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**THE ART AND SCIENCE
OF HEALING**

ST LUKE 18:21

- KINGDOM OF GOD

“NEITHER WILL THEY SAY, BEHOLD, IT IS THERE! OR, BEHOLD, IT IS THERE! FOR BEHOLD, THE KINGDOM OF GOD IS WITHIN YOU.”

ST MATTHEW 8:14

- **“O HOW NARROW IS THE DOOR AND HOW DIFFICULT IS THE ROAD WHICH LEADS TO LIFE, AND FEW ARE THOSE WHO ARE FOUND ON IT.”**

Linear (Duality) vs. Non-linear (Non-Duality)

<u>LINEAR</u>	<u>NON-LINEAR</u>
⊙ OBJECTIVE	⊙ SUBJECTIVE (SPIRITUAL)
⊙ NEWTONIAN PHYSICS	⊙ QUANTUM PHYSICS
⊙ MANIFEST WORLD (CONTENT)	⊙ UNMANIFEST WORLD (CONTEXT)
⊙ SEPARATE SELF	⊙ “ONENESS”
• EGO	
⊙ CAUSE-EFFECT	⊙ EFFECT
• BLAME	
⊙ WORLD OF OPPOSITES	⊙ PARADOX OF THE OPPOSITES

THE ZERO POINT FIELD

- **“HUMAN BEINGS AND ALL LIVING THINGS ARE A COALESCENCE OF ENERGY IN A FIELD OF ENERGY CONNECTED TO EVERY OTHER THING IN THE WORLD. THIS PULSATING ENERGY FIELD IS THE CENTRAL ENGINE OF OUR BEING AND OUR CONSCIOUSNESS, THE ALPHA AND THE OMEGA OF OUR EXISTENCE.”**

McTAGGART, “THE FIELD”, PROLOGUE, pg xxiii

THE ZERO POINT FIELD

- **PIONEERS OF QUANTUM PHYSICS TURNED TO PHILOSOPHY AND SPIRITUALITY TO EXPLAIN WHAT THEY HAD FOUND**
 - PAULI- ARCHTYPES AND THE QABBALAH
 - BOHR- TAO AND CHINESE PHILOSOPHY
 - SCHRODINGER- HINDU PHILOSOPHY
 - HEISENBERG- PLATONIC THEORY OF ANCIENT GREECE

THE ZERO POINT FIELD

- THEY HAD DISCOVERED THAT OUR INVOLVEMENT WITH MATTER WAS CRITICAL
- SUBATOMIC PARTICLES EXISTED IN ALL POSSIBLE STATES UNTIL OBSERVED BY US
- LIVING THINGS ARE PACKAGES OF QUANTUM ENERGY CONSTANTLY EXCHANGING INFORMATION WITH THE FIELD
 - COLLECTIVE CONSCIOUSNESS
 - HOLY SPIRIT
 - LIFE FORCE

CHAOS THEORY

- ⊙ Vast world of connectedness in both visible and invisible domains
- ⊙ Based on discovery of inherent organized patterns (attractors)
 - Edward Lorenz (1960) plotted temperature, air pressure and wind direction
 - ? "Lorenz's Butterfly" (first attractor pattern)

LAW OF SENSITIVE DEPENDENCE ON INITIAL CONDITIONS

- ⊙ Every subtle change effects everything else
- ⊙ Every event connected to every other event.
- ⊙ A small change at the start can have a large impact at the end.

HEISENBERG UNCERTAINTY PRINCIPLE

- ⊙ You can either know a particles position or momentum, but not both
- ⊙ Any attempt to observe (measure) the electron alters it
- ⊙ There is no such thing as an independent observer (objectivity)
- ⊙ Intention influences outcome

JOHN VON NEUMANN FORMULA

- ⊙ The effect on a physical world by the intention of a human observer
- ⊙ Action of the conscious observer will lead to one of two possible feedback responses
 - Yes-collapse of wave form
 - Not yes

William Blake, Auguries of Innocence

*To see a world in a grain of sand,
And a heaven in a wildflower,
Hold infinity in the palm of your hand,
And eternity in an hour*

◎ **“IT IS A FACT OF NEUROSCIENCE THAT EVERYTHING WE EXPERIENCE IS ACTUALLY A FIGMENT OF OUR IMAGINATION. Although our sensations feel accurate and truthful, they do not necessarily reproduce the physical reality of the outside world. Of course, many experiences in daily life reflect the physical stimuli that enter the brain.**

But the same neural machinery that interprets actual sensory inputs is also responsible for our dreams, delusions and failings of memory. In other words, the real and the imagined share a physical source in the brain. SO TAKE A LESSON FROM SOCRATES: ‘ALL I KNOW IS THAT I KNOW NOTHING’.”

MACKNIK AND MARTINEZ-CONDE, SCIENTIFIC AMERICAN MIND, OCTOBER/NOVEMBER 2008, PG 20.

LEFT/RIGHT BRAIN

- ◎ **Right Hemisphere-Parallel Processor**
- ◎ **Left Hemisphere-Serial Processor**
- ◎ **Communicate through the Corpus Collosum**
 - 300 million axonal fibers
- ◎ **Each hemisphere thinks differently and care about different things**

RIGHT HEMISPHERE

- **The Present Moment-Right here and now**
- **Thinks in pictures and symbols**
- **Receives sensory information that allows us to understand what the moment feels like, smells like and tastes like**
 - Sensory collage
- **Connects to the energy all around us**
- **We are energy beings connected to everything through the consciousness of our right hemisphere**

LEFT HEMISPHERE

- ◎ **Linear and methodical**
- ◎ **All about the past and the future**
- ◎ **Takes the collage of the present moment and categorizes and organizes the informational details**
- ◎ **It then associates this information with what we have learned from the past and projects it into the future**

LEFT HEMISPHERE

- ◎ **Thinks in language**
- ◎ **It is the ongoing chatter in the brain**
- ◎ **It is calculating intelligence (survival and gain)**
- ◎ **It says, “I am”**
 - This separates us from everything else
- ◎ **The “Experiencer”**
 - Ego
 - Animal brain heritage

LEFT/RIGHT BRAIN

- If disconnected from the brain chatter that connects us to the outer world the mind is silent
- Lose the complications of the past and future and become overwhelmed by the peacefulness of the moment
- The more time we spend in the inner circuitry of our right hemisphere the more peace we project into the world

LEFT/RIGHT BRAIN

- ◎ LEFT HEMISPHERE
 - CONSCIOUS
 - SERIAL
 - INFORMATION PROCESSING
- ◎ RIGHT HEMISPHERE
 - UNCONSCIOUS
 - NONVERBAL
 - EMOTIONAL PROCESSING

RIGHT HEMISPHERE

- ◎ EARLY DEVELOPMENTAL UNCONSCIOUS
- ◎ EMOTIONAL "SELF"
- ◎ 80-90% IS UNCONSCIOUS
- ◎ THE ABOVE DRIVES OR MOTIVATES HUMAN EMOTION
- ◎ HUMAN EMOTION IS THE DRIVING FORCE BEHIND COGNITION AND BEHAVIOR
- ◎ EMOTION IS MEDIUM IN WHICH PRIMARY INTERPERSONAL INFORMATION IS TRANSMITTED

RIGHT HEMISPHERE (RH)

- ◎ ONE UNCONSCIOUS MIND COMMUNICATES WITH ANOTHER UNCONSCIOUS MIND
- ◎ RH RESPONDS QUICKLY TO ALL STIMULI
- ◎ IMPLICIT LEVEL OF THE THERAPEUTIC ALLIANCE (BENEATH THE EXPLICIT COGNITIONS AND LANGUAGE) ARE THE CORE OF THE CHANGE MECHANISM AT THE UNCONSCIOUS LEVEL

RIGHT HEMISPHERE (RH)

- ◎ CARL ROGERS (1986)
"AS A THERAPIST, I FIND THAT WHEN I AM CLOSEST TO MY INNER, INSTINCTIVE SELF, WHEN I AM SOMEHOW IN TOUCH WITH THE UNKNOWN IN ME, WHEN PERHAPS I AM IN A SLIGHTLY ALTERED STATE OF CONSCIOUSNESS IN THE RELATIONSHIP, THEN WHATEVER I DO SEEMS FULL OF HEALING."

RIGHT BRAIN CONSCIOUSNESS

- ◎ Part of a greater universe
- ◎ Breathing
- ◎ Foods containing tryptophan (milk, bananas and turkey)
 - Rapidly elevate serotonin to help concentration and feeling of calm
- ◎ Stay away from high level carbohydrates
 - Immediately converted into sugar so spike sugar/insulin response with lethargic rebound

RIGHT BRAIN CONSCIOUSNESS

- ◎ **Protein**
 - Energy without the highs and lows
- ◎ **Aromatherapy**
 - Find out what smells are soothing and which ones are not
 - ? Vanilla, almond and rose
- ◎ **Sound**
 - Find out what music is soothing to you
 - Absence of sound
 - ? Noise cancelling headphones

RIGHT BRAIN CONSCIOUSNESS

- ◎ **Spiritual Vision**
 - **Right mind sees bigger picture**
 - ? Blended or softened perception
 - Perceives low frequency of sound
 - Perceives the longer wavelengths of light
 - **Left mind focuses on detail**
 - ? Perceives shorter wavelengths
 - Delineate sharp boundaries
 - ? Perceives high frequency sound
 - Detect, discriminate and interpret tones associated with language

RIGHT BRAIN CONSCIOUSNESS

- ◎ **Skin-our largest organ**
 - Take a shower and feel the water
 - Massage
 - Feel the sunshine on your cheeks
- ◎ **Avoid negative energy**
 - Pay attention to how people, places and things feel to you.
 - Some PPT will drain your energy

YAWNING

- ◎ **Evokes activity in PERCUNEUS, a tiny structure hidden within the folds of the parietal lobe**
- ◎ **PERCUNEUS INVOLVED IN**
 - Social awareness and creation of feelings
 - Consciousness, self-reflection and memory retrieval
- ◎ **Yawning relaxes you and brings a state of alertness**
 - Improves cognitive functioning

BRAIN PHYSIOLOGY

- ◎ **POSITIVE EFFECTS OF MEDITATION AND CONTEMPLATION**
 - **STIMULATES ANTERIOR CINGULATE GYRUS**
 - ? **COMPASSION**
 - ? **MAINTAINS BALANCE BETWEEN THE FRONTAL LOBES (INITIATE THOUGHTS AND BEHAVIORS) AND LIMBIC SYSTEM (PROCESSES FEELINGS AND EMOTIONS)**
 - **ANTERIOR CINGULATE**
 - **EMOTIONAL REGULATION**
 - **LEARNING**
 - **MEMORY**
 - **PLAYS ROLE IN LOWERING ANXIETY AND IRRITABILITY**
 - **COUNTERS DEPRESSION**
 - **ENHANCES SOCIAL AWARENESS**

BRAIN PHYSIOLOGY

- ◎ **SPIRITUAL VALUES CAUSE INCREASE IN BLOOD SUPPLY TO FRONTAL CORTEX AND ANTERIOR CINGULATE AND REDUCED BLOOD FLOW TO LIMBIC AREAS (AMYGDALA)**
- ◎ **ANGER CAUSES JUST THE OPPOSITE REACTION**
- ◎ **MEDITATION/CONTEMPLATION ENHANCES ACTIVITY OF THE PREFRONTAL-ANTERIOR CINGULATE-BASAL GANGLIA-THALAMUS-PREFRONTAL CIRCUIT**

**PREFRONTAL-ANTERIOR CINGULATE-
BASAL GANGLIA-THALAMUS-
PREFRONTAL CIRCUIT**

- ◎ THIS CIRCUIT CONTROLS:
 - CONSCIOUSNESS
 - CLARITY OF MIND
 - REALITY FORMATION
 - ERROR DETECTION
 - EMPATHY
 - COMPASSION
 - EMOTIONAL BALANCE
 - SUPPRESSION OF FEAR, ANXIETY, RAGE AND ANGER
- NEWBERG, ANDREW. *HOW GOD CHANGES YOUR BRAIN.*

COMPASSION

- ◎ FOCUS ON AN IMAGE OF A LOVED ONE
- ◎ WHILE BREATHING IN A RELAXED FASHION FOCUS ON THE LOVE AND COMPASSION YOU FEEL FOR THAT PERSON
- ◎ OVER TIME WILL STRENGTHEN CIRCUIT FOR COMPASSION

BRAIN PHYSIOLOGY

- ◎ FRONTAL LOBES
 - SELECTIVE ATTENTION
 - EXPECTATION
 - OPTIMISM
 - INTENTION
- ◎ KEYS TO BELIEF THAT ONE'S ACTIONS CAN MAKE A SPIRITUAL DIFFERENCE IN SELF AND THE WORLD

SIMPLE TOOLS OF GREAT VALUE

- ◎ BE KIND TO EVERYTHING AND EVERYONE, INCLUDING ONESELF ALL OF THE TIME
 - ◎ REVERE LIFE IN ALL ITS FORMS NO MATTER WHAT
 - ◎ PRESUME NO ACTUAL KNOWLEDGE OF ANYTHING-ASK GOD TO REVEAL ITS MEANING
 - ◎ INTEND TO SEE THE HIDDEN BEAUTY OF ALL THAT EXISTS-IT THEN REVEALS ITSELF
 - ◎ FORGIVE EVERYTHING THAT IS WITNESSED AND EXPERIENCED NO MATTER WHAT (SOCRATES SAID MAN ONLY CHOOSES THE GOOD)
- HAWKINS, TRANSCENDING LEVELS OF CONSCIOUSNESS, PG 333



**CONSCIOUSNESS TO NOVELTY-
NUMINOSUM**

- USING THE "TOOLS"
- THE INTEGRITY OF THE HELPING PERSON AND/OR LEADERSHIP
- LOVE AND KINDNESS
- INSIGHT
- Spiritual study and understanding of the relatedness of everything (context) leads to novelty-numinosum

**NOVELTY-NUMINOSUM TO GENE
EXPRESSION**

- THE UNEXPECTED EXPERIENCE OF LOVE, FORGIVENESS, ACCEPTANCE, FASCINATION AND MYSTERY
- THAT WHICH IS SURPRISING, UNKNOWN AND UNPREDICTED GARNERS OUR ATTENTION AND MOTIVATES OUR LIVES LEADING TO CHANGE IN GENE EXPRESSION

**GENE EXPRESSION TO
NEUROGENESIS (EPIGENESIS)**

- × PSYCHOBIOLOGY INTEGRATES EXPERIENCES OF THE MIND (AWARENESS OF NOVELTY WITH THE AROUSAL/MOTIVATIONAL ASPECTS OF THE NUMINOSUM) WITH BIOLOGY (GENE EXPRESSION AND PROTEIN SYNTHESIS TO CREATE NEUROGENESIS)

HEALING

**NEUROGENESIS (EPIGENESIS)
TO CONSCIOUSNESS**

- × NEURAL NETWORKS BEING “RE-FORMED” OR “RECONTEXTUALIZED” INTO NEW CONFIGURATIONS WITH NEW MEANING LEADS TO HEALING AND HIGHER LEVELS OF CONSCIOUSNESS CALLED...

TRANSCENDENCE