

Course: High-Tech Meditation

Class 2

High-Tech Meditation

Master Charles ...

I take this opportunity to welcome you in the awareness of our oneness ... One source ... One consciousness ... One God ... One life ... a unity in diversity ... the One *is* the many. It is in this holistic awareness, in this very moment, that you are welcomed.

Since this course is on meditation (which is the foremost balancing technique in recorded human history), let's begin with a balancing focus -- the Balance Position. Let us endeavor to be as wakeful as it is possible for us to be in this very moment. The default dominant polarity is the exterior. It is the polarity of form and content -- the objective world that surrounds us. To create balance, we emphasize the non-dominant polarity -- the opposite polarity, the interior, the subjective, the formless polarity -- which is the spaciousness of any moment. In any moment there is both content and the absence of content (spaciousness), so let us focus on the interior space of consciousness -- the interior subjective, peaceful, still, empty polarity of our being. As we create balance in this way, our holistic awareness expands, and we are more wakeful, more present in the here and now of the happening of consciousness that is this class in High-Tech Meditation. Let us continue to maintain this Balance Position as we proceed in Class Two of High-Tech Meditation.

In the first class we looked at "why we meditate". We learned that meditation is the foremost balancing tool (technique) in human experience and that balance is essential in order to experience the wholeness and proportional fulfillment that we all seek. In this second class, we will look more closely at Synchronicity High-Tech Meditation and why it is so powerful (compared to classical low-tech systems of meditation) for those of us living a modern holistic lifestyle. We'll begin with a brief history of classical meditation so that we can understand how it developed, why and how it worked for early practitioners, and why it is relatively ineffective in our modern world. We can then begin to understand the science underlying Synchronicity High-Tech Meditation which uses modern sonic technology to bring the brain-balancing benefits of

meditation to Westerners -- but in a format which works for us based on a consistent balance within the constraints of our busy lifestyles.

Let's look at a brief history of meditation. To understand the earliest meditation experience, it is necessary to go back to the days when human beings withdrew from the world into the mountains and caves, in order to isolate themselves, in order to meditate undisturbed and undistracted by the objective world around them. We often reference the yogis in their caves who withdrew to meditate in order to maximize their power. It was not unusual for these early meditators to spend many hours a day in seclusion using a variety of balancing techniques to further enhance their meditative experience.

Why did meditators choose caves and other remote places to meditate? How did these choices impact their brains and their meditative experiences?

Early meditators made use of a variety of sensory inputs to the brain, which made it easier for them to remain focused. For example, consider the shape of the cave. Caves are carved, hollowed out of the mountain, so they are rounded structures. The geometrics of the circular form are very different from the square form. Just being in their circular stone caves benefited yogis with a frequency of vibration that corresponds to the alpha brain-wave. As we will learn in Class 3, alpha is the first frequency of balance in the human brain. When you begin to meditate, you move into the alpha frequency first, and the two sides of the brain (the right and left hemispheres) start coming into balance. By being in their round cave carved out of stone (the stone of the mountain), these early meditators had a head-start on achieving a meditative state. This was further enhanced by the frequencies of vibration of the mantras -- the chants and various incantations that enhanced their concentration and focus while meditating in the cave.

The yogis also burned incense and focused on mandalic images in order to enhance their meditation. The fragrance of each incense has a certain frequency of vibration. Some are bass notes, some are middle notes, and some are high notes. Some are dense; some are subtle. Some are tranquilizing. The right fragrance can help increase balance in the brain through the olfactory nerve.

The early meditators also surrounded themselves with images that represented their intention for wholeness, or oneness. They drew mandalas (circular geometric images) on the cave wall. They put their little oil lamp in front of it and sat there gazing at the mandalic image without blinking -- meditating on that mandala. Since they weren't blinking (which is the

technique termed “Tratak” in Sanskrit in the classical traditions), the mandalic image on the wall imprinted itself on their retina, and they then projected that image back on to the wall. When they did this, the two images interacted (the one on the wall and the one they projected on to it), and the interaction generated the alpha brain-wave frequency. The frequency of the oscillation of the two images corresponded to the alpha brain-wave frequency, and thus they took themselves efficiently into meditation.

Today, most of us don't have the luxury of withdrawing to a remote location in order to receive the benefits of meditation. Even if we could afford to do so and didn't have family and community obligations, this lifestyle is not one that most of us would choose. In spite of all of this, we can (and many do) attempt classical meditation techniques with some success. However, there are additional challenges which, even when they are at their most successful, make these systems inefficient for helping us achieve the balance we need to experience wholeness and its proportional fulfillment.

Let's pause for a moment and be reminded of the Balance Position. We're talking about meditation, and meditation is a balancing technique. So is the Balance Position modeled on the balancing technique of meditation. We emphasize the non-dominant relative polarity, the interior in relation to the exterior. We open our awareness to include both polarities simultaneously. The interior is empty ... still ... quiet ... and peaceful. It is spacious, and as we focus on the interior spaciousness of consciousness, we create balance in relation to the exterior. Our holistic awareness expands and we are more wakeful in the here and now happening of One consciousness as both polarities. We are restoring and maintaining the Balance Position as we continue in this Class Two of the High Tech Meditation course.

How do we scientifically and objectively measure the efficacy of meditation? One way is by observing how well it synchronizes, or balances, the two hemispheres of our brain which represent the relative polarities. Using a brain-wave monitor (a computerized brain-wave monitoring device), we can look for deceleration or slowing of the brain-waves as well as the formation of specific brain wave patterns. Research shows us that when we do so, we find that the impact of “low-tech” or classical systems of meditation is inconsistent. Instead the result is “hit or miss” depending on the experience and current state of mind of the meditator. For example, he or she may be less likely to enjoy balanced brain-wave patterns and hemispheric synchronization or relative balance when experiencing stressful life events or when distracted by anxiety or worry ... or just when running late. Similarly, inexperienced meditators may find it

more difficult to maintain a meditative focus than those with more experience.

The inconsistent results typical of classical meditation systems have always been an issue and are one reason meditators, since ancient times, have sought refuge in caves, forests and deserts where they could get a boost from the meditative vibratory frequency of nature (which again corresponds to the alpha frequency range). The effectiveness of meditation for creating balance is also influenced by the environment in which we live. Today's world is not the same as it was five thousand years ago, when meditation first evolved. It is energetically far more complex and imbalanced than in ancient times. While modern technology gives us many benefits, it has also created a vast network of energies that are chaotic, disharmonic and imbalancing in relation to our own. For example, we are impacted by the electrical wiring in our homes and offices and buildings -- our televisions, our radios, our computers, our cell phones and many other electronic devices that surround us twenty-four hours a day. In addition, we are daily exposed to the ever-increasing pollution affecting this planet which reduces the oxygenation rate as well as the incalculable impact of an exploding world population density that brings its own stress and conflict. In other words, the unprecedented times of energetic environmental challenges in which we live mean it is significantly more difficult to achieve the balance that comes from a regular meditation practice, and just as difficult to maintain it, once achieved. As a result, those who attempt to meditate with classical methods often relinquish their practice, frustrated with their lack of progress, their lack of results. Just as modern technology can pose challenges and create stress for meditators, it can also help us achieve the balance we seek on a consistent basis when it is precisely and intentionally applied.

When I was in India studying with my teacher Paramahansa Muktananda, I was given the focus of creating a system of meditation that works for the modern world and particularly for Westerners. One of the things I studied in relation to meditation was the use of the classical Sanskrit mantras in meditation. In those days, as had been done for centuries, you would go to the guru and get a mantra which you would repeat over and over and over again. I first decided to study mantras to understand what they really are and how they work, why they are used. I questioned the mechanics of classical mantras which were all in the Sanskrit language and so I learned that Sanskrit is the only polarized language in human history.

What does that mean, the only polarized language in human history? It means that certain of the vowels and consonants are assigned to the positive polarity of relative reality and certain vowels and consonants are assigned to the opposite polarity, the negative polarity of

relative reality. The mantra, then, is created as a combination of positive and negative vowels and consonants, and is a balanced formula. If you repeat it correctly, it entrains a balance between the two sides of the brain. Unfortunately, to be effective you have to repeat the mantra correctly which means learning Sanskrit ... very difficult for Westerners. Not only did you have to repeat it precisely, you had to simultaneously be aware of the meaning of the mantra. The meaning of all the Sanskrit mantras is basically "I am God," or what is termed "I-consciousness Identification" which is the further challenge for Westerners. So here you are with two major obstacles going against you from the get-go. First, you can't speak the language; and second you have serious objections — intellectual, conceptual, philosophical objections — to the meaning of what you're saying. This is the foremost technique of meditation, if you do it classically.

Obviously it is the pronunciation of the Sanskrit which creates precision balance. If you get that precision balance, the brain-waves decelerate. They slow down. Proportional to the deceleration, slowing of the brain-waves is access to the sub-conscious and the unconscious as the data storage areas of your brain-mind computer. In other words, all those words and thoughts and beliefs and stories -- the information that you have in your database -- is stored unconsciously within you. It is operative; it is dictating or flavoring your experience, affecting your experience, your perception of reality, but it's unconscious to you for the most part. Only that bit that is necessary surfaces enough into the conscious mind for you to have some awareness of it. But the greater part of your database -- all that part of you that is illusory, all that part of you from your experience of who you are NOT -- is unconscious to you. But as you balance in meditation, the database gateway opens; therefore, it's most important what you are thinking while you are meditating because your database is wide open. If you are sitting there meditating and thinking about pizza, then what's going in to your database? What are you programming? Pizza. You stop meditating, and then you can't understand why you are craving pizza. For this reason, you have to be aware of the meaning of the mantra simultaneous to repeating it. And what is the meaning of the Sanskrit mantras? "I am God," which is truthfully just saying, "I am blissful Consciousness. All is blissful consciousness. There is only One. I am the truth. I am the Light. There is only One. I am, All is One." When you program that information day by day in your meditation with the gateway to your unconscious database wide-open, a re-scripting (re-programming) process unfolds. The illusory data then shifts. The truthful data, which is being introduced day after day, replaces the illusory data.

And what is the corresponding experience when it is substantiated -- when the

truthful data, the I-am-consciousness data and experience, is substantiated in the unconscious database and dominates the illusory data -- what is the resultant experience? Enlightenment, Wholeness. Because what you believe flavors your experience -- and as you make the unconscious conscious and direct the programming of the data to the truth -- the truth flavors your experience of reality. You experience true reality as one consciousness, wholeness, a truthful identification of yourself and all and everything as One blissful consciousness. It's no longer about pizza or any other illusory data.

So the question is then -- or the question was for me all those years ago in India -- how can we best modernize this process? When I was with my teacher, we had special events, programs, where we would chant a mantra for 7 days and 7 nights non-stop. By then we understood the meaning of the mantra, and could pronounce it correctly enough to get the balance of the Sanskrit language, so it was very transformative experience. While these events only came around a couple of times a year, I determined it would be better to have the experience on a daily basis, so I got my technology together and recorded it. In those days we didn't have CDs so I used a kind of cassette tape that was a loop tape. You could record a minute or so on it, and it would replay the same thing over and over again endlessly. I recorded this, the chanting of that mantra by a thousand people, and slept with it, day in and day out, day in and day out. The mantra, the meaning of the mantra, and the balance turned my sleep-time into a meditation. I observed the effect of that rescripting and transformation in my experience. When it came time to modernize it further for the West, it was as simple as, "OK, I can easily put it into a CD that you can play while you are sleeping. I can make the music or the sound very supportive of your sleep, perhaps just the sound of ocean waves. I can record that mantra and you don't have to worry about saying it, pronouncing it, correctly. I record the meaning of it then subliminally, and all the time you're listening, I'm repeating it very precisely for you while the technology is holding open the database of your unconscious, and using your sleep-time to transform your experience from illusion to truth." It could be said that this is the lazy person's way to enlightenment! And this is Synchronicity High-Tech meditation.

Let's take another pause ... breathe deeply ... restore your balance focus. Open your awareness to include the interior of your being ... that quiet, still, empty, spacious inside of you, simultaneous to the objective exterior noisy environment that surrounds you. I am your objective exterior polarity, noisy on this screen. The simultaneous is the interior of your being. When you focus upon it and allow the two to be simultaneous to each other, interior and exterior, you are creating balance. Your holistic awareness expands because wholeness is

proportional to balance, and your fulfillment increases. You find yourself contented, happy for no reason because happiness is your true nature, the nature of wholeness. Fulfillment is proportional to wholeness, and wholeness is proportional to balance. Thus, the importance of meditation as the foremost balancing technique! Let's continue.

Synchronicity's High-Tech Meditation soundtracks grew out of my early experiments of using modern technology to increase the effectiveness of mantra-based meditation. Today's soundtracks include a precision sonic entrainment technology, which is named "Holodynamic". This sonic technology balances the brain hemispheres in far less time and with far less effort than traditional meditative techniques. In other words, it meditates you. The technology is designed to harmonize and balance the chaotic environmental energies that surround us and, just as important, the precision level of vibrational entrainment is independent of the meditator's ever-changing state of mind and emotions. This allows meditators to enjoy the brain-balancing benefits of meditation in spite of what is going on in their lives.

The principle of entrainment is a big part of what makes the Synchronicity High-Tech meditation system so effective. As human beings, we are energy forms which are surrounded by an energetic environment whose influence upon us is termed "entrainment." We are pulled or drawn along or affected by the energy of our environment which profoundly affects our state of being and our experience of life, our experience of reality. As meditators, it is our intention for that energetic influence to be as positive, as truthful as possible. Thus, we endeavor to create, or place ourselves within, an environment that is as holistic as possible. In the Primary Trinity, dimensions of mind, emotions and body (the physical, emotional and mental dimensions), we are under the constant influence of chaotic, disharmonic frequencies of vibration which are by-products of the density of humanity, ecological and environmental changes, and the modern technologies we use daily. These influences that surround us all the time entrain us to be imbalanced and less coherent -- resulting in a more fragmented experience of life, a more illusory virtual perception of reality. On the other hand, coherent and harmonious frequencies (such as those utilized in Synchronicity soundtracks) entrain balance and whole-brain synchrony, promoting holistic awareness and a fuller experience of life that we call wholeness -- and its proportional fulfillment. Their greater amplitude of power and subtler frequencies of vibration are more impactful as entrainments than the denser frequencies and have tremendous capacity to entrain balance and coherence and deliver its resultant holistic experience.

An integral part of the Synchronicity technology is the energetic entrainment of the

Master's holistic Sourcefield which makes it even more effective and transformational. Why? The answer is that the creator of the meditation technology that you use is part of it. The creator's energetic imprint is included in the creation. If the creator is imbalanced and fragmented, such is imprinted in the creation. If the creator is balanced and substantiated in holistic experience, such is likewise imprinted in the creation. This is why Masters have been so highly valued in the Eastern traditions. It is their holistic frequency of vibration, the holistic amplitude of their power that is a powerful entrainment for all who encounter them. This was my personal experience with my Master. Just sitting in his powerful holistic presence was a meditation in and of itself. He simply sat there and provided an environment. He entrained all and everything to a correspondent level of holistic experience. So, a vital component of any meditation technology that you use is the creator of that technology, for their energetic is imprinted within it, and you are using it on a daily basis. Synchronicity High-Tech Meditation technology has remained pure in this regard from the beginning. It only includes myself as the creator of it. The only imprint in any of its applications, any of its soundtracks, is my Sourcefield. This makes it unique in the marketplace of meditation music and technology. One must be very careful and discerning in this regard, for charlatans everywhere abound in the modern marketplace. Westerners are naive and even ignorant in this regard, so it is important to be discerning. Who created the technology? Who created the soundtrack that you are meditating with every day? What is their state of being that is imprinted in what you are listening to -- meditating to -- on a daily basis? Most important.

Further, Synchronicity High-Tech Meditation demonstrates at least a four-fold acceleration in results when compared to classical "low-tech" systems of meditation. We will explore the research behind this result more fully in Class #3 of this High-Tech Meditation Course.

Again, pause ... breathe ... observe the balance between the interior and the exterior of your being. Observe your holistic, expansive awareness ... your wakefulness ... in this very moment. Observe how you feel ... being more present in the here-and-now happening of One blissful consciousness. Maintain it as we continue.

Through my experience, I was able to develop the various applications of High-Tech Meditation and holistic lifestyle that you are exploring today and that many people are using all over the world. When I founded Synchronicity Foundation for Modern Spirituality, the intention was to first experience the holistic model of reality, applying the lifestyle that actualized the

model in myself and those who were with me. If we could validate it in ourselves, then we would share it with our world; and if it proved validated in our world, then we would continue to share it and -- of course -- live it. So our experience early on was modeled on understanding of the model and applying the model and the lifestyle on a daily basis. In this way we were able to validate the model within our own experience and, once we did so, we shared it with others who were also able to validate it in their experience; and then it was introduced to the greater public. As a result, based on experience because it works, thousands of people find themselves on the high-tech meditator's seat, even to their own amazement. Again, why? Because it works -- a precision technology that assists you to create with precision the balance that is the primary principle within the holistic model of reality -- the balance that is the primary principle of meditation as a balancing technique.

So again, as has been said in the media, "these sound tracks meditate you". High-Tech Meditation technology assists you to create a precision experience of meditation based on the principle of balance every time you use it, and this is its effectiveness. It delivers efficiency in linear time-space because precision always yields efficiency. In linear time-space, we get where we're going faster. In terms of the Holistic Model of Reality and the experience of wholeness, we get where we're going faster because we are more precise and efficient in the creation of the experience. This is modern spirituality relevant to the times in which we live, which includes High-Tech Meditation.

In summary, Synchronicity High-Tech Meditation is powerful because it delivers easy access to states of holistic awareness traditionally achieved only with many years of disciplined practice. It may be used alone or in conjunction with any other meditation techniques you presently employ. Most importantly, on its own, it works. It delivers balance, wholeness, and fulfillment, which is exactly what the Holistic Model of Reality emphasizes as the basis and true nature of reality.

So this is a brief and simple introduction to the experience of High-Tech Meditation and, as we continue in this course, you'll have a more thorough understanding of exactly how it works to deliver a precision experience of meditation -- balance, wholeness, and fulfillment every time you use it. It meditates you.

And finally ... one more breath or two ... one more observation of your wakeful focus in this very moment right here and right now ... the interior of your being is simultaneous to the

exterior. The spaciousness of this moment is simultaneous to its content. In truth, there's much more space than there is content. Just observe the world around you. There is more space than there is content or form. We get mesmerized by the form and the content. We simply have to open our awareness to the space that is so much more dominant than the content ... and that spaciousness begins within us, in the interior of our being, and then surrounds us infinitely through 50-billion simultaneous universes. As we are aware of the spaciousness of a moment, we create balance ... our holistic awareness expands ... we are wakeful ... we are present. We are presence as blissful consciousness in the here and now of its happening, which is the experience of true reality, which is what modern spirituality is all about.

So once again, I take this opportunity to welcome you in the awareness of our oneness, One blissful consciousness right here and right now. There is only One.