

LIVING IN THE PROGRAM

Predictable Timeline of Your Known Reality

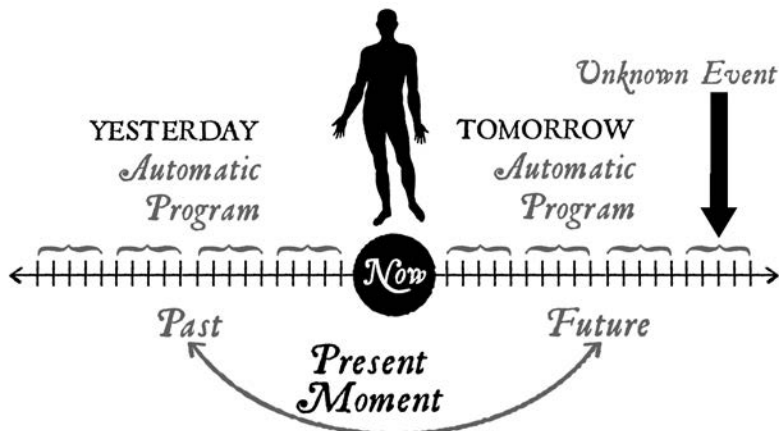


Figure 2.1

A habit is a redundant set of automatic unconscious thoughts, behaviors, and emotions that develop through repetition. It's when you've done something so many times that your body is programmed to become the mind. Over time, your body is dragging you to a predictable future based on what you've been doing in the past. Therefore, if you're not in the present moment, you're probably in a program.

SCALE OF SOME EMOTIONS WITH DIFFERENT ENERGIES

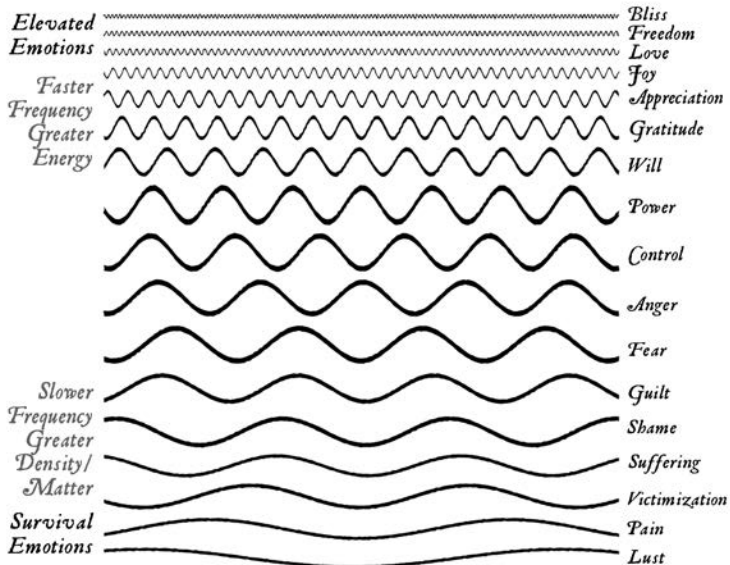


Figure 2.2

Emotions are energy in motion. All energy is frequency and all frequency carries information. Based on our own personal thoughts and feelings, we are always sending and receiving information.

SIPHONING ENERGY OUT OF THE PRESENT MOMENT

Electromagnetic Field

All of the energy is comingled in this known timeline

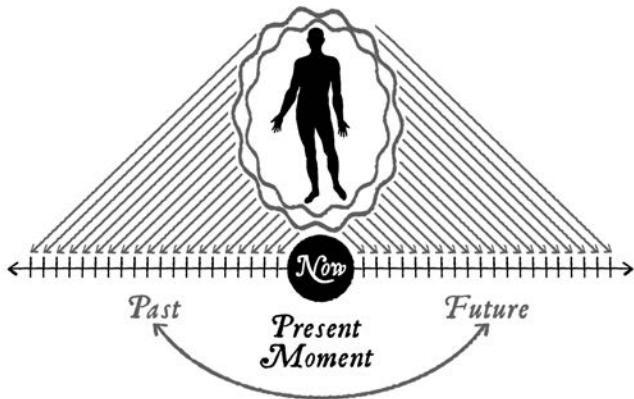


Figure 2.3

If where you place your attention is where you place your energy, the moment you put your attention on familiar feelings and memories, you are siphoning your energy into the past and out of the present moment. In the same way, if your attention is constantly on all the people you have to see, the places you have to go, the things you have to do at certain times in your known familiar reality, then you are siphoning your energy out of the present moment and into the predictable future.

OUR TACOMA, WA, SIgA & CORTISOL STUDY

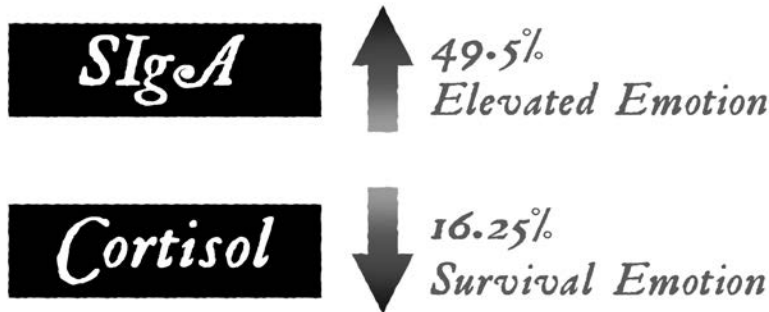


Figure 2.4

As we practice maintaining elevated emotions and changing our energy, we can literally up-regulate new genes that make new healthy proteins to strengthen our internal defense system. As we reduce our survival emotions, and minimize the need for our external protection system, we down-regulate genes for the production of stress hormones. (SIgA in the figure above stands for salivary immunoglobulin A; cortisol represents stress hormones. Both were measured in saliva.)

WHERE YOU PLACE YOUR ATTENTION IS WHERE YOU PLACE YOUR ENERGY

Every person, object, thing, place, or situation in our familiar physical reality has a neurological network assigned to it in our brain and an emotional component connected to it because we've experienced all these things. This is how our energy becomes bonded to our past-present reality. Therefore, as you place your attention on all these elements, your energy is flowing away from you and it leaves little energy in your inner world of thoughts and feelings to create something new in your life.

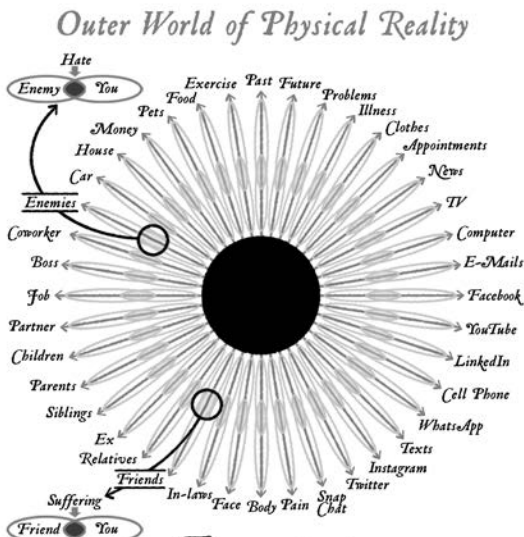
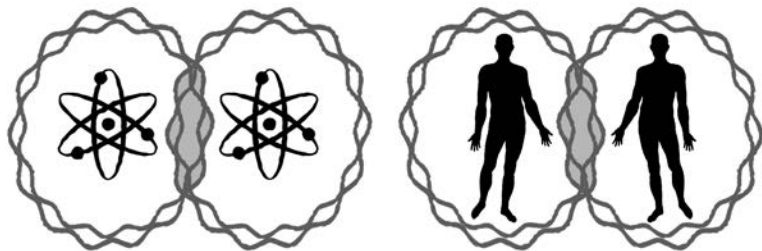


Figure 2.5

If you look at the magnified portions of the figure where the two ovals intersect, these represent how we use different elements in our outer world to reaffirm our emotional addiction. You may use your friends to reaffirm your addiction to suffering, you may use your enemies to reaffirm your addiction to hatred. It begs the question, *How much of your creative energy could you be using to design a new destiny?*

SHARING ENERGY & INFORMATION



*2 Atoms Bonded to
Make a MOLECULE*

*2 People with the Same
Emotions & the Same
Energy, Sharing the Same
Thoughts & Information
Bonded Together*

Figure 2.6

Just like two atoms that bond together to form a molecule—which share energy and information—when two people share the same emotions and energy, and communicate the same thoughts and information, they become bonded together as well. In both cases, they are bound by an invisible field of energy that keeps them connected. If it takes energy to separate these two atoms, it is going to take energy and awareness to take our attention off the people and conditions in our life that we've given so much creative energy away to.

BRAIN WAVES

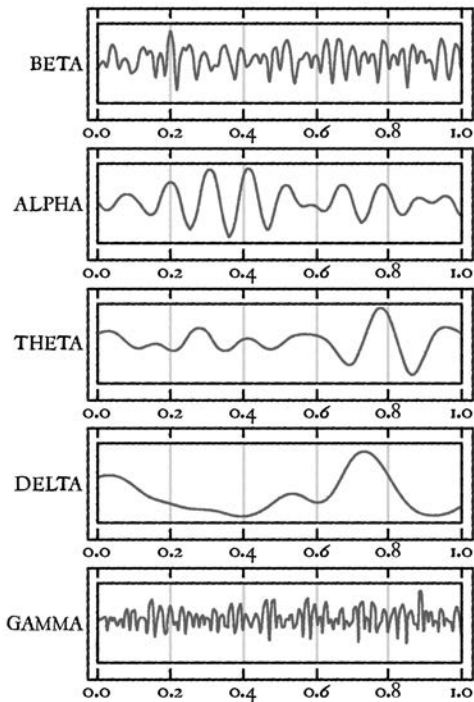


Figure 2.7

A comparison of different brain waves.

TAKING YOUR ENERGY & POWER BACK

Electromagnetic Field

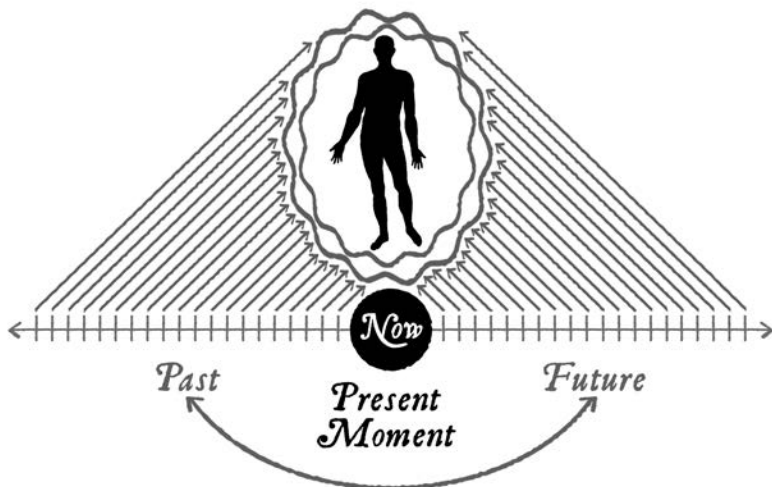


Figure 2.8

As you take your attention off your past-present reality or your predictable future reality, you are calling energy back to you and building your own electromagnetic field. Now you have available energy to heal yourself or to create a new experience in your life.

THE SWEET SPOT OF THE GENEROUS PRESENT MOMENT



No Familiar Past **Now** *No Predictable Future*

*The Generous
Present Moment*

Figure 2.9

When you are in the sweet spot of the generous present moment, your familiar past and your predictable future no longer exist and now you are ready to create new possibilities in your life.

THE DIFFERENCE BETWEEN COHERENT & INCOHERENT BRAIN WAVES



Coherent Brain Waves



Incoherent Brain Waves

Figure 3.1

When we take our attention off the material world and begin to open our focus to the realm of the unknown and stay in the present moment, the brain works in a coherent manner. When your brain is coherent, it is working in a more holistic state and you will feel more whole.

When the brain is aroused due to the hormones of stress and we're narrowing our focus and shifting attention from people, objects, things, and places in our known outer world, the brain fires incoherently. When your brain is out of balance in this way, you will be more fragmented, unfocused, and living in more duality and separation.

THE FLOW OF CONSCIOUSNESS AS BRAIN WAVES CHANGE

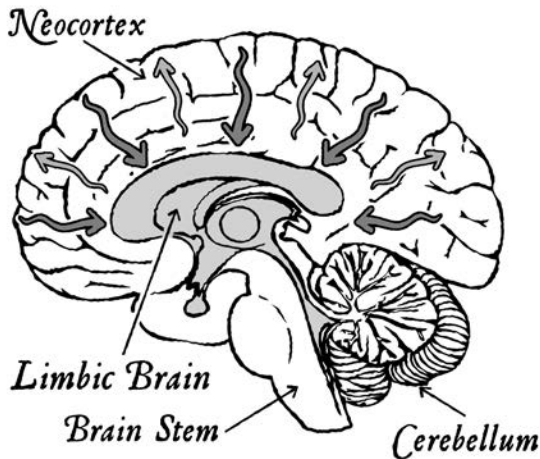


Figure 3.2

As you slow your brain waves down and become less aware of your body, your environment, and time, consciousness flows out of the neocortex and toward the limbic brain—the seat of your autonomic nervous system (represented by the dark arrows moving toward the middle of the brain).

At the same time, as these two systems intersect, the autonomic nervous system—whose job is to create balance—steps in and creates coherence in the neocortex, the seat of your thinking mind (represented by the lighter arrows moving out toward the edge of the brain).

OUR TACOMA, WA, STUDY OF BRAIN CHANGES:

- *Speed of attaining stable alpha state*.....↑ 18%
- *Ratio of delta to beta brain waves*.....↑ 62%
- *High beta brain waves*.....↓ 124%
- *Delta brain waves*.....↑ 149%

Figure 3.3

This chart illustrates the changes of brain wave activity in our advanced workshop in Tacoma, WA, in January 2016.

ALL POSSIBILITIES IN THE QUANTUM FIELD EXIST IN THE PRESENT MOMENT AS ELECTROMAGNETIC POTENTIALS



No Familiar Past **Now** *No Predictable Future*

The Generous Present Moment

Figure 3.4

Once we're in the present moment, there are infinite possibilities that exist in the quantum field as electromagnetic frequencies. As you combine a clear intention with elevated emotions, you are broadcasting a whole new electromagnetic signature into the field. When there's a vibrational match between your energy and the energy of that potential, the longer you're conscious of that energy, the more you will draw the experience to you. Each letter represents a different potential: *R* is a new relationship. *J* is a new job. *P* is a problem being resolved in your life. *M* is a mystical experience. *G* is a genius mind. *H* is health. *A* is abundance. *O* is a new opportunity.

THE PATH OF THE RANDOM EVENT GENERATOR IN THE EXPERIMENTS OF RENÉ PEOC'H



A: The Control Experiment: The cage was empty



*B: The Intention Experiment: The cage was filled with
the chicks that imprinted on the random event generator*

Figure 3.5

An illustration of the results of René Peoc'h's baby chick experiment. The box marked A represents the movement of the random event generator when the cage is empty. The box marked B shows the movement of the random event generator when the chicks were placed in the cage to the right of the arena. If the intentions of the chicks could influence the random event generator to move toward them a majority of the time, imagine what you can do in drawing your new future to you.

CLEAR INTENTION + ELEVATED EMOTIONS = A NEW ENERGY

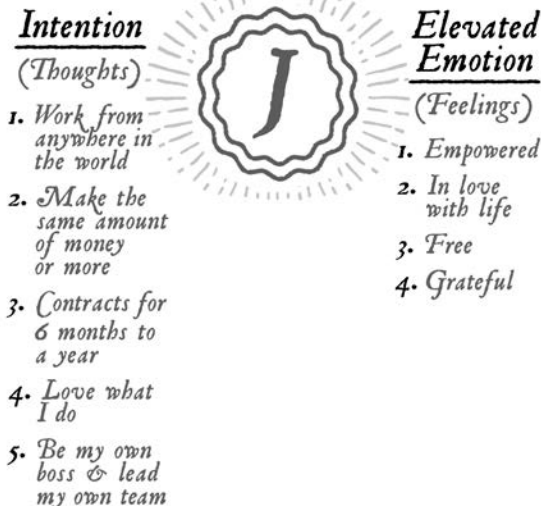


Figure 3.6

This is how my son Jace created his new job. *J* is a symbol that represents a potential new experience. On the left side, under *Intention*, he assigned specific conditions of the type of job he would like. On the right side, under *Elevated Emotion*, he assigned specific emotions he would feel when the experience happened. By combining these two elements, he changed his energy every day to draw his new job to him.

THE LIGHT SPECTRUM OF ELECTROMAGNETIC FREQUENCIES

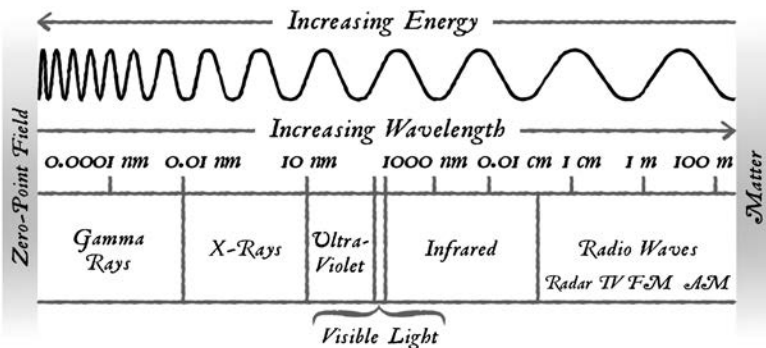
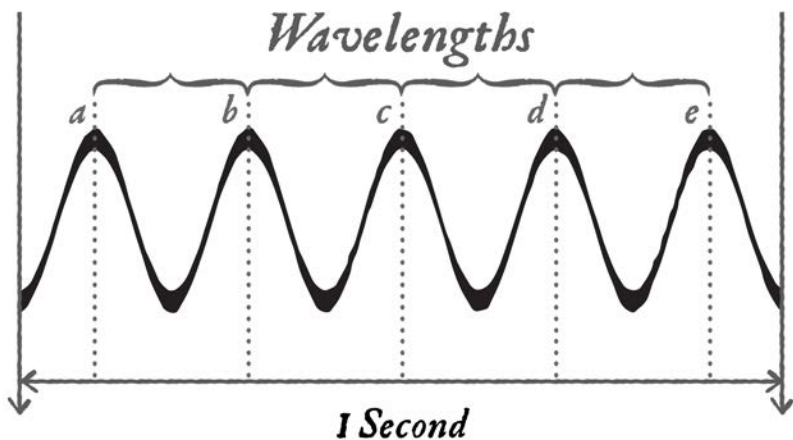


Figure 4.1A

This figure represents the entire spectrum of electromagnetic frequencies from the zero-point field slowing down in frequency all the way to matter. As energy increases (or as the frequency speeds up), the wavelengths decrease. As energy decreases (or as the frequency slows down), wavelengths increase. In the middle, labeled visible light, is the only spectrum of reality we perceive.

FREQUENCY & WAVELENGTH



Hertz (Hz) - Frequency is 5 cycles per second

Figure 4.1B

Here we see the relationship between frequency and wavelength. The number of cycles in a complete wave—represented between letters a and b, b and c, and so on—is one wavelength. The space between the two vertical arrows pointing down represents a time interval of one second. In this case, since there are five complete waves within the span of one second, we would say that the frequency is five cycles per second, or 5 Hz.

THE RELATIONSHIP BETWEEN FREQUENCY & WAVELENGTH

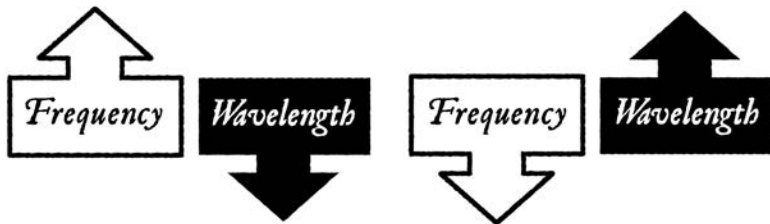


Figure 4.1C

As frequency increases, wavelengths get shorter. As frequency decreases, wavelengths get longer.

GETTING BEYOND THE ANALYTICAL MIND

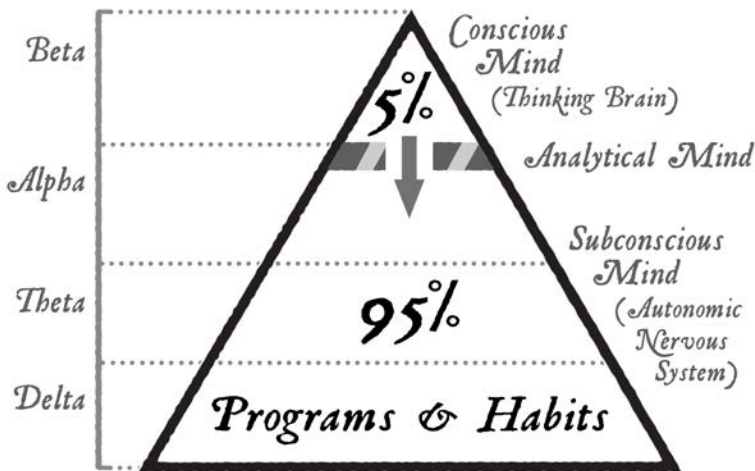


Figure 4.2

One of the main purposes of meditation is to move beyond the analytical mind. What separates the conscious mind from the subconscious mind is the analytical mind. As you slow your brain waves down, you move out of your conscious mind and thinking brain, past the analytical mind, into the operating system of the subconscious mind, where all those automatic programs and unconscious habits exist.

THE ENERGY CENTERS

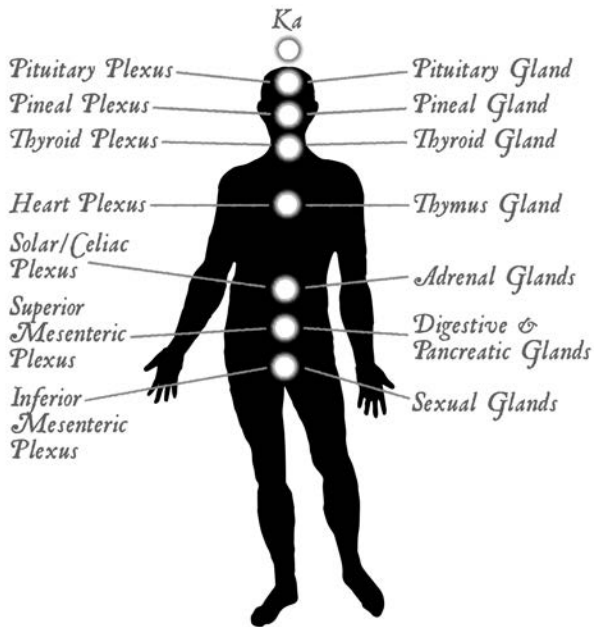


Figure 4.3

Each energy center of your body has its own biological makeup. They have their own glands, hormones, chemicals, and individual mini-brains (a plexus of neurons) and therefore their own mind.

THE FLOW OF CREATIVE ENERGY IN THE BODY

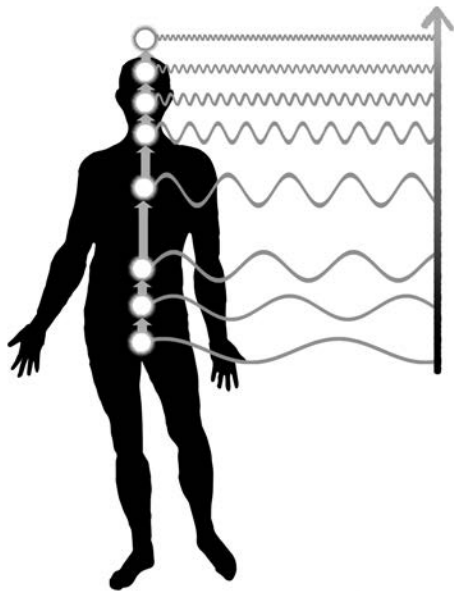


Figure 4.4A

As we evolve our creative energy, it can be channeled from the first center all the way up to the brain and beyond. Each energy center has its own individual frequency that carries its own individual intent.

HOW ENERGY GETS STUCK

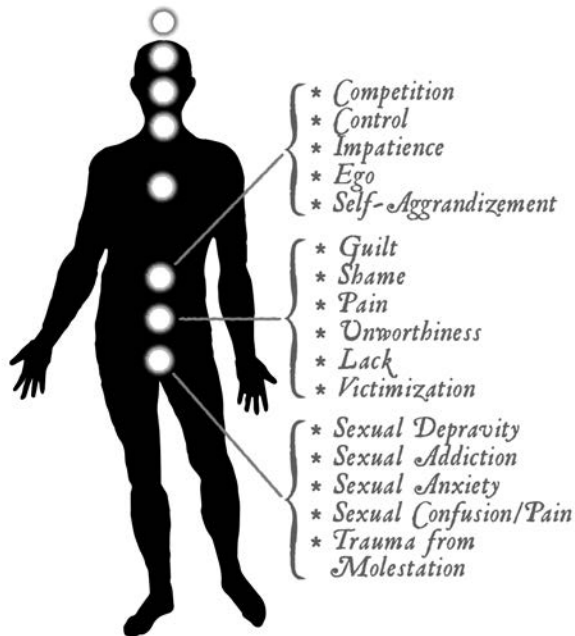


Figure 4.4B

When energy becomes stuck in our body, it cannot flow to the higher centers. Since emotions are energy, these emotions get stuck in different centers and we cannot evolve.

LIVING IN SURVIVAL

*Survival in the
First 3 Centers*

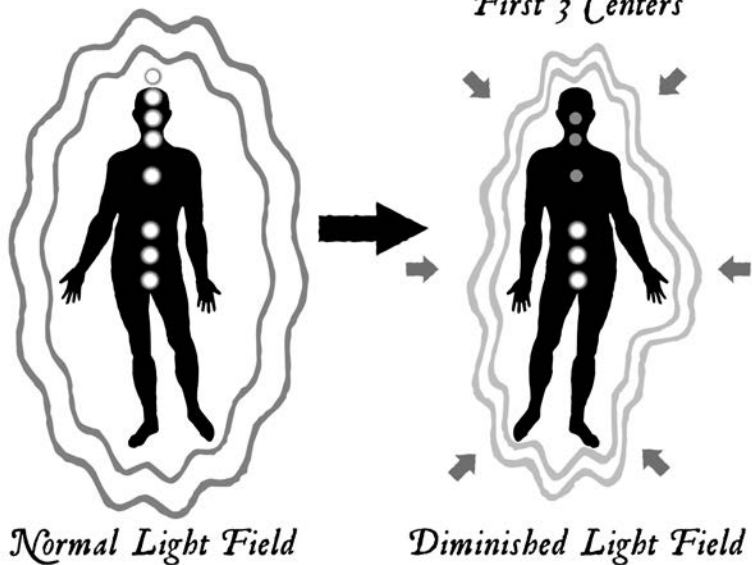


Figure 4.5

The first three centers are energy consumers. When we overutilize these first three centers, we constantly draw from the invisible field of energy and turn it into chemistry. The field around our body begins to shrink.

FROM ENERGY TO MATTER

As atoms bond together and share energy and information, they form molecules. The molecule has an invisible field of light surrounding it made up of the energy and information that give it the physical properties to hold it together. As more atoms join that molecule, it becomes more complex and forms a chemical, also with an invisible field of light surrounding it that is the energy and information giving it the physical properties to hold it together.

As more atoms join the chemical, it becomes more complex and can form a cell. The cell is surrounded by its own specific invisible field of energy and information, giving it instructions to function. A group of cells that join together,

in turn, become a tissue, with a field of energy and information that allows the cells to function in harmony. The tissues join together to become an organ, with a field of energy and information that allows the organ to function in a healthy manner.

The organs join together to become a system, again with a specific invisible field of light surrounding it, providing the physical properties for it to function as a whole. Finally, the systems join together to form a body. The body's surrounding field of light holds the energy and information providing it with the physical properties to hold it together and give it instructions for life.

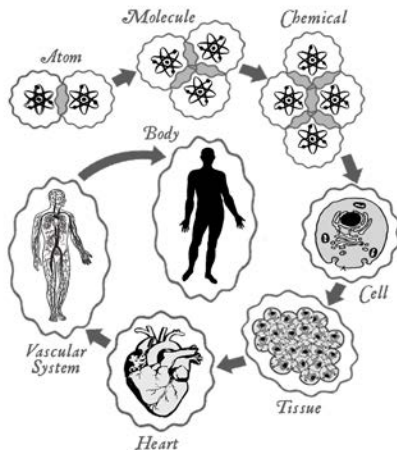


Figure 4.6

THE THINKING & FEELING LOOP OF ANGER

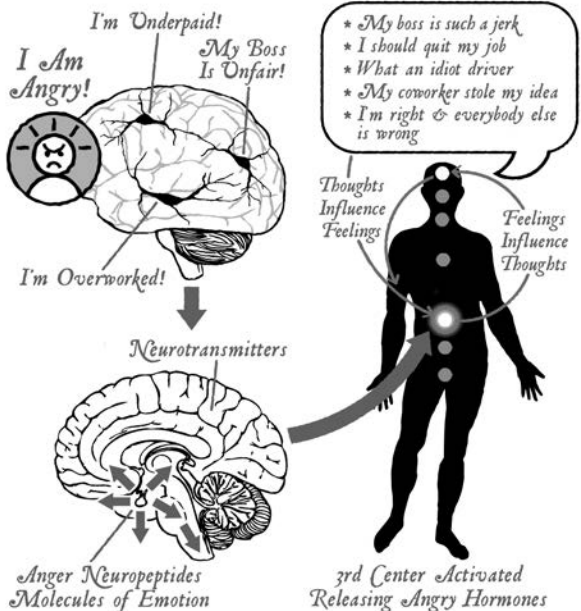


Figure 5.1

This graphic demonstrates how we store energy in the form of emotions in our third center as a result of getting caught in a specific thinking and feeling loop.

THE THINKING & FEELING LOOP OF GUILT

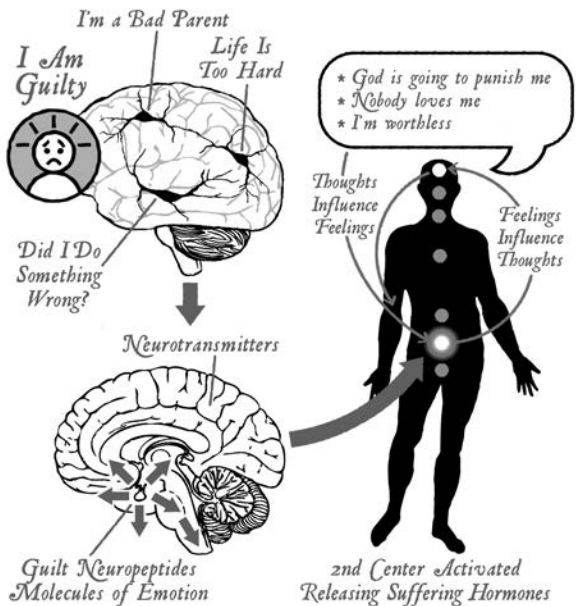


Figure 5.2

This graphic demonstrates how we store energy in the form of emotions in our second center as a result of getting caught in a different thinking and feeling loop.

ELECTROMAGNETIC FIELD OF A MAGNET

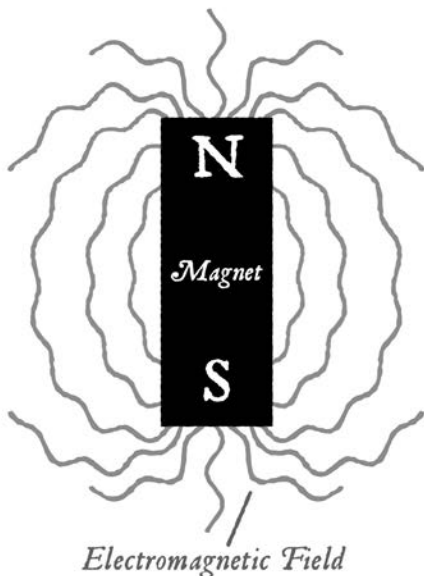
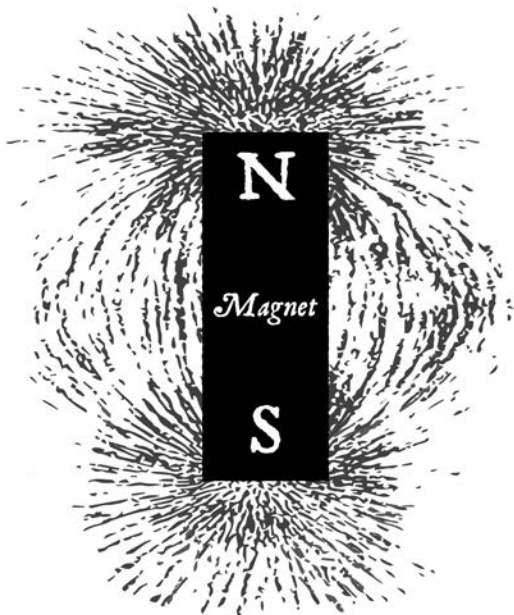


Figure 5.3

A magnet has a measurable invisible electromagnetic field surrounding it. The stronger the polarity between the north and south poles, the more current moves through the magnet and the bigger the electromagnetic field.

HOW ENERGY INFLUENCES MATTER



Metal Shavings Organized by Electromagnetic Field

Figure 5.4

The electromagnetic field of a magnet will organize metal shavings placed under it into the patterns of its field.

THE BODY AS ENERGY VS. THE BODY AS MATTER

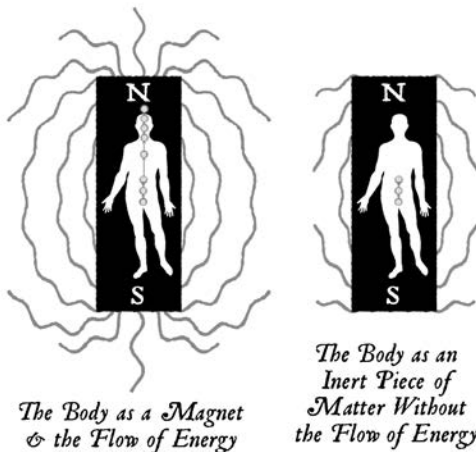


Figure 5.5

When there is a flow of energy moving through the body, just as with a magnet, there is a measurable electromagnetic field surrounding the body. When we're living in survival and we're drawing from the invisible field of energy around the body, we diminish our body's electromagnetic field. In addition, when energy is stuck in the first three survival centers because we are caught in a thinking and feeling loop, then there's less current running through the body and there is less of an electromagnetic field.

THE BRAIN & THE SPINAL CORD INSIDE THE SKELETAL SYSTEM

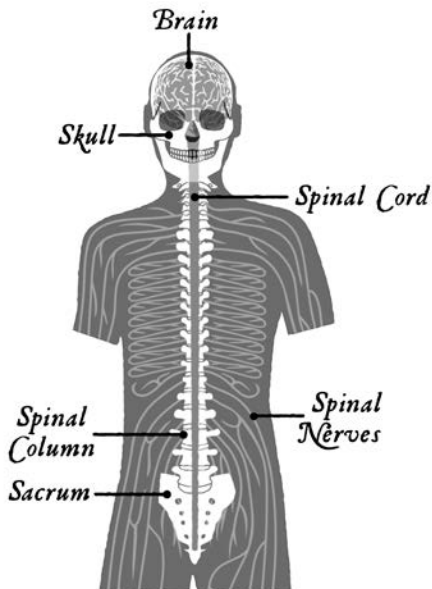


Figure 5.6

Your sacrum, your spinal column, and your skull are the bony structures that protect the most delicate system in your body: the central nervous system, which controls and coordinates all other systems.

THE MOVEMENT OF CEREBROSPINAL FLUID

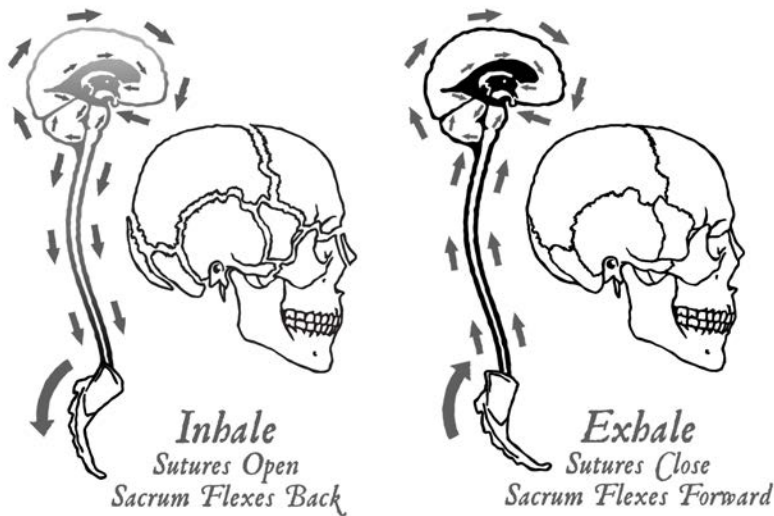
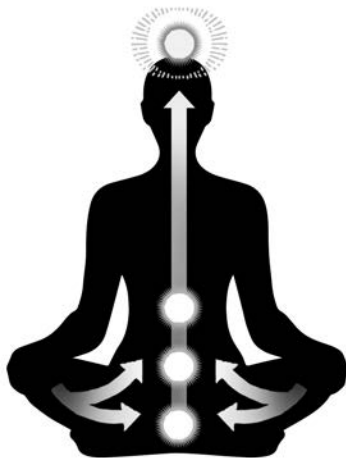


Figure 5.7

As you inhale, your sacrum slightly flexes back and the sutures of your skull expand. As you exhale, your sacrum slightly flexes forward and the sutures close. It is this natural action of breathing that slowly propagates a wave to move cerebrospinal fluid up and down the spinal cord and throughout the brain.

CONTRACTING INTRINSIC MUSCLES TO MOVE CEREBROSPINAL FLUID UP TOWARD THE BRAIN



Using Core Muscles to Move Energy

Figure 5.8

As you contract the intrinsic muscles of your lower body and at the same time take in a slow steady breath through your nose, while placing your attention on the top of your head, you accelerate the movement of the cerebrospinal fluid toward your brain and you begin to run a current through your body and up the central axis of the spine.

INDUCTANCE FIELD



*By Moving Charged Molecules,
an Inductance Field Is Created*

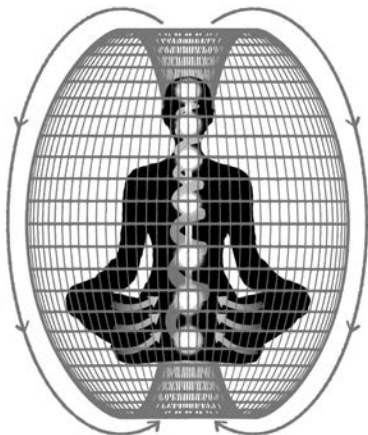
Figure 5.9

Cerebrospinal fluid is made of charged molecules. As you accelerate charged molecules in one direction up the spine, you produce an inductance field that moves in the direction of the charged molecules.

MOVEMENT OF STORED ENERGY FROM THE BODY TO THE BRAIN



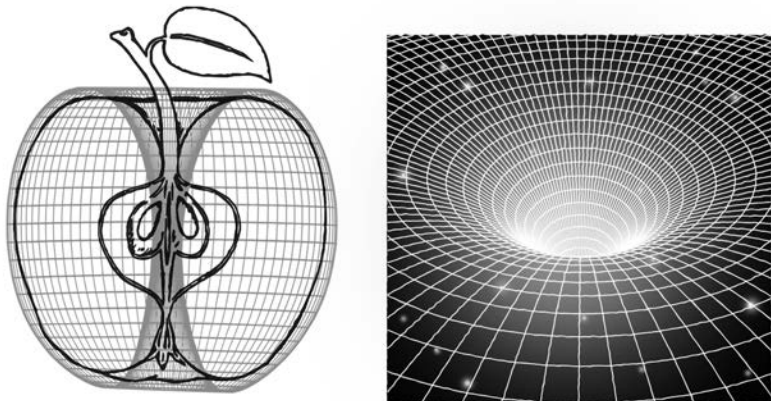
*Releasing Energy
From the First
3 Centers to the Brain
Figure 5.10A*



*Body Becomes a Magnet
by Running a Current up
the Spine to Produce an
Electromagnetic Field
Figure 5.10B*

As the inductance field is created by the acceleration of the cerebrospinal fluid up the spine, it will draw the stored energy in the first three centers back to the brain. Once there is a current flowing from the base of the spine all the way to the brain, the body becomes like a magnet and an electromagnetic torus field is created.

THE TORUS FIELD



Apples & black holes in the shape of a torus

Figure 5.II

From apples to black holes, the shape of a torus is a recurring pattern of creation in nature.

THE COMPARISON OF HIGH BETA & GAMMA BRAIN WAVES

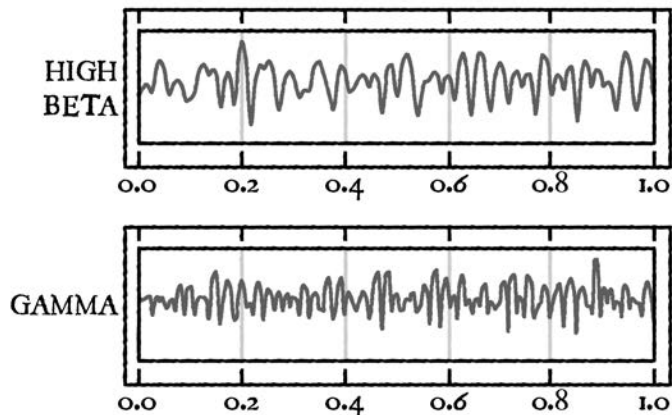


Figure 5.12

Through the release of the energy stored in the body's first three energy centers, the brain becomes aroused and moves into gamma brain waves. When this occurs, the brain may go into high-beta brain waves on the way to the gamma range. High-beta brain waves are typically produced by the arousal of the brain through stimulation from our outer environment, which causes us to put our attention on the cause.

Gamma brain waves are typically created by stimulation from our inner environment, which causes us to pay attention to whatever is going on in the inner world of our mind. This comparison shows how similar high-beta and gamma brain-wave patterns are, though gamma frequencies are faster.

PRANA TUBE

*The Tube of Light from the Movement
of Energy Up & Down the Spinal Cord*

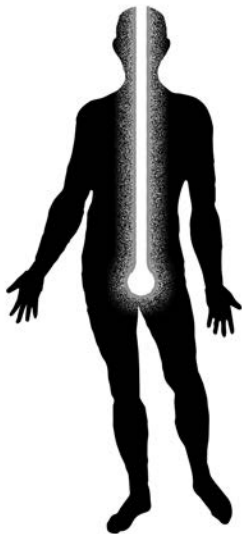


Figure 5.13

The prana tube is a tube of light or energy that represents the movement of life force up and down the spinal cord. The more energy moving along the spine, the stronger the field of the prana tube. The less energy moving along the spine, the weaker the prana and thus, the less life force delivered in the body.

HOW ENERGY FROM THE BODY ENTERS THE BRAIN THROUGH THE RETICULAR ACTIVATING SYSTEM

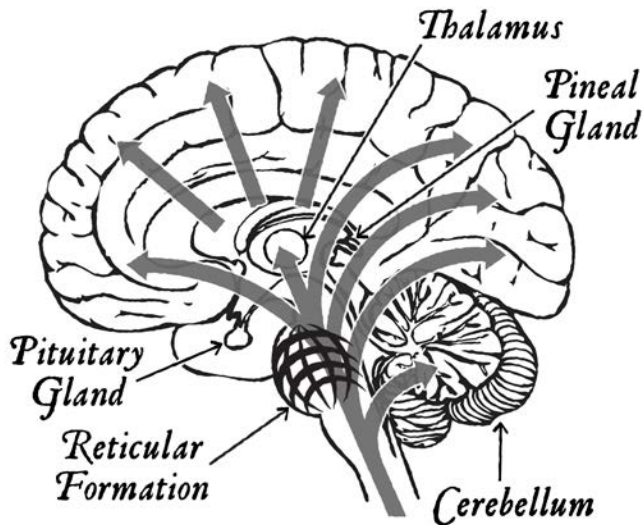


Figure 5.14

As the thalamic gate opens up, a lot of the creative energy that was stored in the body passes through the reticular activating system to each thalamus and the pineal gland. Then that energy is relayed to the neocortex, producing gamma brain waves.

CHAC1	Regulates the oxidative balance in cells, helping reduce free radicals that cause oxidative stress (the most universal cause of aging). Helps neural cells form and grow optimally.
CTGF	Aids in healing wounds, developing bones, and regenerating cartilage and other connective tissue. Decreased expression is linked to cancer and autoimmune diseases like fibromyalgia.
TUFT1	Aids cell repair and healing, including regulating stem cells (the undifferentiated or "blank" cells that can turn into whatever type of tissue the body needs at the moment). Involved in the mineralization process of tooth enamel.
DIO2	Important for healthy placenta tissue and thyroid function (involved in the production of the T3 thyroid hormone). Helps regulate metabolism by reducing insulin resistance, thereby reducing occurrence of metabolic disease and possibly ameliorating cravings and addiction. Also helps regulate mood, especially depression.
C5orf66-AS1	Suppresses tumors, helping to identify and eliminate cancerous cells.
KRT24	Associated with healthy cell structure. Also suppresses certain types of cancer cells, including those found in colorectal cancer.
ALS2CL	Suppresses tumors, especially those contributing to squamous cell carcinoma, a type of skin cancer.
RND1	Helps cells organize the molecules that give them their rigid structure. Also aids neural cell growth and suppresses certain types of cancer cells (such as those found in throat and breast cancer).

Figure 5.15

These are the specific genes that were regulated in four days in our Advanced Workshop in Tampa, Florida, in 2017.

CHANGES IN ENERGY DURING AN ADVANCED WORKSHOP

GDV Scientific Laboratory

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Graphic 1A

GDV Scientific Laboratory

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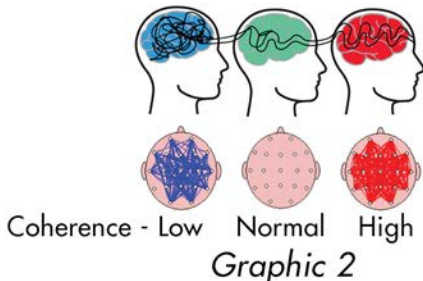
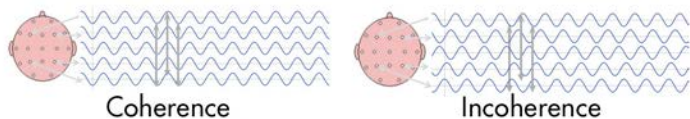
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Graphic 1B

In some of our advanced workshops, when students break the energetic bonds with everyone and everything in their past-present reality, they draw from the ambient field to build their own individual electromagnetic field. When this occurs, the energy of the room can drop. Both figures demonstrate this phenomenon during two advanced workshops in Australia in 2015 and 2016. The red line is the baseline measurement on Wednesday—the day before the event starts, when no one is in the room. The blue line is Thursday—the first full day. You can see that the energy in the room decreased slightly. The green line is Friday—the second day. You can see how the energy of the room continues to rise as students break through on Friday. At this point, instead of drawing energy from the field, they are contributing energy to the field.

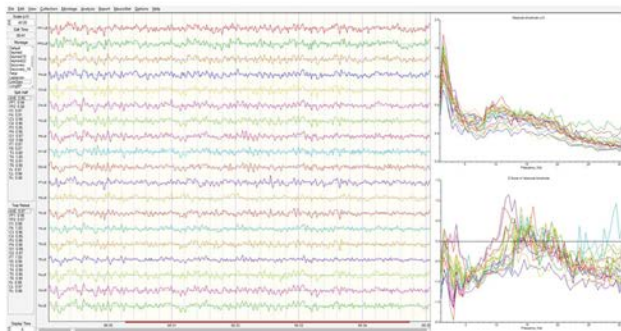
COHERENCE VS. INCOHERENCE



In the first image, both circles represent a top view of a person wearing an EEG brain cap. The head is facing forward, so the nose is pointing toward the top of the page and ears are on both sides. The tiny white circles represent different brain compartments, where we can measure brain waves in those specific areas. On the left, you can see how the arrows are all lined up in perfect order, showing the waves in phase. That's coherence. On the right, you can see that the waves of the brain are not in phase and the arrows do not line up with the peaks and valleys. That's incoherence.

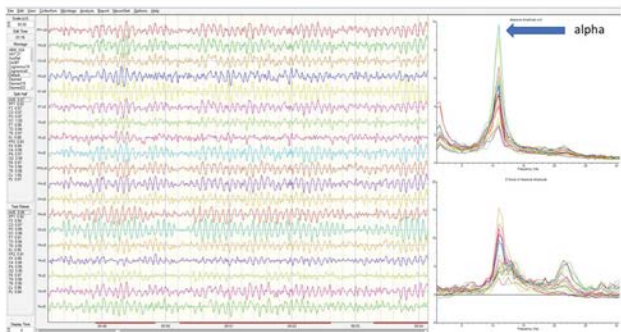
Since I will be showing you different brain scans in the pages ahead, I want to familiarize you with how we measure coherence and incoherence. Look at the second set of images. If there is a lot of blue in the brain, it means there is low coherence (hypo-coherence) and different areas of the brain communicate less with each other. If there is a lot of red in the brain, it means that there is high coherence (hyper-coherence) and different areas communicate more with each other. If there is no blue and no red, it means normal or average coherence.

NORMAL BETA BRAIN WAVES



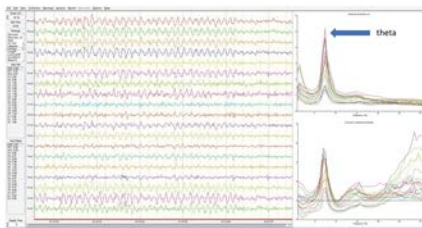
Graphic 3A

SYNCHRONIZED COHERENT ALPHA BRAIN WAVES



Graphic 3B

SYNCHRONIZED COHERENT THETA BRAIN WAVES

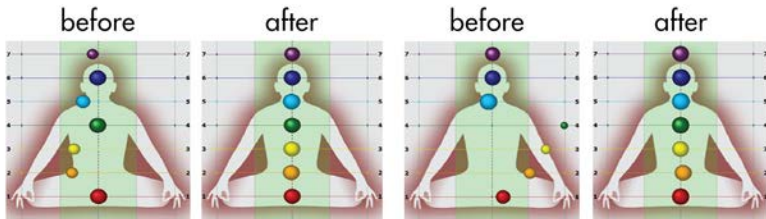


Graphic 3C

Look at each of the thin vertical blue lines on the strip charts in Graphics 3A, 3B, and 3C and follow them down to the bottom. You'll see how they represent one-second intervals. Each of the 19 horizontal wavy lines is related to different compartments of the brain being measured—the front, both sides, the top, and the back of the brain. If you count the number of cycles (from the top of one wave to the top of the next wave) between the two blue vertical lines, you will know the brain waves in each individual area of the brain. That's how we determine beta, alpha, theta, delta, or gamma brain waves. If you need to review the different frequencies of brain waves, review Figure 2.7.

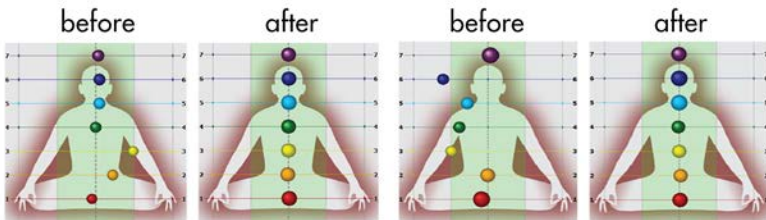
When you go from a narrow focus to an open focus and you take your attention off matter (some thing) and place your attention on space or energy (no thing), your brain waves change from beta to alpha or to theta. Graphic 3A shows a normal thinking busy brain in beta brain waves. Graphic 3B shows a person who is in coherent global alpha brain waves. Notice how beautifully synchronized each part of the brain is when this person opens their focus. The blue arrow pointing to the peaks shows how the entire brain is coherent in 12-cycles-per-second alpha brain waves. Graphic 3C demonstrates a person in coherent theta brain waves. Once again, the blue arrow pointing to the top of the peaks demonstrates that the entire brain is synchronized in about 7 cycles per second, which is the theta range for brain waves.

CHANGES IN ENERGY FROM THE BLESSING OF THE ENERGY CENTERS MEDITATION



Graphic 4A

Graphic 4B

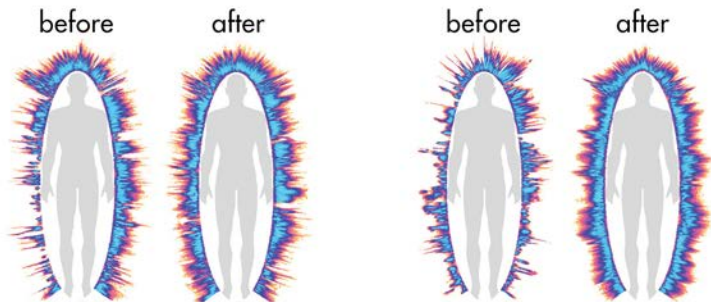


Graphic 4C

Graphic 4D

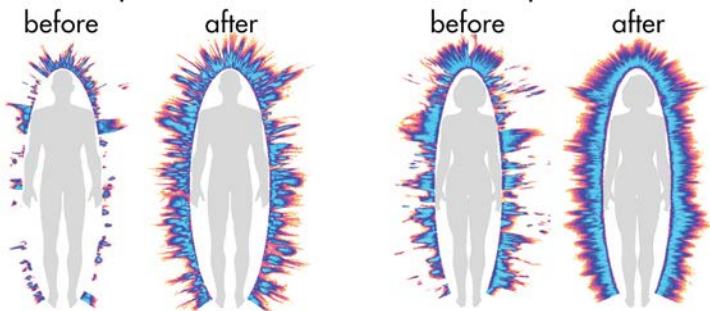
The images on the left show GDV measurements of students' energy centers before they started an advanced event. The images on the right side show the changes just a few days later after the Blessing of the Energy Centers meditation. Notice the difference in the size and the alignment of each center.

CHANGES IN OVERALL ENERGY BEFORE AND AFTER AN ADVANCED WORKSHOP



Graphic 5A

Graphic 5B

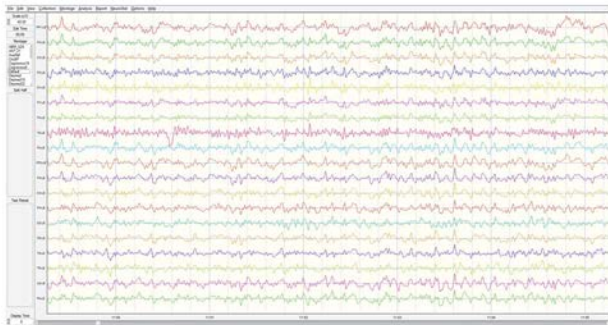


Graphic 4C

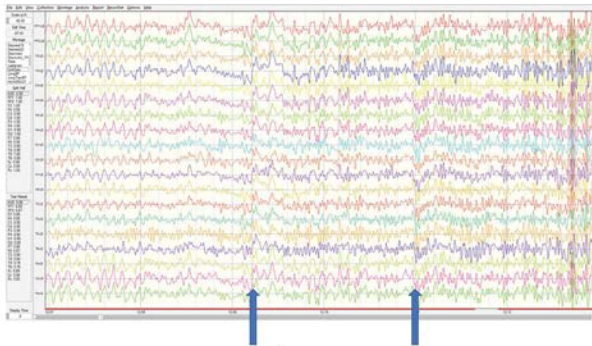
Graphic 4D

The images on the left demonstrate some GDV measurements of subjects' energy before they started an advanced workshop. The images on the right show the changes in their vital energy a few days after the workshop.

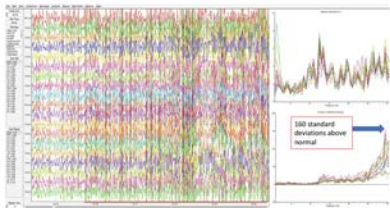
A STUDENT MOVING INTO GAMMA BRAIN WAVES FROM THE BREATH



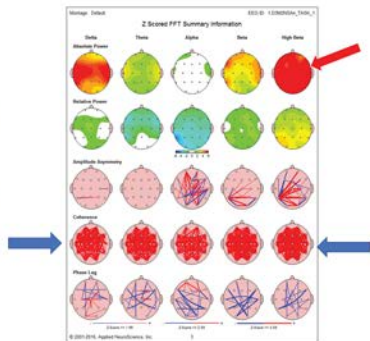
Graphic 6A(1)



Graphic 6A(2)

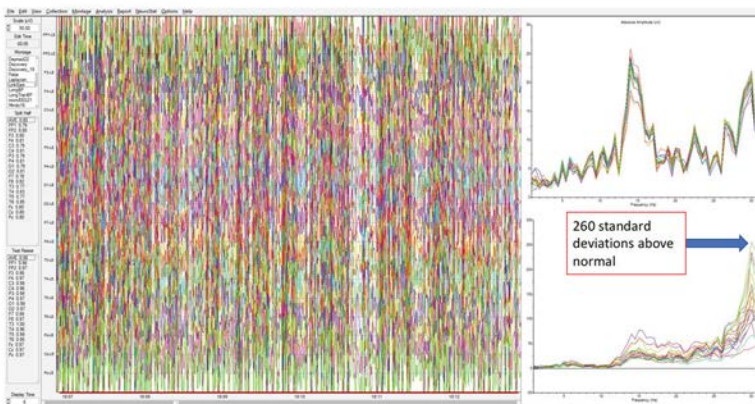


Graphic 6A(3)



Graphic 6A(4)

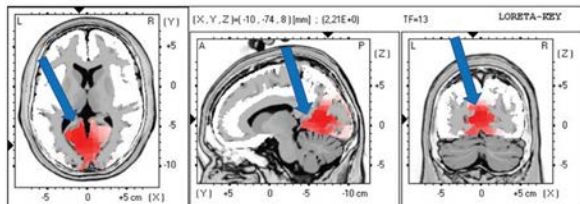
Graphics 6A(1), 6A(2), and 6A(3) show a student transitioning to gamma brain waves as a result of the breath as he passes through high beta. His brain is very aroused with energy. You can see an obvious change in frequency in the brain when this occurs (shown by the blue arrows). The amount of energy in his brain is 160 standard deviations outside normal. Now look at Graphic 6A(4). When there is a lot of red in the brain, it means there is very little energy. Therefore, the red arrow that points to the totally red circle means there is an enormous amount of energy in high beta brain state as it transitions to gamma. The software used here does not record gamma brain waves per se, but from viewing the other measurements in the charts above, we know that the amount of energy in the brain in the totally red circle reflects gamma as well as high beta. The blue arrows pointing to the row labeled Coherence show there is intense communication along with high energy in all measured brain frequencies.



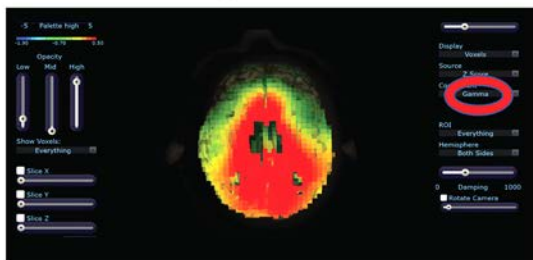
Graphic 6B(3)

You can see a similar transition in these graphics. The blue arrow at the bottom of the strip chart in Graphic 6B(2) shows the moment the brain is moving from high beta to gamma. Graphic 6B(3) shows that the energy in the brain is 260 standard deviations above normal. To put this in context, 99.7 percent of the population falls within 3 standard deviations above or below normal. Anything outside of 3 standard deviations is supernatural.

SCANS SHOWING THE AREA SURROUNDING THE PINEAL GLAND ACTIVATED



Graphic 6B(4)

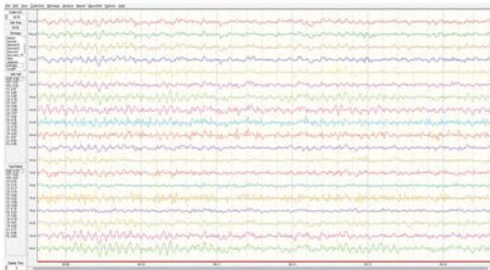


Graphic 6B(5)

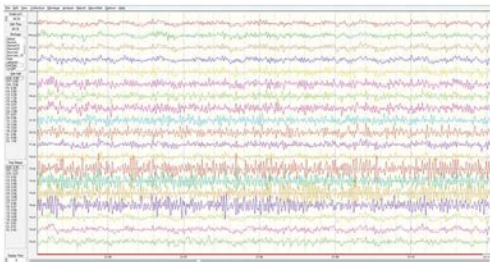
The red area of the brain where the blue arrows are pointing in 6B(4) is the region that surrounds the pineal gland as well as a region called Brodmann area 30, which is associated with strong emotions and the formation of new memories. Our team sees this pattern in those areas of the brain repeatedly when students produce gamma brain waves. Graphic 6B(5) is a three-dimensional picture of the same student's brain from below, showing a significant amount of energy coming from inside the limbic brain.

FELICIA'S BRAIN SCANS

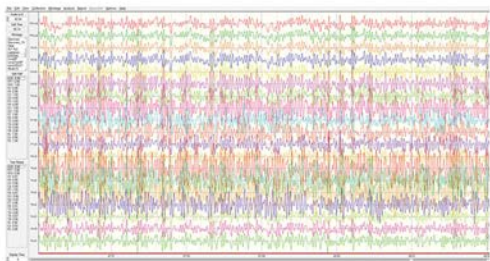
Graphic 7A(1)



Graphic 7A(2)

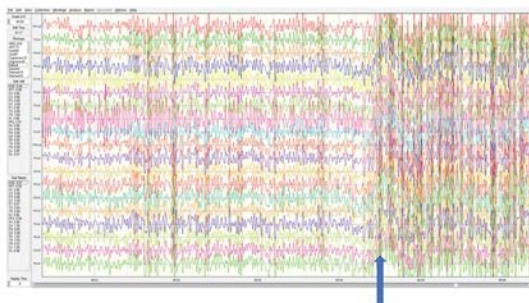


Graphic 7A(3)

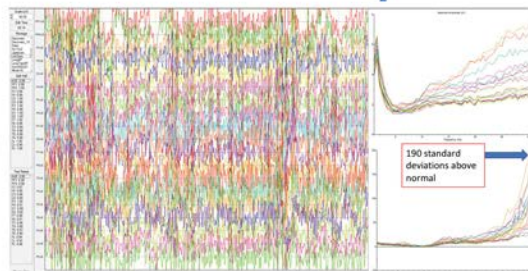


FELICIA'S BRAIN SCANS

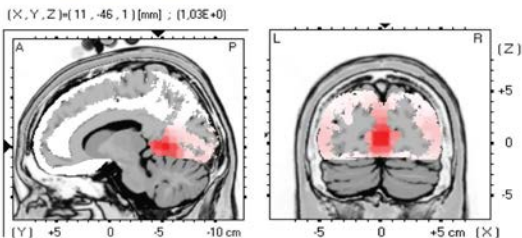
Graphic 7A(4)



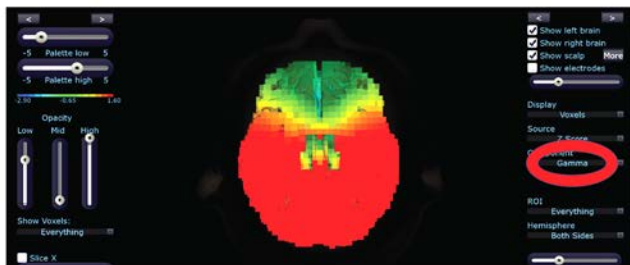
Graphic 7A(5)



Graphic 7B



FELICIA'S CASE HISTORY, CONTINUED



Graphic 7C

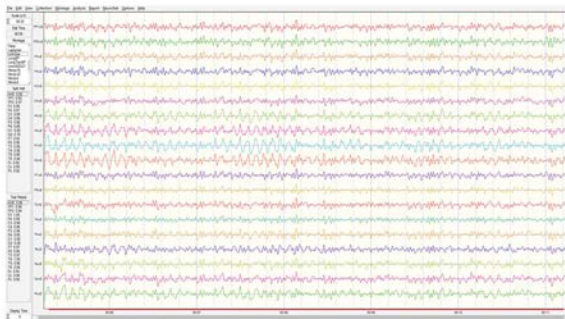


Graphic 7D

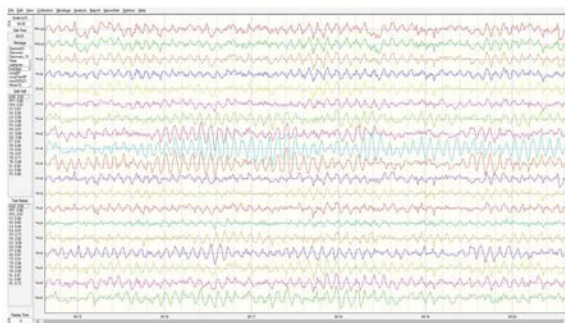
Graphics 7A(1) through 7A(5) show Felicia's brain transitioning from normal beta to high beta before she moves into a high-energy gamma state. (The blue arrow shows the transition.) The energy in gamma is 190 standard deviations above normal as she connects to the unified field. The area of the pineal gland as well as the part of the brain that processes strong emotion is highly activated, as seen in 7B. The image in 7C is the underside of the brain. The red region demonstrates that energy in gamma is coming from inside the limbic brain. Take a look at Graphic 7D to see the changes in Felicia's skin condition the following day after she received a biological upgrade from the unified field.

HEART COHERENCE AND BRAIN COHERENCE

Graphic 8A



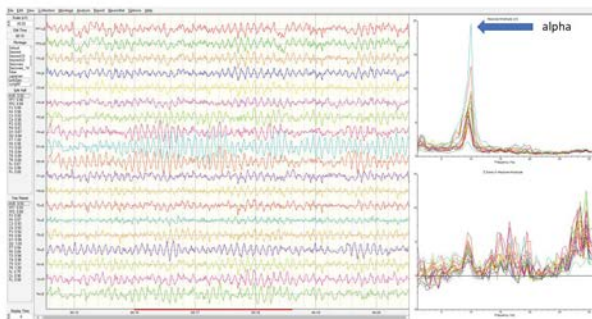
Graphic 8B



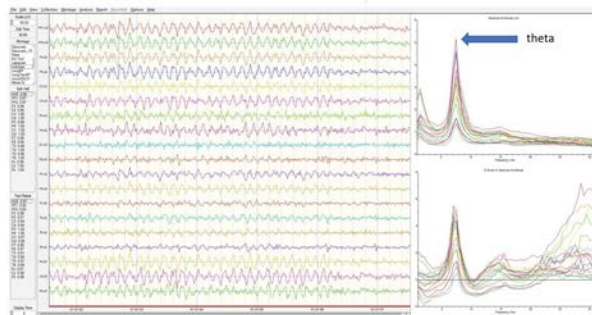
The first scan represents the measurement of a person's brain before she activates her heart center. The brain is in a dominant frequency of desynchronized beta brain waves, indicating a busy and distracted brain. The second scan measures the same brain about 10 seconds later as she moves into heart coherence. The entire brain goes into a coherent alpha brain wave state.

COHERENT ALPHA AND THETA BRAIN WAVES FROM VIEWING THE KALEIDOSCOPE

Graphic 9A(1)

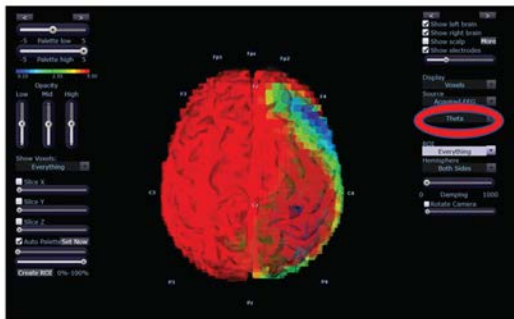


Graphic 9A(2)

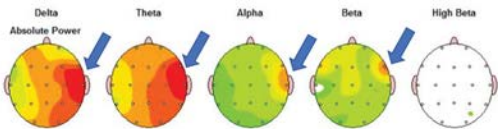


Graphic 9A(1) shows a brain scan of a student who is in coherent alpha brain waves while watching the kaleidoscope. Graphic 9A(2) illustrates a person in coherent theta brain wave states viewing the kaleidoscope in trance.

CHANGES IN BRAIN ACTIVITY WHILE VIEWING THE KALEIDOSCOPE



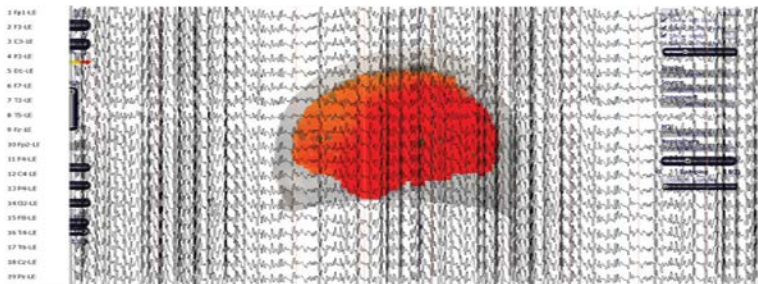
Graphic 9A(3)



Graphic 9A(4)

Graphic 9A(3) shows a three-dimensional image of the brain (nearly all in red) of another student, indicating almost the whole brain in a theta state. The red oval on the right shows the brain is being measured in theta. Graphic 9A(4) shows the brain scan of a student at different brain wave frequencies watching the kaleidoscope. The red and orange areas marked with the blue arrows on the right of each brain show a strong amount of activity in delta, theta, alpha, and beta brain waves.

HIGH ENERGY IN THE BRAIN WHILE VIEWING THE MIND MOVIE

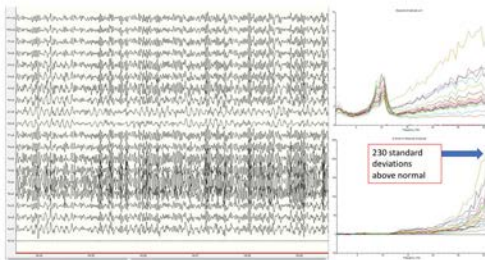


Graphic 10

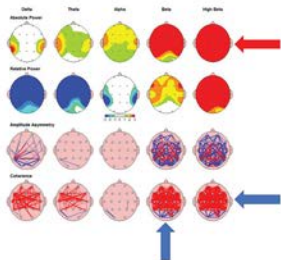
This is a brain that is fully engaged in the Mind Movie experience. There is a significant amount of coherent high beta and gamma brain waves activating the entire brain.

BRAIN ACTIVITY WHILE DIMENSIONALIZING A SCENE IN THE MIND MOVIE

Graphic 11A



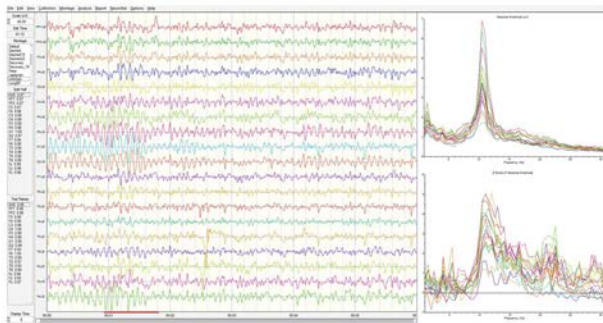
Graphic 11B



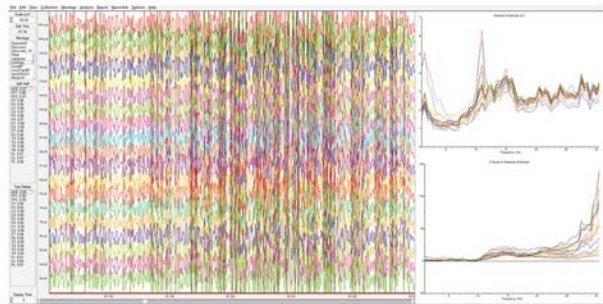
When this person dimensionalized a scene in her Mind Movie during a meditation, she reported that she had a full-on sensory experience without her physical senses. In Graphic 11A you can see her brain is in coherent high beta and gamma. The energy in her brain is about 230 standard deviations above normal. The red arrow in Graphic 11B shows there is quite a bit of energy in high beta as she moves into gamma. The blue arrows indicate that there is a lot of coherence in the brain as well. It is important to note that she cannot make her brain do this. The experience is happening to her.

BRAIN CHANGES BEFORE AND AFTER A WALKING MEDITATION

Graphic 12A

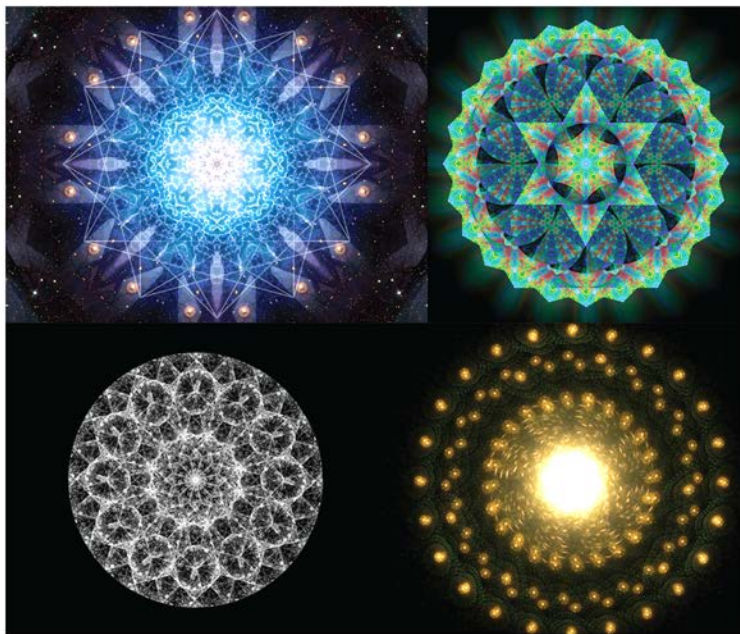


Graphic 12B



Graphic 12A shows a baseline measurement of a person with normal beta and alpha brain waves before his walking meditation. If you review his post-scan in Graphic 12B, an hour and twenty minutes later, you'll see he changed his brain to a high-energy gamma state.

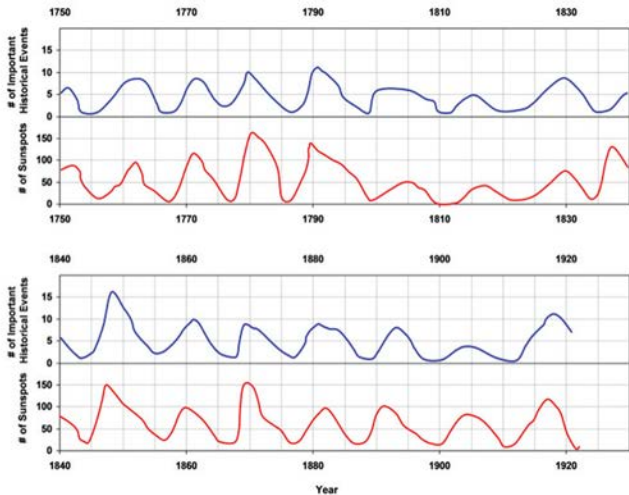
STANDING WAVES OF INFORMATION



Graphic 13A

Fractal patterns in the form of complex geometric configurations are standing waves of frequency and information that can be de-scrambled by the brain into very powerful imagery. Although these images are two-dimensional, they give you an idea of how the patterns appear.

CORRELATION BETWEEN SOLAR ACTIVITY AND HUMAN EVENTS



Graphic 14

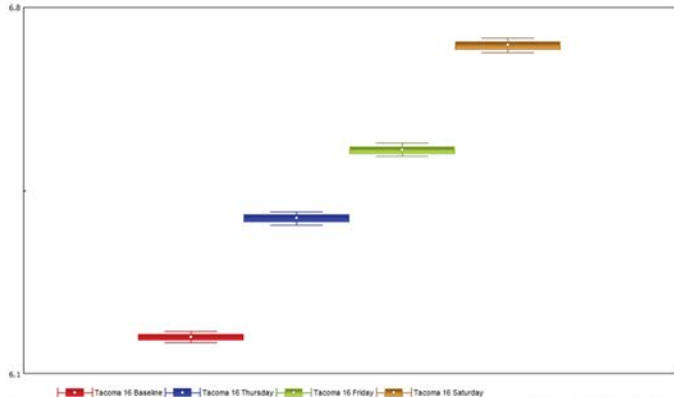
For the years 1749 to 1926, Alexander Chizhevsky compared the annual number of important political and social events with increased solar activity. On the graph, the blue line illustrates sun flares and the red line relates to human excitability. Notice that every time there is high solar activity, there is a correlation with heightened human events. *Created from data provided in the translation of Alexander Chizhevsky's paper "Physical factors of the historical process."*

COMPARING THE ENERGY OF THE ENTIRE DAY WEDNESDAY, THURSDAY, FRIDAY, SATURDAY TACOMA, WASHINGTON, 2016

GDV Scientific Laboratory

Tacoma 16 Baseline: Mean: 6.136; Std error: 0.005; Confidence interval: 0.010
Tacoma 16 Thursday: Mean: 6.400; Std error: 0.006; Confidence interval: 0.012
Tacoma 16 Friday: Mean: 6.523; Std error: 0.006; Confidence interval: 0.012
Tacoma 16 Saturday: Mean: 6.712; Std error: 0.007; Confidence interval: 0.013

By ANOVA: null factor test samples are statistically dissimilar: $p = 0$



Graphic 15A

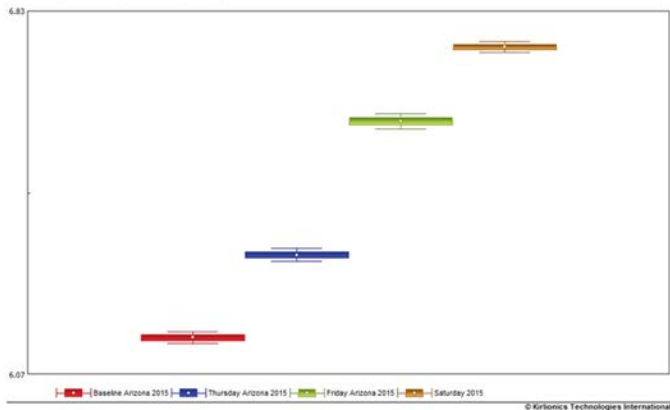
Graphics 15A and 15B demonstrate an increase in the collective energy of the room over 3 days in our advanced workshops. The first line, in red, is our baseline measurement and shows the room's energy before the start of the event on Wednesday. As you look at the red, blue, green, and brown lines (each color representing a different day), you'll see that each day the energy steadily increases.

COMPARING THE ENERGY OF THE ENTIRE DAY WEDNESDAY, THURSDAY, FRIDAY, SATURDAY CAREFREE, ARIZONA, 2015

GDV Scientific Laboratory

Baseline Arizona 2015: Mean: 6.142, Std.error: 0.000, Confidence interval: 0.013
Thursday Arizona 2015: Mean: 6.321, Std.error: 0.007, Confidence interval: 0.013
Friday Arizona 2015: Mean: 6.602, Std.error: 0.009, Confidence interval: 0.016
Saturday 2015: Mean: 6.758, Std.error: 0.006, Confidence interval: 0.012

By ANOVA multy factor test samples are statistically disimilar: $p = 0$



Graphic 15B

Graphics 15A and 15B demonstrate an increase in the collective energy of the room over 3 days in our advanced workshops. The first line, in red, is our baseline measurement and shows the room's energy before the start of the event on Wednesday. As you look at the red, blue, green, and brown lines (each color representing a different day), you'll see that each day the energy steadily increases.

COMPARING THE ENERGY IN THE MORNING WEDNESDAY, THURSDAY, FRIDAY, SATURDAY CANCUN, MEXICO, 2014

GDV Scientific Laboratory

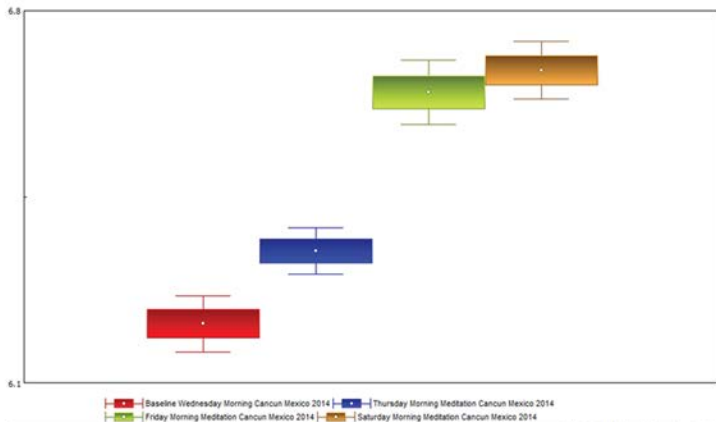
Baseline Wednesday Morning Cancun Mexico 2014: Mean: 6.239, Std error: 0.025, Confidence interval: 0.049

Thursday Morning Meditation Cancun Mexico 2014: Mean: 6.365, Std error: 0.020, Confidence interval: 0.040

Friday Morning Meditation Cancun Mexico 2014: Mean: 6.642, Std error: 0.029, Confidence interval: 0.056

Saturday Morning Meditation Cancun Mexico 2014: Mean: 6.680, Std error: 0.025, Confidence interval: 0.050

By ANOVA one way test samples are statistically dissimilar: $p = 0$



Graphic 15C

In Graphics 15C and 15D, the same color scale applies; however, these measurements reflect specific time intervals during each day's morning meditations. Graphic 15D has an extra green line because we measured the energy of the room during the 4 A.M. pineal gland meditation. As you can see, the energy was very high that morning.

COMPARING THE ENERGY OF EACH MORNING MEDITATION WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY MUNICH, GERMANY, 2015

GDV Scientific Laboratory

Baseline Wednesday Morning Germany 2015: Mean: 6.253, Std error: 0.013, Confidence interval: 0.026

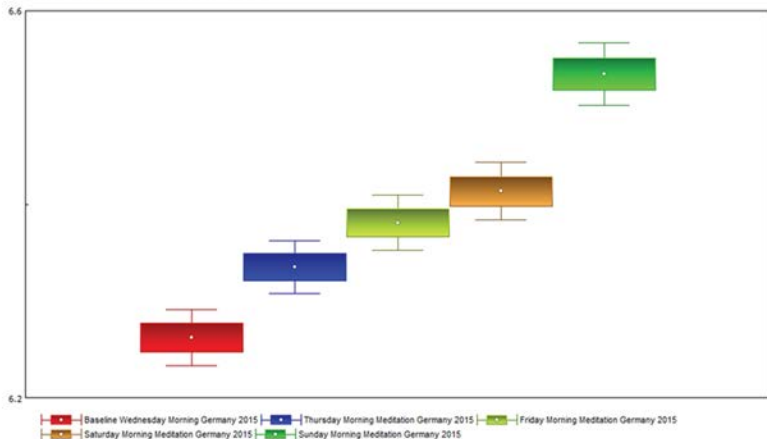
Thursday Morning Meditation Germany 2015: Mean: 6.319, Std error: 0.013, Confidence interval: 0.026

Friday Morning Meditation Germany 2015: Mean: 6.361, Std error: 0.013, Confidence interval: 0.026

Saturday Morning Meditation Germany 2015: Mean: 6.391, Std error: 0.014, Confidence interval: 0.027

Sunday Morning Meditation Germany 2015: Mean: 6.501, Std error: 0.015, Confidence interval: 0.029

By ANOVA one way test samples are statistically dissimilar: $p < 0$



© Kirilovics Technologies International

Graphic 15D

HEART-RHYTHM PATTERNS

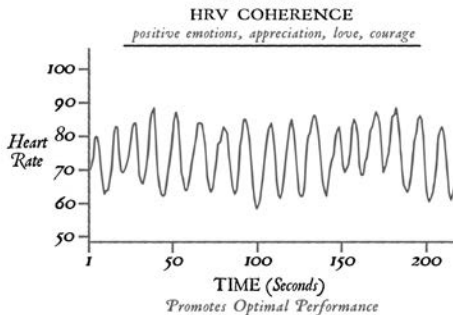
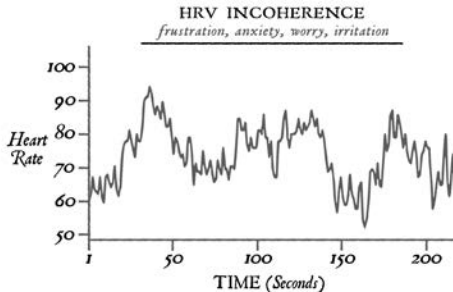


Figure 7.1

Compliments of the HeartMath Institute, the top HRV graph represents incoherent heart rhythms as a result of feeling emotions like resentment, impatience, and frustration. The bottom HRV graph represents coherent heart rhythms as a result of feeling emotions like gratitude, appreciation, and kindness.

HEART COHERENCE AFFECTING BRAIN COHERENCE

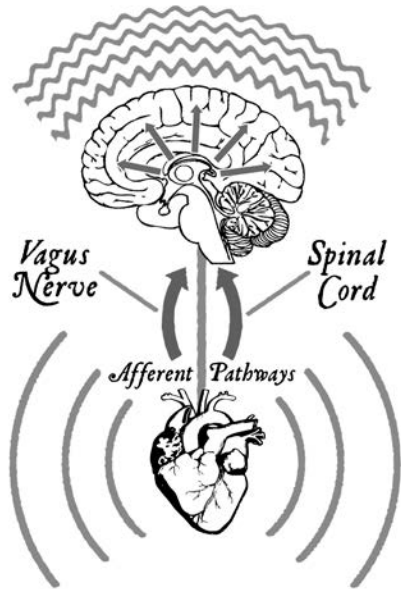


Figure 7.2

When the heart moves into coherence, it acts as an amplifier, sending coherent information through its afferent nervous pathways straight to the thalamus, which synchronizes the neocortex and the brain's survival centers.

Figure 7.3A

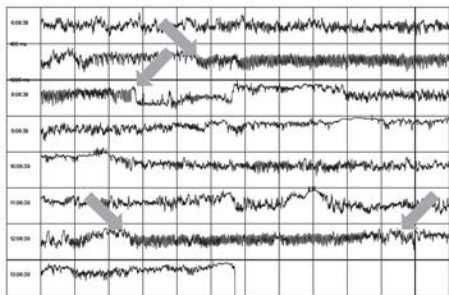
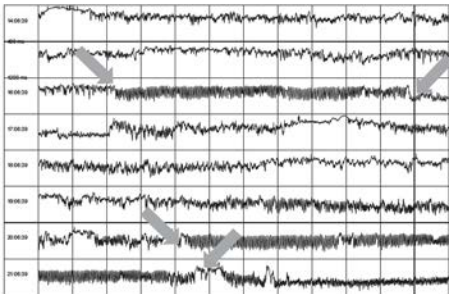


Figure 7.3B



Each set of gray arrows pointing inward in both figures represent a student going into heart coherence by sustaining an elevated emotional state. Every square block represents a five-minute time interval. From both Figures 7.3A and 7.3B, you can tell she's developing the skill to regulate her internal states.

In Figure 7.3B, at the bottom where the two arrows are pointing inward, the student spontaneously goes into heart coherence for over an hour. Her body is being conditioned to a new mind.

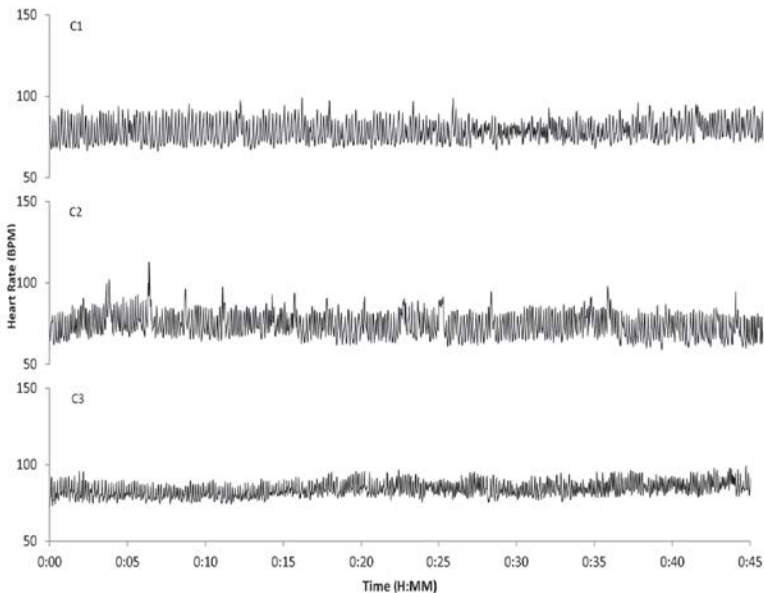


Figure 7.4

An example of three students sustaining heart-centered emotions for 45 minutes.

Figure 7.5A

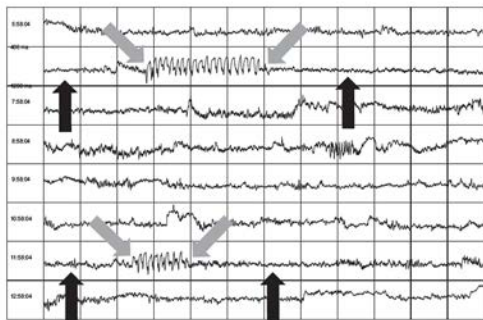
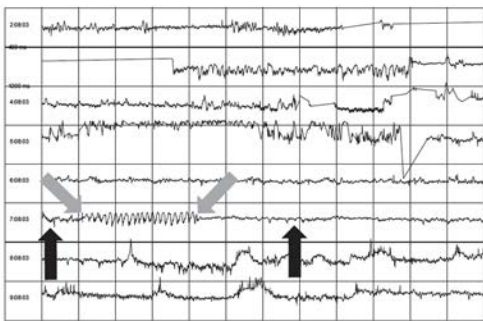


Figure 7.5B



In both figures, you can see two different students who have very little heart rate variability (demonstrated by the black arrows pointing upward). However, when it comes time to open their hearts, if you look between the two gray arrows, you will see a significant change. Even if it is just for 8 to 15 minutes, they are changing their physiology.

THE CONNECTION BETWEEN TRANCE, SUGGESTIBILITY, BRAIN WAVES & ANALYTICAL MIND

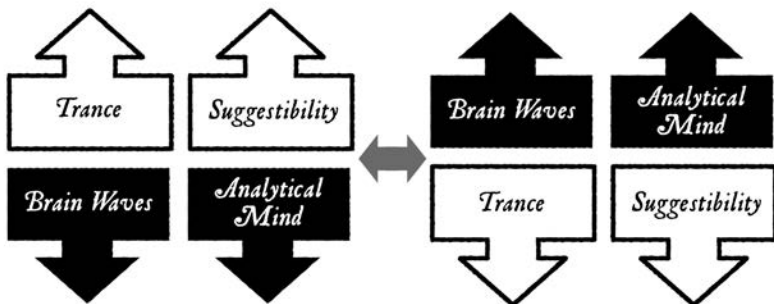


Figure 8.1

As your brain waves slow down and you get beyond your analytical mind, your brain moves into trance and you're more suggestible to information. The inverse is also true. As your brain waves speed up, you become more analytical, the brain moves out of trance, and you become less suggestible to information. Suggestibility is your ability to accept, believe, and surrender to information without analyzing it.

THE RELATIONSHIP BETWEEN SPACE & TIME IN THE 3-D WORLD

In this realm space is eternal



*As We Move Through Space,
We Experience Time*

Figure 11.1

As we move through space from one point of consciousness to another point of consciousness, we experience time. When we collapse space in our 3-D world, time is created.

LINEAR TIME WITH A PAST, PRESENT, & FUTURE



Time as Separate Moments

Figure 11.2

In our 3-D reality, the past, present, and future exist as linear, distinct, separate moments in time.

MOVING FROM THE WORLD OF THE SENSES TO WORLDS BEYOND THE SENSES

Stepping Into the Quantum

<i>Material 3-D Reality of Newtonian World</i>	<i>The Door to the Quantum as Pure Consciousness</i>
<i>Consciousness of:</i>	<i>Consciousness of:</i>
<i>Some Body</i>	<i>No Body</i>
<i>Some One</i>	<i>No One</i>
<i>Some Thing</i>	<i>No Thing</i>
<i>Some Where</i>	<i>No Where</i>
<i>Some Time</i>	<i>No Time</i>

Figure 11.3

When we take our attention off our body, our environment, and time, we get beyond the "self"—living as a physical body, being someone as an identity, owning some things, living in some place at some time—and we become no body, no one, no thing, no where, and in no time. Now we are moving our consciousness and awareness away from the material world of Newtonian physics and toward the immaterial world of the unified field.

GETTING BEYOND THE SELF

When we get beyond ourselves, we move from:

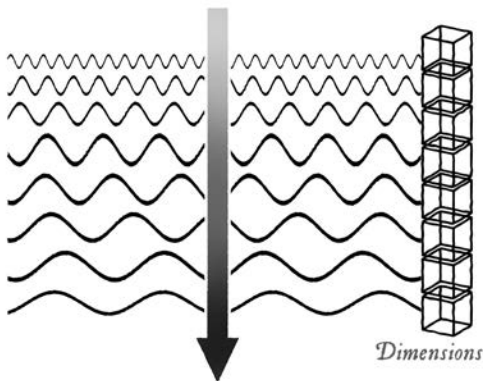
<i>A narrow focus</i>	<i>to</i>	<i>An open focus</i>
<i>Attention is on objects, things, people, & places (Particle)</i>	<i>to</i>	<i>Attention is on space, energy, frequency, & information (Wave)</i>
<i>Material (Matter)</i>	<i>to</i>	<i>Immaterial (Antimatter)</i>
<i>3-D Newtonian world</i>	<i>to</i>	<i>5-D Quantum world</i>
<i>Predictable</i>	<i>to</i>	<i>Unpredictable</i>
<i>Space-Time (a realm of eternal space)</i>	<i>to</i>	<i>Time-Space (a realm of eternal time)</i>
<i>State of separation, duality, polarity, & locality</i>	<i>to</i>	<i>State of unity, oneness, wholeness, & nonlocality</i>
<i>The known</i>	<i>to</i>	<i>The unknown</i>
<i>Limited Possibilities</i>	<i>to</i>	<i>Unlimited Possibilities</i>
<i>The universe</i>	<i>to</i>	<i>The multiverse</i>
<i>Domain of the senses</i>	<i>to</i>	<i>Domain beyond the senses</i>

Figure 11.4

The distinction between the two worlds of matter and energy.

THE RELATIONSHIP BETWEEN TIME & SPACE IN THE 5-D WORLD

In this realm time is eternal



As we move through time (the eternal now, where all possibilities exist) we experience different spaces or dimensions

Figure 11.5

In the world of the quantum, where time is eternal, everything is happening in the eternal present moment. As you move through time, you experience other space(s), other dimensions, other planes, other realities, and infinite possibilities. Like standing between two mirrors and looking both ways at yourself into infinite dimensions, the boxes represent an infinite number of possible yous, all living in the present moment.

LOSING YOURSELF IN NOTHING TO BECOME EVERYTHING



<i>Material 3-D Reality of Newtonian World</i>	<i>The Door to the Quantum as Pure Consciousness</i>	<i>Immaterial 5-D Reality of the Unified Field</i>
<i>Consciousness of:</i>	<i>Consciousness of:</i>	<i>Consciousness of:</i>
<i>Some Body</i> <i>Some One</i> <i>Some Thing</i> <i>Some Where</i> <i>Some Time</i>	 <i>No Body</i> <i>No One</i> <i>No Thing</i> <i>No Where</i> <i>No Time</i>	 <i>Every Body</i> <i>Every One</i> <i>Every Thing</i> <i>Every Where</i> <i>Every Time</i>

Figure II.6

As your consciousness merges with the consciousness of the unified field, and you unfold deeper into it, you will become the consciousness of every body, every one, every thing, every where, in every time. In this realm, there is no separation between two points of consciousness, which means there is only Oneness.

THE CLASSICAL MODEL OF AN ATOM VS. THE QUANTUM MODEL OF AN ATOM

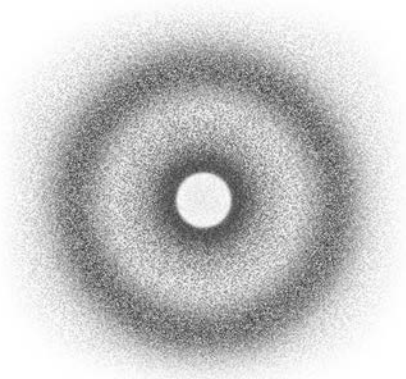
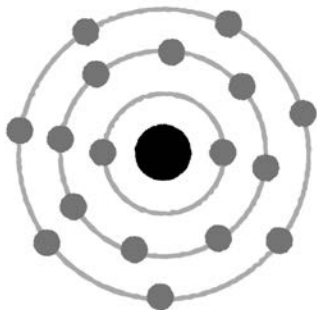


Figure 11.7

The classical model of the atom, with electrons rotating around the central nucleus in an orbit, is outdated. Electrons exist as waves of probability in an invisible cloud of energy surrounding the nucleus. Therefore, the atom is mostly immaterial energy and very little matter.


SPACE-TIME THE REALM OF INFINITE SPACE NEWTONIAN WORLD	THE NEXUS OF THE QUANTUM THE BRIDGE
<ul style="list-style-type: none"> • 3 Dimensional Universe • \boxtimes Height, width, depth • Density, form, structure • Matter, particles: bodies, people, things, places, time • Time is linear- past-present-future • Senses create separation, duality, polarity, locality • Locality-bodies, people, things occupying space & time • The known-predictable • The Consciousness of: SOME BODY SOME ONE SOME THING SOME WHERE SOME TIME 	<p><i>The Consciousness of:</i></p> <p>NO BODY NO ONE NO THING NO WHERE NO TIME</p> <p>SPEED OF LIGHT</p>
	

Figure 11.8

A summary of space-time in our 3-D Newtonian world and the bridge that allows us to enter as consciousness into the realm of time-space in our 5-D quantum world.

TIME-SPACE THE REALM OF ETERNAL TIME QUANTUM WORLD	INFINITE UNKNOWN POSSIBILITIES
<ul style="list-style-type: none"> • <i>5 Dimensional Multiverse</i> • <i>Nonlocality, formless, structureless</i> • <i>Antimatter, waves: energy & consciousness, frequency & information, vibration & thought</i> • <i>Time is infinite, eternal & nonlinear</i> • <i>Everything is happening in the eternal now</i> • <i>No senses create wholeness, oneness, unity, connectedness, possibilities</i> • <i>The unknown-unpredictable</i> • <i>The Consciousness of:</i> EVERY BODY EVERY ONE, EVERY THING EVERY WHERE EVERY TIME 	<p><i>The Consciousness of:</i> ANY BODY ANY ONE ANY THING ANY WHERE ANY TIME</p>

Figure 11.9

A summary of the time-space 5-D reality of the quantum world.

THE JOURNEY TO ONENESS

As we collapse 2 points of consciousness, we experience less separation & more oneness & wholeness. When our consciousness merges with the consciousness of the unified field (as we move closer to it), we experience no time & no space.

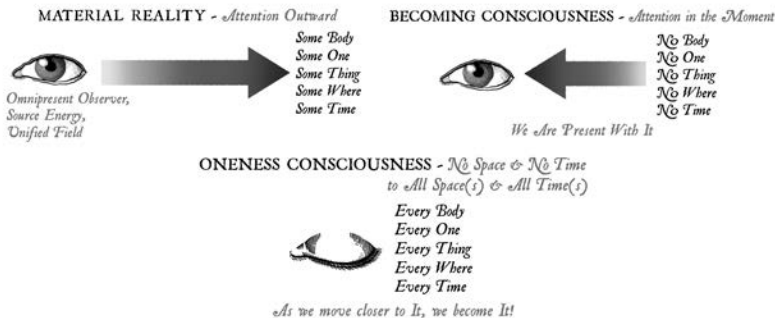


Figure 11.10

The more we live with our attention on the outer world, living as a some body, being some one, owning some thing, living some where, in some time in our 3-D reality, the more we experience separation and lack. As we move our attention away from the outer world and toward the inner world, into the present moment, our consciousness aligns with its consciousness; now we are present with it. As we surrender deeper into the unified field as a consciousness, we experience less separation or lack and more oneness and wholeness. If there is no separation between two points of consciousness, then there is no space and no time—but all time(s) and all space(s). Therefore, the more whole we feel and the less lack we experience, the more we feel like our future has already happened. Now we are no longer creating from duality but from oneness.

FROM THOUGHT TO ENERGY TO MATTER

(Diagram on following page)

Figure II.II

Everything starts from a conscious thought. As conscious thought slows down in frequency, it slows down in energy until ultimately it takes on form and becomes matter.

At the frequency of the speed of light, the pattern of all matter is reflected as a template to become structure. It is at the speed of light that energy divides into polarity or duality and electrons and positrons, etc., are created. Above the speed of light, there are greater degrees of order that are reflected as greater degrees of wholeness.

As we journey in consciousness from matter and get beyond ourselves, turning our attention inward toward the unified field, once we cross the plane of visible light, we become no body, no one, no thing, no where, in no time. It is in this realm that we experience as an awareness of other dimensions, other realities, and other possibilities. Since frequency carries information and there are infinite frequencies in the quantum, we can experience other planes that exist there. If you look at the arrows moving from matter toward the unified field—the top straight line—representing all possibilities, you will see that you must journey through the lower frequencies between matter and light, which are different levels of thoughts and emotions. Look at the different levels of consciousness that you have to pass through to arrive at oneness and you will understand why most never make the journey.

FROM THOUGHT TO ENERGY TO MATTER

(Continued)

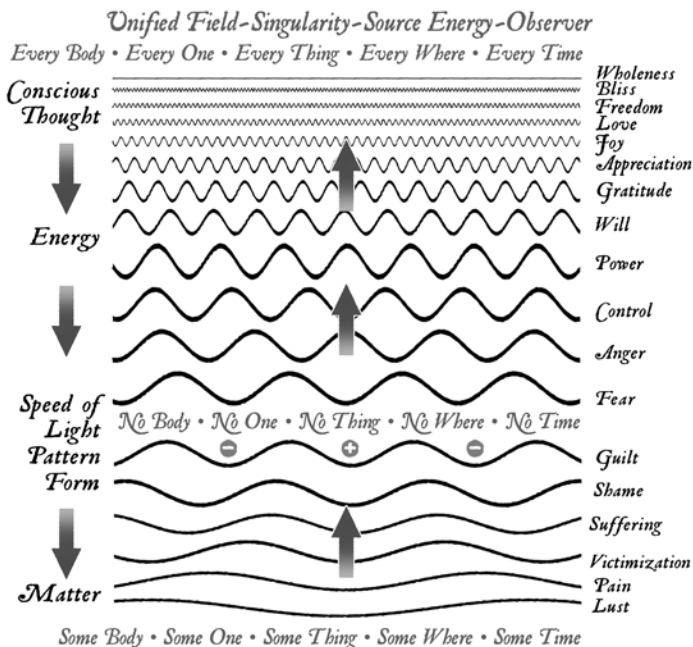


Figure 11.11

BECOMING UNLIMITED POSSIBILITIES

<i>Material 3-D Reality of Newtonian World</i>	<i>The Door to the Quantum as Pure Consciousness</i>	<i>Immaterial 5-D Reality of the Unified Field</i>	<i>Realm of Unlimited Possibilities</i>
<i>Consciousness of:</i>	<i>Consciousness of:</i>	<i>Consciousness of:</i>	<i>Consciousness of:</i>
<i>Some Body</i>	<i>No Body</i>	<i>Every Body</i>	<i>Any Body</i>
<i>Some One</i>	<i>No One</i>	<i>Every One</i>	<i>Any One</i>
<i>Some Thing</i>	<i>No Thing</i>	<i>Every Thing</i>	<i>Any Thing</i>
<i>Some Where</i>	<i>No Where</i>	<i>Every Where</i>	<i>Any Where</i>
<i>Some Time</i>	<i>No Time</i>	<i>Every Time</i>	<i>Any Time</i>

Figure 11.12

Once we become the consciousness of every one, every body, every thing, every where, in every time . . . from a theoretical standpoint, we can create any body, become any one, have any thing, live any where, and be in any time.

THE METHYLATION PROCESS OF SEROTONIN & MELATONIN

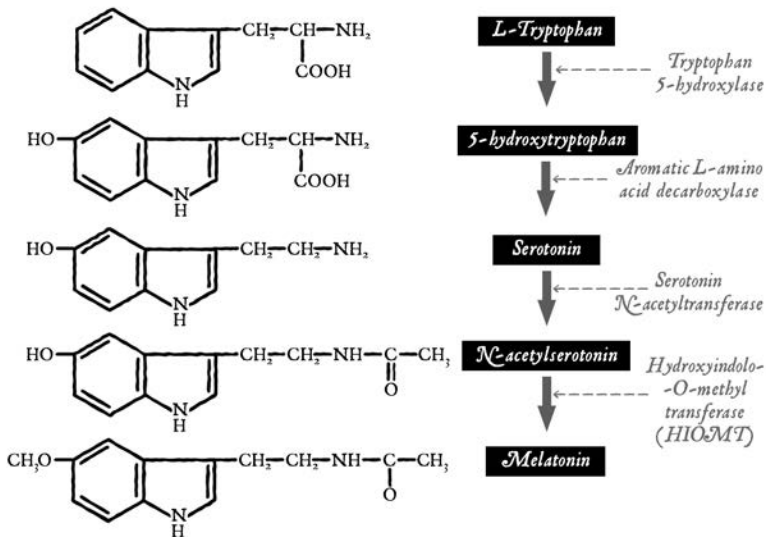


Figure 12.1

The methylation process of the amino acid L-tryptophan into serotonin and melatonin.

THE INVERSE RELATIONSHIP BETWEEN ADRENAL HORMONES & MELATONIN



Figure 12.2

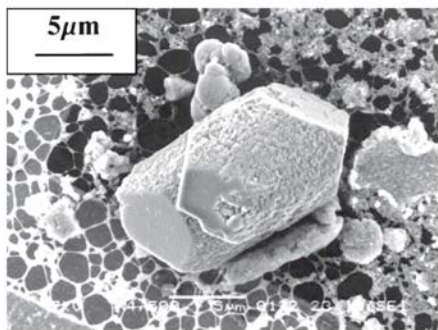
As stress hormones go up, melatonin levels go down. As stress hormones go down, melatonin levels go up.

SCIENTIFIC FACTS ABOUT MELATONIN

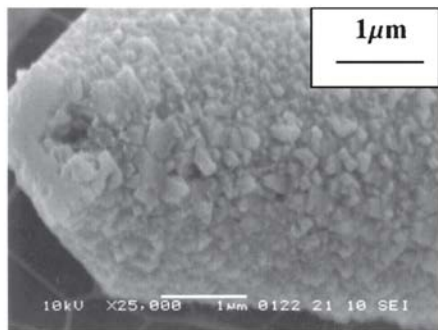
- *Stops the excess secretion of cortisol in response to stress*
- *Improves carbohydrate metabolism*
- *Lowers triglyceride levels*
- *Inhibits atherosclerosis (hardening of the arteries)*
- *Heightens the immune response (cellular and metabolic)*
- *Decreases the development of certain tumors*
- *Increases life span in laboratory rats by 25 percent*
- *Activates a neuroprotective role in the brain*
- *Increases REM sleep (dream sleep)*
- *Stimulates free radical scavenging (anti-aging, antioxidant)*
- *Promotes DNA repair and replication*

Figure 12.3

A chart showing some of the benefits of melatonin.



A



B

Figure 12.4

A picture of a calcite crystal found in the pineal gland.

VENTRICLES OF THE BRAIN

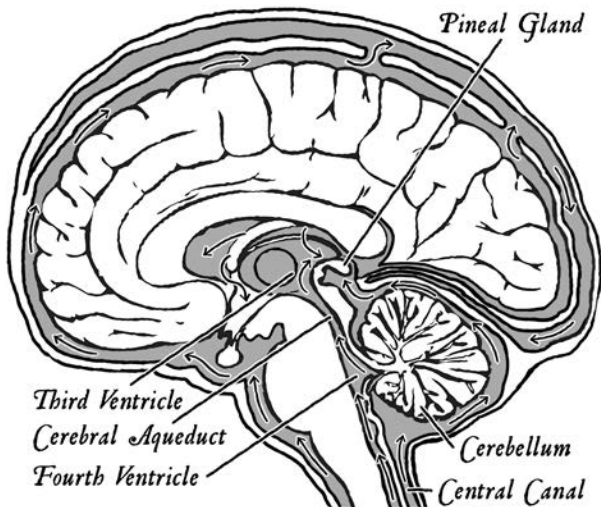


Figure 12.5

When we inhale through our nose, and at the same time squeeze our intrinsic muscles, we accelerate the cerebrospinal fluid into the brain. As we follow the movement of energy to the top of our head, then hold our breath and squeeze, we are increasing intrathecal pressure. The increased pressure moves the cerebrospinal fluid from the fourth ventricle through a small canal into the third ventricle (arrows). At the same time, fluid traveling around the cerebellum (arrows) compresses the crystals of the pineal gland. The mechanical stress that is applied produces an electrical charge in the pineal gland, creating a piezoelectric effect.

CILIA AT THE END OF THE PINEAL GLAND

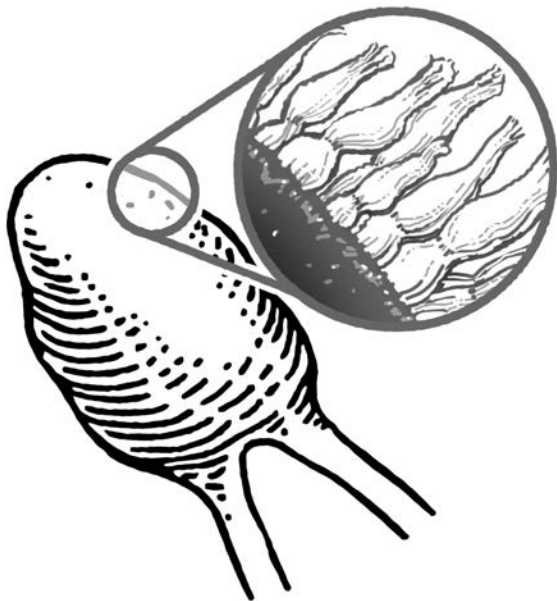


Figure 12.6

The tiny cilia of the pineal gland become stimulated as the cerebrospinal fluid accelerates through the ventricular system.

THE ACTIVATION OF THE PERIPHERAL NERVOUS SYSTEM AS ENERGY MOVES UP THE SPINE



Figure 12.7

As energy is released from the body to the brain, it passes by each spinal nerve exiting between each vertebra. The excitation of this system further switches on the peripheral nerves, which then transfer more energy to different tissues and organs in the body. As a result, more energy is delivered throughout the body.

THE TWO THALAMI IN THE
MIDBRAIN & THE PINEAL GLAND
SITTING IN THE MIDDLE FACING
THE BACK OF THE BRAIN

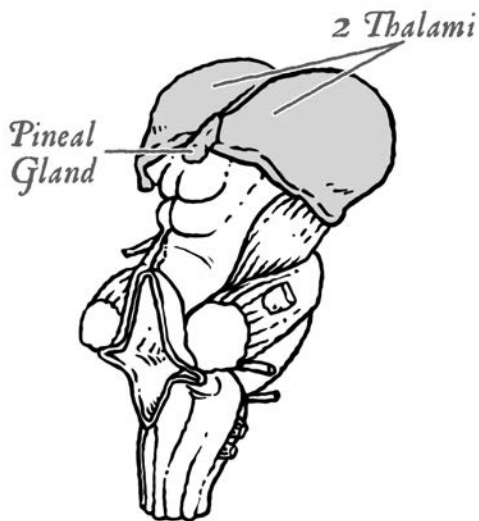
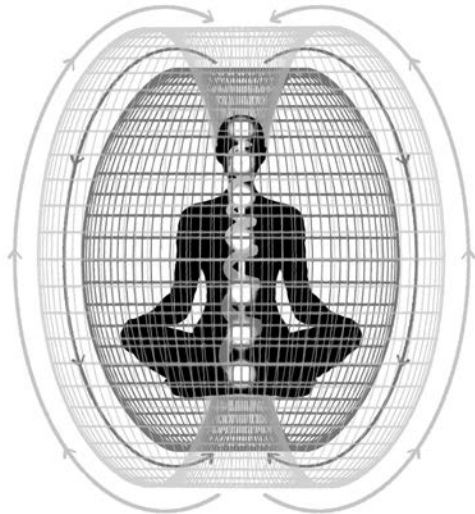


Figure 12.8

Right between each thalamus located in the midbrain sits the tiny pinecone-shaped pineal gland, facing the back of the brain.

THE REVERSE TORUS



Energy moves from the unified field into the body

Figure 12.9

As energy from the lower three centers is activated during the breath and moves up the spine to the brain, a torus field of electromagnetic energy is created around the body. When the pineal gland becomes activated, a reverse torus field of electromagnetic energy moving in the opposite direction draws energy through the top of the head into the body from the unified field. Since energy is frequency and frequency carries information, the pineal gland transduces that information into vivid imagery.

THE PRODUCTION OF OTHER METABOLITES FROM MELATONIN

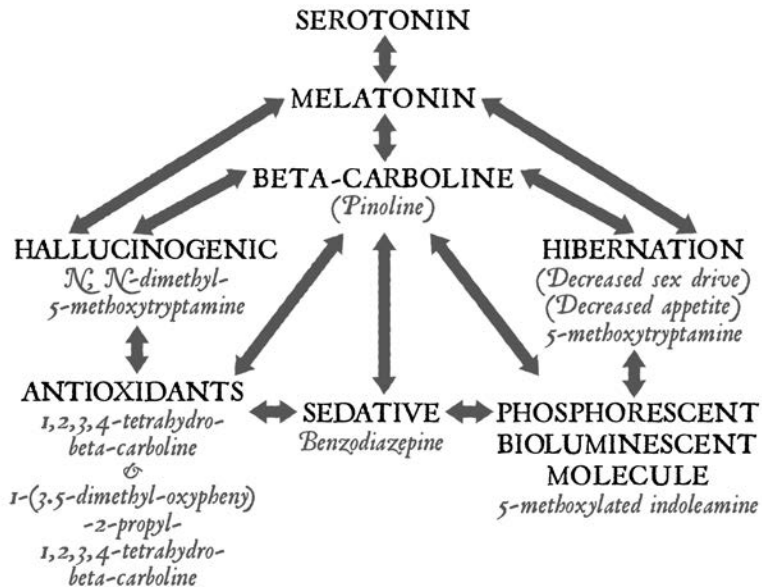


Figure 12.10

Check out the different metabolites of melatonin that are created when the pineal gland connects to frequencies faster than normal visible light and the mystical molecule gets a biological upgrade.

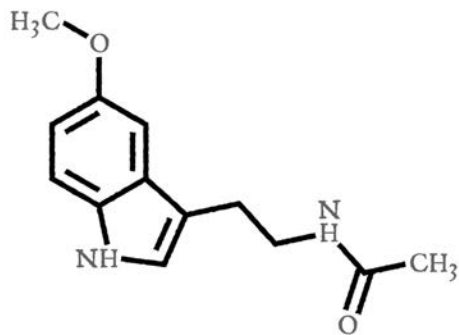
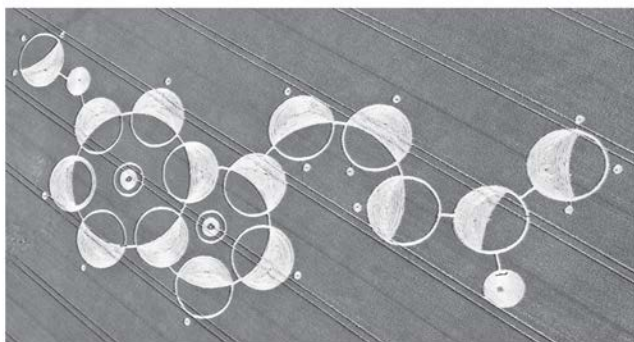


Figure 12.11

This crop circle found in Roundway, UK, on July 23, 2011, shows the chemical structure of melatonin . . . maybe someone is trying to tell us something.

THE EYE OF HORUS, THE LIMBIC BRAIN & THE PINEAL GLAND



Figure 12.12

If you slice the brain down the middle, you can view the limbic brain. Take a look and you'll notice a striking resemblance to the Eye of Horus.

FIBONACCI'S CONSTANT

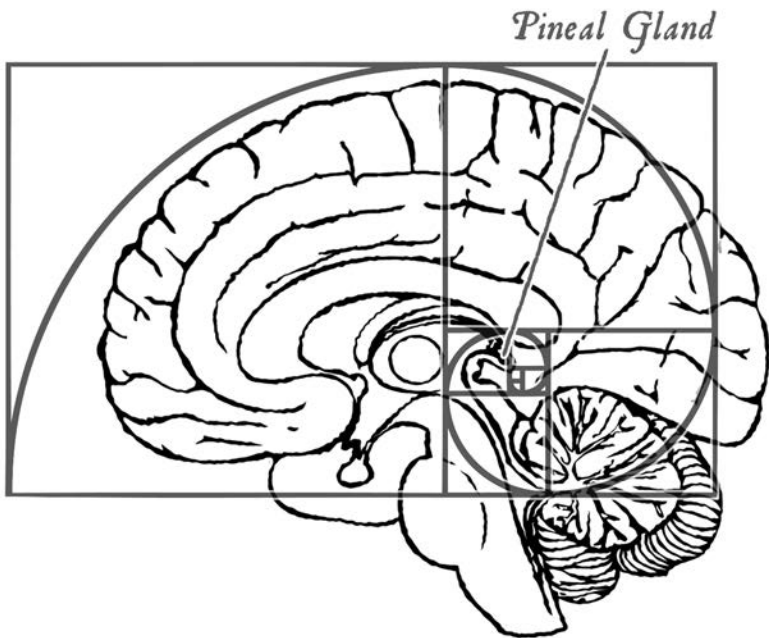


Figure 12.13

If you follow the golden ratio, Fibonacci's constant, along the circumference of the brain, the spiral will end at the exact point of the pineal gland.

THE CADUCEUS:
THE ALCHEMY OF THE SELF



Figure 12.14

THE EARTH'S ELECTROMAGNETIC FIELD

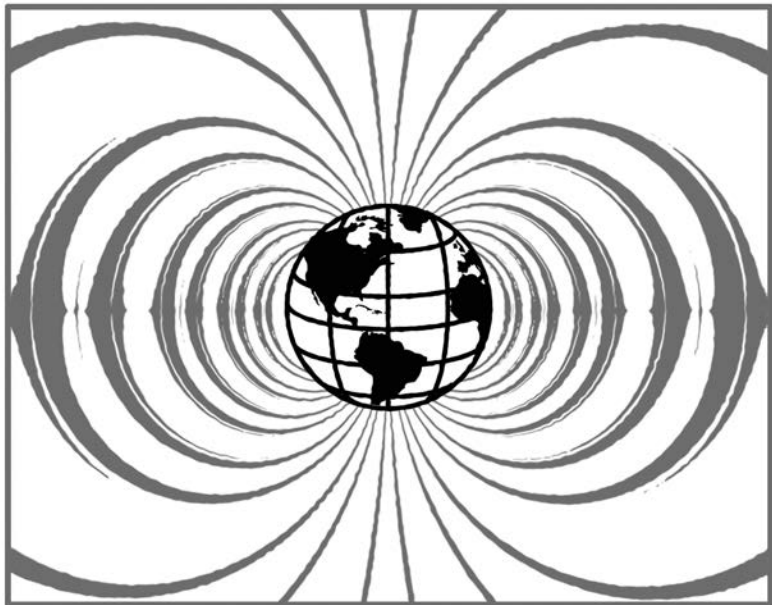
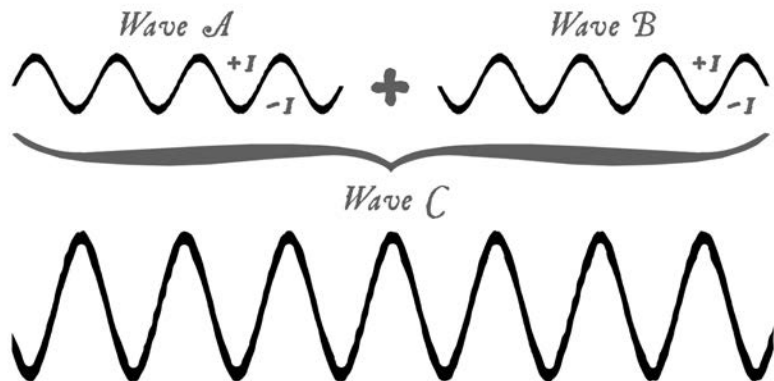


Figure 13.1

The Earth's electromagnetic field.

CONSTRUCTIVE INTERFERENCE



The higher the amplitude, the higher the energy

Figure 13.2

Constructive interference is when two coherent waves come together to create a bigger wave. Amplitude is the measurement of the height of a wave. The higher the amplitude, the higher the energy. If a community of people are all gathered and are creating coherent electromagnetic fields, when their energies interfere, it makes sense that the energy of the room will increase.

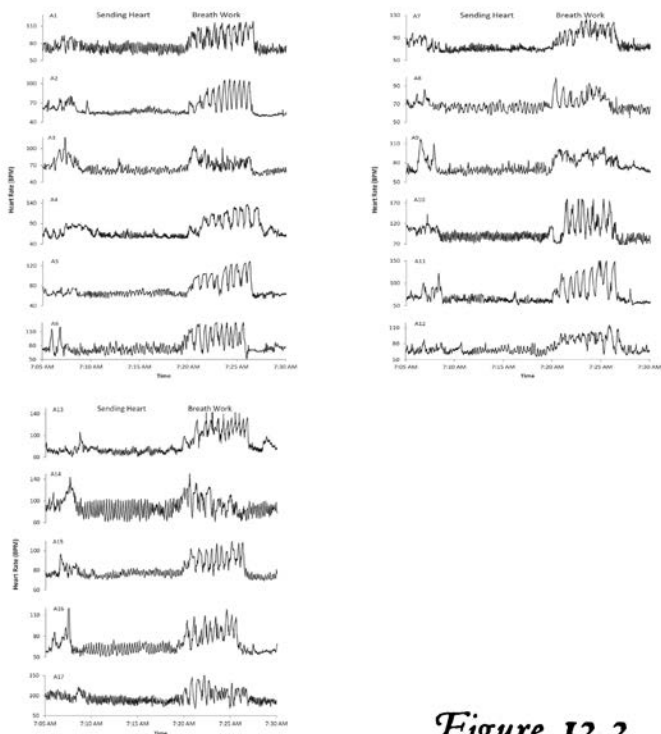


Figure 13.3

Figure 13.3. This is a graph showing 17 people going into heart coherence at the exact same time, on the exact same day, during the exact same meditation. The area between the vertical lines shows everyone going into heart coherence.

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