

Calmness is Healing


In an emergency room, a calm patient is far more likely to survive than a hysterical one with a similar injury. Calmness accelerates recovery. In fact, calmness not only governs healing, but is a prime determinant of Quality of Life.

While inflammation, pain and edema can be described as noise in the cellular matrix, fear, worry, and irritation would be noise in the nervous system. These noises interfere with our lives, exhaust us, and wear down our resistance to disease, making us more susceptible to colds and flu, impeding recovery.

A study on page 4 explores the effect of the Infratonic on 60 Hz noise, and of human thought on machines.



Electric

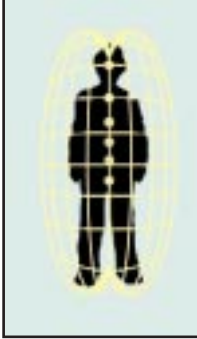


Three Energy Bodies


Electrostatic Waves are observed in the body in such measures as EEG and EMG. The “copper wall” experiments by Elmer Green show that healers produce voltages as high as 190 volts, 100,000 times greater than EEG voltages.

Magnetic waves within earth’s magnetic field are measurable around all organs in the body using superconducting magnetometers. The brain produces signals in the 10-9 gauss range while the heart produces signals 1000 times as strong, and magnetic signals from the hands of healers have been measured 1000 times stronger than from the heart!!!

The Mental Field is still waiting scientific verification, but new developments indicate that it may be measurable as gravity waves, human induced activity within earth’s gravitational field.



Magnetic

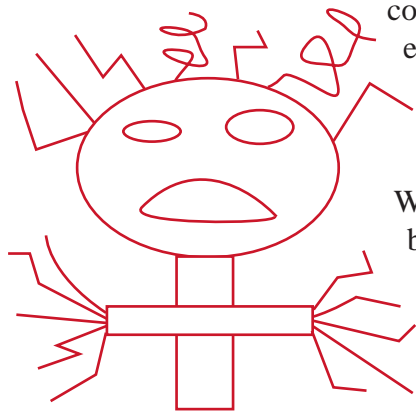


Mental

These three vital fields of consciousness that surround the physical body are useful only if they are clear and calm, which is rare in our busy, modern world.

Noise in the Nervous System:

One of the most interesting findings in my research is that most people have noise in their nervous systems measurable as involuntary muscle contractions. It is easy to observe that people who are really upset often tremble visibly. What you don’t see, but I have measured, is that people who have worked to increase their calmness frequently have no measurable trembling.



Ms. Frazzle

I have come to believe that noise in the nervous system is a sign that subconscious programming has invaded our bodies so that we are simply not in control of our actions and thoughts. You have probably noticed that people are substantially less likely to listen to reason when they are trembling. Noise in their nervous system may be interfering with their ability to listen to you.

In my studies, I have found that trembling at different frequencies indicates that our bodies have been “taken over” by the noise of different sorts of cognitive materials as follows:

Delta: Depression/Addiction

Theta: My needs come first

Alpha: Lost in the desire to serve

Low Beta: Worry/mental overload

This leads us to a fundamental question with stupendous implications: What does it mean if our bodies don’t tremble? It means our bodies are available to think clearly and grasp higher intuitive concepts.

When our bodies are filled with noise and are not listening, even we can’t control them. When our bodies are quiet, they are capable of amazing things.

As shown in the illustration above, our bodies produce three energy fields: an electrical field from the sea of electrons in the salt water in our bodies, a magnetic field produced by currents flowing through the heart, and

continued on page 2

a mental field, yet to be measured by science (but we're working on it!). Any of these three fields can be flooded with cognitive materials like fear of anthrax, addictive desire, or worry. These noises whip our cognitive fields into turbulence, and in extreme cases, mayonnaise.... you've probably been there.

Our cognitive fields, when quiet, can sense subtle electric, magnetic, and mental activity. Just as a lake is useless as a mirror when covered with ripples, our cognitive fields are useless when flooded with noise.

What can we do when our bodies are possessed by these noises? We can wait patiently for our bodies to be calm enough to listen to us, then gently impress our ideas, aspirations, and purpose onto their mental, magnetic, and electrical fields, respectively. "Eat more vegetables." "Turn left for a great parking space." If our body doesn't listen, there is nothing (we can) do but make suggestions and wait for a break. "How about a walk in the park or using your CHI machine?"

What can we do? The answer is to clearout cognitive programming like fear, worry, desire, and irritation through calm walks in the forest, meditation, & use of the Infratonic 8.

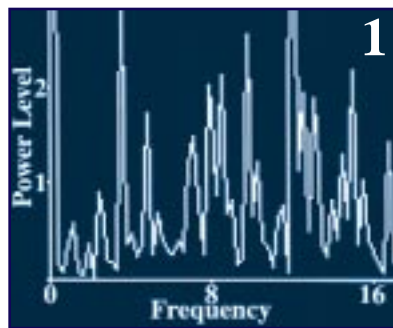
HOWEVER:

Q: How many psychologists does it take to change a light bulb?

A: Just one, but the light bulb has to really want to change.

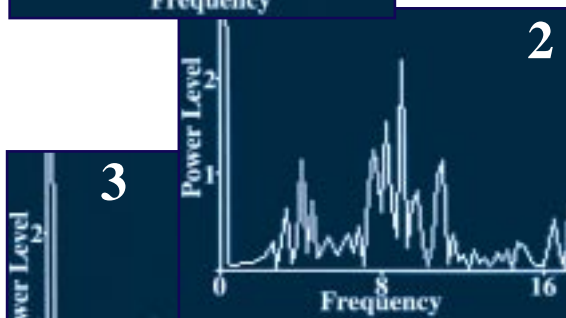
Our bodies very often do not want to get on with our purpose. Human bodies often want to eat chocolate, acquire things, or do drugs. They also have great difficulty giving up fear and worry. Remember how hard it was to get people to stop worrying about anthrax? And frequently, the last thing a body wants to hear is that it has a purpose beyond fear, worry, and wanting. But every one of us has an important purpose. Many cognitive materials simply create trauma in our bodies and jam the fields so we aren't able to listen.

Thus the dominant cognitive programs (desires and beliefs) sometimes jam the nervous system with electrical static, overloading the nerve plexi, particularly those in the back that connect the nerve plexus of the heart to the central nervous system. Sometimes this jamming is so extensive that it jams nerve plexi throughout the body, causing spectacular muscle spasm and pain. This is what the dominant cognitive program believes is necessary to maintain control of the vehicle. As an example, many people with chronic muscle tightness in their backs are experiencing a jamming of the nerve plexi connecting the heart with the nervous system. Some of the cognitive programming dominating the body (such as separativeness, pride of intellect, and prejudice) might be calmed out of existence, if only *continued*

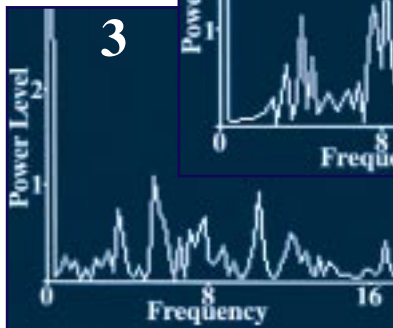


1 Calming the Noise

Graph 1 shows a test subject's trembling just before starting Infratonic Therapy, with noise across the spectrum.



Graph 2 shows that, **after just three minutes** of Infratonic Therapy, the noise has decreased and is predominantly in the alpha range.



After two minutes of rest after therapy, **Graph 3** shows that the noise has decreased even further, leaving the test subject feeling calm, relaxed, and mentally clear.

But, when our fields are calm and receptive, what do they sense? They sense us!!!! The physical body is just part of us. It is the vehicle we drive around while on earth...or rather, it drives us around if it is filled with noise and out of control. We don't usually notice ourselves when we are being controlled by noise, but it is easy to notice this noise in others because they often behave differently and don't listen to reason.

Another problem is that, even if our vehicles become calm, any slight cognitive stimulus, a seductive glance, an angry honk, or a clearance sale, sets our vehicle's fields into turbulence, and we wait again for calmness. In fact, some vehicles spend their entire lives whipped from one trauma to another, never calm enough to hear their inner voices or the people around them.

the nervous system listened to the intuitive wisdom of the heart. Apply the Spirit signal to the center of the chest and ask “What is it you are not seeing?” The Infratonic signal will ripple throughout the chest to the nerve plexi throughout the back and gently relax, bringing an awareness of the issues to your conscious awareness. Often it is something blocking your life’s purpose.

There are many sources of noise our bodies don’t seem to want to let go of.

Fear: Just try to talk someone out of the subconscious fear of air travel or anthrax. Use the Mind signal on the upper chest and you will find that these fears are greatly reduced. To relieve chronic fear, it is valuable to evoke the fear while applying the Mind signal. This brings it to the surface where it can be attenuated.

Irritation: Like a virus, irritation is contagious. It commonly invades families or offices. People want love and tranquility, but somehow their bodies can’t help saying something that starts an irritation escalation. Irritation quickly melts away with the Mind signal applied to the upper chest. It is a spectacular tool for hyper-active children, and is commonly used for “time-out”. Where irritation appears to be due to differing firmly held beliefs of two people, use of the Spirit signal often allows us to see a way out, a new understanding that encompasses both belief systems.

Worry/Hopelessness: Where people are worried and nothing can be done, as in the case of terrorism, the mind signal often quickly melts away worries. However, where these worries are reinforced by sensational media coverage, application needs to be repeated regularly.

Worry/Dilemma: Worry about making a difficult choice is quite different. You must make a choice, but all the apparent choices seem to lead to disaster. This second kind of worry is a major source of stress on the digestive and heart systems. Here, the Spirit signal can both calm the body and open a channel to inspiration, helping you find a new and unexpected answer that resolves the dilemma.

Noise in the nervous system is the primary cause for reduced quality of life, because it fosters interpersonal conflict and needless worry and irritation. It also exhausts us by sustaining our nervous systems on overload, thereby decreasing our resistance to disease and impeding recovery from injury and illness. Calming noise in the nervous system is probably the single most important factor in increasing quality of life.

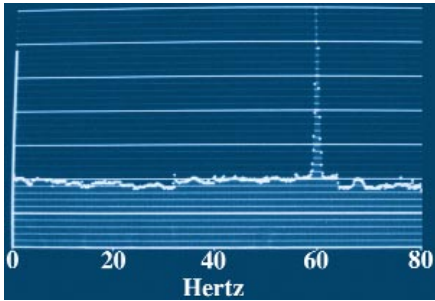
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60 Hz Power & the Brain

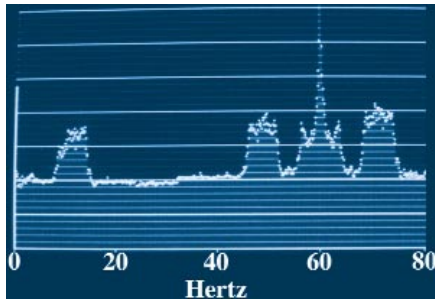
Danger and Discovery

To get an idea of how the Infratonic signal influences the nervous system, I set up a standard phone plug as a sensor of electromagnetic noise, fed it into a spectrum analyzer, and found that it was virtually all 60 Hz noise.



I then applied the mind signal of the Infratonic 8 into this same spectrum analyzer.

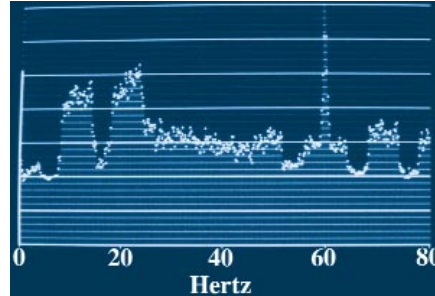
The result was surprising. Not only did it pick up the 8.5-13.8 Hz signal, but also picked up two additional bands just like the mind signal except symmetrically located above and below 60 Hz. This was quite a puzzle to me. What could it mean?



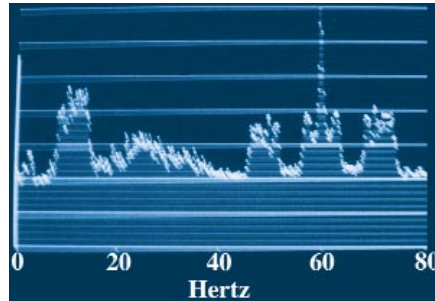
I got another big surprise when I applied the Infratonic 8's Spirit signal. It showed both the alpha and intuition bands, and showed both bands reflected above the 60 Hz spike, but, to my consternation, showed no peaks below 60 Hz, just continuous activity between 25 and 50 Hz.

I set the Infratonic back to the mind signal and tried again. This

time, the mind signal had additional activity between 25 and 40 Hz!



I was obsessed with knowing what this all could mean. It defied my analytical mind!!!



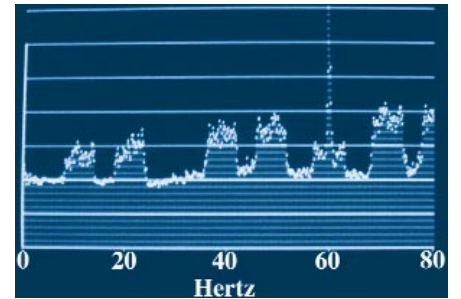
As I sat down to think about this, I realized that the activity around 60Hz was a beat frequency phenomenon, where the infratonic signal combined with 60 Hz activity in the air to create additional frequencies at the sum and difference of the two signals.

This might help to explain why the theta rhythm increases when the alpha

signal is first applied and why the Infratonic reduces electromagnetic sensitivities. But why the activity between 25 and 40 Hz?

I then realized that the Spirit signal had done its job. The purpose of the Spirit signal is to bridge between the analytical mind (13-17 Hz) and the heart (25-40 Hz.). I was about two feet away from the sensor, and as I pondered under the influence of the Spirit signal, my heart generated the 25-40 Hz activity. The sensor apparently picked up the electrical or magnetic activity of my pondering.

To test this hypothesis, I waited until I was back to normal and ran the test with the Spirit signal again, and, sure enough, I got the expected signal, with the Spirit bands reflected around 60 Hz. My thoughts had invaded the circuit.



So, the next time you are at your computer deep in puzzlement or creative thought, and your computer crashes, be aware: Your thoughts may have invaded the machine!!!



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