

MODERN MEDITATION

By Mike King

If you haven't noticed the medical news lately, meditation has been making some headlines. A Harvard medical study recently concluded that regular mediation lowers blood pressure, reduces pain, and cuts production of cortisol, the stress hormone. A University of Wisconsin-Madison study discovered that mediation boosts the immune system and brain function. Another study even showed that the elderly added years to their lives and even slowed or halted Alzheimer's (in the early stages only) by mediation. In the American Heart Association (AHA) journal, *Stroke*, meditation was shown to reduce cholesterol buildup and the risk of heart attack and stroke. The most recent study by the AHA shows heart and artery health improved 69% in test groups practicing meditation. The National Institutes of Health reports that regular meditation reduces anxiety, cholesterol, chronic pain, cortisol, and high blood pressure. In fact, the American Journal of Hypertension featured the results of a study that reported a 23% decrease in the use of high blood pressure medicines by a group using mediation. The most recent study by the AHA shows that heart and artery health improved by 69% in test groups using meditation.

Clearly, Science is proving the physical benefits of mediation. There are many other mental and emotional benefits being claimed by the leading scientists and meditation organizations. Here's the "shortlist" of improvements: memory, thinking, concentration, alertness, creativity, sleep, vision, substance abuse, personal relationships, dysfunctional emotional problems (anger, fear, depression), and handling stressful difficult people. Meditation also brings inner piece, happiness, clarity of mind, self-awareness, enhanced intuition, resistance to stress, achievement of personal goals, super learning, connection to the world, and a deeper connection to the Divine - just to name a few.

Our "Modern Meditation" is not tied to any specific religion and is actually used in some form or another by all religions. For most people meditation brings to mind Zen Buddhists, Yogis or Gurus chanting or humming their mantras sitting in the lotus position, or Gregorian chants and monks living in isolation. Unfortunately, deep meditation, states of enlightenment and the great positive mental and physical outcomes have been very difficult if not imposable for the average person to achieve. Who has time to spend 20 or 30 years studying and learning just how to meditate deeply and correctly? There was however, something in common with all the ancient methods of meditation. It was their chanting tones, harmonizing song and steady auditory or sound beats that went unnoticed for centuries.

A great amount of research and scientific breakthroughs occurred in the late 60's and early 70's. In 1973, Dr. Gerald Oster of Mt. Sinai Medical Center published a remarkable paper in the October issue of Scientific American. Oster's paper, entitled "Auditory Beats in the Brain", described how pulsation's called binaural beats (illusionary naturally occurring pure tones - like an optical illusion - making the listener hear only one fluctuating sound.) occurred in the brain when sound tones of slightly different frequencies were presented separately to each ear. This resulted in the entire brain becoming "entrained" or having a similar resonance as an internal beat. Simply put, Osters paper described a method, using very precise sound waves that allowed a person to create any desired electrical pattern in the brain, including the patterns of meditation. (See brain wave sidebar). Simultaneously, Robert Monroe of the Monroe Institute of Applied Science was also investigating the binaural beats. In addition, he noted "that the response did not only happen in the area of

the brain responsible for hearing, or only in one hemisphere or the other, but rather the entire brain resonated, the wave forms of both hemispheres becoming identical in frequency, amplitude, phase and coherence.”

In 1975 Robert A. Monroe patented Hemi-Sync. Hemi-sync was the first commercial audio technology to induce a deep meditative state and beyond... The Monroe Institute focused primarily on the immediate out comes from this technology, such as out of body experiences, states of “no time”, and other altered states of awareness. The newer programs and companies are from Monroe’s teaching and many owners were actually students of the Institute, but their focus varies. By the way, the Monroe Institute is the foundation of the Modern Meditation. Bill Harris at Centerpointe has taken this sound wave method a step further. His “Holosync” program uses a “a carrier frequency or single tone that slowly gets lower over a period of time. Bill claims, “new neural synapses (or brain cell connections) are created” with his technique. His focus is to strengthen the brain so you as an individual can achieve more in life. Other similar organizations such as the Immrama Institute and Jim Philips’ Total Mind LLC use sound waves, but in a layered format of several harmonized tones at one time. Jim Philips says, “The layered sound waves give much quicker results.” The complete Centerpointe program can take up to 12 years to complete, but results are almost immediate and remain with you for life no matter how far you are in the program. In fact, Bill states, “somewhere in the Purification level one or two (4th year Holosync program levels) you will become enlightened.”

At one of Bill Harris’ recent seminars he stated, “Brain wave patterns of mediation were discovered, and then someone (Dr. Oster) figured out how to induce these patterns in the brain. By listening to Holosync it puts you in a very deep meditative state without having to learn a technique for 20 years. You can do this every time and it really accelerates the process.” Meditation has come a long way from the old way our ancestors utilized it. Now, we have the sound induced brain entrainment tones on CD’s, like training wheels on a new bike, to help us immediately mediate and receive the benefits. Happy Mediation!

Recommended Reading:

Thresholds of the Mind by Bill Harris (c) 2002.

Websites:

Centerpointe.com – offers Free demo CD and newsletter.

Totalmind.com – audio CD’s

Immrama.org – information & CD’s

Neuroacoustic.com – information & CD’s

Monroeinstitute.org – information & CD’s

Marimann.com – information & large selection of CD’s

Brain Waves

Beta: 13-100+ Hertz (cycles/sec) Your normal thinking state that enables you to function in the outside world. States beyond 30Hz occur with uneasiness, distress, anxiety, dysfunctional behaviors, neurosis and, strong feelings of separation.

Alpha: 8-12.9Hz (slower) Your relaxed detached awareness pre-sleep, pre-wakening associated with peace and awareness, super learning states, and production of calming neural chemicals. Induced by Modern Meditation

Theta: 4-7.9Hz (slower still) This is the pattern of rapid eye movement (REM) sometimes called a hypnagogic state. This state is associated with creative healing, memory, healing, and integrative experiences (sudden understanding). Induced by Modern Meditation.

Delta: 0.1–3.9Hz (slowest state) The pattern of deep dreamless sleep or meditative alertness. Induced by Modern Meditation.

**This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.*