

Lesson  
One

# LIVING THE FIELD

A MASTER CLASS FOR LIVING IN THE NEW AGE

Healing  
through  
frequencies



**What it  
means to  
'live The Field'**

## Exercises in

- remote viewing ◆
- prayer ◆
- healing ◆
- directed intention ◆
- channelling ◆
- clairvoyance ◆

Good  
vibrations

How sound can  
aid your life

Earth  
energies

Our human antennae  
and how to tap in

## Your prescription for living

At the frontier of science, new ideas are emerging that challenge everything we believe about how our world works. The human mind and body are not distinct and separate from their environment, but a packet of pulsating energy constantly interacting with a vast sea of energy. These new theories, detailed in *The Field: The Quest for the Secret Force of the Universe* by Lynne McTaggart, replace the reductive world view of modern man – a life of separation and isolation – with a view of connection.

- ◆ They offer hard evidence for what you may always have understood intuitively, but could never prove.
- ◆ They suggest that our human potential can soar far higher than what current science tells us about ourselves.
- ◆ They empower you with a sense of control over your world, and a capacity to heal yourselves, your loved ones – indeed, the world.

*The Field* brought science to the New Age. This 48-part course, *Living The Field*, will be your prescription for integrated living.

**T**he book *The Field* described the work of frontier scientists across the globe whose revolutionary findings challenged everything we have believed about how the world works.

Modern science portrays the human being as a mechanism largely powered by chemicals and genetic coding. According to this view, the brain is a discrete organ and the home of consciousness. Consciousness itself is also largely driven by chemistry – the communication of cells and the coding of DNA. The mind of man is isolated from his body and he, in turn, is isolated from his environment. According to this view, we aren't much more than animated machines. Modern science has reduced us to our lowest common denominator with a desolate vision of a genetic accident powered by chemicals, divided from its world.

### A new way of thinking

*The Field* suggests a far more expansive view of the world and living things like us. It demonstrates that the essential communication mechanism of the universe is quantum frequency connected by a giant matrix – a field of fields called the Zero Point Field (see page 5). This pulsating energy field is the central engine of our being and our consciousness. There is no 'me' and 'not-me'

duality to our bodies in relation to the universe, but one underlying energy field.

The Field is responsible for our mind's highest functions, the growth of our bodies and the force that finally determines whether we are healthy or ill. The Field may be key to all information processing and exchange in our world – from the communication between cells to perception of the world at large.

The work of these scientists has given us a science of the miraculous, of the things that we have intuitively understood, but could never before prove.

*Living The Field* is rethinking your life in relation to this new philosophy of connectedness, which this course will do with scientific information and a series of exercises that can be carried out at home.

### We are all connected

If we, on our most fundamental level, are packets of quantum energy constantly exchanging information with this heaving energy sea, it means that all of us connect with each other and the world at the level of the very undercoat of our being. It also means that we have the power to access much more information about the world than we realize.

These scientists have moved our understanding along the furthest reaches of human potential and have shown that extrasensory abilities are present in every human being. If we can understand this potential scientifically, we might then learn how to systematically tap into it. This would vastly improve every area of our lives – from communication and self-knowledge to our interaction with our material world.

To 'live The Field', you will learn how to extend your human abilities, which may help you to shape your own experiences, improve your job, heal yourself, and use the power of individual and collective intention to improve your community and the future of the planet.

### Powerful intention

The findings of these scientists demonstrate that human intention is a powerful energy – as powerful as an electric current – and that our thoughts and intentions can influence our world.

Ordinarily, the capacity of our brains to receive information from this energy field is strictly limited – like a radio with only a

# to be 'living The Field'?

certain limited bandwidth. During acts of extrasensory perception (ESP), remote viewing or clairvoyance – the ability to 'see' things beyond ordinary distances – it appears that this bandwidth expands, giving us more access to information in The Field than we would ordinarily have.

A series of studies in Mexico has shown that one person's brain waves will affect another person's brain waves during ESP, but the person with the most 'ordered' brain patterns will influence the other and nudge it to a greater degree of order.<sup>1</sup> This provides a good explanation for the success of remote spiritual healing.

Other exhaustive studies carried out at Princeton have shown that the human mind can also influence REG machines built to perform a random electronic toss of the coin, so that we can 'will' the machine to produce more heads, say, than tails.<sup>2</sup> The studies also showed that this effect increased when two people were trying to influence the machines together, and the biggest effect of all was with a bonded couple.

Studies have also revealed that the 'mind' of one person can extend to another person, providing an explanation for the success of spiritual healing.<sup>3</sup>

The common assumption has been that psychics, healers, shamans and other 'sensitives' have a special gift that somehow endows them with rare and special powers. Nevertheless, a great deal of scientific evidence suggests that this type of consciousness is naturally present in everyone if we can learn – as sensitives intuitively understand – how to access it. With some practice, it can be refined or enhanced, causing profound changes in understanding, feeling, perception and imagination.<sup>4</sup> All of us are capable, in some capacity, of 'living The Field'.

## Listening to the earth

To live The Field is also to be in harmony with the earth and all living things. In this course, we explore whether timing, in relation to the earth's energy, is critical for human consciousness to be at its most expansive, and whether ancient cultures had some understanding of this energy harmony.

Another area for study is the communication between animals and plants, and what we can learn from them about our own extrasensory mechanisms. Rupert Sheldrake, for instance, has carried out some of the most extensive and extraordinary ►

## Beings of light

Scientists from top-ranking institutions, such as Princeton and Stanford University in the US and many prestigious institutions in Europe, have discovered extraordinary new things about how the human mind and body work.

They have learned, for instance, that:

- ◆ human beings are packets of quantum energy constantly exchanging information with this heaving energy sea.
- ◆ Living things emit a weak radiation that is one of the most crucial aspects of biological processes.

German physicist Fritz-Albert Popp discovered that humans emit highly coherent particles of light and one of the most essential sources of these is DNA.

Tests with *Daphnia* show that these water fleas are sucking up the 'light' emitted from each other. These emissions could account for the silent communication between living things such as schools of fish and flocks of birds.

- ◆ Every molecule emits a unique frequency, which is used for communication. French scientists have shown that you can record the frequency of a molecule, play it to another molecule and the signal itself will take the place of chemicals in initiating biological processes.

New evidence shows that the brain's conversations with the body might also occur on the quantum level, with waves and frequencies, rather than with chemical or electrical impulses alone.

- ◆ Perhaps most controversial of all, the scientists working on the frontier have also discovered that the basis of all the brain's functions has to do with the interaction between the brain and the Zero Point Field. In fact, studies in the US on humans and animals show that the cerebral cortex responds to certain limited bands of frequencies in the world. Perception is a matter of tuning in to The Field.

What this suggests is that individual consciousness is not unlike a radio. We pick up the signals, but the radio station itself is The Field.

As incredible as it seems, it appears that when we see things, we are reading information from the Zero Point Field on a quantum level, and our brain 'reads out' this information to create the images we see in front of us. Some scientists have gone as far as to say that our memories don't sit inside our heads at all. Our brains are simply the retrieval and read-out mechanism of the ultimate storage medium – The Field.

scientific studies looking into the psychic ability of pets, including their extrasensory perception, homing instincts over vast distances, group communication and migration, and extraordinary memory.<sup>5</sup> Other research suggests that plants and animals possess a more sophisticated understanding of instantaneous communication through frequency than human beings do, although all living things have this capacity.

Examining evidence of the earth's energies and living things, which can demonstrate that all living things engage in regular communication by extrasensory means, may offer important clues to humans about how to communicate with the natural world around them.

### Traditional cultures

Virtually all major cultures in the world prior to Isaac Newton – preliterate cultures like the Australian Aborigines, the Ancient Greeks, the Egyptians, the Indians and the adherents of many religions or philosophies such as Buddhism, Zen and Taoism – and many modern indigenous cultures conceive of the universe as inseparable, connected by some universal energy 'life force'.

The beliefs of virtually all tribal societies about this central energy force have many similarities, suggesting that an intuitive understanding of The Field is fundamental to human experience. Ancient Egyptian, Babylonian, Sumerian and Maori creation myths all use metaphors describing the rise of matter from a non-physical energy field.

These cultures have also developed what amount to Field effects for healing. Most indigenous peoples believe, as Native Americans do, that illness is caused by abandonment or lessening of this life force.

These traditional cultures also have a very different notion of time and space as one vast continuum of 'now' and 'here', and have learned to tap into the earth's energies and communicate with other living things. Many practices, such as regular attempts to communicate with the dead, demonstrate that they embrace the idea of the immortal nature of human consciousness. The Aborigines believe in an eternal dreamtime, or *alcheringa* – and that the past is always present so that one's very essence, or soul (*wairua*), belongs to this ever-present realm of spirits and returns there after death.<sup>6</sup>

By studying past and present indigenous cultures that have not been influenced by Cartesian and Newtonian notions of duality and separateness, we will uncover important

clues as to how to extend our own human capabilities as well.

### Exploring consciousness

The existence of the Zero Point Field provides a plausible explanation for many unexplained phenomena, such as past lives, life after death, near-death and out-of-body experiences, and channelling.

*Living the Field* will further explore the nature of consciousness and the likelihood that consciousness is not equivalent to the brain's functionalities and doesn't die when the physical body does. In one study of patients suffering cardiac arrest who'd been clinically dead for some minutes – flat EEGs and no electric activity in the cortex of the brain – some patients reported a clear consciousness in which cognitive functioning, emotions, a sense of identity and memory from early childhood were possible, as well as perception from a position out and above their 'dead' body.<sup>7</sup>

This and many similar studies suggest that the brain is a kind of receiver for consciousness and memory that is being 'beamed' in from The Field.

To live the Field is to understand that, as there is increasing evidence that consciousness may be eternally present in the Zero Point Field, so we may be able to communicate, through that universal energy field, with those past and present.

To live The Field is to live with a sense of optimism. We are not isolated beings living desperate lives on a lonely planet in an indifferent universe. What we do and say is critical in creating our world. You are and always were part of a larger whole. You have far more power than you realize to heal yourselves, your loved ones, your communities, the planet. Your life, in every sense, is in your hands.

Lynne McTaggart

- 1 Int J Neurosci, 1987; 36: 41–53; Subtle Energies, 1992; 3: 25–43
- 2 J Sci Expl, 1997; 11: 345–67
- 3 Alt Ther, 1997; 3: 62–73
- 4 Baars BJ. A Cognitive Theory of Consciousness, NY: Cambridge University Press, 1988; Anthropol Consc, 1992; 3: 3–13; Tart C. States of Consciousness, NY: Dutton, 1975
- 5 Sheldrake R. Dogs That Know When Their Owners are Coming Home and Other Unexplained Powers of Animals, London: Hutchinson, 1999
- 6 Graham H. Soul Medicine: Restoring the Spirit to Healing, London: Newleaf, 2001, p 4
- 7 Lancet, 2001; 358: 2039–45

# The Science of The Field

## The Zero Point Field

**T**he Field is the Zero Point Field, a subatomic field of unimaginably large quantum energy in so-called empty space. A field is a matrix or medium which connects two or more points in space, usually via a force, like gravity or electromagnetism. It is considered that area of space where this change and its effects can be detected. Simply put, a field is a region of influence.

In the quantum world, quantum fields are not mediated by forces, but by exchanges of energy which are constantly redistributed in a dynamic pattern. This constant exchange is an intrinsic property of particles. Even 'real' particles are not set little billiard balls, as they are sometimes depicted, but nothing more than a little knot of energy which briefly emerges and disappears back into the underlying field.

A constant ping-pong game of energy occurs at the subatomic level. Quantum particles – those pulsating knots of energy – constantly interact with each other by exchanging energy through other quantum particles. These 'virtual particles' appear out of nowhere, combining and disappearing in less than an instant, causing random fluctuations of energy without any apparent cause. They differ from real particles because they only exist during that exchange.

If you add up all the movement of all the particles of all varieties in the universe, you come up with a vast inexhaustible energy source – a field of fields – sitting there unobtrusively in the background of the empty space around us. To give you some idea of the magnitude of that power, the energy in a single cubic yard of 'empty' space is enough to boil all the oceans of the world.

Also referred to by physicists as 'the vacuum', the Zero Point Field is called 'zero' because this tango even occurs at temperatures of absolute zero, the lowest possible energy state, where all matter has been removed and nothing is supposedly left to make any motion – the closest that motion of subatomic matter ever gets to zero.

In physics equations, most physicists subtract zero-point energy away because they believe that, as it is ever-present, it doesn't affect anything. However, a few frontier scientists, like Texas astrophysicist Hal Puthoff, have rediscovered the importance of the Zero Point Field as a final puzzle piece to answer many of the large questions in science – like gravity – that have perplexed scientists for many years. Arthur C. Clarke believed their discoveries about Zero Point Field energy were so significant that he called their papers on it "landmark".

One of the most important aspects of subatomic waves is that they are encoders and carriers of information. When two waves are in phase, and bump into each other – technically called 'interference' – the combined amplitude of the waves is greater than each individual amplitude, so the signal is stronger. This amounts to an imprinting or exchange of information called 'constructive interference'. Once they've collided, each wave contains information, in the form of energy coding, about the other; this includes all of the other information it contains. Interference patterns amount to a constant accumulation of information, and waves have a virtually infinite capacity for storage.

Consequently, the existence of the Zero Point Field has a greater, metaphysical implication. It implies that all matter in the universe is interconnected by waves, which are spread out through time and space, and can carry on to infinity, tying one part of the universe to every other part. The idea of The Field might just offer a scientific explanation for many metaphysical notions, such as the Chinese belief in the life force, or *chi*, described in ancient texts as something akin to an energy field.

It means that we and all the matter of the universe are literally connected to the furthest reaches of the cosmos through the largest Zero Point Field waves of the grandest dimensions. In this view, The Field connects everything in the universe to everything else, like some vast invisible web. It is as though a memory of the universe for all time is contained in empty space that each of us is always in touch with.

Einstein himself understood that the only fundamental reality was the underlying entity – the field itself. The Field might be the closest we have to what in *Star Wars* was called 'The Force'.



## The missing link?

Many scientists are beginning to regard the Zero Point Field as vital for providing an answer to what has remained missing in physics. Peter Milonni at Los Alamos' NASA facilities has speculated that quantum theory will be replaced by a modified theory of classical physics which takes into account the limitless energy of the Zero Point Field.

Other scientists, from top-ranking institutions such as Princeton and Stanford University in the US and many prestigious institutions in Europe, have realized that the Zero Point Field could hold the key to areas that have bedevilled scientists for centuries.

Indeed, the existence of the Zero Point Field could explain:

- ◆ why atoms are stable. Electrons refuel energy by tapping into these quantum fluctuations of empty space.
- ◆ gravity, a concept that has stumped the greatest geniuses of science. The Zero Point Field is partially shielded by two objects and this causes an attraction between them.
- ◆ Newton's law of inertia.  $F = Ma$ , one of the most fundamental axioms in the world, can be proved by factoring in the Zero Point Field.
- ◆ how the solid, stable stuff we call matter, which has a certain mass, is an illusion and simply subatomic particles being held together by the grip of a background sea of energy.
- ◆ why everything in our world, no matter how heavy or large, boils down to a collection of electric charges interacting with the Zero Point Field.
- ◆ many of the through-the-looking-glass properties of subatomic matter that have been described by quantum physics.

## The healing power of intention

Some studies suggest that human intention can be used as an extraordinarily potent healing force. If intention creates health – that is, improved order – in another person, it would suggest that illness is a disturbance in the quantum fluctuations of an individual. Healing, as some of the latest scientific studies suggest, might be a matter of reprogramming individual quantum fluctuations to operate more coherently.

It appears that we can use our intention to order the random fluctuations in the Zero Point Field and use this to establish greater 'order' in another person. With this type of capability, one person should be able to act as a healing conduit, allowing The Field to realign another person's inner structure.

# SECRETS OF HEALING



**H**ealing is the most natural practice in the world – we can all do it and, consciously or unconsciously, many of us do. It is simply the transmission of energy through the healer into the patient. There is only one essential qualification: love.

It is a universal force, which is constantly and limitlessly renewable, and a variety of techniques can be used to contact it and channel it to others. Love is the quality which tempers this energy and transforms it into healing power.

It is sometimes easier to heal strangers than those you are emotionally involved with. It's as though these very emotions confuse and obstruct the free flow of love energy. Nevertheless, there are numerous cases of sick people being healed by partners, friends and family members. And healing is not restricted to people – animals respond particularly well, as do plants and even mechanical equipment. You can even lovingly coax your car when it won't start.

In this series of articles, I will introduce you to a variety of healing methods to heal others by touch or over a distance. I will also show you how to heal yourself and, perhaps most important of all at this time, how to heal the world.

### Exercise One

- Be seated on a hard-backed chair with your spine straight and your palms facing downwards on the knees.
- Close your eyes and start to breathe as deeply

as you can without straining. Observe your breathing. You may find that your breath is somewhat shallow, using mainly the chest region without the diaphragm. If so, try to lengthen your breath, using the whole of the upper body.

- Now try to regulate your breaths so that the in-breath is equal to the out-breath. It may be helpful to count during the in-breath and then use the same count for the out-breath. After a while, it will become automatic and your in- and outbreaths will be even, bringing balance and harmony to your whole being.

- The next stage is to use the power of your imagination to attract the universal life forces to you. On an in-breath, visualize white light entering from above your head down through the whole of your body and several inches around you. As you visualize this, try to feel the energy, which may cause a tingling sensation around your body.

- To balance this, on the out-breath, imagine yourself being cleansed and surrounded by vibrant energy. Any unwanted thoughts and emotions are transmuted by the energy you have visualized, leaving you with a sense of purification and wholeness.

- Place the palm of your right hand flat against your stomach just above the navel, and place the palm of your left hand on top of it, covering the right hand. This is the location of a very important psychic centre identified in yoga writings as the solar plexus chakra. It is virtually your energy battery from which all other parts of the body and its psychic counterpart are nourished.

- As you breathe in, continue to imagine white light entering from above the head but now, on the out-breath, start to visualize it travelling down the arms, through the palms and into the solar plexus region where they are positioned. This may take some practice, but gently guide yourself into this visualization until you become conscious of actually channelling the energy through you and into your 'battery'.

- Continue this for several minutes, trying to feel a sense of love and wellbeing as you do so. It is important to feel compassion for yourself, just as you would for any other patient, and this will condition the energy you are now radiating into yourself.

You may feel a warmth in the palms of your hands and stomach area, a tingling around the body, pressure on the top of the head or some other indication that you are sensing the universal life force. You have just given healing to yourself, using an ancient yoga practice, by channelling the energy through your hands into one of your most important psychic centres.

**Richard Lawrence**

Richard Lawrence is the author of *The Magic of Healing* (Thorsons) and director of The Aetherius Society ([www.innerpotential.org](http://www.innerpotential.org)).

# BIORESONANCE: HEALING WAVES

## *Modifying frequencies*

*At the turn of the 20th century, an American neurologist named Albert Abrams theorized that diseased tissue sent out discordant waves and that these could be cancelled out (and thus help the patient recover) by other substances emanating a counter-frequency.*

*Numerous others have gone on to postulate that disease amounts to a rogue frequency in the body, which you can cure by returning the body's own energy to normal.*

*Hundreds of scientists, practitioners and healers have developed machinery or techniques that make use of quantum field effects to heal. This section of the course will look at a number of modern devices using frequency to stimulate healing.*

**E**very living thing – simply by being alive – produces a tiny but measurable electromagnetic (EM) field. Try this simple experiment: tune your radio into a medium- or long-wave station, then slightly detune it so that it hisses. Take your hand away and move it back; walk away and return. Hear how the radio noise changes with the proximity of your body as it responds to your own EM field.

Human body fields aren't supernatural emanations from some mystical aura. They are caused by the workings of the billions of cells in our body, each one of which is powered by a minute electrical charge.

Forty years ago, American scientist Robert Becker first demonstrated that the body's own EM fields play a major role in its self-healing processes. As a result, there are today quite a number of conventionally minded orthopaedic doctors who routinely use EM machines to accelerate bone repair and wound-healing.

In Europe, however, the use of EM fields in medicine has taken a somewhat less orthodox path. The Anglo-German physicist Herbert Fröhlich was the first to show that the body uses different EM frequencies to transmit different kinds of information from cell to cell. It was later postulated that these frequencies might be used to diagnose disease.

One of the first diagnostic machines to be developed was called Vega, a German device that measures a small change of electrical impedance in response to substances placed in its electrical circuit. Vega machines have been widely employed by European alternative practitioners to diagnose both the illness and the correct remedy to cure it.

About 25 years ago, another German machine was developed based on a slightly different principle; it aimed to measure the electrical output of the body. This analyzes how the patient's own frequencies differ from that of a healthy person, and relates these to specific illnesses. The technique is called bioresonance, and is claimed to be able to diagnose most illnesses and allergies, as well as detecting the presence of toxins and parasites within the body.

However, the key advantage claimed for bioresonance is that it not only diagnoses, but cures. The curative part relies on the theory that pathology is expressed as a disturbance in

the body's EM fields, and that restoring these fields to normal will effect a cure.

Since our body's cells emit EM fields, just like radio waves, if it is diseased or stressed, the wave patterns in the fields change. So, the bioresonance machine first analyzes the particular wave-form 'oscillations' from the diseased patient, then generates an equal and opposite wave form. When this is transmitted back to the patient, it is believed to set up an 'interference effect' with the diseased frequencies, thus cancelling them out – and so curing the problem.

What's the evidence that it works? Perhaps surprisingly for such a new and unorthodox area, there's already been a fair amount of clinical research into bioresonance.

In one unpublished study by Dr R. Machowinski in Heidelberg, 14 patients with chronic liver damage were randomly assigned to receive bioresonance treatment, with a further 14 acting as controls. Both groups of patients showed the same low levels of liver enzymes before treatment. After bioresonance therapy, while the control group showed no change, the enzymes in the treated group had all increased by about 50 per cent, effectively restoring the patients' levels to normal.

Bioresonance is widely used in Russia, where it has been found to be particularly effective in arthritis. One study showed that, when combined with conventional treatment, bioresonance had a 94 per cent success rate, compared with only 58 per cent using conventional therapy alone.<sup>1</sup>

Scientists at Russia's prestigious Academy of Sciences have carried out research to determine how bioresonance might work in arthritis. They found that it "activates [the body's] protective mechanisms" by "normalizing the activities" of key natural antioxidants such as superoxide dismutase and glutathione peroxidase.<sup>2</sup>

Animal experiments, too, have had positive results. A standardized stress test using fruit flies involves heating them to a temperature that is slightly above blood heat for two hours, a procedure that normally results in infertility as well as a high death rate. However, when scientists at the Institute for Experimental Pathology in the Ukraine treated these fruit flies with bioresonance while heating them, the flies' fertility was maintained and their mortality rate drastically reduced.

Equally impressive are the results of an experiment on the effect of bioresonance on tadpoles. It is well known that tadpoles can be artificially prevented from metamorphosing into frogs by adding the hormone thyroxin to their aquarium water. Using a bioresonance machine, scientists at the University of Graz in Austria recorded the EM signals from a solution of thyroxin and played the signals to the tadpoles. The effect was dramatic: the tadpoles behaved as if they were surrounded by thyroxin and failed to turn into frogs.<sup>3</sup>

This experiment, which is strikingly similar to research findings by French scientist Jacques Benveniste, displays another feature of the bioresonance machine – its ability to detect the EM signatures of chemical substances. This information can be used both diagnostically and therapeutically. For example, the presence of toxins such as mercury can be detected by their characteristic EM

signal. Once the wave form of a toxin is identified, the machine inverts it and replays the wave form to the patient, thus eliminating the toxin using the interference effect. A similar technique is used to kill gut parasites.

About 4000 practitioners are now using bioresonance machines worldwide. Most of these machines are to be found in Germany, where 70 per cent of the practitioners are conventional doctors. In contrast, there are only about 40 therapists practising in Britain and the USA.

Although bioresonance is claimed to treat virtually any illness, in practice, most of the patients who are helped by the treatment are those found to be suffering from allergies, parasites, toxicities or candidiasis.

Tony Edwards

TV producer Tony Edwards is also a freelance writer specializing in leading-edge alternative medical and scientific research.

- 1 Ter Arkh, 2000; 72: 50–3
- 2 Bull Exp Biol Med, 2002; 134: 248–50
- 3 Vet Hum Toxicol, 1995; 37: 259–60

## Cured by radio waves

Ann Bing, 48, a secretary for a Croydon newspaper, was struck down with juvenile arthritis, which gave her constantly recurring bouts of severe pain in the knee. Ten years later, she began to have sinus problems. These soon became so chronic and debilitating that she was considered for major surgery. After repeated courses of antibiotics had failed to work, she sought help from various forms of alternative medicine, without success. When the arthritis moved to her hands and her job was on the line, she knew she had to get it sorted.

After a colleague had done a story on local bioresonance therapist Savita Bhandari, Ann decided to try the treatment herself. Savita quickly discovered that Ann was intolerant to cereals, milk and citrus. Savita worked to neutralize wheat – her worst allergy – by giving her phase-reversed electromagnetic signatures of wheat. “I immediately started noticing an improvement,” says Ann.

Treatment continued for about 12 more sessions as Savita gradually detoxified Ann’s body and neutralized her other intolerances. Within a few weeks, the arthritic pain in the hands had disappeared, followed by a huge reduction in her knee pain. At the same time, almost without her noticing it, the sinus problems stopped.

Today Ann continues to have one treatment session every three months – “just to keep myself detoxed”. Her food allergies, although not totally cured, are much improved. “I still have to watch that I don’t eat too much bread”, she says, “but for the first time since I can remember, I’m largely pain-free and my nose works properly – I can blow it like other people!”

In Central London, Peter Smith offers bioresonance therapy at the Hale Clinic. For a list of practitioners elsewhere in the UK, contact [www.vitahealth.co.uk](http://www.vitahealth.co.uk).

*This is the first of a series of lessons about the use of sound – harmony and vibration – to heal and to raise consciousness, both individually and collectively.*

*The Field teaches us that we are a connected sea of energy and, ultimately, that we are beings of light. This is complemented by the work of Swiss physicist Dr Hans Jenny, who discovered that every cell in our body is controlled by an EM field with its own frequency.*

**T**hat we are beings of light gives sense to energetic or vibrational healing systems such as homeopathy and acupuncture, which can tune the body back to health. As Dr Richard Gerber, author of *Vibrational Healing* (Santa Fe: Bear, 1988), once said: “If we are beings of energy, then it follows that we can be affected by energy.”<sup>1</sup>

Biologist Dr Rupert Sheldrake describes our bodies as “nested hierarchies of vibrational frequencies”, which appear as discrete systems functioning within larger, more complicated ones that are themselves contained within even larger and more complex vibrational structures.<sup>2</sup>

This nested hierarchy goes beyond the human body and its intercellular connections, and extends out to the planets and galaxies which, in their turn, are vibrationally connected. Similarly, every living and ‘inanimate’ object on the earth, including people, trees, plants and stones, are also in communication – and, ideally, in harmony.

It’s a realization the ancients shared. The importance of sound is reflected in the philosophy of Nada Brahman (Union through Sound), and can be found in Sufism, Tibetan Buddhism, Hinduism, Islam, Christianity and Judaism. We know the Ancient Egyptians and the Ancient Greeks also understood the importance of sound, and used it in religious ceremonies, while the Pythagorean School developed the theory of planetary vibrations in the Music of the Spheres.

In modern times, harmony and vibration are used in many forms of therapy, such as bioacoustics, cymatic therapy, harmonic resonance, Hemi-Sync from the Monroe Institute, mantric chanting, music imagery, toning and tuning forks.

Sound is not just used to bring a sense of inner peace and calm. It has physical applications as a method of reducing pain and even for reversing disease. The American physician Dr Royal Raymond Rife was using sound frequencies to reverse some cancers he said were caused by a virus until his work was banned in the United States in the 1930s.

In this course of lessons, you will come to understand the significance of sound in modern therapies and to the Ancients and, more importantly, how you can harness it in your everyday life to effect change and healing.

In this first lesson, we will begin setting the groundwork by looking at the science of sound, and how scientists and researchers have explored the world of sound and vibration to heal and change the immediate environment.



# in to the right frequency

There has hardly been a time when the physicist and his forebear, the natural scientist, was not experimenting with sound or endeavouring to understand its qualities and effects.

Dutch mathematician Christian Huygens noted the power of pulsation in 1656, when he discovered that randomly swinging pendula would eventually begin swinging in unison. He described this phenomenon as the 'principle of entrainment', where weaker pulsations come under the influence of stronger ones.

In an experiment by German physicist Ernst Chladni at the end of the 18th century on the effects of vibrations, he was able to create intricate sand patterns by vibrating a steel plate with a violin bow. When disturbed, the patterns would quickly re-establish their original formation.

But it was the work of Dr Hans Jenny in the 20th century which gave a firm scientific footing to vibration and sound, and inspired many other researchers and scientists to explore the use of sound therapy.

Jenny (1904–1972) was a medical doctor who spent 14 years on meticulous research into the effects of vibrations on a variety of materials, including powders, sand, pastes and liquids. He used a simple, audible sine-wave vibration to create wonderful, natural patterns – they were physical representations of vibration.<sup>3</sup>

A substance, such as sand, was placed on a metal plate attached to an oscillator controlled by a frequency generator. A turn of the dial made the plate vibrate at different frequencies and, instead of creating anarchic mounds, the material was transformed into beautiful and symmetrical patterns. Jenny said he could hear the sound as a wave, see the pattern of sound and feel the sound through the vibrating plate. He called his work cymatics, which is encapsulated in his main book, *Cymatics: A Study of Wave Phenomena*, which is now back in print.

Although others have been inspired by Jenny to explore the healing powers of sound, Jenny himself never saw his work as a therapy. Instead, he wanted to demonstrate the importance of sound and vibrational fields throughout nature, and its role in a variety of systems, such as biology, weather patterns and even social order.

Despite his disinterest in sound therapy, Jenny saw people as unified energy fields or 'wholes', as he put it. Applying Sheldrake's theory of nested hierarchies of vibrational frequencies, it is possible to see our physical bodies as a gross form of vibrational field, interlapped by other vibrations made up from our thoughts and emotions.

Jenny's natural heir is Japanese researcher Masaru Emoto, who has explored the impact of human energy, thoughts, words and sound on the molecular structure of water.<sup>4</sup>

Others influenced by Jenny who have concentrated on therapeutic applications of sound include British naturopath Dr Peter Guy Manners and Robert Monroe, whose pioneering work has created the Monroe Institute.

Manners suggested that every form vibrates within its own specific range of frequencies, which alters when unwell. As every cell has its own frequency, so every body has a composite harmonic frequency as unique as a fingerprint. In health, the frequency pattern is steady and constant, but when dysfunction/disease upsets the harmony of the body, an aberrant resonant frequency is generated. Manners would then transmit the original, healthy vibration until the

## The stress-busting molecule

Although plenty of researchers have proven the stress-reducing abilities of music, few have explored the physiology of the phenomenon.

Researchers from the Neuroscience Research Institute in New York believe that nitric-oxide molecules respond to music and sound, and cause the sense of relaxation and wellbeing.

But the discovery goes way beyond the purely mechanical. Nitric-oxide molecules help create the auditory system and are an active agent in cochlear (inner ear) blood flow.

A purely physical description tells us that cochlear nerve fibres enter the brainstem and are routed through the thalamus to the auditory cortex. It is along this path that the emotion centres within the limbic system are activated when music is played.

But the essence of what is really going on continues to elude researchers.

sick tissue or organ started resonating with it, so restoring itself to health.<sup>5</sup>

Monroe worked along similar lines of empathetic frequencies, but to modulate brain waves. His work resulted in the HemiSync, an audio system that transmits binaural beats influencing brainwave patterns to improve emotional wellbeing, overcome sleep disorders and reduce stress.

The Russians had also been working along similar lines throughout the 1960s, although their work only appeared in the West in 1983, when Dr Ross Adey, chief of research at a California hospital, took delivery of one of their wave-emitting machines, known as Lida. The machine was designed to alter brain waves to treat nervousness, sleeplessness, hypertension and neuroses.<sup>6</sup> Adey described the machine as "a distant pulse treatment apparatus" which generates 40 megahertz radio waves.

The machine was issued with a photograph of a Lida on a stage in a theatre in which the entire audience was asleep, presumably as a result of the transmissions of the machine.

It all added to the mystique of the Lida, and as much nonsense as science was spoken about it at the time. It was even suggested that the Lida was transmitting waves to the United States to change the thinking of the typical American.

**Bryan Hubbard**

Lesson 2: More scientific discoveries

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# Do humans have a special

**P**sychics and many traditional cultures have maintained that human beings have a special connection with the earth and, as the earth and the planets wax and wane, so we do too. Is there any evidence for this, and if so, how can we maximize our ability to tap into the earth's energies?

If we are 'sucking' up other photons or indeed electromagnetism from other sources, is there a single part of the body which serves as our antennae? Any oriental mystic will tell you the answer lies with a tiny gland buried deep in the brain which functions as the body's conduit to psychic energy and the universal cosmos.

**The pineal gland** has been called the 'Oracle of Light' or the 'third eye' in animals because it lies close to the skin in birds that can distinguish day or night without the benefit of sight. Scientists believe that, in animals, this gland acts like a receiver to monitor EM fields and help align the body in space. Indeed, it was once postulated that, in many animals, the gland contained magnetic material. Changing the direction of magnetic fields around the heads of birds, for instance, alters their ability to orientate themselves.

In several categories of animals – reptiles, amphibians, birds and fish – the pineal sits atop their heads and has certain characteristics redolent of a third eye. The pineal gland of the western fence lizard (*Sceloporus occidentalis*) is plainly seen from an opening in the skull and has an optical lens. Under high magnification, a cornea, retina and lens are also visible. It reacts

to short and long wave-lengths of light. Nerves connect this lens to the rest of the pineal and the brain.

The sea lamprey (*Petromyzon marinus*), the lowest form of vertebrate, but with evolutionary significance, possesses two pineal glands visible on its skull, above the brain. It may well be that, in higher vertebrates, the gland has receded from atop the head to the centre of the brain.

**The pineal gland**, or 'epiphysis', is a cone-shaped pea that sits on the roof of the third ventricle of the brain, directly behind the root of the nose, floating in a small lake of cerebrospinal fluid. Because it lies in the centre of the brain, neurosurgeons and radiologists have found it a useful landmark for brain surgery.

But until relatively recently, it was the subject of much lore as the gateway into the soul or the higher realm, the memory valve, an energy vortex, the main tap for vital fluids and even the source of mental illness.

René Descartes is often quoted as claiming that the pineal gland is the seat of the soul. What he did postulate was that the gland is a unique meeting point between body and soul, the only place where the soul "exercised its function in a more peculiar way".<sup>1</sup> After Descartes, however, the gland was consigned to the neurological dustbin, regarded by the scientific community as an evolutionary leftover, the appendix of the brain.

Then, in the 1950s, Aaron B. Lerner at Yale University isolated a peculiar hormone produced by the pineal and dubbed it 'melatonin'. Julius Axelrod, an American pharmacologist, neuroscientist and eventual Nobel prize-winner, went on to discover the importance of this gland as our body's biological clock.

The pineal gland has been called a 'window of the brain' because, as with all midline structures bordering the third and fourth ventricles of the brain, it doesn't have a blood-brain barrier.<sup>2</sup> Instead, it relies on a constant supply of blood via a particularly rich vascular network, considering its minuscule size.

The late Italian Brunetto Tarquini, head of Internal Medicine at the University of Florence, considered the pineal gland the most bathed with blood of any organ of the body besides the kidneys.<sup>3</sup> Thus, it is being constantly nourished with oxygen and nutrients, particularly in very young children.

Another interesting aspect of the pineal gland is that it sits uniquely alone in a place – the brain – whose other parts are always found in pairs.

The pineal is the first gland formed in a fetus, distinguishable a scant three weeks after conception, suggesting that it possesses a central role in the body.<sup>4</sup> Although its full function is still poorly understood, in some scientific quarters, it is thought that, rather than being simply

## The vibrating beacon?

It's long been known that the pineal gland 'hardens' with calcified tissue, much like teeth and bones. These strange calcified deposits, usually between 3–5 mm, begin appearing at adolescence and form a cluster of what it often called 'brain sand'. By adulthood, between 33–76 per cent of the gland has calcified.

A recent study found asymmetrical crystals in the pineal gland which are 'piezoelectric' – that is, they send out an electric voltage – a vibration that creates electromagnetic waves.<sup>1</sup> When placed in an electrical field, piezoelectric crystals are compressed. This study postulates that whenever a person is exposed to an EM field, such as that in the earth, the gland vibrates, sending out EM signals to the rest of the body. This is similar to the skulls of dolphins, which are set up like parabolic antennae to create two types of sound: one for investigating its environment and the other for communicating.

1 Biochem Bioenerg, 1996; 41: 191–5

# antennae?

another endocrine gland, the pineal may be the ultimate master switch in the brain, even controlling the pituitary.<sup>5</sup>

**In all higher vertebrates**, including humans, the pineal gland secretes melatonin, a derivative of the amino-acid tryptophan. Production of this hormone is stimulated by darkness and inhibited by light, so its production peaks in the early hours of the morning. The pineal converts serotonin from dietary tryptophan into melatonin using enzymes, including light-sensitive hydroxyindole-O-methyl transferase (HIOMT). The pineal has been called a photo-neuroendocrine transducer, through which a neural signal with environmental information is converted into a chemical message – in this case, to switch on or off the production of melatonin.

Melatonin acts as a kind of master clock, regulating our sleep/wake cycle and retarding the ageing process. However, it also appears to function in regulating growth and other aspects, including mental stability. Low levels of melatonin have been implicated in cancer, sexual dysfunction, hypertension, epilepsy and Paget's disease. The pineal is also involved in psychic health as well as timekeeping. New evidence shows that a malfunctioning pineal gland may be related to epilepsy, schizophrenia and even autism.<sup>6</sup>

Although scientists realize that the pineal is light-sensitive, it has always been assumed that the light or darkness enters as usual from the rod and cone receptors in the eye retina and makes its way to the gland via the sympathetic nerves.<sup>7</sup> The conventional wisdom is that a small percentage of the impulses from the optic nerve are detoured to the pineal from the visual pathway, and it is this input which controls the production of melatonin. However, the pineal gland appears to be far more complicated than electrical nerve impulses or chemistry. Evidence from animals suggests that this gland itself senses light.

Axelrod ran a series of experiments to determine exactly what controlled melatonin production. He found that when rats were kept in constant light, the serotonin-melatonin rhythm disappeared; in rats kept in constant darkness, the serotonin rhythm was normal. Apparently, some other mechanism – an internal clock perhaps – was doing the driving.<sup>8</sup>

Another study in blind mice born with no retinal light receptors showed that even without the ability to 'see' light with their eyes, the mice responded to it – their biological clocks turned on production of melatonin at night and turned it off at daybreak. Even more astounding, some of the mice had a defective visual pathway, so light information was being processed through some other mechanism. The study authors admitted that some sort of 'unconventional' photoreceptor was involved, but continued to insist that it was in the eyes, and not some gland buried deep in the centre of the brain.<sup>9</sup>

Some researchers have proposed that, as the pineal has similar genetic information to that of the eyes and its own system for transforming and communicating optical signals, that it very likely can sense and transmit light.<sup>10</sup>

Most mammals continue to produce melatonin in their 24-hour rhythm even when kept mostly in artificial light, as do people in areas such as the Antarctic, which has no daylight in winter. And certain people who don't secrete melatonin whatsoever don't appear to suffer any adverse effects.

Tarquini, fascinated by the prospect that human beings are connected to earth's and other planetary rhythms, discovered an amazing pattern. The pineal is not simply following circadian rhythms, but other rhythms as well. On comparing healthy women with those with breast disease, he discovered that healthy women had a similar annual rhythm in circulating prolactin. The same signature annual rhythm was not found in the women with breast disease.<sup>11</sup>

In one study, blood samples were taken from healthy women in the Channel Islands and stored. The women were then followed to see who developed cancer. Blood samples from those who did and did not develop cancer were examined for prolactin and TSH (thyroid-stimulating hormone). Again, the healthy women showed an annual cycle – a rhythm absent in the women who had gone on to develop cancer.<sup>12</sup>

Tarquini also discovered pronounced weekly (circaseptan) rhythms in neonatal blood pressure and heart rate. Indeed, he found that these rhythms were predominant during the first month of an infant's life, suggesting that, as humans arrive on the earth, they "lock into the . . . seven-day harmonic of the planetary geomagnetic disturbance".<sup>13</sup>

Tarquini also revealed an association between heart-rate variability and the stage of the solar cycle. His studies show something extraordinary – that melatonin is being produced according to two impetuses rather than single one: light by day, but also geomagnetics at night.<sup>14</sup>

Something more profound than light is having an effect on life.

**Lynne McTaggart**

Lesson 2: The earth's geomagnetic field

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## The power of second sight



Clairvoyance literally means 'clear sight' or 'clear vision' – being able to receive psychic messages or information through a heightened visual awareness. The exercises below will help you to develop second sight.

There is a misconception that psychic power is something that only certain people possess. The reality is that such people are just more aware of their abilities than others.

Many of us are already using our psychic abilities without even knowing it, and many are aware of the information they receive through their 'inner' senses, but either don't trust them or don't wish to make them public.

Do you sometimes think of someone only to have them call or text you? Do you walk into a room and pick up an atmosphere within a couple of seconds? Do you receive strong mental images or hear the answer to a question inside your head before you have voiced it? If you answered 'yes' or even 'maybe' to any of the above, it's a sure indication of your ability to be clairvoyant.

Being 'psychic' is having a heightened sense of perception – being able to perceive people's thoughts, feelings, atmospheres and spirit beings. The most frequently form is extrasensory perception (ESP) – reading into people's thoughts, innermost feelings, even seeing a person's physical and spiritual wellbeing.

Most clairvoyants receive the information internally with something akin to a movie running inside their head – this is subjective clairvoyance. The other type is objective, when the psychic can see objects, animals or people in spirit as if they were physically present.

Telepathy is the first stage of psychic development and a vital link to seeing clairvoyantly. The practice of visualization opens up the ability to use this powerful skill and to clearly define the difference between imagination and perception of non-physical reality. A person with strong clairvoyant abilities will receive messages as visual images and symbols.

### Practical exercises

To learn how to be clairvoyant, you need to know how to focus your mind's eye and discipline your imagination. It's not as hard as it appears to be, but it does take time, concentration and practice.

If you've never tried meditation or visualization techniques before, allow yourself a few minutes to daydream, fantasize and play out your thoughts. This is the first stage of learning how to work with your imagination and linking it with your clairvoyant vision.

As you practice, you will learn how to sort, assess and figure out how to act upon the information you receive, and whether it is a psychic or a telepathic thought, or just your imagination.

Another method is to stimulate the energy flow to your third eye (historically the place of clairvoyant vision):

- ◆ Focus on your third eye, which is located just between and above your eyebrows. You can place your fingers over the spot and massage it to stimulate the energy flow.
- ◆ Breathe deeply and imagine it to be a physical eye, with its eyelid softly closed.
- ◆ Picture your whole forehead bathed in a gentle golden light and see the golden light turn purple or indigo.
- ◆ Imagine your third eye beginning to open.
- ◆ Hold the light energy over the third eye.
- ◆ Send yourself the positive thought that you can receive clairvoyant information.

OR

The practice:

- ◆ Sit in your meditation position, relax and focus on your breathing, then take your attention to the third eye.
- ◆ Close your eyes and pay close attention to the flow of your thoughts.

**Natalia O'Sullivan**

Natalia O'Sullivan, author of *Do-it Yourself Psychic Power*, is a renowned spiritual teacher and healer. E-mail: [Natalia@sacredhealers.co.uk](mailto:Natalia@sacredhealers.co.uk)

**H**ealing is dissolving the veil between who we think we are and who we really are. It is dissolving the veil between life and death.

The hard part about healing training is not the techniques, but the personal growth and self-development you need to achieve to become ready to learn the techniques. Then the techniques come quite naturally.

The heart of healing is not techniques, but the states of being out of which those techniques arise. When I first began healing, I accomplished less in a two-to-three-hour session than I can now do in 30 minutes, because I can now enter into much deeper and more powerful spiritual states of being that allows me to transmit thousands of times more non-invasive healing energy that is precisely directed at the client's needs.

All healers must walk their talk. It takes a lot of self-development and self-transformation as well as a lot of training in the healing arts to be an effective healer. Meticulous honesty with your self is of the utmost importance. Healers do not work miracles.

Often, people go to a healer at first to find relief or cure for a specific disease or symptom. In my experience, I have found that the client always receives far more than that. Ultimately, what people receive is transformation.

People are rewired and recircuited, making them better equipped for processing energy. The body is structurally changed to allow for energy movement in channels and flows that have never been possible before.

My own path as a spiritual healer began in Indonesia 15 years ago. After years of intensive studies, an Chinese Indonesian Taoist priest instructed me in various ancient Taoist healing and channelling practices, all of which are done in deep-trance states. Since I am female, I was mainly allowed to work with the energies of *Quan Yin*, the Chinese goddess of mercy.

Eventually, I started to perceive spiritual guides, healing masters, devas and angels. This level of reality appears when you open yourself to higher levels of sense perception. In the beginning, I thought I was having visions or just making it up. But soon, these entities showed up at every healing I performed and started to put their hands through mine as I worked on people. I could see and feel their hands working. Eventually, they became completely merged with me and, from then on, I always 'knew' what to do – when, where and for how long. This incredible energy source – beyond anything I had ever experienced – started to flow through my body and into my clients.

I was indeed in awe of the process

facilitated before me. Even before my clients discovered what was taking place within them, I knew that they had been deeply transformed, because fundamental energetic changes had taken place. It was like redesigning and upgrading an old computer. Old bits and pieces were being replaced with new high-tech components. From the outside, the equipment looked the same but, on the inside, there was no comparison between before and what it was now capable of doing. Changes are often dramatic and sometimes take place at warp speed.

Whenever energy is released, a reaction is likely to occur. People who had been immobile for years are suddenly able to make changes – stuck relationships, careers, travel, ambitions, spiritual issues all receive rapid and forceful attention.

A healer will not only eliminate the pain/problem, but will also work with the client to find and heal the root cause of the original symptom or disease. This is usually found on a deeper level of the client's inner being. True healing is ultimately learning who we really are.

With great patience and love, my inner guides and Higher Self led me onto a path of incredible spiritual awakening, and the development of my own unique hands-on healing technique.

Though I could always access this energy whenever I focused my intention, the powerful energy transmissions would occur unpredictably. Over time, I learned to live with these power surges, and have trust that the exact amount of energy needed would always be available and flowing into my client's body. Working in an altered state of consciousness became normal and filtered over into my mundane life as well.

Gradually, I learned to hold my focus and concentration for long periods of time, enough to be able to contain the energies required to do deep psychic surgery.

For many people, angels or inner guides are not acceptable. But for me and for some of my clients, they are very real and discernible.

Nevertheless, it is not the metaphor of reality used to describe this phenomenon that is important, but the usefulness of the information that is received through altered states of consciousness. There are those guides who work with me I call my Team, those who come with the client, and specialists who come to do unique work.

**Renate Hechenberger**

*Renate has been a practising healer in Austria and the Far East, and holds a meditation and channelling circle in Brighton and in London. E-mail: renata@livingharmoniously.co.uk*

## Do-it-yourself remote viewing



The term 'remote viewing' was first coined in the early 1970s by artist/writer Ingo Swann and Janet Mitchell, along with Karlis Osis and Gertrude Schmeidler, of the American Society for Psychical Research (ASPR).

Remote viewing is a process whereby an individual perceives information about a distant location using 'something' other than the known five senses.

In 1972, Swann offered to be tested at the Stanford Research Institute (SRI) by physicists Hal Puthoff and Russell Targ. Their technique was developed in the early 1970s under the auspices of the US Department of Defense, and used by the military and the Central Intelligence Agency for two-and-a-half decades to gather military intelligence on threats to national security. In 1995, the CIA deactivated and declassified the programme. Since then, many diverse groups and individuals have expanded the use of remote viewing into the civilian world.

### Outbounder protocol

What came to be called the 'outbound experimenter', or outbounder model, by the SRI was designed and implemented during 1971–1972 at the ASPR. In this model, a remote viewer would try to perceive the whereabouts of a researcher who had gone to a local target, say a park or museum. This is how it works.

**EXERCISE A:** Have a friend or colleague collect 10–12 picture postcards depicting local sites and place them in thick envelopes so that you cannot see the contents. Number the envelopes. Ask another individual (the beacon) to select an envelope at random and, without your knowledge, go to the location shown on the postcard they have chosen. The beacon should stay there for about 5–10 minutes and try to send you information about where they are by writing a description of their surroundings and making a pencil sketch of the location.

The objective is to perceive the location of the beacon and not the picture on the postcard. While the beacon is at the target site, try to perceive where he is. Write your perceptions down and draw a sketch. When the beacon returns, compare your written descriptions and sketches to see how close you have come to perceiving the location. Visit the location with the beacon, and try to match your perceptions to the actual location.

**EXERCISE B:** A variation of the outbounder method is remote tracking. This exercise can be carried out with a pair of viewers, one acting as the beacon and one as the remote viewer. After synchronizing watches, the beacon leaves the remote viewer and travels to an undisclosed location. At five-minute intervals, the beacon records where he is, what he is doing and what he is thinking/feeling. The beacon may take several Polaroid snapshots of interesting landmarks. The remote viewer attempts to locate the beacon, at five-minute intervals, and records his impressions. When the beacon returns, the pair compares notes. The remote viewer should then go with the beacon to the target sites and see how well their perceptions matched the actual target.

**Angela Thompson Smith**

*Angela Thompson Smith, PhD, author of Remote Perceptions (Hampton Road, 2001), teaches remote viewing in Nevada. E-mail: catalyst@peoplepc.com*

## The power of your breath



The breath can be thought of as the generator of life force in the body. In this exercise, we will practice the basic Breath of Peace and apply it to our environment and world. While simple enough to do, its power is inestimable.

Slowly inhale through your nose, and slightly purse your lips to feel the exhaled breath wash over your lips – almost making an audible whistle. I call this a ‘present breath’ because it makes you aware of your body breathing.

After a few minutes, you may notice changes in your body, state of mind and feelings or awareness. Once a sense of calm is achieved, you can exhale from the nose. This permits deeper and slower inhalation and exhalation. Observe what a slow deep breath does to your sense of time within and without, and notice what is happening.

During the coming weeks, when you feel or observe a thought, emotion or memory, or are in a situation involving interactions that are not positive to either you or the rest of the world – such as worry, denigration or criticism – recall the BOP and apply it at that instant.

The BOP strengthens the ability to utilize the will to unite body, mind and soul toward a selfless application. In the moment of shifting your focus from the ‘constrictive’ to the ‘expansive’, imagine that the breath is creating an oblong vessel of light. Into this vessel, place the person, situation or feeling that was disturbing your sense of unity and wellbeing.

Many different things can occur in this moment. You may hear a message or see deeper into the situation, or you may witness a subtle shift in attitude or gain a new insight. This practice will make it possible to switch from one state of awareness to another instantaneously, with focus, will and attention, and to observe how quickly we can elevate a selfish or destructive desire or inclination into something that builds towards peace, unity and harmony.

This can even be used to benefit world affairs or enhance your local community. If there is a person recovering from illness, imagine him in your mind’s eye, place him inside the light vessel and wash the image with the BOP from the top down.

However, it is not advisable to use your will and mind to create the idea of ‘fixing’ a problem but, rather, to add your love to the environment in which normal activity occurs. Prayer done with love of God or the divine spirit in our hearts results in the greatest changes in the material realm rather than ‘pushing’ for an outcome from our will.

Our ability to direct our life force to an image of a person, place or state of being is the tool for non-visible communication. If we allow, in a moment of silence, for its currents to be felt, this animated force will connect us in awareness to all material and immaterial influences to creation, formation and, finally, action.

**Zohara Horonimus**

*Zohara Horonimus is an award-winning radio broadcaster, TV commentator, news analyst, columnist, social justice, health and environmental activist and author. E-mail: Zohara@futuretalk.org*

*Thought is a tangible energy that can have a physical impact on events, and living and non-living things. This section explores how to use positive intention in daily life as a positive, infectious energy, and how to shield yourself from negative intention.*

**O**ur connectedness implies that our intentions are an energy force that can shape our world. Evidence from Princeton and other research centres around the world indicates that human consciousness is a non-local energy force that can influence living and non-living systems, and create order.

Many studies show that the quantum frequencies that make up thought are an energy that is not sensitive to time or space – once we have an intention, it can affect our future or our past. Physicist Helmut Schmidt showed that people can affect the results of random electronic devices days after they’ve been used.<sup>1</sup> The evidence suggests that present or future intentions act on initial probabilities and influence what events actually come into being.

If that is the case, can our thoughts travel into and shape the future? Some scientific evidence suggests that they can. New evidence shows that we can actually ‘store’ our intentions and put them to use whenever we need them. The extraordinary studies of Dr William A. Tiller, professor emeritus of physics at Stanford University, illustrate that we can ‘embed’ these conscious intentions in a simple electronic device with a standard electrical circuit generating less than 1 microwatt of power and that, once captured, these intentions can be used at some future time to affect a living system.

Tiller has successfully carried out studies in a variety of labs throughout the US in which black boxes, or Intentional Imprinted Electrical Devices (IIEDs), as he calls them, ‘charged’ with particular human intention, have successfully produced a number of desired effects. The system has changed the pH of solutions (by a full pH), sped up the larval development of fruit flies (by up to 15 per cent), changed water and air temperatures, and increased the activity of the liver enzyme alkaline phosphatase.<sup>2</sup>

In Tiller’s study series, he enlisted four highly experienced meditators and sat them around a table bearing an ‘unimprinted’ IIED. The meditators went into a deep meditative state and, after mentally ‘cleansing’ the entire space around them, they mentally held a specific intention for the device for about 15 minutes. After mentally ‘sealing’ in their intention to prevent ‘leakages’ of their imprint signal, the IIED was physically sealed in aluminium foil and placed in a special cage, designed to block electromagnetic interference. The boxes were then shipped 2000 miles to a lab where the experiments were successfully carried out over the next two to three months.

Even more incredible, Tiller found that when a lab participates in studies of conscious intention, the Zero Point Field within the lab soon develops coherence, or a higher degree of order (measured by highly sensitive instruments). While conducting his experiments, it became apparent that a kind of 'conditioning' was going on around the site of the IED tests. Tiller and his experimenters began to observe oscillations in air and water temperatures, water pH and water electrical conductivity. No such changes were seen in areas more than six feet away from the test sites. The sites themselves began to develop similarities in the physical environment, even when they were as much as 900 feet apart.<sup>3</sup>

What appeared to be happening was that the intention 'charge' released some sort of organizing principle, which changed the natural thermodynamic processes. These changes, which violated conventional physics, tended to aid the process of change sought by the intention. Indeed, this coherence tended to grow the more the IED devices were used.

Here was specific, physical proof that intention is a power which alters the world, irrespective of time or space. Human intention, even when captured electronically, appears to have an infectious power that extends out and affects the world.

That human will can be collected in a black box, and stored and shipped for use at a later date to affect any process or object around it has enormous implications for every possible aspect of our lives. Could we, for instance, use our intention to affect the outcome of surgery, make a business grow quickly, prevent a child from dying or end a world conflict?

If we can use simple human intention to affect the chemistry of an array of substances, then we can speed up, slow down or improve many chemical processes. It may be possible for us to affect the development of breakthrough drugs by improving their targeted effectiveness and minimizing their side-effects. A doctor could improve the percentage of his patients who get better by thinking his waiting room into a healing place. A surgeon could improve his patients' outcome by thinking positive thoughts during surgery. The power of human intention could potentially affect every technology on the planet.

Each of us is a potential Frankenstein, with the awesome power to affect the living world around us.

Lynne McTaggart

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## Using prayer for peace



Prayer energy is a power just as real as electricity which we can readily draw from the infinite Field. Through our intentional prayers, we automatically channel this power through us and direct them to our intended focus, a particular person or situation.

How it is directed depends upon a number of factors, including the words of your prayer.

If you direct it to the victims of a particular earthquake or to help heal a person on the other side of the world, it will go there, irrespective of distance. The power of your concentration, intensity, and ability to radiate love and spiritual energy all assist the power of your prayer.

If you hear on the news that there is a war breaking out somewhere in the world and that peace talks are about to begin, you may feel inspired to send prayers to the peacemakers. Prayer can be especially useful if used strategically. For example, you should never ask in your prayers that the peacemakers' minds (or anyone's mind) be changed in any way. You should phrase your prayers in such a way that light, strength and healing goes out to the peacemakers so that they may be guided by their Higher Selves to make the right decision.

Another secret of success with intentional prayers is to give them everything you have – your concentration, faith, love, reverence and focus – then detach and carry on with your everyday life. By detaching from the results, you hand them over to the magical power of the Absolute.

The following is a prayer you may wish to use to help bring peace into our world. For greatest effect, say the prayer out loud with all your heartfelt feeling, keep your hands raised, palms facing outwards, and visualize energy flowing through you as a brilliant white stream of light. This is energy from the Field, conditioned by your love and the intention of your prayer. By raising your hands, you allow spiritual energy to flow freely through your heart centre and the psychic centres in the palm of each hand.

*Oh mighty God  
I offer my heartfelt prayer in thankfulness to you  
And ask that I may be a channel for your peace and love,  
So that this may flow through me now to all life –  
To humanity, in all its diversity of race and creeds,  
To plants, animals and even the rocks beneath our feet  
So that we may know we are One planetary family  
Dwelling within Thy Great Heart.*

*On wondrous Parabrahma,  
May your divine and infinite power flow now –  
At this very moment – in an everlasting stream of light  
To bring peace and freedom to our world.*

*Oh, Eternal Creator, Provider and Sustainer of All Life,  
Great Peace, Great Peace, Great Peace,  
May Thy will be done.*

Chrissie Blaze

Chrissie Blaze is co-author of several books, including *Power Prayer: Unlock Your Spiritual Powers for Peace and Healing* (Adams Media, Autumn, 2003). E-mail: [www.chrissieblaze.com](http://www.chrissieblaze.com).

## Living The Field

Satellite House  
2 Salisbury Road  
London SW19 4EZ  
Tel: 020 8944 9555  
Fax: 020 8944 9888

E-mail: [info@livingthefield.com](mailto:info@livingthefield.com)  
[www.livingthefield.com](http://www.livingthefield.com)

## Editor

Lynne McTaggart

Production Editor  
Sharyn Wong

## Design

John Clement

## Marketing

Andrew Miller (Manager)  
Dominique Ray

## Subscriptions

Nigel Stannard (Manager)  
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Gemma O'Brien

Customer Services  
Kathy Mingo

## Accounts

Mark Brandwood

## Editorial PA

Emily Gordon

## Publisher

Bryan Hubbard

## Contributors

Chrissie Blaze

Tony Edwards

Renate Hechenberger

Zohara Horonimus

Richard Lawrence

Angela Thompson Smith

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## SUBSCRIPTIONS DEPARTMENT

WDDTY  
Satellite House  
2 Salisbury Road  
London SW19 4EZ  
Tel: 020 8944 9555

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**C**ontrary to most people's ideas, channelling is nothing new, but simply a new word for an ancient technique.

There are two types of channels: deep-trance channels and conscious channels. Deep-trance channels have no or very little recollection of the channelling session, including the material and information they have just brought through. Being a deep-trance channel of that calibre and quality is rare, a quality for the especially gifted. But ordinary people without any special gift can become a conscious channel for high-level guides, your soul or Higher Self.

Channelling builds a bridge to a loving, caring, purposeful collective of higher consciousness. Through channelling, you can access all the ideas, knowledge and wisdom that is and ever will be known. When you channel, you are accessing these higher realms by connecting with a high-level guide or your source self – that is, your Higher Self. This involves consciously shifting your mind, mental space and emotions to achieve an expanded state of awareness called 'trance'.

## Achieving a trance state

To achieve the channelling-trance space, you will need to learn how to concentrate, relax and get your own thoughts out of the way (usually the hardest part!) to become receptive to higher guidance before requesting a connection to a guide or your Higher Self. In this receptive state, you become a vessel for bringing through higher energies that can be used for good purposes.

Painters, writers and musicians usually go into that 'channelling space' when they create. Runners kick into the 'runners high', and many report a deep sense of relaxation, higher inspiration, solutions to problems, new ideas and, in general, feeling better and more at peace with the world. It is not only the endorphin levels that create all this – the very motion of running allows access to the space of a light trance.

The challenge comes when you are out of this state and back in the so-called 'real world'. This is really tough, especially in the beginning when you're not used to the big difference in energy and light levels. But this will change with time and experience. Eventually, you will be able to hold the wisdom, love and connection for much longer times until the moment comes when they merge, and there is no longer a deep division between 'here' and 'there'.

This following exercise is a basic preparation for going into trance.

## Preparation

**Pick a time when you will be undisturbed for at least half an hour. Turn off the phone and mobile. If other people live in the house, let them know that you wish to be left alone and close the door.**

Create a pleasant, soothing environment, wear loose, comfortable clothing, preferably of a light colour (no black), and remove all jewellery. It is important that you feel very comfortable and safe. Put on some gentle, soothing, calming music if you like. But make sure you are wide awake. If you just have eaten or are tired, wait until later.



## Steps

1. Find a comfortable sitting position, either on a chair or the floor, that you can easily hold for at least 15 to 20 minutes.

2. Close your eyes and begin breathing calmly and slowly, taking about 20 slow, rhythmic, connected breaths into your upper chest.

3. Let go of all your concerns. Imagine them vanishing with every out-breath. Every time a thought comes up, imagine it on a blackboard and effortlessly erase it, or imagine putting it in a bubble and see it floating away.

4. Relax your whole body. Feel yourself growing serene, calm and tranquil. In your imagination, travel through your body, relaxing each part in turn. Mentally relax your feet, legs, thighs, pelvis, stomach, chest, arms, hands, shoulders, neck, head and face. Let your jaw be slightly open, and relax the muscles around your eyes.

5. Create a bubble of brilliant white light all around you, and clearly imagine its size, shape and brightness. Play with making it larger and smaller until it feels right for you. The bubble must surround you on all sides – extending above your head and below your feet like a cocoon.

6. When you are calm and relaxed and ready to return, bring your attention slowly back into the room. Enjoy your state of calm a bit longer.

If you feel more calm and relaxed than normal (not how you imagine others feel, but for you), then you can proceed to the next exercise we will cover: Holding a Focus and Concentration.

If you do not feel more calm and relaxed than usual, either stop for now and do this exercise again at another time, or go back over each step and spend more time relaxing each part of the body. Try inventing your own process or thoughts that will help you to be more relaxed and calm.

Practice every day for 20 minutes or so for one to two weeks to grow accustomed to deeper, more relaxed states and inner stillness.

Renate Hechenberger

Renate has been a practising healer in Austria and the Far East, and holds a meditation and channelling circle in Brighton and in London.

E-mail: [renata@livingharmoniously.co.uk](mailto:renata@livingharmoniously.co.uk); [www.livingharmoniously.com](http://www.livingharmoniously.com).