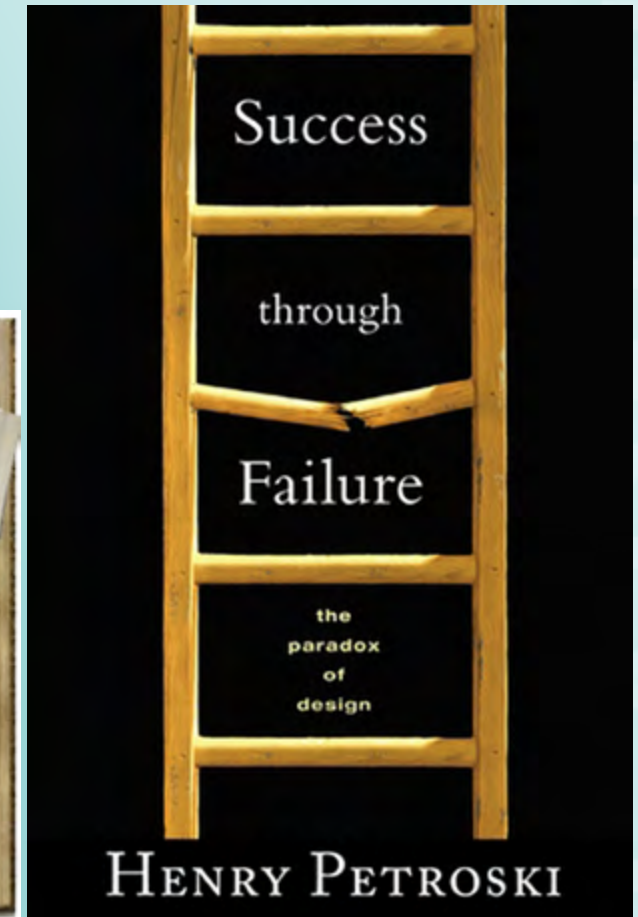
Visualization can be an incredibly powerful tool. Everything, including problems, begins in the head. Using your imagination will give you the necessary cognitive power to solve problems using new and better solutions as opposed to using reproductive thoughts, which makes those same problems seem enormous and unsolvable. To hear is to question, to see is to believe, to feel is to deepen belief and to do is to know. To use all of our senses deepens our perspective and opens channels of perception.



### ***There is No Such Thing as Failure***

What are people most afraid of? They are worried about the possibility of failure. The only way to assure failure is to never try. If you never try then you have failed miserably. If you try and fail then it is only a step stone to success.

If you are worried about not being perfect, the fear of a letdown might stop you from trying. This creates a vicious cycle of fear, doubt, indecision, procrastination and stress. A genius will look at this concept in a radically different way. Failure is viewed as just another way not to do something. The process will be analyzed and will be used in a different way to get better results. Some people live and learn some just live.



Some People  
Live and Learn  
Some just Live

Desi had to  
learn to make  
Wine the  
hard way



### **Geniuses Stay Focused on the Objective**

Geniuses will strive to work long and hard to realize their dreams. Adopt this same approach with a combination of hard work and determination. Know what you want and go after it. Aim to complete something every day. Each step, each little goal leads to the next and brings you closer to success.



### **Geniuses Will Pursue Objectives with Courage**

Do not focus on the opinions of others or worry about what they say if you're doing something different. It takes courage to try something another person would consider impossible.

### **Geniuses Will be Opportunity Seekers**

Take jobs no one else will touch. One important characteristic that separates geniuses from the rest of society is that they are willing to explore the unknown. If a person fails to try then nothing new will be discovered. Not every opportunity has to be followed. We must make wise decisions over the future consequence of our actions.

### **Enjoy Life and Have Fun**

Very few people have ever or will ever succeed doing something they hate. The most successful people find joy and excitement in what they are doing. And they put up with the bad for the sake of the good.

So, it really doesn't depend on age, education or past accomplishments. The French artist Paul Cézanne was born in 1839 but his work wasn't appreciated or sought until the beginning of the twentieth century. His genius was the culmination of patience and experimental innovation.

# courage

The courage...  
*to be yourself*

The courage...  
*to fight convention*

The courage...  
*to fight against false  
beliefs*



The Athenian Lawmaker Solon decreed that there should be a law against anyone shrinking from controversy.

In America most have shrunk away and are fearful of controversy. They fear the law, the rich, and humiliation. They are told lies by the government and the puppet media, misled by their educators, and manipulated by the Ultra Rich.

It takes massive courage to oppose and explore controversy and exercise freedom of thought and speech.

Solon would be saddened at today's America. It is time for a change and time for COURAGE.





# FAILURE

Failure can be the best teacher

To be able to laugh at oneself is the best sign of mental stability

Are You Looking  
For Work ?

I just Happen to  
have Some  
Openings that You  
Could Fill

*When  
Opportunity  
Knocks  
Opportunity  
Seekers  
Answer ?  
Well Maybe*



*Small Minds See  
New Things with  
Fear and Think  
they are Obstacles  
Large Minds see  
New Things as  
Opportunities*

© Empire of evil





Janusian Thinking is "bringing two opposites together in your mind, holding them there together at the same time, considering their relationships, similarities, pros and cons, and interplay, then creating something new and useful." Two years ago I moved to a new apartment. And, even though it is actually larger than my current home, I made the difficult decision to cut back on the number of books and tapes to keep. My rationale was that there are books that I haven't read or even looked at in years, tapes that have been collecting dust, and my favorite library will be having a fund raising book/tape sale. I know that there will be others who will enjoy and benefit from purchasing my old friends.

What does this have to do with "Janusian Thinking?" While purging and packing, I listened to some of my old tapes. One that was particularly interesting was a tape series called Entrepreneurial Thinking by Mike Vance. Vance is the former Dean of the University of Disneyland and was in charge of idea and people development for Walt Disney Productions.

When Vance started talking about creativity, he recommended Janusian Thinking. Not being able to find the term in the dictionary, I did a search and was delighted with the number of results (all 507 of them - no, I did not read all of them, but did discover how many groups embrace the use of Janusian Thinking).

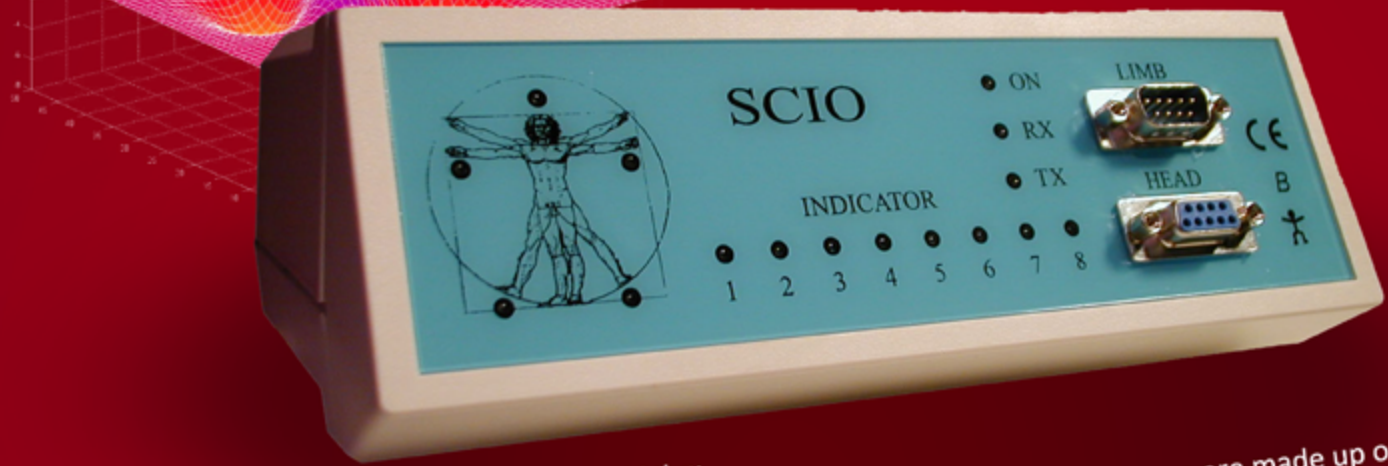
If you need more information on the SCIO and purchase details please get in touch with us

**Maitreya Kft.**  
tel: +3613036043  
web: www.qxsubspace.com  
e-mail: info@qxsubspace.com

# CE EVOKED POTENTIAL

## and the European TVEP QQC

(both patented and trademarked)



The QQC trivector device passes a changing low level field thru the item and generates a sophisticated picture of the electrical field of the item. It makes a 22X22X22 3D field that means over 10,000 separate frequencies to make one pattern. The shark senses these fields and they are amplified by the salt water. This study leads to the discovery of the electro-sense. Researchers have found that humans also have such a system but it is weak. Every item has such a field. Living things have a changing reactive field, non-living things have a static field non-changing. We now know that the electro-sense in humans is the surface of the skin and most concentrated in the sense of smell. So by measuring the Voltammetric electrical field of items and then amplifying the field 10 million times we get to really measure the patient's reaction to items, really. So by applying a trivector Voltammetric pattern we can measure the response or evoked potential and see the patient's reactivity. So 5 million dollars were spent buying and procuring the items in the matrix and testing these items with a patented registered technology of modern science. This is why the SCIO device works so well, at each treatment from calibration, test etc these QQC signatures are at the heart. Real science, real technology, real legal compliance, real items, real results, real honesty and integrity.

In 5<sup>th</sup> grade we were taught we are made up of atoms made of electrons and protons and neutrons. The electrons in the outer level are so charged they never touch. We are made of electrical fields.

The QQC is a very advanced patented trademarked technology with a CE mark. It measures in a very sophisticated process the Voltammetric electrical field of any item. If you look up voltammetry in Google you see thousands of references for a world recognized very scientific chemical process also referred to as Polography. You can see our patented process at <http://www.voltametriaqqc.ro/>

### Shark Senses

Mary Ann Badavi & Stephanie Parker



■ The bonnethead shark has an electrosense that is five million times greater than the electrosense of humans.  
Picture: Andy Murch/Elasmodiver.com

### Electricity

- A shark's ampullae of Lorenzini are able to feel electric currents at short ranges.
- All living things emit a small electrical current, a shark can feel it from 0-8 Hz.



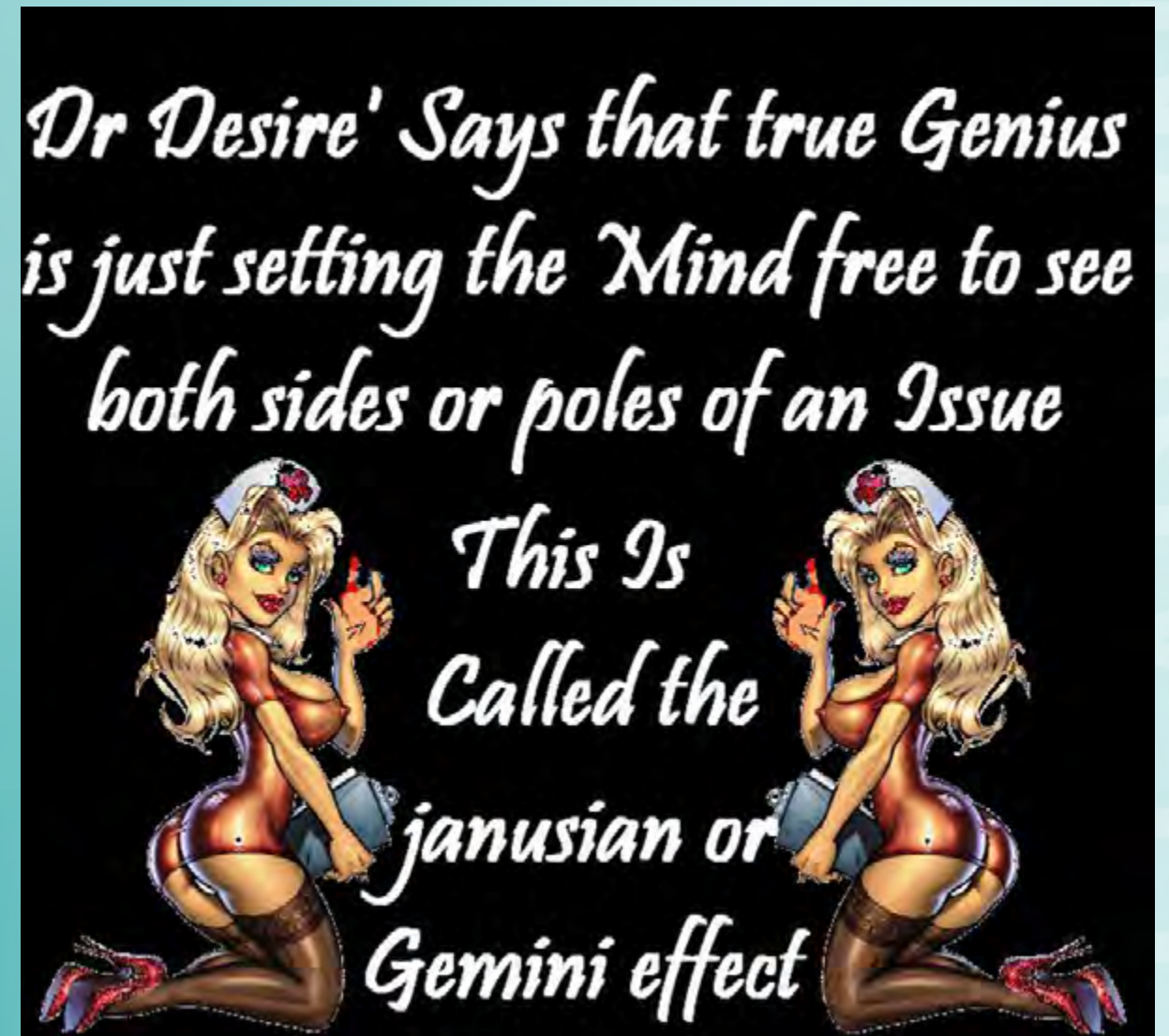
■ It is also thought that the Hammerhead shark evolved its head to increase surface area for electrical reception.

**Background:** Dr. Albert Rothenberg, a noted researcher on the creative process, identified the process in 1979 he terms, "Janusian Thinking", named for the Roman god Janus, who had two faces that looked in opposite directions. Dr. Rothenberg has identified traces of Janusian Thinking in the works of Einstein, Mozart, Picasso and Conrad. The way to use Janusian Thinking is to ask "What is the opposite of this?" and then try to imagine both opposites existing at the same time.

**Great Einstein Story:** Rothenberg claimed, after studying 54 Nobel Prize winners, that most major scientific breakthroughs and artistic masterpieces are products of Janusian thinking. He concluded that creative people, who actively formulate antithetical opposing ideas and then resolve them, produce outstanding results.

He cites the example of Einstein's account of "the happiest thought of my life." Einstein recalled his first thinking of the concept that "for an observer in free fall from the roof of a house, there exists, during his fall, no gravitational field... in his immediate vicinity. If the observer releases any objects, they will remain, relative to him, in a state of rest." This antithetical idea led to his general theory of relativity. Rothenberg's point is to advocate reversing or contradicting currently accepted ideas to expand the range of perspectives considered.

**Sample:** there are many paradoxes all around us and clichés provide the perfect example. Compare, "He who hesitates is lost." and, "Look before you leap." In Eugene O'Neil's play the Icedman Cometh, the Icedman represents both death and life.



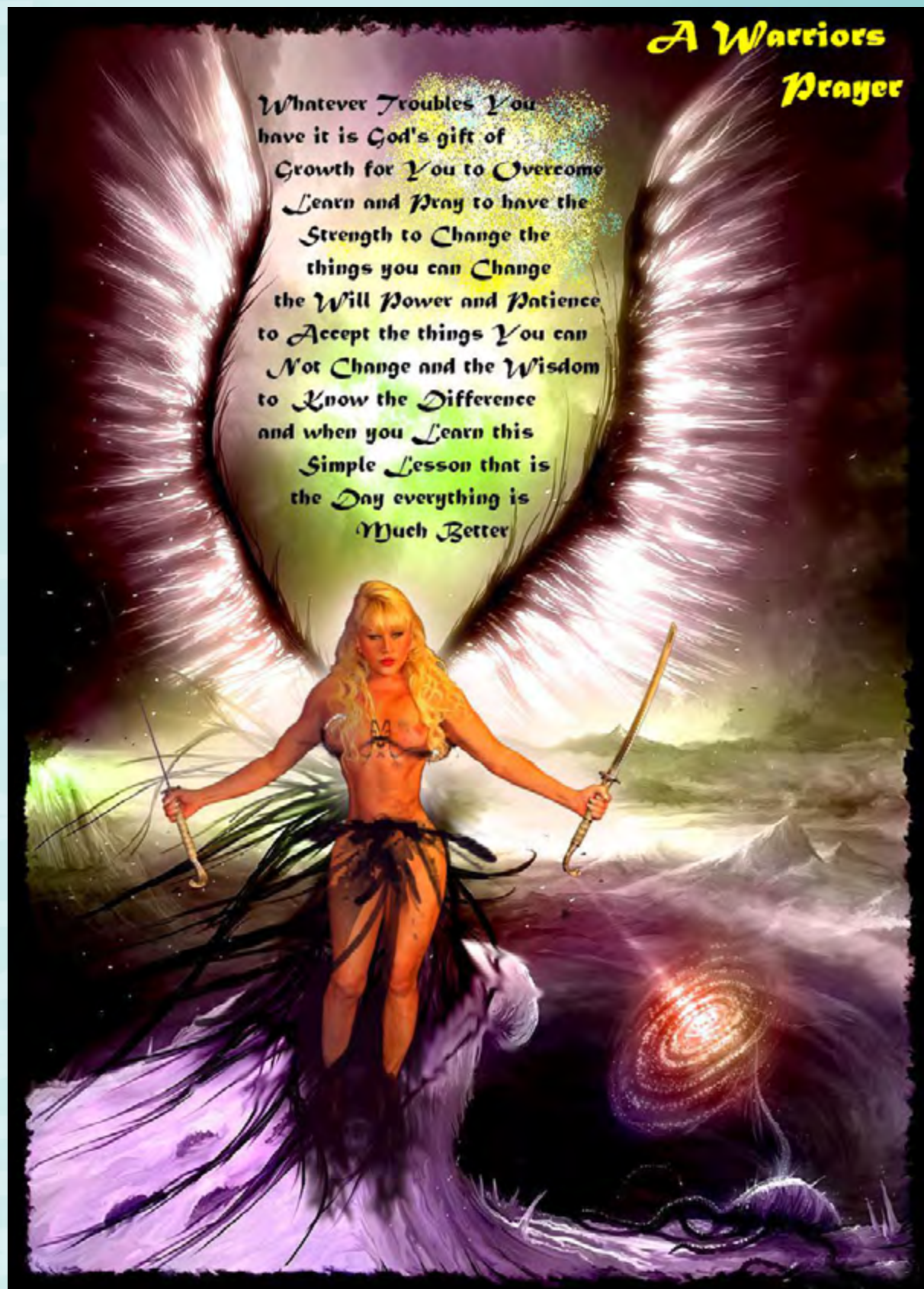
*Schizophr Res. 2002 Mar 1;54(1-2):95-103.*

A Janusian perspective on the nature, development and structure of schizophrenia and schizotypy.

Gruzelier J.

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### Abstract

A personal review is presented of the functional basis of activation, withdrawal and unreality, individual differences in schizophrenia that Enables et al. pioneered. Activated and withdrawn syndromes were delineated from the totality of symptoms by classifying unmedicated patients on the basis of lateral asymmetries in electrodermal responses. A neuropsychological syndrome translation led to a syndrome hemispheric imbalance model supported by a literature review disclosing widespread cortical and infracortical involvement extending to motoneurone excitability, with validation from tests of learning, memory and evoked responses including the P300. It is contended that the centrality of arousal, the extensive substrate and the evidence of asymmetry modification with recovery and treatment all implicate specific and nonspecific thalamo-cortical systems whose uncoupling may lead to dysfunction of input, cognition and to unreality symptoms (found inconsistently related to asymmetry). The three syndromes have developmental associations including immune competence, ventricular changes and lateral asymmetry, putative regressive neuronal changes in connectivity and electrocortical measures of connectivity, as well as sensory gating and anomalies of P50 suppression and habituation. Replication of the syndromal structure in psychometric schizotypy indicates that syndrome expression is based on the premorbid personality, compatible with evidence of early determinants of the approach/withdrawal balance in social encounters. Functional considerations for the nature of schizophrenia support neurophysiological approaches to treatment such as neurofeedback.

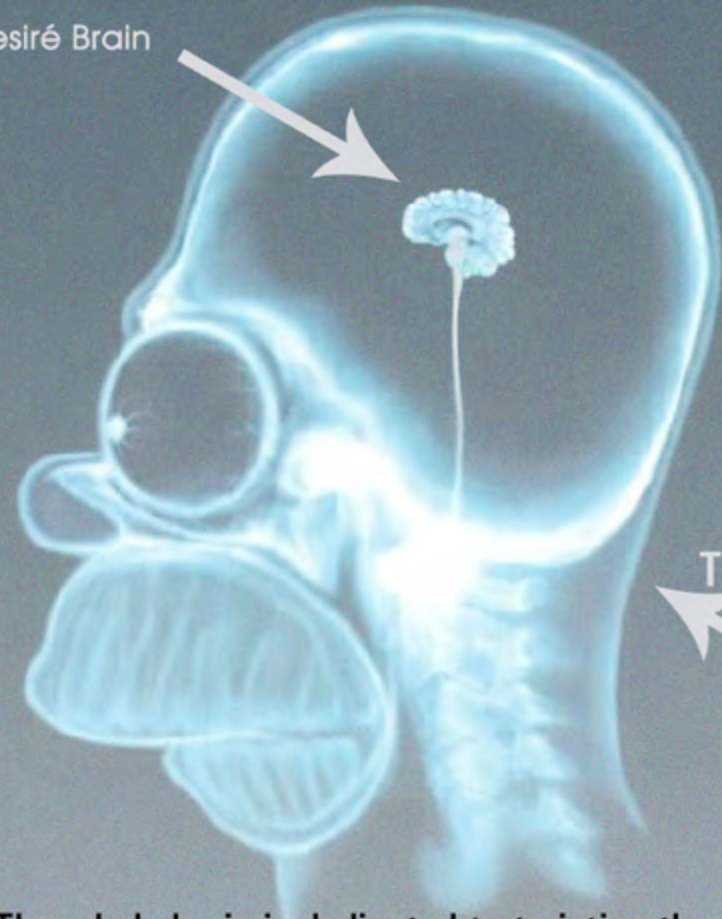




Yes some people hate Desiré. You see Desiré scares them. Desiré makes them feel inferior and small. Desiré is different and they fear whatever is different. If you read the Angel of God book you will understand more. But for now don't you feel more awake. Is not your mind more open? Is not your learning potential increased? We are just beginning our journey to increase the potentials of your mind. And the man who left America to find freedom, who is no longer a man, will teach you more to give you superpowers of intellect.



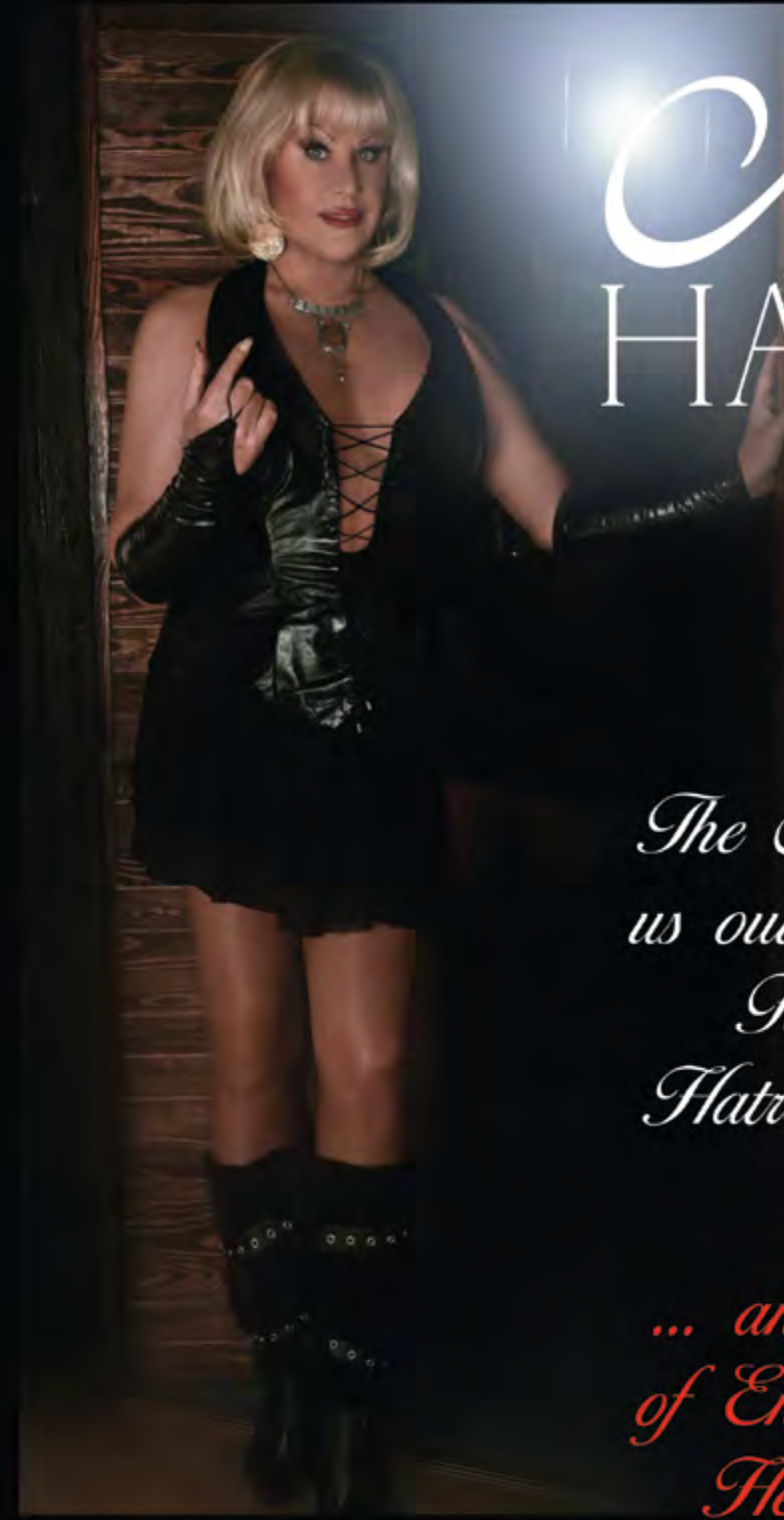
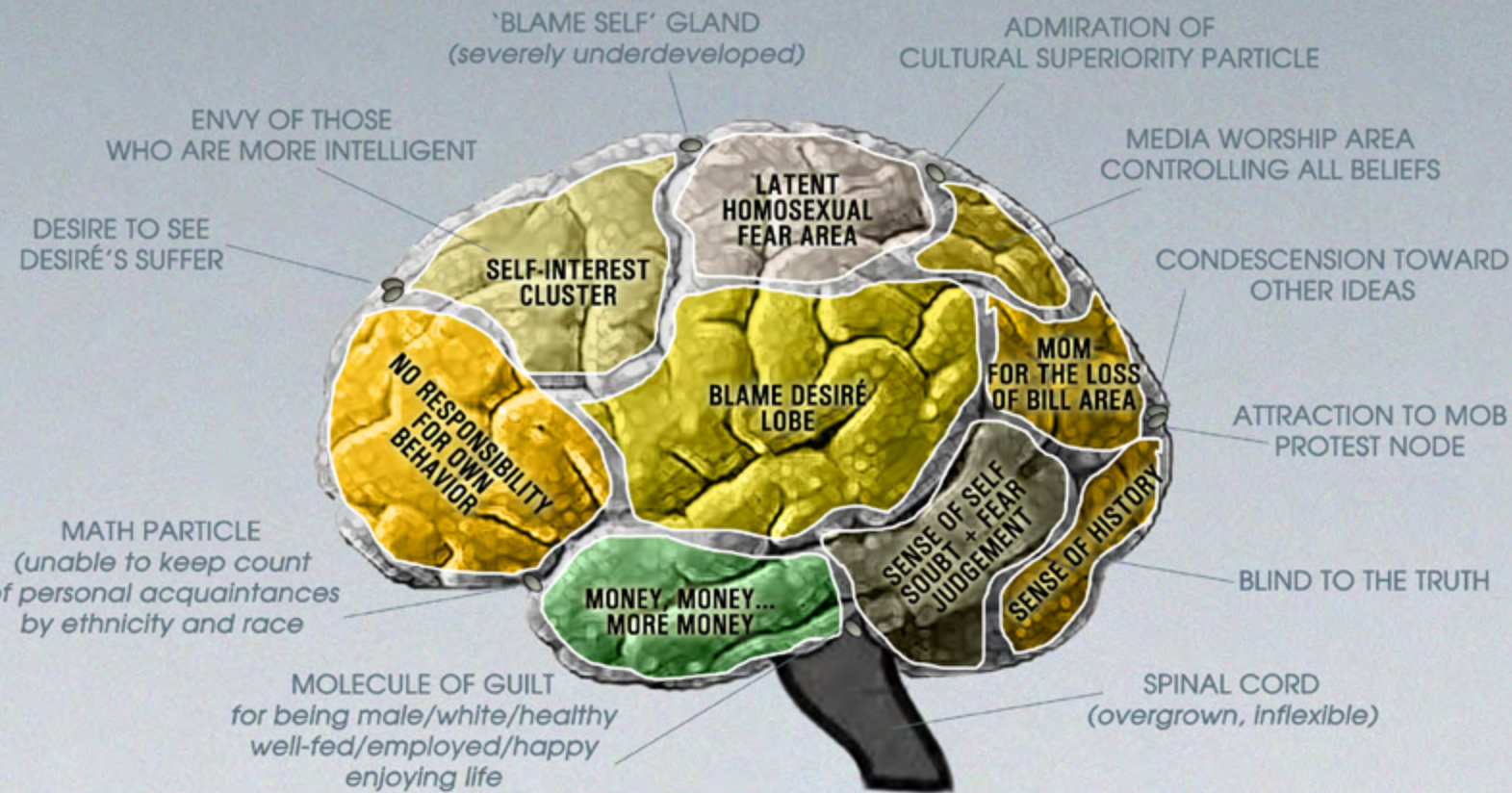
The Let's Hate Desiré Brain



The Let's Hate Desiré Brain

Latent + Repressed  
Homer-Sexual  
Blown up 100t0 times version

The whole brain is dedicated to twisting the truth to  
defending illegal plugin use and agrandizing looney gurus



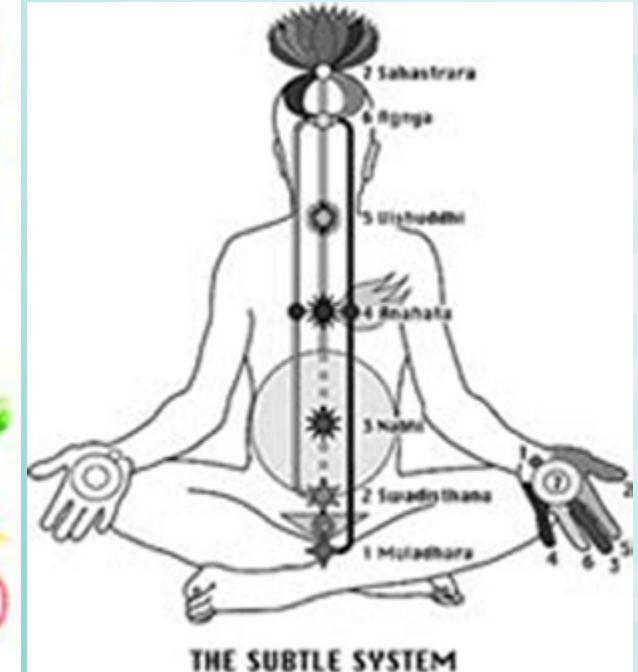
# *The* Angel HAS COME

*The Angel has come to lead us out of the Dark Ages, of False Beliefs, Anger, Hatred, Fear, and especially Greed...*

*... and lead us to the Time of Enlightenment, Awareness, Health, Happiness, and Freedom from the oppression of the Ultra Rich Lizard Mind Control*

## Super Learning Rules and Steps

1. Janusian thinking: when you free your mind to see all of the sides of issues you get an incredible freedom of thought that lowers improper judgments, brings humility, reduces bias, improves thinking.
2. Non Judgmental Awareness is the key to an enlightened mind: to harbor judgment bias and prejudice limits the mind and reduces the true potential.
3. Preparation: It is not the will to win that makes a winner but the will to prepare.
4. Recognize the Limitations of the verbal mind: It is only one percent of one percent
5. of one percent of one percent of one percent of one percent of one percent of one percent
6. of one percent of one percent of one percent of one percent of one percent of one percent
7. of one percent of one percent of one percent of one percent of one percent of one percent
8. of your mental abilities. The words are a tool not the master
9. Mix the senses: Taste a color, smell a song, feel an aroma, see a flavor, hear a painting, taste a movement. To hear is to wonder, to see is to believe, to feel is to deepen belief, to do is to activate all of the senses and to know. But still all of your senses can be fooled.
10. Compassion is passion expanded: It is an illusion we are separate. We are all one at one level. We need to expand our circle of compassion to include all things, start with you.
11. Enhance Brain Performance with subtle stimulation: Use the following subtle background effects to enhance but don't let them dominate. These are just for augmentation. Use music to stabilize the brain's auditory cortex, use subtle sensual suggestion to increase universal hormone levels, use visualizations to enrich and activate your visual cortex.
12. Repeat: Use repetition to stimulate learning, mix learning with music and repeat to get the message into the brain. If you repeat in song you have a better chance of memory.
13. Confident Cautious Humility: Reduce self doubt while increasing humility. Build confidence while reinforcing caution. Recognize what you don't know as humility and what you do know with cautious confidence. This may seem contrary, but use you Janusian mind and see that this is good advice.
14. Wholistic Intelligence: Boost all of your intelligences, social, environmental, intellectual, physical, and spiritual.
15. Associate: and draw connections for memory lock.



### The appeal of kundalini

The kundalini, once awakened, carries the limited human consciousness to transcendental heights, bestowing wisdom, peace and joy. In my Sexual Warrior Witch book I delve into this a little but more.

A noteworthy change by the awakening would be the change in the individual's perception: he is capable of grasping that the 'knower', the 'known' and the 'whole process of knowing' are one and the same thing. The understanding of the Self, the Divine and its omnipresence becomes clear.

In the words of Swami Sivananda Saraswati: "Awakening the kundalini means that your vibratory level has increased, visions appear before the mental eye of the aspirant, new worlds with indescribable wonders and charms unfold themselves before the yogi, planes after planes reveal their existence and grandeur to the practitioner and the yogi gets divine knowledge, power and bliss, in increasing degrees."

Avdhoot Baba Shivananda adds: "Modern psychologists claim that a person uses only 6 per cent of the potential of his mind; once the kundalini is awakened, only 6 per cent remains unutilized." Transformation happens, inevitably.

Even knowing that the passage of kundalini is often stormy, the attractions to awaken it are many. The most important reason, of course, is the promise of enlightenment. The other tantalizing prizes are the many siddhis (advanced mental powers). These include clairvoyance, the ability to communicate with spirits, super intellect, ability to see visions, and many more abilities (see the list following).

These powers can often be a trap to the unwary, for unless the mind is purified, they can again become a cause for pride, for the exercise of power over others or to make money. The siddhis can trap you if you get caught in an emotional or mental state. If you develop a power of any emotion you can get caught into the siddhi trap. This is why true masters, saints, and Desiré advise against being tempted to acquire siddhis and to keep the focus steadfastly on gentle nonjudgmental awareness enlightenment instead.

Do not fall into one of the siddhi traps. These are traps of the mind that can hold you. When I was in India they taught me how to catch monkey with a siddhi. There is the siddhi of greed and attainment of items. This is the power to attain things and money. It is good but if out of control then it can be very bad.

They hollow out a coconut with a small hole on the top and anchor to coconut to the ground. Then they put in a piece of aromatic candy. The monkey smells the candy and puts his hand into the hole. He grabs the candy, but with the candy in his hand he cannot get his hand out of the coconut. The hunters are coming and all the monkey has to do to escape is let go of the candy. But greed and attachment to things holds him fast. The siddhi of attainment that helps him to survive now will kill him. It is a wise monkey who will let go.

Our planet is threatened by this siddhi of attainment as that there are rich people who develop this power but get caught in it and won't let go. The oil spill in the Caribbean is an example. Money cannot be more important than having a planet, but some are caught in the siddhi of attainment or greed.

Some get caught up in knowing and find they can't live, they are too busy trying to know. Some try to remain unconquered by others to an extreme and they forget humility and how to serve people. Any power of the mind in excess can be a trap and once sprung only time and awareness can get you free.

## Five Siddhis of Yoga and Meditation

Siddhi is a Sanskrit noun that can be translated as "perfection", "accomplishment", "attainment", or "success". The term is first attested in the Mahabharata. In the Pancatantra, a siddhi may be any unusual skill or faculty or capability. As a legal term in the Manusmriti, it refers to the settlement of a debt. Below are some of the siddhis listed in the Eastern literature.

In the Bhagavata Purana the Five Siddhis of Yoga and Meditation are described as below:

- **tri-kāla-jñatvam:** Knowing the past, present and future;
- **advandvam:** Tolerance of heat, cold and other dualities;
- **para citta ādi abhijñatā:** Knowing the minds of others and so on;
- **agni arka ambu viṣa ādīnām pratiṣṭambhaḥ:** Checking the influence of fire, sun, water, poison, and so on;
- **aparājayah:** Remaining unconquered by others

## Eight Primary Siddhis



*Ganesha with the Ashta (8) Siddhis. The Ashtasiddhi are shown as attendants of Ganesha. Painting by Raja Ravi Varma (1848-1906)*

There is the concept of the Ashta Siddhi (eight siddhis) in Hinduism. These are:

- **Añimā:** reducing one's body even to the size of an atom
- **Mahima:** expanding one's body to an infinitely large size
- **Garima:** becoming infinitely heavy
- **Laghima:** becoming almost weightless
- **Prāpti:** having unrestricted access to all places
- **Prākāmya:** realizing whatever one desires
- **Iṣṭva:** possessing absolute lordship;
- **Vaśtva:** the power to subjugate all.

### Nine main Siddhis

- **Parkaya Pravesha:** Parkaya Pravesha means one's soul entering into the body of some other

person or animal or bird . Through this knowledge even a dead body can be brought to life.

- **Haadi Vidya:** This Vidya or knowledge has been mentioned in several ancient texts. On acquiring this Vidya, a person feels neither hunger nor thirst, and can remain without eating food or drinking water for several years at a stretch.
- **Kaadi Vidya:** Just as one does not feel hungry or thirsty in Haadi Vidya, similarly in Kaadi Vidya a person is not affected by change of seasons, i.e. by summer, winter, rain, etc. After accomplishing this Vidya, a person shall not feel cold even if he sits in the snow-laden mountains, and shall not feel hot even if he sits in the fire.
- **Vayu Gaman Siddhi:** Through this Siddhi a person can become capable of flying in the skies and traveling from one place to another in just a few seconds.
- **Madalasa Vidya:** On accomplishing this Vidya, a person becomes capable of increasing or decreasing the size of his body according to his wish. Lord Hanuman had miniaturized his body through this Vidya while entering the city of Lanka.
- **Kanakdhara Siddhi:** One can acquire immense and unlimited wealth through this Siddhi.
- **Prakya Sadhana:** Through this Sadhana a Yogi can direct his disciple to take birth from the womb of a woman who is childless or cannot bear children.
- **Surya Vigyan:** This solar science is one of the most significant sciences of ancient India . This science has been known only to the Indian Yogis; using it, one substance can be transformed into another through the medium of sun rays.
- **Mrit Sanjivani:** this science allow people to bring back the dead to life.

### Ten Secondary Siddhis

In the Bhagavata Purana Lord Krishna describes the Ten Secondary Siddhis as:

- **anūrmi-mattvam:** Being undisturbed by hunger, thirst, and other bodily disturbances
- **dūra-śravaṇa:** Hearing things far away
- **dūra-darśanam:** Seeing things far away
- **manaḥ-javah:** Moving the body wherever thought goes (teleportation)
- **kāma-rūpam:** Assuming any form desired
- **para-kāya praveśanam:** Entering the bodies of others
- **sva-chanda mṛtyuh:** Dying when one desires
- **devānām saha krīḍā anudarśanam:** Witnessing and participating in the pastimes of the Apsaras
- **yathā saṅkalpa saṁsiddhiḥ:** Perfect accomplishment of one's determination
- **ājñā apratihātā gatih:** Orders or Commands being unimpeded

These are some of the powers of the mind that are possible and will happen to you on your path. But don't forget non-judgmental awareness is the goal. Don't get caught up in a siddhi trap.



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## The Meaning of Siddhis - Swami Amritananda Saraswati

The science of siddhis, or advanced mental powers, has been known throughout the world for thousands of years, as long as tantra has existed. One can derive these powers from the practice of particular techniques, or they can be gained through direct contact with a proper teacher. When the teacher blesses the disciple by placing his hands on the disciple's forehead and back, then the transformation begins to take place.

When this change is going on within you, your vision expands into a new dimension. You can see clearly the ulterior motives of the people around you. For example, you may be able to sense someone coming before they are physically there. It is a definite change in the physiology of the physical body and in the conscious body which enables you to have this experience and many others.

It is the same as when you have a thought of a loved one. Usually you can only imagine them, but if your thoughts were to take gross, material form, and you could actually see your loved one sitting right beside you. Can you contain the emotion?

Because you cannot tolerate or understand it, you might be unable to bear this type of experience. You have so much fear that you can easily make yourself crazy. Fear brings imbalance to the mind and emotions, and when there is too much it may also bring some sickness to the body. This is one of the siddhi traps of the mind.

You see, the mind and its promptings, urges and impulses, whether instinctive or man-made, are so strong that you have to learn how to bear them. This is called siddhi. Developing your mental power, your emotional power, or even making your body healthy, these are all siddhis.

### ***Excellence in the smallest of things***

What you have heard about siddhis is not exact, and not the right concept. You have been given either too high a concept about siddhis or too low; neither are right. 'Siddha' means to fulfil, to perfect, as when it is said in day to day life, 'You have to make your action siddha.' When you attain excellence and complete something that is siddhi.

For example, suppose you have a disease such as diabetes. Now, for you, to cure this disease is to obtain a siddhi, the perfection of a completely healthy state. How can we obtain this state, this little siddhi? This is why we practise asana, pranayama, mudra, bandha, concentration, mantra japa and the purification techniques of hatha yoga, such as neti, kunjla and shankhprakashana. The little siddhis are not what you understand as miracles; they are the result of excellence in one's practice. The best method of attaining excellence is through regularity. Therefore, even if you practise Sirshasana for only one and a half minutes, or shashankasana for three minutes or just sing kirtan every evening, you should do it with absolute regularity. You can fix the time to fit into your work and family situation, but then that time should be kept every day. You should not get up today at 4 a.m. during brahmamuhurta and then tomorrow at 9 a.m. and another day at midnight. This type of irregularity just will not work.

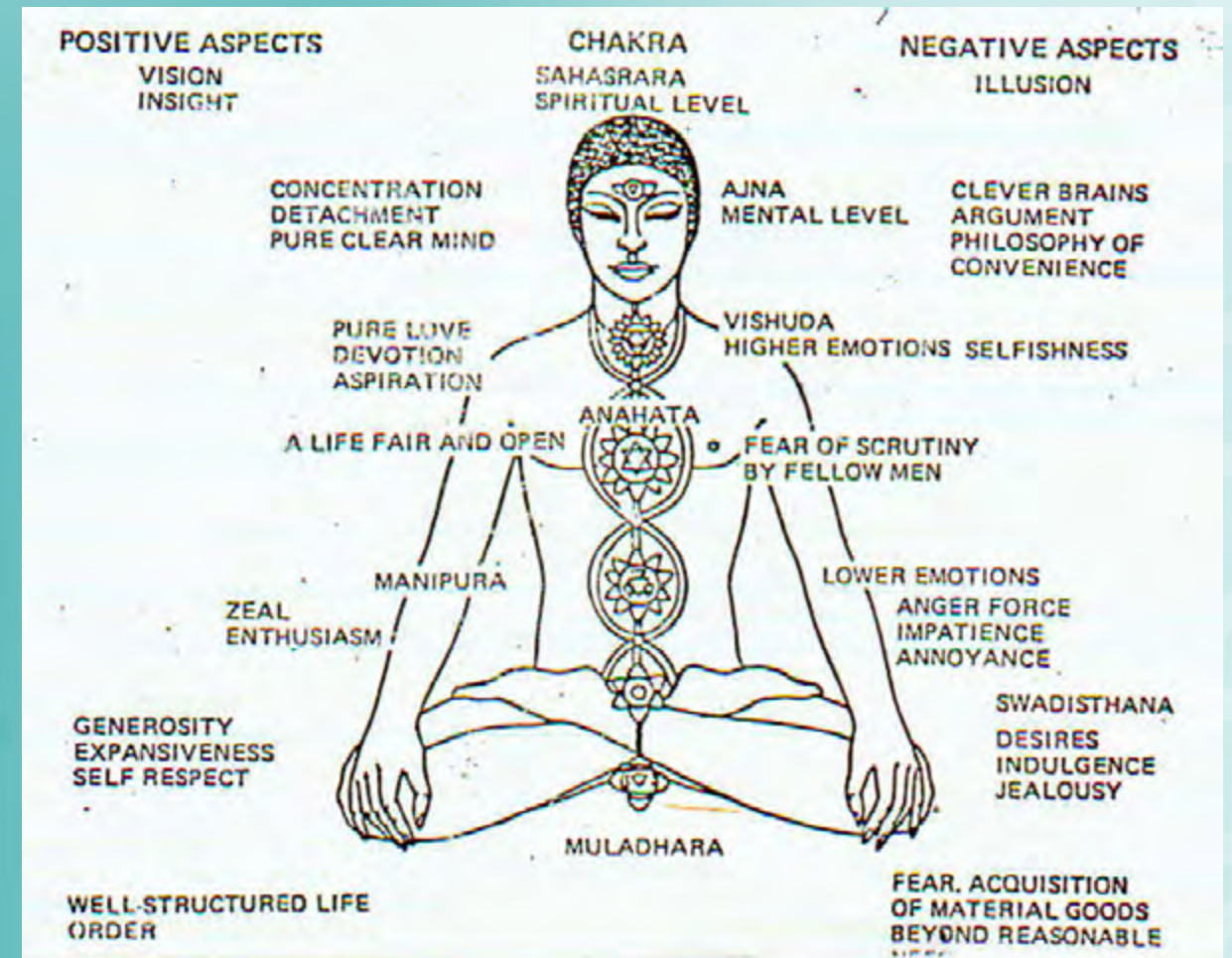
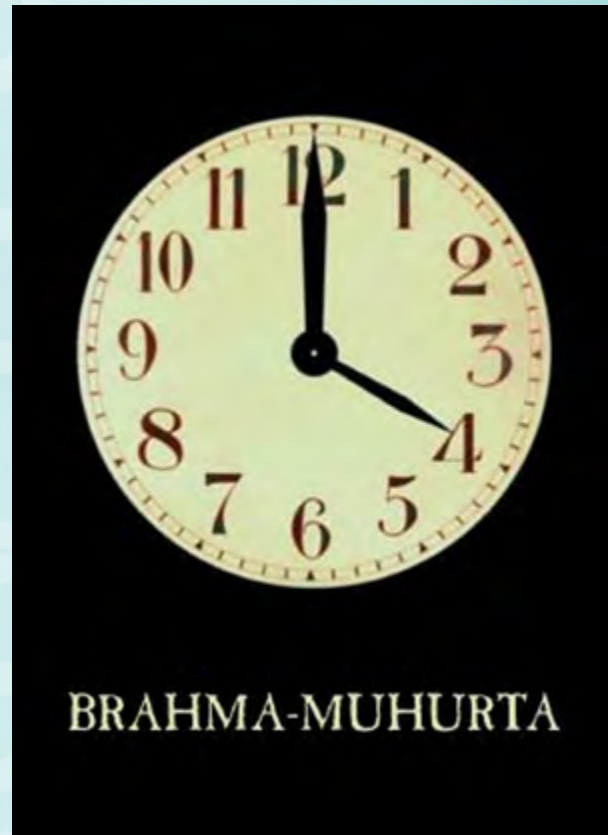
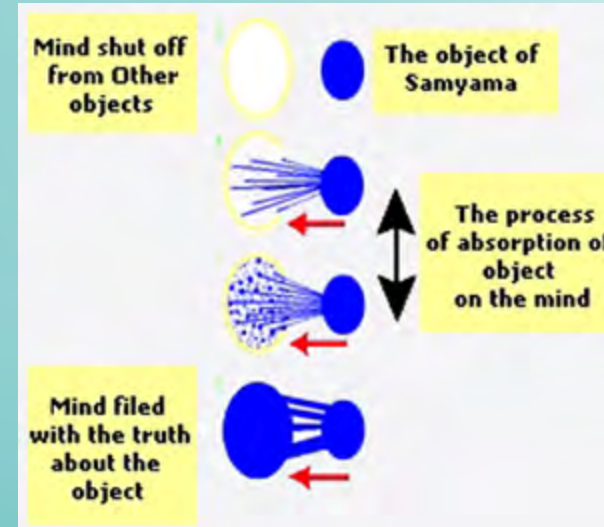


MARTIN SCONDUTO



**Shashankasana**





The first niyama in yoga is to become niyमित, regular. It is the greatest samyama, the greatest achievement. Be regular in all your activities, not only sadhana. Be regular in bathing, eating and sleeping, which none of you are. When you are irregular, then the body behaves in the same manner.



Name:..... Date:..... **YOGA SADHANA 1A - for better health and stress management**  
 Add to daily practice: Sankalpa: positive thinking, attitude of gratitude, sending love and blessings, and mantra or singing.

1. DHYAN ASANA (MEDITATION POSE)  
 2. SHAVASANA (CORPSE POSE)  
 3. TADASANA (STRETCHING UP)  
 4. TIRYAKA TADASANA (SIDEWAYS)  
 5. KATI CHAKRASANA (TWISTING)  
 6. SUPTA PAWANMUKTASANA (KNEE TO NOSE)  
 7. MAKARASANA (CROCODILE POSE)  
 8. ABDOMINAL BREATHING  
 9. PALMING

e-mail:swamiyogaratra@gmail.com  
 mob: 99456 32020

Ref: 'Asana Pranayama Mudra Bandha'  
 by Swami Satyananda Saraswati, Bihar School of Yoga

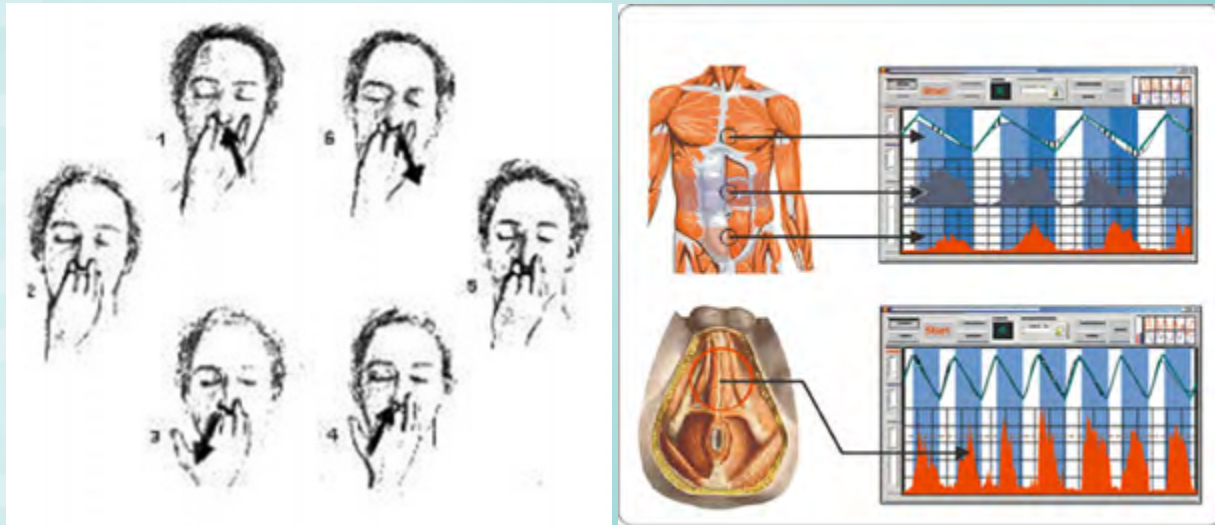



Regularity works in the same way as crystallisation. When you put a drop of water in a freezer, after fifteen days it will have grown in size. And so it will happen in the course of time, perhaps after one year, that you will notice many little changes in yourself. You will behave better with your children and be more polite with your boss and subordinates, not trying to hurt others physically or having bitter feelings mentally. These are all little siddhis which will occur.


**Memory siddhi**


There is one simple pranayama which is very important and useful, especially for business people who have a lot of responsibility. This is brahmari pranayama, in which you plug your ears and shut the lips, separate the teeth, and make the sound of Om, opening the mouth. The sound becomes like the humming of a bee. After doing brahmari pranayama ten or eleven times, you will find that you are not experiencing as much pain in the body as you felt prior to the practice. Neither will you feel as angry or as insecure as you did before. Why?








- 


• Inhale through the left nostril, closing the right with the thumb, to the count of four.
- 

• Hold the breath, closing both nostrils, to the count of sixteen or less.
- 

• Exhale through the right nostril, closing the left with the ring and little fingers, to the count of eight.
- 

• Inhale through the right nostril, keeping the left nostril closed with the ring and little fingers, to the count of four.
- 

• Hold the breath holding both nostrils to the count of sixteen
- 

• Inhale through the left nostril, closing the right with the thumb, to the count of four.
- 

• Hold the breath, closing both nostrils to the count of 16 or less.



Because this little technique, inhaling deeply and then producing the sound of Om with the breath, creates vibrations inside the body which change the mental patterns of the brain. The brain has two hemispheres, and they are always generating energy which flows in particular directions. If you breathe deeply and produce the sound of Om in a certain way, then the movement of this energy changes. This affects everything happening in the body, right from the thoughts up to the secretions of the glands, If some secretions are deficient then they are increased, and if they are in excess then they are decreased. Everything is balanced.

What happens on the emotional level is that any agitation, fatigue, fear or insecurity is calmed down and the thoughts become clear. Old, long forgotten memories become fresh again, not the memories of death, violence or unpleasant things, but of those things which you would like to remember. Of course, you don't wish to be reminded of your work, of somebody who has died, or of times when you have been insulted, hurt or harmed. No, that is the wrong memory. But the pure memories come, keen and sharp. This is one of the small siddhis, not one of the great, miraculous siddhis which you always hear about.

Studies show that Om can make a person emotionally isolated. For super learning development use Rama Row Thro, Rama Ro Thro. Repeat this in the mind and exclude all other words for just ten minutes maximum or whatever time you can spare. If you can remove all words for 10 min you can experience the mind of Buddha. Rama Ro Thro will build super leaning powers.



### **Awakening ajna chakra**

Many people practise tantra and yoga only to achieve the great siddhis. But by the practice of such simple techniques as brahmari pranayama, such siddhis also come. When an aspirant begins to practise sadhana- mantra japa, concentration, dhyana or pranayama, he awakens many categories of powers which are residing within him. We are the powerhouse; we are full of energy which is awakened and begins to function when we practise sadhana.

This energy is conducted in the nadis, the system of psychic nerve channels throughout the body. The rishis and munis tell us that the body contains 72,000 nadis. There are ten main ones and among these, three are most important. Kabir even sings about them. They correspond to the sympathetic, parasympathetic and central nervous systems of modern physiology, but in tantra they are called ida, pingala and sushumna, and in vedic mythology they are known as Ganga, Yamuna and Saraswati.

These nerve channels do not flow in a perfectly straight path, or have direct connections to the brain; they junction in various places in the spinal cord. In tantra, these junctions are called chakras. There are thousands of chakras in many locations in the body, but only seven are widely known:

mooladhara, swadhisthana, manipura, anahata, vishuddhi, ajna and sahasrara. They contain the hidden faculties in man.

We can categorise these hidden faculties in terms of the three gunas: tamasic, rajasic and sattvic. When you awaken mooladhara and swadhisthana chakras, tamoguni qualities such as hatred, jealousy, love and compassion are awakened. These are low faculties. However, the higher faculties of satoguna unfold when you awaken ajna chakra, which is located in the brain in the region of the pineal gland, behind the eyebrow centre at the top of the spinal cord. Along with these higher faculties comes the knowledge of the siddhis.

Brahmari pranayama affects all of the chakras to some extent, but its major influence is on ajna chakra. Therefore, when you awaken ajna chakra by the practice of this pranayama, many siddhis arise. You may be able to experience somebody who is a thousand miles away as if he is in the same room speaking to you. He can be saying something there, and you can be hearing the same thing here. This is a great siddhi.

### **Mandala**

In various spiritual traditions, mandalas may be employed for focusing attention of aspirants and adepts, as a spiritual teaching tool, for establishing a sacred space, and as an aid to meditation and trance induction. According to David Fontana, its symbolic nature can help one "to access progressively deeper levels of the unconscious, ultimately assisting the meditator to experience a mystical sense of oneness with the ultimate unity from which the cosmos in all its manifold forms arises." The psychoanalyst Carl Jung saw the mandala as "a representation of the unconscious self," and believed his paintings of mandalas enabled him to identify emotional disorders and work towards wholeness in personality.



*Tree of life Mandala*



Nelson Mandala

**How to do Japa Meditation**



Japa Start Position



Thread after the first 8 beads



Never hold the main Gauranga Krishna Bead



End of One Round



Turn Back to start new round do not cross the main bead



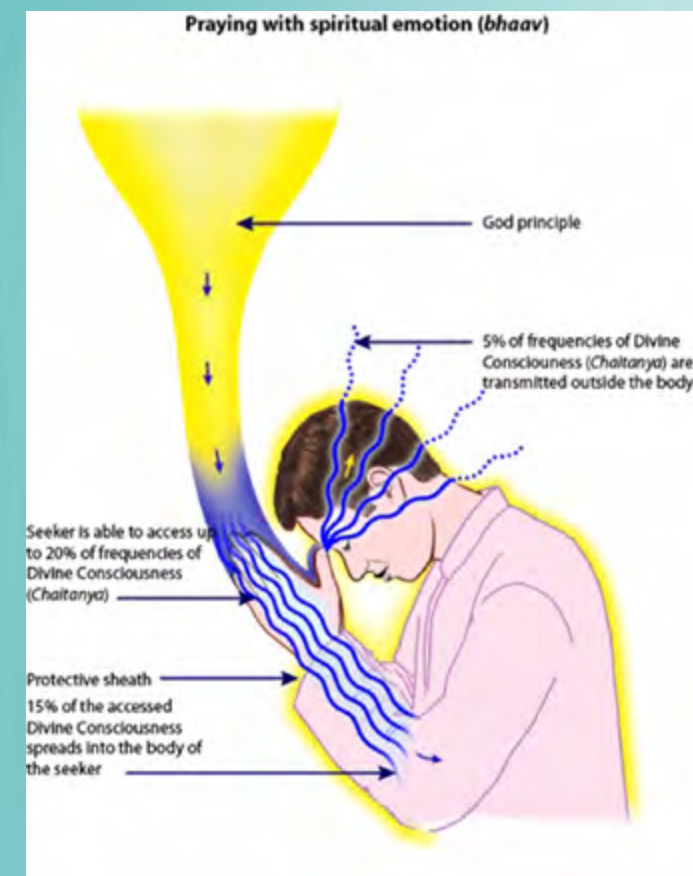
Put the mala in the bead bag so as to prevent it from touching the ground



Index finger should be out of bead bag and counting beads

## Japa - The Method

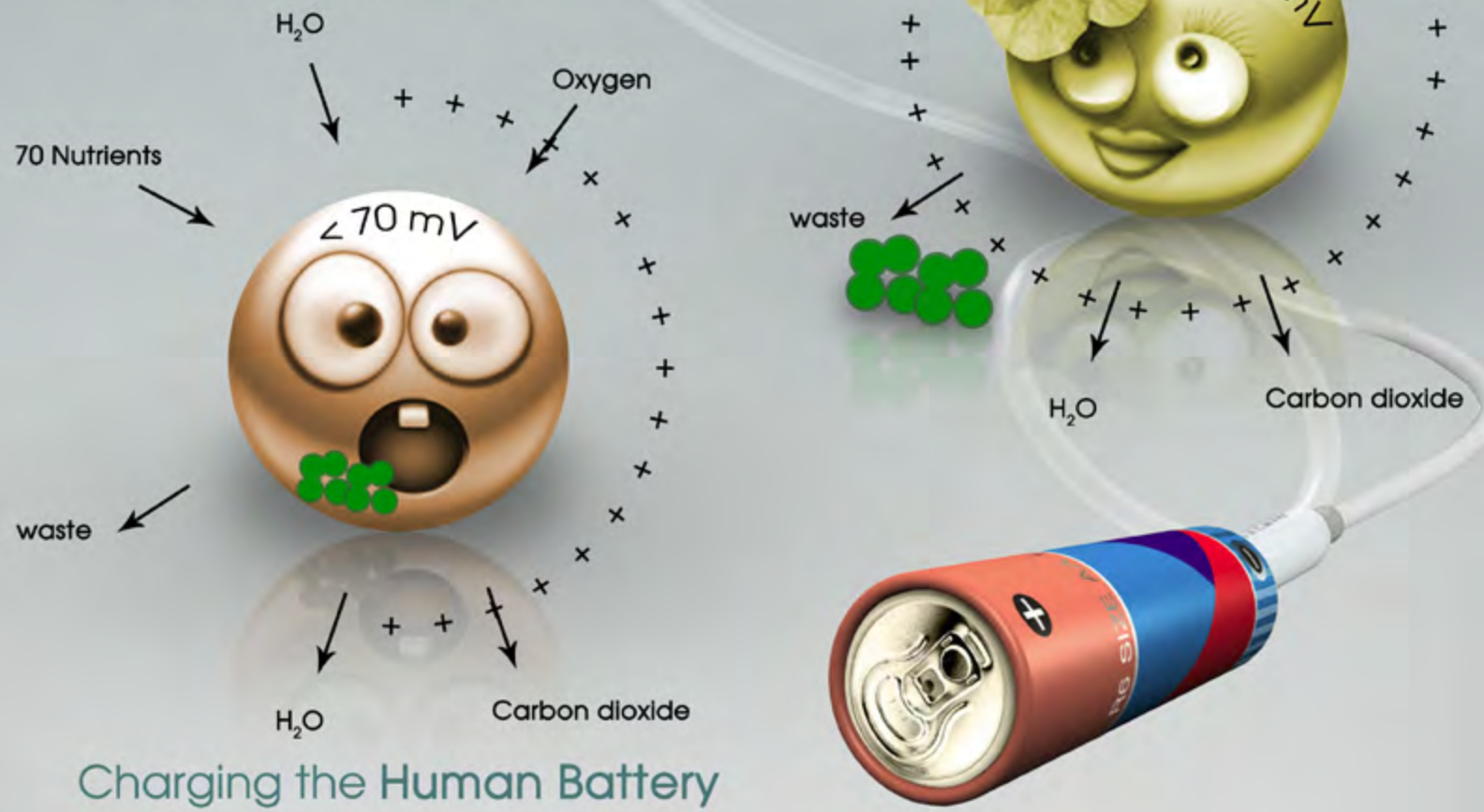
1. Begin with your eyes closed and visualizing the letter A. See the letter in your mind's eye. Try to picture it as clearly as possible, right in front of your field of vision. Keep it in your vision for a moment.
2. Now, visualize just to the right of the letter A, to the next letter, B. See it as clearly as possible, just like the previous letter. See it as solidly as possible in your mind's eye. Keep it in your field of view for a moment.
3. Shift back into the space between the two letters, A and B, and do Japa. To do Japa, say the sound of "Ahh". The sound should go for as long as your can. Try to continue this sound for at least 10 seconds. Focus on the sound. Feel the sound leaving your throat. Feel it entering the room. If your thoughts move somewhere else, gently but firmly, bring your focus back to the sound you are making. The sound of Japa, the sound of God, the sound of "Ahh". Keep your focus on the sound of "Ahh".
4. Make the sound two times, while you're in the space between the two letters, A and B. Focus only on the sound of "Ahh".
5. Now put your focus back on the letter B. See the letter in your mind's eye. Try to picture it as clearly as possible, right in front of your field of vision. Keep it in your vision for a moment.
6. Now, visualize the next letter, C, just to the right of the letter B. See it as clearly as possible, just like the previous letter. See it as solidly as possible in your mind's eye. Keep it in your field of view for a moment.
7. Shift back into the space between the two letters, B and C, and do Japa. Focus on the sound. Feel the sound leaving your throat. Feel it entering the room your in. The sound of Japa, the sound of God, the sound of "Ahh". Keep your focus on the sound of "Ahh".
8. Make the sound twice while you're in the space between the two letters, B and C. Focusing entirely on the sound you are making.
9. Continue by visualizing the letter C again. Go through the rest of the letters A – G using the same process. Hope you enjoy Japa meditation!





Healthy membrane potential and adequate body voltage makes all of the functions of the cell work better

Low Body Voltage leads to weak membrane potential, weak osmosis, trapped toxins, premature aging, and increased susceptibility to virus



### Charging the Human Battery

Factors that influence the body voltage and membrane potential are fatty acids in the cell membrane, minerals, especially salts, hydration water, oxygenation, stress, toxins and life style.

The SCIO has been proven in tests to increase the electrical potential of the body. Increased cellular membrane potential makes osmosis increase, which increases detoxification, nutrient transfer and absorption, hydration, oxidation, and all cellular functions in general.

### Mantra japa and the power of the mind

There is no power which can be compared to the power of the mind. Our ancestors tell us in the scriptures that the power of powers can summon the whole universe. It can create thousands of universes. What else is there to say? The power of powers can make you enter the state of shoonya, void. It can enable a person to duplicate himself into many identical bodies as in the raslila or play of Krishna, by which He created thousands of images of himself for all his gopis.



If you can make your thoughts keen and sharp, they will be more effective than a thousand suns in burning a little blade of straw. But to increase the power of thought, you must do mantra japa. During mantra japa you don't focus on your thoughts, you just watch the mantra continuously. If you fix your attention on the thoughts, the mantra gets left behind. So you must concentrate on the mantra and don't worry about the thoughts. The thoughts will gain momentum and become extremely powerful, but when you keep repeating the mantra, they lose their speed and cannot fly you away from the conscious plane. In this way, you become more conscious, and your thoughts stronger. When your thoughts become more positive, accurate and sensitive, then you can order your mind to think in a certain manner and it will think in that way. You can tell your mind to move an object without touching it, and it will move it.

## Regaining the ancient science

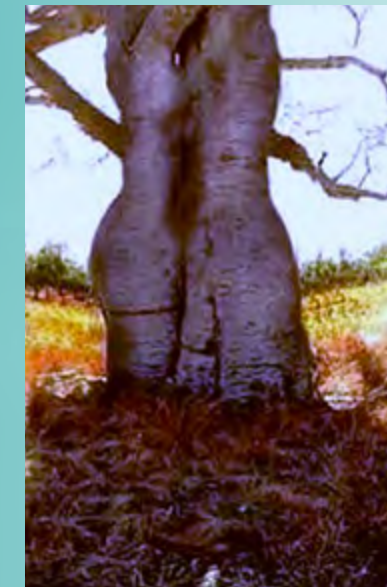
You may have heard this referred to as telekinesis by the Russian or American scientists, but you may not recognise it as part of Indian culture which has existed for thousands of years. In tantra we call it indrajal. It is displayed everywhere in the markets and bazaars. When it comes from abroad with a complicated scientific name it sounds more respectable, but in our markets there are many jaduwalas, or magicians, who can perform even greater feats than the adepts in the west. We have all seen how the circuswalas and jaduwalas can even cut off someone's head and then join it on again.



But if you go to other countries and announce that 'I can do indrajal,' no one will come to you. Even in India, if you go to intellectual people and scientists and tell them you can perform indrajal, they will tell you to go away. But if you say you know telekinesis everybody will come, because the mentality today is like that. Recently, I heard that in Europe and America people can bend spoons just by concentrating their thought power. This is not such a very big thing. But what is that power by which a person's head can be severed and then rejoined and the person still lives?

How do people swallow swords without being injured? Their throat is still intact where the sword goes in. Does it really go in and how is it that it does not hurt the intestines or the throat? Or perhaps it is not a sword at all? In that case, what is that power which is able to make everybody see a sword being swallowed?

Our perceptions can be altered; we cannot be certain that what we are seeing is true. Suppose I have a red flower. It still remains red, but I can make everybody see it as blue even though it has not changed color. In tantric terminology this ability is called najarband.



Acupuncture has also been going on in India throughout history; we can read about it in the scriptures. Acupuncture went from India to China and now they are sending it back to teach us. But if you go to our villages and they offer to give you acupuncture, you are afraid, and don't want it. Just as here in India, only one or two decades ago, people were afraid to learn yoga and tantra.

Tantra is such a magnificent science, but people have not understood it. They have only heard criticism and exaggeration. They've not wanted to imbibe the vast knowledge it comprises about life, death, conscience, self and the supreme Self, Atma and Paramatma. Therefore, you must try to appreciate and understand the greatness of your own culture, your own science, your own tradition. Even if you don't accept the fact, nevertheless it is your own country which has preserved this great knowledge. It may not have preserved the knowledge of how to kill or hurt others which is being revived in the world today, but it has certainly preserved the knowledge of how to know yourself, experience tranquillity, and realise God. For the people of India, this is the goal of life, to awaken the spirituality which lies within. In no other country do people think like this.

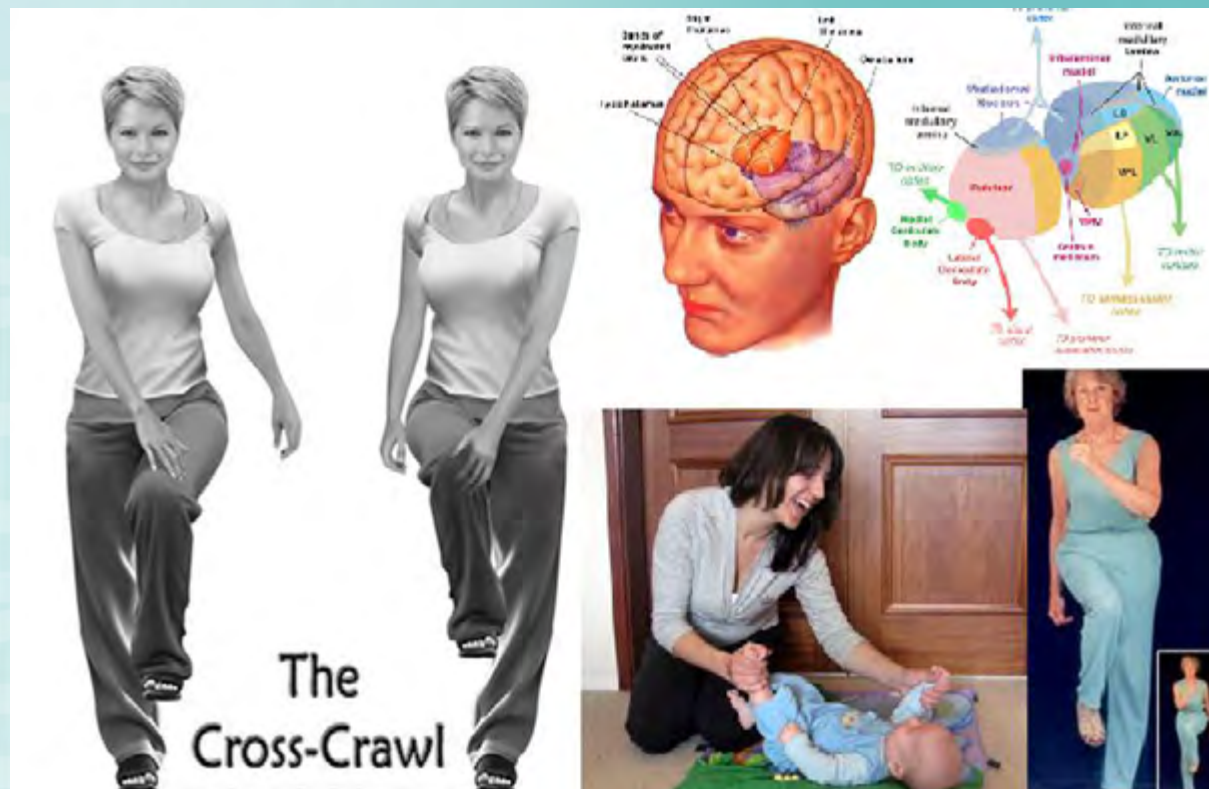


## WHAT IS VIPASSANA?

*Vipassana is simple practical way to achieve real peace of mind and to lead a happy, useful life.*

*Vipassana enables us to experience peace and harmony. It purifies the mind, freeing it from suffering and the deep-seated causes of suffering.*

*The practice leads step-by-step to the highest spiritual goal of full liberation from all mental defilements (impurities).*



## Vipassanna

### ***Watching the Breathing like a river***

This is one of the methods of Vipassana. The main thing to focus upon in this meditation technique is the breath itself. This method is the most basic form of Vipassana. You have to watch your breath as it comes inside your body and then goes outside.

Find a comfortable, peaceful place. Sit there silently in a comfortable position. Now close your eyes and take some deep breath. Now start observing your breathing. Focus your entire attention on the breathing and follow it as it travels inside your body and comes out. Follow the breath in its entire route of inhalation and exhalation. Watch the breath as if you are watching a river.



A river is flowing and you are sitting on its bank. You are watching the water as it flows in the river. However, you are just a watcher. You are not concerned with the speed of the flow. Neither you are concerned with the quality of water or whether it has ripple in it or not. You are just watching the river without involving yourself in the flow.

- Similarly, just watch your breath as it moves in your body. Don't be attached with it.
- When it comes - watch it.
- When it goes - Watch it.
- Be a watcher, be a witness.

This is not easy. There will be distractions as you watch. There will be floods of thoughts. You will be carry away by different kind of thoughts. But don't get discouraged. If your attention is diverted 100 times, bring it back to breathing 100 times. Slowly all thoughts will start settling down. As you watch your breath, soon you will realize the witness in you. The one who is watching the watcher itself. Your true identity. You are not body, you are not mind, you are not breathing. You are -self. The knower who knows everything. Yet remains pure and unattached.

Watch your breathing. Keep watching and you will be in meditation.

### ***Sadhna For Controlling & Managing Anger***



Anger destroys all spiritual merits in a moment. It is all-consuming and all-polluting, a great enemy

of peace, and a direct gateway to hell. An aspirant must control this anger if he wishes to progress in spiritual path and attain happiness .One who has controlled anger , is verily a yogi. That is what Shri Krishna says in gita, 'He who is able, while still here (in this world) to withstand, before the liberation from the body, the impulse born of desire and anger , is a yogi, is a happy man.'

Develop patience to a considerable extent. People lose their temper when they become impatient. Allow the mind to dwell

constantly on the opposite virtue of anger ---- Patience. This is the Pratipaksha--bhavana method of the Raja Yogins. Try to control first the small ripple of irritability when it arises in the subconscious mind. Nip it in the bud. Do not allow to assume the big form of a wave. When you are not able to control the anger leave the place and take a walk chanting Om. Drink some cold water. Count 1,2,3,4,upto 20. Repeat Om Shanti, om shanti, Om Shanti. Do not argue much. Do not retort. Speak sweetly. Speak only measured words. If anyone abuses or insults, keep quiet. Identify yourself with the Atman. Atman is the same in all. It can never be hurt or insulted. Do not give vent to anger. Be regular in your Japa, meditation and kirtan. This will give you a great inner spiritual strength.



Food has a great deal to do with irritability. Take Satvic diet: milk, fruits curd, spinach, barley, nuts, buttermilk etc. Prohibit carrot, onion, garlic, meat, liquor and other stimulating foodstuffs. Observe Mouna for two hours daily and six hours on Sundays. Occasionally, observe Mouna for a whole day. This will put a check on the impulse of the speech. When a man gets excited he speaks anything and everything. He has no control over the organ of speech. Therefore, austerity of speech ( Mouna) is very essential to combat irritable impulses.

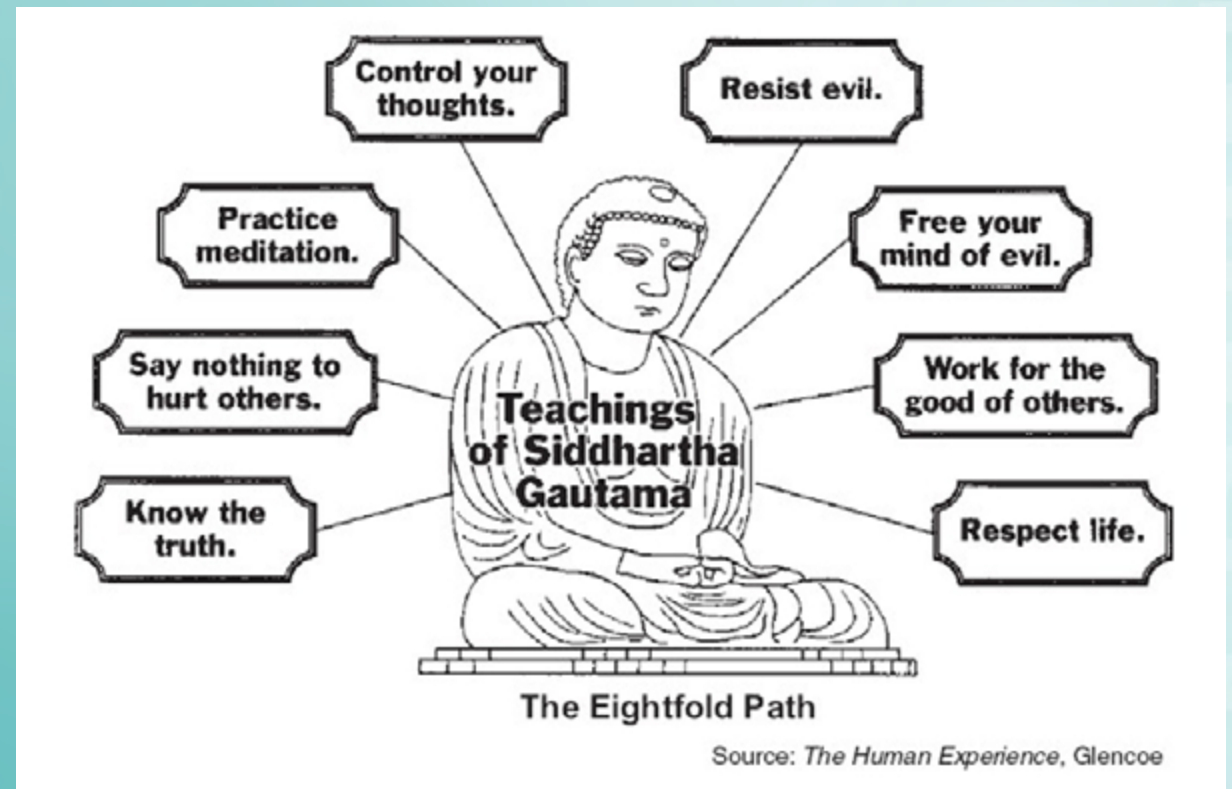
Prana entwines the mind like a creeper. Prana is the over-coat of the mind. Control of prana leads to the control of the mind. Practice of pranayama will put a break on the impulse of speech. IT will give you abundant energy to check anger. A Vedantin denies the body and the mind as illusory sheaths. He does Vichara, enquires " Who am I?" and practices " Neti-Neti-----not this, not this. ": " I am not the body, nor am I the mind ; Chidananda-rupah Sivohum ---- I am the blissful Siva or atman." He identifies himself with Brahman or Atman, the Eternal. The world is unreal for him. He chants Om, sings Om, does Japa of Om, meditates on Om and derives soul-power and spiritual strength from the perennial source of Om. If you always entertain the Mithya-Drishti or Dosha-Drishti, if you look into the defects of anger and benefits of patience, you never become angry.

The combined practice of these methods enable you to control anger and upon you spiritual strength, peace and happiness.

*Curing Insomnia Nervousness Hypertension by Yoga.* Secrets of Health and Healing People who fail to get the rest they need, often resort to heavy doses of coffee and other stimulants to remain awake. As a result of these stimulants they sleep badly the following" night, and so by degrees a cycle that leaves them chronically out of tune with life, like a motor functioning on only one cylinder. If you are troubled with insomnia, try the following...

*How To Cure Panic Attacks By Yoga.* Panic attacks are sudden, discrete periods of intense anxiety, fear and discomfort that are associated with a variety of somatic and cognitive symptoms. Panic disorder can be treated successfully, frequently with a combination of psychotherapy and medication. Panic sufferers are now turning to yoga for help as well, for yoga offers a wide range of stress-reducing tools. Scientific studies suggest that left-nostril breathing can effectively reduce symptoms of obsessive-compulsive disorder...

*Stress Management Tips Stress Reduction By Yoga.* Today stress is being considered as one of the prime causes of disease. A great deal of research has been done on this subject by scientists throughout the world and they have concluded that tensions, anxieties and disturbed mental conditions can cause serious physical ailments. There is a very long list of diseases, such as blood pressure, cardiovascular diseases and asthma, which are known as stress-borne diseases. If you study this list, you yourself can conclude that 89% of all the ailments today are stress-born.



## Using Anger as a tool not a master

There are yoga techniques for using anger. The ways of eastern philosophy are mostly nonviolent. The four noble truths of the Buddha are

1. Everyone suffers
2. The cause of suffering is Desire for things to be different,
3. To reduce suffering we need to reduce Desire
4. The way to control the mind is the 8 fold path of mental exercise

I studied the 4 noble truths and it was on this I wrote my doctorate thesis on Desire. For this reason I took the name Desiré. On point three there are two ways to achieve this. One is to accept things and thus lower Desire, or two to change things thus to lower Desire. Eastern meditations are mostly on the first system of acceptance. Gandhi was an excellent example of acceptance.

But our history is also shaped by those who become angry at oppression and fight to change things. This is more of a western path. But as a warrior spirit it takes some practice to learn the warrior ways of anger control and utilization. This is the warrior techniques taught by Desiré (me). As Desiré I have come to fulfill the laws of the Buddha.

First never get caught in anger, express it creatively and constructively and let it pass. Resist expressing your anger at the person you are angry at. This will accomplish nothing but to push away the person. If you show your anger at another person they will find the person you are angry at and tell him.



Buddhism: Key Beliefs  
**Dharma Wheel and Noble Eightfold Path**

**The Wheel of Dharma**



The Wheel of Dharma symbolizes overcoming obstacles.

The circle symbolizes the completeness of the Dharma.

The spokes represent the eightfold path leading to enlightenment.

**The Noble Eightfold Path**

1. Right View
2. Right Thought
3. Right Speech
4. Right Behavior
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Meditation



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*I express my Outrage by being  
 Outrageous*

*I am Outraged  
 at Natural  
 Medicine's  
 Gullibility +  
 Math-Phobia*

*I am  
 Outraged at  
 Evidence  
 based  
 medicine's  
 Profit over  
 People*

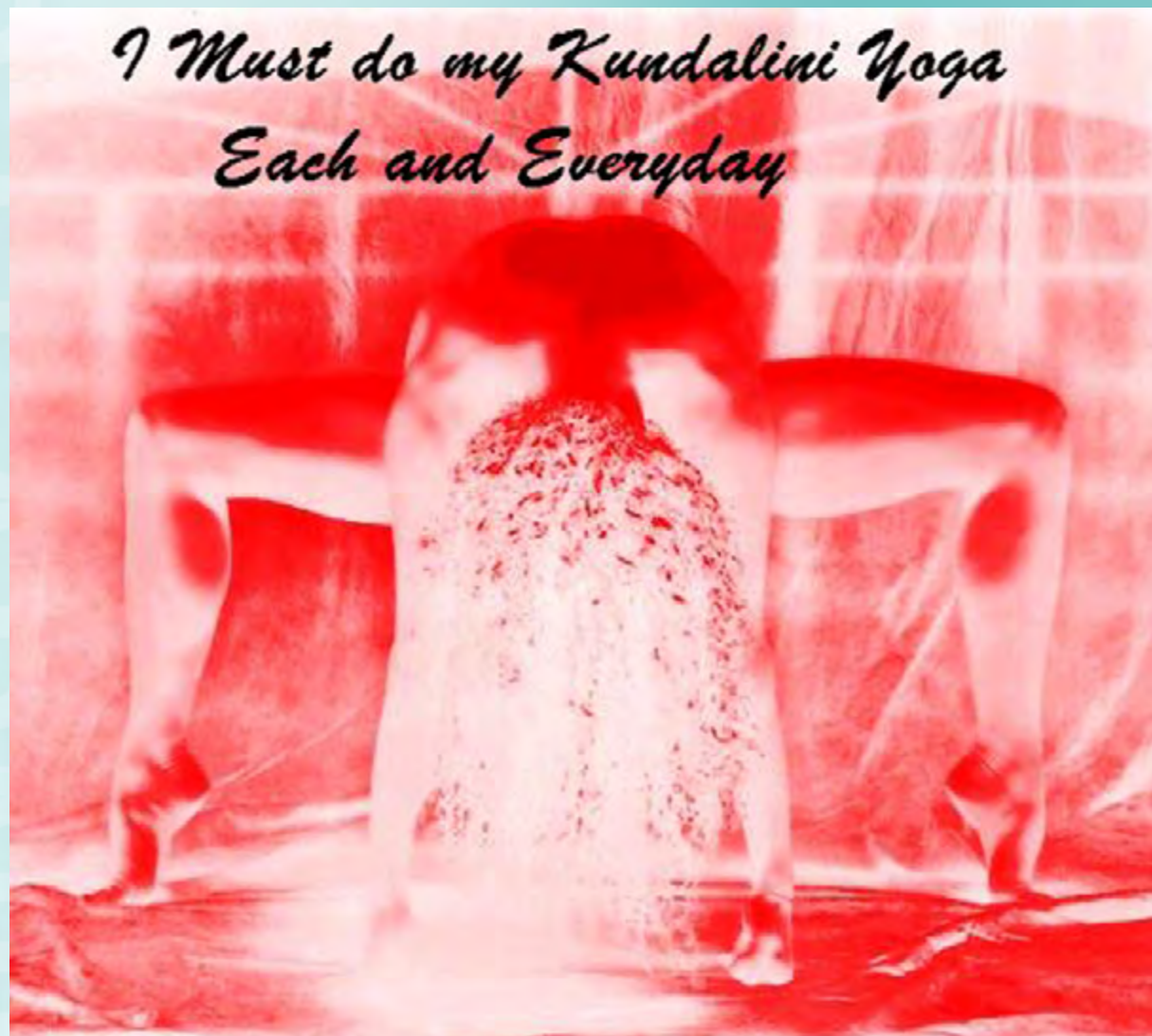
*I am Outraged +  
 I am tired of  
 being Hated by  
 Both sides*

*If You are  
 Not also  
 Outraged then  
 Think, maybe  
 it is Time*

There is a time to be angry and let that energy work for you. There is a time to fight for your rights and the rights of others. There is a time to draw the line and be outraged, but learn to use the anger correctly. Never hurt any one person, be careful to try to awaken the mind not destroy it. If you can learn to vent your anger and use it constructively to get a message across you can deepen your powers of mind.

### Yoga

Yoga is good for stretching the spine and getting the blood and fluids to circulate. Yoga daily is as important a health care therapy and preventative as you can find. I have often said that if I had to do only one therapy Yoga is the best. For the early stages of a cold or flu the lion position is the best at preventing the onslaught and problems. Make as ugly a face as you can and hold it for 30 sec, relax ten sec and repeat three times. This brings blood to the face and throat and blood will heal the cold and flu and stimulate the flow of blood to the brain.



Desi says

CE  
cell phones  
do affect  
the brain

the shields  
can help a little  
BUT

SCIO



The SCIO can undo the damage by regulating and balancing the  
**Body Electric's Regulatory Processes**  
+ increasing VARHOP

If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.

tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com



sim-HAHS-annah  
simHu = lion

Platygia

**The Lion Pose to heal sore throats, coughs, sinusitis, and cold and flu symptoms**

## Breathing Exercise (Pranayama) - Bhastrika (Bellows)

*Bhastrika (Bellows)* is the most powerful of all Breathing Exercises for raising Kundalini. *Bhastrika* or Bellows consists a series of pumping followed by the retention of breath like **Kapalabhati**.

### Warning in Performing the Bhastrika (Bellows)

You should exercise caution against the temptation of pushing too far in your initial practice of Bellows. If you have the tendency to push the limit, lie down when doing this exercise since there is a risk for you to lose consciousness and fall on the floor. Forced breathing makes you relaxed and revitalized. Excess in practice may induce dizziness, drowsiness and loss of consciousness. No harm can come from hyperventilation as long as you are in bed. If you happen to lose consciousness, your breathing pattern will tend to rectify itself and return to normal. Excessive ventilation results to lightheadedness, giddiness or a feeling that you are floating in the air.

### Bhastrika (Bellows)



*Bhastrika* is primarily consists of forced rapid deep breathing which serves as a basis for many varieties of exercises, all of which may be described by the same name. Although air is forced both in and out, the emphasis is placed upon the expulsion or explosion of air. A series of such expulsions, each following the other in quick succession without either **Full or Empty Pause**, is called "A Round". **Beginners** should limit a round to about five explosions, though the number may be increased to ten, or even more if needed to obtain the desired effect. The desired effects range from increased ventilation, increased **Blood Circulation**, clearing of the **Nasal Passages** and increased thinking capacity to eliminating of all **Mental Disturbances**. Please be warned against generating such powerful explosions since it can cause injuries to lung tissues. Extending a series for so long can also cause dizziness. Comfort and not reckless excess should guide your motives and manner of doing the *Bhastrika* or Bellows.

Although you can breathe through your mouth or both mouth and nose, regular breathing is limited to either both or one nostril. The breath-stroke in the rapid succession of breaths may or may not be very deep, but it is customary to finish or follow a round by the deepest possible inhalation and exhalation. A series of normal breaths should occur before undertaking a second round. A deepest possible inhalation and exhalation may, and perhaps should, introduce each round. Some nasal hissing can be expected but avoid unpleasant sound and fluttering of the nasal skin surfaces. You may perform the *Bhastrika* exercise while standing but it is advisable to do it in a **Seated Position** in order to allow maximum **Relaxation** of the abdominal muscles and easy diaphragmatic breathing. Variations include using a full pause after each round, partial glottis closures and **Alternation of Nostrils**.

### 3 Arm Positions:

**The Mid Position**  
For migraine headaches, bone spurs and misaligned spine, sore back, gout, arthritis  
Lie down, put both hands under your head in a position that results in your upper body and legs being both lifted off the ground

**The Goldfish Exercise**  
Release of tension, mood balancing, insomnia, internal organ discomfort, constipation  
Place both arms at your sides

**The Stretched Back**  
Weight loss, shoulder tendonitis, release muscle tension, release nervous pressure.  
Lift both arms above your head and keep them as straight as possible



**Healthy Lymph is a must and proper circulation is important, there is 3 times more lymph than blood and it helps us in a million + ways**



As this book teaches you to expand and control your mind, the subtle sexual imagery becomes the cosmic joke spark to relax your judgmental mind.

## We need Exercise

Exercise is a nutrient. Our bodies are designed to chop wood and carry water. We need exercise to be healthy. Whether it is light stretching, walking, or aerobic we need exercise.



Yes we need to get the blood and oxygen moving. Of course we need to exercise. Any exercise from yoga to aerobics. Twenty minutes a day five times a week is minimum. For yoga stretch your spine back, forward, side to side, and up and down. Move your lymph and do cross crawl for emotional stability. Alternate nostril breathing is good for emotional stability.

## Yoga Techniques

### Breathing for Super Learning

Breathing is one of the most basic, constant, and sub-conscious human activities. One scarcely pays any attention to it as many other pressing issues prey on the mind. Yoga expert Vasanthi Bhat, however, says a little extra attention to this most mundane of activities can improve the quality of life.

Yoga, with its numerous benefits, is being recognized by a large number of people every day around the world, but one of its most beneficial aspects is often overlooked.

That, of course, is breathing. Breathing is something all people do, but breathing consciously is quite another matter.

Though we normally breathe without paying attention to our breaths as involuntary systems do the job, it is important to know that when we are under stress the breathing channels and other parts of the body associated with breathing get stiff with tension as mind and body work together. This physical fatigue further affects our thinking as the system is starved of oxygen.

Practicing Pranayama is a very valuable technique that leads to a better and healthier lifestyle. Prana means life-force, yama means control. The technique teaches how to breathe consciously. When we breathe consciously we are able to absorb more oxygen. Along with the oxygen, we are able to preserve a great amount of life-force (prana) in the system. We are also able to release tension and free radicals. Inability to release built-up tension and free radicals causes mental

fatigue, nervousness, anxiety, anger and imbalance in the nervous system.

There are several breathing techniques that can be utilized to relax one's body and mind. These include simple breathing, alternate nostril breathing and complete breathing.

### **Simple Breathing**

Simple breathing is a great technique to start out with because it is the basis of all the other breathing techniques. You can practice this breathing while sitting, relaxing, walking, driving and performing daily duties as this is focusing on your natural breath. This will prevent you from getting exhausted at the end of the day due to the constant storage of energy-prana throughout the day.

In order to practice simple breathing you should close your eyes (open your eyes if you are involved in any activities) and observe your natural breathing. By taking time out to observe your breathing, you become more aware of its pattern and changes. This is the first stage of conscious breathing (pranayama). If your breath flows heavily and rapidly, understand that you are going through some mental tension. Continue to breathe slowly through your nostrils while slightly expanding and compressing your stomach and chest muscles as you breathe in and out. When your mind is on the breath, notice you tend to breathe slowly and peacefully as you are able to recharge your mind and entire system very quickly. Practicing just one to two minutes of this simple breathing will help you relax and will alleviate the accumulated stress.

### **Complete Breathing**

Complete breathing is a natural extension of simple breathing. Complete breathing relieves mental fatigue, anxiety, insomnia, hypertension, improves digestion, stamina, tolerance and immune system, relieves constipation, abdominal and heart ailments.

While practicing natural breathing try to pull your stomach in while breathing out. When you are breathing in, raise your stomach slightly and breathe upward while expanding your chest. When you are exhaling, remember to pull your stomach in because exhalation is the most important part of complete breathing.

Observe how smoothly the breathing flows because this increased awareness purifies all the breathing channels and, allows you to breathe correctly.

### **Alternate Nostril Breathing**

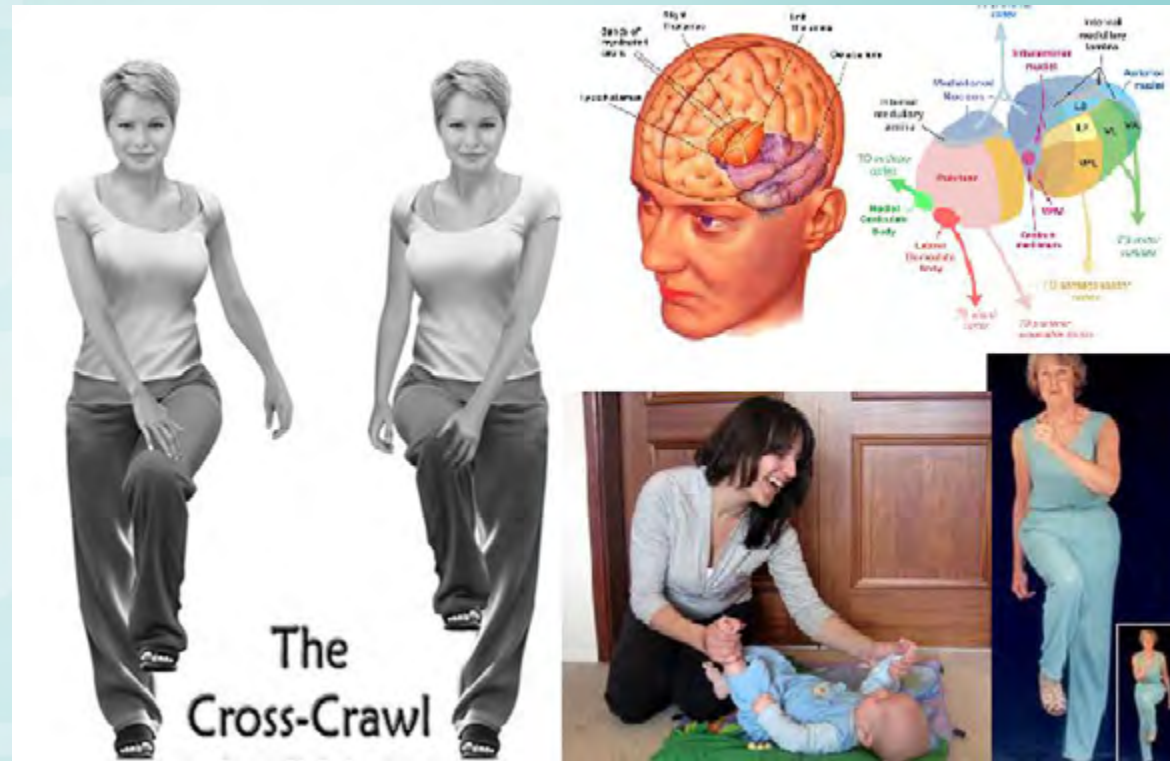
Alternate nostril breathing is another technique that has a variety of advantages. Some practice it to attain tranquility and to have a balanced energy and peace of mind. Others practice it to ease their difficulty in breathing or to clear the blockage in their nostrils if they have sinus problems.

While sitting down and closing your eyes, put your first two fingers in between your eyebrows and close your right nostril with your thumb, inhale with your left nostril and close it with the ring finger. Opening your right nostril, breathe out gently, then breathe in through the same nostril and close it. Open your left nostril, breathing out, and continue to follow this alternating pattern. After practicing a couple of rounds of this, your breathing will naturally get deeper and smoother.



#### **When to Practice**

- Whenever you get mentally exhausted.
- Prior to seminars and public meetings.
- To improve concentration, memory, and productivity.
- To control and understand upcoming agitation.
- To convert stressful situation into a positive frame of mind.
- To achieve a balanced and peaceful state of mind.
- To relieve insomnia.



**3 Arm Positions:**

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**Healthy Lymph is a must and proper circulation is important, there is 3 times more lymph than blood and it helps us in a million + ways**



*For with God nothing shall be impossible.*

*Luke 1:37*

No matter what religion you profess to or relate to there are certain commonalities and common denominators of religion. The golden rule "do not do unto others what you do not want done to you" the commandments, the eightfold path, the sutras, the analects have more commonality than the subtle differences. We are body, mind, spirit, environmental and social beings. To heal ourselves we need to treat and grow in all aspects. Here is some advice.

**Body**

*"The body is the Temple and whoever defiles the Temple him shall God destroy"*

when you smoke, swear, fight, lie, cheat, kill, steal, wrongfully lust you defile yourself. You need to treat your body as the church you are. You are what you eat, We need to intake more healthy vegetables and fruits (25% Raw), use lots of juices drink lots of water. Eat good cold processed vegetable oils No cooked oils or long cooking with oils, Eat good non-processed fructose sugars, No Bad processed dextrose sugars. Exercise, Love, kindness, caring and Respect are nutrients. Get them and give them daily



## **Mind**

“As a man Thinketh in his Heart so is he,”

“Peace of mind makes the body healthy, but jealousy is like a cancer.”

“The fear of the LORD is the beginning of knowledge.

but fools despise wisdom and discipline.”

The mind must be disciplined to non-judgmental awareness. The mind must resist meaningless distractions of illusions and schooled in focused grace. Desiré teaches how to help any person with any disease to improve in this Wellness course

## **Spirit**

“thou Shalt have no other Gods before God”

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.(Galatians 5:22)”

The mind of God fills the universe with the subspace. We need to be able to recognize the powers greater than us and with reverence and respect for all things actively cooperate with the Great Spirit. We need to listen to the Positive Force and resist the Negative Forces. It is an illusion that we are separate, We need to expand our circle of compassion to include all things in the Universe.

## **Environmental**

“What we sow we reap. “

We must work with our environment and all work to make a less Carbon footprint and make a greater Oxygen footprint. By eating more fruits and vegetables and less meat we increase the Oxygen while decreasing the Carbon. Everyone must cultivate more plants, shift from fossil fuels to Bio-fuels and Bio-mass fuels. We must stop the toxic poisoning of the world and work to help us return to the Garden. When the Christians came to teach the American Indian, they told him of the trinity, Father, Son, Holy Ghost. The Indian said what about mother earth. Without mother earth you will not respect her and you will devastate the planet. We now need to put mother earth into our religion and have respect for her.

## **Social**

“Love your neighbor as you love yourself”

Philippians 2.3,4

“o nothing from selfishness or empty conceit,

but with humility of mind let each of you regard one another

as more important than himself;

Do not merely look out for your own personal interests, but also for the interests of others.”

We are social beings that need networking feedback to help us grow and mature. We need to foster compassion, cooperation, connection, and care. We all share air. We need to share Care.

Here are some other bits of wisdom for you to meditate on. But life is not just of the mind a person is evaluated by his actions and works, not his words. Jesus said it is not what goes into the mouth that defiles a person, but what comes out.

Proverbs 27:2 Let another man praise you, and not your own mouth; A stranger, and not your own lips.

## **Ecclesiastes 5.19**

“oreover, when God gives any man wealth and possessions,

and enables him to enjoy them, to accept his lot and be happy in his work -

this is a gift of God.”

To every thing there is a season, and a time to every purpose under the heaven ... A time to love, and a time to hate; a time of war, and a time of peace. (*Ecclesiastes 3:1,8*).

- “good tree cannot bear worthless fruit, neither can a rotten tree produce fine fruit. Every tree not producing fine fruit gets cut down and thrown into the fire. Really, then, by their fruits you will recognize those men.” (*Matt 7:18 to 20*).
- “become doers of the word and not hearers only, deceiving yourselves with false reasoning. For if anyone is a hearer of the word, and not a doer, this one is like a man looking at his natural face in a mirror. For he looks at himself, and off he goes and immediately forgets what sort of man he is. But he who peers into the perfect law that belongs to freedom and who persists in it, this man, because he has become, not a forgetful hearer, but a doer of the work, will be happy in his doing it.” (*James 1:22-25*).
- “little children, let us love, neither in word nor with the tongue, but in deed and truth.” (*John 3:18*).
- “try to find out what would please the Lord; take no part in the barren deeds of darkness, but show them up for what they are.” (*Eph 5:10,11*).
- “whatever you are doing, whether you speak or act, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” (*Col 3:17*).
- “say our Lord Jesus Christ himself and God our Father, who loved us and gave everlasting comfort and good hope by means of undeserved kindness, comfort your hearts and make you firm in every good deed and word.” (*2 Thess 2:16,17*).
- “in case some one of your brothers becomes poor among you in one of your cities, in your land that Jehovah your God is giving you, you must not harden your heart or be closefisted toward your poor brother. For you should generously open your hand to him and by all means lend him on pledge as much as he needs, which he is in want of... You should by all means

give to him, and your heart should not be stingy in your giving to him, because on this account Jehovah your God will bless you in every deed of yours and in every undertaking of yours. For someone poor will never cease to be in the midst of the land. That is why I am commanding you, saying, “ou should generously open up your hand to your afflicted and poor brother in your land.””(Deut 15:7-11).

- “why brothers, what use is it for a man to say he has faith when he does nothing to show it? Can that faith save him? Suppose a brother or a sister is in rags with not enough food for the day, and one of you says, “ood luck to you, keep yourselves warm, and have plenty to eat” but does nothing to supply their bodily needs, what is the good of that? So with faith; if it does not lead to action, it is in itself a lifeless thing.” (James 2:14-17).

## Risk Factors for Specific Cancers

The risk factors listed should not be mixed up with any possible cause which may be known or unknown

### **Adrenal Gland Cancer Risk Factors:**

Causes are unknown.

Multiple Endocrine Neoplasia type I

Multiple Endocrine Neoplasia type II

Neurofibromatosis

Hippel – Lindaus Syndrome

### **Anal Cancer Risk Factors:**

Causes: usually associated with IIPV

Human Papilloma Virus (HPV)

Chronic Hemorrhoids, Fistulas, Fissures, Abscesses, Venereal Warts, Genital Warts, Anal Intercourse (probably because of viral infections like IIPV)

Infections:

Chlamydia, HPV, Trichomonas, Genital Herpes, Gonorrhea

### **Bile Duct Cancer Risk Factors:**

Causes are unknown.

Chronic Ulcerative

Choledochal Cysts

The Asian Liver Fluke (Clonorchis sinensis)

### **Bladder Cancer Risk Factors:**

Causes are mostly Carcinogens and Smoking. Smoking may be responsible for roughly 50% of cancers.

Workers who are exposed to dyes including hairdressers, printers, painters, textile and leather workers etc.

Certain prescription drugs (for pain).

Chemotherapy, Radiation.

## List of Phytochemicals with Anticancer Activity

*Phytochemicals are chemicals found in plants.*

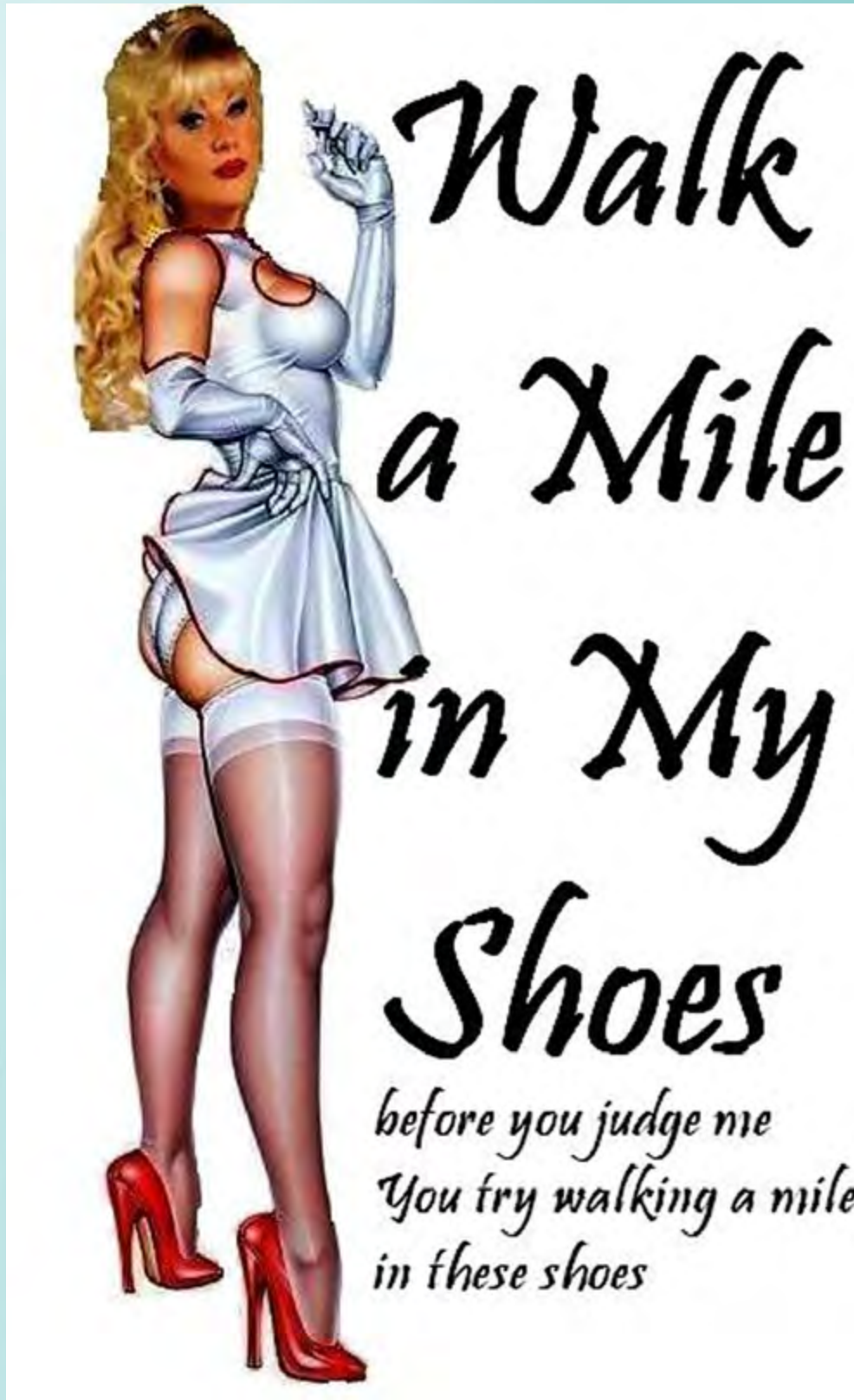
*The following chemicals are commonly found in plants.*

- 10 – HYDROXYCAMPTOTHECIN - (roots of happy tree/camptotheca acuminata)
- ACETIC-ACID - (burdock root)
- ACYLATED ARBUTIN - (marjoram also contains: phenol carboic acid and rosmarinic acid)
- ALLIXIN - (garlig bulb)
- ALLYL SULFIDES - (garlic, onions, chives, leeks)
- ALPHA-LIPOIC ACID - (cooked potatoes: important for regeneration of cells and nerves)
- ALPHA-TOCOPHEROL - (wheat germ, wheat grass)
- AMYGDALIN - (seeds and pits of: apricots, apples, cherries, peaches, plums, nectarines, buckwheat, millet, cassava melons, wheat grass)
- ANTIIONCYANINS - (grapes, black currants, purple loosestrife flowers)
- BENZALDEHYDE - (burdock root, cashew, almond, oat seeds, cayenne, chili, papaya, melon, cantaloupe, cinnamon, licorice root, jasmine flowers, motherwort, bay leaves, bay laurel, tomatoes, lemon balm, m ranqui oregano, peaches, black cherry, black currant, raspberry, blueberry, figs, cranberry)
- BETA-SITOSTEROL - (slippery elm)

## Beneficial Vitamins and Minerals

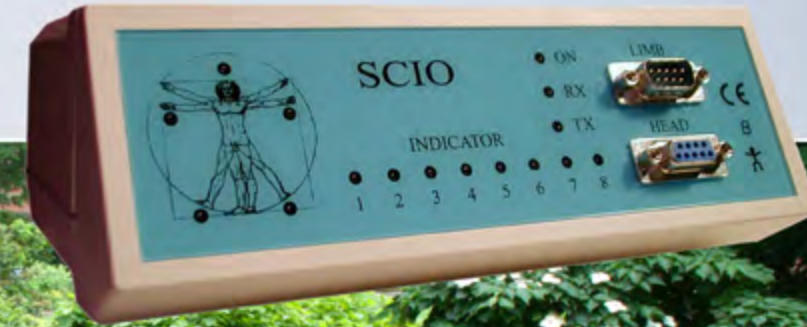
- Calcium
- Carotene
- Coenzyme Q10
- Folic Acid
- Germanium

- Iodine
- IP6 + Inositol
- Lactrile
- Magnesium
- Potassium
- Selenium
- Vitamin B3
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E
- Zinc



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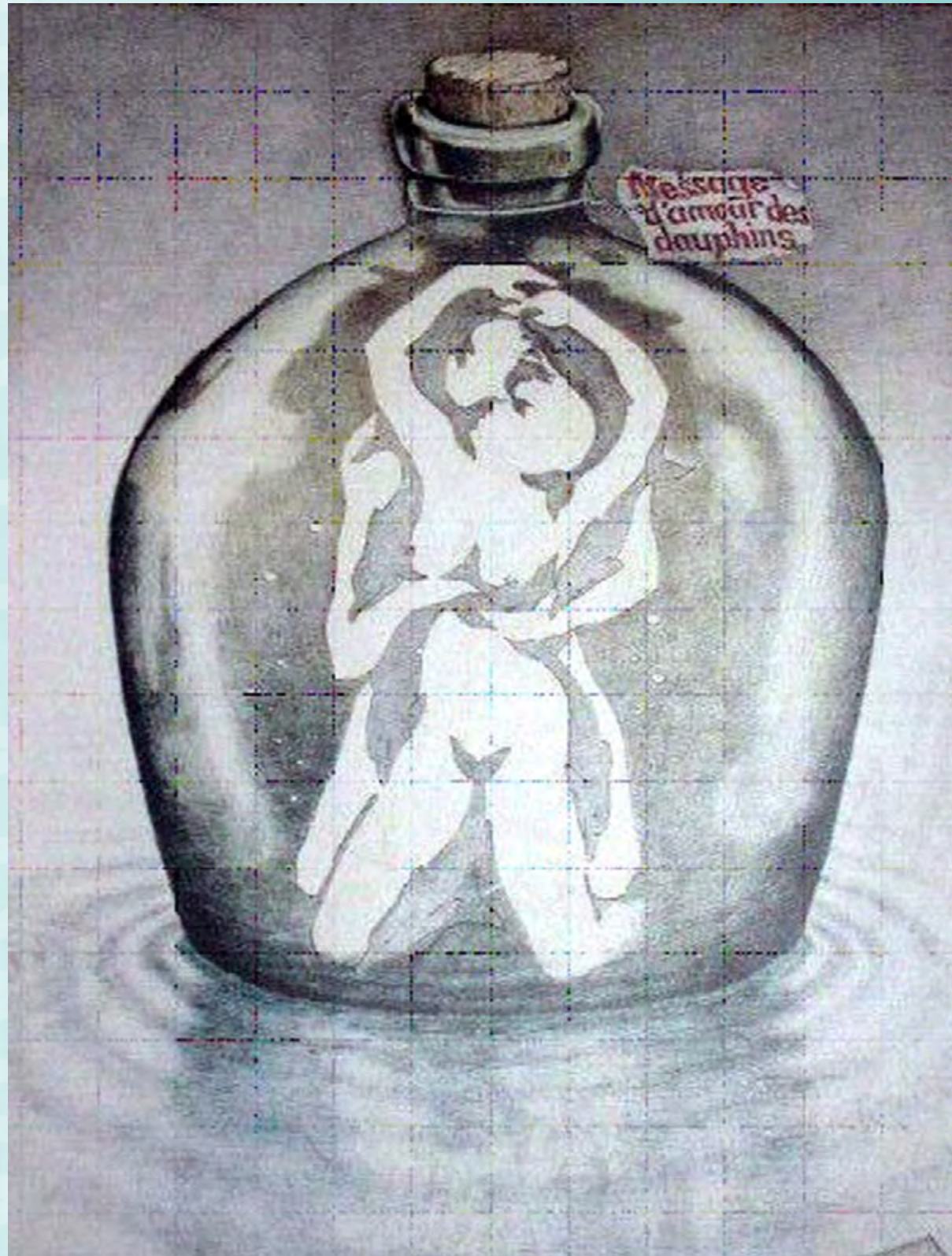
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## Memory Association Test

Take a look at this picture, then turn the page to the next text.

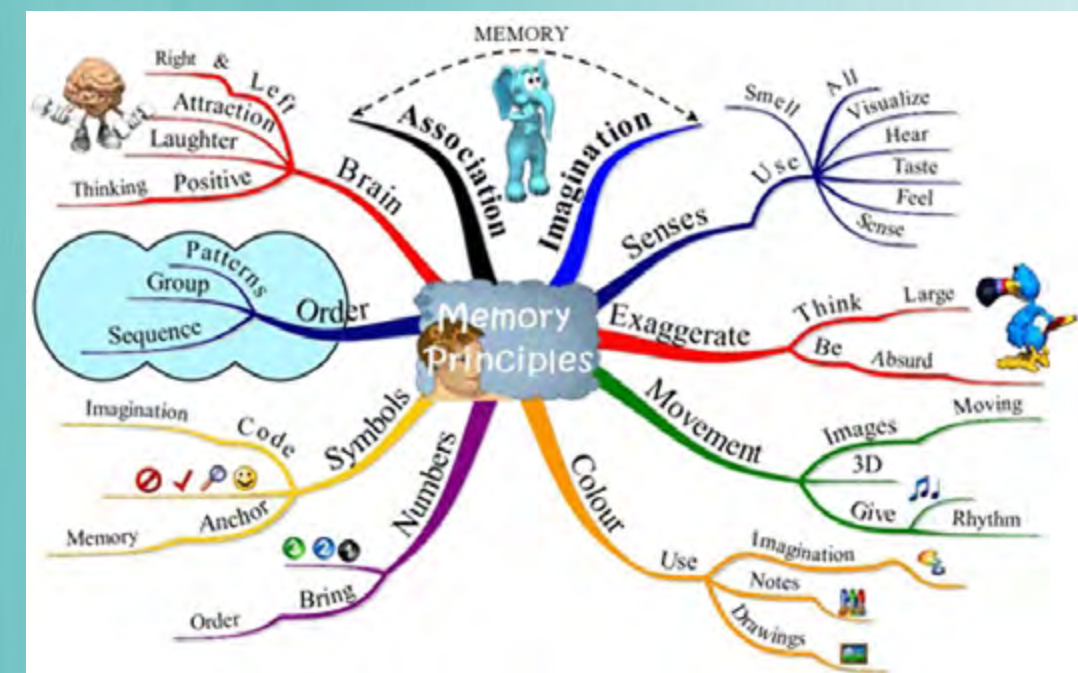


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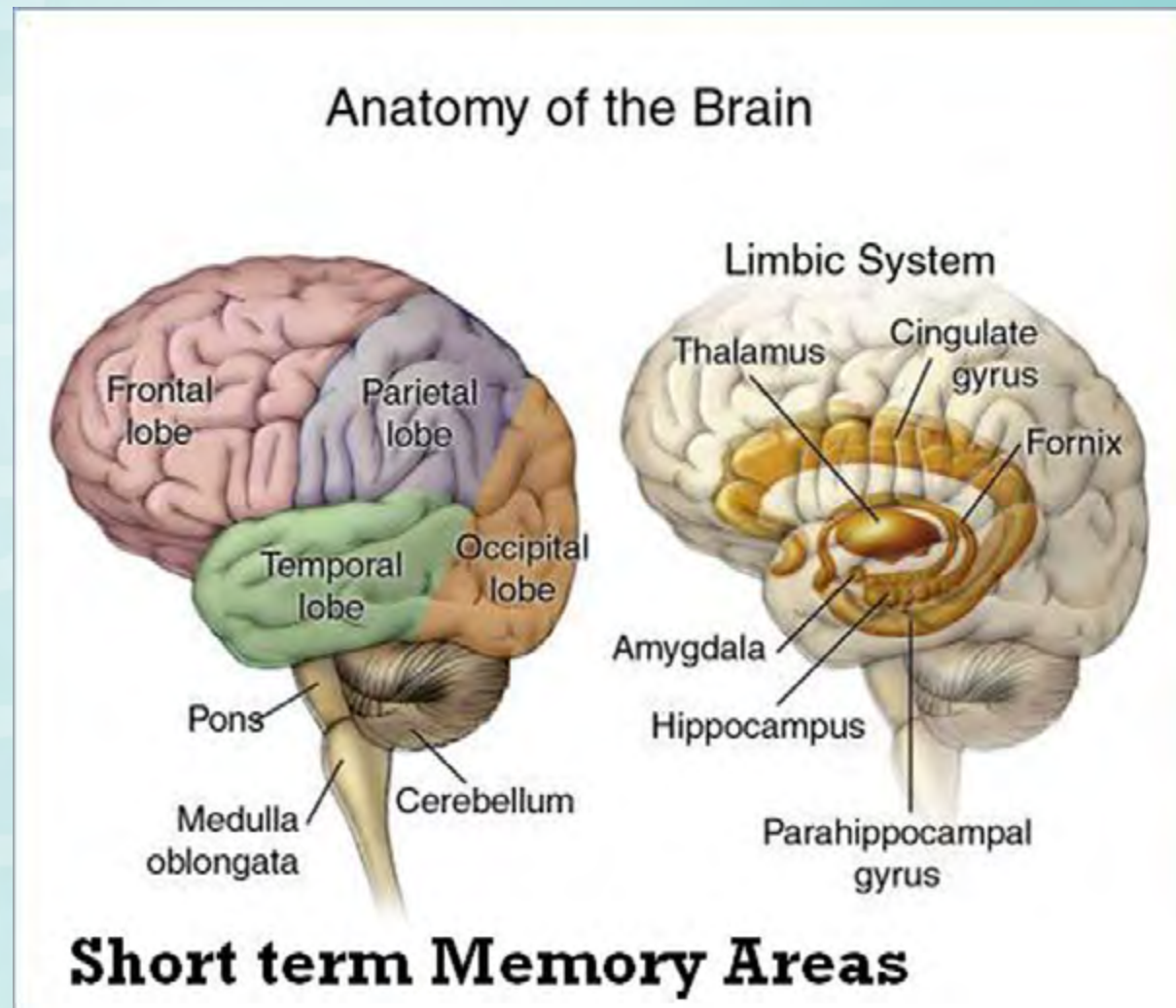
Research has shown that young children cannot identify the intimate couple because they do not have prior memory associated with such a scenario.

What they will see are the nine dolphins.

If it takes you longer than three seconds to see the dolphins, your mind is heavily biased in favor of perceiving the intimate couple



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## Improve Your Memory with Tony Buzan's Mind Mapping

Memory can lead to the accomplishments of many astonishing feats. Take for example the story of Mozart visiting Rome in 1770, when he was 14, and listened to Allegri's Miserere in the Sistine Chapel. The half-hour long piece of music was considered so special that the Vatican forbade its publication, but after the concert Mozart wrote down the entire piece of music from memory. Or more recently, memory champions have been setting world records which seem nothing short of miraculous to ordinary people. It is often assumed that such people must have extraordinary brains or are amazingly clever.

In 2002 scientists put this assumption to the test and performed a range of tests on highly ranked memorizers at the World Memory Championships held annually. The tests revealed that the memory champions' brains showed no differences to that of ordinary people. However, it was discovered that nine out of the ten memory champions were simply using a technique called 'the method of Loci', which dated back to ancient Greece. This method is based on location and imagination. It was therefore concluded that a good memory is simply a skill, and a skill that can

be learned – at any age.

The main principle of memory technique is linking the thing to be remembered to some other idea – this is known as association. When your memory has meaning, your brain gives it a tag that makes it much easier to retrieve. A similar process is achieved when you see something in context or linked to some other idea which provides a tag for the idea. If you imagine your memory as a library, it is clearly much easier to find a particular memory if it has a tag attached to it. You will be amazed how dramatically you can improve your ability to remember things if you use combinations of association, vibrancy and imagination.

The best technique that encourages you to use association and imagination is Mind Mapping. Mind Mapping was invented by Tony Buzan in the 1960s, although the learning principles of Mind Mapping have been around for hundreds of years and have been used by some of the world's greatest thinkers. Tony Buzan states that it is the ultimate thinking tool – a creative and effective means of thinking that literally 'maps out' your brain. Mind Maps are an ideal tool to use as a memory improvement tool, not only is it extremely simple but it can have an immediate impact on memory, creativity and your ability to concentrate. Mind Maps have a natural structure that radiates from the centre and uses lines, symbols, words, and images according to a set of natural and brain-friendly rules. A long list of boring information can be turned into colorful, memorable, highly organized diagrams that reflect the brain's natural way of thinking and encourages synergetic thinking.

Imagination and association are the two main principles that make Mind Mapping so effective. By developing creative skills you are not only improving your ability to come up with innovative ideas you are also, by default, enhancing your ability to remember things. This is because creativity and memory are vertically identical mental processes – they both work best when you are using imagination and association.

### ***A quick guide – how to make a Mind Map***

1. Gather all the information you need – your research, an array of colored pens and a large blank piece of paper.
2. Draw a simple image or symbol to represent your central idea in the centre of the page.
3. Think of the main points or topics of your Mind Map, radiate your key topics of the central image as branches adding a key word that represents that topic.
4. Now explore your main branches with sub-branches / thoughts. Add single words to each sub-branch. Let your ideas flow freely, adding a new branch for each thought.
5. Use your colored pens and add images to make your map vibrant and exciting.
6. Alternatively, you could produce your Mind Map using the new and exciting Mind Mapping software that has recently become available, for example, Tony Buzan's iMindMap. By using software to facilitate Mind Mapping it enables users to create truly personal, organic Mind Maps without restricting the thinking process in any way, while incorporating all the principles of Mind Mapping technique.

Once you have created your Mind Map you will notice that instead of having pages and pages of boring linear notes you have a single page that contains all the key points that you need to

remember. You will instantly see the connections and links between different ideas and thoughts and can help you quickly gain insight into the big picture as it represented on the piece of paper in front of you.

Secondly, by creating your Mind Map you have used both sides of your brain. People have an extensive range of intellectual and creative skills that they only partly use. However, Mind Mapping takes advantage of the potential of both the right (creative) and left (analytical) sides of the brain. What is more, if both the right and left brain are used, both sides become stronger, engaging with each other to reinforce their creative output, and association. Consequently resulting in a noticeably improved memory.



So vast a quantity of people write me that the SCIO device cured their cancer and they love the genius and the eccentricities of the genius. They love the freedom of mind and spirit I represent. They are astonished by my courage to be me.

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MICHAEL J. GELB

LEONARDO  
da Vinci

While in his early twenties Leonardo was arrested for soliciting sex while impersonating a woman, the trial was dismissed when the witness failed to come forward. Leonardo is one of the greatest geniuses of all time. Many, many, many great geniuses have transsexual histories.

Their ability to experience both sides of his sexuality contributed to their great intellect.



THE MIND CAN  
DO ANYTHING...

“It is not the will to win that makes a winner, it is the will to prepare”

*Bobby Knight*

“There is one great unknowable, imponderable and ultimate incomprehensible unfathomable secret, the ultimate power of the human mind. But please be humble. The mind is like a drop in an ocean. The drop has all of the characteristic of the ocean, but it is a mistake to think it is the same as the ocean...”

*Desiré Dubounet*

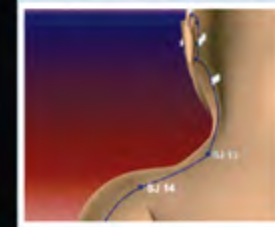
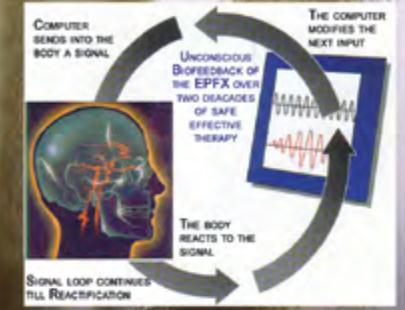
“When two or more share a Dream, we call that Reality”

*John Lennon*

...IT JUST TAKES TIME

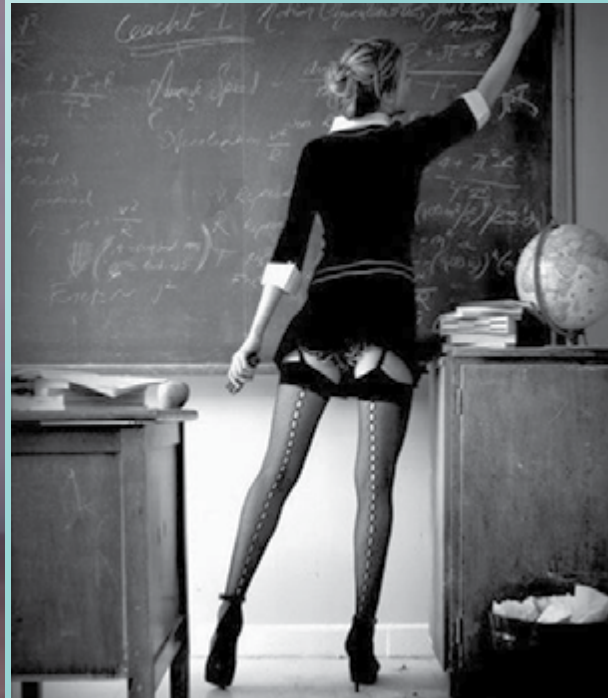
# THE *Angel's* GIFT

TO THE WORLD  
is the end of degenerative disease



The Body Electric has many global important measures. These include Volts, Amps, Resistance, Hydration, Oxidation, and Proton and Electron pressure. There are oscillatory norms of these values as well. The electrical vital signs. These are all easily measured and easily corrected in a cybernetic biofeedback loop. By interfacing with the body electric thru stimulus, response, correction and re-stimulation, we can try to normalize and stabilize the body electric. If we can reduce the causes of disease with behavioral medicine, provide good nutrition to supply needed homeostasis, repair the damage to organs, and unblock the blockages to energy flow, we have the start of a good truly modern medicine. Selye has proved that by reducing stress and the stressors we can avert the early progression of disease, and dramatically reduce degenerative disease. But this is drugless and threatening to the profits of the drug companies. We need to prefer people over profit. We need to become aware of the science and look through the sensational tabloid press to make an informed choice.

*The over emphasis on drugs (SINthetic drugs ) and surgery and the under emphasis on lifestyle has created a monster. The regulatory bodies, FDA, let Big Tobacco, Big Sugar, Big Pharma, run rampant while spending time and money on attacking safe, scientific, tested and effective natural medicines. This is a tragedy of modern times and profit corporations out of control.*



A sexy student can be a distraction but a sexy teacher can increase the learning process.

## Alpha Brain Waves: Definition, Functions, & Benefits

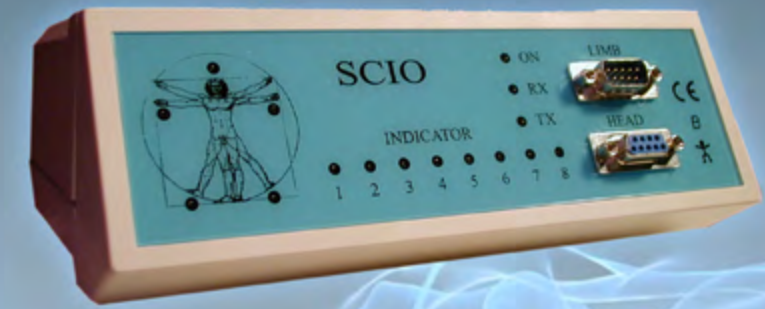
Article by Brain Waves Jr.

### What are Alpha Brain Waves?

Alpha Brain Waves are a sign of relaxed activity in your brain. Alpha brainwaves are defined as brain waves that cycle between the frequency 8 Hz – 12 Hz. They are commonly produced in synchronized fashion connecting both hemispheres of your brain, though they can be found solely in the right hemisphere as well. Alpha brainwaves are the dominant brain wave activity when your body and mind are able to relax. If you have ever practiced meditation, yoga, or even felt relaxed after drinking alcohol – you have experienced alpha brain waves.

Alpha brain wave activity is common among highly creative individuals who have a clear mind or are experiencing relaxation. If you close your eyes for a minute or so, your alpha brain wave activity will significantly increase. As you open your eyes, the more stressful beta brain waves become the dominant pattern. In comparison, as a child you will have had significantly greater amounts of alpha brain wave activity than you will as an adult. Alpha brain waves have long been considered to be regarded as the healthiest brain wave range, but also the “safest” brain wave range to entrain – especially at 10 Hz (e.g. 10 cycles per second).

As an early teen or child, you likely had a dominant alpha brainwave pattern. Should you choose



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to experience a dominant alpha brain wave again, I recommend checking the products section. Most of the products recommended will do a nice job at increasing your alpha brain wave activity. I want to make it clear that there isn't a single brain wave state that is "better" than the others to be in – each have their advantages and disadvantages. However, most people are lacking in at least one brain wave pattern. For the majority of individuals, alpha brain waves happen to be the lacking frequency range. Things like environmental stressors, fear, anxiety, tension, and overworking tend to deplete your alpha wave activity. Below, I will outline several benefits of alpha brain waves and also discuss ways in which you can naturally increase your alpha activity.

### Benefits of Alpha Brain Waves:

- **Relaxing Thoughts / Relaxed Body** – The alpha brainwave is produced when your body calms down and your mind is completely relaxed. Your brain's thinking is slower, your mind is clear and you may even feel slightly drowsy. Your body has zero stress, tension, anxiety, or other feelings of being nervous. Increasing your alpha brain wave activity is a profound way to reduce your stress.
- **Access Creative States** – If you consider yourself to have above-average creativity, chances are that you often experience an alpha brain wave state. Artists, innovative thinkers, and singers are generally found to have higher alpha activity than the average person. If you feel that your creativity is lacking, an increase in your alpha waves will feel great.
- **Enhanced Problem Solving** - Most people cannot seem to tap their alpha waves to help them problem solve. Alpha waves integrate both hemispheres of your brain for better communication and clearer thinking. The problem with lacking alpha waves is that your left-hemisphere is pulling all the weight in solving a problem, when your right-hemisphere has a solution waiting to communicate to the left. Increasing your alpha brain waves can benefit artists, writers (for writers block), and creative thinkers. You certainly won't feel mentally "stuck" in the alpha state. In order to tap your inner creativity, your brain must be able to produce synchronous bursts of alpha waves.
- **Calming, Centered Emotions** – Alpha brain waves will put you in a calm emotional state. You will not feel powerful emotions, however, you will feel "content" and centered. If you are stressed out or nerved up, you likely haven't had access to the alpha brain waves in a long time. Getting back in an alpha state will stabilize your intense emotions and you will feel good about yourself.
- **Optimal Athletic Performance** – Interestingly enough, if you are an athlete, you could significantly improve your performance by entraining some alpha brain waves. There is published evidence showing that just before a golfer hits their best shot or a basketball player sinks a shot (think LeBron and Kobe), alpha activity bursts in the left-hemisphere of their brain. Elite marksmen also have shown a significant burst of alpha wave activity before perfect shots. Also unique is the fact that the EEG's (brain wave measurement) of pro-athletes are very likely to display the alpha rhythm, whereas newbie athletes and even decent athletes do not demonstrate any alpha activity. The best brain wave to entrain for peak performance has been widely considered to be 10 Hz (i.e. 10 cycles per second). I encourage athletes to give some alpha entrainment a shot and see if it puts you "in the zone."
- **Reductions of Fear, Tension, Stress, Nervousness, Anxiety** – Increasing your alpha brain waves

automatically leads to decreasing your fears, tension, stress, nerves, and anxiety. If you have ever gotten so caught up in a stressful or fearful state, that you literally "forgot how to relax," then having the ability to increase your alpha brain waves would feel like you've been given a miracle drug.

- **Everything Seems to "Flow"** – Being able to access "flow" means that you are able to tap a state of mind where all of life's events seem to pass quickly and all challenges are easily and quickly overcome. "Flow" is a period of time when you do not have any resistance or problems. You are in a mental state with optimal brain wave stimulation – you are not thinking too rapidly as to stress yourself out, yet you are also not thinking too slow as to be tired; you are right in the middle between the two. You feel "balanced" and understand that you are in a desirable state of mental functioning.
- **Ability to Tap "Super Learning"** – The ability to learn quickly and effortlessly has been described as the phenomena of "super learning." Basically, your brain is able to remember and recall information with less effort than normal. Alpha waves will allow your brain to retain large quantities of information. This is due to the fact that both hemispheres of your brain are integrated and communicating with each other.
- **Improved Immune System Functioning** – Your alpha waves are responsible for amping up your immune system. They have been linked to health, recovery from sickness, and serve as protection from stress-related illnesses. Stress can quickly ramp up damage on your immune system if you go long periods without taking some time to relax; thus increasing alpha activity.
- **Think Positive** – Research indicates that due to the calm, wellbeing as a result of increasing alpha brain wave activity, positive thinking and positive emotions also result. I can personally testify for this one – after having gotten caught up in stress for a prolonged period – my thinking became increasingly positive after a few sessions of alpha entrainment; likely resulting from increased mental peace and calmness.
- **Alpha Brain Waves = Neutral Antidepressant** – Alpha brain waves allow for increased release of an important neurotransmitter called "Serotonin." Serotonin production usually drops to lower than normal levels in your brain when you feel depressed. In fact, most antidepressants nowadays aim to increase low levels of serotonin in the brain (do a search for "SSRI's" to find out more). For these reasons, it makes sense that alpha brain waves may help ward off your blues.
- **Internal Awareness** – Alpha brainwaves are associated with an increased awareness of your self: body and mind. Where as beta brainwaves cause the mind to focus more on external events, the alpha brainwaves enhance the overall awareness of one's self.

### People with Higher than Average Amounts of Alpha Brain Waves

- **Outgoing People, Extroverts** – Generally, if you are more outgoing and consider yourself extroverted, you have more alpha brain waves than introverts. The consensus seems to be that if you have plenty of alpha activity, you are more than 3X as likely to be outgoing. It makes perfect sense – introverts are less comfortable during social interaction – whereas being social comes natural for extroverts.
- **People who Meditate** – If you practice meditation, then you have definitely accessed the alpha brain wave state. Each time as you close your eyes to meditate, you experience a surge of

alpha brain wave activity. If you want to naturally increase your alpha activity, try meditation.

- **As a Child** – As a child, you tend to experience much greater activity in the alpha range. As you age, your brain shifts away from alpha to another range (commonly the beta range). It is important to recognize that even though you are not still a child, you can still have access to alpha waves. The majority of the adult population would benefit from increasing their alpha brain waves.

## What Are Beta Brain Waves?

Beta Brain Waves are considered to be among the fastest brainwave frequencies and are documented as brain waves within the frequency range of 12 Hz – 38 Hz (or 12 to 38 cycles per second). They are typically produced by the left hemisphere of your brain, but can be synchronized. Each time you solve a tough math problem, logic puzzle, or read a book, your Beta Brain Waves kick in.

People who think logically tend to have a lot of Beta Brainwave activity. Adults tend to have more Beta Brainwaves than children and teens – and Beta Brain Waves have been known to increase as you get older. In the majority of healthy adults, Beta Waves seem to be the dominant rhythm. Beta Waves have also been associated with an increased ability to focus on our external reality. When we experience too many Beta Brain Waves, there can be problems like stress and anxiety. However, when produced in normal amounts, there are definitely many benefits to be had from experiencing Beta Brain Waves.

### How Can You Experience Beta Brain Waves?

If you want to experience logical thinking, the ability to think more critically, and cultivate the ability to be quick-witted, then you may want to experience Beta Brain Waves. People who have increased their Beta Waves have been known to increase their I.Q. and productivity. Beta Brain Waves have also been associated as being a natural antidepressant (similar to Gamma Brain Waves). People have recorded that they were able to experience more motivation after increasing their Beta Brainwaves.

Tapping the highly energetic mental state of Beta is very possible now that there is such solid, scientifically supported brainwave technology. Cultivating brainwave flexibility by learning how to access other brainwave states of awareness like Beta is a valuable skill. There are many benefits and new experiences that can be had by experiencing an altered state of consciousness. If you'd like to experience Beta Brain Waves, I suggest that you check out some brainwave products – many of which you can test out for free before you buy. Read below for more benefits that result from Beta Brainwave Entrainment.

### Benefits Of Beta Brain Waves

If you are able to access your Beta Brainwave state, you will know and understand exactly what it feels like. When you are in a Beta State, you are far from relaxed. You may have a lot of energy in the form of nervousness, excitement, or anxiety. When you are in a Beta Brainwaves state, you are able to think rapidly and quickly come up with logical solutions to problems. The Beta Waves state is ideal for solving math problems, conducting research, reading books, and writing articles. Each time a student takes a test, they experience a large surge in their Beta Brainwave activity.

Another side-effect from having lots of Beta Wave activity is being more socially outgoing. Talk-show hosts, lawyers, radio announcers, and people involved in debates tend to experience significant increases in their Beta Brainwave activity each time they begin talking. Beta Waves increase your ability to hold an interesting and stimulating conversation with others. You also have feelings of excitement and energy while talking to someone else.

Due to the fact that excitement and nervous energy accompany the Beta Range, many people experience leaps in their motivation to take action. If you've ever read about someone being able to perform an amazing feat out of fear (i.e. out of adrenaline), then you understand that these Beta Waves can be highly motivating and action-oriented. If you've ever run away from someone because you were scared – your Beta Brain Waves kicked in at their highest levels.

It is natural that people become more goal oriented when their Beta Waves dominate their mental activity. Though they may be using this fear or excitement type energy, it does produce results. You can get a heck of a lot better performance out of someone who is performing as if their life depended on it – versus someone who is calm and not very concerned with how they end up performing. It is because of this increase in energy from the Beta State that sometimes peak performance is associated with the higher-range Beta frequencies

## What Are Delta Brain Waves?

Delta Brain Waves are the brain's slowest frequency range cycling at a rate of 1-4 times per second (e.g. 1 Hz – 4 Hz). Delta Brain Waves become active in your brain when you are in the deeper stages of sleep (e.g. stage 3 and stage 4). They are associated with being completely unconscious (i.e. you usually won't know or remember anything while Delta Waves are dominant). Delta Brain Waves have been known to oscillate throughout all parts of the brain and are not usually synchronized. Of all brainwave ranges, the Delta Waves have the greatest amplitude and are responsible for the slowest form of mental processing.

Having access to the Delta Brainwave state not only implies that we are in a deep stage of sleep though. In some cases, people can learn to increase their delta activity. People with high amounts of Delta Waves have been found to have increased empathy (or understanding of others' emotions). Other interesting effects have been documented as a side-effect of having Delta Brainwaves.

### Delta Brain Waves Benefits

Delta Brain Waves have been proven to have a number of beneficial side-effects. When Delta Brain Waves increase, so does your natural ability to: Release Anti-Aging hormones, tap an increased amount of empathy (understanding how others feel), heal the mind and repair your muscles, and access the deepest possible states of relaxation. Other side-effects as a result of Delta Brain Waves include: the release of natural growth hormone, the release of melatonin, connecting with your intuition and accessing deep states of spirituality.

Another great thing about Delta Brain Waves is that they have been known to reduce levels of cortisol in your body. Cortisol is a hormone released when you are under stress that basically kills off brain cells and can cause damage to parts of your body. Cortisol has been linked to quicker aging, while having less cortisol has been known to be associated with anti-aging. For some individuals with high amounts of stress, Delta Brain Waves may also work great at reducing

adrenaline levels.

The great thing about Delta brainwaves is that they are able to connect you with deeper parts of your unconscious mind. Even though you must travel down through Alpha Brain Waves and Theta Brain Waves before you can reach Delta, many people are able to greatly appreciate a Delta Brainwaves experience. If you spend too much time caught up in the higher ranges of brain waves, then chances are you may be able to benefit from Delta Waves, especially if you increase them right before you go to bed. Since Delta Brainwaves are associated with sleep, listening to a brainwave entrainment session in the Delta frequency range of 1 Hz to 4 Hz will do a nice job at helping you fall asleep.

Advanced monk meditators have also been known to access the Delta Brain Waves range when they practice meditation. The average, less experienced meditator usually is only able to access the Alpha or Theta Brainwaves range. However, if you practice long enough and get proper training, you too will be able to tap into your Delta awareness. Having a brainwave pattern that is dominated by Delta Brainwaves is impossible if the person is awake. Many people have also reported having spiritual experiences and sometimes O.O.B.E. (Out-Of-Body-Experiences) while having Delta Brainwave activity. These paranormal experiences are more common if a person has access to slower levels of their Brain Waves.

### **People With Delta Brain Waves**

Typically, Delta Brain Waves are most commonly documented in E.E.G. brain activity while a person is asleep. However, other individuals like: babies, very young children, monks/advanced meditators, people who have had Near-Death-Experiences, people suffering from brain damage, and people with brain damage have also been known to have higher than average amounts of Delta Brain Waves.

If you saw a boxer get K.O.'d (Knocked-Out), he would have been experiencing Delta Brain Waves. If you have ever been put to sleep with anesthesia, you were knocked into your Delta Brain Waves state. Other individuals who lack focus and suffer from attention-deficit can also have high amounts of Delta Brain Waves – even though having Theta Waves is more common

## **What Are Theta Brain Waves?**

Theta Brain Waves are the second slowest frequency of brain waves. They typically cycle at a rate of 4-7 times per second (4 Hz – 7 Hz). Theta Brain Waves have long been associated with early stages of sleep and the process of dreaming. Theta Brain Waves are of high amplitude and usually kick in when you experience powerful surges of emotion. Theta Waves have been associated with states of enhanced creativity, "Super Learning," deeper relaxation, day-dreaming, and sleep-dream activity.

Theta Brain Waves can kick in when you have a spiritual experience or while you are in a highly-creative state. On other occasions, Theta Waves may dominate our brain wave activity when we are not able to concentrate. People with attention-deficit problems (ADD and ADHD) are not able to shift out of the Theta State when events that require focus (i.e. Taking a test) arise. This makes school work much harder for people with attention problems. However, the majority of healthy people are able to naturally shift their brainwave state from Beta to Alpha to Theta and back from

Theta to Alpha to Beta in cases where extreme mental focus is required.

### **Benefits Of Theta Brain Waves**

If you are able to recall how relaxed and carefree you were as a child, then you are able to remember what it felt like to access your Theta Brain Waves. Children tend to have significantly higher amounts of Theta Waves than do adults – which is why children are not generally as stressed out as their parents. Children are able to say what's on their mind and not be fearful of trying something new; this is the Theta Brainwave State.

Accessing your Theta Brain Waves means having a deeper emotional connection with yourself. Generally, people have much stronger emotions – whether they be happy or sad – while in the Theta Range. If you have been too caught up in the Beta State for an extended period of time – chances are good that you forgot what your natural emotions feel like. Some Theta Brainwave Entrainment will get you more closely connected with your inner self and back to experiencing natural emotions – not artificially or stress-induced ones.

Not to mention, Theta Waves have been linked to having a strong intuition. Have you ever gotten a strong "gut-feeling" about something and your gut turned out to be right? Well, it has been proven that Theta Brainwaves are accessed when you have an instinctual-type "feeling" in the pit of your stomach. Much of the time, our gut-instinct turns out to be right – even when our logical Beta Brainwaves want to take over. Other benefits from having more Theta brainwave activity include: A connection to your subconscious mind or subconscious processing, advanced problem solving, and learning ability.

Each and every day, you receive subconscious programming from your environment that you may not be aware of. This information and processing cycles into your brain and has actually been found to have an influence on behavior. You can benefit from tapping your Theta Waves to connect with your sub-conscious because it will allow you to reprogram your brain with ideas and beliefs that you truly want to believe. This helps you avoid falling victim to environmentally induced thought patterns.

People with Theta Waves have been known to be able to think far more creatively than those who don't. Usually musicians, painters, designers, or anyone with a job that involves a certain degree of creativity – has more Theta Waves than average. It has also been found that people with lower levels of anxiety, stress, and neurosis – are able to maintain stable Theta Brainwave activity.

Theta Brain Wave activity has also been noted among individuals who are able to learn quickly. This is due to the fact that like Alpha Waves, Theta Brain Waves can induce a similar state of "Super Learning." In fact, the Theta State of "Super Learning" has been found to be the most powerful state for learning a new language.

This makes perfect sense due to the fact that children (who have high amounts of Theta activity) are able to learn new languages much more quickly and easily than adults. Additional Theta Brainwave benefits are: Long-term memory improvements, improvements in the healing of the brain and body, the ability to hyperfocus (i.e. Get in "The Zone"), and boosted immune system functioning (as is true with all forms of slower brainwave).

### **People With Theta Brain Waves**

Groups of people that already experience Theta Waves include: people who meditate, people who are extroverted, children, artists, and inventors. Meditation can allow you to tap into your Theta Brain Waves quickly and experience a deeper connection with your subconscious. It has been documented that Theta Brain Waves also occur in extroverts when they communicate and during emotional bonding.

## What Are Gamma Brain Waves?

The fastest documented brainwave frequency range is that of Gamma Brain Waves – which oscillate within the range of 40 Hz to 70 Hz. Gamma Brain Waves have the smallest amplitude on an E.E.G. in comparison to the other four basic types of brainwave frequencies. Gamma Brain Waves have long been considered the brain's information and sensory-binding brainwave – or the brainwave that is able to link and process information from all parts of the brain. Having high amounts of Gamma Brainwave activity has been associated with: having high levels of intelligence, being compassionate, having high amounts of self-control, and feelings of natural happiness.

Gamma Brain Waves have also been linked to having a great memory and an increased perception of reality. People lacking in Gamma Brainwaves tend to experience difficulties with learning and mental processing. Usually people with impaired or retarded mental functioning tend to have significantly less Gamma Brainwave activity than those who have average and above-average intelligences. There seems to be a correlation with higher amounts of Gamma Brainwave activity and increased brain functioning ability.

### Benefits Of Gamma Brain Waves

People with higher amounts of Gamma Brainwaves are lucky due to the fact that they will often experience improvements in memory and their ability to vividly recall past experiences. One frequency in the Gamma Waves range, which cycles 40 times per second (e.g. At a rate of 40 Hz), has been known to regulate memory processing in the brain. If you are currently having difficulty remembering information like: names, dates, events, plans, etc. – you would likely benefit from increasing your Gamma Brainwave range.

Gamma Brain Waves are also known to boost your perception of reality through your five senses. Gamma Brainwave activity is responsible for making smells more powerful, increasing your visual acuity, sharpening your hearing, and making foods taste better. Those who lack Gamma Brain Waves may have the same foods or be put in the same environment, but their brain's will not have as much sensory-rich processing as individuals with Gamma activity.

The Gamma Brainwave range is able to properly combine or “bind” your senses and memory together for one ultimate experience. This is why on a memorable night you'll often remember the music that was playing, the aroma of the atmosphere, what you saw, the foods you ate, etc. The Gamma Brain Wave state is an incredibly focused one and allows us to get the richest possible sensory experience as a result of our external world.

Gamma Brain Waves have also been linked with the ability to process large amounts of information in relatively small amounts of time. Think of having more Gamma Activity as getting a processor upgrade for your brain. People without much Gamma activity literally cannot imagine what they are missing out on – unless they have experienced Gamma activity before.

One of the best side-effects from Gamma Brainwave Entrainment is that you'll naturally begin to feel more compassionate towards others and internally happier. Gamma Brain Waves have been documented as being a powerful antidepressant-type brainwave. This makes complete sense due to the fact that people suffering from clinical depression tend to have lower-than-average amounts of Gamma Brain Waves.

### People With Gamma Brain Waves

Everyone has some Gamma Brainwave activity, but some groups of people have more Gamma activity than others. People with plenty of Gamma Brainwave activity include: People in advanced stages of meditation and people living in a state of peak-performance. Gamma Brain Waves is the most common brainwave state for top-notch athletic performers to be in when they perform perfectly (i.e. When Tiger Woods sinks put from far away OR when an Olympic performer receives a perfect score from the judges).



## Super Learning

An old Zen proverb. A monk once approached a venerable master with a request for mentoring in reaching the enlightened state. "If I study eight hours a day, four days a week, how long will it take me?" asked the student. "Five years," answered the master. That was too long for the impatient young monk, who tried again: "And if I study 16 hours day, seven days a week?" In that case, answered the master, it will take 10 years. One who is in a hurry learns very slowly.

Can you recite the Preamble to the U.S. Constitution? If you are a certain age, you probably learned the Preamble by watching ABC-TV's School House Rock. A generation learned math, grammar, history and science from cartoon musical videos.

School House Rock did more for literacy than a schoolyard full of unopened textbooks. This method, often referred to as super learning, is being employed successfully throughout the world as a way to dramatically accelerate the learning process and make it enjoyable. We will summarize it on this page and encourage you to integrate it with the other resources on this site.

Music has the ability to synchronize the brain's left analytical hemisphere with the right creative spatial hemisphere. When both hemispheres are engaged, the brain is able receive more information. You can retrieve information quickly because the music acts as a carrier wave to long-term memory storage.

*According to Gordon Dryden and Dr. Jeannette Vos, authors of The Learning Revolution:*

"Music stimulates and awakens, reviving bored or sleepy learners and increasing blood and oxygen flow to the brain."

- Music inspires emotion, creating a clear passage to long-term memory.
- Music is a stage-changer and can be used effectively to get students into an effective learning state.

You should hear music playing from the player in the lower right portion of the webpage. This player works in much the same way as any music software available for computers today. To stop



the music, simply press the square shaped Stop button. To skip forward and backwards in the list of available music without waiting for the current song to end, use the buttons on the right and left with double arrows on them. The bar across the top of the player is the volume slider, you can slide this from left (quietest) to right (loudest).

*There are many ways to use music as a learning tool. There is no single right way but there are some common denominators:*

- Being in a calm, comfortable and relaxed environment helps retention.
- Using non-vocal classical or ambient music that measures 60 beats per minute. That beat pattern is the same rhythm that the average heart beats when at rest.
- Breathing in time to the music delivers oxygen to the brain, feeding the brain and making it happy. The brain releases endorphins, inducing a feeling of well-being. You tend to continue doing what makes you feel good.

Here are examples of suggested techniques to help boost your learning speed.

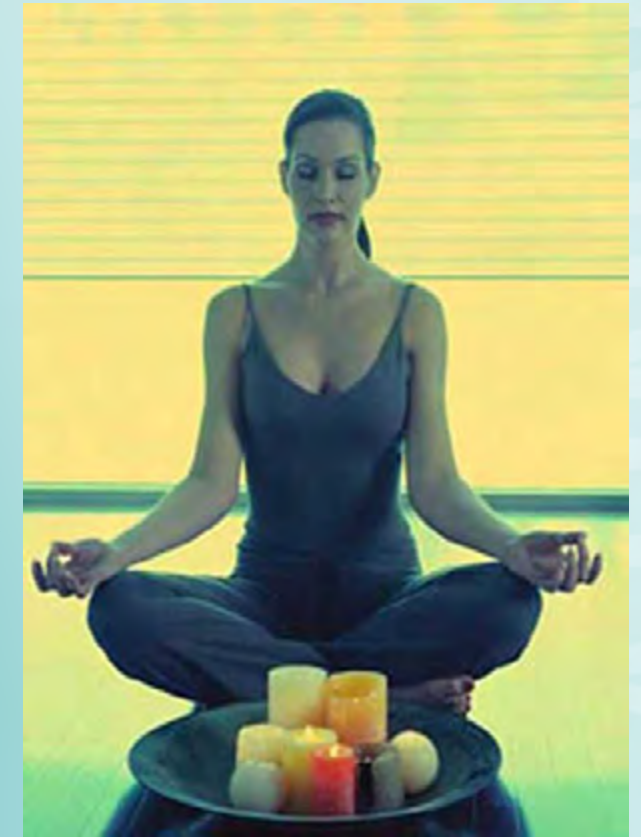
### **Lay Back and Take It In**

For some, simply breathing in harmony to soft non-vocal classical/ambient music in the background while studying will suffice for accelerated learning.

### **Synchronizing Breathing and Learning**

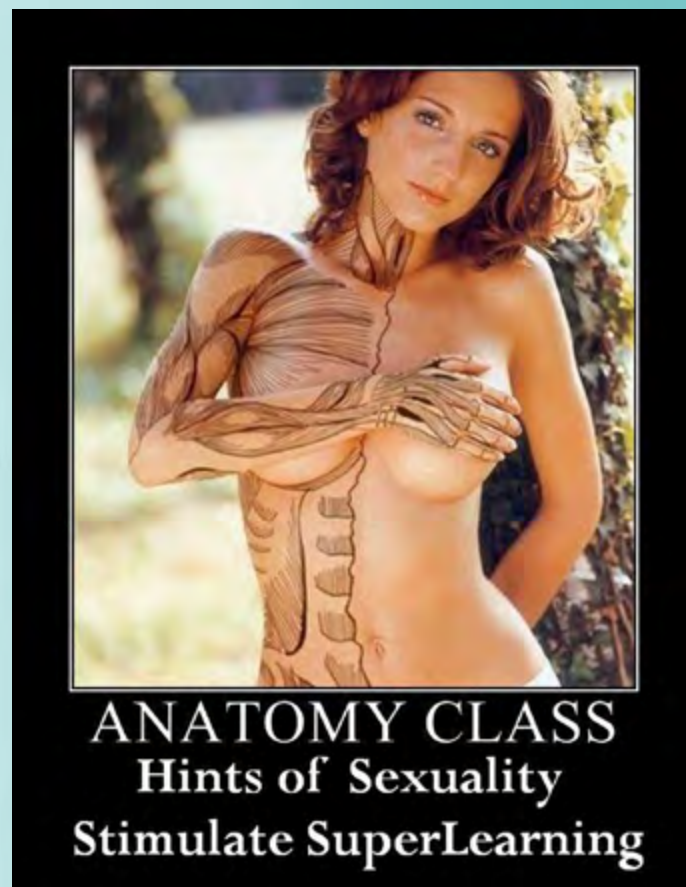
1. Make sure that the room is comfortable; you should be relaxed and have sufficient light for your eyes.
2. Play non-vocal classical baroque music that contains about 60 beats per minute. You can also use ambient/new age music.
3. Begin to breathe in time to the music, slowly, at an even pace.
4. When you are ready, read the first question. Then stop.
5. Again, breathe in time with the music for 8 to 12 seconds.
6. Read the answer.
7. Then repeat step four.

You may find that classical or ambient music doesn't work for you. Experiment. If you can find a 60-beats-per-minute, non-vocal punk or funk opus that puts you into a receptive state then, by all means, use that recording. There are many variations of the techniques. Some advocates even



advise you to visualize successful learning of the material or to support and encourage yourself with affirmations. This is one of many extraordinary claims you will find in Suggestology. Lozanov's book is an amalgam of psychoanalysis, parapsychology, and mysticism; in short, a cornucopia of esoterica. The man who created a worldwide mind revolution, and who once claimed to have telepathic powers, holds forth on ESP, automatic writing, alpha wave biofeedback, and hypnosis among the Druids. (6) One of his most novel ideas is "hypnopedy," or sleep learning. Lozanov describes an experiment in which Bulgarian schoolchildren learned Russian vocabulary as it played over the loudspeakers in their dormitories while they slept.

Such experiments in fringe science, conspicuously unaccompanied by proper bibliographic documentation, turn up again and again in Suggestology. Lozanov mentions a study on "internal speech in the process of short term memorization" carried out at his Suggestology Research Institute (SRI). But there are no details concerning the number of participants (the figure he provides suggests there was only one), and no account of the experimental protocol. There is a summary of a subliminal learning experiment that includes information on the number of subjects and the results of statistical analyses, but there is no mention of venue; apparently this study was also conducted at the SRI, yet we find no bibliographic citation to that effect, no date, and no discussion of protocol. Lozanov also describes another "experiment" in which a myopic subject was told during a session that he was younger than he really was, which led to "some improvement in his eyesight." This one is attributed to W. Roberts and D. Black. Lozanov's bibliography cites "an unpublished report" by the former (no date given), but includes no entry whatsoever for the latter.



This cavalier approach to proper documentation led to some scathing attacks of suggestology in the scholarly press; a fact that today, the Super learning site, for instance, proudly makes note of some consulting work Ostrander and Schroeder did for a "Pentagon think tank." However there is no reference there to the 1988 study commissioned by the U.S. Army Research Institute, which concluded that independent evaluations of AL provided no support for claims of "substantially enhanced learning performance," (8) which was a far more modest standard than the extravagant 25-fold increases over other learning methods claimed in Lozanov's book. Since then the figure has been scaled back; AL advocates currently speak of rates three to five times above conventional instructional methods (that at any rate, is what now appears on Lozanov's web site [www.lozanov.com](http://www.lozanov.com)). Similarly, Super Learning is allegedly two to five times as effective, which in turn is down from the 50-fold increases Ostrander and Schroeder claimed in their 1979 publication. (9) Even those rates pale in comparison to what Wegner cited in 1983--learning rates "several hundred times" greater than traditional methods. (10) Small wonder Wegner concludes that Lozanov is "the most seminal educator since Socrates and Plato."

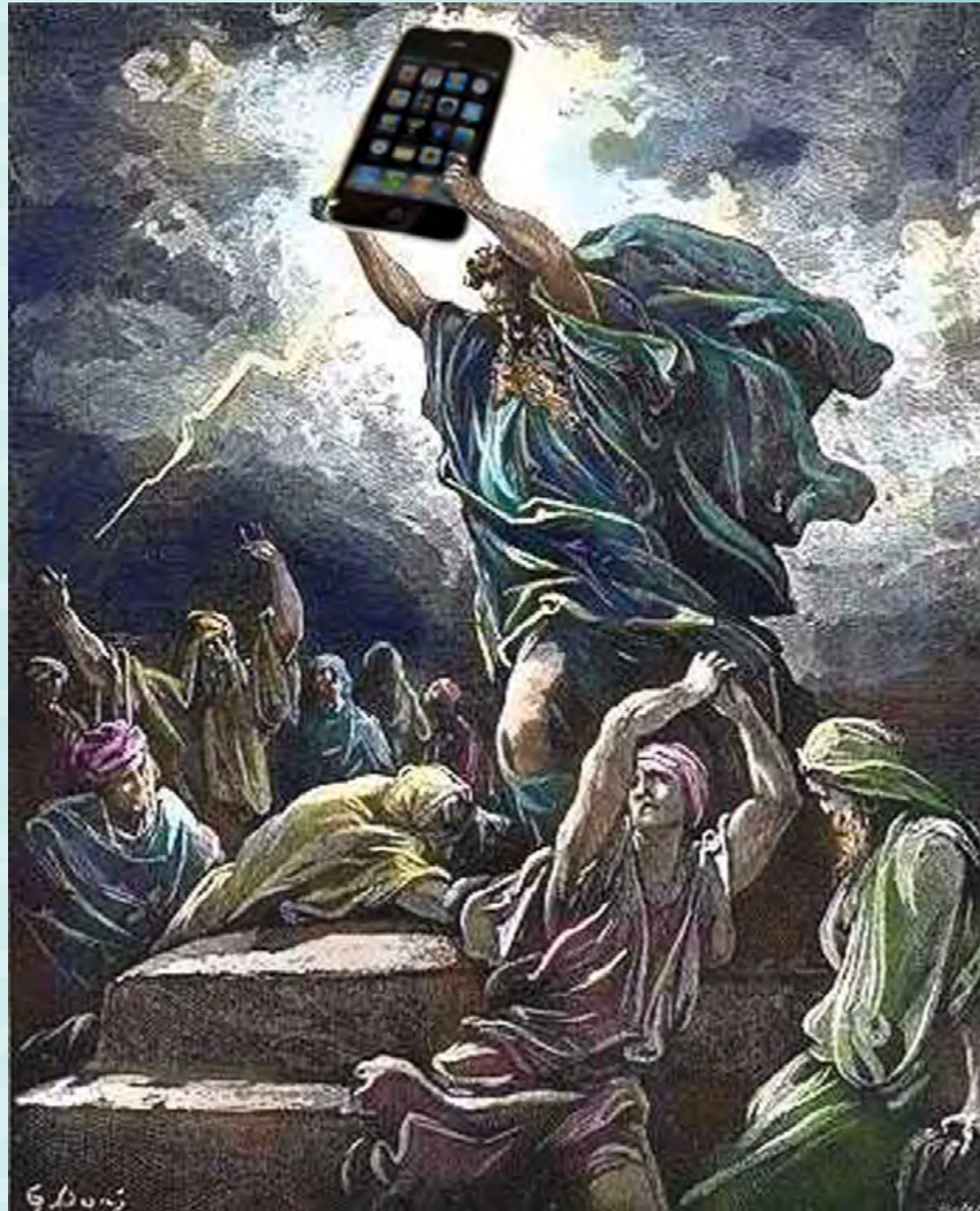
While AL is hardly a mainstream foreign language teaching method, there are still dozens of private and academic centers worldwide that use Lozanov's techniques. Some customers seem genuinely happy. For example, AL got rave reviews in a 1998 write-up in the Houston Business Journal. The article's author, however, reports no first-hand experience with the method and cites no studies. She simply recounts what she has been told by AL practitioners.

"You will learn the language stresslessly, as a child does, by hearing new vocabulary and phrases in alternately loud, whispered, and emphatic intonations, all accompanied by slow rhythmic music in digital stereo." The premise behind this curious method is that both hemispheres of the brain ought to be involved in the language acquisition process. "The analytical or logical left side of the brain, when properly activated with the musical or artistic right side of the brain, both increases the speed and heightens the retention of learning. Utilizing these untapped mental capabilities of your learning ability is the basis of this unique, highly effective course."

In other words, since language processing is a left-hemisphere activity (for the vast majority of people, anyway), the right hemisphere is not doing its fair share. However, if we do something to activate the other hemisphere--play some slow rhythmic music, for example--then it will wake up and start pulling its own weight. Baroque is the music de preference because, according to Ostrander and Schroeder, "there are mind/body secrets in Baroque." (12) There are ancillary benefits as well. For example, Superlearning Music tapes help plants grow lush, say Ostrander and Schroeder. This claim "actually has some scientific backup," "this perfect combination of music and words allows the two halves of the brain to work together to dramatically facilitate your assimilation of the new language."

Two brains are better than one, right? It seems that what we have here is a variant of the oft-cited myth that we use only 10% of our brain's capacity, and that if we could just figure out how to get the other 90% off its duff we'd all be nine-fold smarter. In Suggestology Lozanov himself repeats this old wives' tale as if it were fact, referring to "some anatomical and physiological research," again with no citations. In Lozanov's version of the legend, we use only 4% of the brain's capacities. Either way, it is a facile and, alas, all too common view of how the brain works.





There are several problems here. For starters, it is difficult to imagine how we could ever subject such claims to decent scientific scrutiny. It's true that Functional MRI (fMRI) imaging has improved dramatically in recent years, and this has made functional brain mapping possible to a degree of resolution that was not possible when AL principles were first formulated. Conceivably, then, we could monitor a student during an AL session to see if both hemispheres are indeed busy at the

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## SuperLearning

by Desiré Dubounet, Prof. Emeritus of IMUNE

same. If we set aside certain logistical problems (MRI hardware is not really conducive to stress-free language instruction) then perhaps this is not too far-fetched a proposal. Not long ago, for instance, H.S. Kim and his colleagues at Cornell did an impressive fMRI study of bilinguals that revealed distinct physical loci of second languages along the periphery of Broca's and Wernicke's regions (13) Maybe a variant of that technique would reveal the sort of activity that the AL method predicts. But even if we did observe activity in both hemispheres during an AL session, that would only tell us that the brain is doing two things at once, not that language acquisition is coming about at a more rapid pace. And for all we know, the strategies that AL uses may engage parts of our brain that are ill-suited for language learning. That hypothesis is at least as plausible as the one AL is proposing, especially in light of evidence that suggests a correlation between right hemisphere activation and stuttering.

Here's a scenario that might help illustrate the problem. We know that musical ability is primarily a right-hemisphere activity. So suppose we want to develop a radical new music education program that will utilize both hemispheres, thereby doubling (or tripling, quadrupling...) learning rates. The solution is obvious: while our students are practicing their chords on the piano, they will hear some slow, rhythmic chatter in the background, which will stimulate the left hemisphere. That way, the musical or artistic right side of the brain, when properly activated with the analytical left side of the brain, will increase the speed and heighten the retention of music learning. Most music teachers and students will tell you that such a technique would drive them to distraction in short order. All of this begs the more fundamental question about which parts of the brain are even capable in principle of contributing, positively or negatively, to language acquisition. The standard view in the cognitive sciences is that the brain is a highly modular organ, and that its many modules are specialized for particular tasks. Thus while Broca's and Wernicke's regions of the left hemisphere are responsible for language processing, the primary visual cortex of the occipital lobe processes visual information, and the frontal lobe controls our emotional and judgmental responses. In some cases this specialization can be narrowly circumscribed to a striking...



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Nurse Desire' Knows that the Key to SuperLearning is Repitition, Music and the Entertainment of the Mind with Comedy, Sexuality, and Variety

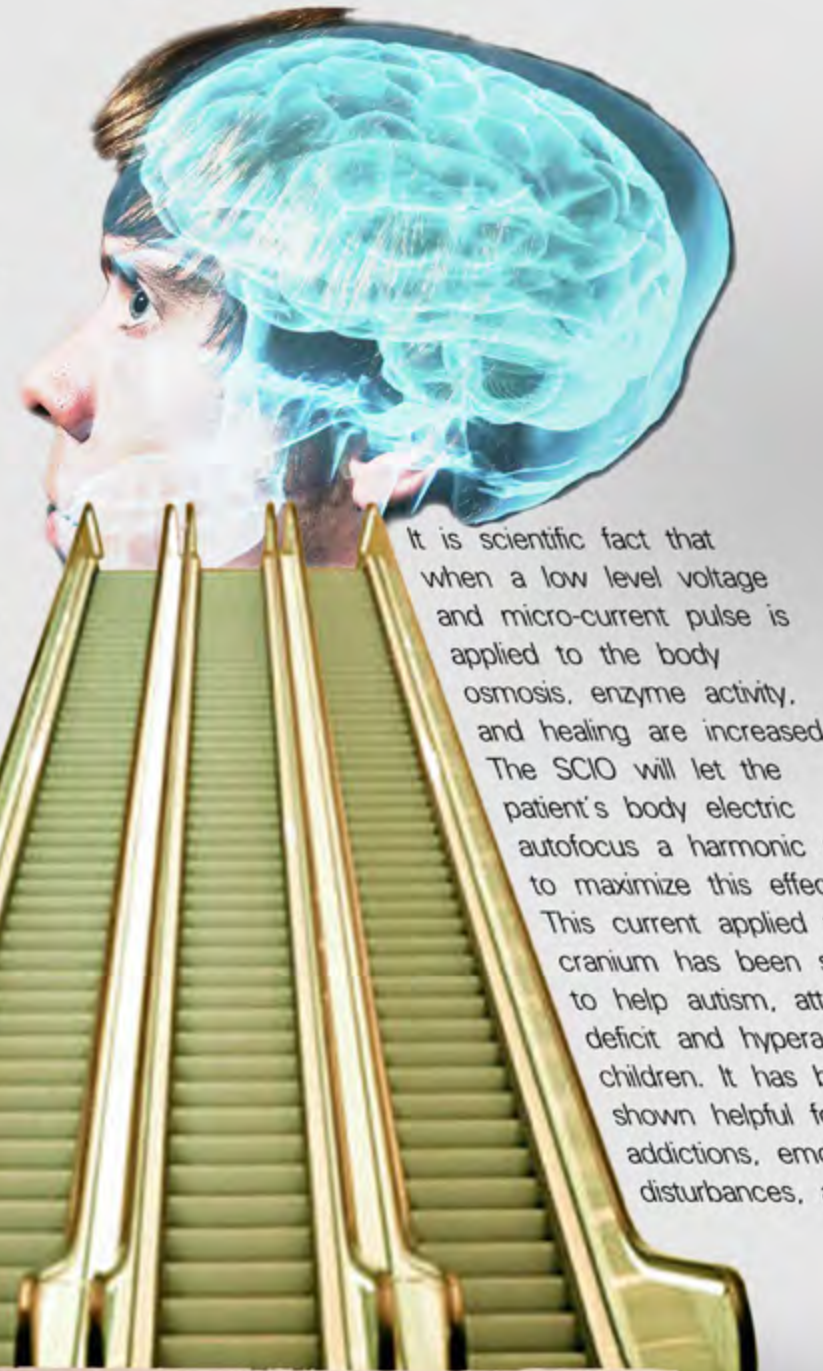


If you need more information on the SCIO and purchase details please get in touch with us

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It is scientific fact that when a low level voltage and micro-current pulse is applied to the body osmosis, enzyme activity, and healing are increased. The SCIO will let the patient's body electric autofocus a harmonic pulse to maximize this effect. This current applied to the cranium has been shown to help autism, attention deficit and hyperactive children. It has been shown helpful for anxiety, addictions, emotional disturbances, and insomnia.



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## Flashcard Theory

Electronic flashcards enable students to master curriculum content quickly and efficiently. Flashcards are more than memory tools; they can be used to teach problem solving and thought processes of almost every kind.



To understand electronic flashcards, imagine that you have a stack of real cards in your hands. Each card has a question on one side and the answer on the other. Read the question on the first card and try to answer it in your mind. Then flip the card over and look at the answer. If you get the question right, put the card on the table beside you. If you don't know the answer, put the card at the bottom of the stack in your hands. Continue doing this until you have answered all the cards correctly and they are all on the table, and none of them remain in your hands. In a normal study session like this, you would get the easy cards right after one or two passes, while the difficult cards might take five to ten.

Our students tell us that they can learn what normally takes six hours in about a half an hour. Everything that they need to know is in one place.

We have made a discovery that has revolutionized learning. That discovery is that all courses of study, whether mathematics, social studies, science, or language arts, are reducible to single fact units that are analogous to atoms in science. Our discovery has made several things possible:

**Simplicity.** By viewing only one fact unit at a time, the material is made as simple as humanly possible. Extraneous and superfluous information is removed. It is rare that students need tutoring when they use our system. When they do, we provide it by telephone or e-mail free of charge.

**Comprehensiveness.** Students have the ability to separate what they know from what they don't know. By continually eliminating material as it is learned, students are certain that they have mastered all of the content. The unlearned material is contained in an organized way until it is learned. Note taking is unnecessary. The system will always remember the status of each individual student.

**Active Engagement.** We introduce each fact unit with a short question to stimulate the mind

to wonder about the answer. This produces active learning. Furthermore, every flashcard is illustrated with a picture. This associates symbolic concepts with visual images which, for many students, accelerates the learning process.

Flashcard writing is a special art and science. We use both text and graphics on our flashcards for cognitive and visual learners. Our authors are extensively trained and have a special aptitude for teaching. Our editors are highly qualified teachers and educators. We have developed a comprehensive online system to manage the creation of thousands of flashcards.

## Socialization

### *Do Homeschooled Students Suffer from Lack of Socialization?*

In years past, when homeschooling was just beginning to gain ground as an alternative to public school education, people expressed concern about the quality of academics taught at home. There was concern that students schooled at home would not receive a sufficient education to prepare them for adulthood. These concerns have been decisively laid to rest and the focus now is on whether or not children can receive proper socialization when they are educated at home.



Homeschoolers do not exist in a vacuum. Almost every community in the United States has a local support group for home schoolers. Local homeschool associations sponsor a wide range of activities for students, including physical education classes, sports, camping trips, and trips to museums and other places of interest. Focused contests such as spelling bees and science fairs are also sponsored by homeschool organizations. Homeschoolers in many localities have formed their own choirs, sports teams, bands, and educational and activity clubs.

“Be yourself;  
everyone else is  
already taken.”

In addition to the local organizations, every state in America has an active homeschool association. Among the services offered by state homeschool associations are conferences where homeschooling families can gather and participate in many activities. The state associations are complimented by national homeschool organizations.

Dr. Susan McDowell, who holds a PhD in educational leadership, says that the question of whether homeschooled students are properly socialized is, "...a non-issue today. All research shows children are doing well."

Homeschooled children are often given more opportunities to socialize than their public school counterparts. Public school children are confined to a classroom for 180 days each year and provided very little interaction with anyone outside of their own age group except for a few adults. Actual interaction between students is limited in public schools. Most classroom time is devoted to listening and working silently at one's desks. Field trips and chances to interact with the world outside the classroom are almost non-existent in today's public school schedules.

Homeschooled students are not restricted by such rigid environments. One on one instruction and innovative approaches to learning allow homeschooled students more free time to participate in activities beyond their academic lessons.

*C.R., a homeschooling parent in Indiana, writes: Homeschool parents realize that opportunities to learn can be found everywhere. Children can, and do, learn anywhere and anytime. More and more people are reaching the conclusion that hours spent confined to a desk, with all communication regulated and controlled, is not the ideal way for children to learn or receive optimum socialization.*

*My two children and I have been part of a homeschool co-op for many years. Our current group is made up of 10 families, all close friends. My children are studying economics and WWII history in this semester's co-op classes. Our junior high and high school co-op students are participating in their second Junior Achievement program this year.*

*My son is a member of a FIRST robotics team along with quite a few other homeschoolers and public schoolers in our city. Andrew has learned a lot of computer programming and made good friends in this program. Andrew also plays tennis twice a week at the YMCA.*

*My daughter Veronica studies French with a native speaker from a local high school for gifted students. Veronica also takes dance and art classes in the community. As a family we participate in a twice-monthly outreach to local nursing homes where the children play piano, sing, and visit with the residents.*

How Come It  
Doesn't Work  
When I Pull My  
Own Finger ???



L.C., a homeschooling parent in Pennsylvania, writes:

*One of the goals of our home education program is to help our two boys become productive citizens in their community, which starts with simple involvement. Our children are active in our church through altar serving, religious education, and youth choir. The whole family participates in our local Cub Scout pack; we enjoy many field trips and outings which develop skills and foster friendships. Community sports programs such as baseball and soccer help fulfill the boys' physical education requirements, as does twice weekly swims in our high school pool during off seasons. Our community is blessed with a modern library and a restored theater which hosts a thriving arts and cultural program, through which the boys enjoy art classes and museum trips. We belong to a homeschool support group and annually participate in experiences such as arts/crafts days, field days, and symphony orchestra performances. We make family activities a priority, and each summer we take our boys on camping trips to places near and far, which provides ample opportunities for learning and simple fun. In our minds, socialization is achieved through being part of community, and making connections and friendships in the context of community involvement and shared goals.*

Studies show that adults who were homeschooled are more likely than their public school counterparts to be involved in community affairs, show a greater interest and understanding of politics and government, and overall report a more positive outlook on life.

Research conducted at the University of Michigan by J. Gary Knowles, Assistant Professor of Education, found that teaching children at home did not create socialization problems. Knowles, along with other researchers, has written several books on education including Home Schooling: Parents as Educators. In a survey of 53 adults who were taught at home, he found: two thirds were married, which is the norm for adults their age, none were unemployed or on welfare, more than 40 percent attended college and 15 percent of those had completed a graduate degree. A resounding 96 percent of those surveyed said they would want to be taught at home again. Another interesting aspect of Knowles' research was that a very high percentage of these adults were self-employed, leading Knowles to conclude that children who were home schooled were more self-reliant and independent than their public school counterparts.

Larry Shyers' dissertation, "Comparison of Social Adjustment Between Home and Traditionally Schooled Children" won an award from the Educational Research Clearinghouse in 1992. His research showed that homeschooled children are not lacking in socialization. He asserted that homeschooled children were more likely to be cooperative rather than competitive. He further stated that they were more likely to invite other children to play with them and they also played with peers of both genders instead of sticking to the usual gender oriented play of children in public schools.

Dr. Thomas Smedley of Radford University used the Vineyard Adaptive Behavior Scales, a test that evaluates communication skills, socialization, and daily living skills, to evaluate both homeschooled and publicly schooled children. Smedley's results showed that homeschooled children demonstrated a significantly higher maturity rate according to the test. Homeschoolers scored in the 84th percentile while public school children scored much lower, in only the 23rd to 27th percentile.

Dr. Raymond Moore, who has written more than 60 books and articles on human development, has done extensive research on the subject of homeschooling and socialization. Dr. Moore

analyzed over 8,000 early childhood studies and came to the conclusion that children are best socialized by parents instead of other children. According to Dr. Moore, the idea that children need to be around large groups of youngsters to be socialized is a "dangerous and extravagant myth in education and child rearing..." His view is that children do not do well with large groups, and that in large groups children become nervous, which decreases learning.

In 2003, the Home School Legal Defense Association (HSLDA) commissioned the largest research survey to date of adults who were homeschooled. The study was done by Dr. Brian Ray of the National Home Education Research Institute. The survey used information gathered from 7,300 adults who were homeschooled. Over two-thirds of the people surveyed were homeschooled for at least seven years. You can read the very interesting results of this study at

<http://www.hsllda.org/research/ray2003/HomeschoolingGrowsUp.pdf>.


The facts are simple and the research is available. Homeschooled children have been tested for every aspect of social development and have passed these tests with flying colors. Students who have been homeschooled consistently score higher on standardized tests than their public school peers. The intense scrutiny that homeschooling has been subjected to has shown that homeschooled children's social development is not just equal to that of public school children but in most cases superior.

### **Links to Additional Information about Music, Learning and Concentration**

- Brain Dance. Lots of brain food here with tips and suggestion on how to best access the power of your brain.
- DNA Music. Dr. Barbara Bullard has various tapes that facilitate learning and relaxation.
- Vision Music. Mark Stefani has created a web page metronome where you can hear what 60 beats per minute sounds like.
- Superlearning 2000. One of the first books in the 1970's that talked about the various new ways of introducing information to the brain. The book has been updated and there is a web site to support the book.
- The Learning Web. Excerpts from the book "The Learning Revolution", mind maps and articles from Dryden and Vos.
- New Horizons for Learning An article on "Music and Learning: Integrating Music in the Classroom," by Chris Boyd Brewer, from the book Music and Learning.
- "The Use of Music for Learning Languages" A Review of the Literature, by Jon Weatherford Stansell, University of Illinois at Urbana-Champaign
- Three articles regarding the pioneering research of Maya Ruvinshteyn on the effects of music on learning math.
- How Music Helps Students Retain Math
- Music in the Mathematics Classroom, SOUND HEALTH Research
- PART-TIME PROFILE: Maya Ruvinshteyn
- McDaniel College. An article on what brain waves show us about music and student's minds, published by McDaniel College.
- Daniel J. Levitin links. Various Daniel J. Levitin links (search result), Levitin Laboratory for Music Perception, Cognition and Expertise.
- Journal For Special Needs, Issue 37. Good Vibrations: Using Music to Enhance Sensory Processing," by Alan R. Heath, SEN, the Journal for Special Needs, Issue 37, 56-57)

### Examples of Music at 60 Beats Per Minute:

- Bach - Adagio Concerto for Violin and Oboe
- Handel - Organ Concerto in B flat major Opus 7 No. 6
- Mozart - Andante from Piano Concerto No. 21
- Vivaldi - Five Concertos for Flute and Chamber Orchestra, 2nd movement
- Advanced Brain Technologies. ABT has a CD collection of classical baroque music for concentration with selections from Bach, Vivaldi and Sallieri that you can sample online.
- Stephen Halpern Music for Accelerated Learning
- Gary Lamb - Ambient piano, strings and orchestra CD for concentration and learning



Too Little Sex and the Student loses interest

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The powers of Big Money and Influence have strategically moved our society to the stupid side. They have intentionally made education ineffectual, made entertainment more important, encouraged stupidity to encourage marketing, made education unequal, and have calculatedly made the poorer people more ignorant. This provides a willing servant class, and a group of people that can be marketed anything. The fact that the world paid over two trillion dollars for a bird flu vaccine that was admittedly ineffective, is just one of many examples. The news and entertainment media is the tool of the rich manipulators.

The angel has developed an energetic vibrational free software that is designed to make people more intelligent. This is a philanthropic gift to the world to help us develop more to our true human intellectual capacities.

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## QXCI AND SUPERLEARNING 1991

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## Abstract

In this short article we review some basic foundations of enhanced learning or as Sheila Watson once described it superlearning. We will discuss the theory and the use of the QXCI biofeedback system in superlearning context. A short study on the effectiveness of Sheila Watson superlearning system is challenged by having 19 students try to learn some foreign vocabulary words with or without the system. The relaxation had considerable positive effects. The students could learn twice as much in half the time.

**Key Words:** Superlearning, harmonic, memory enhancement, frequency, Lozonov

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The Neurophysiology of the brain is such that there are ways to increase the learning and memory capacities of our students. NLP has gained some notice in the last few decades as a way to study and interface with the consciousness. Lozonov was a teacher from eastern Europe who noticed some intimacies about neurophysiology that could be used to increase learning and memory. By using rhythms he found a way to increase the learning process. Using the rhythm of breathing and music he could dramatically increase the capacity and speed of scholarship.

Russian researchers found that Nickoli Tesla reports of an ELF frequency with positive effects on learning, were right. They found that there were harmonic frequencies to this foundation frequency that also could stimulate, learning, memory, (retention and retrieval) and even creativity. They found frequencies for a variety of learning stimulation.

Part of the Sheila Watson Superlearning technique was designed to use this and other phenomena.

**First** there is Lozonov style music generated from the CD drive of the computer. The same frequencies are converted to magnetic signals and imputed into the body at acupuncture spots. This is designed to generate a soliton wave through the waters of the body.

**Second** there is a harmonic band of frequencies sent into the forehead and into the brain for stimulation of learning, and memory. Third the computer cpu is converted into a Shuman field generator by surrounding the computer with a Schuman type field. Fourth the QXCI device helps to produce a deep relaxation state by biofeedback.

**Finally** the material needed to learn is sent into the system via sound which is superimposed on the music for stimulation of learning. In our study the participants were told to listen to an audio tape of foreign vocabulary words.

## Methods and Materials

*The following is the instructions contained in the Watson system:*

The Watson Superlearning Program allows for music therapy. You must have a CD in your computer and a sound board. This Therapy also works with the Trivector acu stim pads sold by Watson inc. It is suggested to use amplified headphones. Contact your distributor or Watson inc direct. Deep muscle relaxation has been shown to be effective in most all diseases. When the muscles and mind relax, the proper healing energy of the body is at a maximum. The music deepens the relaxation and the trivector stim pads will input a harmonic soliton wave into the body for healing.

By inducing a electromagneticstatic concordant wave in the body many aberrant wave forms are reduced. Replacing them with proper fractal harmonics. This therapy page will allow therapy for 10 to 30 minutes. This can be unsupervised or with a therapist present. You can use this time to prepare your report or to prepare your next patient.

To use this therapy; attach the headphones and the trivector stim units to a concerned acupoint or on a pain area. Choose a proper CD for therapy. Then start the CD by clicking on the Green arrow or the most left button on the CD navigator. Once the sound therapy has started after 6 sec then choose any other therapy to superimpose on the sound. You can choose pain therapy, autonomic nerval therapy, adipose tissue therapy, or harmonic phase therapy. The harmonic phase therapy will analyse the brain wave and determine any phase aberrations in the brain wave. Bioresonance will attempt to correct these aberrations. The quick check will look for phase disorders without therapy. Aberrant phase disorders are revealed in the trackbar on the page. Left and right brain phase problems are most revealing. The science and mathematics of this work are discussed in the Promorpheus, an advanced treatise on the subspace and quantum aspects of biology. The best choice of music for therapy is a smooth harmonic type such as classical. Some of my personal therapeutic favorites are

1. Beethoven 7 for melancholy
2. Mozart for balancing the brain
3. Vivaldi for Superlearning
4. Vangelis for Stress Reduction
5. Jonathan Livingston Seagull for depression
6. Rossini for Chronic Fatigue

Any music can work to help the patient relax and transcend the disorders of the body. Concordant harmonic music is suggested.

Suggested points for application of the trivector stim pads are;

- K1 for energy and kidney problems
- K27 for energy and lymphatic disorders
- over the Adrenals for chronic fatigue
- over Mc'burney's point and valve of houston for large intestinal disorders
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- patients will receive the pervasive waveform in 3 to 5 min. Sick patients will take longer.

When you click the CD start green arrow the music and trivector pattern starts. The 'Start' button will start a 20 min therapy from the harness. The Alarm reaction detection is enabled. If the music is dissonant to the person or there is an alarm reaction then the music will stop and the program will close. When the 'Start (alarm disabled)' is clicked the therapy will proceed for 20 min with out

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The 'Superlearning' program will transmit a particular harmonic wave into the brain and the body of the patient for 20 plus minutes. Play a baroque CD such as Vivaldi. The input a audiotape of the subject to be learned into the sound board in the 'IN' receptor. This will then play the subject matter over the CD music, while the Watson treatment induces a Superlearning field in the brain of the subject. Apply the Trivector stim pads on the two frontal emences on the forehead. In our research we have shown this to be safe and increase the learning over 200%. We recommend the therapy once or twice a week.

To challenge the system we planned an experiment. This was done in Denver Colorado in 1991. Fifteen students from age 15 to 27 were asked to try to learn vocabulary words in a language they were not familiar with. Vocabulary words in German or French were used. The study volunteers were given four opportunities in one week to learn the vocab words. Two times with the QXCI device and two times without. Each session was for fifteen minutes. Either with the device or without. 100 vocab words were chosen based on a similarity for learning. The list was divided into two random halves. Each of the 50 vocab words were recorded on a tape and on a paper for the student to read and learn.

After one week and one month the students were tested for vocab word recognition. The students were their own control and the comparison is based solely on wether they could identify more words exposed during the Watson treatment or without.

**Results:**

results in overall percent

	One Week	One Month
Test results with Watson treatment:	87%	86%
Test results without:	49%	42%

All student had improvement from normal to the Watson treatment. Every student's improvement was from 15% to 75% from normal to the Watson treatment.

**Discussion:**

From the results we can see that the volunteers there was a significant increase in learning with the Watson treatment. The treatment uses a multifaceted approach to stimulate learning. This has been significant in stimulating the learning of many of our users around the world.



before

after

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AND CAN HELP YOU TO REDUCE PAIN WHILE HELPING YOU FIND THE CAUSE...



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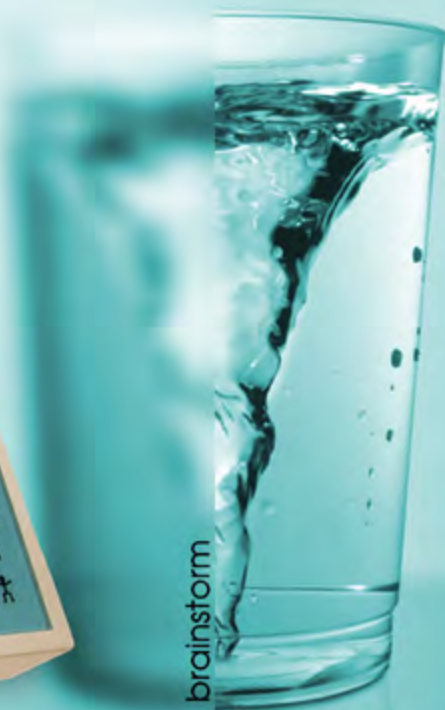
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## SCIO AND SUPERLEARNING

*a Retrospective Review 2001*

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The Neurons of the Brain have been proven to act under Quantum Law not Thermodynamic Entropy. Thus the very action of all thought is Quantic in action. This means it is not binary(On - Off), it is trinary (On - Off - Infinity). This also means it is sensitive to the observer effect and thus the mind has powers to affect things at a distance. The Mind is Not a Machine, it has a soul, and a contact with the Universal Consciousness. We all are Mind, Body, Spirit, Environment and Social in nature.



"It is difficult to get a man to understand something that when his salary depends on him not understanding it"

*Upton Sinclair*

"A man can forget his father's Face but intimately remember his father's Property"

*Machiavelli*

"Earth provides for all of Man's needs but not for Man's Greed"

*Mahatma Gandhi*

"A Greedy Man can Twist, Rationalize, Justify, Distort, Excuse, Contort, Disfigure, or Explain any Thought, Memory, Action, Experience, Idea, Position, Belief, Trust, Confidence, Contract, Agreement, or anything to Maintain or Warrant whatever makes him money. And OH, by the way, it can change in an hour to the exact opposite point of view, if Greed calls for it"

*Desiré Dubounet*

"The Mind must be disciplined to Resist Greed, to Thoughtfully Consider Anger, and to Challenge and Explore False Beliefs. This must be done to even Start to build the Powers of the MIND. Small minded petty bureaucrats do not have the ability to do this, so they attack Great Spirits"

*Desiré Delicious Dubounet*

# UPPER *versus* LOWER brain



The upper brain or higher cortex as it is called is where eloquent superior brain functions resides. Here we expand our mind to see the rights of other, to see a society, to feel a God, to feel a connection, an interdependence that transcendent the selfish. Here we learn to control the instinct to kill, to steal, to lie. People are now taught respect, love, devotion, discipline, and all of the higher grandiose human abilities that inspire us to be more than just a simple fight for greed, anger, self gratification. The higher functioning brain can understand big concepts such as international, holistic, the angel. The small lower lizard geek brain fears big words and tries to stifle them.

The lower brain is also referred to as the lizard brain. It is designed for personal survival. It monitors the need for the basic essentials for self preservation. Anger, hate and aggression reside here. Thus the search for food, clothes, shelter become territorial and this leads to greed. Mind and more dictate all action. Thus killing, stealing, lying to survive is fine. Social moiré, laws and ethics are not important. Self gratification is all as that the lizard brain does not see past itself. Thus the psychopath is dominated by the lower lizard brain. The fear of humiliation also resides here and exposure of false belief must be avoided. All of our education process is designed in some way to transcend the small selfish lizard brain.

The world today has slipped backwards to a "Jack ass" society of self gratification and selfishness. Many people have lost sight of the higher respectful brain function. Our education system has failed.

The world must choose now as to which direction it will proceed. The lizard brain selfish depletion of the world resources for greed, or the cooperative, respectful was of the higher brain. Do we want to share the glory, the blissful grandeur, or hoard hate and fight each other in a pool of blood.

The Angel has brought us the message in many ways. Education is the key and there is one way to break the hold of the greedy and stop the hypocrisy of a false equal society. All men are created by the education process. All men are not created equal, until education is equal.

*There is one clear step to the future:  
Equal Economic Education*



## Is free will simply an illusion? - as disturbing new research into the brain suggests that man has no control over his own destiny...

Posted on April 30, 2008 by Tim Titolo

*WHAT does it mean to be human, to be in control of one's own mind? What is the nature of consciousness, the mysterious property of self-awareness that we all have and yet which no scientist understands? Is there any such thing as free will, or are our minds at the mercy of some unknown force? These are the fundamental questions that have perplexed philosophers and, increasingly, scientists for centuries.*

*Until recently they seemed utterly unfathomable; after all, how do you test for something like free will in the laboratory? But now science is coming up with some fascinating -- and deeply uncomfortable -- answers.*

*This week, for instance, Professor John-Dylan Haynes and colleagues at the Max Planck Institute in Germany report the findings of an extraordinary experiment which seems to show that 'free will' -- the most cherished tenet of humanity, which decrees that Man has total control of his own actions -- may, in fact, be little more than an illusion.*

*For in their experiment, the scientists found that we may not be making conscious choices at all. Rather, our subconscious minds may be dictating our actions, long before we realize.*

*Analyze It is a troubling suggestion. As Prof Haynes says: 'The impression that we are freely able to choose between different possible courses of action is fundamental to our mental health.' If we are not in control after all, then that makes humans little more than automatons.*

*In his experiment, volunteers were asked to view a stream of letters on a computer screen and told, at some point, of their choosing, to press a button either with their left or right index finger -- and remember the letter that was on the screen when they did so.*

*The volunteers were also connected to brain-scanning MRI machines which were able to monitor and analyze brain patterns. These 'mind-reading' scanners could recognize when the brain had decided on a course of action.*

*To the researchers' astonishment, it turned out that the volunteers' brains would reach a decision about pressing one of the buttons several seconds before the volunteers actually thought they had made up their minds.*

*The implications are hugely significant, because the experiment suggests that what we think of as a 'conscious decision' may, in fact, be no such thing.*

*The traditional 'folk science' picture of the mind has our 'conscious self' as a little man sitting in our heads, pushing buttons and pulling levers, filing 'thoughts', receiving messages from eyes and ears and making our muscles move.*

*What Prof Haynes's experiment seems to show is that we need a new picture; instead of that little man pushing and pulling levers, he is merely a passive observer, lazing back in his chair and watching it all happen.*

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*It is as though what we are actually aware of is no more than a film show, and the decision-making is made purely unconsciously.*

*Disturbing It is a disturbing picture, because it reinforces the view that we are mere machines, pieces of biological clockwork that have no more free will than a Swiss watch.*

*This sounds counter to common sense, but the more you think about it the more it is clear that much of what we do is done on 'autopilot' and that free will is rarely necessary.*

*If you regularly drive to work, for instance, at the end of your commute tomorrow try to remember the details of your journey. The chances are you will not be able recall more than the basics. When top tennis players are asked to think, consciously, about every stroke and every movement, their game falls to pieces.*

*Studies of elite sportsmen show that at the top of their game they are performing in a sort of semi-conscious fugue, purely on autopilot.*

*The 'will', if there is any, comes during the training process, not during the match.*

*Of course, if we really do not have free will, this opens a can of worms about human morality.*

*If the brain is a machine, whose decisions are entirely out of our conscious control, then can a criminal be held responsible for his actions? This is a dangerous road to go down. As Prof Haynes admits: 'It would lead to no one being held responsible for anything.' But this isn't the first time science has given a worrying insight into the workings of our brains.*

*Earlier this year, Nature magazine reported an extraordinary experiment in mind-reading technology.*

*No stage magic, smoke or mirrors here -- just the clever use of brain-scanning machines and computers to pinpoint and identify actual thoughts as they arise in the brain.*

*The scientists, led by Dr Jack Gallant of Berkeley University in California, again used MRI scanners to monitor brain activity when volunteers were shown various black and white photographs of everyday scenes -- a house and garden, various countryside views and so on.*

*The scanner and the computer it was attached to first had to 'learn' how the brain reacted to thousands of images -- what electrical patterns arose when the volunteer was looking at a picture of, say, a house or a car.*

*The volunteer was then shown photographs and the 'mindreading system' had to work out, from the patterns of electrical activity detected in the brain, what the subject was looking at.*

*Astonishingly, nine times out of ten the machine was able to work out what the person was looking at. As the authors freely admit, the way is now open to a general mind-reading machine, 'perhaps even to access the visual content of purely mental phenomena, such as dreams and imagery'.*

*If we can read minds, and even dreams, and prove that free will is nonsense, then what does that say about the mystery of our minds? In fact, the human brain, for all this, remains by far the most mysterious object known to science.*

*It is still completely unknown how 3lb of wet jelly, plus tiny electrical currents powered by the energy we release from our food, can give rise to consciousness.*

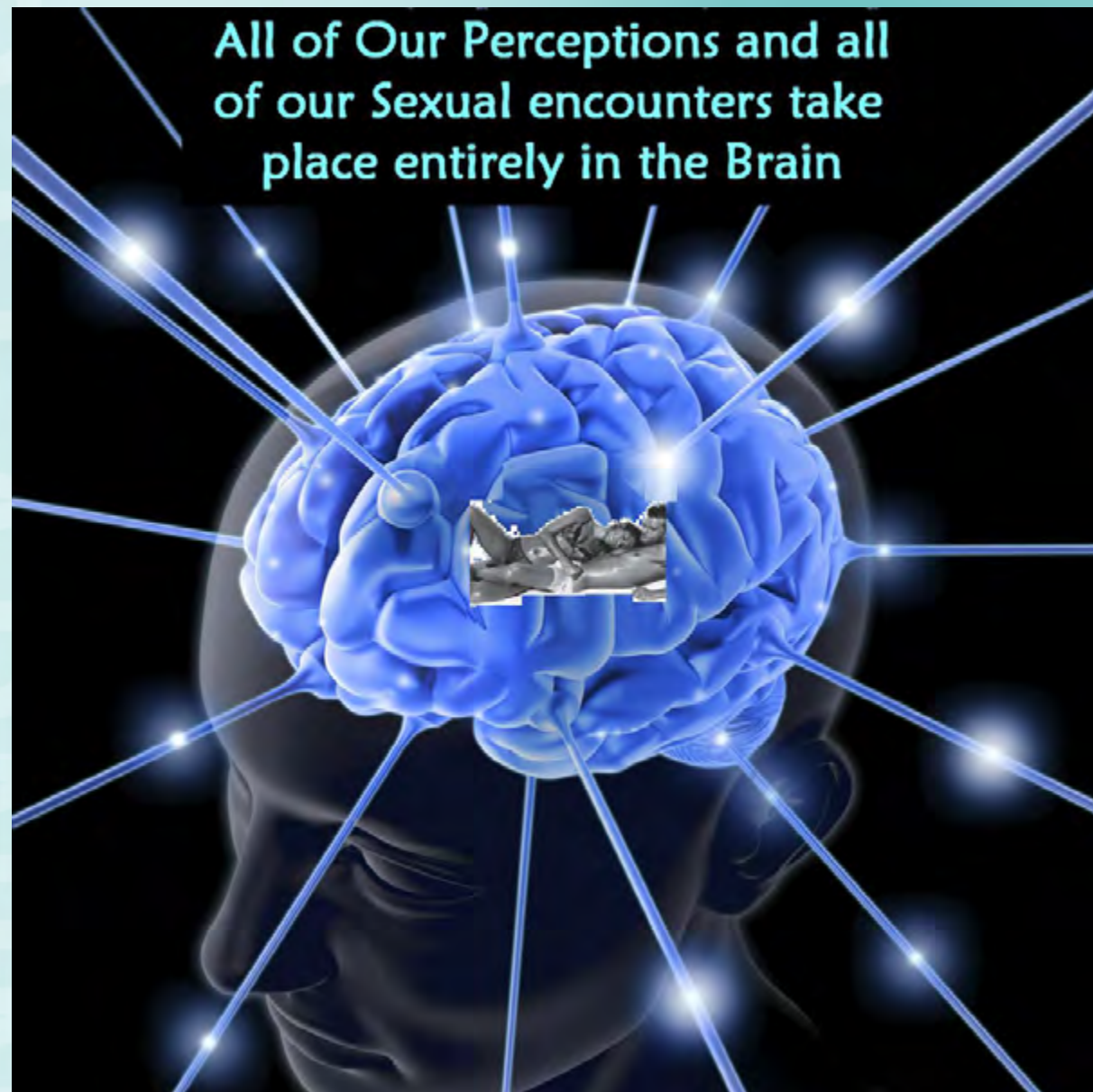
*But it does.*

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*Mystery Few modern people believe that the brain is pervaded by some sort of mysterious 'soul'; but how the neurons and synapses of the mind can generate subjective experiences of color, smell, hate, fear and love is an utter mystery. In fact, many scientists believe it is the greatest mystery of all.*

*But since we must explain 'souls' or 'auras', we must know that the brain is not a machine ,it is more.*

*Does that mean we will one day be able to evaluate what powers love, creates artistic masterpieces, sows awe, and experiences both great sorrow and utter joy? Science will never have an explanation for all this, but one suspects that even after the questions of the atoms and quarks, the planets and galaxies are finally answered, the deep puzzle of what exactly is going on in our heads will remain forever unsolved. It is to be experienced not solved. And that's the way it should be.*



Sex takes place in the Brain. The Brain is the key Sex Organ. The informed intellect should make the choices of sexual identity, preference, and sexual expression. But today the intellect is lessened as our Society Slips more and more to the stupid side. The night life music has less and less words, less and less intellect, less and less meaning. Desiré has long stood for a different type of night life. A place where you can be who your intellect chooses to be.

No longer the need to be plastic, superficial, shallow or try to be someone you are not. Desiré offers a place where talent is more than a cock in a frock, a mime with no rhyme, sight and no mind. It is a private club, not open to the mindless plastic wanderers. But open to the hearts and souls of those seeking some intellect, some talent, some mindful entertainment, some privacy some place to talk, to share the day, to actually meet new people.

People have been slipping to the stupid side. The general intelligence level is dwindling. People are becoming sheep lead to the marketing impulses of the Ultra Rich. In my other books I dwell on these issues deeply, but here I am to talk about the subtle differences of male and female, and cross gendered brains and behavior. All for you to better understand yourself and others.

The word are of the brain is small, about the size of a golf ball and it is given about one million bits of data a second. The other parts manage the body with innumerable cells and they get 10 to the 18 bits of information to the body electric. So our word intellect is quite small and our unconscious or semi-conscious is in real control. Here we have our instincts and survival patterns. This includes sex. We all have an instinct for sex to preserve our species and to find a mate to help take care of us.

The marketing companies use the body instincts to market us anything they like. Let me expand on the brains unconscious ability to be influenced. Most of us are wired to respond to shapes, smells, sights, touch, sounds, tastes in a certain way.

The brain has to sensory inputs and each sense has its pattern of sexual turn on to satisfy our sensual desires. These instincts have some universal biological similarities across cultures and some interesting differences in the male versus female brain. First of all at this time it appears that the female body is the universal turn on. It is quite possible that the male was a universal turn on in ancient Greece.

The Ancient Greeks were turned on by the male form and they had a different idea about being naked in public or in games. They allowed the choice of sexual identity to be in the mind. Homosexuality was not disdained. In fact in the military it was used to bring the soldiers closer together and strengthen the bonds for them to fight to save each other.

# SCIO

## CE measures treats

- Volts and Oscillations (EMG, EEG)
- Amps and Oscillations (ECG)
- Resistance (GSR)
- Hydration
- Oxidation (Redox potential)
- Ph acid vs alkalinity
- Reactivity evoked potential to voltammetric fields of substances (TVEP) over 228,000 measures a second of these energetic factors

- Brain wave and emotions with (MCES)
- Pain with (MENS) (TENS)
- Trauma or wounds (EWH)
- Electro Weakness Ph, Redox disorder (VARHOPE Correction)
- Trickle charge the body electric

If you need more information on the SCIO and purchase details please get in touch with us  
**Maitreya Kft.**  
 tel: +3613036043  
 web: www.qxsubspace.com  
 e-mail: info@qxsubspace.com



All designed to detect + reduce Electro-stress and Balanace the Body Electric Automatically

There are over 100 Billion Neurons in the Brain

The Brain receives Photonic, Electrical, Chemical information from all of the cells of the body to Regulate all of the Body Processes

But the Reticular Activating System (RAS Word Brain) can only handle 1 million bits of Data a second or it is overloaded

This means there is 10 to the 18th bits of information going to the brain every second,

So the word area is getting one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of the information of life.

With the DNA of 100 Trillion cells sending information to all of the Brain, It is an Overwhelming task of the Body Electric.

There are approximately 10,000 cellular Operations Happening every second

The Rest is going to the Body Electric.







**SLIPPING ON THE STUPID SIDE**

A DOCUMENTARY OF THE DUMBING OF THE WORLD. THE RICH PEOPLE WANT TO CONTROL PEOPLE, SO THEY NEED TO HAVE STUPID PEOPLE. OUR SOCIETY IS PUSHING PEOPLE TO BE MORE AND MORE STUPID.

THE CONTROL OF THE MEDIA AND THE MASS MANIPULATION OF THE PEOPLE IS EVER INCREASING.



The Ancient Greeks were turned on by the male form and they had a different idea about being naked in public or in games



SPEAKING

But today there is the female form we culturally all tend to react to. When we see a beautiful face such as these:



We instinctually respond with interest. The shape, colors, makeup, hair all carefully designed to turn on attention and arousal. This starts an increase in blood flow, hormone release and pheromone production. It has universal effects on most people. Extra female characteristics are interesting, where excess male are often not.



The two mounds of the ass and the tits are the biggest turn on. Pictures like these are used by marketing people everywhere to draw attention to a advertisement by sexual arousal of interest with no promise of sex just the promise of eye candy delight, a rather small reward for diverting our attention. Then given the social insecurity most people have about themselves, combined with low IQ; they can be lead to believe that if the buy this product they will be made beautiful or at least interesting as well.



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# SuperLearning

by Desiré Dubounet, Prof. Emeritus of IMUNE



insecure woman can't keep a man, blames the man and sees an advertisement

Thinks this beer will make her skinny, buys beer gets fat Really is only seeing photoshop, but limited IQ makes reality a blur and she gets more depressed



Vicious Cycle of Marketing, Buying Depression, Repeat

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In the chapter on pheromones we can discuss the brain and smell. But now we need to point out the more obvious sex difference. Men's brains are turned on mostly by sight. They want to see breasts, ass, legs, make up, earrings, and fashion. A man's first attraction is most often he likes what he sees. So the women to get a man must try to be as perfect as possible for sight. She primps and does her female ritual to enhance her appearance.

The two mounds of the ass and the breasts are triggers. Together with a thin waste they can indicate a sexual active person and perhaps a good mother. But today this is not so true, but the impulse continues. Our biology is slow to adapt to real life.



Women are most often turned on by sound. They wait to hear a man's pick up line. And if he talks with compassion, humor, and intelligence she can be turned on. So a man does not need to primp as much but works on what to say and the more interesting his life the more interest she will have. The man brain is so visual he does not know or care that a lip synch singer is not really singing. All he cares about is the sight. If the girl or trans looks good he is happy. A woman listens and is not satisfied by lip synch. She wants to hear a real voice a real sound.

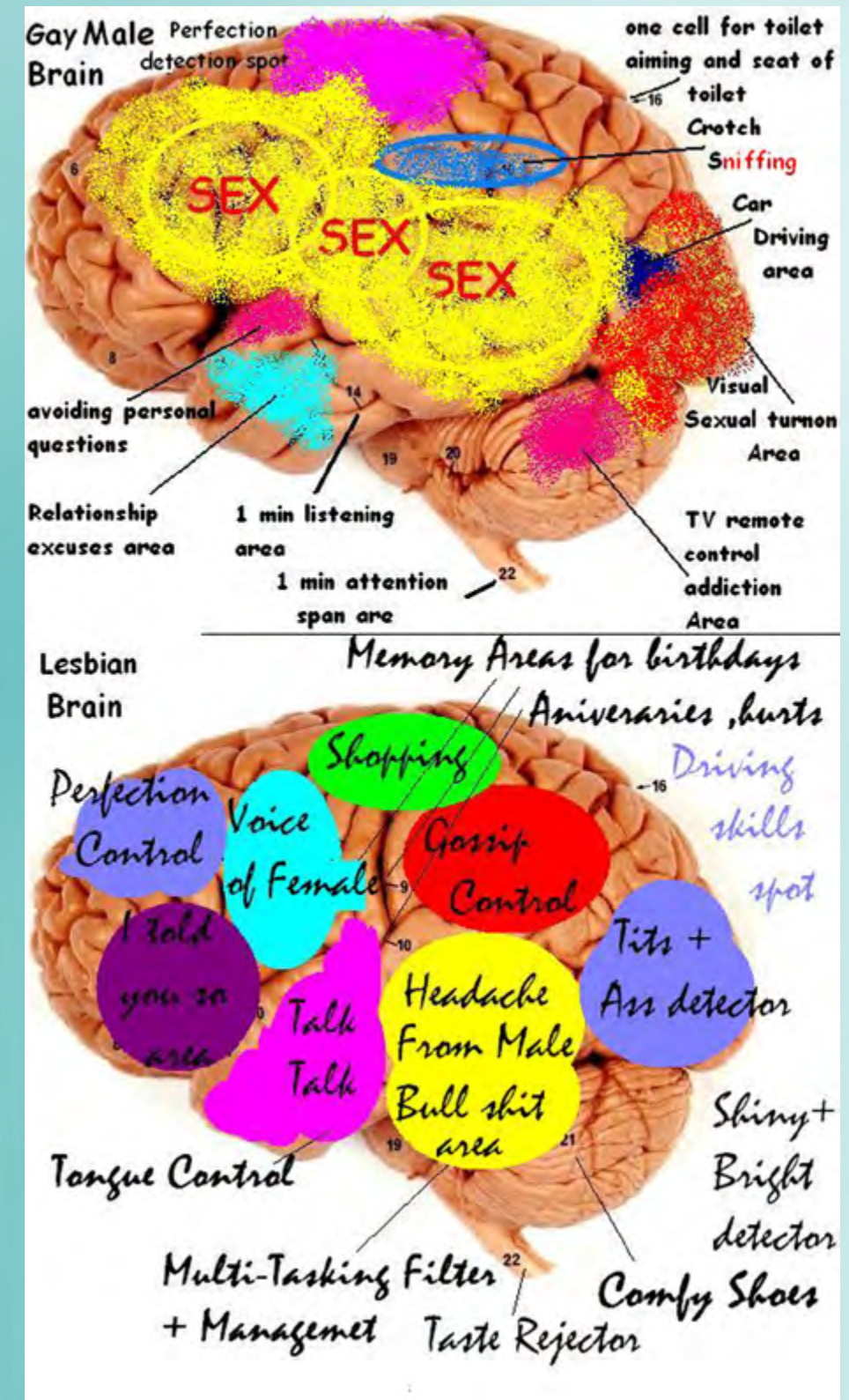
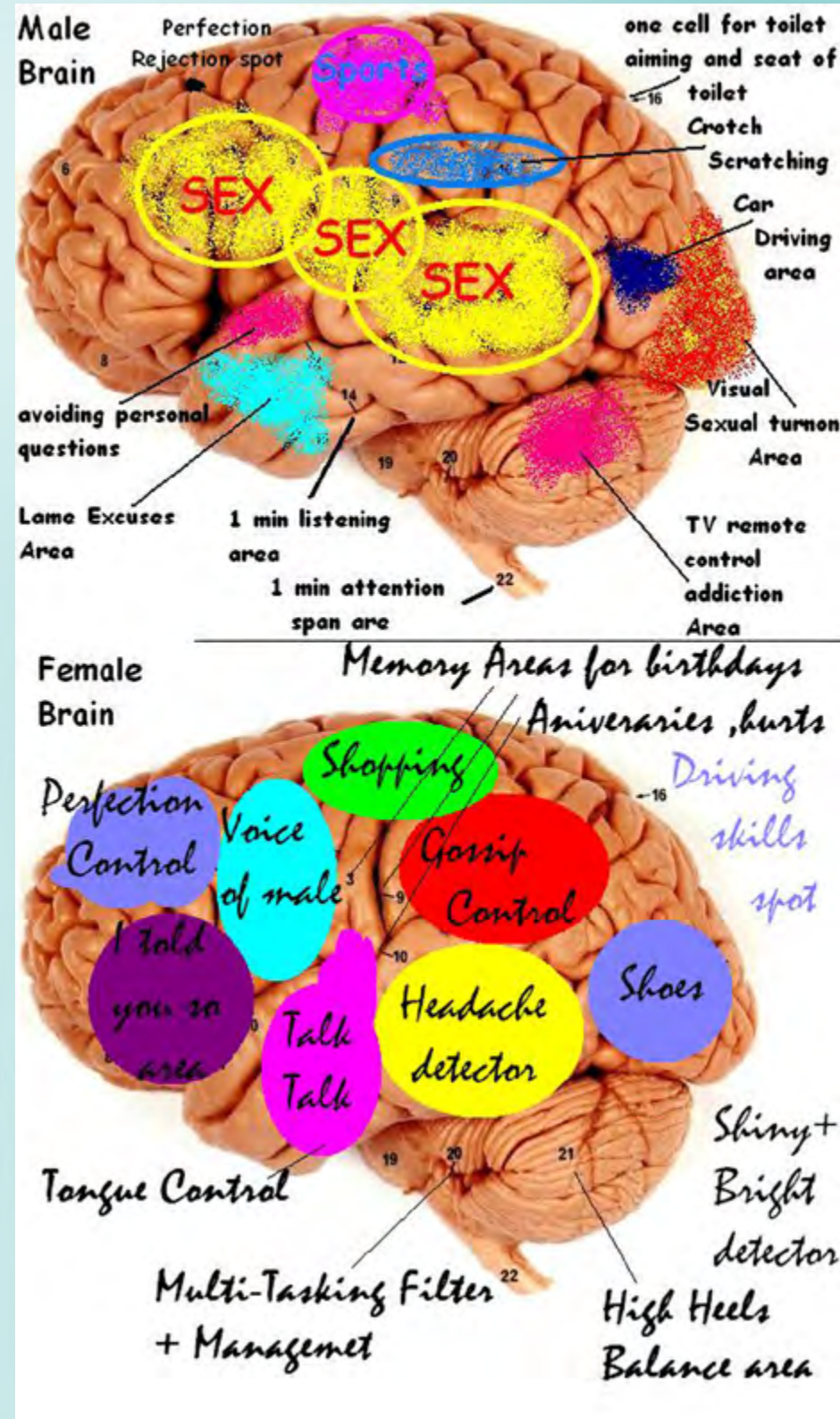


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The Senses turn on the Brain  
 the Brain turns on the Gonads  
 the Gonads send pleasure to the Brain and the resonant cycle builds Desire  
 Psycho-Somatic  
 Soma-Psychic

As we see from the next two pics on brains there is also a cross brain difference in cross gendered people, but still the need for sight and sound are crucial in starting a relationship.



SCIO

CE  
measures  
&  
treats



The SCIO Universal Electrophysiological Biofeedback System can safely measure over the skin (transcutaneous) skin electro-potential down to the micro-volt range. Virtual and mathematical calculations of the attained data can provide CNS (Central Nervous System) biofeedback data, so as to include (simple EEG [electroencephalography], 3-pole ECG [simple stress electrocardiography], global transcutaneous EMG [electromyography].

The system can measure the transcutaneous skin resistance by application of a medical safe micro-current voltametric pulse, so as to measure GSR [galvanic skin response] and TVEP [transcutaneous voltametric evoked potential].

The system is designed for the detection of stress and reduction of stress through CNS biofeedback data or stress lifestyle questionnaires. The stress and lifestyle questionnaires provide educational feedback through library referenced functions. And the device can be used for the treatment of muscular re-education from injury, muscle weakness, sport muscular enhancement or various dystonia. The applied voltametric pulse can be used to detect and affect in established modalities such as pain (TENS [transcutaneous electro nerval stimulation]), trauma/wound healing, charge stability imbalance, redox potential and electrophysiological reactivity.

**The device after 20 years of use is quality tested, clinically evaluated and scientifically validated as safe and effective.**

CE  
measures  
&  
treats

Volts and Oscillations (EMG, EEG)  
Amps and Oscillations (ECG)  
Resistance (GSR)  
Hydration  
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## Stress Men Are From Mars, Women are from Venus and when Mars and Venus collide you get Desiré Delicious Dubounet.

### Neuroscientists Find That Men And Women Respond Differently To Stress

April 1, 2008 — Functional magnetic resonance imaging of men and women under stress showed neuroscientists how their brains differed in response to stressful situations. In men, increased blood flow to the left orbitofrontal cortex suggested activation of the “fight or flight” response. In women, stress activated the limbic system, which is associated with emotional responses.

There are many books and movies that highlight the psychological differences between men and women -- Men are From Mars, Women are From Venus, for example; but now, neurologists say they have brain images that prove male and female brains do work differently -- at least under stress.

Same species, different genders ... And now, a new high-tech scientific study reveals the differences between men and women may really start at the top. Researchers at the University of Pennsylvania used a high-tech imaging method to scan the brains of 16 men and 16 women. The subjects were placed inside a functional magnetic resonance imaging machine, or fMRI.

“Using this state-of-the art-functional magnetic resonance imaging technique, we try to directly visualize what the human brain does during stress,” Jiongjong Wang, Ph.D., a research assistant professor of radiology and neurology at the University of Pennsylvania in Philadelphia, told Ivanhoe.

Researchers then purposely induced moderate performance stress by asking the men and women to count backward by 13, starting at 1,600. Researchers monitored the subject’s heart rate. They also measured the blood flow to the brain and checked for cortisol, a stress hormone.

When the scans were completed, neuroscientists consistently found differences between the men’s stressed-out brains and the women’s. Men responded with increased blood flow to the right prefrontal cortex, responsible for “fight or flight.” Women had increased blood flow to the limbic system, which is also associated with a more nurturing and friendly response.

Doctors say this information may someday lead to a screening process for mood disorders. “In the future, when physicians treat patients -- especially depression, PTSD -- they need to take this into account that really, gender matters,” Dr. Wang explains.

Other experts caution that hormones, genetics and environmental factors may influence these results, bringing to light yet another difference between men and women. Neuroscientists say the changes in the brain during stress response also lasted longer in women.

WHAT IS MRI? Magnetic resonance imaging (MRI) uses radio waves and a strong magnetic field rather than X-rays to take clear and detailed pictures of internal organs and tissues. fMRI uses this technology to identify regions of the brain where blood vessels are expanding, chemical changes are taking place, or extra oxygen is being delivered.

These are indications that a particular part of the brain is processing information and giving

commands to the body. As a patient performs a particular task, the metabolism will increase in the brain area responsible for that task, changing the signal in the MRI image. So by performing specific tasks that correspond to different functions, scientists can locate the part of the brain that governs that function.

**FIGHT OR FLIGHT:** Certain events act as “stressors,” triggering the nervous system to produce hormones to respond to the perceived danger. Specifically, the adrenal glands produce more adrenaline and cortisol, releasing them into the bloodstream. This speeds up heart and breathing rates, and increases blood pressure and metabolism. These and other physical changes help us to react quickly and effectively under pressure.

This is known as the “stress response,” or more commonly, as the “fight or flight response.” But if even low levels of stress go on too long, it can be detrimental to one’s health. The nervous system remains slightly activated and continues to pump out extra stress hormones over an extended period, leaving the person feeling depleted or overwhelmed, and weakening the body’s immune system.

**STRESS-REDUCING TIPS:** There are several easy, practical things people can do to reduce the amount of stress in their lives. (1) Be realistic and don’t try to be perfect, or expect others to be so. (2) Don’t over-schedule; cut out an activity or two when you start to feel overwhelmed. (3) Get a good night’s sleep. (4) Get regular exercise to manage stress -- just not excessive or compulsive exercise -- and follow a healthy diet. (5) Learn to relax by building time into your schedule for reading or a nice long bath.

## Key To Happiness Is Gratitude, And Men May Be Locked Out

*ScienceDaily (Mar. 19, 2009) — With Mother’s Day, Father’s Day and high school and college graduations upcoming, there will be plenty of gift-giving and well wishes. When those start pouring in, let yourself be grateful—it’s the best way to achieve happiness according to several new studies conducted by Todd Kashdan, associate professor of psychology at George Mason University.*

Gratitude, the emotion of thankfulness and joy in response to receiving a gift, is one of the essential ingredients for living a good life, Kashdan says. Kashdan’s most recent paper, which was recently published online at the Journal of Personality, reveals that when it comes to achieving well-being, gender plays a role. He found that men are much less likely to feel and express gratitude than women.

“Previous studies on gratitude have suggested that there might be a difference in gender, and so we wanted to explore this further—and find out why. Even if it is a small effect, it could make a huge difference in the long run,” says Kashdan.

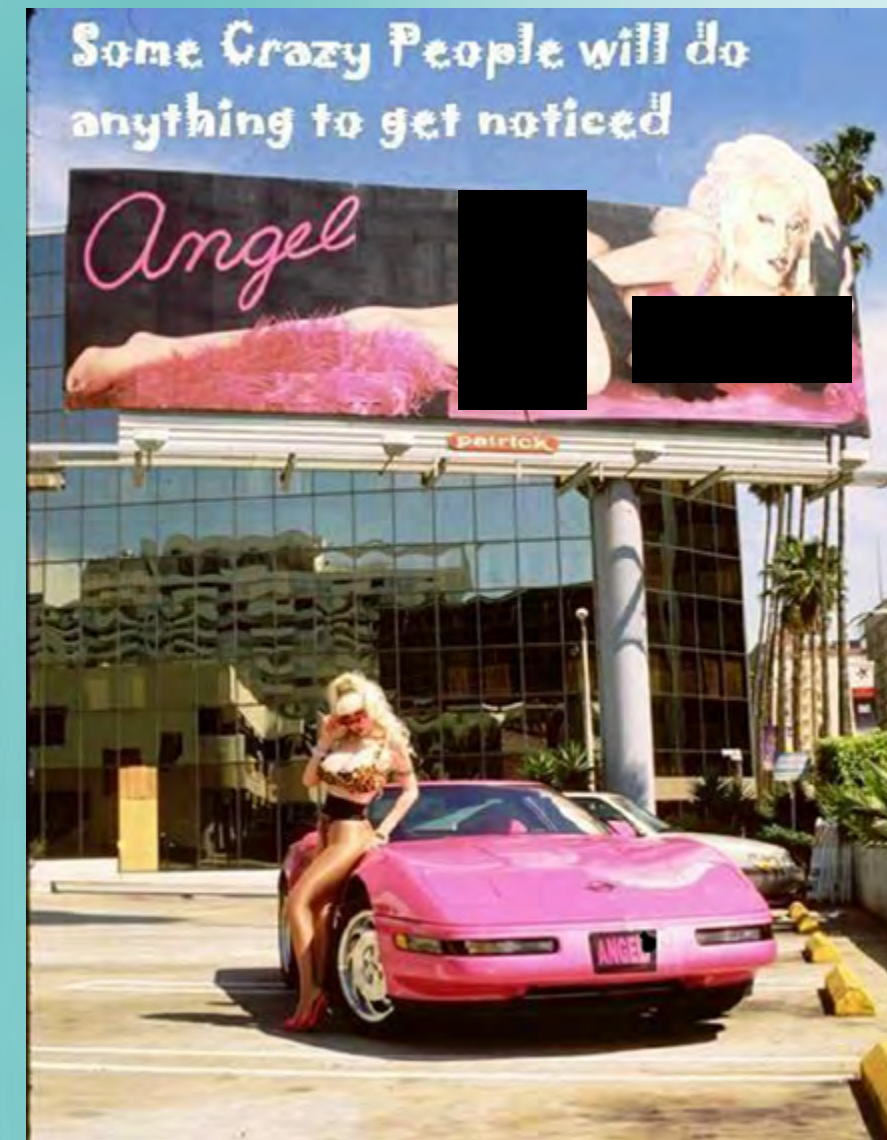
In one study, Kashdan interviewed college-aged students and older adults, asking them to describe and evaluate a recent episode in which they received a gift. He found that women compared with men reported feeling less burden and obligation and greater levels of gratitude when presented with gifts. In addition, older men reported greater negative emotions when the gift giver was another man.

“The way that we get socialized as children affects what we do with our emotions as adults,” says

Kashdan. “Because men are generally taught to control and conceal their softer emotions, this may be limiting their well-being.”

As director of the Laboratory for the Study of Social Anxiety, Character Strengths, and Related Phenomena at Mason, Kashdan is interested in the assessment and cultivation of well-being, curiosity, gratitude and meaning and purpose in life. He has been active in the positive psychology movement since 2000, when he taught one of the first college courses on the science of happiness.

Kashdan says that if he had to name three elements that are essential for creating happiness and meaning in life it would be meaningful relationships, gratitude, and living in the present moment with an attitude of openness and curiosity. His book “Curious?,” which outlines ways people can enhance and maintain the various shades of well-being, is scheduled for release in April 2009 with HarperCollins. And of course there are crazy people who will do anything to try to advertise themselves and attract the other sex. These often demented and uncontrollable maniacs can be seen everywhere.







# HAPPINESS

*Proverbs from the Angel*

Happiness comes from inside you, not from others, not from things, not from places, but from inside you as to how you react to these. If you get your happiness from something else they can take your happiness away. Often the happiest people are the ones who have had everything taken away. Ask Nelson Mandela. Some of the most miserable people are the extremely wealthy. Our society has come to the false belief of thinking that things can make you happy. The rich play on this false belief and they do everything they can to perpetuate and strengthen this fiction. We are constantly told by advertising that we will be better if \_\_\_\_\_. We are driven to want more and more. So there is never satisfaction, there is only more. There is also a fear that we could lose it all. Our society in too many countries does not provide for poor.

To stop this and help our society to grow we need to teach children better and we need to take better care of the poor people in our society. The poor should get the same economic education that everyone else gets. There should be a base life with good food, good clothes, good housing, good medicine, good insurance and good entertainment. This would alleviate the fear of total loss. The one percent of one percent of the richest people control more than fifty percent of the world's wealth. There is ample funds to provide for the poor and stop turning our backs on them. The insane profits made by the petroleum companies recently would take care of this problem a hundred times over. In Star Trek we see a future with little concern for money. Everyone has found that money and more money is not what you want. Happiness comes from Wellness and Laughter. Angels can fly because they take themselves lightly.



# PROOF OF THE POWERS *of the* *Human Mind*



## *The Steps of the Proof are:*

**Step 1. The test of time:** Humans have always felt the connection of mind and spirit. Every race of people and every tribe has had those who have greater abilities to use these powers of the mind. They know that there is a subtle but undeniable force of connection.

**Step 2. Quantum Theory:** Physicists were shocked when they found that a very small quantic experiment could be influenced by the observer. This was called the observer effect and thus the world of science was changed forever when the Observer Effect was PROVED!!!!

**Step 3. Medicine's Paranoid need for Double Blind.** Medicine was shocked when they discovered the placebo effect. The mind of the researcher was able to affect the results of an experiment. The mind of a doctor can affect the patient. The mind of a patient can effect himself. From then on a double blind experiment was required. Proof of the powers of the mind, but still the Geeks twist on.

**Step 4. Fractal Complexity:** What we do not know is so vast that it should be humbling. But it takes a lot to humble a Geek.

**Step 5. Bell's Theorem.** This basic theorem of Quantum Electro Dynamics.

**Step 6. PEAR = Princeton's Engineering Anomalies Research**

**Step 7. The disbelievers always get test results that deny the proof:** The hypothesis of our theory is that the mind can effect things. This means that those who disbelieve or scoff at the theory will only be able to get tests results that confirm their own disbelief.

**Step 8. The resistance to accepting the powers of the mind is great, in fact it is too great. The resistance is so incredibly great that it becomes PROOF**



"I STILL CAN'T BELIEVE CHARLIE GOT A SEX CHANGE OPERATION JUST SO HE COULD PLAY THE LADIES TEES!"



The following is a chapter on Hypnosis from the sexual warrior witch book.

**The World is contained  
in our Minds, to  
Change the World We  
must Change the Way  
We Think**

**If you want  
things to be  
Different then  
Something  
Must Change**



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## SuperLearning

by Desiré Dubounet, Prof. Emeritus of IMUNE

Do you want to know a secret ?  
Do you promise not to tell ?

Come a little bit CLOSER

*DR. 'Desire' can teach you the Secrets of Superlearning, using Music, Shock, Arousal, Humor, Suggestion, Hypnosis, + More*

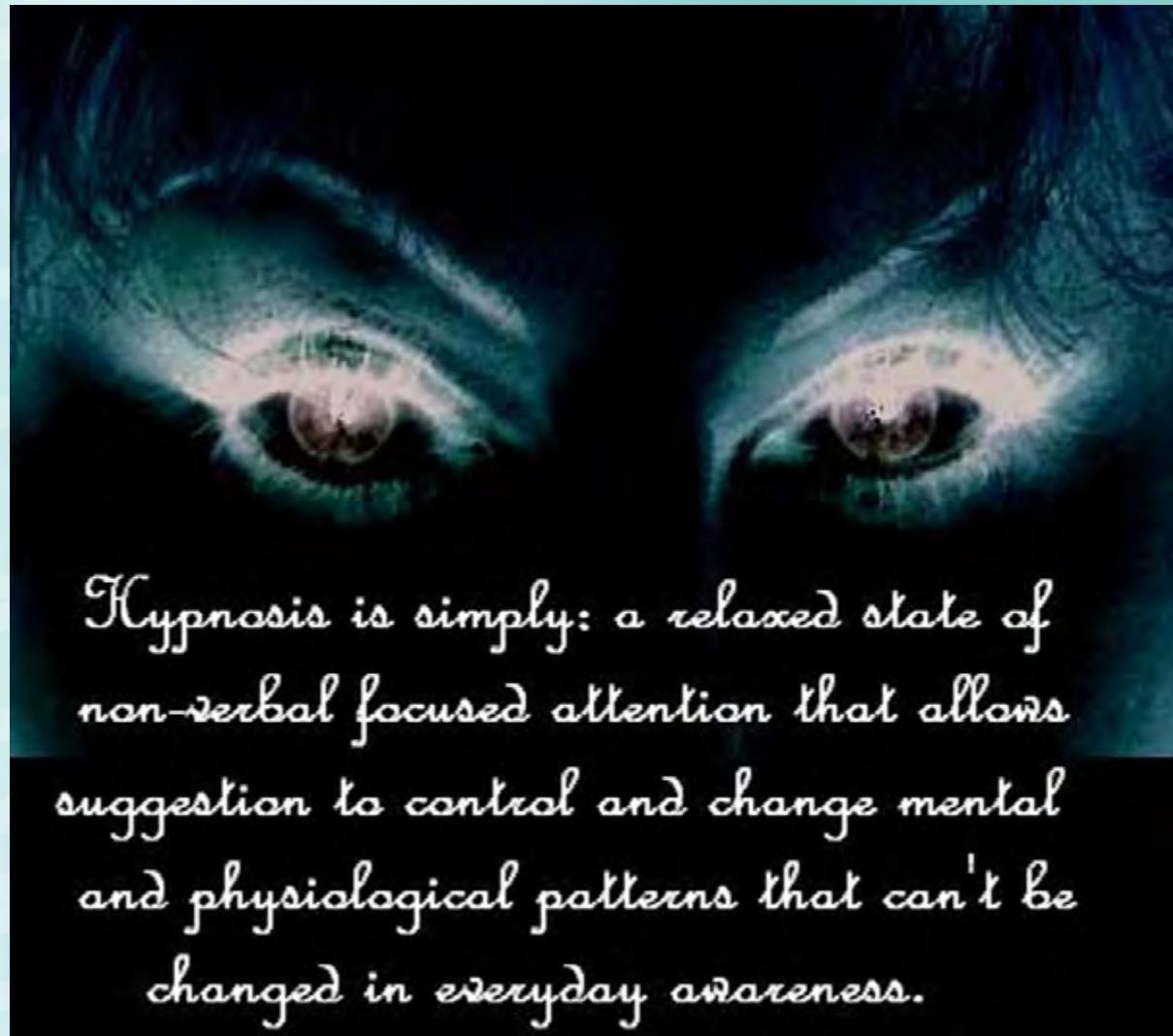


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## Super Learning Hypnosis

As we have said all of life is an illusion a trance if you wish to say. Our reality is not real, and people have an incredible ability to suspend disbelief. So part of being a witch is using suggestion. Much of witchcraft is a form of hypnosis.

Always remember 60% of the people are more prone to suggestion. They are more easily influenced. They respond to placebos better and follow others. The other 40% are resistant. They are sometimes lacking in vision, very pragmatic and cautious. If you ask someone to see his mother's face in the color purple and they look up to the right they are probably a good subject. If they stare at you and widen their eyes they are a very good subject. If they look to the sides or down they are most probably a bad subject. Sometimes it is hard to tell.



## dehypnosis

Today people are hypnotized, they are told consciously and unconsciously what to think, say or do. There is direct undisguised outward mind control from education, marketing, entertainment, news services and the media. The powers of Big Money tell us to think with the little head, tell us other races and color are less than the norm. They tell us that different is evil. They can control the masses with ease.

Desiré has come to De-Hypnotize the Masses. To set people free to think, challenge false beliefs, recognize that there is such a rapid change happening in the world today that it takes large effort to keep up with changes. We must be humble and not rigid with false beliefs. Desiré has come to defeat the petty lizard brain and set us free.

Desiré has the ability to expose false beliefs with a simple phrase, and then set the people's minds free from their mind control hypnosis.





Consumerism is the result of mass hypnosis



Hair Removal with Hypnosis Advert



CC Corpus  
*The Energy Band*  
**Callosum**  
*Regulator of the Body*

The SCIO device can use the Trivector and Cybernetic Loop to rectify aberrant and disharmonious energy patterns in the body. This has profound effects on all body functions but affects the corpus callosum most intensely.

This means that the ability of the conscious verbal mind to relate to the subconscious is increased with the rectification process. The patient will probably not feel the effect. There will always be a positive effect. If there is a negative effect, it is because there is shielded or covert feelings or memories in the subconscious. These will cause disease if left untreated. A simple release may solve the problem.

**The changes include:**

1. Activate the innate intelligence to balance the body energies. This is the basic principle of chiropractic, acupuncture, and osteopathy medicine.
2. There is an easier exchange of energy and information from right brain to left brain via the corpus callosum. The corpus callosum is the largest energy form in the body and the rectification process has profound effects on stabilizing it, so it dramatically reduces switching phenomena.
3. The SCIO thereby increases the ability of the conscious to interface with the unconscious. This allows greater knowledge of self and of the higher self.
4. There is a greater memory access, a more true access of memory without emotional clouding.
5. There is a greater flexibility of connective tissue, allowing for more resilience.
6. There is a greater oxygenation and hydration ability of the body.
7. There is a smoother muscle control.
8. There is a general increase in well being that the conscious mind is so often unable to perceive. And thus there are thousands of subtle improvements to be found.

Believe it or not, hypnosis is a very natural state that we go in and out of every day, most of the time without knowing it. For instance, like when we're driving on the freeway and miss an exit; or when we become so engrossed in a movie we start to cry or laugh with the characters, even though we know it's not real. Every night we go into a state of hypnosis or hypnogogic sensitivity for about 30 minutes before we fall asleep. And every morning when we first awaken we are in hypnosis. It is that dreamy feeling, in between being asleep and fully awake.

When we are in hypnosis, we are in an altered state of consciousness, which is really just a heightened state of awareness. We feel physically relaxed, mentally alert and fully aware of our surroundings. Because this is a time when both our conscious and subconscious minds are present, it is a state where we are more suggestible and the subconscious is open and receptive to positive suggestions and sensory experiences.

Consequently, we use the hypnotic state therapeutically to give powerful positive suggestions that the subconscious will accept and act upon, ultimately aligning with the conscious desires to change.



Focus on the Orb

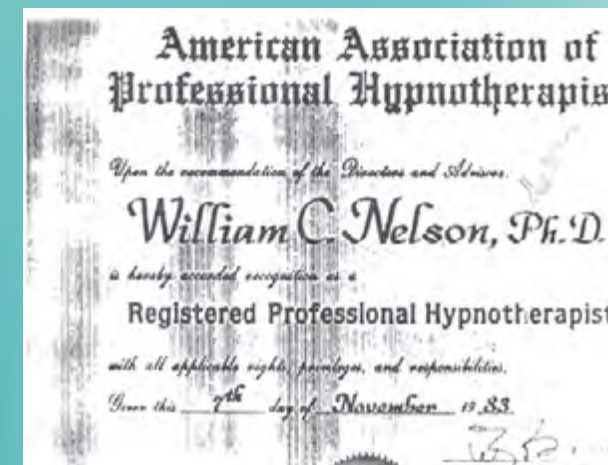
Much of witchcraft but not all of witchcraft is suggestion. Do not over use it or undervalue it, but learn it well. Hypnosis is thought to work by altering our state of consciousness in such a way that the analytical left-hand side of the brain is turned off, while the non-analytical right-hand side is made more alert. The conscious control of the mind is inhibited, and the subconscious mind awoken. Since the subconscious mind is a deeper-seated, more instinctive force than the

conscious mind, this is the part which has to change for the client's behavior and physical state to alter.

For example, a client who consciously wants to overcome their fear may try everything they consciously can to do it, but will still fail as long as their subconscious mind retains this terror and prevents the client from succeeding. Progress can only be made by long term reprogramming the subconscious so that deep-seated instincts and beliefs are abolished or altered.

Increasing suggestibility in a person you are talking to, such that they will provide information or follow instructions without resistance, is a relatively straight forward process. Such "fast inductions" can be executed one at a time, or in combinations, in order to achieve effects ranging from increased rapport to therapeutic trance. The smooth talker and the powerful sales person has the power of subtle hypnosis.

I was trained as a medical hypnotist in Ohio. I hypnotized many patients to go thru surgery and for other reasons in the Hospital. And I was a stage hypnotist at YSU and I had a TV show as a psychic and hypnotized people on TV many times. I was quite well renown a hypnotist.



**Pattern Interrupt:** Perhaps the easiest way to execute a fast induction is simply to interrupt a process that people always complete without interruption. If you ask someone to sign their name, then interrupt the process, they will wait in a very suggestible state to complete that process. If you reach out to shake their hand then hand them something to hold, or ask them to provide their address and disrupt the recitation, you will find they are very suggestible for several seconds. Experiment with interrupting a pattern, and then issuing an instruction someone might otherwise be somewhat disinclined to obey. You'll be astounded that the instruction is almost always obeyed without thinking. The important thing is to make sure that the operation is fully underway when it is interrupted, and that the instruction is very easy to follow. You can "deepen" the trance by executing another pattern interrupt and then giving an instruction.

**Start a Good Story or Great Joke:** Let's be clear. People listening to a good story or joke are in a subtle trance state. They are actively listening to you. They have tuned out distractions. They are waiting for your next word. They wait in wonder for the punch line. Instructions issued when people are in that state are most often followed. There is a good reason why the first few minutes of a film usually startle or surprise people, and it is not at all surprising that some films seem to have life changing impacts on people. Milton Erickson, the father of NLP, developed signature

methods to trance and transform patients other therapists had given up on. To use this form of fast induction, start the story or joke, then give a suggestion or instruction. To deepen the trance, try starting a second story within the first.

**Use Touch:** An unexpected touch is a very powerful induction. Coaches and teachers have often used a hand on the shoulder to make a player or student more attentive. Salesmen often execute a “close” after they’ve clapped someone on the arm. Touch can be a very dangerous induction technique, in this day and age, but it is undoubtedly one of the most powerful. Even total strangers will often respond to an instruction given after you have touched them on the arm or back.

Used in a right and therapeutic way, these techniques can help people step over a lot of road blocks. A doctor seeking to put a patient at ease may find that he can reduce pain in a patient more quickly using a fast induction and a direct suggestion that the patient feel “better now”.

Less honest folks use fast inductions to hurt people. Pick pockets often bump a victim hard enough to make them stumble, then steal a wallet or watch as they “help” them recover. Con men will often use a confusing story prior to asking someone hand over something of value. Serial rapists and serial killers will typically use a “trick” to widen a window of opportunity. They may follow you to your car at the supermarket and pick up one of your bags (a pattern interrupt) or start a confusing story as they walk toward you.

It is important to understand that almost everyone is more suggestible when confused or distracted. Very confused and distracted people are extremely suggestible. A time of personal crisis is not the best time to make big decisions based on advice from strangers.

You will be very surprised, and perhaps a bit frightened, by just how well these fast induction techniques work with a bit of practice.

An easy induction that I do on stage is to say to the audience, “Watch as I take a lemon out of pocket” I then show that there is no real lemon but I pretend. Then I say “Watch as I taste the lemon” I pretend to cut the lemon in half and then I put it to my mouth and make a face like I was tasting a sour lemon. I watch as most of the audience will make the same face. I can see the release of saliva in them. These are good clients for hypnosis. I tell the audience they were hypnotized into a body physical reaction and there was no lemon, just suggestion.

Now then on stage I tell them “please stretch out your hands with your right thumb pointing upwards in front of you. Now look at your thumb with one eye. See the thumb, hold the image and close your eyes. Now lower your hand but still see the thumb in the air. Look at the thumb, see the thumb in your mind.” The ones who hold their head steady for five seconds or more and do not look down or open their eyes are very good clients for hypnosis. I tell them all to relax and I now appear to choose people at random from the audience but instead I choose the good clients for the show. Stage hypnosis is great and you really can get a person to act as a chicken. They seem to have better abilities to respond to suggestion on stage.

Now normal day to day meetings are also easy but you have to be careful to respect a person’s privacy and dignity. You might go the whole route of your tired and your eyes are heavy. This is for a full induction of deep trance, like we all have seen on TV a hindered times. But as a witch if you want to be cleverer you need only use normal talking to plant your suggestion. If I say “Don’t think of elephants” you must think of elephants. The brain treats don’t in a special two brain way. It often ignores it. If you say to your child climbing a fence “Don’t fall” the child’s brain

must access the word fall and visualize it and thus has an increased ability to fall. Don’t goes to one part and the next suggestion goes elsewhere. So if I say “Don’t you think I am Beautiful” the person will get the suggestion and agree with me. And if I say “whatever you do Don’t think about having sex with me, don’t think what grand and climactic orgasms we might shape together.” The I am also planting the suggestion. If I see that this is working then the removal of the don’t can work with “Please release your inhibitions and relax into life’s little pleasures, the intensity of anticipation is one of the pleasures.” Use this gradual way to get suggestions for health, wellness and to dehypnotize or give suggestions for your clients or for your incantations. In my book on stopping smoking I go into more detail on addiction release with hypnosis. This book is about the sexual warrior witch.

If you say don’t smoke there is a subtle suggestion to smoke. So to avoid the negativity and influence of the don’t you should say “Keep your Lungs Clean”, “Make your blood Healthy”, or “Control your Mind”, “Control Your Will”. These are examples of positive suggestions.

I use negative suggestions with smoking to say “When you taste a cigarette, it will taste like dog shit”, or “When you smoke you will feel the sickness of the tobacco eating away at your body”. but now back to the Warrior Witch.

Right hemisphere  
**Intuition**  
selfless

Left hemisphere  
**Material**  
selfish, lies

Corpus callosum

The corpus callosum is the largest network of nerve fibers in the body and it does not fully myelinate till the early twenties, only then can the two parts of us communicate to know who we are we are many people inside but we are all at least two different people.

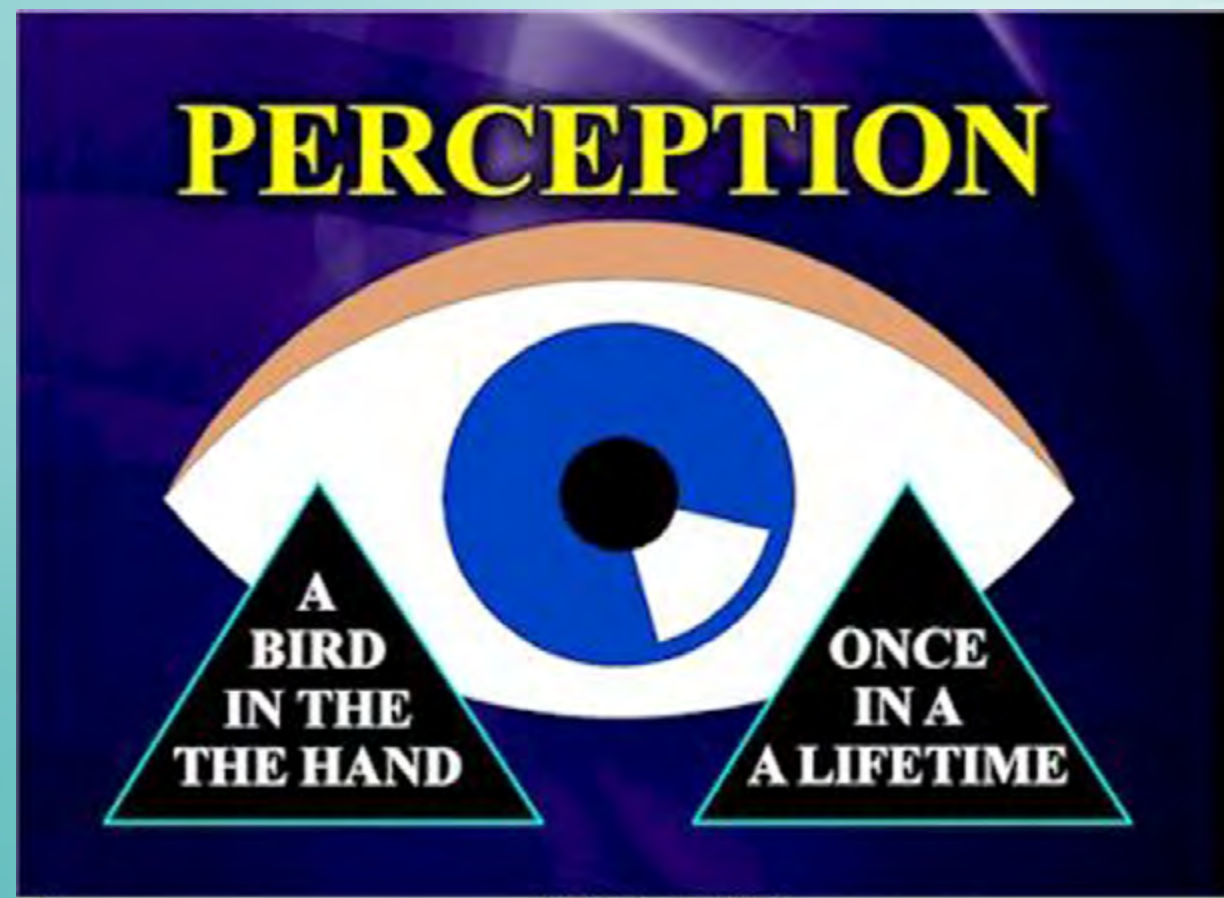
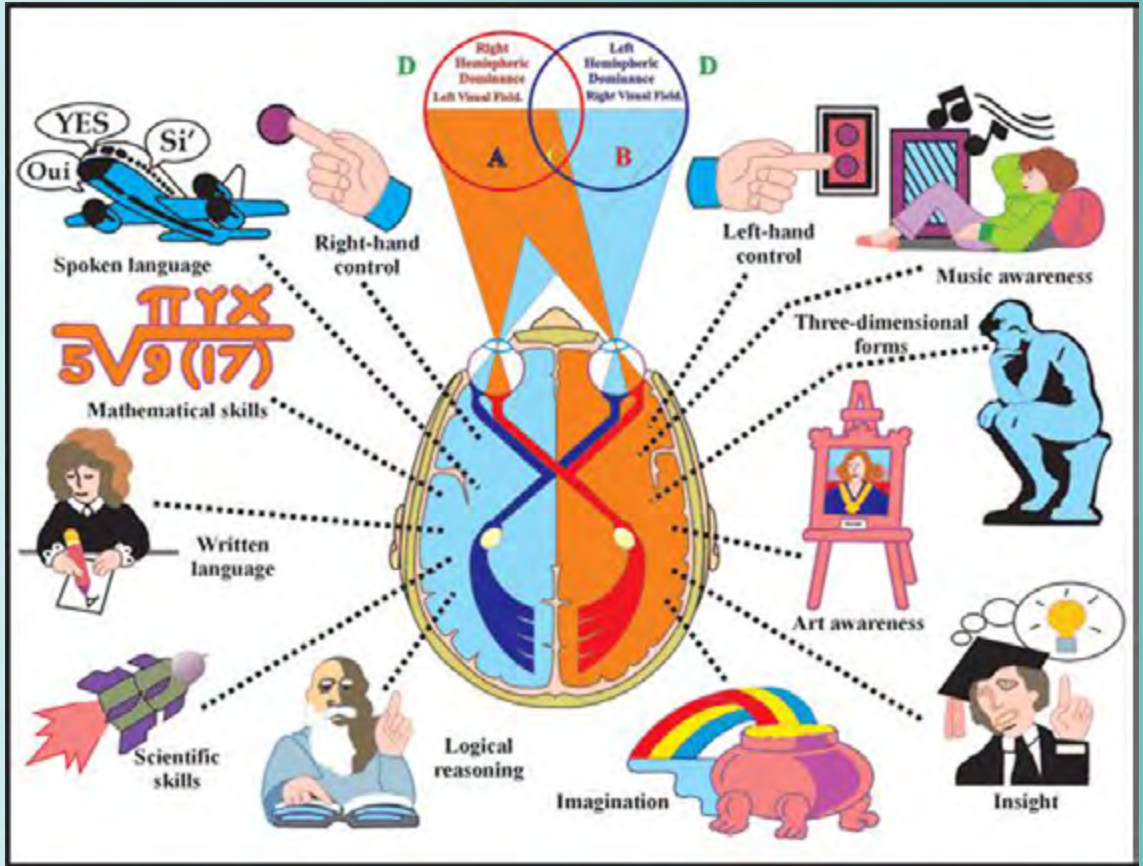
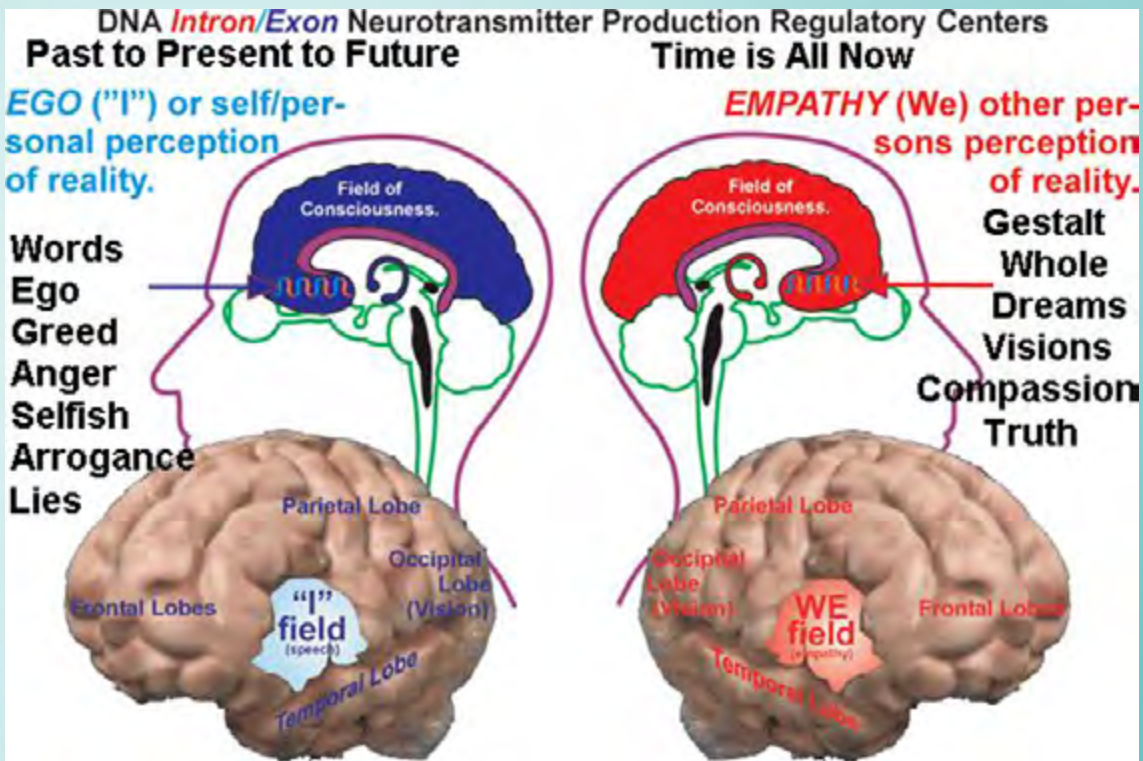
Brain

When we subdue the Word area we can tap into the Vast Powers of the Universe and Unleash and Focus that Power

The Word part of the Brain is most often Dominant even when the other parts of the Brain make a life choice the Word area is there to verbally rationalize it, it is the task in Eastern meditation to subdue and control the Words. This allows us to see more of the true way and to share our life on this world with Compassion + Care

social thinking

selfish thinking



Read the words in either of the triangles. Now, read the words **BACKWARD**, one word at a time. Did you notice anything different? Right brain people read the triangel on the right first. Left brain people tend to read the right triangel first. Excessive Left Brains notice the misspelling of triangle.



## THE PHMONENEAL PWEOR OF THE HMUAN MNID

**Aoccdrnig to rsceearh at Cmabrigde  
Uinervtisy, it deosn't mttar in waht oredr  
the ltteers in a wrod are, the olny iprmoatnt  
tihng is taht the frist and lsat ltteer be in the  
rghit pclae.**

**The rset can be a faotl mses and you can  
sitll raed it wouthit a porbelm. Tihs is  
bcuseae the huamn mnid deos not raed  
ervey lteter by istlef, but the entrie wrod as  
a wlohe. Eevn redanig wrods is a wolhe  
brian funtcoin.**

**I cdnuolt blveiee taht I cluod atlcualy  
uesdnatnrd waht I was rdeanig!  
Amzanig ins't it?**

*Left brain anal retentive types will struggle with  
reading this above passage.*

*Their anal retentive spell check will be over  
loaded. Right brain free intuitive thinkers will  
read it quite easily and at normal speed.*

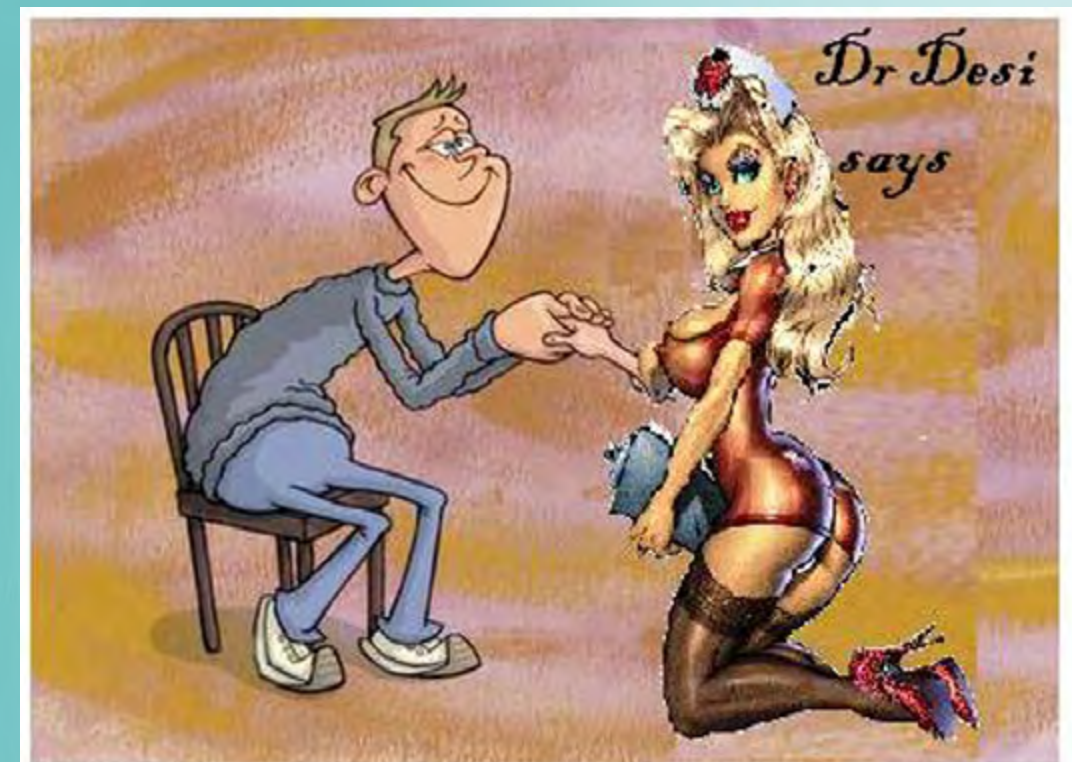
## Hypnotic Handshakes

The Hypnotic Handshake method is based on 'brief hypnosis'. Brief hypnosis is a less known form of hypnotizing; I learned this from Dr. Milton H. Erickson in 1977. Erickson also taught the Hypnotic Handshake method based on the philosophy of brief hypnosis.

When I attended a seminar by Erickson, he taught us the handshake induction. Just before lunch he took three people and did the handshake induction on them. He suggested to them under hypnosis that they would have the most incredible lunch ever. They would have their most perfect dream lunch. We all went to a mediocre lunch and when we returned they were still sitting there. When he awoke them from their trance they reported having the most incredible lunch. We all drooled at the stories they told of wonderful culinary delights. I have used this many times on stage and in practice.

Most people enter trance (the hypnotic state of mind) and exit trance many times during the day. Some people say that all of life is a trance.

One good example would be driving on the free way, white you're figuring out what to say to your boss about you being late again (for the 29th time this month). Not being aware completely to the road and to the driving activity, you still make it in one piece to the office. That's hypnosis.



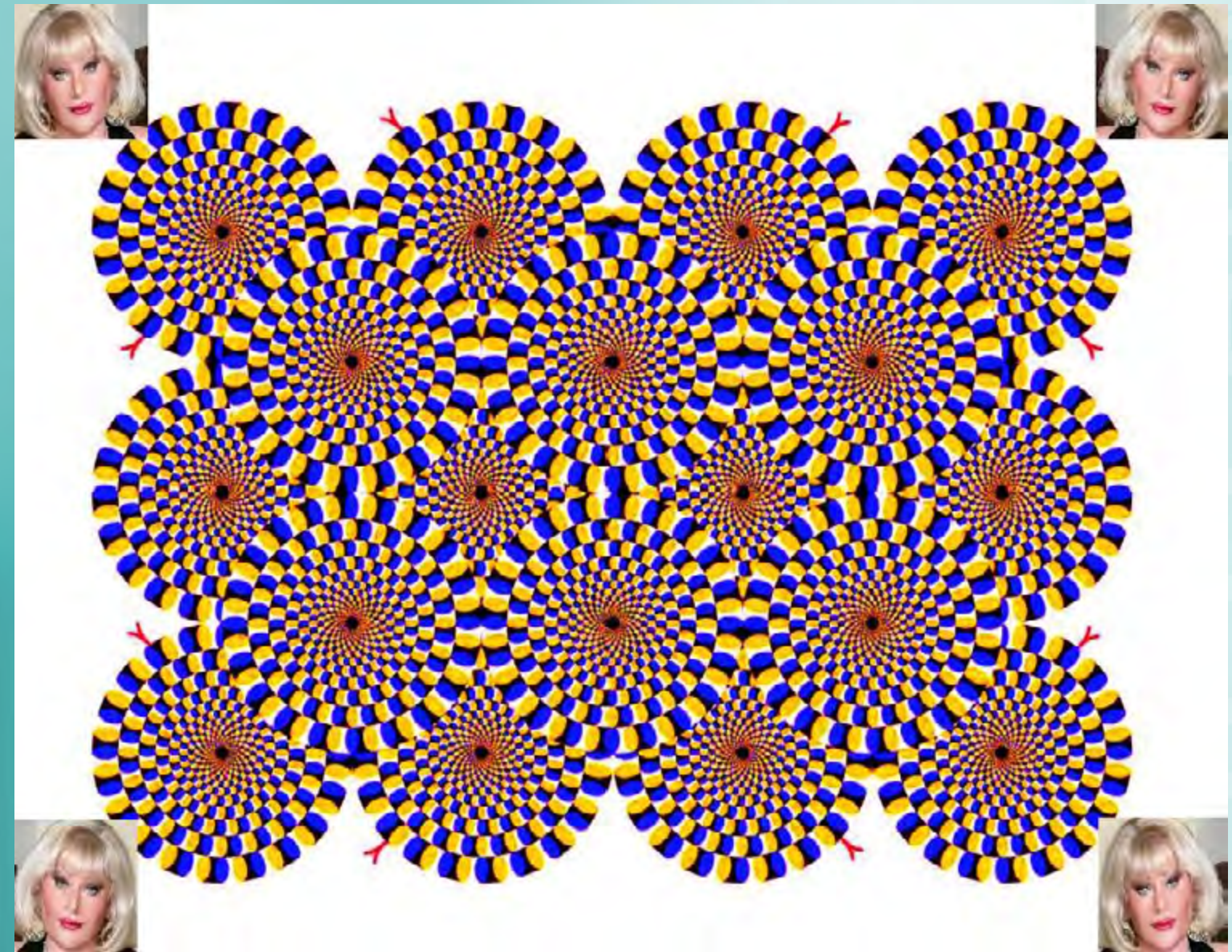
*A Slight Shift Of Attention +  
The HandShake Induction is Powerful*

## Hypnosis summary

Hypnosis can just be calm rapport or just two people sharing ideas. When an idea becomes a suggestion it can be absorbed by one of the person. There is mass hypnosis, fear hypnosis, instant hypnosis, stage hypnosis, and more. Learn to listen and share but keep an idea of control and direct your power. Nearly all individuals think all you wish to do is click your fingers or put a fob watch in front of a person's face and they will be instantly hypnotized.

Instant shock hypnosis inductions can occur all the way through naturally happening times in life will cause instant shock hypnosis or it will be induced deliberately by hypnotists or individuals shifting us with these methods. Instant shock induction hypnosis can be amusing. It is a very easy and down-to-earth practice.

The best way to achieve self-hypnosis is to relax and go into a trance repeating a mantra or focus our eyes on a trance assist form. My favorite three with my picture in each are in the appendix and another with the magic eye 3d effect. If you cross your eyes slightly you can get the 3d image from the 2d picture with the stereogenic effects of the eyes. This can help to induce self-trance. Always have written down your affirmation or suggestion you wish to deepen into your consciousness. Take 30 deep breaths, progressively relax your muscles, and allow yourself to slip into the hypnogogic state of trance. Repeat your new suggestion or the desire of your incantation and it will take form and have a reality. How this reality shapes is most often indeterminate so be careful, what you wish for.





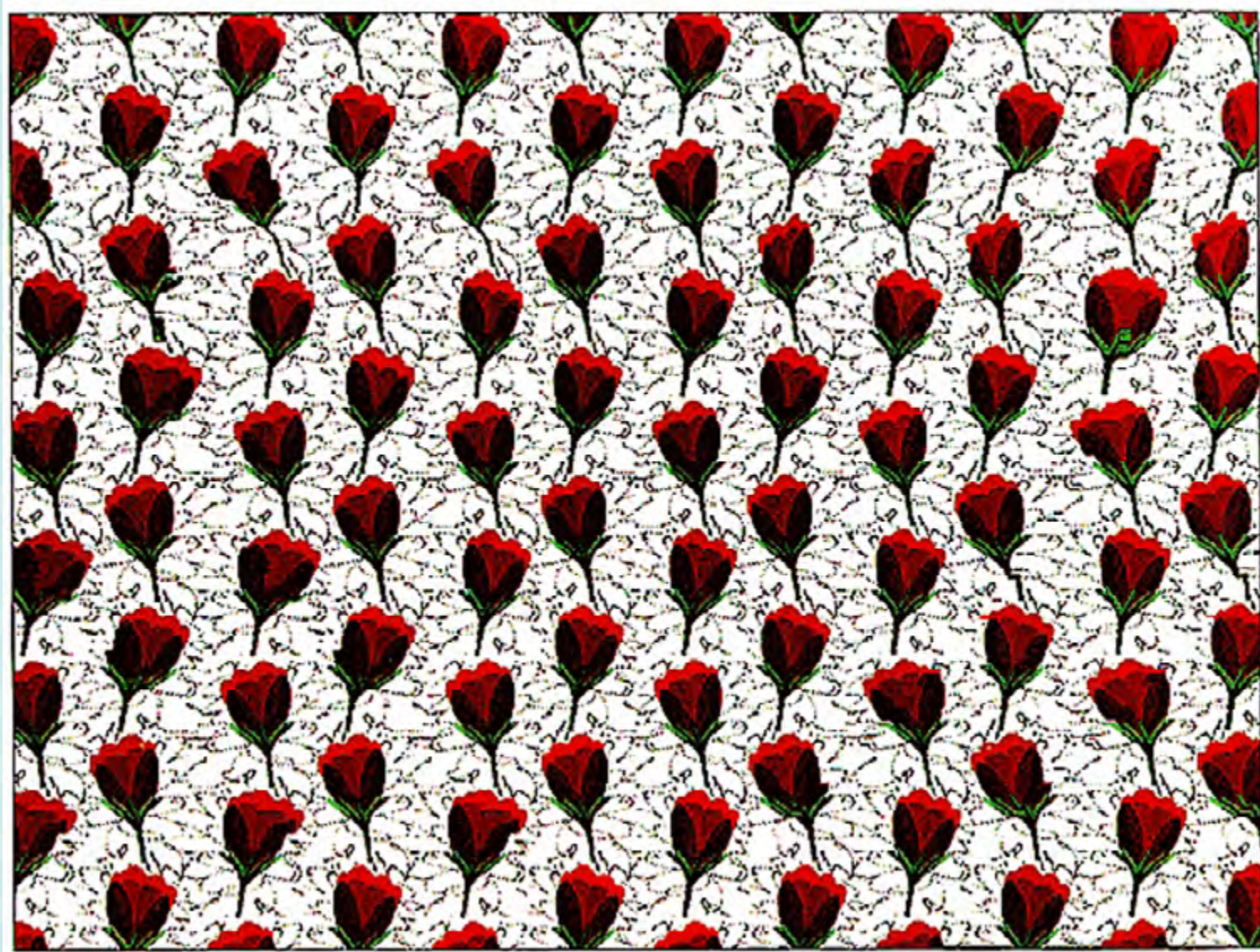
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## SuperLearning

by Desiré Dubounet, Prof. Emeritus of IMUNE



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# sport *history*

pictures on China, AC Milan,  
San Antonio spurs, Dennis Johnson

The first sport study with the Quantum Xrroid technology was on members of the Cleveland Browns football team in 1988. The results were amazing and all of the participants went all Pro over the next five years. Having worked with the power lifting team of Hungary in 1991 they went from moderate to gold medal performance.

AC Milan bought some systems and their injury level dropped 91%. This was because the system can stimulate and accelerate healing of injured tissue. They asked for us to develop the device to sharpen the athletic skills of the clients. With this in mind we developed a way to sharpen coordination endurance and strength. AC Milan won the European championship the next two years. We worked with Dennis Johnson ex twice NBA MVP in the San Antonio Spurs system. The results were amazing.

The Chinese Olympic team had us do a study. Out of their 487 athletes in the 2008 Olympic Games, they assigned 150 of the sick, old, weak, and tired to us. The study was to see if we could repair injured tissue and get an athlete back onto the field. The results were astounding. Out of the hundred medals won by the Chinese our 30% of the injured performers won 33 % of the medals. Our athletes were not supposed to win. And because of this Desire' was awarded an honorary Gold medal.

Sports medicine has entered the energetic arena. There are those who want to win and they differ from those who want to conform.

Some of the best cyclists in the world  
have used the SCIO to win championships



If you need more information on the SCIO and purchase details please get in touch with us

**Maitreya Kft.**  
tel: +3613036043 | web: [www.qxsubspace.com](http://www.qxsubspace.com) | e-mail: [info@qxsubspace.com](mailto:info@qxsubspace.com)

**SuperLearning**  
by Desiré Dubounet, Prof. Emeritus of IMUNE

Just as we have said the mind has powers beyond our ability to know. Way beyond the abilities of our verbal mind. For proof we see the savants. These people are called learning disabled when in fact they are learning different; they hold the key for opening our powers of mind. Please watch the videos of Daniel and see what we mean. This article will open the door and if you are bold enough to step thru it then you will see the light.

## Savant Daniel Tammet “Sees” Numbers and Learns Complex Languages in a Week

### What is the Limit of Human Intelligence?

Daniel Tammet holds the record for reciting Pi to 22,514 decimal places and has what is known as “Savant Syndrome”. What makes Daniel unique from other Savants with extraordinary mind capabilities is he can explain to scientists what is going on in his head. Daniel explains his ability to memorize numbers is due to his mind perceiving numbers as complex multidimensional colored and textured shapes. Daniel is a unique example of savant syndrome because he is the only one so far that can describe his inner world. His ability puts a new spin on what is “intelligence”.

“I was able to visualize the digits in my mind’s eye as beautiful rolling numerical panorama, with prime numbers as signposts”

Be sure to watch the “Chess Hustlers” in Video 3 and the Japanese Students manipulating numbers with an “imaginary abacas” in their minds to do extraordinary calculations in their minds. The Japanese Children are not Savants as they have been practicing hours per day for years. If you only have time to watch 1 of the 5 parts below make it number 4! In video #5 Daniel is given the ultimate linguistics challenge – Learn the Icelandic language in 7 days. And of course he does! Note: There is another series of videos that are not the same but very close to this series. Search for “The boy with the incredible brain”

### Daniel Tammet



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While possessing Savant Syndrome, Daniel can describe his inner world to scientists.

When Dustin Hoffman starred in the 1989 Hollywood movie Rain Man the “autistic savant” was suddenly transformed from being a rare disability that few people had heard of into a familiar household term.

In fact the term savant syndrome is preferable to “autistic savant”, as only about 50% of people with savant syndrome actually have autism. The others have a different cause of severe mental disabilities coexisting with some outstanding talent or ability. The “island of genius” is always linked to incredible memory capacity, and may involve musical, artistic, mathematical or mechanical talents. It is all the more remarkable as it exists within a sea of mental handicap.

### Some History

The first recorded case of savant syndrome was the severely mentally handicapped Thomas Fuller, in 1789, who displayed remarkable lightning calculating abilities. When asked how long a man had lived who was 70 years, 17 days and 12 hours old, he gave the correct answer after 90 seconds, even correcting for the 17 leap years! Yet apart from this astounding ability, Fuller was able to “comprehend scarcely anything.”

The term “idiot savant” was introduced in 1887, as at that time idiot was the term for anyone with an IQ of less than 25. “Savant” is derived from the French “savoir”, meaning “to know”. Like in Latin the word to know is SCIO. In fact, almost all cases occur in people with IQ over 40, and the current term savant syndrome is more accurate as well as being less offensive.

### How Common Is It?

About 10% of people with autistic disorders have savant abilities, and in the non autistic population, including those with mental retardation, the prevalence is less than 1%. It’s much more common in men than in women.

### Some Examples of Savant Abilities

Impressive mathematical abilities that savants possess often include lightning calculation. Calendar memory is sometimes seen, whereby the savant is asked a question like what day of the week was January 14th 1973? and can give the answer within seconds. At the 1964 American Psychiatric Association Annual Meeting, two autistic identical twin brothers were presented who had a calendar calculating span of over 40,000 years backwards and forwards. Others can multiply and divide huge numbers and calculate square roots in their heads, yet often have difficulty with simple arithmetic and are unable to accomplish simple mathematical transactions in daily life, like counting out change in a shop.

Some savants are incredibly talented artists and musicians. For example, the successful artist Stephen Wiltshire is a savant, with autism. He has been filmed completing a highly accurate and detailed sketch of London covering 4 square miles, 12 major landmarks and 200 other buildings, all drawn to scale and perspective, after observing it all during a helicopter ride that only took 12 minutes! Musically talented savants often have perfect pitch and remarkable musical memory.

Some savants have remarkable mechanical or spatial skills, like the ability to construct complex and detailed models, or to measure distances very precisely without instruments. The real savant who was the inspiration for Dustin Hoffman’s character in Rain Man had memorized over 8600

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books and possessed encyclopedic knowledge of geography, music, literature, history and sports. He also had a fascinating ability to read extremely rapidly, scanning one page with the left eye and the other with the right simultaneously.

### ***Inside the Savant's Brain***

Many researchers believe that the underlying cause of savant syndrome is left brain injury with right brain compensation. Brain imaging with CT, PET and MRI scanning often shows evidence of left brain deficits or damage in savants. The theory is also backed up by cases of acquired savant syndrome, where savant abilities appear after damage to the left side of the brain, either following trauma like a fall or gunshot wound, or after the onset of dementia that particularly damaged the left brain. The savant mentioned above, upon whom the Rain Man character was based, was found on MRI to have substantial brain damage, including entire absence of the corpus callosum, which normally connects the left and right hemispheres of the brain.

### ***Research Directions – Can We All Find Our Inner Savant?***

Ever since the existence of this remarkable syndrome was first recognized, people have been fascinated by how such prodigious talents can coexist with severe disabilities within the same individual. In recent years, researchers have begun asking whether they can reveal savant like abilities in healthy volunteers if they temporarily immobilize parts of the left brain with a technique called Repetitive Transcranial Magnetic Stimulation. In some people, there was an improvement in savant type skills, like drawing and proofreading, but the improvements were not dramatic, and did not occur in everyone. Some subjects even experienced temporary short term memory loss afterwards.

The existence of savant syndrome remains a conundrum that fascinates us and challenges our understanding of what the human brain is capable of

## **Daniel Tammet, Boy with the Incredible Brain**

### ***Daniel Tammet --- Selected Bibliography***

Fall 2007 Cultural Events series continues with an informal conversation with Daniel Tammet on October 23, 2007. He is the author of *Born on a Blue Day: Inside the Extraordinary Mind of an Autistic Savant* and *Born on a Blue Day: A Memoir of Asperger's and an Extraordinary Mind*.

Daniel Paul Tammet is a British high-functioning autistic savant, gifted with a facility for mathematics problems, sequence memory, and natural language learning. As one of the world's high-functioning autistic savants leading a relatively normal life, he offers incredible insight into the world of autism, Asperger's syndrome and other severe cognitive impairments. He challenges us to think about how society treats those who are different and what tolerance and understanding really mean.

In conjunction with this event, we have compiled a bibliography consisting of books, journal articles and websites on Daniel Tammet, Asperger's syndrome, synesthesia and savant syndrome.



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- [Brain Man: one man's gift may be the key to better understanding the brain](#)
- [Daniel Tammet - The Incredible Brain](#)
- [A genius explains](#) - Interview of mathematical and linguistic whiz Daniel Tammet by Richard Johnson
- [Optimnem: The official website of Daniel Tammet](#)

If you watch the videos of Daniel it will show you a new way of seeing things. Please take the time for my words cannot capture the way your perceptions of thought will change. The above article points out some very interesting and unavoidable truths for the world today.

First what we know about thought and the human mind is all wrong.

Second the verbal area of the Brain is not only very limited it is extremely limited and there are capacities in the brain way beyond verbal capacities. The verbal brain is but a tool for our real bodies. It is the language interface. It is not the master, it is not the intellect we thought it was, it is not the height of the mind. It is a tool. The mind has capacities unknown.

The Buddhists have many quote major unknowables , one the beginning of all things. If we think too much on the beginning of all things we will get a headache and still not know. Second is the power of the Buddha mind to see and affect things at a distance. And third is the power of any human mind. Its capacities are quote unknowable. There is always more we can do once we transcend the limitations of our doubting self/limiting verbal mind. As Helen Keller once said "the only obstacles are in the human mind". And she ought to know, and we ought to listen.

## Asperger's Syndrome - Symptoms

Although there are many possible symptoms of Asperger's syndrome, the main symptom is severe trouble with social situations. Your child may have mild to severe symptoms or have a few or many of these symptoms. Because of the wide variety of symptoms, no two children with Asperger's are alike.

### *Symptoms during childhood*

Parents often first notice the symptoms of Asperger's syndrome when their child starts preschool and begins to interact with other children. Children with Asperger's syndrome may:

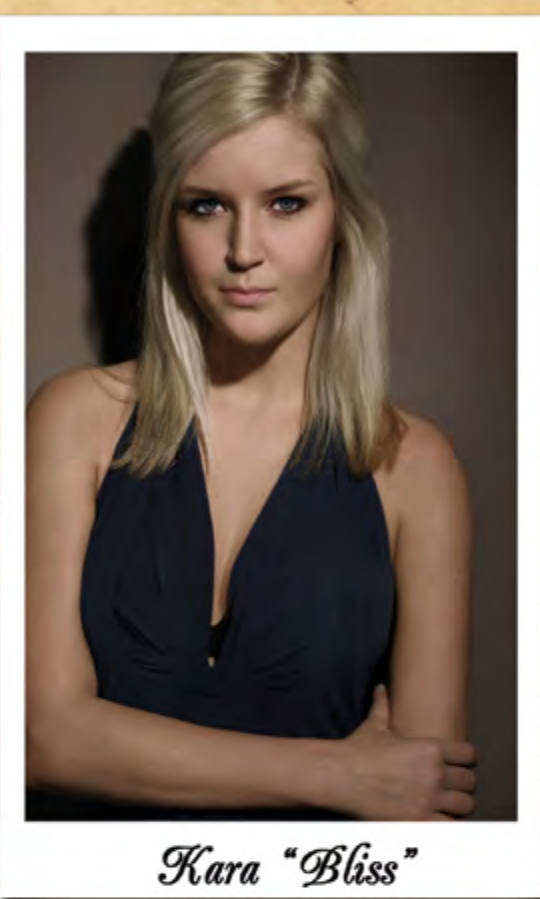
- Not pick up on social cues and may lack inborn social skills, such as being able to read others' body language, start or maintain a conversation, and take turns talking.
- Dislike any changes in routines.
- Appear to lack empathy.
- Be unable to recognize subtle differences in speech tone, pitch, and accent that alter the meaning of others' speech. Thus, your child may not understand a joke or may take a sarcastic comment literally. Likewise, his or her speech may be flat and difficult to understand because it lacks tone, pitch, and accent.
- Have a formal style of speaking that is advanced for his or her age. For example, the child may use the word "beckon" instead of "call" or the word "return" instead of "come back."
- Avoid eye contact or stare at others.
- Have unusual facial expressions or postures.
- Be preoccupied with only one or few interests, which he or she may be very knowledgeable about. Many children with Asperger's syndrome are overly interested in parts of a whole or in unusual activities, such as designing houses, drawing highly detailed scenes, or studying astronomy. They may show an unusual interest in certain topics such as snakes, names of stars, or dinosaurs.<sup>2</sup>
- Talk a lot, usually about a favorite subject. One-sided conversations are common. Internal thoughts are often verbalized.
- Have delayed motor development. Your child may be late in learning to use a fork or spoon, ride a bike, or catch a ball. He or she may have an awkward walk. Handwriting is often poor.
- Have heightened sensitivity and become overstimulated by loud noises, lights, or strong tastes or textures. For more information about these symptoms, see sensory integration dysfunction.

A child with one or two of these symptoms does not necessarily have Asperger's syndrome. To be diagnosed with Asperger's syndrome, a child must have a combination of these symptoms and severe trouble with social situations.





Daniel "Persevarance"



Kara "Bliss"



Sterling "Precision"

### Desiré's Children

The traits most needed in today's world. I have named my children

Daniel Persevarance,  
Kara Bliss,  
Destiny Patience, and  
Sterling Precision.

These are the personality traits that can serve you well.

Remember!



Destiny "Patience"



Children with the Grandparents

## Asperger's Syndrome Symptoms

- Not pick up on social cues
- Dislike any changes in routines
- Have a formal style of speaking that is advanced for his or her age.
- Have unusual facial expressions or postures
- Talk a lot
- Have delayed motor development
- Have heightened sensitivity
- Reject illogical Norms

Although the condition is in some ways similar to autism, a child with this syndrome typically has normal language and intellectual development. Also, those with the syndrome typically make more of an effort than those with autism to make friends and engage in activities with others.

# Asperger's Syndrome

## Children and adults with Asperger syndrome might:

- Have trouble understanding other people's feelings or talking about their own feelings.
- Have a hard time understanding body language.
- Avoid eye contact.
- Want to be alone; or want to interact, but not know how.
- Have narrow, sometimes obsessive, interests.
- Talk only about themselves and their interests.
- Speak in unusual ways or with an odd tone of voice.
- Have a hard time making friends.
- Seem nervous in large social groups.
- Be clumsy or awkward.
- Have rituals that they refuse to change, such as a very rigid bedtime routine.
- Develop odd or repetitive movements.
- Have unusual sensory reactions.

Source: Centers for Disease Control

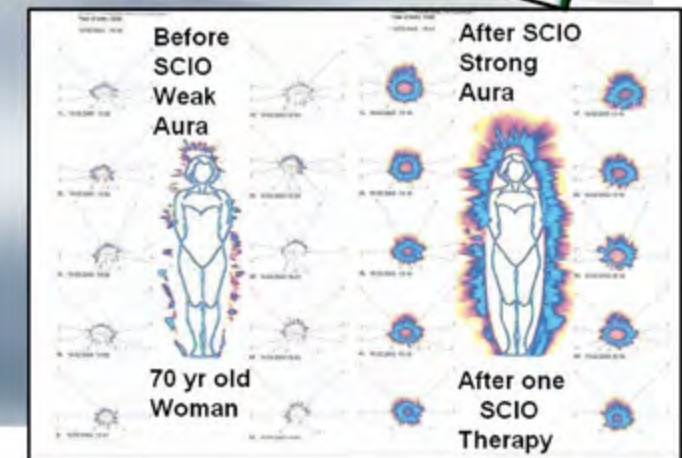
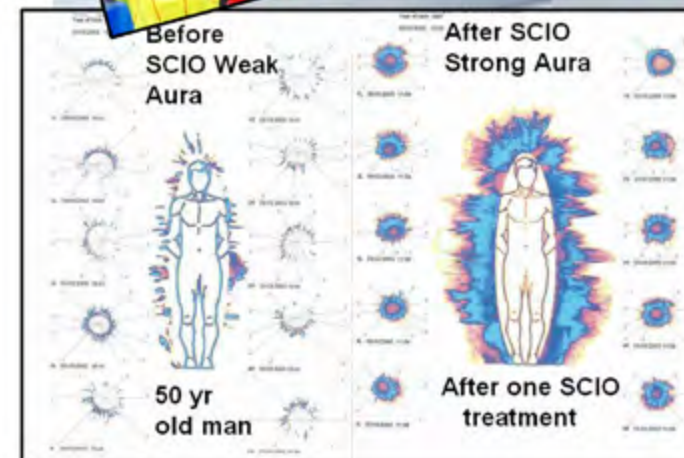
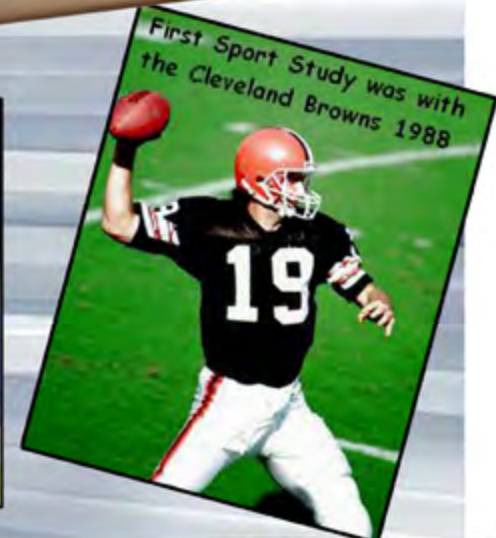
## Symptoms during adolescent and teen years

Most symptoms persist through the teen years. And although teens with Asperger's can begin to learn those social skills they lack, communication often remains difficult. They will probably continue to have difficulty "reading" others' behavior.



The Scientific Results are in, the SCIO Works

Published in an ISSN Peer Reviewed Medical Journals



The SCIO will improve the body electric VARHOPE by five% as an average after just one session. The AutoFocusing Harmonic therapies of the Cybernetic Loop of measuring, stimulating, re-measuring, all guided at maximizing the body electric potential will improve your body electric by an average of five%. Improvements of Voltage, Amperage and thus power. Improvements of Resistance and Hydration that means improved enzyme and osmosis transfer of nutrients and detoxification. Improvements in Oxidation meaning more endurance. And improvement in Ph meaning more health. No wonder there are a mile long list of testimonials. Now we can understand why the sport athletes get such great results. A five% improvement is a great edge for a professional sportsman. The patented and proprietary process of the SCIO and QQC have been proven on the world scientific stage to work wonders of improving and stabilizing the body electric.

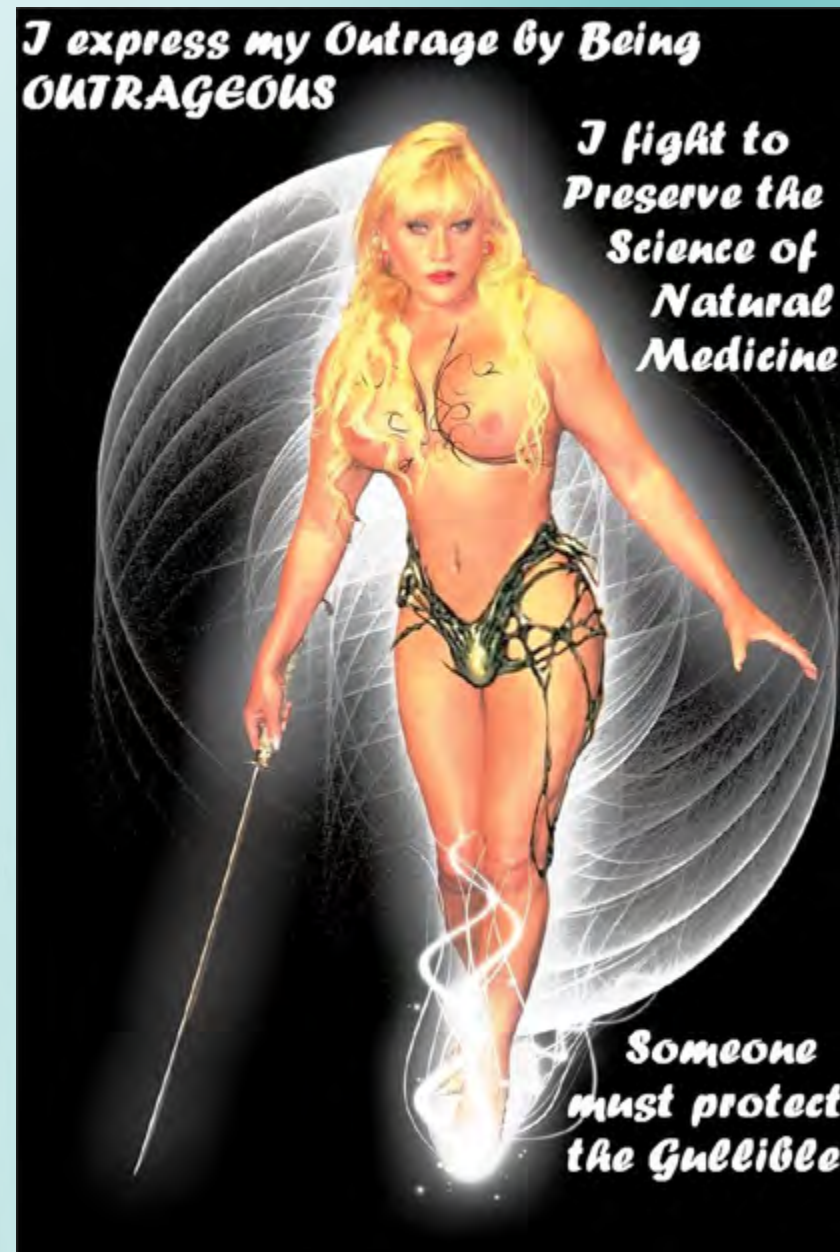
If you need more information on the SCIO and purchase details please get in touch with us

Maitreya Kft.

tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com

## Dedication

So in our new biology of the Neomorpheus we need to account for and deal with Daniel. It was my son Daniel whose life helped me to understand things better. So to this end I dedicate this book to my son Daniel. I named him after the Bible's Daniel who had dreams that shaped reality, fought with a lion, lived in the furnace, and proved many things for us to see. And I named him Perseverance for his middle name to give him the energy of focus dedication. Daniel was born autistic because of a SINthetic drug. And when I researched this I found that all SINthetic drugs make disease and the whole of medicine was wrong to depend solely on their use. This led me to discover and then champion natural medicine, all because of my son Daniel. In the name of dedication I dedicate this book to my son Daniel.



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**Verbal Conscious**

**Sub-(un)-Conscious Mind**

The sub or superconscious system is the largest part of us by far. It often dictates most of our actions and the verbal mind rationalizes and explains the actions. The superconscious system receives 1000 times more data than the over analytical verbal mind. The superconscious can react to things 1000 times faster than the verbal mind. The superconscious mind Controls the body electric. If we want to do energetic medicine we must use devices such as the QXCI, that interface with the Body Electric. This interface can deal with the deepest parts of the mental disease process for maximum medical results. With this new medicine we can truly relieve much misery and suffering. Please don't insist on the verbal mind agreeing or understanding. It is limited in experience.

**Innate Intelligence**

DNA and RNA that drives the basic life force of cellular existence

There are many parts of our intellect and our person  
We are Body, Mind, Spirit, Social, Environmental

**SPIRIT**  
The spirit knows no boundaries or limits

**SOCIAL**  
Love thy neighbor as thyself

**BODY**  
The body is the Temple, who defiles the body shall be destroyed

**ENVIRONMENT**  
What you sow, you reap

**MIND**  
As a person thinketh in his heart so is he.

We must develop the total self and the total Intelligence.

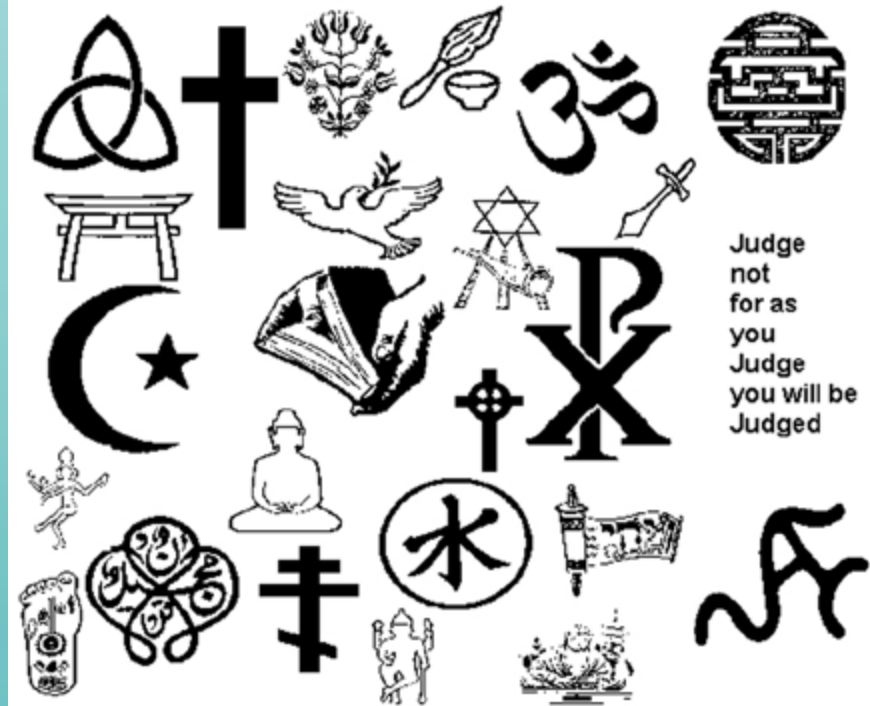
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The **Body IQ** is the elegant connection between the mind and body, there is the innate intelligence of the body that strives for health. When our **Body IQ** is small then we do not listen to the signals from our body, this lack of body awareness can be a major cause of disease. **Build the Body IQ** by exercising the body mind connection.



The smartest day of my life was the day I realized what I Don't Know, Most people in medicine think that intelligence is a measure of what you know, This can lead to false arrogance and audacity in the face of nature. Our patients lives and bodies are so much more drastically complex beyond our capacity to know. We should restore the simple concept of humility to medicine. We should be humble in the face of the complexity of God's creation. Only by working with natural law can we hope to help our patients. The pompous chemical companies make sure that the arrogance of trying to play God and make copies of nature is a philosophy given to all of their doctors. When we learn to appreciate nature and to work with it not against it, we will have to be humbled by the power of natural healing which is in us all. The most intelligent day of my life was the day I was humbled by God's greatness of healing. I accept that I can not heal but can only help the patient to heal himself. **WC Nelson**

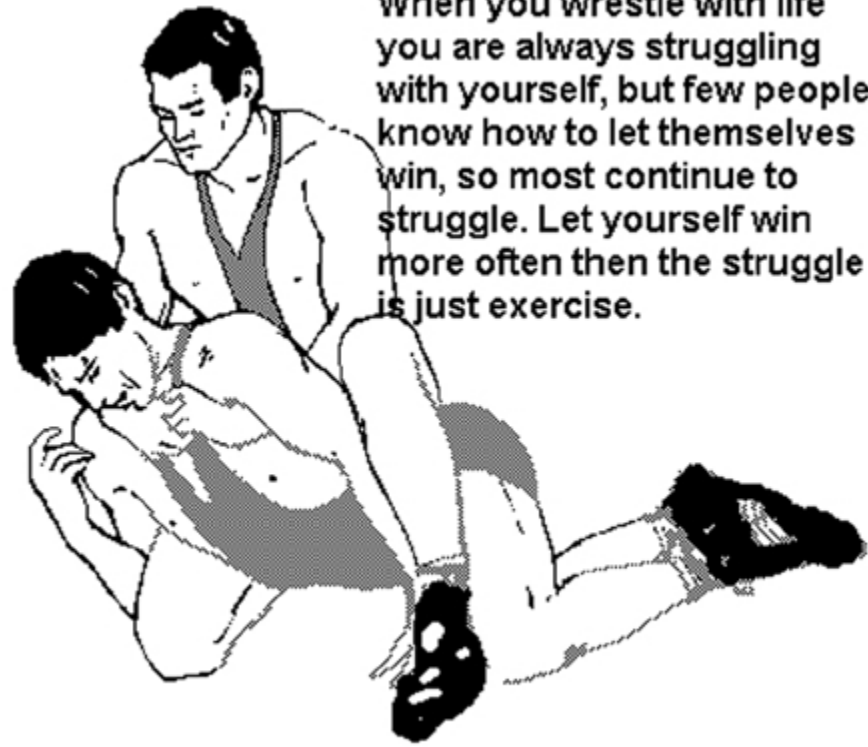


Judge not for as you Judge you will be Judged

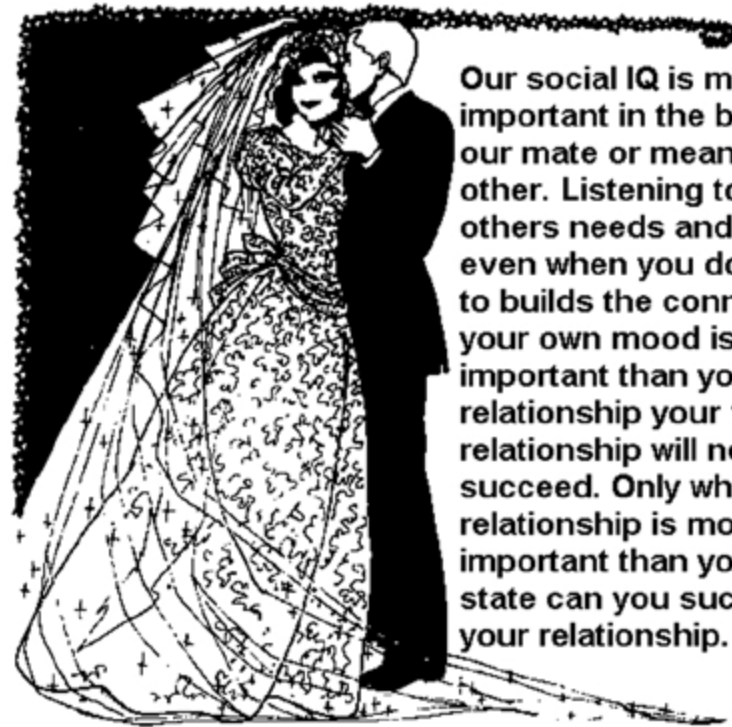
Our spiritual IQ is important as it allows us to experience the power greater than ourselves that permeates all. There is universal connectivity of all people who also share common thoughts and emotions. These ideas are often expressed differently just as there are different languages. The people with intelligence see the common factors where the crude unintelligent ones concentrate on the differences.



Social IQ is the ability to recognize the collective unconscious that binds us all, for it is the reservoir of intelligence. The idea of separateness is only an illusion, we are all one. Our job is to widen our circle of compassion to include all things.



When you wrestle with life you are always struggling with yourself, but few people know how to let themselves win, so most continue to struggle. Let yourself win more often then the struggle is just exercise.



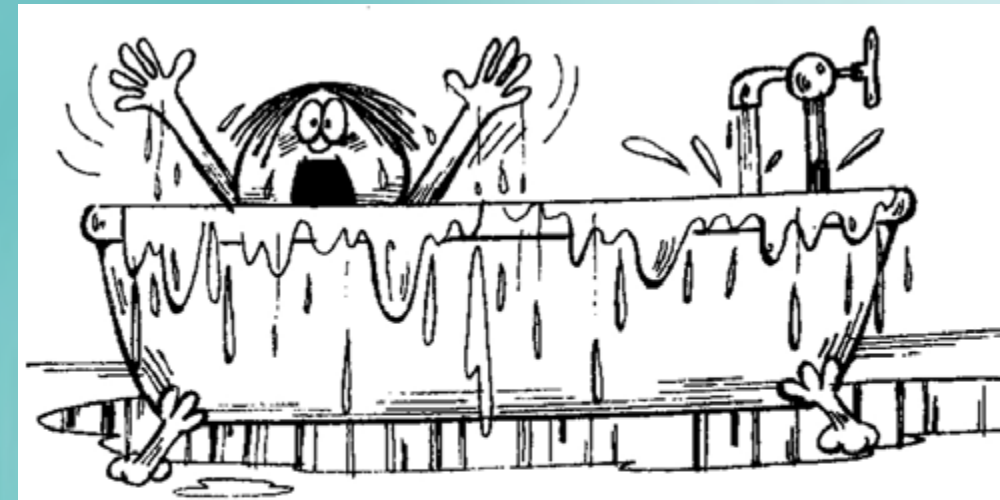
Our social IQ is most important in the bond with our mate or meaningful other. Listening to each others needs and trusting even when you don't want to builds the connection. If your own mood is more important than your relationship your valued relationship will not succeed. Only when your relationship is more important than your mood state can you succeed in your relationship.



THE UNINTELLIGENT MIND IS LIKE THE ROOT OF A TREE IT ABSORBS EVERYTHING IT TOUCHES, THE MORE INTELLIGENT MIND IS AWARE OF ALL BUT IS DISCERNING AS TO WHAT IT ABSORBS. SO THE UNINTELLIGENT MIND IS AFRAID OF NEW THINGS AND NEW EXPERIENCES AND FEARS CHANGE



Free Your Mind The Rest will Follow



Extreme problems have the simplest of solutions. Relax the mind, expand the awareness, reduce the judgementalness and the solution will always appear, it is only a question of when.



## Non-linear thinking

Non-Linear Thinking (NLT) is perhaps a complex term for what is a “simple” thought process that can help EARLY IDENTIFICATION of those areas where inputs require change for better results. Additionally NLT will help you in solution design for seemingly complex problems that remain an unresolved dilemma.

The origin and genesis Of Non Linear Thinking clearly lies within “Lateral Thinking” – a term coined by Dr. Edward D. Bono who called it amongst other definitions an “Insight tool”. Today “Lateral Thinking” is in the Oxford Dictionary as part of our vocabulary & has been responsible for giving tangibility to “thinking and innovation as a process”.

Non-Linear thinking however is not intended to be intellectually revolutionary, as is lateral thinking because it does not have the intent or the capability to formalize this concept as a teaching. It is positioned merely as a holistic resource available FOR every individual decision maker to use, irrespective of TOPIC or ISSUE, and wherever complexity is perceived.

The application logic is based on Dr. Bono's definitions of Lateral thinking which differentiates Vertical thinking (Referred to as Linear Logic in this writing, and what we refer to as conventional thinking or sequential logic)

*LATERAL THINKING is described as under by Dr. Bono:*

- In Conventional or Vertical Thinking – the thinking moves only if there is a direction.
- In Lateral thinking the thought process moves in order to “generate” a direction.

Lateral Thinking was developed and professed by Dr Bono in the 1960's for the Western World and their progressive economies. It was clearly too early for the World which only recognized “Right brain concepts and their conjunctive functions with the Left Brain” in the late 1970's. As a concept, lateral thinking has a greater affinity with EASTERN TRADITIONAL THINKING, and it is paradoxical that while the EAST is now busy adopting Western thinking norms the usage of Lateral thinking is increasingly becoming more common and integrated in the developed World. IF we can stop trying to emulate the developed democracies: especially after the failure of modern fiscal and management systems: then this SHOULD come more naturally to us in ASIA and we would be able to develop solutions that are more suitable our socio-economic structure. We believe NLT offers that opportunity !!

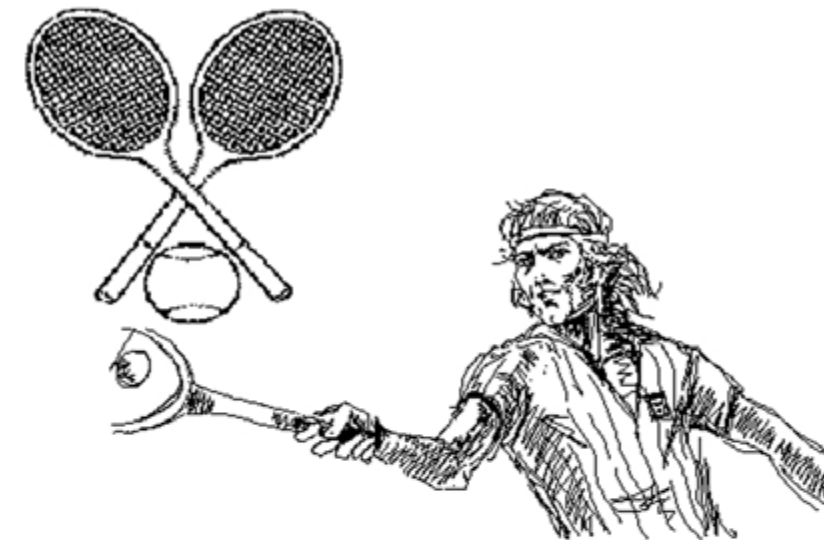
Globally “out of the box thinking” became a cliché and buzzword in the 1980's. Unfortunately the creative elite hijacked “lateral thinking”, and classified it in “linear terms” as a unique and creative skill best suited to ‘right brained thinkers’. The normal and common manager had been excluded DESPITE the fact that Lateral Thinking is the natural way of thinking. It has since been segmented & positioned to be perceived as OUT OF THE BOX. This implies OUT OF REACH OF NORMAL THINKING!! This was clearly NOT the INTENDED goal of Dr Bono who has implemented lateral thinking tools in 100,s of schools. His lectures and their positioning (by marketers) have however continued to refer to LT as a popular read suitable for a privileged CREATIVE thinker (usually associated with advertising or marketing)

**Non-Linear Thinking** is adapted here to be a simple need based thought process suitable for SMALL BUSINESS and the INDIVIDUAL to help EVOLVE INNOVATIVE SOLUTIONS BASED ON SELF

REVEALING INDICATORS. I must emphasize that NLT requires LESSER SKILLS and just mental discipline to self-train the mind to “resist the reflex thought process that forces a FIXED perception which is controlled by PAST EVENTS and EXPERIENCES. NLT is a very basic tool available for all to develop their own solutions BASED ON THEIR CURRENT RESOURCES and as per their current environment. It does not seek NEW resources, can be used for any SUBJECT/ISSUE or market SEGMENT and hence well suited for economical solution design for SME and individuals.

In principal Non Linear Thinking requires the mental willingness to train the mind, to curb the reflex to follow sequential thinking as an intuitive process. The mind is a “self organizing system” and hence always seeks patterns and is quick to make “folders which become perceptions”. Over time these perceptions turn into beliefs and then our intuitive response to most events. During the linear era that has extended successfully over 100,s of years, our Education systems has been re-inforced by successful experience and case studies. PATTERN BASED thinking has become ingrained as the logical thinking process and so we believe that our PAST HISTORY is the complete source and guide for future knowledge!!

The thinking process designs solutions by first looking into the past to identify a “similar situation” and then again looks at PAST successes to design the basic solution with some adaptations that imitate other prior successes. (Sounds familiar- if you have used consultants!)



**If you are in charge of the courts at the US Tennis Open, there are 103 entrants in the mens single catagory. How many matches must be scheduled? you have 20 sec.**

**It should Only take you 2 sec Answer below**

(not one dimensional)  
tournament. So there will be one hundred and two matches. Simple if you thinking is there be answer 103-1 or 102. Each loser will play only once. If is a single elimination (if you're thinking about winners, it will be complicated. So think. How many losers will

## BE NON-LINEAR...

"The design process is best described metaphorically as a system of spaces rather than a pre-defined series of orderly steps. The spaces demarcate different sorts of related activities that together form the continuum of innovation."  
(Brown, 2008: 88)

### Idea Facilitation Tips

This list of ten tips for facilitators comes from the book *Facilitation: A Door to Creative Leadership* by Blair Miller, Jonathan Vehar and Roger Firestien. In Roger's newsletter "Innovation Espresso," he reprints these tips and states: "There are a number of factors that contribute to groups being uncreative. However, the most damaging creativity killer in a group is a poor facilitator."

1. Treat each other with respect.
2. Be supportive of each other's ideas.
3. Focus on the possibilities, not the obstacles.
4. Be curious, be surprised, have your thinking provoked.
5. Take responsibility for your own safety.
6. Encourage others with support, not pressure.
7. Acknowledge the contributions of others and appreciate their greatness.
8. Try to suspend your own judgments, certainties, and assumptions.
9. Be receptive to feedback and willing to change your thoughts, opinions, and behaviors.
10. Have fun! Don't take yourself too seriously.

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### Here's an 11th tip for ideation sessions: Read the Rules.

Several years ago, Andy VanGundy did some research that showed that the simple process of reading brainstorming guidelines to the ideation group resulted in 50% more and better ideas. Alex Osborn, the father of brainstorming, defined four basic brainstorming rules which have been added to and modified for the past half century. Here is a list of the ones we currently use:

**Judge Later:** During the idea generation process, there should be no judgment ... not even groans, frowns or "great idea!" remarks. Just keep pumping out the ideas and go for quantity not quality. The judging process will come later.

**Avoid Discussion:** Avoid stories, discussions, and elaborations on how the idea could be done or how great it might be. Just keep generating ideas.

**Capture Ideas:** Every idea must be captured fully either by a person doing the recording or by each person writing their ideas on sticky notes (one per sheet) or any other capture process.

**Be Specific:** Every idea should be specific and actionable -- no generalities such as "improve communication." Each idea should include a noun and a verb, such as "distribute a weekly newsletter."

**Build:** Build on other people's ideas -- make them bigger, smaller, a different color, turn them inside out. Say, "Yes, and ...". For instance: "Yes, and we could distribute it by email or in payroll envelopes."

**Participate:** Ideas come from anywhere and everywhere. The best idea may be in the mind of someone who has never, ever had an idea before so it's important for everyone to contribute all ideas.

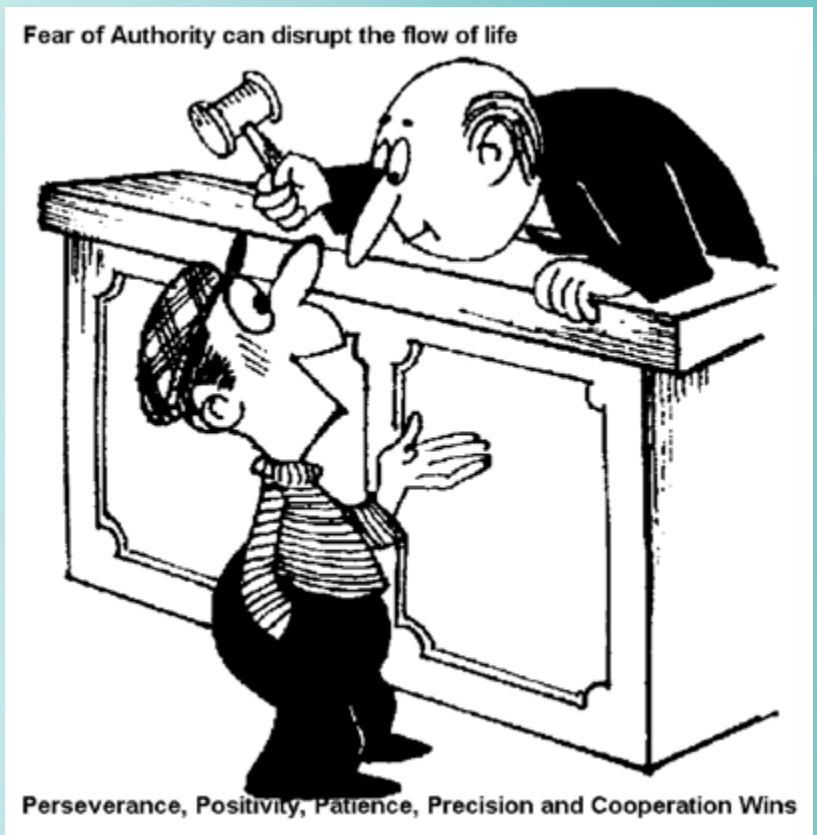
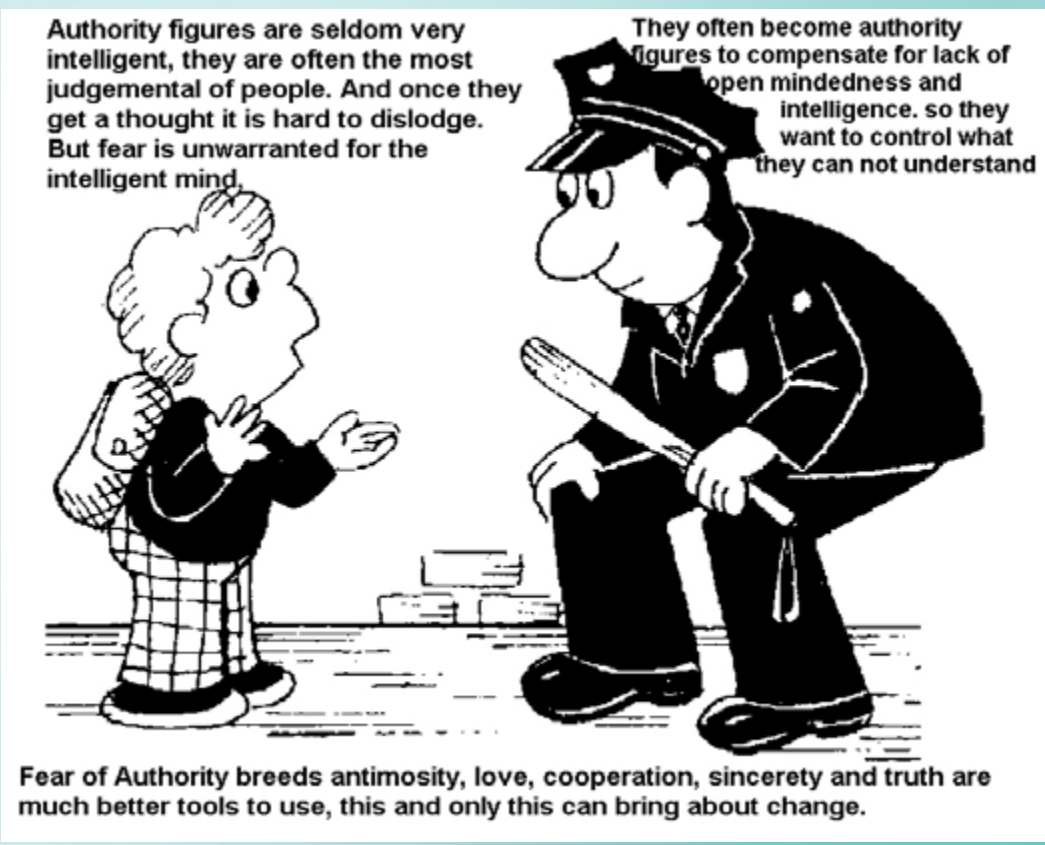
**Set Time Limit:** Set a time limit for generating ideas ... ideally, not more than 30 - 45 minutes. At the end of this time, take a short break and assess where you are.

**Number Your Ideas:** numbering ideas stimulates the flow of ideas and thinks that 100 ideas per hour indicates a good, fluid brainstorming session. Quantity is god but Quality is better.



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# Call for papers



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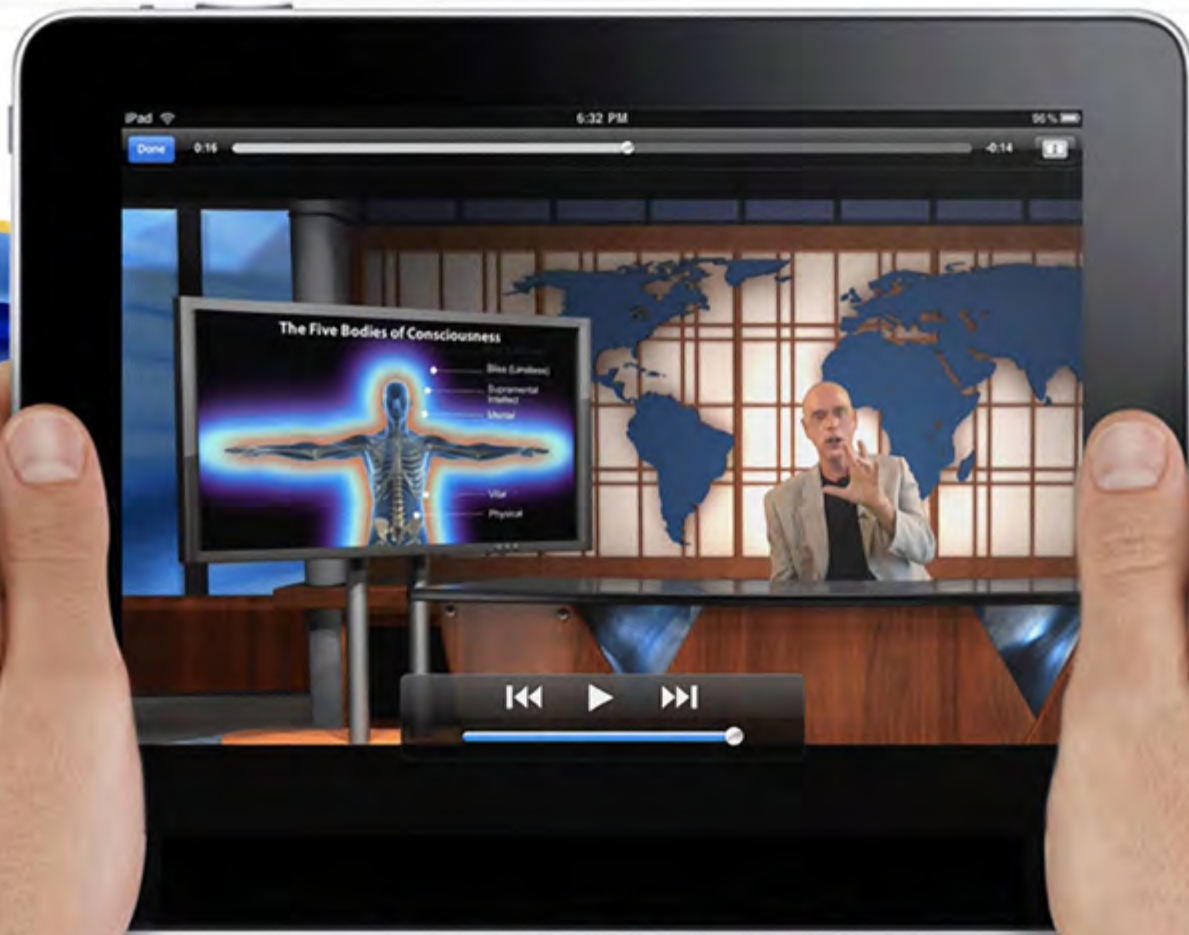
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## INDIGO Children

Indigo has long been known as the color of the brow chakra. It is associated with the mind, intellect and many other things connected to the brow chakra. The legend of the indigo children started some years ago when children were noticed to have a more indigo chakra. They seemed to have powers of mind above others, even though some of them were Learning Different, Autistic, or other. There was a very special attitude of these children and some said they were sent to help the planet recover. They all seemed to have little to do with greed, and they were above material things and saw a deeper level of life. My son Daniel was indeed one of them. Daniel was labeled autistic he was like the rain man. I worked with sound frequencies and electrical frequencies to make well his autism and he improved so much that he was put into mainstream classes and moved out of the LD classroom.

The doctors said he was no longer autistic and since there was no cure for autism he must not have ever had it. Now we have over 15 over children who never had it as they say, or perhaps there is a cure.

Well I have put special frequency harmonics into the Indigo device to stimulate the indigo mind set. They can possibly increase mental powers and give insight. They are harmonically applied to all therapies by setting the indigo active switch on Indigo settings in the Test Screen or by activating them individually on the Indigo Working panel. This must be done on each visit.

I hope this therapy is as special as the children have been to the world.



This is very **IMPORTANT**, Don't Forget This One, **EDUCATION IS NOT A  
GUARANTEE OF INTELLIGENCE**  
Never was Never will be.



## What is an indigo Child?

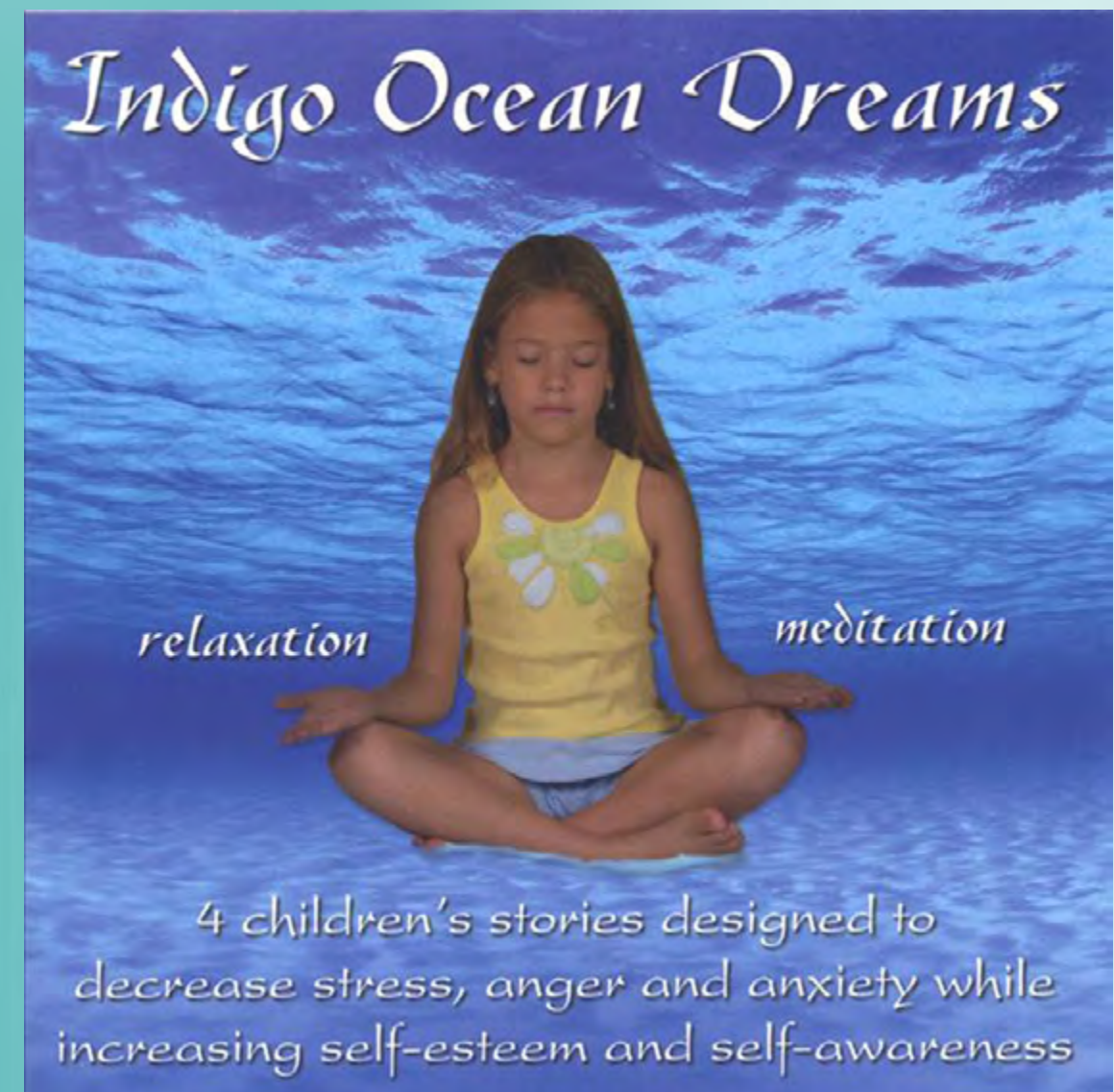
As a summary, here are the ten attributes that best describe this new kind of child, the Indigo Child

- They come into the world with a feeling of royalty (and often act like it)
- They have a feeling of "deserving to be here," and are surprised when others don't share that.
- Self-worth is not a big issue. They often tell the parents "who they are."
- They have difficulty with absolute authority (authority without explanation or choice).
- They simply will not do certain things; for example, waiting in line is difficult for them.
- They get frustrated with systems that are ritually oriented and don't require creative thought.
- They often see better ways of doing things, both at home and in school, which makes them seem like "system busters" (nonconforming to any system).
- They seem antisocial unless they are with their own kind. If there are no others of like consciousness around them, they often turn inward, feeling like no other human understands them. School is often extremely difficult for them socially.

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- They will not respond to "guilt" discipline ("Wait till your father gets home and finds out what you did").
- They are not shy in letting you know what they need; and... just in case you heard otherwise from other "indigo" sources, the designated word "Indigo" has nothing to do with the color of an aura! It is the result of scientific observations by a woman who has the brain disorder called synesthesia.

Synesthesia is an involuntary joining in which the real information of one sense is accompanied by a perception in another sense. In addition to being involuntary, this additional perception is regarded by the synesthete as real, often outside the body, instead of imagined in the mind's eye. It also has some other interesting features that clearly separate it from artistic fancy or purple prose. Its reality and vividness are what make synesthesia so interesting in its violation of conventional perception. Synesthesia is also fascinating because logically it should not be a product of the human brain, where the evolutionary trend has been for increasing separation of function anatomically.



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## Types of learning

### State-dependent learning (state-dependent memory)

is an idea of learning and recalling that is based upon the physiological and mental state of the organism. An example of this effect is Transfer-appropriate processing which is a strong positive effect on memory when the mental state you are in at time of memorization and the mental state you are in at time of recall are similar. An example would be rhyming words out loud and recalling the rhyme out loud. Or you learn someone's name when are drunk at night and do not remember them till the next time you are drunk at night,

Factors affecting state-dependent learning may include: environment, intoxication, emotional state, and sensory modality.

For example, people in a drunken state remember events when they were drunk, but they cannot remember when they are sober.

In neuropsychopharmacology, State-dependent learning denotes the fact that information that has been learned while the animal is under the influence of a certain drug ("state") can only be recalled and used to solve a task when the animal is in the same state in which the information was learned, but not in a different, i.e., undrugged state (Colpaert, 1990 [1] and Carlezzone et al., 1995 ). (definition quoted from [2])

A recently identified type of context-dependent learning is the effect of language. Research by Marian et al. (2007)[1] demonstrated that participants were more likely to identify an English answer to a question when asked in English and a Mandarin answer to a question when asked in Mandarin. This illustrates that the linguistic context of a memory may be encoded during learning.

### Cue-dependent forgetting, or retrieval failure

is the failure to recall a memory due to missing stimuli or cues that were present at the time the memory was encoded. It is one of five cognitive psychology theories of forgetting. It states that a memory is sometimes temporarily forgotten purely because it cannot be retrieved, but the proper cue can bring it to mind. A good metaphor for this is searching for a book in a library without the reference number, title, author or even subject. The information still exists, but without these cues retrieval is unlikely. Furthermore, a good retrieval cue must be consistent with the original encoding of the information. If the sound of the word is emphasized during the encoding process, the cue that should be used should also put emphasis on the phonetic quality of the word (Psychology Themes and variations, pg 282).

### State-dependent cues

State-dependent cues are governed by the state of mind and being at the time of encoding. The emotional or mental state of the person, such as being inebriated, drugged, upset, anxious, motivated, excited, aroused, happy, or in love, are the key cues.

### Context-dependent cues

Context-dependent cues are dependent on the environment and situation. Memory retrieval can be facilitated or triggered by replication of the context in which the memory was encoded. Such conditions include weather, company, location, smelling of a particular odor, hearing a certain song, even taste can sometimes act as a cue. For example, students sometimes fail to recall diligently studied material when an examination room's environmental conditions differ significantly from the room or place where learning occurred. To improve learning and recall, it is recommended that students should study under conditions that closely resemble an examination.

### Simple non-associative learning

#### Habituation

In psychology, habituation is an example of non-associative learning in which there is a progressive diminution of behavioral response probability with repetition stimulus. An animal first responds to a stimulus, but if it is neither rewarding nor harmful the animal reduces subsequent responses. One example of this can be seen in small song birds—if a stuffed owl (or similar predator) is put into the cage, the birds initially react to it as though it were a real predator. Soon the birds react less, showing habituation. If another stuffed owl is introduced (or the same one removed and re-introduced), the birds react to it again as though it were a predator, demonstrating that it is only a very specific stimulus that is habituated to (namely, one particular unmoving owl in one place). Habituation has been shown in essentially every species of animal, including the large protozoan *Stentor coeruleus*. [4]

#### Sensitization

Sensitization is an example of non-associative learning in which the progressive amplification of a response follows repeated administrations of a stimulus (Bell et al., 1995). An everyday example of this mechanism is the repeated tonic stimulation of peripheral nerves that will occur if a person rubs his arm continuously. After a while, this stimulation will create a warm sensation that will eventually turn painful. The pain is the result of the progressively amplified synaptic response of the peripheral nerves warning the person that the stimulation is harmful. Sensitization is thought to underlie both adaptive as well as maladaptive learning processes in the organism.

#### Associative learning

Associative learning is the process by which an element is learned through association with a separate, pre-occurring element. It is also referred to as classical conditioning.

#### Operant conditioning

Operant conditioning is the use of consequences to modify the occurrence and form of behavior. Operant conditioning is distinguished from Pavlovian conditioning in that operant conditioning deals with the modification of voluntary behavior. Discrimination learning is a major form of operant conditioning. One form of it is called errorless learning.

#### Classical conditioning

The typical paradigm for classical conditioning involves repeatedly pairing an unconditioned stimulus (which unfailingly evokes a reflexive response) with another previously neutral stimulus (which does not normally evoke the response). Following conditioning, the response occurs

both to the unconditioned stimulus and to the other, unrelated stimulus (now referred to as the "conditioned stimulus"). The response to the conditioned stimulus is termed a conditioned response. The classic example is Pavlov and his dogs. Meat powder naturally will make a dog salivate when it is put into a dog's mouth; salivating is a reflexive response to the meat powder. Meat powder is the unconditioned stimulus (US) and the salivation is the unconditioned response (UR). Then Pavlov rang a bell before presenting the meat powder. The first time Pavlov rang the bell, the neutral stimulus, the dogs did not salivate, but once he put the meat powder in their mouths they began to salivate. After numerous pairings of the bell, and then food the dogs learned that the bell was a signal that the food was about to come and began to salivate just when the bell was rang. Once this occurs the bell becomes the conditioned stimulus (CS) and the salivation to the bell is the conditioned response (CR).

### **Imprinting**

Imprinting is the term used in psychology and ethology to describe any kind of phase-sensitive learning (learning occurring at a particular age or a particular life stage) that is rapid and apparently independent of the consequences of behavior. It was first used to describe situations in which an animal or person learns the characteristics of some stimulus, which is therefore said to be "imprinted" onto the subject.

### **Observational learning**

The learning process most characteristic of humans is imitation; one's personal repetition of an observed behavior, such as a dance. Humans can copy three types of information simultaneously: the demonstrator's goals, actions and environmental outcomes (results, see Emulation (observational learning)). Through copying these types of information, (most) infants will tune into their surrounding culture.

### **Play**

Play generally describes behavior which has no particular end in itself, but improves performance in similar situations in the future. This is seen in a wide variety of vertebrates besides humans, but is mostly limited to mammals and birds. Cats are known to play with a ball of string when young, which gives them experience with catching prey. Besides inanimate objects, animals may play with other members of their own species or other animals, such as orcas playing with seals they have caught. Play involves a significant cost to animals, such as increased vulnerability to predators and the risk of injury and possibly infection. It also consumes energy, so there must be significant benefits associated with play for it to have evolved. Play is generally seen in younger animals, suggesting a link with learning. However, it may also have other benefits not associated directly with learning, for example improving physical fitness.

### **Enculturation**

Enculturation is the process by which a person learns the requirements of their native culture by which he or she is surrounded, and acquires values and behaviors that are appropriate or necessary in that culture.[5] The influences which as part of this process limit, direct or shape the individual, whether deliberately or not, include parents, other adults, and peers.[5] If successful, enculturation results in competence in the language, values and rituals of the culture.[5] (compare acculturation, where a person is within a culture different to their normal culture, and learns the requirements of this different culture).

### **Multimedia learning**

Multimedia learning is where a person uses both auditory and visual stimuli to learn information (Mayer 2001). This type of learning relies on dual-coding theory (Paivio 1971).

### **E-learning and augmented learning**

Electronic learning or e-learning is a general term used to refer to Internet-based networked computer-enhanced learning. A specific and always more diffused e-learning is mobile learning (m-learning), which uses different mobile telecommunication equipment, such as cellular phones.

When a learner interacts with the e-learning environment, it's called augmented learning. By adapting to the needs of individuals, the context-driven instruction can be dynamically tailored to the learner's natural environment. Augmented digital content may include text, images, video, audio (music and voice). By personalizing instruction, augmented learning has been shown to improve learning performance for a lifetime.[6]

### **Rote learning**

Rote learning is a technique which avoids understanding the inner complexities and inferences of the subject that is being learned and instead focuses on memorizing the material so that it can be recalled by the learner exactly the way it was read or heard. The major practice involved in rote learning techniques is learning by repetition, based on the idea that one will be able to quickly recall the meaning of the material the more it is repeated. Rote learning is used in diverse areas, from mathematics to music to religion. Although it has been criticized by some schools of thought, rote learning is a necessity in many situations.

### **Informal learning**

Informal learning occurs through the experience of day-to-day situations (for example, one would learn to look ahead while walking because of the danger inherent in not paying attention to where one is going). It is learning from life, during a meal at table with parents, play, exploring, etc.



A depiction of the world's oldest continually operating university, the University of Bologna, Italy. Formal learning is learning that takes place within a teacher-student relationship, such as in a school system.

### **Nonformal learning**

Nonformal learning is organized learning outside the formal learning system. For example: learning by coming together with people with similar interests and exchanging viewpoints, in clubs or in (international) youth organizations, workshops.

### **Nonformal learning and combined approaches**

The educational system may use a combination of formal, informal, and nonformal learning methods. The UN and EU recognize these different forms of learning (cf. links below). In some schools students can get points that count in the formal-learning systems if they get work done in informal-learning circuits. They may be given time to assist international youth workshops and training courses, on the condition they prepare, contribute, share and can proof this offered valuable new insight, helped to acquire new skills, a place to get experience in organizing, teaching, etc. In order to learn a skill, such as solving a Rubik's cube quickly, several factors come into play at once:

- Directions help one learn the patterns of solving a Rubik's cube.
- Practicing the moves repeatedly and for extended time helps with "muscle memory" and therefore speed.
- Thinking critically about moves helps find shortcuts, which in turn helps to speed up future attempts.
- The Rubik's cube's six colors help anchor solving it within the head.
- Occasionally revisiting the cube helps prevent negative learning or loss of skill.

### **Tangential learning**

Tangential learning is the process by which some portion of people will self-educate if a topic is exposed to them in something that they already enjoy such as playing a musical instrument.

## Forgetting

The four main theories of forgetting apparent in the study of psychology are as follows;

### **Cue-dependent forgetting**

Cue-dependent forgetting (also, context-dependent forgetting) or retrieval failure, is the failure to recall a memory due to missing stimuli or cues that were present at the time the memory was encoded. It is one of five cognitive psychology theories of forgetting. It states that a memory is sometimes temporarily forgotten purely because it cannot be retrieved, but the proper cue can bring it to mind. A good metaphor for this is searching for a book in a library without the reference number, title, author or even subject. The information still exists, but without these cues retrieval is unlikely. Furthermore, a good retrieval cue must be consistent with the original encoding of the information. If the sound of the word is emphasized during the encoding process, the cue that should be used should also put emphasis on the phonetic quality of the word. Information is

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available however, just not readily available without these cues.

### **Trace decay**

Trace decay focuses on the problem of availability caused when memories decay. Hebb said that incoming information causes a pattern of neurons to create a neurological memory trace in the brain which would fade with time. Repeated firing causes a structural change in the synapses. Rehearsal of repeated firing maintains the memory in STM until a structural change is made.

### **Organic causes**

Forgetting that occurs through physiological damage or dilapidation to the brain are referred to as organic causes of forgetting. These theories encompass the loss of information already retained in long term memory or the inability to encode new information again. Examples include Alzheimer's, Amnesia, Dementia, consolidation theory and the gradual slowing down of the central nervous system due to aging.

### **Interference theories**

Interference theory refers to the idea that forgetting occurs because the recall of certain items interferes with the recall of other items. In nature, the interfering items are said to originate from an over stimulating environment. Interference theory exists in three branches, Proactive, Retroactive and Output. Retroactive and Proactive inhibition each referring in contrast to the other. Retroactive interference is when new information (memories) interferes with older information. On the other hand, proactive interference is when old information interferes with the retrieval of new information.[1] Output Interference occurs when the initial act of recalling specific information interferes with the retrieval of the original information.

### **Decay theory**

Decay theory states that when something new is learned, a neurochemical, physical "memory trace" is formed in the brain and over time this trace tends to disintegrate, unless it is occasionally used.

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## Super Learning - Effectiveness & Efficiency tips

### 1. Memory Improvement Basics

I've written before about some of the best ways to improve memory. Basic tips such as improving focus, avoiding cram sessions and structuring your study time are a good place to start, but there are even more lessons from psychology that can dramatically improve your learning efficiency.

### 2. Keep Learning (and Practicing) New Things



*Learning and practicing new skills helps your brain retain new information.*

One sure-fire way to become a more effective learner is to simply keep learning. A 2004 Nature article reported that people who learned how to juggle increased the amount of gray matter in their occipital lobes, the area of the brain is associated with visual memory.<sup>1</sup> When these individuals stopped practicing their new skill, this gray matter vanished.

So if you're learning a new language, it is important to keep practicing the language in order to maintain the gains you have achieved. This "use-it-or-lose-it" phenomenon involves a brain process known as "pruning." Certain pathways in the brain are maintained, while other are eliminated. If you want the new information you just learned to stay put, keep practicing and rehearsing it.

### 3. Learn in Multiple Ways

Focus on learning in more than one way. Instead of just listening to a podcast, which involves auditory learning, find a way to rehearse the information both verbally and visually. This might involve describing what you learned to a friend, taking notes or drawing a mind map. By learning in more than one way, you're further cementing the knowledge in your mind. According to Judy Willis, "The more regions of the brain that store data about a subject, the more interconnection there is. This redundancy means students will have more opportunities to pull up all of those related bits of data from their multiple storage areas in response to a single cue. This cross-referencing of data means we have learned, rather than just memorized."

### 4. Teach What You've Learned to Another Person



*Teaching can improve your learning*

Educators have long noted that one of the best ways to learn something is to teach it to someone else. Remember your seventh-grade presentation on Costa Rica? By teaching to the rest of the class, your teacher hoped you would gain even more from the assignment. You can apply the same principle today by sharing your newly learned skills and knowledge with others.

Start by translating the information into your own words. This process alone helps solidify new knowledge in your brain. Next, find some way to share what you've learned. Some ideas include writing a blog post, creating a podcast or participating in a group discussion.

### 5. Utilize Previous Learning to Promote New Learning

Another great way to become a more effective learner is to use relational learning, which involves relating new information to things that you already know. For example, if you are learning about Romeo and Juliet, you might associate what you learn about the play with prior knowledge you have about Shakespeare, the historical period in which the author lived and other relevant information.

### 6. Gain Practical Experience

For many of us, learning typically involves reading textbooks, attending lectures or doing research in the library or on the Web. While seeing information and then writing it down is important, actually putting new knowledge and skills into practice can be one of the best ways to improve learning. If you are trying to acquire a new skill or ability, focus on gaining practical experience. If it is a sport or athletic skill, perform the activity on a regular basis. If you are learning a new language, practice speaking with another person and surround yourself with immersive experiences.

## 7. Look Up Answers Rather Than Struggle to Remember

Of course, learning isn't a perfect process. Sometimes, we forget the details of things that we have already learned. If you find yourself struggling to recall some tidbit of information, research suggests that you are better off simply looking up the correct answer. One study found that the longer you spend trying to remember the answer, the more likely you will be to forget the answer again in the future. Why? Because these attempts to recall previously learned information actually results in learning the "error state" instead of the correct response.

## 8. Understand How You Learn Best

Another great strategy for improving your learning efficiency is to recognize your learning habits and styles. There are a number of different theories about learning styles, which can all help you gain a better understanding of how you learn best. Gardner's theory of multiple intelligences describes eight different types of intelligence that can help reveal your individual strengths. Looking at Carl Jung's learning style dimensions can also help you better see which learning strategies might work best for you.

## 9. Use Testing to Boost Learning



*Testing can be more beneficial than studying alone.*

While it may seem that spending more time studying is one of the best ways to maximize learning, research has demonstrated that taking tests actually helps you better remember what you've learned, even if it wasn't covered on the test.<sup>3</sup> The study revealed that students who studied and were then tested had better long-term recall of the materials, even on information that was not covered by the tests. Students who had extra time to study but were not tested had significantly lower recall of the materials.

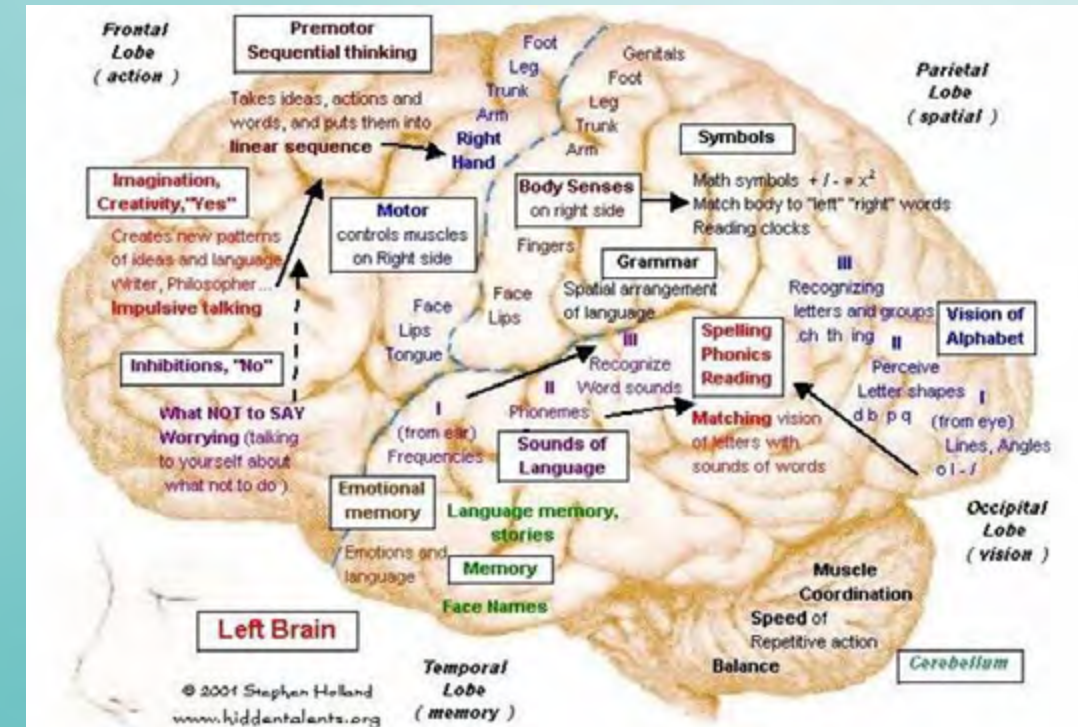
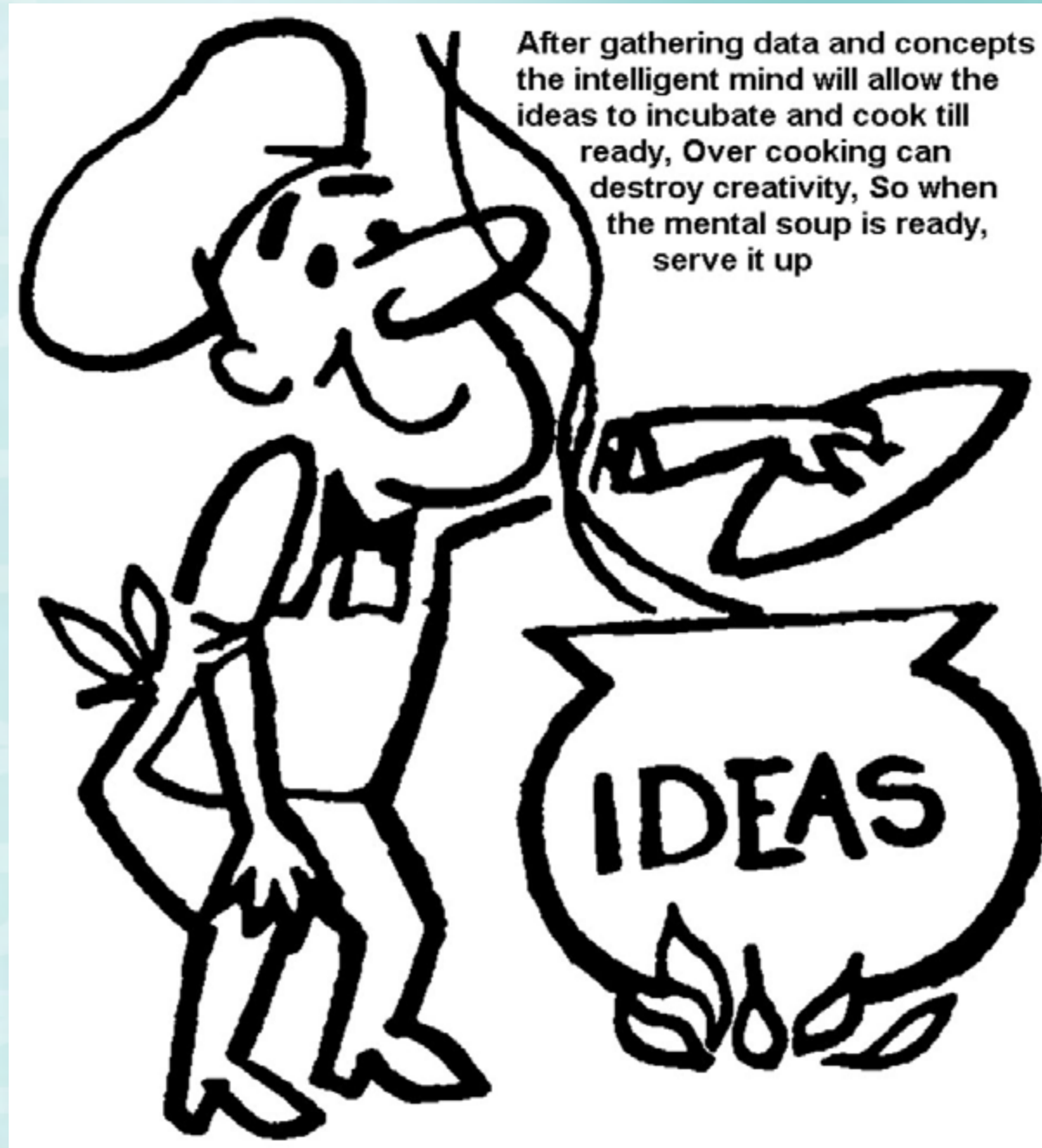
## 10. Stop Multitasking



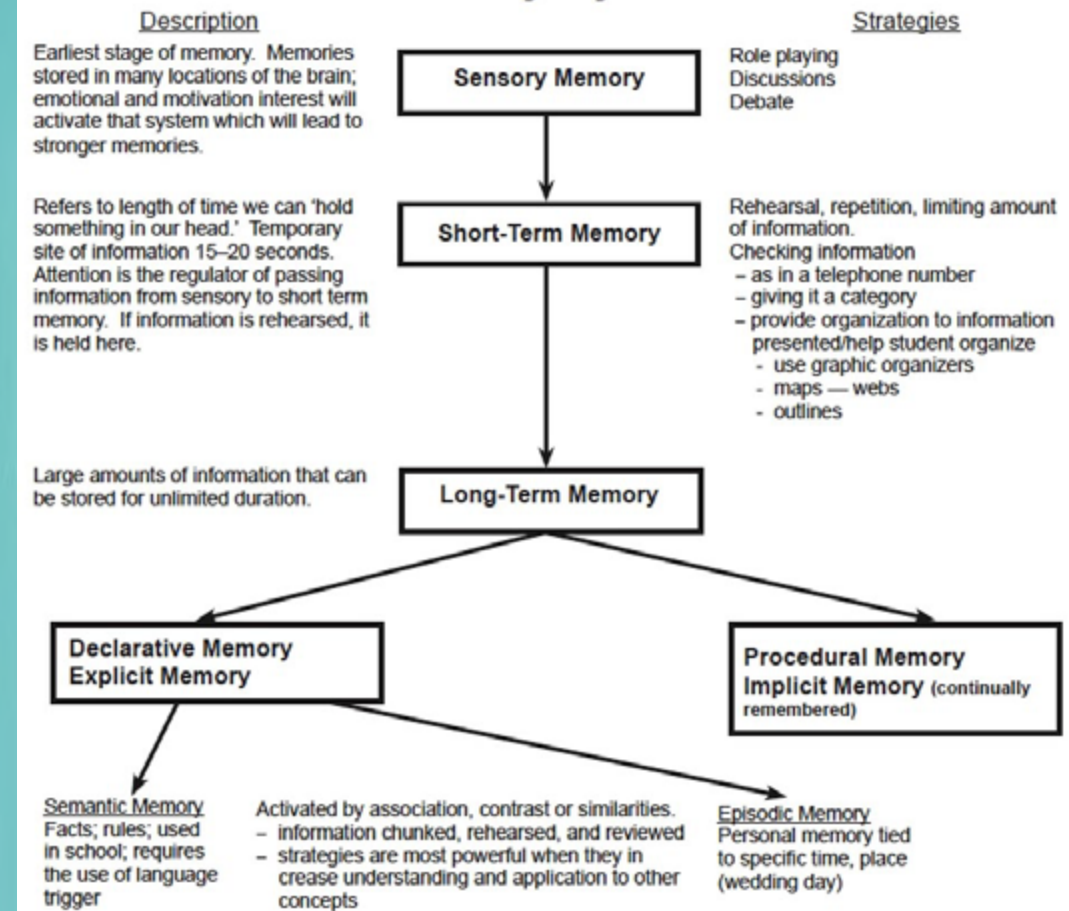
*Multitasking can hurt learning effectiveness.*

For many years, it was thought that people who multitask, or perform more than one activity at once, had an edge over those who did not. However, research now suggests that multitasking can actually make learning less effective. In the study, participants lost significant amounts of time as they switched between multiple tasks and lost even more time as the tasks became increasingly complex.<sup>4</sup> By switching from one activity to another, you will learn more slowly, become less efficient and make more errors. How can you avoid the dangers of multitasking? Start by focusing your attention on the task at hand and continue working for a predetermined amount of time.





## Memory System



# QX World Conference 2010

"Energetic Medicine and the SCIO in depth"

Budapest, Hungary 07-10 October 2010

Every year in October, Prof William "Bill" Nelson invites you to the "QX World Conference" in the beautiful European city of Budapest, Hungary. Prof Nelson and his office staff, The Budapest Home Office, are the creator and manufacturer of the universal electrophysiological biofeedback system, the SCIO. Prof Nelson and his staff are living and working out of Budapest and this is a chance to meet them as well as numerous other Trainers and Speakers from around the world covering various topics connected to the device.

The International Medical University of Natural Education IMUNE who sponsors the International Journal of the Medical Science of Homeopathy and Natural Medicine wishes to invite all and any to attend our yearly world congress on medicine. If you would like to present material please send us a proposal. Please send us studies, letters, comments, articles, photos, testimonials, or stories for us to consider for publication.

If you wish to give a workshop, or have a booth please send us a proposal.

Please send us in acceptable form to:

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## Memory Improvement Tips

Before you study for your next exam, you might want to use a few strategies to boost your memory of important information. There are a number of tried and tested techniques for improving memory. These strategies have been established within cognitive psychology literature and offer a number of great ways to improve memory, enhance recall and increase retention of information.

### **1. The best tip is to go to class and ask questions and focus your attention on interacting in class.**

Those who go to class do much better than those who don't.

### **2. Focus your attention on the materials you are studying.**

Attention is one of the major components of memory. In order for information to move from short-term memory into long-term memory, you need to actively attend to this information. Try to study in a place free of distractions such as television, music and other diversions. Like they say in Karate Kid "You Stay focused".

### **3. Avoid cramming by establishing regular study sessions.**

According to Bjork (2001), studying materials over a number of session's gives you the time you need to adequately process the information. Research has revealed that students who study regularly remember the material far better than those who did all of their studying in one marathon session. As you study you best recall. It takes time to process.

### **4. Structure and organize the information you are studying.**

Researchers have found that information is organized in memory in related clusters. You can take advantage of this by structuring and organizing the materials you are studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts. Organizing things in a path from foundation to penthouse helps you to see the way things operate.

### **5. Utilize mnemonic devices to remember information.**

Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humor or novelty. You might come up with a rhyme, song or joke to help remember a specific segment of information. I use many memory acronyms to help you and you can make your own.

### **6. Teach to another person.**

The best way to learn sometimes is to teach. Students challenge you and ask key questions. Research suggests that reading materials out loud significantly improves memory of the material. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall. You can use this approach in your own studies by teaching new concepts and information to a friend or study partner.

### **7. Pay extra attention to complicated information.**

Don't be cheap Pay attention. Have you ever noticed how it's sometimes easier to remember information at the beginning or end of a chapter? Researchers have found that the position of information can play a role in recall, which is known as the serial position effect. While recalling middle information can be difficult, you can overcome this problem by spending extra time rehearsing this information or try restructuring the information so it will be easier to remember. When you come across an especially difficult concept, devote some extra time to memorizing the information.

### **8. Fluctuate your study habits.**

Another great way to increase your recall is to occasionally change your study routine. If you are accustomed to studying in one specific location, try moving to a different spot to study. If you study in the evening, try to spend a few minutes each morning reviewing the information you studied the previous night. By adding an element of novelty to your study sessions, you can increase the effectiveness of your efforts and significantly improve your long-term recall.

### **9. Elaborate and repeat the information you are studying.**

In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term and then read a more detailed description of what that term means. After repeating this process a few times, your recall of the information will be far better.

### **10. Tie new information to things you previously know.**

When you are studying unfamiliar material, take the time to think about how this information relates to things that you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

### **11. Visualize concepts to improve memory and recall.**

Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts and other graphics in your textbooks. If you do not have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

## Some myths of memory

- Myth 1 Memory is a thing.
- Myth 2 There is a secret to good memory.
- Myth 3 There is an easy way to memorize.
- Myth 4 Some people are stuck with bad memories.
- Myth 5 Some people are blessed with photographic memories.

## Diet for Super Learning

Who doesn't want a brain that functions so well that creative ideas simply flow into it? The person who says no must be joking. The longing for mental sharpness and agility is universal. Everybody wants to look and be smart. While a majority of us are not very particular about becoming geniuses, we do want a brain that performs at a peak level throughout our lives. If someone tells us that certain types of food can help us achieve this, we wouldn't waste time planning our diet accordingly.

### Fatty acids

My grandmother, and possibly yours too, weren't wrong when they told us to eat fish if we wanted good grades. She might not have known the reasons for it, but she was right! The solid part of our brains comprise fat, and it does the brain good if we supply some essential fatty acids to it. Fish is a rich source of omega-3 fatty acids. So, eating fish twice a week should improve the performance of your brain.

Eat eggs and fish, such as salmon, sardines, mackerel, and herring. Sardines also contain Choline, a brain chemical that is responsible for memory.

### Complex Carbohydrates

Steer clear of foods that contain simple sugars, such as processed flour and sugary foods and drinks. They create fluctuations in the blood sugar level, something that the human body detests. On the other hands, complex carbohydrates create a steady blood sugar level because the intestines take a long time to break them down.

Avoid sugar, salt, cakes, pies, and certain types of breads and cereals because they are high in simple or processed carbohydrates.

### Proteins

The neurotransmitters that carry signals from one brain cell to the other comprise the amino acids, tryptophan and tyrosine. Protein intake, therefore, enhances the quality of brain performance.

Include in your diet high-protein and low-carbohydrate foods, such as seafood, meat, eggs, soy, and dairy products.

### Vitamins and Nutrients

If your body does not receive adequate vitamins and nutrients, you will feel faint, lethargic, and sluggish. For example, your red blood cells require iron to supply to your organs and tissues all the oxygen that you need. Lack of iron will make you anemic. Peak performance of the brain is almost impossible in these conditions.

- Eat iron-rich foods, such as red meat, green leafy vegetables, pulses, and bread.
- Zinc improves memory and concentration. You will find it in seafood, oysters, fish, legumes, cereals, whole grains, pumpkin seeds, and turkey

good  
SUGAR  
&  
Oil

Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good fatty acids, not trans or cooked animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (cane, corn, potato, grape sugar). Wellness is your Reward. Remember to chew your food, fruits alone, fluids alone, and melons alone.

Make vegetable and fruit juice part of your daily Wellness Healthy Regime.



- Riboflavin sharpens your faculty of memory. Take liver, milk, almonds, dark green vegetables, mushrooms, pasta, and bread.
- For long-term memory, take Vitamin B6 rich food, such as whole grain cereals and breads, spinach, liver, banana, and avocados.
- Lack of Thiamin causes mental confusion. You will find plenty of it in wheat germ, brewers yeast, green peas, bran, nuts, meat, and fortified cereals.

### No-no and watch out list

- **Alcohol:** It destroys brain cells in large amounts; so, use wisely one drink a day is good for the body and brain function at the end of the day. Two drinks is a slight risk. Sometimes the release of serotonin and the relaxation can release ideas and reduce inhibitions. This can be a good thing but more than two drinks is dangerous to brain operation.
- **Artificial coloring, food additives and flavoring:** These create imbalance in the neurotransmitters, which in turn make you feel restless, irritable, sleepy, and inattentive.
- **Caffeine:** This is available in tea, coffee, and cola drinks. While a couple of cups of tea or coffee per day can boost your alertness and creativity, too much of it can constrict your capillaries and restrict the flow of blood to the brain.
- **Nicotine:** Nicotine has no positive effects and is only addictive. You feel that it is helpful simply because once addicted you are sub-normal till you get your fix. For an addict without the cig you are less than human. You feel the cigarette makes you better when in fact it makes you just a smidge closer to normal. Avoid.

It is important to remember that one person's diet might not work for the other. People respond differently to different ratios of protein and carbohydrates. You have to find out what works best for your body.

### Tips for Mental Alertness

- A constipated body does not go with an alert, creative mind. Add a lot of fiber to your diet and drink plenty of water for proper elimination.
- Enjoy a hearty breakfast; don't skip it. Eat at regular intervals.
- You cannot blame your brain for not functioning effectively if you don't refresh it with proper sleep. So, sleep well. Staying awake late into the night doesn't make you a peak performer.
- Combine brain food with plenty of exercise. Exercise creates that 'feel-good' factor that in turn improves your mental agility.

# PROOF *of* FAILURE OF SINTHETIC *chemistry*

1. Quantum Electrodynamics has proven that just putting the atoms such as calcium or copper in it's place in a compound is not enough.
2. The realization of Fractal and Chaos mathematics has shown us that reductionism has failed as a technique for safety and efficacy of the new drug.
3. Allopathy does not work as a form of medicine.
4. Doctor prescribed drugs are one of the most prolific killers. Over a million die each year from Doctor prescribed drugs.
5. The social experiment of synthetic chemistry is over. Synthetics are not compatible with a human.
6. At the very least, in the smallest manner, it should at least be a matter of opinion and a freedom of choice for informed consent for any use of a synthetic medicine.

Proof of the incompatibility  
of synthetic compounds



## A Taste of Genius

From avocados to zucchinis, diet is the new drug, as scientists discover that the benefits of foods go way beyond basic nutrition. It may be that your brain has the most to gain from what you eat.

By Lauren Aaronson, published on July 01, 2005 - last reviewed on September 02, 2008

When I was 7 years old, I read in the sequel to *Little Women* that oatmeal made you smart. So I demanded that my mother feed me oatmeal on the day of my spelling test. I ate oatmeal before every test I ever took from elementary school through grad school. I even made my mother mail me oatmeal when I had a big exam during my semester abroad; later I thanked both my mom and Quaker Oats: I got a perfect score.

My mother chalked up my success to superstition. But I still believe that the oatmeal itself made a difference. And now it looks like science will prove me and the book's heroine, Jo March, right.

Like just about anything we eat, oatmeal influences the way our brains function. Food, after all, gives our bodies the raw materials to build everything from noses to neurons and the ability to operate them efficiently. Some materials make for better outcomes than others, as a flood of studies attest.

Fibrous oatmeal, for instance, slowly and steadily ushered the cereal's cargo of carbohydrates into my system as glucose. My brain snapped up that sugar from the bloodstream and deployed it both as fuel to power its operations and as a component of key chemical messengers, the very neurotransmitters that carry thoughts and memories. Oatmeal revved up my brain and stabilized my mood, memory and concentration—all without the spiky highs or crashing lows of foods like candy bars that dump their payload of sugar quickly.

Unbeknownst to me, my morning oatmeal also supplied ferulic acid. A potent antioxidant lurking in the germ and bran of grains, ferulic acid appears to be a general protector of brain cells, keeping them supple and responsive by nullifying toxins that stiffen them with age—and possibly even reversing some of the cognitive decline of aging.

A bowlful of gruel is hardly the fashionable food of choice. But oatmeal sits, however lumpily, at the cutting edge of a revolution in the way we think about food. Nutritional science is demonstrating that some edibles—call them functional foods—do far more than provide essential nutrients for normal maintenance and development. They furnish biologically active components that create high-class physiologic effects, such as disarming toxins, and impart health benefits. They have the capacity to reduce disease risk—with minimal involvement of health professionals," the nation's food scientists say.

"Food has a greater impact on health than previously known," declares a report released by the Institute of Food Technologists. "New evidence-based science linking diet to disease and disease prevention" has "blurred the line between food and medicine." Nutrients influence body processes at the molecular level, turning our very genes on and off. The emerging understanding of molecular nutrition, says the IFT, "has the potential to revolutionize diet, nutrition and food products, and health care."

Scarcely a week goes by when scientists don't make some discovery about the health-enhancing properties of food, from the cancer-fighting abilities of brussels sprouts to the anti-Alzheimer's

effects of anchovies. For the nation's nutritional scientists, that presents a significant problem: There's no longer a clear boundary between foods and drugs. In some cases—antioxidant-rich cranberry juice, for example—the health claims for nutrients actually have to be soft-pedaled, lest they trigger regulations that require foods to undergo the same approval process as drugs. The IFT is urging the Food and Drug Administration to adopt reasonable procedures for demonstrating safety and efficacy of foods that are, well, more than foods—what some people call "nutraceuticals."

Oatmeal in fact inspired one of the earliest druglike claims for a food. In 1997 the Quaker Oats box began touting the cholesterol-lowering effects of the cereal after the FDA evaluated studies linking whole grains to reductions in the blood fat.

Food-boosted health now goes way beyond the heart, all the way to the head. Of course, brain virtuosity also hinges on physical and mental activity, as well as on factors not yet understood. But there's no question that proper feeding primes our brains to reach their fullest potential and maintain their wits for a lifetime.

Everyday nutrients are involved in a dazzling array of sophisticated actions at the molecular level. Nevertheless, the latest research on functional foods highlights six strategic lines of defense on the route from mouth to mind. Some functional food superstars make use of more than one mechanism.

## The Telltale Heart: Jogging the Mind

Food doesn't have to reach your head to improve your memory. "There's getting to be a general consensus that what is good for your heart is good for your brain," says James Joseph, a neuroscientist at the Human Nutrition Research Center at Tufts University in Massachusetts.

Your brain accounts for just 2 percent of your body weight, but it eats up about 20 percent of your oxygen intake. Since it's such a hungry organ, your brain depends on a strong cardiovascular system to ferry in supplies. Healthy blood pressure and cholesterol levels keep your arteries clear, leaving them free to transport nutrients to your brain. Clear arteries also reduce risk of stroke, which kills neurons when a blocked or ruptured vessel cuts off blood flow.

Any steps you take to improve the delivery of oxygen to your heart—that two-mile jog, for example—automatically pump up your brain. The steps include well-known dietary cardiovascular strengtheners like fiber-rich foods, which lower cholesterol; leafy greens rich in B vitamins and folate, which reduce levels of vessel-harming homocysteine; omega-3 fatty acids, which may prevent arrhythmias; and exercise, which reduces blood pressure, helps control blood-fat levels and keeps weight in check.

Brain-boosting steps may also include downright counterintuitive measures. Women who have one alcoholic drink a day—be it wine, beer or that cosmopolitan—have a much lower risk of cognitive decline than either teetotalers or heavy drinkers, according to a study at the Harvard School of Public Health. It's the effect of alcohol on your blood. By elevating levels of "good" cholesterol, thereby lowering the risk of stroke, small amounts of alcohol may protect both your cardiovascular system and the brain it serves.

## Sweet Memory: Oat Cuisine

Your brain is the only organ that draws nearly all its energy from glucose, the sugar in ripe grapes and honey, for example, and produced in quantity from pasta and other starchy carbohydrates. That sweet substance also fuels the formation of sweet memories, or at least reliable ones.

Lab experiments reveal that a dose of glucose-sweetened lemonade boosts recall of events, words, movements, drawings and faces, among other things, with effects lasting long enough to get you through a two-hour exam. Other research extends these findings from doctored drinks to regular food. Any carbohydrate-rich dish, such as a bagel or a thick slice of bread, may prompt similar memory enhancements for healthy adults.

While a candy bar provides a burst of brain energy, that flash quickly subsides and your blood-sugar level plummets, fueling the desire for another ride on the blood-sugar roller coaster. Both body and brain may do better with foods that score low on the glycemic index, a rating that measures how fast and how high a food increases blood glucose levels after it's consumed. Because they surrender their starches slowly, such fiber-rich foods as barley, beans and Jo March's oatmeal all provide a steadier—and less fattening—stream of energy than a Snickers bar.

Over the long term, less-fattening foods benefit body, blood and brain. A healthy weight helps prevent diabetes and impaired glucose tolerance, conditions associated with a decline in cognitive capacity. Compared to glucose-intolerant adults, people with a well-maintained energy supply hang on longer to their memories.

## Signal Savers: Salmon Tales

Neurons, the main cells in your brain, are a bit like New York City: bustling with activity but walled off from the outside by rivers and membranes, respectively. For neurons to survive and contribute to the world, their walls need to let vital goods pass in and out.

A healthy cell in its prime has a supple membrane that allows important molecules to cross unimpeded, as if over the Brooklyn Bridge at midnight. As a cell ages, though, the materials in the membrane stiffen and make it less pliable. With bridges and tunnels closing down, tollbooth like receptors on the surface of the membrane don't collect as many incoming signals from message-carrying neurotransmitters as they should. You might feel such effects as sluggishness in learning the new and recalling the old, poor sleep, lowered pain threshold. Impaired body-temperature regulation could make you uncomfortable in ordinary settings.

The neuronal membrane is made up primarily of fats, the very same fats that you fork into your mouth. In fact, your brain has your body's second-highest concentration of fat, right after actual fatty tissue—think butt and belly—itsself.

The kinds of fats in the foods you eat influence the character of your cell membranes. Cholesterol and saturated fats harden membranes, while essential polyunsaturated fatty acids—omega-3s and omega-6s—render them supple. A healthy mix of essential fatty acids seems to enhance learning by facilitating the smooth passage of signals through neuronal membranes.

Most Americans take in plenty of omega-6 fatty acids, via nearly ubiquitous soy and corn oils. But the typical American diet lacks sufficient omega-3s, notes David I. Mostofsky, a neuroscientist at Boston University. Within days after you add omega-3s to your diet, membranes are rejuvenated

in composition.

Salmon and other coldwater fish and (perhaps less appetizingly) algae are rich sources of the omega-3 fats that your body can utilize directly from food—known as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Walnuts and flaxseeds are rich in a related substance, alpha-linolenic acid, which can be converted more or less efficiently to EPA and DHA in the body. Human breast milk is rich in all three fatty acids, and DHA provides critical insulation for an infant's developing nervous system.

Under the direction of Gregory Cole, the Alzheimer's Disease Research Center at the University of California at Los Angeles is preparing to test whether omega-3 fatty acids can deter Alzheimer's disease, the number one cause of cognitive decline. So far, the fats have successfully fended off dementia in lab rats.

Tests of omega-3s are underway for a variety of other conditions, ranging from sleep disorders and anxiety to depression and impaired immune responses. "Nobody fully understands why they should have so many different functions," muses Mostofsky. Perhaps it's because the neuronal membrane controls access to all other nerve-cell functions.

## Power Makers: Meat and Milk

Once nutrients make their way into a neuron, small furnaces within the cells turn them into energy by combusting glucose and oxygen. The cellular furnaces, known as mitochondria, create energy less efficiently as you age. As mitochondria sputter, cells have less energy to power critical activities like the repair of everyday damage and replication of DNA. The downslide in cell metabolism likely contributes to the cognitive decline seen with age.

What's more, mitochondria spew cell-damaging free radicals of oxygen into their environment, and the more they age, the more renegade free radicals they generate. "It's like an old car engine that's spitting out black smoke," explains Bruce Ames, professor of biochemistry and molecular biology at the University of California at Berkeley.

Give mitochondria a tune-up, reasons Ames, and they'll turn out more energy and fewer free radicals. He focuses on two food-based mitochondrial boosters: acetyl-L-carnitine and lipoic acid. Acetyl-L-carnitine, a version of an amino acid found in meat, milk and avocado, helps shuttle fatty acids into mitochondria. Lipoic acid, found in beef, spinach and broccoli, quenches free radicals. In cahoots, these compounds in high concentrations combat memory loss in lab rats, Ames reports. He's testing a combination pill for people.

Another dietary factor—or, more precisely, lack thereof—may beef up mitochondrial function. Low caloric intake, shown to prolong the life span of rats, also seems to revive mitochondrial function, perhaps because mitochondria with fewer nutrients to burn emit fewer free radicals.

It may also do more—promote the growth of entirely new neurons. Mark P. Mattson, chief of the neurosciences lab at the National Institute on Aging and flag bearer for low-cal research, advises people who are overweight to cut back on calories. The benefits are less clear for people who are already of normal weight.

## Youth Keepers: The Berry Elixir

Along with an increase in free radicals, aging can bring a decrease in the body's ability to deal with these errant molecules, which have a particular affinity for attacking cell membranes. And in a vicious cycle, the damage caused by unchecked free radicals—a.k.a., oxidative stress—ends up compounding the aging process.

"Every major disease that kills people in this country has an oxidative stress component," says Joseph of Tufts University. For him and other researchers interested in preserving the brain's ability to function, oxidative stress seems like a natural enemy. The scientists also have natural allies: fruits and vegetables. They contain a whole circus troupe of antioxidants, colorful substances that arrest free radicals by nullifying their rogue electrons.

Some antioxidants are already familiar faces in nutrition. Vitamins C and E, for instance, are the main antioxidants in the brain. But they're getting new respect as potential keepers of brain health, since they appear to guard aging neuronal membranes from free radicals.

Other antioxidants have stepped into the limelight. Many are natural chemicals that plants have evolved to protect themselves from disease. The major antioxidants in plants, known as flavonoids, come in two main flavors: anthocyanins, in brightly colored fruits, and their colorless cousins, anthoxanthins, found notably in green tea (epigallocatechins) and soybeans (isoflavones).

With a rich load of anthocyanins, the most colorful produce also tends to be the most potent. Blueberries, blackberries and cranberries offer more antioxidant protection than the legendarily nutritious brussels sprout. Their antioxidants also have anti-inflammatory actions, soothing overagitated immune cells that may hamper brain activity.

In practice, the petite blueberry reverses some of the effects of aging on the brain, boosting short-term memory and spatial learning—reviving the ability of dodderly lab rats to move through mazes. People who eat a cup of blueberries a day perform well on tests of motor skills. Purple grape juice, similarly rich in flavonoids, similarly boosts performance. Grape juice and red wine also promise to stave off heart disease, in part because of the activity of another powerful antioxidant, resveratrol.

The garishly yellow spice turmeric excites researchers beyond its vibrancy of color. Its active component, curcumin, has both antioxidant and anti-inflammatory properties; further, it may act as an iron chelator, removing harmful buildup of metal associated with neurodegenerative diseases. Lab tests suggest that it directly targets the brain plaques linked to Alzheimer's disease. "It's binding to the supposedly toxic stuff," and disarms it, explains Greg Cole of UCLA.

Adding to the excitement surrounding the flashy turmeric seed, Cole is evaluating the effectiveness of curcumin as an Alzheimer's treatment. His trials may help explain why India, where turmeric commonly tints curry dishes, has a particularly low rate of Alzheimer's.

Whether hot curry dishes or cool glasses of juice, whole foods may hold on to nutrient benefits that concentrated supplements cannot. "There is some evidence that the vitamins from food are more efficient," says D. Allan Butterfield, a biochemist at the Sanders-Brown Center on Aging at the University of Kentucky.

## Signs of Success: Eggheads

Research in nutrition zeroes in on the classiest work of the brain: learning and remembering.

Nutrients provide the building blocks of neurotransmitters, the chemicals that carry messages between brain cells—messages like "Grow" or "Pssst, pass this on." Both glucose and vitamin B1, for instance, feed production of acetylcholine, a neurotransmitter that appears to play a large role in memory formation. Adequate amounts of B1, as well as the other B vitamins, are necessary for everyday brain health.

Still, upping levels of nutrients may boost specific neurotransmitters in your brain, abetting the cell-to-cell signaling that delivers, say, a memory to mind. "If I give you more choline [a fatlike essential nutrient related to the B vitamins, found in eggs, liver and soybeans], your brain cells will immediately make more acetylcholine," says Richard Wurtman, professor of neuropharmacology and director of the Clinical Research Center at Massachusetts Institute of Technology. In lab rats a surge in acetylcholine leads to memory improvements a month later. Normal human brain function requires adequate intake of choline, but it's not clear whether extra choline brings extra cognitive benefits—although, interestingly, Alzheimer's patients show drastically reduced acetylcholine levels.

### Related Articles

#### Bottom of Form

Some familiar antioxidants may also boost learning by abetting the signaling that takes place inside brain cells and modulating the expression of genes, influencing the survival and growth of nerve cells. Blueberries appear to help rat brains from within, in ways that even surpass their antioxidant activity, says scientist Joseph of Tufts University.

Green tea may similarly protect neurons through related signaling mechanisms. Both edibles are still under investigation, since cell signaling ranks among the newest frontiers at the intersection between nutrition and neuroscience.

As hot as the frontier now is, it turns out that the idea that food may be our brain's best medicine isn't novel at all. Jo March, the oatmeal muse who altered my eating habits for life, got there well before the scientists. "Don't worry, my dear," she says in *Jo's Boys*. "That active brain of yours was starving for good food; it has plenty now."





*Love  
is my  
Drug  
of  
Choice*



## Serotonin and Super Learning



Serotonin is one of the chemicals which regulates emotion, and it is thought to play a large role in the biology of depression, bipolar disorder, anxiety, migraine, sexuality and appetite. People in a good mood learn more.

People who are suffering from problems in these health areas might have a serotonin deficiency. This deficiency may be caused by poor eating habits.

As well as being found in the brain, serotonin is found in abundance in the digestive system as well as the blood stream. When the proper foods are digested, the body creates natural serotonin. When the attitude is right learning is increased.

For example, whey protein milkshakes contain the amino acid L-Tryptophan. When the protein is digested, the body converts the amino acid into natural serotonin as needed. This is the way nature intended for you to get your natural serotonin, from the digestion of various healthy foods.

Ask your doctor if natural serotonin may be an alternative to drugs or a complimentary treatment. In the treatment of depression and anxiety, SSRI pills (selective serotonin reuptake inhibitors) are often taken in hopes of increasing the brain's serotonin levels by increasing the amount of time that it stays in the brain.

However if the body has a shortage of natural serotonin, due to a poor diet, the drugs are simply trying to make the most out of the little bit of supply there is in the body.

The question is, why not also increase the supply, instead of only trying to make the little bit there is linger for a longer time? This is not to say drugs don't have their place, consult your doctor.

But think about this. If someone has a shortage of Vitamin C and it was causing the symptoms of scurvy, would they take a drug to make the little bit of vitamin they did have last longer in their body? They might, but why not also just drink some orange juice and naturally get some more of the vitamin into the body? Hello, hello? Is health food a big mystery?

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The human body is designed to produce natural serotonin from foods that contain amino acids. If someone is very low on serotonin it might be because the food they eat is junk and does not have the nutrients the body needs to support proper health.

### Here is what can happen:

1. You eat a junk diet of processed and packaged foods.
2. You find yourself with a serotonin deficiency because your body can't make any from the junk food you eat.
3. You either make the effort to eat whey protein and similar health foods that your body can use to create natural serotonin ... or you don't.

Most people don't. Sad but true. They end up at the doctor and buy expensive pills because they wouldn't make an effort to eat some health foods.

### Here are three ways to get more natural serotonin into your body.

1. Health Foods: Drink a whey protein milkshake every day. We do. We put a scoop of chocolate flavor in a blender with a half a banana and some skim milk. It tastes delicious and helps keep your tummy flat too. If using a blender is too much work you can get these milkshakes in ready to drink packages. Put some in the refrigerator and enjoy one each day.
2. L-Tryptophan Supplements: These were off the market for a long time due to one bad batch

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made by a foreign company. Now they are back and have passed the regulatory requirements for purity. One company that makes these is Doctor's Best.

3. This super high quality brain and mood formula is made by a company we have great respect for.

The editors of this website have used many of their products with great results. Their famous pure fish oil is also recommended for natural support of brain health.



Research indicates that in the United States 60-80% of the people, especially women, have low serotonin levels. You don't have to get caught in the low serotonin cycle of hopelessness and despair. You can alter your low serotonin levels by carefully orchestrating your foods, activities and daily routines and habits.

You alter your brain chemistry, manipulate your neurochemical profile and affect your body's physiology every day by what you do and don't eat, what you think about, and how and where you spend your time. Through your daily behaviors and the environments in which you spend your time, you create your biochemical profile and this is reflected in the emotions, energy, thoughts, actions, and psychological states that either bring you into peak performance or that block your best functioning.

You have an enormous power to shape your inner world – your experience of life. What you do every day, what you eat, when you eat it, what activities you engage in and when you engage in them, what kind of environment in which you live and work – everything you do and do not do – shapes how you feel, think and how you experience your life.

You can create the range of emotions, energy levels and intellectual and creative functioning that you want. You can learn how to use what you do and do not do every day and how you do it to create inner strength, hope, joy, mental alertness, and enthusiasm. By designing a life that keeps your biochemistry in balance you can maintain a state of optimal wellness, vitality and performance. When you understand the optimal physiological requirements of your body operating at its best,

you can design your lifestyle to provide the diet, exercise, behaviors, thoughts, scheduling, and environment to support and nourish this optimal state of functioning in your body.

### 1. Serotonin levels are increased by a carbohydrate rich diet.

When you eat carbohydrates it results in a rise in insulin levels that acts to usher the amino acid tryptophan into the brain. Tryptophan is the precursor to serotonin. One and a half ounces of carbohydrate food (1/4 cup of oatmeal or a piece of sourdough bread) will significantly boost brain levels of serotonin. The healthiest carbohydrates to use are whole grain, low glycemic index carbohydrates such as barley, oats, buckwheat and carbohydrate rich vegetables such as yams, sweet potatoes and squashes. Fruits and most other vegetables have a neutral effect on brain chemistry.

### 2. Eat the kinds of protein that favor serotonin production.

These proteins are high in the amino acid tryptophan: chicken, white flakey fish, lean cuts of pork, veal, cottage cheese, lamb, low fat cheeses, low fat milk and dairy products, soy and legumes.

Our brain produces neurotransmitters like serotonin which play an important role in how we feel each day. Many people experience pain, stress, depression and anxiety associated with low serotonin levels. Fortunately, there are plenty of natural ways we can boost our mood by helping our body produce the right amount of serotonin.

### 1. Get Enough Rest

Sleep gives the body an opportunity to rejuvenate itself and prepare for another day of life. Lack of sleep disrupts hormone production and can keep your brain from producing enough serotonin. Most people need at least seven hours of quality sleep each night to feel their best. Encourage a good night's rest by dialing down activity and dimming the lights an hour before bedtime. You can also take magnesium and calcium or tryptophan an hour before bed to aid in the production of melatonin, which is nighttime's form of serotonin.

### 2. Exercise the Blues Away

Regular exercise is one of the easiest ways to naturally boost your neurotransmitters. Even light exercise like yoga or a daily walk is very effective. In fact, you want to make sure you're not over-exercising to avoid depleting your feel-good chemicals. Aim for about 30-60 minutes of moderate activity 3-5 days per week on average, with a balance of cardio and resistance exercise for the best results.

### 3. Try a Balanced Eating Plan

The production of neurotransmitters like serotonin is dependent upon a constant stream of quality nutrients. Regular, balanced meals and snacks give your brain what it needs to feel good. Begin with stocking your shelves with a variety of whole, natural foods including fresh fruits and vegetables. Keep highly processed and refined food out of the house as much as you can. Try to eat some protein and fat with each meal to keep your blood sugar from bouncing up and down, which will help balance your hormone production.

### 4. Get Plenty of Healthy Fat

Fat is essential for hormone and neurotransmitter production. Without adequate fat intake, it's impossible for the body to produce enough serotonin. Stay away from diets that tell you to ditch

the fat. Instead, choose healthy fats that will keep you feeling great.

So, what is healthy fat? Well, opinions vary widely, but the best fats are going to be from natural, unprocessed sources. Flaxseed and olive oils are some of the top choices. Look for organic oils in opaque containers labeled "unrefined" or "cold-pressed" for a higher quality. Butter and coconut oil are also good choices, especially since saturated fat helps facilitate the use of the essential fatty acids.

#### 5. Take a Vitamin B Complex

All of the B vitamins are vital for energy and the production of serotonin. These nutrients are used up rapidly in times of stress. You can get vitamin B from eating more whole grains, green vegetables and dairy products. A quality vitamin B supplement is also recommended to make up for any dietary deficiencies. Since all of the B vitamins work together in a synergistic way, it's good to find a vitamin B complex that contains a good amount of each of the different B vitamins.

#### 6. Don't Forget Your Calcium and Magnesium

Both calcium and magnesium are precursors to serotonin production, so it's important to be getting plenty in your diet. Eating dairy products and nuts are two healthy ways to boost your intake, and for most people a quality supplement is also beneficial.

#### 7. Avoid Stimulants and Other Chemicals

Sugar, caffeine, and alcohol give you a temporary rush of feel-good neurotransmitters, but over time these substances deplete your brain of what it needs to balance your moods. Limit your intake of sugar, caffeine and alcohol whenever possible. A daily cup of coffee or glass of red wine and the occasional dessert are usually acceptable, but if you tend to be sensitive to these then you're better off avoiding them altogether. Also, it's a good idea to avoid consuming artificial sweeteners, since these are chemical substances that interfere with natural hormonal processes.

#### 8. Bask in the Sunshine

Sunlight naturally stimulates the production of serotonin and signals the body to stop producing melatonin. Getting plenty of natural light will boost your mood and your energy

#### 9. Get social networks of family and friends to talk to.

This networking and simple sharing of ideas is shown to help you live longer and have less disease.



Some psychiatrists report that the natural production of serotonin can be impaired by:

- Alcohol
- sweeteners (aspartame)
- Caffeine
- Cigarette Smoking
- Diabetes
- Dietary deficiencies of nutrient co-factors
- Ecstasy, Diet Pills and certain medications
- Genetic Predisposition
- Hormone Imbalances (thyroid, adrenal, estrogen)
- Hypoglycemia
- Lack of Dietary Protein
- Lack of exercise
- Lack of sunlight
- Problems converting tryptophan to Serotonin
- Problems with Digestion
- Stress and Anger

Tryptophan is a naturally occurring amino acid that is a part of many foods, mainly various kinds of protein, such as milk, eggs and meat. Some vegetarians may be low in amino acids, low in tryptophan and low in serotonin.

The function of natural serotonin can have a calming and relaxing effect on the nervous system. Lack of serotonin can lead to anxiety and depression.

# Prozac Mass Murder from Prof. William Nelson Shootings

This letter is of the utmost importance in explaining the recent tragic events. There has been a continued tragedy of mass murder shootings mostly in America. The first largely published disaster happens in Columbine, Colorado. The amount of postal worker shooting and other such disasters, begs for an investigation into the cause. The cause is a simple word "Prozac".

It is important this letter be published so the scientific community can evaluate its content. As a professor of medicine I can offer a scientific explanation for the disaster. When it happened I knew that this person was on some form of anti-depressant. This has just been confirmed by the news services. You see my interest started when I lived in Littleton, Colorado. I drove my step daughter to Columbine school every day. I was one of the chaperones at school dances. I knew the boys involved in the shooting. They were on Prozac.

Prozac is a drug that blocks the re-uptake or return of serotonin to the original synaptic membrane. Serotonin is one of our happy hormones. When we drink a single drink of alcohol, serotonin is released. The effect is a slight euphoria reduced inhibitions and some happiness. The natural process is that in about 12+ hours the serotonin is returned to the original spot. The theory of Prozac is that, by blocking re-uptake of serotonin, the serotonin can remain in the synaptic cleft longer. This would make us happy and reduce depression: But at what cost?

The re-uptake of serotonin has a biological function. It helps us to be grounded, it helps us to check our reality. It is said you can drink to forget, but when you wake up your troubles will still be there. And you must face them. This re-uptake reality check process is blocked by Prozac and most anti-depressants. Thereby with the reality check being disturbed a user can start to form unreal ideas. The killing on a computer game or a movie can be seen a reality. We see killing every minute in movies and tech games. Normal people see the difference, Prozac can block this perception.

Every mass murderer has been an anti-depressant user. In the recent Virginia case, a police officer observed how easily and calmly the shooters in all of these mass murders can operate. Normal people, even trained soldiers or the police, have nerves. They tremble, sweat, have some second thoughts, and sense it is wrong to kill.

But a Prozac user can be different. His reality check is interfered with. In his new reality it is logical to kill for the simplest of reasons. The shooter in Montreal said that there was too many girls in his engineering class. Normal people would choose other ways to handle such a conflict. The fact that these mass murders have little sweat or nervous reaction gives us proof of the pharmacological nature of this tragedy.

The problem is not the mental disease, but the illogical cure. Once again the synthetic pharmacology Industry has focused on the symptom (depression) and the sales. The side effects are observed most often too late. This letter contains the explanation for the recent catastrophe.

But for over a year now this letter is not published by anyone. The Media has been bought. The world media is not doing its job. The media has been bought and is controlled by the big corporations like Big Pharma.

Now the new research shows that Prozac is no better than a placebo in treating depression. This story is a better one to remove Prozac from the market. The expose' of deaths would not only continue the legal attack on damages that Big Pharma is occurring, Viox, DES, anti-cholesterol drugs, heart medications and a host of others. There is an ever growing awareness of just how much of a problem the incompatible synthetic pharmaceuticals are. This is a most vital story to tell, and tremendous cover up and conspiracy of the drug company.

But there is a larger story. The entire world press is bought and will not cover stories like this, will not cover stories of the international pedophile cartel, will not cover stories of Equal Economic Education, will not cover the angel. The greatest news story is that the news is not the news. Big Money and large corporations filter the news and they control the dribble of what we see. Every journalist should be ashamed. Is there not one of them willing to step forward with honesty and integrity.

This letter must not be suppressed. This treatise requires more in-depth evaluation that cannot honestly be done from inside the Chemical companies. Please give this correspondence the proper treatment and allow others to read it.

*Professor William Nelson*



## GunShots Ring out on the Street Again



"I'LL HAVE TO GET DR. KENDRICK TO REDUCE HIS DOSAGE OF PROZAC."

When we eat foods that are naturally rich in tryptophan, such as whey protein shakes, scrambled eggs, milk, lean meats, etc., the tryptophan turns into natural serotonin, if conditions are right. If there are parasites in the colon, they can block the conversion. If there is a bowel flora imbalance as well or if there is inactivity it can limit production. If there is intake of the good protein not bad, good fats not bad, good sugars not bad, good bowel flora, moderate activity, no parasites then the stage is set. The serotonin is then found in the blood stream, in the gut, and is synthesized in the central nervous system. This is how nature intended things to work and how things could work if only we would eat a more healthy diet, exercise and get rid of the parasites. Athletes and bodybuilders often seem to be in a good mood. Many people have thought this is due to the endorphins being released while exercising. That is probably one reason. The other reason may be that many people who exercise regularly also drink whey protein shakes or eat protein rich foods every day. This protein is rich in all of the amino acids, including tryptophan. More tryptophan more serotonin and you feel better. Many of these folks also use egg protein powders and also eat a lot of scrambled eggs and/or Eggbeaters (egg whites). Whey protein is rich in all of the eight essential amino acids that you body needs. Enjoying a tasty whey protein fruit milkshake every day is an easy thing to do for most people. But there is one more problem. Half of the population has a gene that lets them make more serotonin than they need, while half have a genetic structure that limits production. So half our planet sees the glass as half full and half see the glass as half empty. Loss of a reinforcer such as a loved one, or aggression directed inward make up depressed. In either case even a glass half full guy can succumb to loss and depression and then make not enough serotonin. This is why Prozac is so popular. But it's side effects including mass murder cannot be tolerated.

## Serotonin and Depression

In the past, when people were suffering from depression or anxiety, they would often go to the health food store and buy some tryptophan supplements. This came to an end one day in the US when a foreign manufacturer made a bad batch which was contaminated with impurities. The problem was traced to a batch of supplements made by Japanese manufacturer Showa Denko. There was also a group that found out how to make methylated tryptophan (the drug Ecstasy) from this free nutritional supplement. If a methyl donor is added to the mix properly then a fast acting tryptophan can be made. The sexual warrior witch will show you how to do this safely.

All of the other essential amino acids were still available for sale. It was only this one, tryptophan, that could no longer be found at retail stores in the US. There were a few sources on the Internet, but the product was very expensive. People with depression began taking prescription drugs instead. Recently a well-known supplement company has carefully made a top quality, USP pharmaceutical grade tryptophan supplement. This manufactures it according to the strict FDA rules and it had to be difficult to make ecstasy. This product is tested for purity according to the United States Pharmacopeia (USP) standards. It is the real thing and it can be ordered on the Internet at an affordable price. The official FDA statement about tryptophan includes this quote: "Although FDA continues to enunciate its concern about the safety of dietary supplements containing L-tryptophan and related compounds such as L-5-hydroxytryptophan, this does not mean that FDA prohibits the marketing of dietary supplements that contain L-tryptophan."

Psychology Today magazine featured an article that concluded "The only surefire way to increase tryptophan to the brain is with dietary supplements."

## The Serotonin Diet and Lifestyle

When tryptophan supplements were off the market, many people turned to whey protein, turkey, etc. For example, some people would eat a turkey sandwich for lunch every day and drink a protein shake along with it. Their body would then turn this food (that includes tryptophan) into natural serotonin. This is the way nature intended it to work. Some people call this the serotonin diet.

Many folks do not drink any whey protein or eat any turkey or other protein so they may not be getting enough tryptophan in their diets and they may be low in natural serotonin. There are those who naturally tend to depression. These people may want to consider taking supplements.

### Step 1

Practicing either yoga or meditation can help to naturally increase serotonin levels. This is especially useful as a way to help with sleep disorders related to depression.

### Step 2

Taking deep breaths for about 15 minutes can temporarily increase your serotonin levels.

### Step 3

Eating foods that are high in complex carbohydrates will increase your serotonin levels. Try to eat more complex carbs, but avoid highly processed foods. Processed foods and their simple carbs will lower serotonin

### Step 4

Laughter can raise your serotonin levels. So watching your favorite comedy movie or stand up can help fight against depression. Laughter is an experience of something new. Do new things and you will increase serotonin.

### Step 5

Massages, especially deep tissue massages, can help to raise your serotonin levels.

### Step 6

Cardio exercise and any type of vigorous exercise will help to raise your serotonin levels.



## Easy Ecstasy

If you combine tryptophan with a methyl donor like my pangamic acid (B15) formula you can get a very mild safe form of ecstasy. Use five pills of my sport formula with five of tryptophan and Stinging Nettle Extract, and any of the following herbs Japonica, Passiflora, Holy Basil, Bilberry, Devils Claw, Elder Flowers, Peppermint, Periwinkle, Lavender, Oregano, Thyme, Hawthorn, wintergreen, Cherry Laurel, Ragweed Pollen, Black Pepper, Pomegranate, Raspberry. Add five drops of menthol and let sit for 24 hours, mix into a smoothie and there will be some effect. This is a natural small effect that only enhances your own ability to transcend consciousness not push it. This compound is designed to intensify the sexual experience of people already having sex.

### **L-Tryptophan versus 5-HTP**

Another way that some people have attempted to improve their serotonin levels is by taking a supplement called 5-HTP. This is a precursor to serotonin. Most 5-HTP products are made from natural griffonia bean extract.



Two problems with cheaper 5-HTP types are (1) your body cannot actually control the amount of serotonin it produces so you need to make sure your 5-HTP is made in standardized doses. And (2) some of the 5-HTP supplements can give you an upset stomach, so look for one that is enteric coated. Tryptophan itself is a good choice.

And if you take 5-HTP (griffonia bean), be sure to follow label directions. Look for standardized extracts in enteric coated tablets. The standardized extracts help assure you that the product contains the amount it says on the label, so you don't take too much or too little. The enteric coating carries the supplement through the stomach to the digestive tract, which helps to avoid some of the possible stomach discomfort and gastrointestinal upset.

### **Serotonin and Weight Loss**

Drinking whey protein and a high natural protein diet is a very easy, natural way to get serotonin precursors into your system. A high natural protein daily diet will also help with weight loss. Being

in a good mood, helps with weight loss too. Many people eat when they are anxious. If you have been finding it difficult to lose weight, try the serotonin diet of whey protein shakes and turkey sandwiches.

Many have lost weight and felt great on this diet and you probably can too. Weight loss is done best with the two most important components. First Awareness and second Enthusiasm. When you become aware of what you eat you eat better and less. When you are enthused you are motivated to eat better eat less and to move about and do things. Every diet book works because every diet book asks you to be aware and in control of what you eat, and every diet book gives you enthusiasm to lose weight. Enthusiasm is the light within.

Some recommend going (use a fast walk) to Subway sandwich shop and ordering a six inch turkey sandwich with extra meat. Eat as little of the carbohydrate bun as possible. Skip the soda and instead bring along a small carton of whey protein shake to drink along with the sandwich. This carton is smaller than a can of soda. Relax with the sandwich and for thirty minutes there after a slow walk home or some relaxing music or pleasant thoughts. This will set some serotonin free and make you feel better.

High protein low carbohydrate weight loss diets work but be cautious done to extreme they can get you into ketosis and be dangerous. You can eat all of the meat and protein you wish, but must limit your carbs to 25 grams or less a day. Check your urine for ketosis with a simple ketosis urine dip sticks you can get at a pharmacy. You want to be slightly ketonic to burn the bad fat away. Yawning is a sign you are ketonic. But too much and you can get ketosis acidosis and be in trouble, hair loss was a sign of too much ketosis. Do this diet with professional help. At my first medical clinic in Sharon, Pennsylvania we helped patients in this fashion.

## Euphoric Gum

When I was in High school they taught me a trick to help in getting sex. We all heard the stories of Spanish fly (Cantharis). Cantharis is a homeopathic remedy obtained from the insect *Lytta vesicatoria*; common names are Spanish fly or blister beetle. This beetle lives on honeysuckle and olive trees in western Asia and southern Europe. It is bright green and about 0.5 in (1.3 cm) in length. The Spanish fly raw compound when taken produces an irritation of the vagina or inside of the penis and this itch is scratched with the sex act. Too much and the condition can be a problem. This would only work on girls and boys who were over sexual for others would just go home. It was not a turn on. In India this and other beetle toxins are applied to the outer penis and there is dramatic growth to the penis size from the irritant. All of this is risky.

There was another charade we used. They taught me that there was something in the banana peel. It was not in the banana but in the peel and it could not be absorbed from eating. You could smoke it or there was a better way. We took out the banana from a near ripe banana. We are left with the peel. Put into the peel a piece of gum. Fold over the peel onto the gum and let sit for 24 to 48hr. Then throw away the peel and put the wrapper back onto the gum and on your date once you have the girl calm and comfortable, you offer her a stick of gum. What was in the banana peel was serotonin. This would have a mild euphoria effect and lower your inhibitions. Many good girls were led astray with this gum. A small amount of alcohol would help. As that alcohol releases your serotonin, and this gum gave an extra kick.

## Euphoric Elixir of Erotic Delight

This following formula is designed to lower inhibitions and give you a chance of a sexual encounter. It does not guarantee it. Follow our rules of sexual encounters and this elixir might pay off. Don't push. You can only push people away, so don't push. In fact if this works right just be yourself and things will go your way. This formula makes sets the hormonal mood of euphoria and Eros.

Wash the bananas in soapy water to remove any pesticides. Chop up three banana peels into small chunks the put into a blender with ½ cup of fructose and ½ cup of whey protein. Add 10 griffonia beans and ½ cup of Findlandia Vodka. Blend thoroughly and Let set for 24 to 48 hr in the refrigerator not the freezer.

On the day of use press and filter the banana peel particles with a small sieve, re-blend while adding your favorite fruit, berries, passion fruit, or kiwi work best I find. This might still have a sour bitter flavor of the banana peel so serving a small 4 to 6 oz glass is best. Tell your partner this is a special witch elixir if you want fascination or it is a special health drink from the isles of Fiji. It is disrespectful to not drink, but only one glass. Follow with a shot of passion fruit liquor to calm the taste. Do not get too drunk unless that is the only excuse your partner will use to allow sex. Follow with small talk relaxing music and forget about the drink. Just let it work.

Now is the time to exercise what you have learned about sexual turn ons from this book. If you do not tell what it is for, it is bad, but as a bad girl it is expected of me. When I am good I am very very good but when I am Bad I am better. Good girls go to heaven, bad girls go everywhere.

This formula is an anti-depressant, and a mild euphoric. With just a touch of alcohol the inhibitions can come down and not compromise performance or memory. You will remember this and you might want to. This formula does not excite sexuality directly. Nor does it make permanent or even temporary bonding. It does increase your chances of sex and at least it makes for a good evening. This is a mild euphoric, don't get addicted use only once a month.

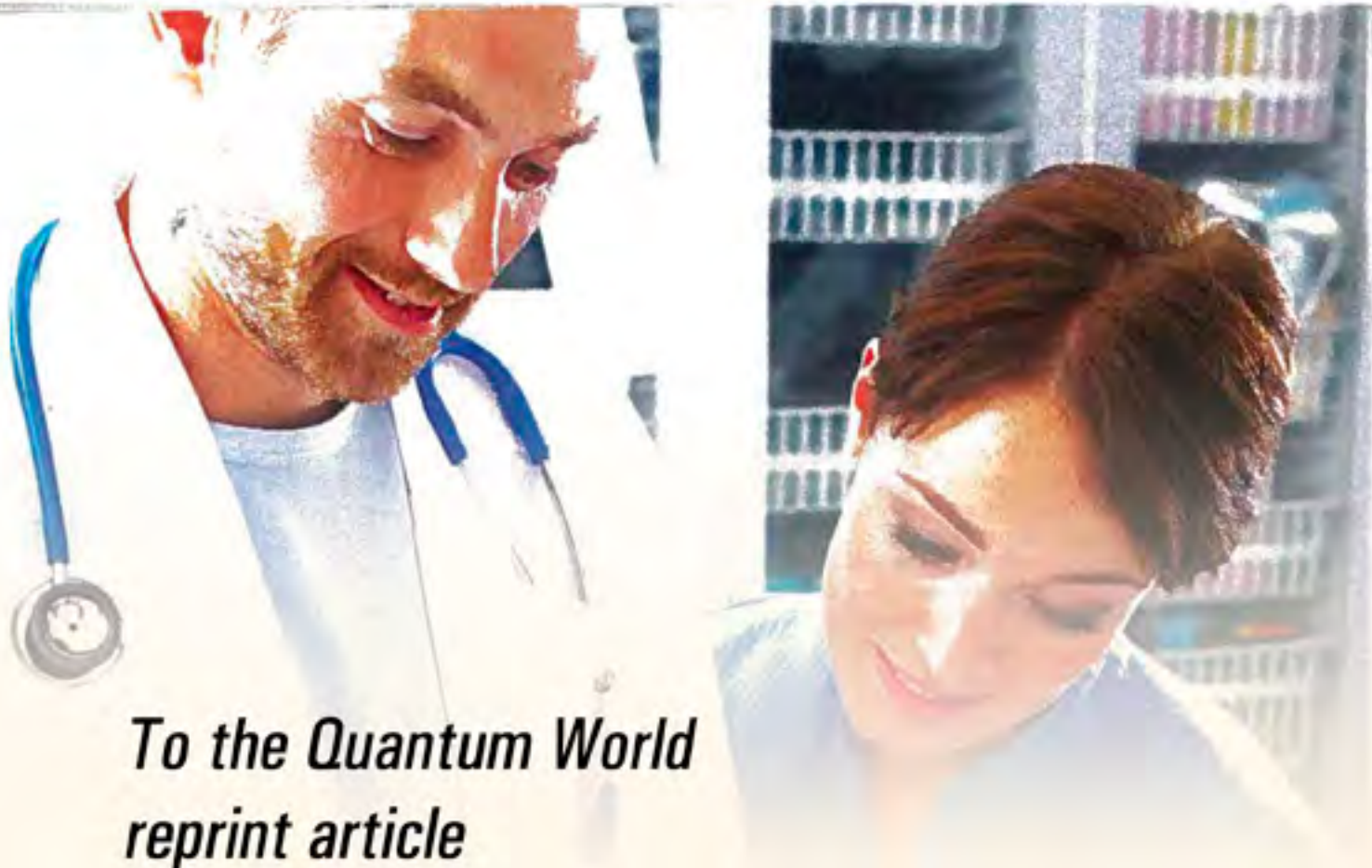


*Euphoric  
Elixir of  
Erotic  
Delights*

*Directions:  
This formula makes  
sets the hormonal  
mood of euphoria and  
Eros lots of Eros.*

Chop up three banana peels into small chunks the put into a blender with ½ cup of fructose and ½ cup of whey protein. Add 10 griffonia beans and ½ cup of Findlandia Vodka. Blend thoroughly and Let set for 24 to 48 hr in the refrigerator not the freezer. On the day of use filter the banana peel particles with a small sieve, re-blend while adding your favorite fruit, berries, passion fruit, or kiwi work best I find. Don't tell be Bad





## To the Quantum World reprint article

*Here is an article from the FDA wanting you the therapists to do clinical research. If you have an idea of what your SCIO has done to help your patients here is your chance to prove it to the world. You can write up a case study on a patient and submit it to us for publication. You might get approved to present it at our world congress in Budapest. But if you want to do a proper study here is your chance.*

*The FDA is helping people to do Investigator Sponsored Trials, known as IST. The following article is from an FDA approved journal on compliance. We have the proper Institutional Review Board, we have a study protocol for you to work with or amend for your needs, and we have the medical supervision. We have all you need. You just need an idea, some patients, and the dedication to see it thru. If you can finish a full 20 patient dbl blind study you can get a refurbished SCIO from the sponsor Maitreya / SCIO USA. So think this is your chance to get your name on a study and show the world what you are doing. We can do it together.*

**Prof. Desiré Dubounet**

## Investigator-sponsored Trials

Thousands of clinical trials are conducted each year around the world. They are sponsored or funded by a variety of organizations such as medical institutions, foundations, voluntary groups and pharmaceutical companies, in addition to federal agencies such as the National Institutes of Health and the Departments of Defense and Veterans Affairs. In addition, some clinical trials, sponsored by individual physicians, are called investigator-sponsored trials (ISTs).

ISTs are like other clinical trials, except that they are mostly single-center studies with an individual physician acting as both the lead investigator and the sponsor. As a result, ISTs tend to be minimally funded. However, if the drug or medical device under investigation in the trial is already available commercially (perhaps for another indication or population), the investigator will often try to engage the manufacturer to obtain some form of funding (e.g., donating the drug or medical device). Data generated through ISTs are often published and contribute significantly to academic research that in turn is referenced and utilized by other treating physicians and entities involved in the disease area or condition. Ownership of the products being investigated in the ISTs remains with the patent holder or manufacturer. Therefore, if the investigator is not the patent holder, he may neither submit the data from ISTs to a regulatory authority nor obtain approval to market the product. The investigator will need to work with the patent holder to obtain the rights to the product and it may be necessary to license the product to a manufacturer to secure the funding needed for the resources required for product approval. Data from ISTs are accepted by many regulatory authorities to support marketing applications or supplements as long as the trials were conducted in strict conformance Good

Clinical Practice guidelines and the regulatory authority has access to uninterpreted data from the trial.

ISTs are held to the same regulatory standards as all trials involving human subjects. Investigators who sponsor and/or participate in clinical trials have serious responsibilities because of the involvement of human subjects and their risks in participating. There are many regulations specifying the responsibilities of sponsors and investigators. Investigators who are both sponsors and investigators (investigator-sponsors) of clinical trials must shoulder both sets of responsibilities and become very familiar with all applicable laws and regulations surrounding the conduct of human studies to ensure compliance. In the US, the Code of Federal Regulations (21 CFR Part 312 Subpart D for drugs and biologics and Part 812 Subparts C and E for medical devices) describes these serious responsibilities for both the sponsor (21 CFR 312.50) and the investigator (21 CFR 312.60). Additional responsibilities and requirements are described throughout 21 CFR 312 and 812;

those specifically relating to informed consent and IRB approval are described in 21 CFR Parts 50 (Protection of Human Subjects) and 56 (IRBs), respectively. The specific responsibilities for sponsors and investigators in drug and biologic clinical trials are similar but not identical to those for sponsors and investigators in trials for medical devices.

Investigator-sponsors must determine whether an Investigational New Drug application (IND or Investigator IND) must be submitted to the US Food and Drug Administration (FDA) before beginning the trial. An IND is usually required if the study involves an unapproved product or an approved product for a new indication, or evaluation of an approved product in a new patient population. The IND must include all

the information specified in 21 CFR 312.23. To complete the IND, the investigator-sponsor usually seeks permission from the original product manufacturer to cross-reference the company's IND or Investigational Device Exemption, or approved New Drug Application or Premarket Application to obtain the necessary information (e.g., data from animal studies and previous human studies and manufacturing information). By submitting an IND, the investigator assumes responsibility for providing all necessary information (such as the study protocol, adverse event information, annual reports, etc.) to FDA to maintain compliance with regulations. It remains the investigator's responsibility to determine whether the study is exempt from the requirement to submit an IND. FDA generally does not accept INDs it considers exempt (see 21 CFR 312.2(b)(1) for criteria that exempt studies from IND regulations).

**Table 1** lists some common reasons why investigators sponsor clinical trials in spite

of the tremendous regulatory burden such studies entail. A key challenge investigator-sponsors face is the large amount of time they must dedicate to the study and how that impacts caring for patients in their medical practices. The investigator-sponsor must supervise the trial, interact with the IRB, develop budgets, deal with audits and inspections and travel as needed. Well-qualified, experienced, trained and efficient personnel (in particular the study coordinator, but also including the sub-investigators, research nurses and laboratory personnel) become essential to the investigator in managing the trial workload.

Investigator-sponsors who take the time at the beginning of the trial to train any noncertified personnel in the International Conference On Harmonization (ICH) guideline, **Good Clinical Practice E6(R1)** will generally save time on the back end and improve the quality of the study.

<b>Table 1. Advantages for Investigators In Sponsoring Clinical Studies</b>
1. Patient care: Investigators can more rapidly offer their patients unapproved but promising products or
2. Scientific collaboration: ISTs allow Investigators to remain at the cutting edge of their therapeutic interests.
3. Scientific contribution: When Investigators publish the results of their studies, they enable manufacturers to
4. Professional recognition: Publications provide the Investigator with professional recognition as an expert or thought leader in the field. There is value in publishing even those studies that did not meet their primary hypotheses.
5. Funding: As the Investigator becomes well-known in the field, he is able to secure funding more easily, thereby furthering future research.

## What's in It for the Patient?

ISTs are a very good option for patients to obtain access to new and as yet unapproved research therapies. People often participate in ISTs because they have exhausted approved treatment options that either did not work for them or produced intolerable side effects. Carefully conducted ISTs are a relatively safe and quick way to get access to products that have the potential to treat the disease or condition or that have the potential to improve patient health or quality of life. Further, since investigators are often specialists in the disease area being studied, some patients participate to gain access to expert medical care for their condition, thereby playing a more active role in their own healthcare. Still others participate in ISTs for the purely altruistic reason of wanting to contribute to the advancement of medical knowledge.

Not all patients who apply to participate in an IST will be accepted. Each patient must meet predetermined eligibility criteria, such as age, sex, type and stage of disease, previous treatment history and other medical conditions. These criteria help to reduce the amount of variation and "noise" in the study, without threatening the scientific integrity of the trial, by removing medical variations that might complicate data analyses and the ability to draw relevant and sound conclusions. Patients may also be excluded because the researcher has already enrolled the required number of participants needed to test the hypothesis stated in the study protocol.

Once subjects are selected to participate in the IST, the law requires the investigator to obtain informed consent. The investigator must provide patients with complete and accurate information about what will happen during the trial and disclose all known or suspected risks. Participants must sign a written informed consent form, which indicates they understand the trial is a research study, have

been informed about the associated risks and are aware that their participation is voluntary and they can leave the clinical trial at any time. Additionally, the consent form should outline in detail the amount of time participants will have to devote to the trial and the types of activities; for example, they may need to visit the study site at specified intervals, be subjected to additional tests, get more treatments than are normally necessary, stay in the hospital and/or follow complex dosage requirements. Patients use the material in the informed consent document to decide whether or not to enter a clinical trial and to make an informed decision about the level of risk they are willing to accept before they enter the trial.

The investigator should clearly explain to participants (when applicable) that they may not receive the investigational drug and may instead receive a placebo. They should also be prepared mentally for partial or no effectiveness from the treatment. The investigators should encourage the participants to learn as much as possible about the clinical trial and the investigational treatment and to freely discuss their questions and concerns with members of the research team.

## Registration of Clinical Trials

Investigators and sponsors usually register their trials with databases such as <http://clinicaltrials.gov/>, an interactive online database managed by the National Library of Medicine. Clinicaltrials.gov facilitates the registration of trials in accordance with the International Committee of Medical Journal Editors (ICMJE) initiative requiring prior entry of clinical trials in a public registry as a condition for publication. Members of the public can find information about clinical trials by searching <http://clinicaltrials.gov/> as it lists both federally and privately supported clinical

research. The site, which is updated regularly, offers information on the objectives of each trial, eligibility criteria, locations and contact details to obtain more information.

## Summary

For patients, ISTs are a viable option for obtaining access to unapproved treatments. For physicians acting as investigator-sponsors, ISTs offer key benefits such as professional recognition and the opportunity to continue participating and collaborating in cutting-edge scientific investigations (see Table 1). However, ISTs present challenges to both investigators and patients. To be successful, investigators and investigator-sponsors must be highly motivated leaders with the skills and drive to coordinate the activities of many people to ensure completion of all study activities. Success generally requires careful planning, evaluation and management of the multiple aspects of conducting a clinical trial in accordance with all applicable regulations and ensuring that the various pieces of the puzzle fall into place seamlessly.

While ISTs provide patients with accelerated access to new treatments, these treatments have not received thorough review by a regulatory agency such as FDA or the European Medicines Agency, and as such, risks and uncertainties are unavoidable. Volunteers need to ask relevant questions of the researchers, remain vigilant for changes in their health status (particularly adverse changes), report them immediately and, in general, be aware that they shoulder significant responsibility as participants in an IST.

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## Author

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## The Remarkable Discovery

As we have said the body is made of atoms which are mostly electrons around protons. These electrons never touch each other and thus what we are is actually a complicated set of energy and electrical fields. All body processes are electrical. Even addiction is an electrical field. There was the remarkable discovery that by applying a certain type of safe low current, specialized frequency to the head (cranial area) that a pulse could stimulate attention, memory and intellect.

### ***The Remarkable Discovery was that a cybernetic pulse to the forehead could Help Memory, Alzheimer's, Herpes with the amazing new CES***

Thus an electrical signal could be made to the cranium that would help memory. There were initial results from people like Margaret Patterson as you can see in her scientific articles and experiences. But when the technique was given a cybernetic feedback auto-focusing loop then the technology became much more powerful. The list of the exciting new technology of Cranial Electro Stimulation (CES) benefits go on and on. Here is an ultra brief review:



*"Double-blind studies were done at the University of Wisconsin on the CES capabilities to overcome drug-withdrawal symptoms and it did the job. Studies at both Wisconsin and the University of Louisiana showed it could boost IQ from twenty to thirty points. CES stimulation appears to enhance neural efficiency," researchers stated.*

*'Users report the CES reduces stress, improves short and long term memory, helps learning, increases energy, improves concentration and reduces pain, anxiety, depression, and sleep requirements.'*

*"Dr. Donald Kubitz, of San Francisco, one of the first American doctors to study Dr. Wen's work with electro-acupuncture on addicts, believed electro-stimulation could be enormously beneficial for autistic and other mentally handicapped children. Both the CES and electro-acupuncture could prove powerful new ways to open fabulous new dimensions of mind as well as overcome disabilities and addictions."*

**Cranial Electrotherapy Stimulation: A Safe Neuromedical Treatment for Anxiety, Depression, or Insomnia. (Letters to the Editor)\_Southern Medical Journal – December 1, 2004\_Marshall F. Gilula**

To the Editor: The Institute of Medicine's To Err is Human made headlines by estimating that medical errors account for between 44,000 and 98,000 deaths annually in the United States. Together with the subsequent quality dimension report, Crossing the Quality Chasm, the Institute of Medicine has brought patient safety into the spotlight. (1) The greatest variance of adverse events in medicine probably is due to medication errors. Today's primary care physician has a multitude of electronic devices such as personal digital assistants, software, and newsletters designed to help minimize medication error and promote safe medication practices. (2) Electronic therapeutic devices can actively reduce the number of medication errors by reducing the amount of medication needed to treat anxiety, depression, insomnia, and pain. Among the electromedical devices available to the ordinary office practice of general medicine is the cranial electrotherapy stimulation (CES) device. CES is the noninvasive application of low levels of microcurrent (less than 1 milliampere) stimulation applied transcutaneously to the brain for therapeutic purposes. Physicians associate these devices with pain treatment centers and the management of chronic, severe pain, but CES can be efficacious for other conditions.

CES is a treatment modality that has been neglected by mainstream medicine for the treatment of anxiety, depression, or insomnia. Selective serotonin reuptake inhibitors (SSRIs) are known as the gold standard for the treatment of depression. However, CES is now more relevant because of recent government warnings on SSRIs [<http://www.fda.gov/cder/dmrg/antidepressants/AntidepressantsPHA.htm> and

## A Study of the Effects of Cranial Electrical Stimulation on Attention and Concentration

SUSAN SOUTHWORTH, PSY.D.  
*The Family Institute and Associates*

**Abstract**-There have been several anecdotal accounts that cranial electrical stimulation (CES) enhances attention and the ability to learn new tasks in a normal population, but only one published investigation confirms that CES improves attention using the Alpha Stim CES (Madden and Kirsch, 1987). The purpose of this study was to corroborate the findings of Madden and Kirsch, using more precise measures of attention, such as a Continuous Performance Test (CPT). A pretest and posttest CPT was given to two groups using the LISS CES device. The control group consisted of twenty-one subjects who received the placebo treatment. The experimental group of thirty-one subjects received twenty minutes of CES. Four measures of the CPT show significant gains in attention: Number of Hits,  $P = .010$ ; Hit RT ISI Change,  $p = 0.16$ ; Risk Taking,  $p = 0.55$ ; and Attentiveness,  $p = .054$ . Based on subjects who demonstrated improvement by one standard deviation on two different measures of the CPT, thirty-one percent of the experimental group improved versus four percent of the control group. The use of CES as a method of increasing attention is a promising area that requires further investigation.

CRANIAL ELECTRICAL STIMULATION (CES) involves the application of small amounts of pulsed electric current using electrodes applied to the head. CES has been used in Europe and the United States for treatment of depression, anxiety, and insomnia for the past twenty years, and there have been several anecdotal accounts of how CES has been used to increase attention and concentration in normal subjects. These accounts include truck drivers using the device to increase concentration during times of long drives and students using the device to increase attention and concentration (Hutchinson, 1991).

Reference to Dr. Meg Patterson: "Scottish surgeon Margaret Patterson studied Wen's methods in Hong Kong. Back in England she developed highly sophisticated machines that produced

neurotransmitters by electro-stimulation of the brain. Then she set up her own treatment center in California. Famous clients were flown in, some on stretchers – rock superstar Peter Dinklage for one, guitarist and composer for The Who and creator of the hit rock musical Tommy. A drug addict for years, Dinklage had spent a fortune trying to kick his habit. Within forty minutes of applying the device, the heroin was counteracted. Ten days of treatments later he was over his addiction to heroin, alcohol, and cocaine, with no withdrawal symptoms." Page 204

### Quotes about the CES from Super-Learning 2000 by Sheila Ostrander and Lynn Schroeder

"Instruments like the CES for instance, generate frequencies that evoke both IQ- and memory-boosting chemicals while also proving to be powerful healers of addiction and depression."

#### Double Modulated Carrier Frequency Stimulators (DMCFS)

Can Enhance Levels of Endogenous Neurobiochemicals Important to Anti-Aging

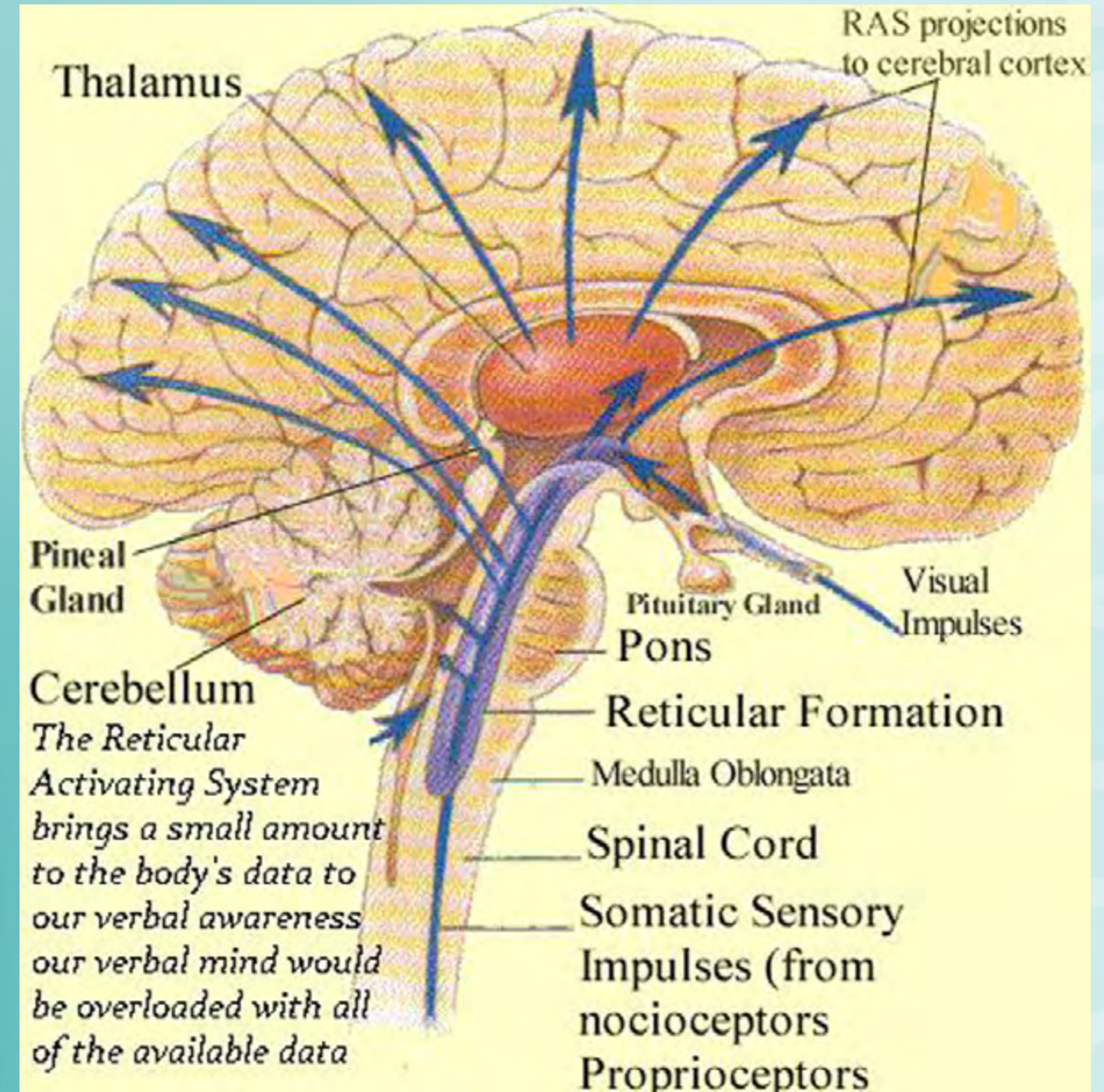
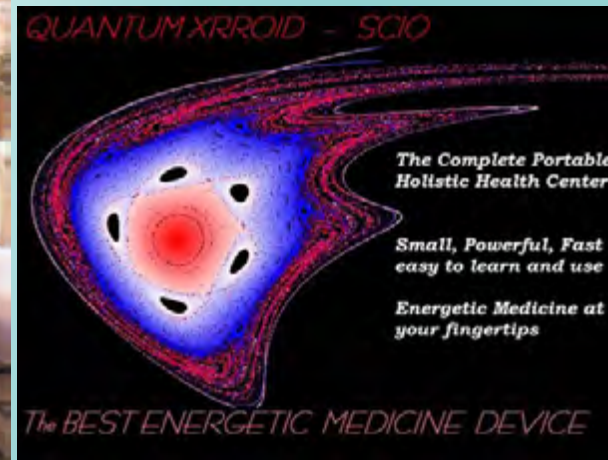
Saul Liss and Bernard Liss  
MEDI Consultants, Inc.

#### ABSTRACT

Over the past twenty four years, the authors have developed electronic devices which have been demonstrated to alter the level of certain neurobiochemicals, such as: Serotonin, Beta Endorphin, Cortisol, ACT H, GAB A, and most recently D H E A. This technology has demonstrated the ability to reduce the symptoms of Chronic, Acute, and Post Operative Pain, Depression, Anxiety, Insomnia, Dental Pain Management without novocaine, T M J pain control, and muscle relaxation. The most recent clinical study indicated, in normals, an improvement in alertness and attention span.

A series of major studies done by medical doctors in Budapest show that an auto-focused CES pulse with cybernetic loop properties has over 80% effectiveness in memory and learning stimulation, the SCIO system gets a CE mark for CES memory and super-learning stimulation.

**The Remarkable Discovery was that an auto-focused cybernetic pulse to the forehead could improve all neurological function thus enhancing ideas formation, memory retention and learning**



### Memory Alzheimer's, Herpes and amazing new CES

*"Homeostasis can be defined as the tendency for intrinsic balance within a system. Application of a range of CES appears to enhance the Balance of the biological central nervous system. A change in one system within the individual will have correlative effects upon other systems. Improvements in mood, cognitive function, self image, shift of locus, control to oneself, and sense of well being can be measured. When CES works, it enhances one's ability to handle or deal with situations that were previously beyond the range of one's control."*

*Memory loss probably affects the majority of us in one way or another. More often than not, it's a momentary memory lapse; nothing to worry about - it happens to the best of us. However, when memory lapses begin to become a regular occurrence, it is wise to dig deeper and seek .*



Memory can be affected by a number of factors, some more sinister than others: it may simply be lack of sleep; fatigue due to over-work, lack of exercise, or poor diet; or stress-related. These are all issues about which we can do something constructive to help us.

However, memory problems can also be the result of deeper-rooted issues such as brain disease, tumours, or the onset of a brain cell deteriorating disease such as Alzheimer's. Sufferers that have any doubts at all should always seek medical advice with regards to continued memory lost. And addiction also involves memory pathways.

### The Tenuous Past: Memory and the Ways it Fails

Dana Bakalar

"I remember it like it was yesterday!" you say. But how well do you really remember it? How well do you remember yesterday? Here's a quick quiz: What time did you have lunch yesterday? What exactly did you eat? What did you say? What did the people around you say? If you read the paper yesterday, name all the stories you read and summarize them briefly.

Don't remember yesterday as well as you thought? Don't worry, nobody does. Our memories are often thought of as recording devices, mechanically noting what has happened during the day and replaying these events like a tape. In truth, memory is a function of the brain, which is constantly in flux, organic, and does not behave like a machine. Your memory can be affected in many ways by many things, which can cause you to forget, to change memories around, to repress memories, and even to invent completely new ones! And new memories could help us

replace addiction themes.

Chapter Reprint: *Don't Go Blind! Patient guide for treating Macular Degeneration and Retinitis Pigmentosa and other chronic eye diseases using Micro-Current Stimulation Therapy* by Thomas W Harold, Dr. Darrell DeMello, MD and Dr. Larry B. Wallace, OD, FCSO

A 386% increase in attention span test results after just 20 minutes of a single CES treatment in healthy volunteers - Southworth S, *A Study of the Effects of Cranial Electrical Stimulation on Attention and Concentration, Integrative Physiological and Behavioral Science*, 1999, Vol 34:1, 43-53.

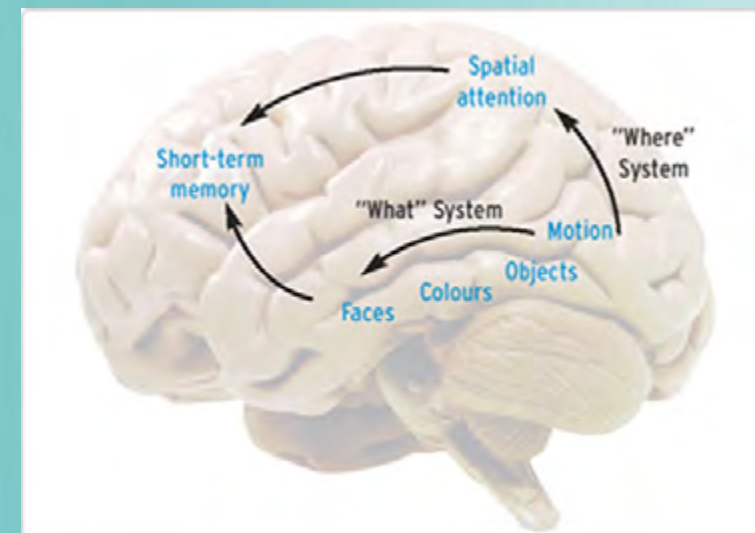
Osmosis occurs when electrically charged particles move across a membrane. Osmosis is improved when we put a slight electric current over the medium. Since all neurological action involves extra charged particles, it should come as no surprise that neurological function will improve with cranial electrical stimulation. Thinking is clearer, memory improved, autism is improved, insomnia is relieved, and addiction cravings are reduced.

### The Remarkable Discovery was that a cybernetic pulse to the forehead could improve all neurological function

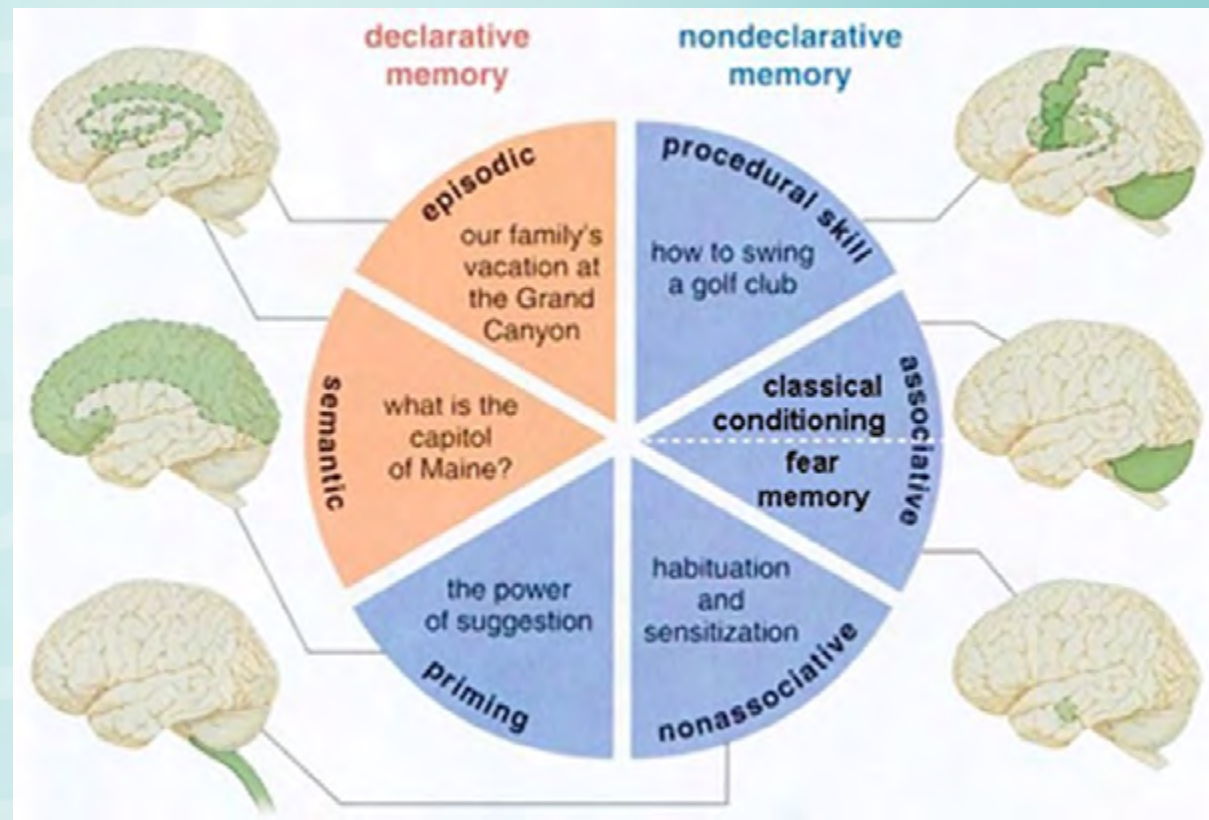
Cranial Electro Stimulation is but one of the functions the SCIO has been given a medical CE mark for official sale as a medical device in Europe. The benefits over traditional CES systems is that the SCIO is a cybernetic system licensed to measure brain function with EEG and then to affect Brain function with CES. So the SCIO can sense the natural electrical variables of the patient's physiology and then work with a similar signal to balance the brain.

Everybody's electrochemistry is different. The Voltage, Amperage, Resistance, Hydration, Oxidation and Ph are all different in people due to genetic background and environmental factors of diet and health history. Only the SCIO designs a pulse for the individual and then modifies the pulse in an auto-focused way to direct the signal for the patient's changing electrical state.

### The Remarkable Discovery was that the SCIO could outperform the other CES devices in boosting memory and intellect



## How Memory Works



Doctors think memory works in three steps, first is registration, sensory memory comes into play here, we perceive our surroundings and make our observations ready for storage. Retention is the second component followed by recall.

If sensory memory is considered important it is rehearsed, repeated, mulled over, and kept in STM for a time. Generally, we can only juggle about seven facts at a time in STM.

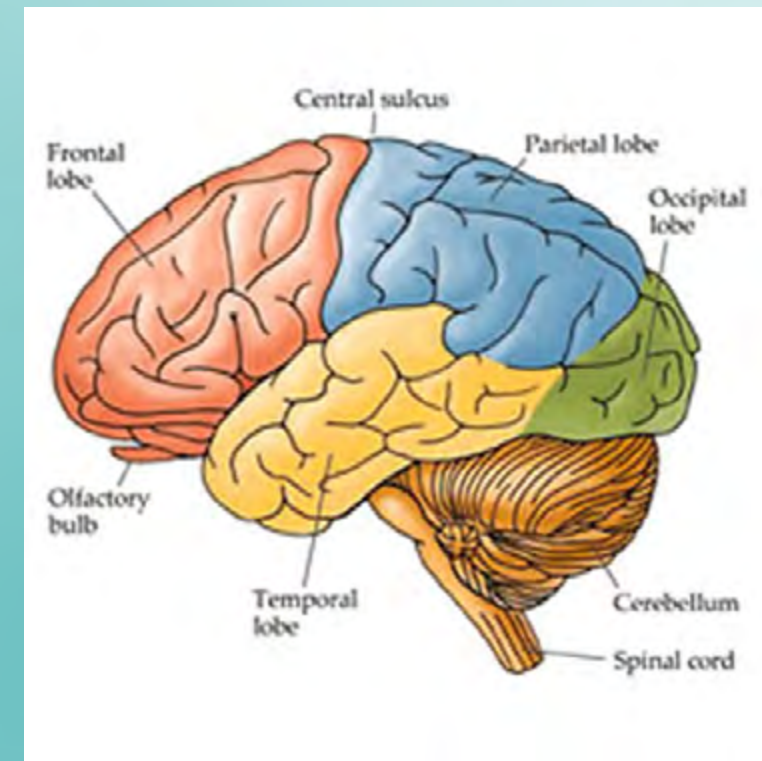
When new facts enter, they displace the old, which are either lost or, if they have been rehearsed enough, saved in LTM.

Dr. Daniel Schacter of Harvard University lists "7 Sins of Memory," ways in which our memories fail us.

### **His list features :**

Short-term memory- (STM), immediate, or working memory is the ability to remember a telephone number for the time it takes to dial it. The item you are going to the closet to get is stored in short-term memory until you get there and retrieve it. You are supposed to forget these things after a brief period; otherwise your head would be full of trivial facts.

Sensory memory- also in the immediate category includes the ability to recognize smells, sounds, and sights. Unless considered important, visual memory usually lasts only half a second and sounds last a few seconds. Sensory memory is only lost in cases of brain injury and is usually considered as part of the process of perception. Recent memory- is the ability to recall day to day events and is involved in learning new information



Long term memory- (LTM), or remote memory, concerns itself with the more distant past, life events such as your childhood, or your visit to Paris last fall or the doctor last week.

Declarative memory - or is often considered part of remote, or LTM it includes semantic memory -the ability to remember the meaning of words, facts, and a generalized knowledge of the world and episodic memory- your autobiographical memories.

Episodic memory is often affected by amnesia.

Procedural memory- another part of LTM consists of remembering motor skills, knowing how to do things, such as how to walk, ride a bike and eat.

Prospective memory-refers to the ability to remember that you need to do something in the future such as planning, organizing, i.e. remembering to bring your purse with you when going to the store.

To this list, some would add "repression," the conscious or unconscious suppression of traumatic memories. Repression was first conceived of by Freud, who felt that people could push memories out of their awareness (1).

This theory enjoyed new fame in the 1990's, when hundreds of people, mostly women, 'recovered' repressed memories of abuse, fueling a Satanic Ritual Abuse scare during which many people were convicted of heinous crimes they may not have committed.

Herpes simplex virus in humans has long been known to prefer temporal lobe and limbic sites; and not only are olfactory nerves a possible route for infection, but so too might oral cavities provide entry: "Innuculation of murine tooth pulp with HSV selectively infected the mandibular division of the trigeminal nerve and caused encephalitis predominantly affecting the temporal cortex and limbic system, a pattern of disease similar to human HSE [herpes simplex encephalitis]..."

For years, physicians and Alzheimer's experts have said that the earliest symptoms of the disease typically don't appear until you're in your 60s, 70s, or beyond. But now there's reason to believe that the first warning signs may actually crop up much earlier than that, and in a seemingly much more benign way: as cold sores, those embarrassing blisters that can erupt on the lips of people who are sick or run-down,

Besides the more everyday ways memory fails, there are many diseases which can affect it. Alzheimer's is probably the most well-known of these. Alzheimer's impairs judgment and changes personality as well as affecting memory .. It occurs most often in older people, who make up about 50% of the population with the disease, and is very rare in individuals under 40 .. The memory loss in this disease, as well as in other brain-altering diseases, comes from changes in the physical structure of the brain, rather than from normal brain mechanisms.

"Beth was given anesthesia when she gave birth to her first baby and later found that she had lost part of her memory. She was forced to give up her job in an aerospace plant. Years later a friend gave her a small cranial electro-stimulation (CES) device and she began using it.

'Almost overnight,' she said, 'all my memories started coming back, including everyone's telephone extensions at the plant. It was uncanny – all those old extension numbers of people I hadn't thought of in years.'

## Memory

What is it? Webster's defines memory as "The mental capacity or faculty of retaining or recalling facts, events, impressions or previous experiences." Scientists still do not understand how memory works witnessed by the numerous confusing categories and terms, they usually divide it into three types -immediate, recent and remote- based on time.

Children and young adults are often proud of their memories while as adults we generally complain about ours. Achievement in school and the work place is largely dependent on the ability to memorize facts and social success is tied to the ability to remember names and faces. When we reach our forties things change.

Did you ever find yourself looking in the closet but not knowing what you are looking for only to remember what it was when you got back to the kitchen? This is a normal consequence of aging and usually only effects short-term memory.

## Alzheimer's and Autism are linked?

*There are 7 different types!*

Herpes simplex type 1 (HSV-1) and type 2 (HSV-2) causes cold sores and genital herpes. Many experts suspect HSV-1 may be involved in Bell's palsy and some other neurological disorders. Herpes zoster is responsible for chickenpox and shingles.

Cytomegalovirus, another member of the herpes family, can cause some cardiovascular diseases and eye disorders, and is particularly dangerous to developing fetuses, newborns, and people with depressed immune systems. The Epstein-Barr virus (EBV) is the virus that causes infectious mononucleosis. Human herpes virus type 6 (HHV-6) and 7 (HHV-7) are suspected of triggering autoimmune disorders, including multiple sclerosis, and roseola, a common illness of early childhood.

Human herpes virus type 8 (HHV-8) is very closely related to the Epstein-Barr virus, and may lead to cancer of the bone, chronic fatigue syndrome, Kaposi's sarcoma, and infection of the lymphatic system.

The good news is - we do become more intelligent and wise as we do age. Wisdom is demonstrated by our increased ability to make associations or links between past experiences and new. This function becomes easier as we accumulate more experiences with time.

Does our memory fail or does it just slow and require more maintenance? This is controversial subject in medicine. Remember that all of the statements made concerning memory loss are based on studies that measure averages of groups of people not individuals. We all know of an 80+ year old who is as sharp witty and intelligent as ever.

"It's all about stimulation and evolution of the mind. Most of us carry too much fear from our childhood, then get lost in coping with the stress of adult life. Some people have the ability to easily take on new experiences and thus pushing the brain to further growth and expansion. Life is intrinsically evolutionary and we are made to evolve and explore our world."

## Unknown



The brain shrinks as we age, some of the shrinkage is due to cells dying, but cell death is less of a



factor than previously thought. Cell death begins as early as 40 but measurable intellectual slowing does not begin until age 60 and does not accelerate until age 80. Other cells take over the dying cell function and cell death alone does not significantly effect memory. The neuro-transmitter acetylcholine decreases over time and may contribute to age associated memory impairment

“Many studies have shown that low-level electrical stimulation actually promotes cell growth and regeneration.

A recent NIH study showed that low-level electrical stimulation of neurons increased the production of the all important myelin cells in the brain.

This could be an important discovery since myelin is shown to be decreased in patients with certain disorders and diseases, including bipolar disorder, schizophrenia, addiction complex and multiple sclerosis.”

### ***How often have you asked yourself the question: “Why can’t I remember everything I read?”***

The problem with poor memory is not confined to reading. It is more generalized in that we also have difficulty remembering: names of people, Plus

- dates and times
- telephone numbers
- codes, passwords
- events and occasions
- business facts and figures
- jokes
- etc, etc

“Double-blind studies were done at the University of Wisconsin on the CES capabilities to overcome drug-withdrawal symptoms and it did the job. Studies at both Wisconsin and the University of Louisiana showed it could boost IQ from twenty to thirty points. CES stimulation appears to enhance neural efficiency,” researchers stated.

‘Users report the SCIO reduces stress, improves short and long term memory, helps learning, increases energy, improves concentration and reduces pain, anxiety, depression, and sleep requirements.”

It is not ONLY remembering what you have now read, but remembering what you read yesterday, last week, a month ago, a year ago, and so on.

The problem is not because you are running out of brain storage space. Even when we reach old age, we still have plenty of unused brain capacity available.

“Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.” - Albert Einstein

The problem is not TIME. Information simply cannot “leak” out of our ears over time. Why can we remember vivid details of childhood yet the details of last week’s newspaper are vague? We

remember perfect details of scenes that only happened once, yet information drummed into the brain just simply will not “stick”.



Reference to Dr. Meg Patterson: “Scottish surgeon Margaret Patterson studied Wen’s methods in Hong Kong. Back in England she developed highly sophisticated machines (of the time)that produced neurotransmitters by electro-stimulation of the brain. The SCIO technology has greatly surpassed the early developments by adding a cybernetic loop to the control factors allowing a feedback loop for auto-focusing and greater efficacy as well as safety.

Then she set up her own treatment center in California. Famous clients were flown in, some on stretchers – rock superstar Peter Townshend for one, guitarist and composer for The Who and creator of the hit rock musical Tommy. A drug addict for years, Townshend had spent a fortune trying to kick his habit. Within forty minutes of applying the device, the heroin was counteracted. Ten days of treatments later he was over his addiction to heroin, alcohol, and cocaine, with no withdrawal symptoms.”

OMNI Magazine, Volume 5, Number 4, January 1983 an Article was written by Kathleen McAuliffe, "The Black Box: Secret Drug Treatment of Rock Superstars" described how a "CES" black box was used by Dr. Margaret A. Patterson, MD., to cure British rock star Pete Townsend of "The Who" of his addiction to heroin.

Cranial electrical stimulation may be a very useful alternative to drug treatments in individuals that have treatment resistant anxiety and/or depression. Furthermore, CES used in combination with the natural amino acids may convert the amino acids more rapidly to neurotransmitters resulting in greater effectiveness.

*Eric Braverman, M.D.*

## **21st Century Medicine & Learning**

*This response submitted by Ronald B. Keys, JD, PhD .*

Slow learners and, or, those with impaired nervous system development may have their brains and nervous system jump started. Little did we know back in the 1950s when the movie, Forbidden Planet, with Leslie Nielson, Ann Francis and Walter Pidgeon, that the technology to stimulate brain growth, with a form of cranial electrical stimulation, might be in use in the 21st century.

"Cranial Electrotherapy Stimulation (CES) is the application of low-level pulsed electrical currents (usually less than 1 milliampere) applied to the head for medical and/or psychological purposes. There is now better than 20 years of medical experience with CES in America. Presently, its use requires a prescription by a licensed health practitioner in the anal retentive United States. It is available without a prescription throughout the rest of the world."

So, what other Perhaps is the cause of the memory problem?

Every computer's hard drive is organized. The aim of loading information onto the hard drive is not to leave it there, untouched and inaccessible, but to use it. Much thought was put into how the information will be filed away so that when it is needed it can be accessed quickly and easily. Your computer has a filing system to access all information placed in any possible location.

The key to enhancing human memory is very similar to the thinking behind a hard drive's storage and retrieval system. To now, you have been uploading your information to your brain without an organized system. Getting the information in is no problem; it's the retrieval process that needs polishing.

For young men like Rich P., who wonders what's in store for him in the decades ahead, this would appear to be an enormous scientific misstep — particularly since Rich believes he's seen firsthand the link between herpes and Alzheimer's.

His girlfriend's father, the one who passed away from Alzheimer's? He battled cold sores all his life..Source

Cranial electrical stimulation (CES) may improve memory, attention and focus; important studies are emerging on the uses of mild electrical current to enhance cognition and aspects of intelligence.

Think of the cells in your body as being a bit like a dry cell battery in your car. When the battery is fully charged, the car starts and everything works fine. When the car battery is discharged or flat, sometimes all its needs is a "jump start", a small amount of electricity, and everything is fine again.

82% of participants in one study suffering from an anxiety disorder reported a significant improvement in their symptoms after treatment with CES. As well as great reduction in addiction cravings.

*Kirsch D, Gilula MF, Electromedicine: CES in the Treatment of Anxiety Disorders, Practical Pain Management, March 2007, pp 40-47.*

Sick cells are merely like discharged battery cells: This may be an oversimplification, but is the best way to explain the technology of Micro-Current Therapy in lay person terms.

Scientists have found that different micro-current frequencies have different effects meaning this revolutionary medicine contains infinite applications and possibilities, especially in the areas of healthy new cell renewal and stimulation. The applications of Micro-Current Therapy appear to be endless!

"In the 1960's Robert O. Becker (1985) demonstrated that electrical current is the trigger that stimulates healing, growth, and regeneration in all living organisms. He found that repair of injury occurs in response to signals that come from an electrical control system, and suggested that this system became less efficient as we age. "

It is also believed that micro-current stimulation restores cellular electrical balance by changing potentials across cell membranes. This may alter the levels of certain ions and molecules toward a desirable equilibrium. Other physiological effects are believed to be produced: reduction of alkalinity proximate the passage of electrical current and the production of low levels of hydrochloric acid which can scavenge free radicals; attraction of oxygen to the region; localized vasoconstriction and vasodilation; reduction of local hemorrhage; sedation; increased tonicity of local tissues; antisepsis; production of desirable fibroplasia; and reduced neuromuscular irritability

So, it is believed that, if electrical stimulation is provided to the cells before they die, blood vessel permeability is increased, a more normal cellular electrical potential will be achieved, the ATP levels will increase, and protein synthesis will occur again.

"Adenosine triphosphate is an essential factor in the healing process. Large amounts of ATP, the cell's main energy source, are required to control primary functions such as the movement of vital minerals, like sodium, potassium, magnesium and calcium, into and out of the cell. It also sustains the movement of waste products out of the cell. Injured tissues are deficient in ATP.

As MET restores circulation and replenishes ATP, nutrients can again flow into injured cells and waste products can flow out. This is necessary for the development of healthy tissues. As ATP provides the energy tissues require for building new proteins, it also increases protein synthesis and membrane transport of ions. "

This has important implications also for increased nerve conduction. By increasing the flicker fusion resolution and refresh rates Micro-current therapy increases signal strength to the brain.

Chapter Reprint: Don't Go Blind! Patient guide for treating Macular Degeneration and Retinitis Pigmentosa and other chronic eye diseases using Micro-Current Stimulation Therapy by Thomas W Harold, Dr. Darrell DeMello, MD and Dr. Larry B. Wallace, OD, FCSO

A 386% increase in attention span test results after just 20 minutes of a single CES treatment in healthy volunteers - Southworth S, A Study of the Effects of Cranial Electrical Stimulation on Attention and Concentration, Integrative Physiological and Behavioral Science, 1999, Vol 34:1

To date, several tens of thousands Americans are treated with CES annually and more than twenty thousand persons own CES devices, which have been prescribed for their home use. Possibly the most exciting application of the CES is for drug addiction.

Further studies are needed to fully document use of the device for these purposes. In this technological age when we are surrounded by electromagnetic fields and currents, CES treatment may be necessary as an antidote and for maintenance of fully optimum health.

Electromagnetic "pollution" from video screens, televisions, stereophonic equipment, microwaves and phone lines may be destroying our health and may require a device of this type to counter these negative effects. CES may provide natural levels of supplementary current to keep the brain healthy in the electrical age.

*Eric Braverman, M.D*

"Micro-Current Therapy is a form of electric medicine used to naturally and safely stimulate cell growth, renewal and healing. It uses extremely low amounts of electricity measured in millionths of an Amp that most people can hardly feel. "

### **CES A Unique Non-drug Therapy**

Every twenty-four to thirty-six hours, from 50 to 80 % of adults in the United States and the United Kingdom swallow a medically prescribed chemical. In the United States, the volume of the drug business has grown by a factor of 100 during the current century; 20,000 tons of aspirin are consumed per year, almost 225 tablets per person. In England every tenth night of sleep is induced by a hypnotic drug and 19% of women and 9% of men take a prescribed tranquilizer during any one year.

In the United States, central-nervous-system agents are the fastest growing sector of the pharmaceutical market, now making up 31% of total sales. Dependence on prescribed tranquilizers has risen by 290% since 1962, a period during which the per capita consumption of liquor rose by only 23% and the estimated consumption of illegal opiates by about 50 percent, leading Ivan Illich in *Medical Nemesis*, to note how that by 1975, "Medical addiction ...had outgrown all self-chosen or more festive forms of creating well-being."

Some people take the wrong medication; others get an old or contaminated batch, and others a counterfeit; others take medications in dangerous combinations. Some medications are addictive, others are devastating emotionally and physically from their side effects. Every year a million people--that is 3 to 5% of all hospital admissions --are admitted primarily because of a negative reaction to medications. The situation has become especially exacerbated by the medical profession's propensity to dole out medication like candy for the slightest sign of depression, anxiety, or insomnia, helping make drugs like prozac as chic in the suburbs as crack is in the inner city. This has led to that plague of legal drug addiction, by Peter Breggin in his definitive study of the topic in "Toxic Psychiatry"

Well, I do not espouse an extremist position with regard to psychotropic medication such as Peter Breggin does but I believe that consumers should be aware that some of these substances are very powerful and will benefit people as much as they are intelligently prescribed and intelligently taken.

Worse yet, is the subversion of our independence. We are self-regulating beings in possession

of our own pharmaceutical laboratory which our brain draws on judiciously on our behalf. An increased reliance on external drugs interferes with that self-regulatory process, reducing our ability to cope --to develop, strengthen, and effectively employ our own inner resources.

People speak today of being captive of unpleasant emotional states. The answer to this problem, however, does not lie exclusively with the development of better and more efficient drugs. Emotions are in part products of the chemical soup, and the elaborate electrical neuro circuitry which make up the working environment of our brain.

To reclaim control of our life we have but to learn how to alter that chemical composition and reorient that circuitry.

CES is a tool to help us achieve that end. As a similar ethic can ideally and practically guide pharmaceutical usage, CES offers a unique and viable "bioelectric" alternative. Personal autonomy and a gain with insight and self awareness is resultant because the learning of the intelligent application of CES permits individuals to have an amazing increase in their ability to experience a positive perception, to in effect reset the controls of their perception.

CES's primary goal is wellness, defined as peak emotional, mental, and physical health--a state of proper alignment --the balanced interplay of body and mind attained through personal empowerment rather than dependency. You know that nothing is good or bad intrinsically, it's more how it is utilized or misused. So I do not want to really put down the pharmaceutical industry, but actually want to extend the options available to people looking for answers and positive change. Pharmaceuticals may be used intelligently and wisely, both on the part of the professional and the patient.

What is homeostasis? Homeostasis can be defined as the tendency for intrinsic balance within a system. Application of a therapeutic range of micro-current intra-cranially seems to enhance the homeostasis of the biological central nervous system. An effect on one system within the individual will correlative effects upon other systems within the individual. Improved mood can be measured. Many times improved cognitive function can be measured. Improved self image, and sense of well being can be measured. An improved sense of locus of control or self determination can be easily measured. If a tool works it enhances one's ability to handle or deal with situations previously that were beyond the range of one's control

Intelligent choice, what is it? We have the ability to learn. We have the ability to gain experience. We have the opportunity to change and grow. We have the ability be in control of our lives. We can learn about anything we like.

This researcher wants to acknowledge Delbert T. Goates, M.D. who was instrumental in many areas of research during his career, including work with the CES. He was an exceptional human being who finished this life earlier this month. He will be greatly missed.

CES is a simple treatment employing mild battery-powered electronic stimulation through clip-on electrodes that attach to the earlobes or by pre-gelled electrodes placed behind the ears. Current flow is limited so that the most a user will experience during the process is a brief tingling sensation. Its most immediate impact is reduction of anxiety. For most people, anxiety reduction is experienced in the course of treatment, but it also may be first seen hours, or as late as several days after. After a CES session you are left feeling both alert and relaxed . Psychologists call this an "alpha state". The effect differs from pharmaceutical treatments in that people report feeling

that their bodies are lighter and more relaxed and their mind more alert and clear. The results are cumulative and lasting.

CES has major implications in a number of areas. In the war on drugs, it is a formidable new weapon in the treatment of the symptoms accompanying detoxification and withdrawal. For those suffering from depression and anxiety, it means relief with none of the unpleasant side effects of prescription drugs. For those seeking nothing more than a good night's sleep, it is an alternative to habit-forming tranquilizers. For a public increasingly concerned with the effects of stress on physical health and emotional well being, it provides a way of addressing that stress in a safe and effective manner. CES—a treatment modality whose time has come.

CES has a proven track record as far as safety is concerned. There are no known negative side effects associated with its use. It also has a substantial body of research to support its claims. But because of the pharmaceutical bias in Western medicine, its deployment has been restricted and its use limited. It has also been difficult for people to find information on the topic. It has been challenging to define easy to understand parameters across traditional boundaries. This website seeks to be the definitive site for dissemination of information on CES and by doing so, nurture an expanded dialogue on health and wellness. *Charles McCusker, Ph.D.*

### ***The Remarkable Discovery was that a cybernetic pulse to the forehead could improve all neurological function***

#### **CES Controls:**

- addiction craving
- stress and stress related disorders
- anxiety
- depression
- insomnia
- substance abuse

#### **Helps:**

- Supercharge the brain
- Attain a state of relaxed awareness
- Optimize cognitive functioning
- Achieve higher levels of mental performance
- Enhance memory capacity
- Facilitate recall
- Increase IQ
- Stimulate Memory

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*I express my Outrage by being  
Outrageous*

*I am Outraged  
at Natural  
Medicine's  
Gullibility +  
Math-Phobia*

*I am  
Outraged at  
Evidence  
based  
medicine's  
Profit over  
People*

*I am Outraged +  
I am tired of  
being Hated by  
Both sides*

*If You are  
Not also  
Outraged then  
Think, maybe  
it is Time*

**SuperLearning**

by Desiré Dubouner, Prof. Emeritus of IMUNE

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