

Course 3: High-Tech Meditation Course

Class 4: How Meditation Changes Your Brain

Phil ...

Welcome to our course on High-Tech Meditation. This is Class 4, entitled, “How Meditation Changes Your Brain”.

Before we begin, let's take a moment to focus on wakefulness. In our previous class, we developed a practice together. We began by focusing on the breath, just a simple focus on something so natural that we unconsciously do it thousands of times in a day. We are alive, and our breath mirrors life for us. A simple focus on the in-breath and out-breath reminds us that we are actually just watching the breath. It happens without our volition, without our command or conscious direction. Such is life. It just happens. Beginning with breath awareness is a first step in balance and wakefulness. Next, can you maintain your exterior and interior experience at the same time? This is the Balance Position that may seem foreign because we are so unconsciously focused on the objective world. However, we live in a relative reality. It has two polarities that are always operative together, and our experience is based on the relationship of the polar opposites that make experience possible. Yes, there is the exterior, but there is also the simultaneous interior without which the exterior is not possible. The Balance Position is the awareness of the simultaneity of the two polarities. We practiced it in our previous class and, in this class, we will continue to emphasize these applications about balance.

Now let's take a few moments to review our subject.

In our course, so far, we have learned that meditation is the foremost balancing technique in human experience. We've learned that the wholeness and fulfillment we all intrinsically seek is proportional to balance we create. Thus, meditation is most important. While people have been meditating for thousands of years, history reveals that the most successful practitioners were those who were able to withdraw from the world and spend many hours each day in this practice. Unfortunately, for those of us living a more conventional lifestyle in our modern world, this kind of meditation focus is not practical.

Furthermore, our times present a very different world from even the recent past. This is the age of technological evolution. One might even say technological *revolution*, and we experience this in the increasingly dissonant energetics of our planet. In today's world we are bombarded daily with incoherent energy frequencies from the technologies that actually support us — for example, electricity and modern communication with its many applications.

There are also the stresses of daily travel, over-population and pollution — all the by-products of modern life. All of these create dissonant, imbalancing energies, making it even more challenging to achieve balance using classical meditation systems.

Yet, where there are problems, solutions are arising. An example is Synchronicity High-Tech Meditation. This modern form of meditation offers a way to achieve the balance we seek while helping us effectively cope with the stresses and strains of modern life.

In this class, we continue our discussion of the Synchronicity High-Tech Meditation system by considering how meditation changes our brain. That's important for the evolution of our consciousness and for the building of personal holistic power, the power necessary to maintain balance. Then we grow that balance so that we experience reversal of polarized dominance of the negative polarity (i.e., reversing negative dominance to positive dominance). Through this shift we experience balance in duration and progressive self-awareness.

Let's begin with a brief review of Class 3. There have been a number of studies confirming the power of meditation to change human brainwaves. We return to an important illustration from our previous class. (**Illustration 1**) This illustration shows how meditation changes brainwaves in a group of Zen monks over time. The monks are compared to Synchronicity meditators, using precision sonic entrainment technology — that is, Synchronicity High-Tech Meditation. Both studies (one classical, one technological) confirmed the effect of meditation in changing human brainwaves. In the classical study, the effect was slow. In the technology study, the effect was rapid. This is also demonstrated graphically in **Illustration 2** as a comparison of a non-meditator brainwave versus that of a Synchronicity meditator (at 3 years of practice). The point is, meditation changes human brainwaves and produces balance (synchronizaton) of the two brain hemispheres, along with a progressive increase in amplitude of alpha, theta, and delta brainwaves (also known as the “meditative pattern”). Modern technological meditation does this in a greatly accelerated time frame.

Another example is a study of Tibetan monks by Dr. Andrew Newberg. Using brain imaging technology, Dr. Newberg looked at changes in blood flow in the brain during meditation. Blood flow would correlate with brain activity. The results are summarized in our next illustration. Compared to a baseline, non-meditative state, the front part of the brain (the frontal lobes) is more active during meditation than the sides and back of the brain (the parietal lobes).

This makes sense as, according to Dr. Newberg, the front lobes of our brain is what we use to achieve focus and concentration while we use the parietal lobes for space-time

orientation. Loss of a sense of time (an experience that is described by many meditators), may be explained in part by this redirection of blood flow from the parietal region of the brain to the frontal region in meditation.

Before we continue, let's pause and check in on our balance. Where is your focus? Is it entirely on this presentation? Is your mind wandering here and there? Are you maintaining focused awareness, wakefulness? Are you watching your breath? Are you maintaining wakefulness through the Balance Position? Let's continue.

Other research shows that meditation can have a profound impact on the function of the pineal gland, considered to be the center of the subtlest dimensions of our consciousness and located at the center of the crown chakra. The pineal gland is the master gland of the endocrine system. As the master gland, it controls all of the other glands below it. The other glands are, in turn, connected to each of the denser dimensions — the physical, the emotional and the mental. As a result, the pineal gland plays an important role in our life. The pineal gland also affects our perception of reality. Meditation also impacts the pineal gland and is, therefore, very important.

So we ask a question.

How does meditation affect the pineal gland? The pineal is light-sensitive, which means it is "*frequency of vibration-sensitive*". Only when we accelerate the frequency of vibration in the brain does the pineal actualize. When does this happen? When does the frequency of vibration accelerate enough to actualize the pineal gland? One of the times is when we sleep, when we close our eyes. When we close our eyes in preparation for sleep, one of the pineal's functions is this actualization. It is to secrete its primary hormone, Melatonin. When it does this, it takes us into the trance-like experience we call deep sleep.

Once it holds us in the trance-like, deep-sleep experience, the pineal secretes its second neuro-chemical hormone. Some scientists believe this second hormone to be Serotonin, but there is ample reason to suggest it's probably Dimethyltryptamine (abbreviated as DMT), which is the most opiating neuro-chemical the human form produces. So what happens? We close our eyes, our pineal secretes Melatonin followed by deep sleep, and then it secretes DMT.

This cascade of events is summarized in our next **Illustration**. In the intention of sleep, we close our eyes and there is an acceleration of vibratory frequency within our brain as light diminishes. Because the pineal gland is *frequency of vibration-sensitive*, it actualizes and secretes Melatonin, which induces sleep. In the trance-like state of deep sleep, the actualized pineal secretes its second neurochemical, DMT (a most powerful, opiating compound that facilitates interaction between our subtle and dense dimensions),

also considered as our universal and individual consciousness. What happens? Dreaming happens as a truthful experience of this interaction.

Let's look at our dream experience. As noted, our dream experience is the interaction between universal consciousness and individuated consciousness. Dreaming represents the downloads from universal consciousness into individuated consciousness, and this happens only when the pineal is actualized. For most human beings, that only happens during sleep. Unfortunately, the fragmentation in the environment around us and the increasing energetic imbalance of our world significantly limits the functioning of the pineal gland. So what we notice in modern populations are sleep problems and sleep disturbances, especially as people age. And the fact is that, in many people, the pineal gland actually calcifies with age. When calcification occurs, the pineal becomes non-functional. It shuts down and, when it shuts down, so does any hope for a truthful perception of reality because -- once again -- the pineal is critical to the interface between individual and universal consciousness.

Calcification of the pineal also means we shut down the mechanism that can secrete the neurochemical opiates associated with those frequencies of vibration (those levels of reality) wherein illusion yields to truth. It is this yielding of illusion to truth which allows a human being to perceive existentially and experientially all and everything as one consciousness.

The DMT in the pineal delivers the truthful perception of reality, a truthful perception as non-solid, flowing energy fields within energy fields, demonstrating the oneness of this conscious energy called consciousness. So if we just live and sleep as a "normal" human being, with a pineal gland that is either compromised in its function or non-functional, we can basically count on living in the dominant illusory perception of reality for the rest of our lives (progressively deteriorating into its denser and denser levels). On the other hand, by choosing to have a healthy pineal, we can enjoy a healthy experience of life, with a consciousness that is multi-dimensionally actualized. We can experience a truthful perception of reality and some progressive evolution of our individuated consciousness. After all, this is why we're here, isn't it?

So what's the other experience one can have during the waking hours of a day that has the most effect on the actualization on the pineal? You're right, it's meditation ... same principle! Close your eyes and your pineal secretes Melatonin. However, because you're sitting up and not intending to sleep, it doesn't secrete as much Melatonin but rather takes you into a trance-like experience. That's the first part of meditation. But when you reach that point of peaceful, opiated, lightly witnessing and expansive consciousness, pineal

comes on with the DMT and your awareness radically expands. That's where the visionary experiences happen, the lights, the colors, everything associated with the more intensely opiated experience.

So a major way that meditation changes your brain is that it actualizes the pineal. Furthermore, the whole development of the meditative art and science is progressive wakefulness which allows one to experience sustained maximum pineal actualization (leading to what has been called the experience of "enlightenment").

But the pineal is *frequency-sensitive*, *vibration-sensitive*, and sensitive to the environment. So the environment around us affects how it operates. If we're in a very imbalanced environment, our pineal basically shuts down. If we bring balance to that environment, vibrationally and energetically, the pineal gland lights up. Therefore, it is essential to make use of sonic technologies of entrainment, not only when we meditate but in the environment in which we are living 24/7. And if we are using precision sonic technologies, what do they do? They consistently actualize the pineal so that one has an ongoing and truthful perception of reality.

In the next illustration, let's summarize our perspective of the effect of meditation on the human brain. We now know that meditation affects human brainwaves and it also affects the pineal gland.

Take a deep breath. Let's take a moment to check in on our holistic focus. The experiential aspect of this class is intended to keep your attention on balance. The attention point is wakefulness — wakefulness of your breath — just the natural flow of the breath in and out ... simply watching and realizing that your breath is just happening. You are aware of it and realizing that you are not doing it. In this awareness, are you also simultaneously wakeful and aware of both polarities of the relative field as exterior and interior? Is your focus on both? Is it imbalanced to the exterior content of the class, or is it balanced as a witnessing consciousness watching both? Do you need to re-focus on your interior? Let's restore wakefulness, watch the breath, and bring ourselves to balance of interior and exterior ... and now we can proceed.

So far in this class, we have seen how meditation changes our brainwaves. We have also seen how meditation affects the pineal gland and its important role in modulating the interplay between our subtle and dense dimensions. Now let's consider "Meditation and the Evolution of Consciousness".

Meditation, with its impact on brainwaves and the pineal gland, is a tool which assists us in the evolution of our consciousness. The final component of this process of evolving individuated consciousness is the process of actualizing wholeness in human experience. It

is waking up from the dream of dense dimensional virtual reality to the truth of subtle dimensional reality ... or, as Master Charles says ... flipping from illusion to truth. But in that process, as self-awareness increases, the database changes. Most important, as one evolves in self-awareness (as one's wholeness increases), the pineal becomes more actualized. The result is a truthful perception of reality more consistently.

I came across this quotation from a research physician from the National Institutes of Health which says, "What we now know is that anything -- whether a drug, a war experience, or talking therapy -- changes the way nerve cells talk to each other. The brain's hardware and its software are always changing."

We are here to grow through the experience of relative reality. Through actualization of the principle of balance, our data shifts from fragmentation in the busy mind to holistic experience in "no mind" and all the stages along the way.

Just consider the changes in one's database through the stages in the development of consistent balance. For example, to get to balance (to get interior and exterior balance as a constant), all the data must change. One must experience changes in belief, changes in thought, changes in stories, and changes from illusory data to truthful data -- because wholeness is proportional to balance. As balance increases, illusion has to yield to truth. So, by definition, the database keeps changing.

As one arrives at a consistency of balanced data between truth and illusion, one experiences the simplification of illusory data into "truth-dominant data", or into "no-data" and stillness. This is an example of a witnessing consciousness watching the experience that is happening. And so it is in the actualization of the pineal. That's why you see photographs of enlightening mystics just sitting around, staring into space -- no mind, just a witnessing consciousness in awe of the play of consciousness. And it's a very pleasurable experience.

In the many stages along the way towards changes in your database, what's important is beginning where your feet are. The first step is always a truthful self-diagnostic. Unfortunately, we can't do this on our own because it has been said that "an eye cannot see itself". That's why the "master principle" exists in all the holistic models of reality. We need the help of an adept to assist us in a truthful diagnostic to determine where our feet really are. Then we can learn how to apply ourselves to the appropriate mechanics of consciousness to create and sustain balance, and then we can enjoy the resultant holistic experience.

Yes indeed, the master principle is time-honored. All traditions, no matter how ancient they are, acknowledge the need of the master as an evolutionary necessity. Wholeness has to be modeled within human experience by someone who has transcended

the limitations of illusion. And within the model there has to be the experience of holistic entrainment (empowerment). Even if one could meditate eight hours a day, there is still the need for more power to reverse the polarized dominance of the negative polarity. There is need for more power to make balance and wholeness consistent. Where do we get the power? The highest path within the holistic models of reality is the path of discipleship. The master (constant in wholeness) generates a high amplitude of power and is thus a big source field. It is the master who empowers everyone and everything.

Now its popular in the West to say “we’re going to do it ourselves”. We’re our own masters. We report to no one. We are free and independent. But, in truth, there must be a master to expose the ego so that one can see an alternative to delusion, illusion and fantasy. The alternative to illusion is truth, and truth actualized is enlightening wholeness. It has radical power and amplitude that empowers and elevates all and everything to that unified state. A classic analogy (that has been presented in preceding courses) is that of the sun and suntan. If you want to get a suntan, go sit in the sun. Place your body in proximity to the sun. If you want to get wholeness, go sit with the authentic master -- place yourself in proximity to the one who is “whole”. Then, just like a suntan, it’s inevitable. The empowerment is there. You increase your power and you are able to sustain balance, wholeness, and fulfillment.

Most people don't have the luxury of spending time in the direct presence of an enlightening master. Fortunately, the Synchronicity High-Tech Meditation system offers the opportunity to sit in Master Charles’ source field by using the technology. A large part of why it is so powerful is that it was developed by an authentic master and it carries his energy. This means that, every time you play the soundtracks, you experience the entraining power of his energy field. You get to sit in the sunlight of his power just as you would if he were physically present.

As our class proceeds to its conclusion, let’s again remind ourselves to be wakeful of the here-and-now moment, the happening of consciousness as it is right now -- nothing else. Be wakeful and watch as we continue.

We continue with **Illustration 5**. Ultimately, meditation is about the building of authentic personal power. As we proceed to the completion of our class, let’s now focus on understanding power. As human beings, we have to have enough power to sustain our human form. We have some power — the power to be alive. What do we use it for? Some of that power goes to the physical dimension of our experience, some to the emotional and some to the mental dimensions. Our physical, emotional and mental dimensions require power to operate. We know there is an expenditure of power through the waking hours of

the day. When we've reached the end of the waking hours of the day, we have expended all that we have. Then we do what? We have to sleep for a certain number of hours to replenish power. Master Charles uses the analogy of rechargeable batteries. Yes -- rechargeable batteries -- and when you think about it, it makes perfect sense. Human beings are like rechargeable batteries. We sleep (we plug in to the power source) and we recharge the battery through the night. Then, through the day we expend the energy that has been stored until it is gone and the battery must be plugged in again for recharging.

We summarize personal power in the involutory cycle of consciousness in **Illustration 6**. In this cycle we have limited power because of imbalance due to investment in illusion and resultant fragmentation in individuated consciousness. Plus, we give our limited power away to to maintain our illusions. What limited power remains sustains our dense dimensions and that is all. We are trapped in a vicious cycle and cannot get out. We need more power and cannot get it.

But to create an experience of balance and wholeness requires wakefulness and self-awareness. And self-awareness is proportional to power. So if you want to live with balance, if you want to actualize the holistic lifestyle, you need **more** power. With limited power, you're fighting with the physical body, you're fighting with your emotions, and you're fighting with your mind. You can't seem to get on top of it, can't seem to get wakeful to it, can't get to that increased self-awareness that is necessary to create the balance you are seeking. Self-awareness is proportional to power; therefore, how will you increase your power? Meditation!

Meditation is plugging in to a power source — the same one you plug yourself into when you sleep but with one difference. When you *sleep*, you're unconscious. But when you plug yourself into it when you're *meditating*, you're conscious. It's a completely different quality of power and amplitude of power. So when you meditate an hour a day, you have that much more power, that much more self-awareness to make the holistic lifestyle (and the creation of balance) more likely to be actualized.

So meditation is very important, just in terms of the power it allows us to build each day. As we build and store power through the holistic lifestyle, we become progressively more wakeful and aware of the expenditure of power because we realize how valuable it is. We begin to see where we give it away. We begin to ask, "Where do we waste our power?" With power we can create balance. With it, we can create holistic experience. With it, we can create bliss and fulfillment. So power becomes very important and very valuable, and how we expend that power in the waking hours of the day becomes very important.

Illustration 7 summarizes personal power in the evolutionary cycle. We awaken from the dream and move to the evolutionary cycle. The mechanics of consciousness in the evolutionary cycle is balance. We first create balance in our dense dimensions. Meditation is the primary balancing technique in human experience. With balance, our personal, holistic power increases. We grow our self-awareness and shift our database from illusion to truth.

Part of the solution is to become a renunciant. You start renouncing those things that expend too much power. You choose to maximize the containment of your power because, as you do so, you increase your self-awareness, your presence, your witnessing consciousness. So containment of power and increasing the amplitude of your power are both very important.

Meditation is a primary technique for increasing, storing, and containing power. If you want to accomplish that in a short period of time -- while living a contemporary lifestyle in the midst of energetic disharmony -- the best way to do so is with the Synchronicity High Tech Meditation system. Since it is efficient, it is also infused with the power of an authentic master.

In this session, we have looked at some of the science of how meditation changes our brains and why that's important in the evolution of our consciousness. We have also looked at the mechanics of power and why building of personal power is necessary to maintain the balance that actualizes wholeness and fulfillment. As we close this class on High-Tech Meditation, you are now fully informed about the primary balancing technique in consciousness — meditation.

And as we close this class, let us do so in the full self-awareness of who we are and what life is. We are consciousness, existence, presence ... in the moment of its happening ... just watching the experience that is unfolding moment-to-moment. And how do we experience ourselves? As blissful consciousness, peaceful, contented, happy, delighting, just loving ourselves as the life we are.

Our final class will occur in a few days. This final course session together will be informal. It's a live, interactive teleconference. Before that session, you will find a new posting in this course. It is a document listing commonly asked questions about meditation, including High-Tech Meditation. You now have the background to understand the questions and answers. So this is your assignment. Carefully read the questions and answers for clarity and understanding. You may also have personal questions of your own — something you always wanted to ask. Now's the time. You may also have personal meditation experiences you want to share. Now's the time. Please post any questions and any sharing

that you want to further develop. Remember, all questions are valid and all sharing benefits everyone as well.

I've enjoyed our session together. Thank you for joining me.