

1
00:00:00,600 --> 00:00:08,509
[Music]

2
00:00:09,669 --> 00:00:14,830
as adults it's up to us to make adult

3
00:00:12,640 --> 00:00:17,199
development or human evolution happen

4
00:00:14,830 --> 00:00:18,910
but the real adult development according

5
00:00:17,199 --> 00:00:20,710
to the eastern science traditions is the

6
00:00:18,910 --> 00:00:23,170
transmutation of our dimensional

7
00:00:20,710 --> 00:00:25,240
existence and they state that human

8
00:00:23,170 --> 00:00:27,190
evolution in its most authentic sense

9
00:00:25,239 --> 00:00:29,579
has little or nothing to do with what we

10
00:00:27,190 --> 00:00:31,779
typically think human evolution is

11
00:00:29,579 --> 00:00:33,820
developing beyond the dimension of the

12
00:00:31,778 --> 00:00:35,439
experience of the ordinary material

13
00:00:33,820 --> 00:00:37,750
world of the psychophysical

14
00:00:35,439 --> 00:00:40,058
and moving instead into the Extra

15
00:00:37,750 --> 00:00:42,670
Ordinary realms of the supra mental is

16
00:00:40,058 --> 00:00:44,140
what the eastern science traditions say

17
00:00:42,670 --> 00:00:47,050
is the ultimate goal of human

18
00:00:44,140 --> 00:00:49,719
development and represents true human

19
00:00:47,049 --> 00:00:52,419
evolution therefore coming closer to

20
00:00:49,719 --> 00:00:54,460
understanding the super mental states

21
00:00:52,420 --> 00:00:56,140
and therefore the profound implications

22
00:00:54,460 --> 00:00:59,170
of the ultimate states of human

23
00:00:56,140 --> 00:01:02,048
potential is the most important work of

24
00:00:59,170 --> 00:01:04,058
adult development the eastern texts also

25
00:01:02,048 --> 00:01:05,859
say there are basically two reasons for

26
00:01:04,058 --> 00:01:07,509
accomplishing this development one is

27
00:01:05,859 --> 00:01:10,689
living in a state of identity with our

28
00:01:07,510 --> 00:01:12,159
true nature absolute consciousness and

29

00:01:10,689 --> 00:01:13,810
the others acquiring the super normal

30
00:01:12,159 --> 00:01:15,430
powers such as clairaudience

31
00:01:13,810 --> 00:01:17,439
clairvoyance emissions and the rest

32
00:01:15,430 --> 00:01:19,840
these traditions however warn against

33
00:01:17,438 --> 00:01:21,788
focusing on the super normal powers part

34
00:01:19,840 --> 00:01:23,618
because they can be a potential

35
00:01:21,789 --> 00:01:27,129
distraction from the real point of this

36
00:01:23,618 --> 00:01:30,909
human life exercise attaining the state

37
00:01:27,129 --> 00:01:32,679
in which we're meant to be living this

38
00:01:30,909 --> 00:01:34,509
slide is a brief depiction of the model

39
00:01:32,679 --> 00:01:36,759
of a human being according to Kashmir

40
00:01:34,509 --> 00:01:39,640
Shaivism it's an Eastern science

41
00:01:36,759 --> 00:01:42,009
tradition in the middle to the lower

42
00:01:39,640 --> 00:01:44,259
realms is where most of us live most of

43
00:01:42,009 --> 00:01:46,840

the time in the states of the mental and

44

00:01:44,259 --> 00:01:48,368

physical world but in the higher realms

45

00:01:46,840 --> 00:01:50,228

or the states in which were meant to

46

00:01:48,368 --> 00:01:53,409

live with the topmost being the ultimate

47

00:01:50,228 --> 00:01:54,998

state of who we really are in Kashmir

48

00:01:53,409 --> 00:01:57,819

Shaivism and most other in Eastern

49

00:01:54,998 --> 00:01:59,679

traditions it's said that the mind and

50

00:01:57,819 --> 00:02:02,170

ego keep us bound to a very limited

51

00:01:59,679 --> 00:02:05,019

state of consciousness compared to our

52

00:02:02,170 --> 00:02:07,090

central nature a contemporary sage

53

00:02:05,019 --> 00:02:10,419

commented that attaining the state of

54

00:02:07,090 --> 00:02:12,610

the self the top states Parma Shiva

55

00:02:10,419 --> 00:02:14,949

Shiva Shakti is worth it just for the

56

00:02:12,610 --> 00:02:16,990

emotional stability which provides

57

00:02:14,949 --> 00:02:20,639

freedom from fear and negative emotions

58

00:02:16,990 --> 00:02:20,640

and think psychoneuroimmunology

59

00:02:21,039 --> 00:02:26,620

Kundalini is an evolutionary power the

60

00:02:24,519 --> 00:02:28,329

energy that's said to power this human

61

00:02:26,620 --> 00:02:30,280

evolution is called Kundalini

62

00:02:28,329 --> 00:02:31,659

it's the conscious cosmic force in the

63

00:02:30,280 --> 00:02:34,000

body that's key to this adult

64

00:02:31,658 --> 00:02:37,239

development and here's a good working

65

00:02:34,000 --> 00:02:39,639

definition it's the primordial Shakti or

66

00:02:37,239 --> 00:02:41,950

cosmic energy that lies coiled which

67

00:02:39,639 --> 00:02:46,358

means basically at rest or static or

68

00:02:41,949 --> 00:02:47,949

potential in the energy center at the

69

00:02:46,359 --> 00:02:49,480

base of the spine the mooladhara chakra

70

00:02:47,949 --> 00:02:52,030

of every individual

71

00:02:49,479 --> 00:02:54,039

when awakened it begins to move upward

72
00:02:52,030 --> 00:02:56,829
within the subtle central channel called

73
00:02:54,039 --> 00:02:59,828
the sushumna Sanskrit term piercing the

74
00:02:56,829 --> 00:03:01,629
chakras and initiating various yogic

75
00:02:59,829 --> 00:03:03,549
processes which bring about total

76
00:03:01,628 --> 00:03:06,548
purification and rejuvenation of the

77
00:03:03,549 --> 00:03:08,709
entire being when Kundalini enters the

78
00:03:06,549 --> 00:03:10,930
sahasrara the spiritual center in the

79
00:03:08,709 --> 00:03:12,878
crown of the head the individual self

80
00:03:10,930 --> 00:03:15,750
merges in the universal self and it

81
00:03:12,878 --> 00:03:18,548
changed the state of self-realization

82
00:03:15,750 --> 00:03:20,829
I'm going to do a very brief summary of

83
00:03:18,549 --> 00:03:22,540
a study that employed DC potential

84
00:03:20,829 --> 00:03:24,700
measurements to study mental healing

85
00:03:22,539 --> 00:03:26,348
with the premise that DC potentials are

86

00:03:24,699 --> 00:03:29,408
likely to be the same as are closely

87
00:03:26,348 --> 00:03:31,298
similar to prana or chi this is to lay

88
00:03:29,408 --> 00:03:33,578
the groundwork for an anomalous event

89
00:03:31,299 --> 00:03:35,319
that occurred during the study where the

90
00:03:33,579 --> 00:03:36,849
initial questions going into the study

91
00:03:35,318 --> 00:03:38,469
were instigated by the notion of

92
00:03:36,848 --> 00:03:41,348
promoting progress in health and

93
00:03:38,469 --> 00:03:44,590
well-being questions after the anomalous

94
00:03:41,348 --> 00:03:48,780
event occurred began to shift at first

95
00:03:44,590 --> 00:03:48,780
to the generic what the bleep was that I

96
00:03:48,810 --> 00:03:53,500
designed a study around healing since

97
00:03:51,669 --> 00:03:56,049
when a meditator meditates in a healer

98
00:03:53,500 --> 00:03:58,449
heals the knotty Meridian system is that

99
00:03:56,049 --> 00:04:00,129
which is effect that are activated prana

100
00:03:58,449 --> 00:04:02,169

is the energy said to flow through the

101

00:04:00,128 --> 00:04:04,628

Nottie system in the Eastern science

102

00:04:02,169 --> 00:04:06,310

traditions correspondingly Qi is that

103

00:04:04,628 --> 00:04:09,128

energy said to flow through the meridian

104

00:04:06,310 --> 00:04:12,009

system and acupuncture therapy a theory

105

00:04:09,128 --> 00:04:14,048

rather so if DC and prana were to turn

106

00:04:12,009 --> 00:04:16,418

out to be the same I reasoned that I

107

00:04:14,049 --> 00:04:18,038

should get some indication of that by

108

00:04:16,418 --> 00:04:20,288

looking at what happens to the DC

109

00:04:18,038 --> 00:04:22,750

potential readings especially if I took

110

00:04:20,288 --> 00:04:25,478

them continuously in real time and

111

00:04:22,750 --> 00:04:27,129

simultaneously from a point on the skin

112

00:04:25,478 --> 00:04:29,288

on the body that correspond to a

113

00:04:27,129 --> 00:04:32,379

relatively loud acupuncture point

114

00:04:29,288 --> 00:04:34,060

Hoku and from a point not on any

115
00:04:32,379 --> 00:04:34,870
occupant representing the flow of

116
00:04:34,060 --> 00:04:37,120
activity

117
00:04:34,870 --> 00:04:39,250
in the quote rest of the body the

118
00:04:37,120 --> 00:04:41,439
subjects tasks alternated with a

119
00:04:39,250 --> 00:04:44,170
sequence being a baseline session and

120
00:04:41,439 --> 00:04:47,350
external focus a healing another

121
00:04:44,170 --> 00:04:48,520
external focus and a final healing to

122
00:04:47,350 --> 00:04:50,830
get some potentially crucial

123
00:04:48,519 --> 00:04:53,560
complementary data after each epoch of

124
00:04:50,829 --> 00:04:56,229
baseline external focus healing yet

125
00:04:53,560 --> 00:04:58,780
cetera I asked the study subjects to as

126
00:04:56,230 --> 00:05:01,780
best they could graph for me on an XY

127
00:04:58,779 --> 00:05:04,839
axis as you see on the slide on the

128
00:05:01,779 --> 00:05:06,399
right the felt sense graph they're

129
00:05:04,839 --> 00:05:12,489
feeling a flow during each of the

130
00:05:06,399 --> 00:05:17,829
segments on the left you see the the

131
00:05:12,490 --> 00:05:19,360
actual electronic output and if I got

132
00:05:17,829 --> 00:05:22,029
into a little more detail which I'll

133
00:05:19,360 --> 00:05:25,330
just do real quick the timing of those

134
00:05:22,029 --> 00:05:27,369
curves and the peaks on the curves are

135
00:05:25,329 --> 00:05:29,050
extremely close to each other so the

136
00:05:27,370 --> 00:05:30,879
felt sense and I'll explain in a minute

137
00:05:29,050 --> 00:05:34,569
how that came about

138
00:05:30,879 --> 00:05:38,860
actually peril paralleled the the

139
00:05:34,569 --> 00:05:42,639
electronic Meridian data but not the non

140
00:05:38,860 --> 00:05:45,600
meridian data in a nutshell the

141
00:05:42,639 --> 00:05:48,039
experimental setup was as pictured here

142
00:05:45,600 --> 00:05:49,930
with the experimenter who was me

143

00:05:48,040 --> 00:05:51,580
standing behind the subject taking data

144
00:05:49,930 --> 00:05:53,680
from meters attached to the equipment

145
00:05:51,579 --> 00:05:55,629
and being on movement artifact detail

146
00:05:53,680 --> 00:05:57,280
the whole time two different

147
00:05:55,629 --> 00:05:59,529
top-of-the-line biofeedback machines

148
00:05:57,279 --> 00:06:01,719
with a capability of taking DC potential

149
00:05:59,529 --> 00:06:03,849
readings without using an input current

150
00:06:01,720 --> 00:06:06,550
in order to obtain the most pure form of

151
00:06:03,850 --> 00:06:09,040
DC from the body were used as monitoring

152
00:06:06,550 --> 00:06:11,680
devices one machine was attached to the

153
00:06:09,040 --> 00:06:13,870
on occupant a Hoku location the other

154
00:06:11,680 --> 00:06:16,030
attached to an AA cue point location

155
00:06:13,870 --> 00:06:18,550
which was a point often away from any

156
00:06:16,029 --> 00:06:21,639
occupants and meridians that presented

157
00:06:18,550 --> 00:06:23,590

the activity of active it represented

158

00:06:21,639 --> 00:06:24,430

the activity of prana in the rest of the

159

00:06:23,589 --> 00:06:27,459

body ie

160

00:06:24,430 --> 00:06:29,500

not in the meridian or not e system as

161

00:06:27,459 --> 00:06:31,299

far as hypothesis and results when it

162

00:06:29,500 --> 00:06:34,000

was expected that most of the predicted

163

00:06:31,300 --> 00:06:36,310

action would be on the occupant data but

164

00:06:34,000 --> 00:06:38,980

not on the non occupant data that was

165

00:06:36,310 --> 00:06:41,379

labeled in a cue point was a non Aki

166

00:06:38,980 --> 00:06:43,330

point was in second that it would show

167

00:06:41,379 --> 00:06:46,180

up during healing but not during non

168

00:06:43,329 --> 00:06:47,800

healing activity this action and three

169

00:06:46,180 --> 00:06:48,189

that the effects would be stronger or

170

00:06:47,800 --> 00:06:50,170

more

171

00:06:48,189 --> 00:06:51,610

announced for the healing practitioners

172
00:06:50,170 --> 00:06:54,460
before that then for the control

173
00:06:51,610 --> 00:07:00,910
subjects overall these expected results

174
00:06:54,459 --> 00:07:07,029
did indeed occur push my button and it

175
00:07:00,910 --> 00:07:13,380
didn't change should I go back or should

176
00:07:07,029 --> 00:07:13,379
I try pushing it again it's not moving

177
00:07:18,310 --> 00:07:23,139
like to

178
00:07:20,300 --> 00:07:23,139
stop

179
00:07:25,610 --> 00:07:29,319
more technical difficulties

180
00:07:32,718 --> 00:07:38,418
it's right there I really wanna be right

181
00:07:36,978 --> 00:07:39,548
I want to be at the next one that's

182
00:07:38,418 --> 00:07:42,878
where I got stuck

183
00:07:39,548 --> 00:07:42,878
there we go

184
00:07:47,839 --> 00:07:54,569
there we go okay okay thank you back on

185
00:07:52,139 --> 00:07:57,599
track thank you Mark

186
00:07:54,569 --> 00:08:00,420
okay where was I

187
00:07:57,600 --> 00:08:03,080
the continuous real-time DC potential

188
00:08:00,420 --> 00:08:05,879
data in graphic format exhibited certain

189
00:08:03,079 --> 00:08:07,769
unexpected patterns rather three

190
00:08:05,879 --> 00:08:10,769
possible patterns of the flow of prana

191
00:08:07,769 --> 00:08:13,469
were hypothesized to be smooth versus

192
00:08:10,769 --> 00:08:15,569
variable a degree in definition of slope

193
00:08:13,470 --> 00:08:19,940
difference and the converging or

194
00:08:15,569 --> 00:08:22,319
diverging remit or remain parallel

195
00:08:19,939 --> 00:08:27,029
behavior between the two between the a

196
00:08:22,319 --> 00:08:28,860
and the N readings now you probably

197
00:08:27,029 --> 00:08:30,000
can't see real well from where you are

198
00:08:28,860 --> 00:08:35,220
because I'm not sure these are big

199
00:08:30,000 --> 00:08:37,860
enough but the the the crosses represent

200

00:08:35,220 --> 00:08:40,200
the non meridian data the boxes or the

201
00:08:37,860 --> 00:08:45,269
meridian data so you see that jumpiness

202
00:08:40,200 --> 00:08:47,490
which is well it's it's it's not smooth

203
00:08:45,269 --> 00:08:50,100
it smooths out this isn't a that one of

204
00:08:47,490 --> 00:08:53,039
the external focus sessions this is in

205
00:08:50,100 --> 00:08:55,769
the first healing session so the data

206
00:08:53,039 --> 00:08:57,629
does smooth out there's a slope to the

207
00:08:55,769 --> 00:09:01,350
data that wasn't in here that well

208
00:08:57,629 --> 00:09:04,409
defined and the the occupant data comes

209
00:09:01,350 --> 00:09:08,129
up to meet so to speak the non meridian

210
00:09:04,409 --> 00:09:11,219
data and this was the converge diverge

211
00:09:08,129 --> 00:09:14,370
versus remained parallel so and in the

212
00:09:11,220 --> 00:09:16,200
second set of focus and heal you see the

213
00:09:14,370 --> 00:09:17,840
same kind of thing that the subject went

214
00:09:16,200 --> 00:09:20,129

back to being very jumpy on the meridian

215

00:09:17,840 --> 00:09:23,129

actually they're also jumpy this time on

216

00:09:20,129 --> 00:09:27,899

the non marion but the then the the

217

00:09:23,129 --> 00:09:30,299

meridian point which I'm not I'm losing

218

00:09:27,899 --> 00:09:33,169

on this but I'll shows the same kind of

219

00:09:30,299 --> 00:09:37,229

behavior as it did the first time around

220

00:09:33,169 --> 00:09:39,929

as an example of all of the pattern data

221

00:09:37,230 --> 00:09:41,940

this subject slide shows the occupant

222

00:09:39,929 --> 00:09:44,179

graph displaying the patterns previously

223

00:09:41,940 --> 00:09:44,180

mentioned

224

00:09:46,490 --> 00:09:57,330

we're let's see this is the one with no

225

00:09:53,940 --> 00:10:00,960

this is okay from the left to the right

226

00:09:57,330 --> 00:10:03,300

what this is is the na na Q point data

227

00:10:00,960 --> 00:10:04,769

is across the top the occupant date is

228

00:10:03,299 --> 00:10:07,109

across the bottom and on the right

229
00:10:04,769 --> 00:10:09,120
there's a felt sense graph that this

230
00:10:07,110 --> 00:10:11,639
subject was going to draw from me

231
00:10:09,120 --> 00:10:14,549
showing me a feeling of flow in that

232
00:10:11,639 --> 00:10:17,009
person during the the treatment that

233
00:10:14,549 --> 00:10:20,339
they were doing and you can see if it

234
00:10:17,009 --> 00:10:22,769
followed the line it was pretty flat the

235
00:10:20,340 --> 00:10:25,290
graph that the person drew followed the

236
00:10:22,769 --> 00:10:27,689
line of the occupant at the bottom on

237
00:10:25,289 --> 00:10:30,329
the healing session where you see this

238
00:10:27,690 --> 00:10:33,990
nice curve with those peaks take my word

239
00:10:30,330 --> 00:10:37,230
for it I I calculated it out the peaks

240
00:10:33,990 --> 00:10:39,690
on the right for where the person was

241
00:10:37,230 --> 00:10:41,789
showing they went either increased or

242
00:10:39,690 --> 00:10:44,160
decreased actually correspond in time

243
00:10:41,789 --> 00:10:45,539
with the ones on the left and this

244
00:10:44,159 --> 00:10:47,939
person in particular could do a

245
00:10:45,539 --> 00:10:49,949
meditation versus healing they could

246
00:10:47,940 --> 00:10:52,050
feel both kinds of energy and actually

247
00:10:49,950 --> 00:10:56,820
draw them for me not everybody could do

248
00:10:52,049 --> 00:11:00,269
that particular thing okay in order to

249
00:10:56,820 --> 00:11:04,040
determine our deepest DC potentials

250
00:11:00,269 --> 00:11:04,039
really the same as prana and she

251
00:11:04,100 --> 00:11:11,070
inherited Kashmir Shaivism is the notion

252
00:11:06,539 --> 00:11:12,689
of the transmutation of prana it's a key

253
00:11:11,070 --> 00:11:14,760
element in attaining the state of

254
00:11:12,690 --> 00:11:16,350
absolute consciousness Swami Vishnu to

255
00:11:14,759 --> 00:11:18,120
earth was an Eastern sage with a

256
00:11:16,350 --> 00:11:19,830
knowledge of a number of Eastern science

257

00:11:18,120 --> 00:11:21,950
traditions and was also a brilliant

258
00:11:19,830 --> 00:11:24,600
mathematician in his early life

259
00:11:21,950 --> 00:11:27,000
regarding prana he notes in the case of

260
00:11:24,600 --> 00:11:29,430
ordinary persons or persons in ordinary

261
00:11:27,000 --> 00:11:32,340
states of consciousness this power prana

262
00:11:29,429 --> 00:11:35,459
works in a dormant condition and appears

263
00:11:32,340 --> 00:11:38,700
as an autonomous nervous impulse or an

264
00:11:35,460 --> 00:11:40,710
ans impulse but a yogi or one who is

265
00:11:38,700 --> 00:11:42,840
performing yoga practices such as

266
00:11:40,710 --> 00:11:44,370
meditation and others brings its flow

267
00:11:42,840 --> 00:11:46,410
under the control of his will and can

268
00:11:44,370 --> 00:11:48,870
transmit it out of his person to another

269
00:11:46,409 --> 00:11:50,730
as in healing Vishnu Earth is

270
00:11:48,870 --> 00:11:52,620
essentially saying that prana is in a

271
00:11:50,730 --> 00:11:55,680

dormant state when we are in an ordinary

272

00:11:52,620 --> 00:11:58,830

waking externally focused state and it

273

00:11:55,679 --> 00:12:02,099

is a non and autonomic nervous

274

00:11:58,830 --> 00:12:03,810

Impulse so it registers as an ans signal

275

00:12:02,100 --> 00:12:06,210

which is what would be measured under

276

00:12:03,809 --> 00:12:08,159

these circumstances therefore in the

277

00:12:06,210 --> 00:12:10,580

present DC potential study the on

278

00:12:08,159 --> 00:12:12,719

meridian a pattern is essentially an

279

00:12:10,580 --> 00:12:15,389

identifying pattern of the ordinary

280

00:12:12,720 --> 00:12:16,019

externally focused state and an ans

281

00:12:15,389 --> 00:12:17,909

signal

282

00:12:16,019 --> 00:12:20,819

however when prawn is affected by

283

00:12:17,909 --> 00:12:22,529

spiritual practices the prana flow is

284

00:12:20,820 --> 00:12:24,870

reversed and moves toward the inner

285

00:12:22,529 --> 00:12:27,689

realms resulting in a non ordinary

286
00:12:24,870 --> 00:12:29,759
internal state under this condition one

287
00:12:27,690 --> 00:12:31,740
would be measuring prana for the

288
00:12:29,759 --> 00:12:33,419
purposes of this study when the subjects

289
00:12:31,740 --> 00:12:35,669
are engaged in healing which is an

290
00:12:33,419 --> 00:12:38,729
internally focused psycho spiritual

291
00:12:35,669 --> 00:12:41,009
practice in this case the focus isn't is

292
00:12:38,730 --> 00:12:42,810
internal and furthermore when the

293
00:12:41,009 --> 00:12:46,230
subjects are in an internally focused

294
00:12:42,809 --> 00:12:48,389
state the on Meridian DC potential

295
00:12:46,230 --> 00:12:51,720
pattern is a measurement in the form

296
00:12:48,389 --> 00:12:52,850
that the pattern is identifying the

297
00:12:51,720 --> 00:12:56,250
measurement of prana

298
00:12:52,850 --> 00:12:58,230
so to summarize that in this case the

299
00:12:56,250 --> 00:13:00,720
what that's being measured depends on

300
00:12:58,230 --> 00:13:02,550
the when rather than the what itself

301
00:13:00,720 --> 00:13:04,139
depending on when you measure you're

302
00:13:02,549 --> 00:13:06,089
either measuring the ANS or you're

303
00:13:04,139 --> 00:13:07,889
measuring prana the difference

304
00:13:06,090 --> 00:13:10,259
represents a reversal in the outward

305
00:13:07,889 --> 00:13:13,080
flow of prana and its inward turn away

306
00:13:10,259 --> 00:13:15,120
from its typical outward flow with this

307
00:13:13,080 --> 00:13:18,240
occurrence prana is in a dormant state

308
00:13:15,120 --> 00:13:20,850
as an ans impulse and signal it

309
00:13:18,240 --> 00:13:23,009
transmutes to a higher form of energy in

310
00:13:20,850 --> 00:13:26,810
the active state that represents a

311
00:13:23,009 --> 00:13:26,809
higher state of consciousness as well

312
00:13:28,879 --> 00:13:38,370
okay now here's the anomaly the DC data

313
00:13:35,460 --> 00:13:40,980
reversed in this particular case and has

314

00:13:38,370 --> 00:13:42,870
been shown in the planned study all the

315
00:13:40,980 --> 00:13:46,440
action is predicted was on the a graph

316
00:13:42,870 --> 00:13:48,539
but if you notice here it's not the case

317
00:13:46,440 --> 00:13:51,390
this one was an extremely obvious

318
00:13:48,539 --> 00:13:54,509
exception for a control subject and on a

319
00:13:51,389 --> 00:13:56,159
baseline epoch a condition where pretty

320
00:13:54,509 --> 00:13:58,319
much nothing special was going was

321
00:13:56,159 --> 00:14:00,509
supposed to be happening as can be seen

322
00:13:58,320 --> 00:14:03,420
from the slide of subject 114 the

323
00:14:00,509 --> 00:14:04,919
usually less active data graph in has

324
00:14:03,419 --> 00:14:07,049
taken on the characteristics of the

325
00:14:04,919 --> 00:14:07,919
usually more active data graph a and

326
00:14:07,049 --> 00:14:10,469
vice-versa

327
00:14:07,919 --> 00:14:13,569
while the felt sense graph

328
00:14:10,470 --> 00:14:16,089

for this session shows three pronounced

329

00:14:13,570 --> 00:14:18,399

peaks with the letters ons not defined

330

00:14:16,089 --> 00:14:20,710

on the graph at the top of each and it

331

00:14:18,399 --> 00:14:22,629

thus mirrors the N rather than the a

332

00:14:20,710 --> 00:14:25,600

which is also the opposite of what

333

00:14:22,629 --> 00:14:27,429

happened before the first ons peak

334

00:14:25,600 --> 00:14:29,320

occurs at approximately the time when

335

00:14:27,429 --> 00:14:31,329

the end data takes on the appearance of

336

00:14:29,320 --> 00:14:34,870

the typical a data that first really big

337

00:14:31,330 --> 00:14:36,879

drop you saw as if subject 114 s DC

338

00:14:34,870 --> 00:14:38,860

electrical body aspects were reversed

339

00:14:36,879 --> 00:14:41,799

and the non meridian rest of the body

340

00:14:38,860 --> 00:14:44,589

aspect took the place of the on meridian

341

00:14:41,799 --> 00:14:46,929

aspect with the system of a and n

342

00:14:44,589 --> 00:14:49,300

simultaneous real-time measurement the

343
00:14:46,929 --> 00:14:51,338
definitions of a and n have been a

344
00:14:49,299 --> 00:14:53,349
representing the meridian system and n

345
00:14:51,339 --> 00:14:56,190
representing the quote rest of the body

346
00:14:53,350 --> 00:14:58,149
or everything but the meridian system

347
00:14:56,190 --> 00:15:00,970
after a short period of time

348
00:14:58,149 --> 00:15:03,159
this person's data begins to revert to

349
00:15:00,970 --> 00:15:05,410
the more typical pattern that emerged

350
00:15:03,159 --> 00:15:08,259
overall in the study with the action on

351
00:15:05,409 --> 00:15:10,539
a knot on n there was no doubt however

352
00:15:08,259 --> 00:15:12,338
that for as long as this reversal of a n

353
00:15:10,539 --> 00:15:13,389
and occurred it marked an event that was

354
00:15:12,339 --> 00:15:16,810
extraordinary

355
00:15:13,389 --> 00:15:21,189
it began extremely abruptly and faded

356
00:15:16,809 --> 00:15:23,289
away just about as fast the subject

357
00:15:21,190 --> 00:15:25,270
explained that the ONS on the felt sense

358
00:15:23,289 --> 00:15:27,939
graph represented a set of sanskrit

359
00:15:25,269 --> 00:15:30,250
syllables or mantra om namashivaya

360
00:15:27,940 --> 00:15:32,200
and that she had experienced this mantra

361
00:15:30,250 --> 00:15:34,240
arising spontaneously from within

362
00:15:32,200 --> 00:15:37,570
several times and that there was a

363
00:15:34,240 --> 00:15:39,459
humming perceived as well subject 114

364
00:15:37,570 --> 00:15:41,290
seemed very calm and quiet in her

365
00:15:39,458 --> 00:15:44,079
demeanor but that was kind of normal

366
00:15:41,289 --> 00:15:46,179
with this subject at that point didn't

367
00:15:44,080 --> 00:15:48,970
say much more and agreed to go on with

368
00:15:46,179 --> 00:15:51,549
the experiment the placement of subject

369
00:15:48,970 --> 00:15:53,379
114 s o NS labels on the felt sense

370
00:15:51,549 --> 00:15:55,569
graphs were peaks at or near the

371

00:15:53,379 --> 00:16:00,129
completely present level you can see on

372
00:15:55,570 --> 00:16:02,020
the left they're both a spontaneous

373
00:16:00,129 --> 00:16:03,639
upwelling of o NS and the humming sound

374
00:16:02,019 --> 00:16:05,470
were phenomena the subject had

375
00:16:03,639 --> 00:16:08,230
experienced a number of times prior to

376
00:16:05,470 --> 00:16:10,810
this but this time she just happened to

377
00:16:08,230 --> 00:16:12,310
be hooked up to electrodes the subject

378
00:16:10,809 --> 00:16:13,750
reported on another occasion in

379
00:16:12,309 --> 00:16:15,609
questionnaire data that she had received

380
00:16:13,750 --> 00:16:17,500
shock teapot initiation from a

381
00:16:15,610 --> 00:16:20,139
traditional shock teapot master some

382
00:16:17,500 --> 00:16:22,000
years ago the subject had also reported

383
00:16:20,139 --> 00:16:23,500
being a lay teacher in this tradition in

384
00:16:22,000 --> 00:16:25,539
one of the first

385
00:16:23,500 --> 00:16:27,820

time so what did happen in this

386

00:16:25,539 --> 00:16:29,319

anomalous event how can it be explained

387

00:16:27,820 --> 00:16:32,200

and what does it have to do with adult

388

00:16:29,320 --> 00:16:34,450

human development what has been up to

389

00:16:32,200 --> 00:16:36,190

now called simply the anomaly has been

390

00:16:34,450 --> 00:16:38,290

described both by the data and by

391

00:16:36,190 --> 00:16:39,910

information given by the subject about

392

00:16:38,289 --> 00:16:42,969

the subjective experience of that

393

00:16:39,909 --> 00:16:44,439

anomalous epoch or piece to understand

394

00:16:42,970 --> 00:16:46,120

what happened here does require the

395

00:16:44,440 --> 00:16:48,580

perspective of the eastern science

396

00:16:46,120 --> 00:16:50,320

traditions especially with this subjects

397

00:16:48,580 --> 00:16:52,000

reported level of involvement and

398

00:16:50,320 --> 00:16:54,460

practice in one of these traditions

399

00:16:52,000 --> 00:16:57,100

along with that goes the necessity for

400
00:16:54,460 --> 00:16:59,050
as clear and understanding as possible

401
00:16:57,100 --> 00:17:01,659
of the Sanskrit terminology that's not

402
00:16:59,049 --> 00:17:06,338
often very easily accurately translated

403
00:17:01,659 --> 00:17:08,109
into English subject 114 as I said had

404
00:17:06,338 --> 00:17:10,328
received shock teapot from a traditional

405
00:17:08,109 --> 00:17:13,149
Eastern master in addition those

406
00:17:10,328 --> 00:17:16,480
Sanskrit syllables home and namasshivaya

407
00:17:13,150 --> 00:17:18,640
that 114 reported had come up from

408
00:17:16,480 --> 00:17:22,449
within and were expressed on her felt

409
00:17:18,640 --> 00:17:24,610
sense graph as Peaks they're also

410
00:17:22,449 --> 00:17:26,350
associated with Kundalini and Shakti pod

411
00:17:24,609 --> 00:17:29,649
as is the humming sound that was

412
00:17:26,349 --> 00:17:34,629
reported as well to elaborate further on

413
00:17:29,650 --> 00:17:36,460
these phenomena I want to take a little

414
00:17:34,630 --> 00:17:38,710
quick look at Kundalini how then is

415
00:17:36,460 --> 00:17:40,720
Kundalini awakened the eastern texts

416
00:17:38,710 --> 00:17:43,059
tell us that it can happen in one of

417
00:17:40,720 --> 00:17:45,430
three ways through certain hatha yoga

418
00:17:43,059 --> 00:17:47,399
postures and breathing exercises through

419
00:17:45,430 --> 00:17:50,019
concentrated meditation and other

420
00:17:47,400 --> 00:17:52,750
practices or through the transmission of

421
00:17:50,019 --> 00:17:55,200
energy from a teacher Kundalini has also

422
00:17:52,750 --> 00:17:57,220
been known to come awake spontaneously

423
00:17:55,200 --> 00:17:59,170
traditional texts say that the most

424
00:17:57,220 --> 00:18:01,000
natural and safe means of awakening

425
00:17:59,170 --> 00:18:03,009
Kundalini is through the transmission of

426
00:18:01,000 --> 00:18:06,009
energy from a teacher whose own

427
00:18:03,009 --> 00:18:08,259
Kundalini is fully developed this

428

00:18:06,009 --> 00:18:10,180
process is called Shakti pot that's what

429
00:18:08,259 --> 00:18:12,519
that word meant in the shaiva yoga

430
00:18:10,180 --> 00:18:14,740
tradition of India and it's rare but

431
00:18:12,519 --> 00:18:16,779
extremely effective when the teacher

432
00:18:14,740 --> 00:18:18,519
activates the energy a connection is

433
00:18:16,779 --> 00:18:22,049
formed between the teacher and the

434
00:18:18,519 --> 00:18:26,019
student and it makes the energy

435
00:18:22,049 --> 00:18:28,089
regulated and guided this activation can

436
00:18:26,019 --> 00:18:30,759
be thought of in terms of the e/m

437
00:18:28,089 --> 00:18:33,639
phenomena of induction where current

438
00:18:30,759 --> 00:18:36,379
flowing in a coil or a person being of

439
00:18:33,640 --> 00:18:41,090
higher potential induce a current in the

440
00:18:36,380 --> 00:18:42,440
year by coil of lower potential another

441
00:18:41,089 --> 00:18:44,240
scholar in the Kashmir Shaivism

442
00:18:42,440 --> 00:18:46,420

tradition and an authority in the area

443

00:18:44,240 --> 00:18:48,980

of Kundalini states that ancient sages

444

00:18:46,420 --> 00:18:51,910

discovered particular Sanskrit syllables

445

00:18:48,980 --> 00:18:54,860

or combinations like ohm and namasivaya

446

00:18:51,910 --> 00:18:57,620

which create within that central channel

447

00:18:54,859 --> 00:19:00,169

the sushumna nadi it's called powerful

448

00:18:57,619 --> 00:19:03,139

vibrations capable of awakening or

449

00:19:00,170 --> 00:19:06,440

activating or reversing the direction of

450

00:19:03,140 --> 00:19:08,240

its flow calling it Kundalini this

451

00:19:06,440 --> 00:19:09,950

Kundalini awakening eventually

452

00:19:08,240 --> 00:19:11,960

culminates in realization of the

453

00:19:09,950 --> 00:19:15,920

absolute or identification with the

454

00:19:11,960 --> 00:19:19,460

ultimate reality or the self furthermore

455

00:19:15,920 --> 00:19:21,529

the Yoga Sutras on Shakti pot lists four

456

00:19:19,460 --> 00:19:23,000

broad classifications of Shakti pod

457
00:19:21,529 --> 00:19:25,399
according to the ways in which it

458
00:19:23,000 --> 00:19:26,000
manifests one of these is called Veda

459
00:19:25,400 --> 00:19:29,360
myyy

460
00:19:26,000 --> 00:19:32,170
and includes inner divine sounds such as

461
00:19:29,359 --> 00:19:36,079
a humming sound as the humming of bees

462
00:19:32,170 --> 00:19:38,240
so far it appears that subject 114 had a

463
00:19:36,079 --> 00:19:40,369
spontaneous experience of shaktipat and

464
00:19:38,240 --> 00:19:42,230
Kundalini while hooked up to the

465
00:19:40,369 --> 00:19:45,829
equipment on my baseline epoch of the

466
00:19:42,230 --> 00:19:52,430
study and since I've only got one more

467
00:19:45,829 --> 00:19:55,909
minute if you want to know more about

468
00:19:52,430 --> 00:19:59,330
how the I kind of lost my place when I

469
00:19:55,910 --> 00:20:03,160
lost my timing there about how this

470
00:19:59,329 --> 00:20:07,869
comes about you can ask me questions but

471
00:20:03,160 --> 00:20:07,870
there are more there are several more

472
00:20:07,990 --> 00:20:14,500
explanations in the 8th ancient Eastern

473
00:20:10,490 --> 00:20:18,759
traditions the some of Asia which is

474
00:20:14,500 --> 00:20:21,319
it's a it's a very quick and fast

475
00:20:18,759 --> 00:20:24,019
activity of self-realization everything

476
00:20:21,319 --> 00:20:27,049
about this person's experience had a

477
00:20:24,019 --> 00:20:31,059
hallmark a recorded hallmark in

478
00:20:27,049 --> 00:20:35,299
different even different traditions

479
00:20:31,059 --> 00:20:40,309
literature of a an experience of the

480
00:20:35,299 --> 00:20:42,230
highest level of the self and it's

481
00:20:40,309 --> 00:20:44,899
something that couldn't be planned it

482
00:20:42,230 --> 00:20:46,490
happened spontaneously unexpectedly this

483
00:20:44,900 --> 00:20:47,960
wasn't the point of the study the point

484
00:20:46,490 --> 00:20:48,769
of this study as I said before was

485

00:20:47,960 --> 00:20:51,100
looking to see

486
00:20:48,769 --> 00:20:54,559
if there was a relationship between

487
00:20:51,099 --> 00:20:57,199
acupuncture the the chi of acupuncture

488
00:20:54,559 --> 00:20:59,539
the prana of of the naughty system in

489
00:20:57,200 --> 00:21:03,440
the Eastern traditions and DC potentials

490
00:20:59,539 --> 00:21:06,289
and there does appear to be and it also

491
00:21:03,440 --> 00:21:08,360
has an association with being able to

492
00:21:06,289 --> 00:21:11,960
see what happens to people bio

493
00:21:08,359 --> 00:21:14,089
electrically so to speak when they have

494
00:21:11,960 --> 00:21:22,730
one of these higher experience of states

495
00:21:14,089 --> 00:21:24,199
of consciousness thank you as usually

496
00:21:22,730 --> 00:21:27,370
we've got our question-and-answer period

497
00:21:24,200 --> 00:21:27,370
so we've got a few minutes for questions

498
00:21:34,630 --> 00:21:41,480
I'm Bob Patterson I my questions was

499
00:21:38,480 --> 00:21:43,190

exactly on the electrodes where were

500

00:21:41,480 --> 00:21:46,009

they place that mean I assume you're

501

00:21:43,190 --> 00:21:48,230

measuring a potential difference and so

502

00:21:46,009 --> 00:21:50,150

you got one lecture on the meridian is

503

00:21:48,230 --> 00:21:53,269

the other electrode that on the active

504

00:21:50,150 --> 00:21:56,269

site on the meridian also and and also

505

00:21:53,269 --> 00:21:59,420

what kind of lectures did you use was

506

00:21:56,269 --> 00:22:01,549

there any skin preparation yeah those

507

00:21:59,420 --> 00:22:03,560

were all it would have taken me probably

508

00:22:01,549 --> 00:22:06,019

another hour and a half to tell you all

509

00:22:03,559 --> 00:22:09,109

the details about the the preparation of

510

00:22:06,019 --> 00:22:11,720

the initial study I used two

511

00:22:09,109 --> 00:22:14,299

top-of-the-line biofeedback devices one

512

00:22:11,720 --> 00:22:17,360

connected to the Hoku meridian point and

513

00:22:14,299 --> 00:22:20,629

one connected to a point off of any

514
00:22:17,359 --> 00:22:23,629
meridian or occupied and they were

515
00:22:20,630 --> 00:22:26,390
special machines the cabling was special

516
00:22:23,630 --> 00:22:30,830
the electrode was special I had an auger

517
00:22:26,390 --> 00:22:33,530
salt shell bridge so that it would get

518
00:22:30,829 --> 00:22:36,109
rid of the moisture artifacts there were

519
00:22:33,529 --> 00:22:37,839
if you want to know maybe later I can

520
00:22:36,109 --> 00:22:40,459
tell you it's there's a whole

521
00:22:37,839 --> 00:22:43,159
encyclopedia of stuff I had a I had

522
00:22:40,460 --> 00:22:48,289
designed in this study to to be able to

523
00:22:43,160 --> 00:22:52,430
do that yes thank you for introducing

524
00:22:48,289 --> 00:22:55,220
the ancient science of yoga in your talk

525
00:22:52,430 --> 00:22:58,160
my name is Vijay Gupta I am a Dentistry

526
00:22:55,220 --> 00:22:58,980
of Colorado I'm also the president of an

527
00:22:58,160 --> 00:23:02,190
organization

528
00:22:58,980 --> 00:23:04,950
that you have not heard about is called

529
00:23:02,190 --> 00:23:07,650
world community service center which is

530
00:23:04,950 --> 00:23:11,039
based in India and we have now

531
00:23:07,650 --> 00:23:13,048
established a branch in us reason I am

532
00:23:11,039 --> 00:23:17,548
saying this is that there have been in

533
00:23:13,048 --> 00:23:20,940
the last 50 years a set of developments

534
00:23:17,548 --> 00:23:21,599
by a sage scientist who is not in body

535
00:23:20,940 --> 00:23:24,690
anymore

536
00:23:21,599 --> 00:23:26,668
were systematized the practice of

537
00:23:24,690 --> 00:23:29,750
Kundalini meditation just call sky

538
00:23:26,669 --> 00:23:32,790
simplified Kundalini meditation and

539
00:23:29,750 --> 00:23:35,880
we'll be very happy to meet with you and

540
00:23:32,789 --> 00:23:39,750
talk about it that how Kundalini can be

541
00:23:35,880 --> 00:23:44,400
not only raised but controlled so that

542

00:23:39,750 --> 00:23:46,829
it does not create side-effects and on

543
00:23:44,400 --> 00:23:50,000
and on and how you can reach the state

544
00:23:46,829 --> 00:23:52,289
of higher highest consciousness

545
00:23:50,000 --> 00:23:55,589
systematically so these things are

546
00:23:52,289 --> 00:23:57,149
taught and the work that you are doing I

547
00:23:55,589 --> 00:24:00,659
think there is a incredible

548
00:23:57,150 --> 00:24:03,030
collaboration possibility so we would

549
00:24:00,660 --> 00:24:04,350
love to spend some time and talk about

550
00:24:03,029 --> 00:24:06,269
it thank you

551
00:24:04,349 --> 00:24:09,338
thank you

552
00:24:06,269 --> 00:24:09,338
[Music]

553
00:24:16,440 --> 00:24:21,150
my name is Emery Mort I'm not sure if

554
00:24:19,109 --> 00:24:24,359
you heard the last presentation before

555
00:24:21,150 --> 00:24:26,880
you just a very small part of it

556
00:24:24,359 --> 00:24:29,599

unfortunately I really wanted to hear it

557

00:24:26,880 --> 00:24:32,090

but I had my own organizing I was doing

558

00:24:29,599 --> 00:24:35,339

so my question is that they're

559

00:24:32,089 --> 00:24:36,808

approaching the spine let's say and in

560

00:24:35,339 --> 00:24:38,750

the human organism in two totally

561

00:24:36,808 --> 00:24:41,220

different ways are there any ways that

562

00:24:38,750 --> 00:24:42,720

you personally through your research and

563

00:24:41,220 --> 00:24:45,419

your understanding can sort of

564

00:24:42,720 --> 00:24:51,058

synthesize two very different approaches

565

00:24:45,419 --> 00:24:53,100

one based on minerals and vitamins and

566

00:24:51,058 --> 00:24:56,940

and and a different approach based on

567

00:24:53,099 --> 00:24:59,609

sort of accessing this product energy

568

00:24:56,940 --> 00:25:04,740

and Kundalini type of energy through

569

00:24:59,609 --> 00:25:08,549

meditation and devoted practices

570

00:25:04,740 --> 00:25:11,269

there I'm sure there are links I never

571
00:25:08,549 --> 00:25:14,069
really never really thought about that

572
00:25:11,269 --> 00:25:17,210
they do I do know that

573
00:25:14,069 --> 00:25:19,409
any traditional teacher will caution

574
00:25:17,210 --> 00:25:21,600
students to be sure that they're

575
00:25:19,410 --> 00:25:23,220
watching their diet they're keeping

576
00:25:21,599 --> 00:25:25,409
their energy up they're having they're

577
00:25:23,220 --> 00:25:27,569
getting good nutrition especially when

578
00:25:25,410 --> 00:25:29,519
this process kicks in because if

579
00:25:27,569 --> 00:25:32,669
anybody's ever had in these experiences

580
00:25:29,519 --> 00:25:35,849
they can be really intense and you do

581
00:25:32,670 --> 00:25:38,610
you you literally burn sometimes a lot

582
00:25:35,849 --> 00:25:41,579
you can feel energy yeah I actually have

583
00:25:38,609 --> 00:25:44,579
I personally have a lot of these types

584
00:25:41,579 --> 00:25:48,599
of experiences yeah it would be an inch

585
00:25:44,579 --> 00:25:49,980
it's an interesting idea and if you know

586
00:25:48,599 --> 00:25:53,730
if you want to talk about it later I'm

587
00:25:49,980 --> 00:25:56,789
open to do that but yeah nutrition in

588
00:25:53,730 --> 00:25:59,549
general nutrition and these kinds I had

589
00:25:56,789 --> 00:26:01,769
a colleague one time when her her

590
00:25:59,549 --> 00:26:04,649
meditation master was in town her

591
00:26:01,769 --> 00:26:06,269
standard joke was AHA I guess I better

592
00:26:04,650 --> 00:26:08,850
stock up on vitamins and minerals

593
00:26:06,269 --> 00:26:12,359
because she knew she knew what would

594
00:26:08,849 --> 00:26:17,569
happen it you know it's it's not a bad

595
00:26:12,359 --> 00:26:21,089
thing it's just that a lot of your own

596
00:26:17,569 --> 00:26:23,099
energies so to speak is is being

597
00:26:21,089 --> 00:26:25,139
activated you're going through lots of

598
00:26:23,099 --> 00:26:27,359
processes that you don't normally it's

599

00:26:25,140 --> 00:26:28,920
almost like being an athlete and and

600
00:26:27,359 --> 00:26:30,808
having to really really you're going for

601
00:26:28,920 --> 00:26:32,308
the Olympics and you're you're having to

602
00:26:30,808 --> 00:26:34,139
eat certain things and watch your diet

603
00:26:32,308 --> 00:26:36,450
and whatever so for that period of time

604
00:26:34,140 --> 00:26:39,020
for this period of time while this

605
00:26:36,450 --> 00:26:41,460
person is in the transition zone of

606
00:26:39,019 --> 00:26:42,200
moving up the the states of

607
00:26:41,460 --> 00:26:45,500
consciousness

608
00:26:42,200 --> 00:26:49,130
especially the diet needs to be watched

609
00:26:45,500 --> 00:26:49,130
thank you very much you're welcome

610
00:26:50,509 --> 00:26:59,759
[Applause]

611
00:26:52,599 --> 00:26:59,759
[Music]