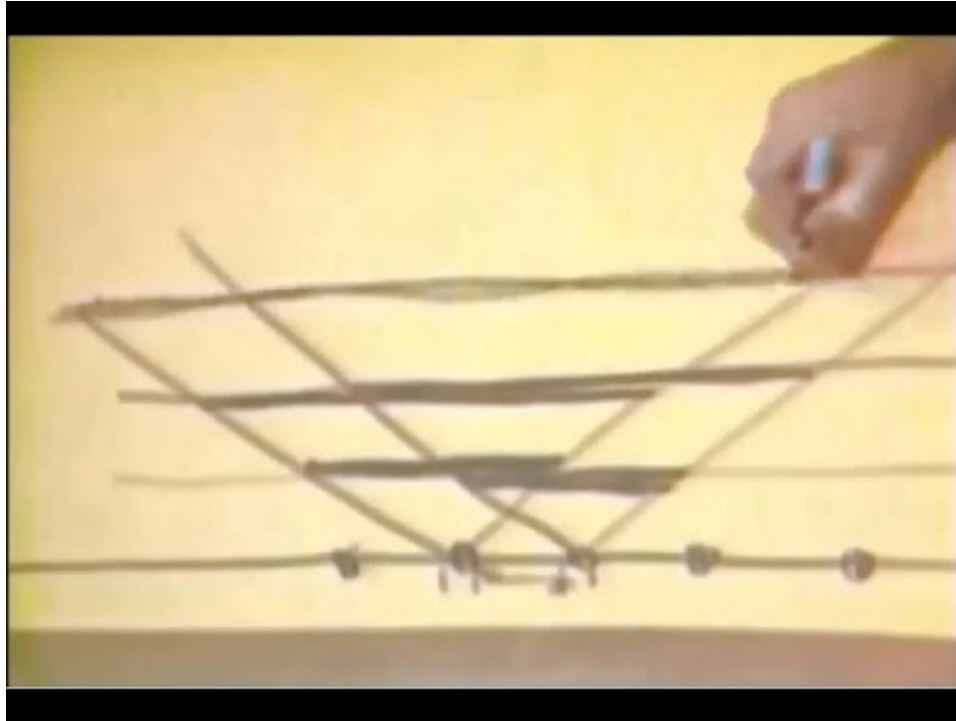


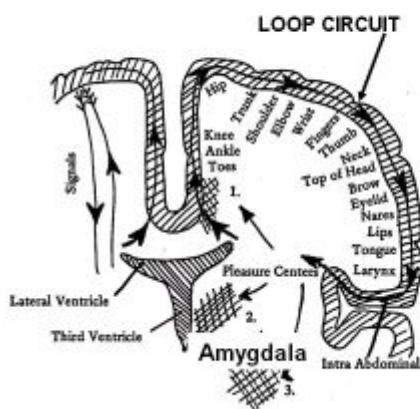
## Higher Consciousness through meditation – scientific prove

### 1. Itzhak Bentov - in Physics



below on X-Axis are the children in the class as bodies (dots). As on y-Axis the awareness rises, so increases the scope of attention and we get an mengling area in between the personal triangles. At the end, lets say, on level 5 at the Y-Axis, the awareness for the other is far larger of the awareness of only myself, at the end all becomes collective awareness, we become ONE.

### Itzhak Bentov's Model: Kindling the Kundalini



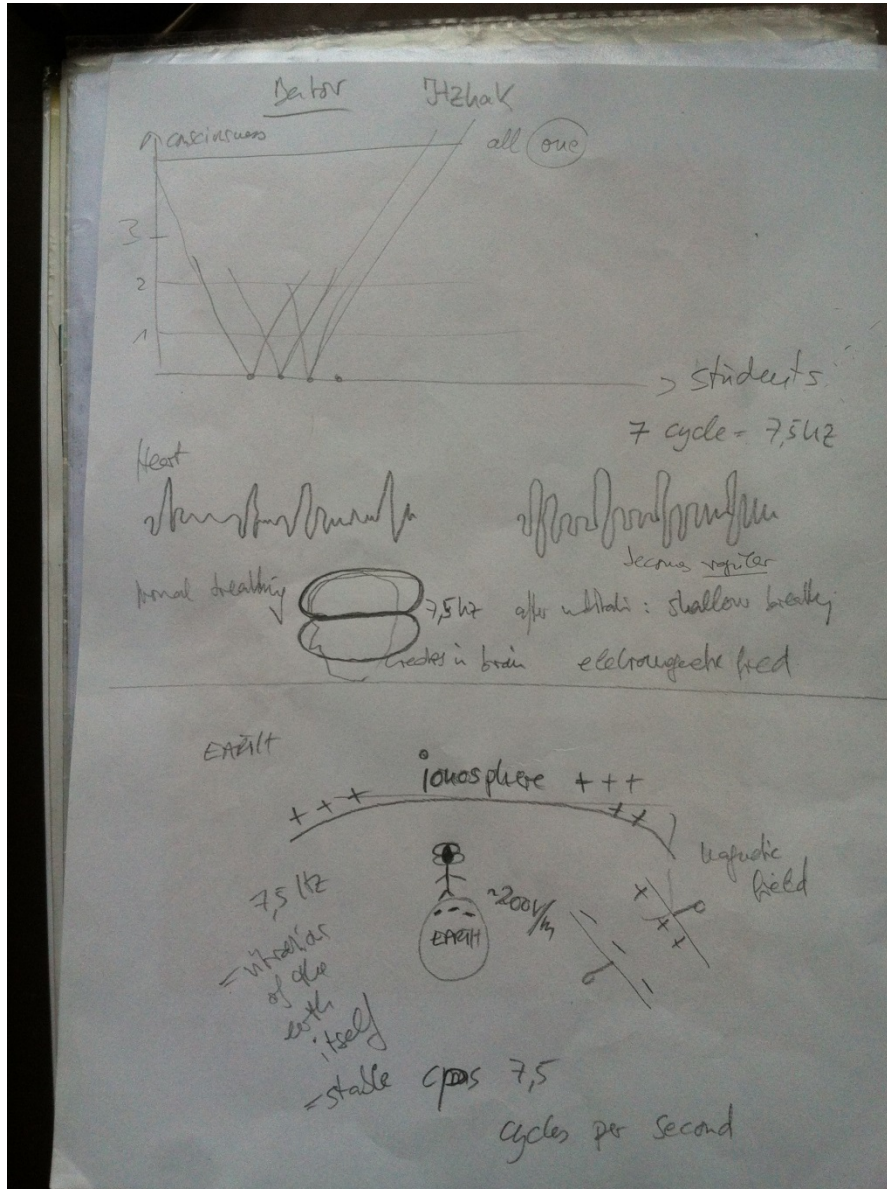
Sitting immobile in meditation, the pumping heart creates micromotions in the upper body. This will stimulate an electrical loop circuit in the sensory Cortex oscillating at 7Hz (the Theta frequency).

This current creates the physical symptoms experienced in Kundalini Awakening. It also stimulates the Amygdala which is very sensitive to kindling. From here it spreads to the Hippocampus, the occipital lobes and finally to the frontal lobes, awakening the whole brain.

Itzhak also proves that the 7Hz – which corresponds to the Teta frequency (Teta waves being responsible for relaxation in the brain) correlates with the magnetic field of the earth being approx. 7,5 Hz.

So there is the Ionosphere and the Earth. The field created in the brain through a meditating heart correlates with the magnetic field of the earth = 7,5 cps = cycles per second.

Actually, to be correct, the heart frequency is nearly identical to the velocity of electromagnetic radiation divided by the earth's circumference. 7.489 or 7,5 Hz.



## 2. Edward Bynum – Mythology & Neurology

Same relation can be found with the African drums creating the same standing 7 Hz wave around the heart which communicates to the brain, creating the same magnetic field around the brain.

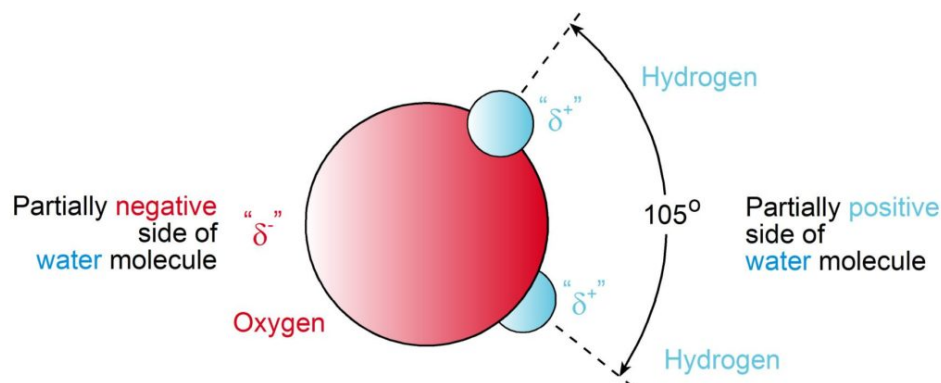
This is proved in the book „The African Unconscious“, where the Neurologist [Edward Bynum](#) puts up an equation telling that the drumming in West Africa, also of the Kung people in Kalahari desert actually has the same frequency = 7 Hz (Katz 1982) to raise the energy called N-UM (or N-TU in the Bantu people or Selí in Benin, or Ashé in Nigeria) while dancing. This is why doctors speak of Africans as having the „juvenile heart“ or juvenile EKG patterns in the physiology of the Blacks. In a harmonic model or analogy, higher levels of vibrations tend to entrain lower-order vibrations. We can say, by meditating or drum-dancing we tune into the vibrations of the earth.

Yoruba-experts studied the ancient mythology of the West African cultures ( in New Jersey) and believe that the wisdom of alternate states into this meditation pattern have first existed in West Africa 65.000 years ago and moved over Egypt to India.

### 3. Government of Graz - Water - Chemistry:

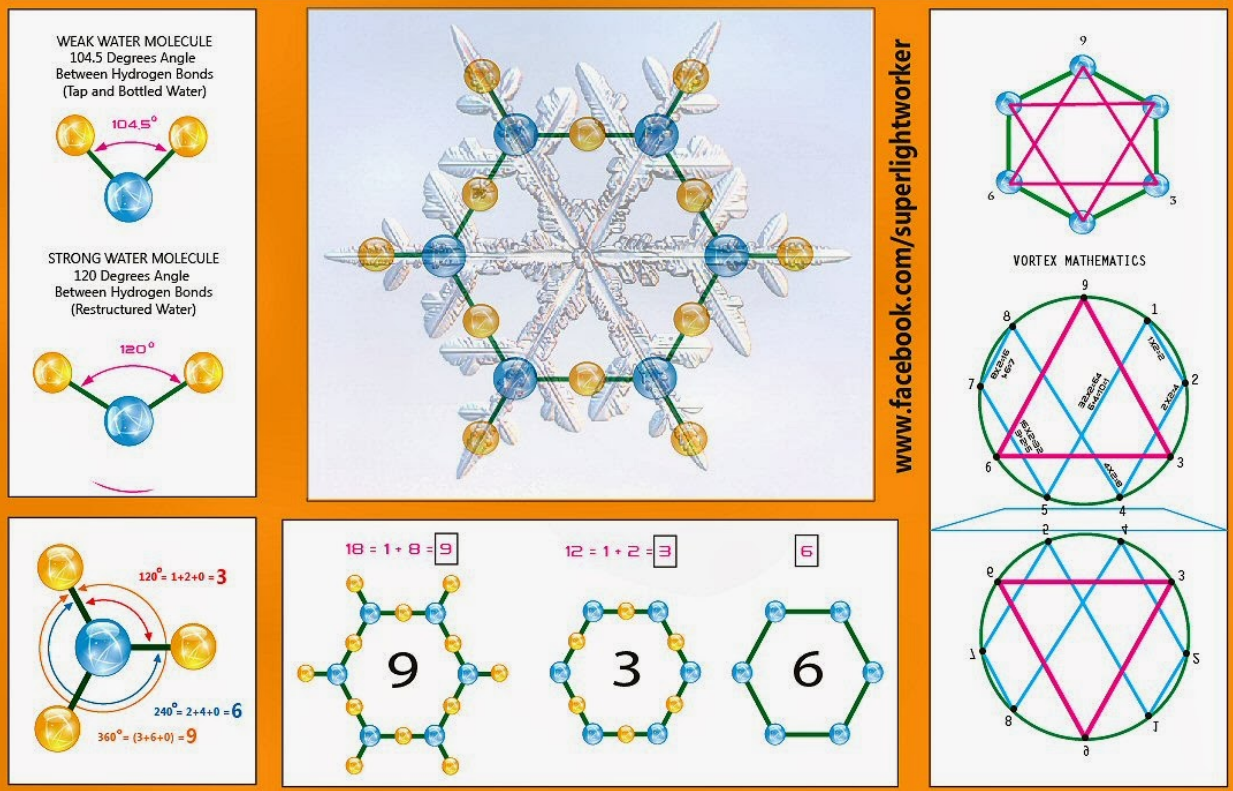
The local government of Graz (Austria) for sewage, as well as a Doctor for Biology in Kashmir, Srinagar, proved in an experiment, that through vibrations the angle of H<sub>2</sub>O = water can be changed to the more stable angle from 105 degrees to 120 degrees.

This being H<sub>2</sub>O:



## ALCHEMYSTIC RELATION BETWEEN WATER AND NUMBERS 3, 6 AND 9

"IF YOU ONLY KNEW THE MAGNIFICENCE OF THE 3, 6 AND 9, THEN YOU WOULD HAVE A KEY TO THE UNIVERSE."  
NIKOLA TESLA



I am referring to the pic on the left side.

Very interesting are the experiments with water from **Dr. Masaru Emoto**, which are worldwide known.

<https://www.youtube.com/watch?v=tAvzsjcBtx8>

### 4. James Fallon - Psychiatry

Psychopaths and consciousness. It is said, that meditation opens the limbic system to consciousness.

Thus the Uraeus Serpens depicted below is symbolizing the opening of the limbic system= the bowl (the emotions, like fear, etc)...the original „Self“ to consciousness. The stick = vertebra, cup= limbic system.





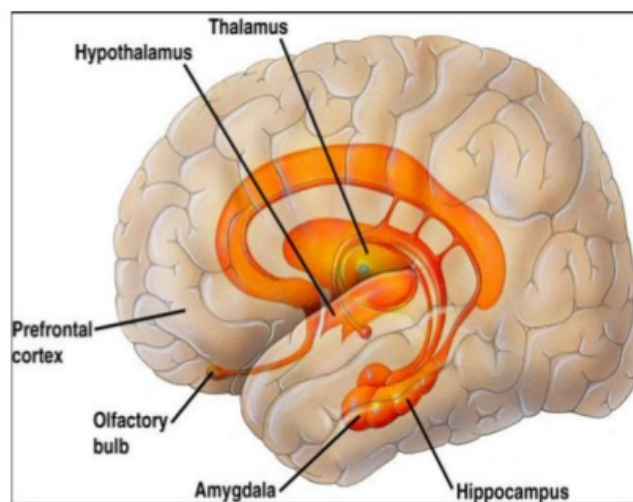
Very interesting is the opposite happening in the case of psychopaths.

In the brains of psychopaths Doctors found the neurotransmitter that are responsible for a communication between the Cerebrum, especially the „cognitive“ prefrontal cortex and limbic systems dont do their job. The last brain scan on pic 3 on the right indicates reduced levels of activity in the orbitofrontal cortex. This also leads to a significant loss of spontaneity.

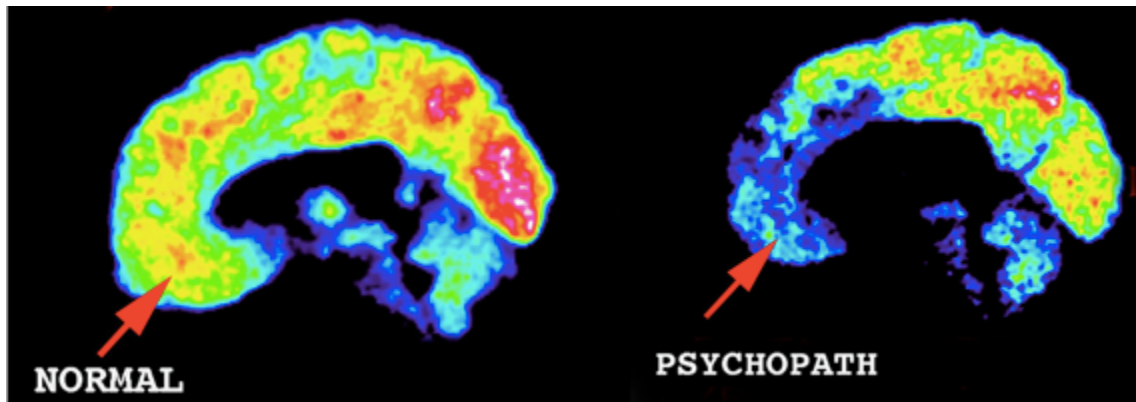
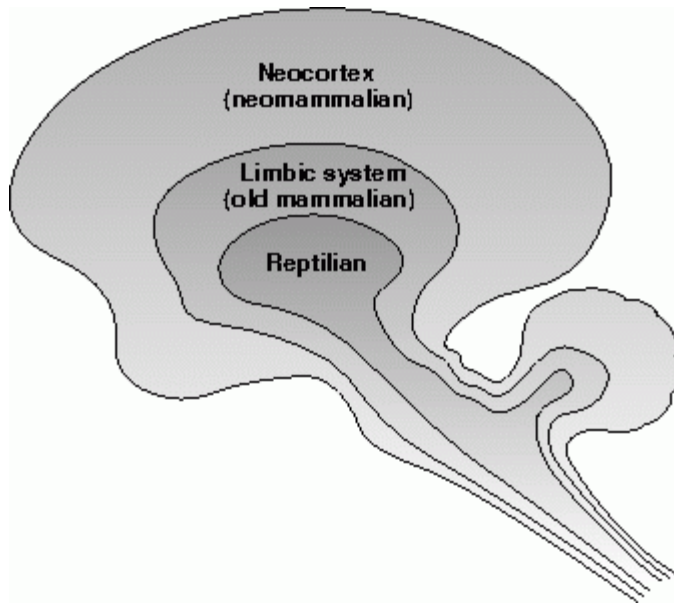
**the Neurology of psychopathic behaviour**

## 2. Limbic Dysfunctions:

- Amygdala
- Hippocampus



orange=limbic



Professor James Fallon (Psychiatry): book: „The Psychopath Inside“

So psychopaths have deep emotions, same as us, but the life history has taught them to block these to their consciousness for a better survival. This becomes clear in a psychopath who's mother emptied a pot of boiling water consciously over his head when he was only 3. Unable to take in the hurtful, damaging experience, he excluded the awareness of hurtful feelings. Thus a psycho starts blocking all feelings for the rest of his life. It turned out very difficult in many, many experiments in UK over a maximum of 10 yrs to make them aware of their feelings again. They feel like they closed the door and lost the key. This is exactly the opposite of what a person in meditation does. Meditation opens the limbic system to the Neocortex, such becoming more aware of oneself. Interesting are also all human experiments of **Dr. Robert Hare** in this field.