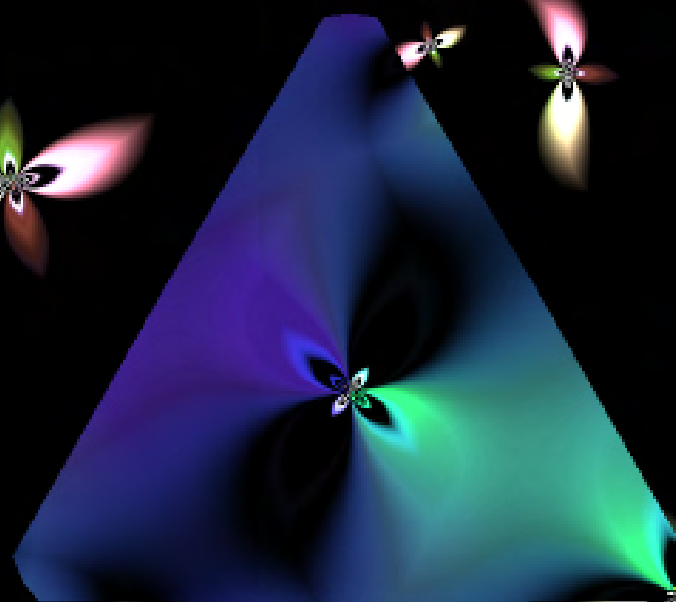


Michael Landgraf's

Vol. 8, #1
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AVS Journal

AUDITORY / VISUAL STIMULATION



Includes:

An Interview with StÈphane Krsmanovic-Dumonceanu
The Next Generation of AVS Technology
A Magical Mystery Tour
The iLightz Pro
& More!

"Your Source for Current Light & Sound Information"

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Cover design created entirely by Christopher Oliver. Mr. Oliver is known in the AVS community for his talent in designing avs sessions, musical compositions and the "AV3X: Digital Meditation" DVDs. You can contact Christopher at: www.Mindmachines.com.

A Magical Mystery Tour

By Jeff Labno

Have you ever used a light and sound device for no reason whatsoever? Only just to put on the light glasses and headphones, kick back; just to purvey what happens?

I find that many intriguing experiences arise when doing this. No pre-planned goals, no expectations...just do light and sound for the sake of it. Why not?

I found that zero expectations using this equipment, including picking a program at random often produces surprising results. This approach reminds me of doing exercise; you don't expect your stomach, arms or pectorals to change in one session, but you feel better afterwards and throughout the day.

The Magical Mystery Tour begins...

Using this approach I have been surprised what happens. I have found that strange experiences of using mental powers have occurred. In sales, I sell more units after doing a session, than when I have not, truly uncanny.

We exist in a goal-oriented world, so there is often self-exerted pressure to accomplish something.

I suggest having no goal when using light and sound can often lead to greater rewards. It has for me. Try using your machine when you have no goals in mind and see what happens.

There are no goals in meditation either. Meditation = what your mind is doing when it is doing nothing.

Your Magical Mystery Tour begins as soon as you drop your goals, and use light and sound for mental fitness exercise. Relax and let the rest unfold.

For more information Jeff Labno can be contacted at: jefflabno@roadrunner.com

An Interview with Stéphane Krsmanovic-Dumonceau

Managing Director, PSYCHOMED Laboratories



Please begin by sharing with our readers a little bit about yourself...

“I was born in Brussels and today live 30 minutes from the city in a completely natural country setting amongst trees and fields. This place is an athanor where telluric energies are optimum and where you can develop the creative procedures in your mind and feel the living energy everywhere around you.... I have been enjoying my work for over 20 years. I must confess that I think I've never really ‘worked’, as I don't consider the AVS field and all around it as a real ‘work’ field, but a passionate and very grateful mission. In 1984 I began studies at the effort laboratory of my faculty as scientific collaborator. Basically I specialized in high competition athletes mental training. I was especially involved in the altered states of consciousness, brain waves and the super learning process. Simultaneously I've opened my company in parallel with my postgraduate studies.

20 years ago I read ‘by chance’ an article about John Lilly and the floatation tank movement in a very well known French magazine called ACTUAL, and before the end of my reading it was a revelation, I found my way! The fact to be alone in a very protected environment, but connected to the exterior with underwater speakers, was ‘speaking’ to me a lot. This I prefer much more than a situation where you are close to a professional, with eyes closed, being told to relax while being observed :-)!!! I found my first experience in a tank as ... extraordinaire!

It is thus during my doctorate in psychology I began studies about REST (restricted environmental stimulations techniques)...I found this environment so powerful and so wonderful that I floated every week for several hours during those 3 years... I think this new be-

havior developed specifically my creativity which was previously very poor and a special sensitivity about the field of altered states...I met Glen and Lee Perry from Samadhi in LA and also this unique person John Lilly, the inventor of the float tank environment. I was completely seduced by the tank with the deep serene feeling I obtained and quickly became interested in the medical possibilities of this homeostatic environment. The cheapest tank was the "Float to relax" brand that we imported in Belgium for opening a center and for selling it to hospitals. During this stage I created a new method for super learning complex movement during a float session. The results were incredible. Athletes of the national team were learning dangerous movement just with their mind ... and when they were coming back to the training room they were able to do it at the first try... at the same time my colleague launched a super learning language school with float tanks and observed the same results: the students were learning spectacularly fast. We had wonderful success in the media and organized as a joke the world record in a float tank during 12 hours in collaboration with the medical newspaper. Some months later we placed tanks on an international racecourse event. The pilots were surprised to recover so quickly during the stops... so with all the success we were encouraged to continue. But the company 'Float to relax' disappeared quickly, going bankrupt and sending us in the meantime a last container order with an unfinished tank containing a 'dark matter' inside which was not stable (!) and we were unable to sell this last delivery. Because of this and because we wanted to continue the distribution we began to manufacture a tank (a beautiful egg shape) and we sold more or less fifty units in the small country that is Belgium, which was not so bad...

But the wind can blow in an unexpected manner... At this moment there were around 30 competitors of tank manufacture in France and Belgium, but of poor quality concerning the technical department. In the following year most of the tanks sold by the competition either broke or were unable to use without an intelligent manual. And in the meantime the apparition in the media of AIDS virus killed the floatation tank field...

For these reasons and after several studies and several experiences in Belgium I was looking for a technology for achieving similar effects on the brain, but if possible less 'heavy' than a big tank that is difficult to purchase (because the high price), difficult to move (because the size), difficult to manage (because the water and the claustrophobic tendencies). Then I found again 'by chance' scientific studies about the research of Dr Lefebure on audio beats and light exposition on the brain (called phosphenic effects). It seems this technology was generating similar effects on the brain like theta state and super learning effects. I was so amazed of the short-term hallucinatory effects of the phosphene process at the beginning of the session... I concluded it was a powerful way to distract the attention and induce a global relaxing adventure.... I felt immediately that I found a new way to drive my training sessions with the advantage of portability... My athletes who traveled regularly could take the machine and use it even far away from Belgium..."

When did you personally begin using AVS mind machines? What instrument did you use and what was your reaction?

"At this moment I was also involved in biofeedback and brain waves biofeedback as well as

Hemisync from Monroe Institute. A meeting was going to change the follow up. I met Michael Hutchinson in New York who wrote the best seller FLOATING and we began regular exchanges about the 'brain machine' evolution... Michael and I were strangely connected by similarity (age, wife, children, interest in, etc ...) as persons belonging to a same tribe or moreover same destiny or mission (?) Even though there were no explanations, I've noted a lot of coincidences and funny parallel circumstances or synchronicities between Michael's life and mine ... I also met at this step Dr Glauberman in New York producing very good and powerful tapes of Ericksonian hypnosis. In 1987, I discovered the Synchroenergizer and the MC2, which were built and conceived very close to the 'Alternophone' of Dr Lefebure but with the light stimulation in synchronization. I found the fact of combining audio and light together a lot stronger!

I decided to stop the difficult manufacturing of tanks and build a prototype inspired from these machines in collaboration with a small electronic company based in Brussels. We call it 'Theta Plus'. I've also designed a very powerful but simple machine called the DREAMER. I met Michael in SF and gave him several units for try tests. I remember Michael wrote a very elegies article about the Dreamer as the best machine existing at this time, as powerful as machines costing thousands of dollars (Dreamer cost was 250 US\$ at this time). And I began several electroencephalographic studies on AVS. In the contrary of the studies from Monroe Institute and the general knowledge concerning the FFR (frequency following response) with an AVS process I didn't find a clear FFR process. Never mind the different range of frequencies, the results each time were a range between 5 and 8 hertz. And the results were also different because the main frequency is different following the people. We were using a monopolar brainwave analyzer, which briefly is not a difference of potential analysis but an analysis of the potential under the electrodes so more precise than the classic electroencephalograph analysis. Indeed the difference between 18 hertz and 13 hertz is 5 hertz and the difference between 10 hertz and 5 hertz is also ... 5 hertz (...). We conclude that EEG is not a good system for understanding the effect of the AVS and that probably the FFR is not the exact process inducing altered states of consciousness with AVS...At this moment we began developing several hypnosis tapes and I began to export the Dreamer to Japan, Korea, Brazil, Europe, etc. “

How often do you personally use audio / visual stimulation? What is your favorite type of session and why? Do you incorporate other modalities, such as music, biofeedback or tactile stimulation into your sessions?

“Between 1987 and 1997 I used almost everyday AVS stim. I was using a new prototype machine called Theta + B (a machine proposing aleatoires sessions mixing sweep frequency generator and sweep tonality generator with 4 modalities of stimulations (simultaneous, cruse left-right, eyes then ears, left eyes with right ear). Michael was amazed when I told him the way I was developing the machine, which was a lot different than the machine he was trying while writing his famous book BRAIN MACHINE. Basically, all the machines on the market at this time were beginning with high frequencies coming down progressively to 3 to 8 hertz until the end of the session and coming up for the awakening, inspired by the FFR theory. I conclude that the most chaotic serials or

combinations of AVS generated the most efficient effects of letting go. At this moment I was also mixing sessions with several of our recordings of Ericksonian suggestion and a Japanese alpha wave biofeedback, opening the AVS process as soon as the alpha waves were disappearing. This biofeedback was built in Japan and I began to distribute this brand on Europe.”

What is your definition of the perfect AVS instrument?

“For me the perfect AVS instrument has to be .. SIMPLE to use :-) I understand that I will upset perhaps several users or manufacturers but after all these studies I'm convinced that AVS is a very simple process, a lot less precise than the expected theory of FFR. The brain is not so precisely drivable. Never mind several ranges of frequencies, it adapts generally some range of frequencies that witness of a loss of attention, going straight to the border of sleep...I don' t believe anymore to key frequencies inducing some key effects. Of course as we know that some rhythms are specifically inducing some states, the perfect instrument is for me an instrument able to distract your attention and induce a strong sub-conscious state. If some new studies demonstrate the contrary, I'm nevertheless ready to change my opinion. But until occurs, this is my position today.”

It seems AVS systems are generally more accepted and utilized in Europe than in the US, Why do you suppose that is?

“I think that manufacturers in the US are not involved enough in scientific research and clinical experience in Hospitals. This is just the difference! But in terms of credibility this changes a lot of the perception of the classical lobbies in the medical and pharmaceutical world as well as the interest and consideration of health ministry departments.”

What considerations should someone new to AVS take into account before choosing their first instrument?

“Once again choose SIMPLE. Experience shows that users choose always to use the same session (...) that means that machine proposing dozens and dozens of sessions are simply not necessary. The cost price of the machine is the same. Manufacturers are influenced by the market and the marketing and then develop too many sessions in order to justify the characteristics of the machine in comparison to the competition. But this is creating a complexity which is contrary to the image. Indeed the numbers of different programs have different names and thus promises (!) which are far away from the real effects on the brain (simple different states of consciousness). Scientists considering these promises think AVS are ‘mickey mouse’ machines and this presentation is thus a way to reconsider the AVS.”

What aspect of an AVS session is most important to you, in terms of ensuring maximum entrainment effects and benefits?

“The interest for me of an AVS is to induce a powerful letting go, then to maintain a stable theta state, i.e. called the ‘sophro liminal’ state or the ‘hypnotic’ state at the border of sleep, again called ‘transe’ state, a state where you hear without listening. This is what we call subconscious listening. It is also a state known (a lot of scientific studies exist since more than 30 years) for generating data process, memory process and creativity. The AVS has to provide a sophisticated software generation of stimulations simultaneously.”

You have been involved in this field for many years. What do you feel needs to be accomplished for this industry to succeed in the future?

“The future of AVS is to be combined with powerful software of audio and voice suggestion. The kingdom of the subconsciousness is unlimited, really unlimited, only to give limits to the possibilities of our brain to build the reality. For me the future of AVS is to fuse with complex software. AVS is just a door... a door to an unlimited space of personal growth and development. This is why I've decided to focus on the development of software and limit my interest to the door. I know perfectly the mechanism of opening the door. Nevertheless, the space behind this door is really to be discovered”... :-)

What do you believe are the most important issues facing the AVS Industry today? What would you like to see happen?

“Research, collaboration, exchange, synergies! The field is still a niche. Not enough users for 10 manufacturers or more (...) the ideal situation would be to adopt specializations and collaboration. Of course this is easier to say than to do. It needs meeting, congress, traveling, etc. I hope we can all meet together in the next following years... It is for the best interest of everyone!”

You have created a line of CDs called Audiomedicine that has been accepted by the government of Belgium as medical modalities for use in hospitals. How were you able to establish CDs as medical tools?

“Thanks to our 20 years of clinical experience and thousands of hours for the introduction in hospitals we had enough arguments for fighting the pharma lobby here in Belgium and stay as the only brand of CD sold in exclusivity in all the pharmacies of the country. Nobody can imagine the time, the patience and the conviction (and the money...) we were obliged to invest during all these years for entering into hospitals, surgery and awakening rooms, sleep laboratory, etc.”

How did you come up with the idea of CDs in the first place? Could you share a little about how your Audiomedicine CDs interact with the mind? What type of results have you seen occur through their use?

“I think that AVS mindmachines are complementary to recordings. AVS induces AND maintains the ideal state for listening to audio material. As I mentioned above, recordings offer a lot of possibilities of thematics more realistic than AVS even though AVS can be combined easily. It is not a choice to do but a complementary to promote. Another advantage of the CDs is that people can purchase easily FIRST the CDs (where we put advertise of AVS inside the cover) and then turn their interest towards AVS as a second step. We observed that process in the pharmacies sales in Belgium. Unfortunately this is concerning only 8% of the sales of CDs. But I'm convinced this percentage will grow over the years... We have observed great impact on our customers for almost 15 years... We never intended such results in fact. People place the CD reader close to their bed and our voices become their mate every night or beginning of the night. This is a ritual permitting pleasant and quiet dreams. And it is not strange. Just before going to sleep you deliver positive, emphatic and pleasant message to your brain. Not surprising this material is intelligently recuperated as ingredient for dream building... We observe also important medical effect for functional problems exactly as pills can do. A good try test is the title ‘Fall Asleep’ because you will fall asleep! We always recommend this title to the doctors, so they can check on their more difficult cases the effect of audiomedecine.

Another interesting fact is to notice that the patient become actors in their own treatment... It is different than taking a pill (...) Another fact: prescription processes cancel dialog between doctors and their patients. It is true that the need to speak of their problems take some time, several minutes and that the doctors maybe do not have the time to listen to each person. Nevertheless when a doctor proposes a CD of audiomedecine, the patient realizes he has been understood in his emotional dimension and generally a good relationship begins between him and the doctor... a sort of connivance, a sort of not verbal agreement as ‘you understood me’.”

You would like to see a worldwide association devoted to light and sound stimulation. Could you briefly explain what that entails, how it is progressing and how people in this industry can get involved?

“I think it is time that all the manufacturers, researchers and AVS users are connected to ONE worldwide association. This will give strong credibility to the field and everybody will feel less ‘alone’ in a world of phama and allopathic users... This will permit all of us to win time if FDA or other legal organizations from government ask for studies and evidences.”

How can people contact you?

“My mail is stephane@zenlatitudes.com; Zenlatitudes is my personal R&D structure (English and French version on this site). Recently I have created PSYCHOMED.com SPRL for the international development of audiomedicine recordings. This company is created for the international commercialization, partnerships, venture capitals people and research on AVS and the emotional medicine development. I think Europe and US have complementary views. I admire particularly the scientific experiences of American searchers who utilized the power of the placebo in surgery! We have pioneers everywhere in the world. This quality of vision is not bounded to some geographic location but to specific people who were isolated before and then who can be connected together to the world network area or through media as your very nice and interesting AVS Journal!

Today I share my schedule between R&D in audiomedicine, emotional management seminars for companies, book writing and business for audiomedicine recording. We now have on line a shop for encouraging the download of our CDs and there are thousands of Internet sites devoted to well being that are interested in offering our audiomedecine for sale. This is also an opportunity to present AVS machines in the follow up on all these sites (...) I also focus my interest on sound healing processes and color therapy research.”

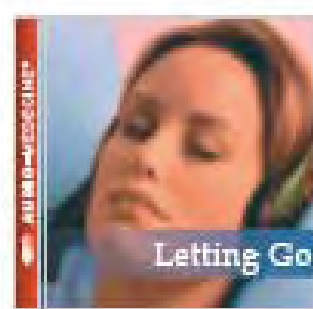
You can find complete information about and purchase downloadable copies of Audio-medicine selections at www.Mindmachines.com.

I think that the future will be full of colors...To be followed...

Stéphane Krsmanovic-Dumonceau

Managing Director, PSYCHOMED Laboratories

Brussels, Belgium



Three titles from the Audiomedicine collection

Using Speakers with Your Mindmachine



In the Spring of 1990 I tried using my mind machine for help in going to sleep. Lots of brain chatter, became quite annoying, so I tried a delta / sleep session. I had no trouble going to sleep, but later I awoke to wires that gave new meaning to the term bed wrinkles. Forget the realization that I still had lightframes and headphones on, the wires were the culprits that woke me. I am a light sleeper and I do appreciate comfort as often as possible, but wearing lightframes and headphones while trying to go to sleep and remain asleep just was not conducive to my comfort zone. And that got me thinking...

Why not put aside the headphones and lightframes? Just connect a pair of computer speakers (like the ones pictured above) to the audio port of my mind machine? I did and it worked. It was a completely non-intrusive experience. Went to sleep, stayed asleep and when I woke up, the mind machine had automatically turned off. I must interject something here, and that is wearing headphones rather than using speakers placed in the corner of my bedroom would have been more effective, and wearing both headphones and lightframes would attain maximum results, but all I wanted was a good night's sleep, with a little assistance from pulsed audio tones. And with the mind machine and speakers set across the room on a shelf, it was the ideal solution for me.

So I began asking others if they had tried this approach. Most of the feedback was describing how one speaker must be placed on one side of the bed and the other directly across from the

first. In such a way, the mind can interpret the two distinct channels of frequency, as with headphones. So for example, if Speaker 1 was generating an 8Hz frequency and Speaker 2 was generating a 9Hz frequency, then our minds, because we are situated between the speakers, can interpret the difference between the two frequencies: 1 Hz delta frequency for inducing sleep.

One of the neat things about our minds is that they keep surprising us. Forget setting speakers on opposite walls, use small laptop or CD speakers placed next to your mind machine and the mind still hears that 1Hz offset.

Around this time, several of my customers were just starting families. Many tried using pulsed audio tones in their baby's room to aid in creating a sleep routine. Other couples listened to the tones in their own bedroom. It was by no means a scientific endeavor. My intentions were to share my experience that pulsed audio tones via speakers can be used for achieving the delta state and if they thought it worked for them. They did.

Can pulsed audio sessions be used for entraining a roomful of people simultaneously? Yes. Sound-only applications were tested by psychologists in major law enforcement agencies, teachers and students, hospitals and rehabs, business professionals, retail outlets, even weightlifting. For people that are visually impaired or are photosensitive, sound-only stimulation has also proven to be beneficial.

For more information about sound-only applications contact Michael Landgraf at: (818) 831-7931 or miccar@bizla.rr.com.

EFT & AVS

At www.emofree.com, Gary Craig, EFT Founder, describes Emotional Freedom Techniques® (EFT) as “an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues.”

A few months ago David McLaughlin, owner of the NeuroLearning Center in Lomas de Chapultepec, Mexico, suggested I visit Gary Craig's website and download the free EFT manual and subscribe to EFT's Insights newsletter, which is also free.

After reading the manual and personally trying EFT, it was easy to understand David's enthusiasm. David began combining EFT with AVS, finding it a simple and direct method for overcoming personal issues and daily stressors. For the last three years David has utilized EFT / AVS at his NeuroLearning Center with a very high client success rate.

If you are interested in learning more about EFT, www.emofree.com is the place to start. And to learn more about combining EFT with AVS, visit David McLaughlin's website: www.neuroaprendizaje.com.mx.

THE NEXT GENERATION OF AVS TECHNOLOGY

By Don Estes – Founder and Director of InnerSense, Inc.

Progress in the world of technology is incremental. There will never be a “golden” version of any technology because knowledge and understanding will continue to evolve and expand. They say that necessity is the mother of all invention, and it’s true that most development in the light and sound field has revolved around enhanced benefits and features. However, the next generation of LSV (light-sound-vibration) neurotechnology will be directed toward solving the limitations of current technology in providing truly accurate, precise and lasting results.

The greatest weakness of modern vibrational technology is that it operates under the old allopathic paradigm of finding what’s wrong and trying to fix it. You can lessen the symptoms, but the problem will not go away until the cause is removed. For example, many feedback systems look for and try to replace so-called “missing” frequencies. However, there is a reason why they are missing. These are channels of communication that the person does not want to open, and will therefore block any input coming in on those channels. To force them in is not only stressful to them but also the therapist. On the other hand, driving someone with their own easily accepted natural harmonic resonance forces a disassembly, rearrangement and reassembly of their entire spectrum and will often cause the weak channels to open up. This is similar to the way in which an opera singer can shatter a wineglass by driving it at its resonant frequency. Inanimate objects do not have anyway to reorganize themselves after such an event. However, human beings do it all the time. The old adage is that change either kills you or makes you stronger. That’s just another way of saying that you either move to a higher state of order or fall into chaos.

The new healing paradigm will rather focus on finding what’s right and enhancing it. Accordingly, a new science is needed that describes how to find the true harmonic body of partials within an individual and then enhance them. There is only so much space within, and as the innerspace begins to fill up with good stuff (harmony), all the unwholesomeness (dissonance) has to vacate. This would provide a much more efficient way of effecting true and lasting change.

In addition to being stuck in the old paradigm, there are other limitations existing within the prevailing current technology:

IT DOES NOT REGARD HARMONIC LAW

Harmonic Law demands strict adherence to a set of rules that disallows noise and dissonance in the analysis or feedback. All overtones being analyzed or used as a feedback signal must be whole number ratios of a common fundamental. Human biometric measurements based on metabolic indicators of nervous system status such as brain, heart and voice produce multiple fundamental frequencies just like musical instruments. The fundamental frequency slides or drifts around over time. Therefore, it is impossible to match them with the overtones they generate because they are mixed in with those being generated by other fundamentals.

The only thing that can be done is to take a timed sample and then average the results, which destroys the harmonic relations between partials. This method *can* determine a **predominant frequency**, the one that has the most amplitude, but it is not the fundamental. It has some use, but it's influenced by vowel formants and doesn't fully describe what is going on. When all of the fundamentals and overtones are whole number ratios of each other it is possible to see the full expression of a person's harmonic body of partials.

Furthermore, the fundamental frequency of being human is something that we all share. It is the essence of the things we have in common. Our differences, however, are coded within the unique personal signature of our overtones. A piano and a violin can play the same fundamental note, but they sound totally different because of the overtones produced by their distinct resonant forms. Most current measurement systems deal only with the predominant frequency so they cannot separate the harmony from the dissonance and cannot see the exclusive pattern of a person's overtone series. What is needed is a system that can analyze the whole number ratio overtones of a common fundamental frequency.

Fortunately, this need can be met using modern supercomputing technology. One of the problems deals with the accuracy of current digital frequency analyzers that count in (Hz.), or cycles per second, a unit of that has become a world wide standard for the measurement of frequency. Harmonic Law requires that the unit of measurement must be synchronous with the digital sampling rate. In other words, the sampling rate must match the unit of measurement in the first octave. For example, the sampling rate used to divide the signal must reduce down (by multiple divisions of 2) to the number one in the first octave. This is because the unit of measurement is one hertz or (one cycle per one second). However, digital sampling rates will not reduce to one. 32,000 samples per second divided by 2 fifteen times gives **.9765625 Hz**. This means that at the 1st octave, measurements made with this sampling rate are inaccurate to at least .024 Hz. By 32K Hz. they are off by 720Hz.!

This magic number (.9765625 Hz.) is known as the Great Diesis. It represents a bridge between the analog and digital worlds by being able to resolve time with frequency. Its reciprocal (1.024 seconds) is a universal time code...the universal second. Together, these form a ratio of 125:128 that is known in music theory as the Pythagoras comma, a strange flaw in the otherwise perfect theory of music that keeps any scale from accurately doubling between octaves without some minor "tempering" to spread out the difference over the entire octave so it is not noticed.

Using the Great Diesis as a universal fundamental frequency allows the determination of whole number ratio overtones. Unrelated overtones, noise and dissonance can be removed and discarded. What remains is the true harmonic body of partials...the individual's unique spectral signature and harmonic code.

With regard to time, the Great Diesis provides a universal standard...a cosmic second. A human second is not based on any natural phenomenon. However the GD is based on the timing of

the sampling rate and requires that frequencies be measured in cycles per 1.024 seconds. Supercomputers can be programmed to make this measurement on brain, heart or voice samples.

As an interesting side note, the Great Diesis is also the first octave of the so-called Schumann resonance (7.8125 Hz. in the 3rd octave), and the resonant frequency in the king's chamber of the great pyramid (250 Hz. in the 8th octave).

Furthermore, because the Great Diesis functions as a fundamental frequency, the overtones in any one voice match the partials in everyone else's. In other words, although the amplitudes and phases of different frequencies will vary, the actual frequencies are the same for all voices. This provides a means for more connection between therapists and clients and does not drain the energy of the service provider with all of a client's "bad energy".

HABITUATION CAUSES REJECTION OF ENTRAINMENT

It has long been known that the mind will reject entrainment once it has habituated to a non-changing signal. Therefore, it is important for the entrainment signal to "lead" the mind by continuously changing throughout the program. This requires some way to monitor the user in some way so that their brainwaves can be known and coaxed into following an ever-changing signal. Thus, the next generation of LSV devices will include improved biometric monitoring of some type.

Biofeedback usually involves a signal (unrelated to the user) to warn or advise the attainment of some marker such as an "alpha" state. However, the optimal use of such information would be to drive a person at their own resonant frequencies, thus enhancing the harmony that they already possess. This alone could usher in the new healing paradigm spoken of previously.

NATURAL VERSUS GENERATED WAVEFORMS

Simple singular frequencies form into sine waves. All other wave shapes include overtones and form complex waveform with multiple frequencies (see diagram one). Light and sound devices, as well as other types of frequency generators, use a wide variety of waveforms. Whereas sine waves produce pure fundamentals, square waves include the series of odd overtones, and triangular waves are composed of a series of even overtones. Each type of waveform has its advantages and limitations, but the most effective waveform would be the unique personal waveform of the user.

With most systems, biometric measurement is made with one device or technique and then chosen frequencies are dialed into a separate generator for feedback to the user with sine, square or triangular waveforms. Supercomputers can take the input, analyze the sample, remove the noise and dissonance, and feed back the harmonic content using the person's own private waveform.

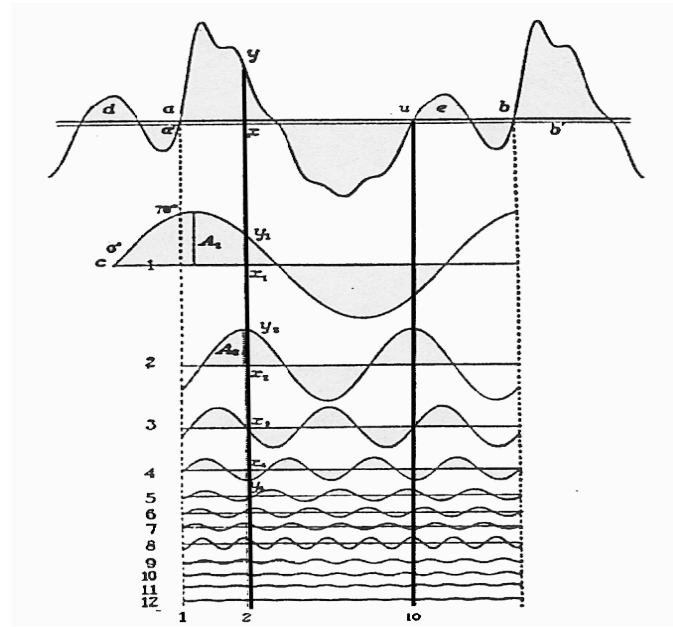


DIAGRAM ONE – SINE WAVES COMBINING TO FORM A COMPLEX WAVEFORM

LIMITATIONS OF BIOMETRIC MEASUREMENTS

The modern industry of health biometrics really got its start with EEG measurements of brainwaves. Other metabolic indicators followed including galvanic skin response, skin temp and sweat, EKG analysis of heartbeats and others. Recently, heart-rate variability (HRV), which provides a more accurate and simultaneous view of both the sympathetic and parasympathetic nervous systems, has become popular. However, whereas the brain shows how one is thinking and the heart how one is feeling, the voice combines both into a singular expression of one's manner of being and doing. It makes sense that the voice would best describe who a person is and what they want, since it is the mechanism given to them by the universe to say who they are and what they want.

However, it is the breath that actually produces the majority of frequencies that make up one's voice. Breath is known in many cultures as the primal wave. It is the first and last cycles of life...the alpha and omega...the origin and destiny of the wave. The way one inhales and exhales reveals how they take in life and then put it back out again. Brainwaves, heartbeats, cerebral pulse and other cycles come afterward and represent the history of the bio-chronological wave. Biometric monitoring will become the focus of more research and lead to the one that gives the most complete view of a person's state.

EXCLUSIVE FOCUS ON FREQUENCY

Waveforms have a triune nature like all other realities. They have a frequency, a phase and a magnitude (see diagram one). Frequency is merely the carrier wave, the component that establishes resonance between transmitter and receiver.

Frequency is the number of wave peaks per unit of time, phase is the relative spacing of the peaks and valleys and magnitude is the height of the wave.

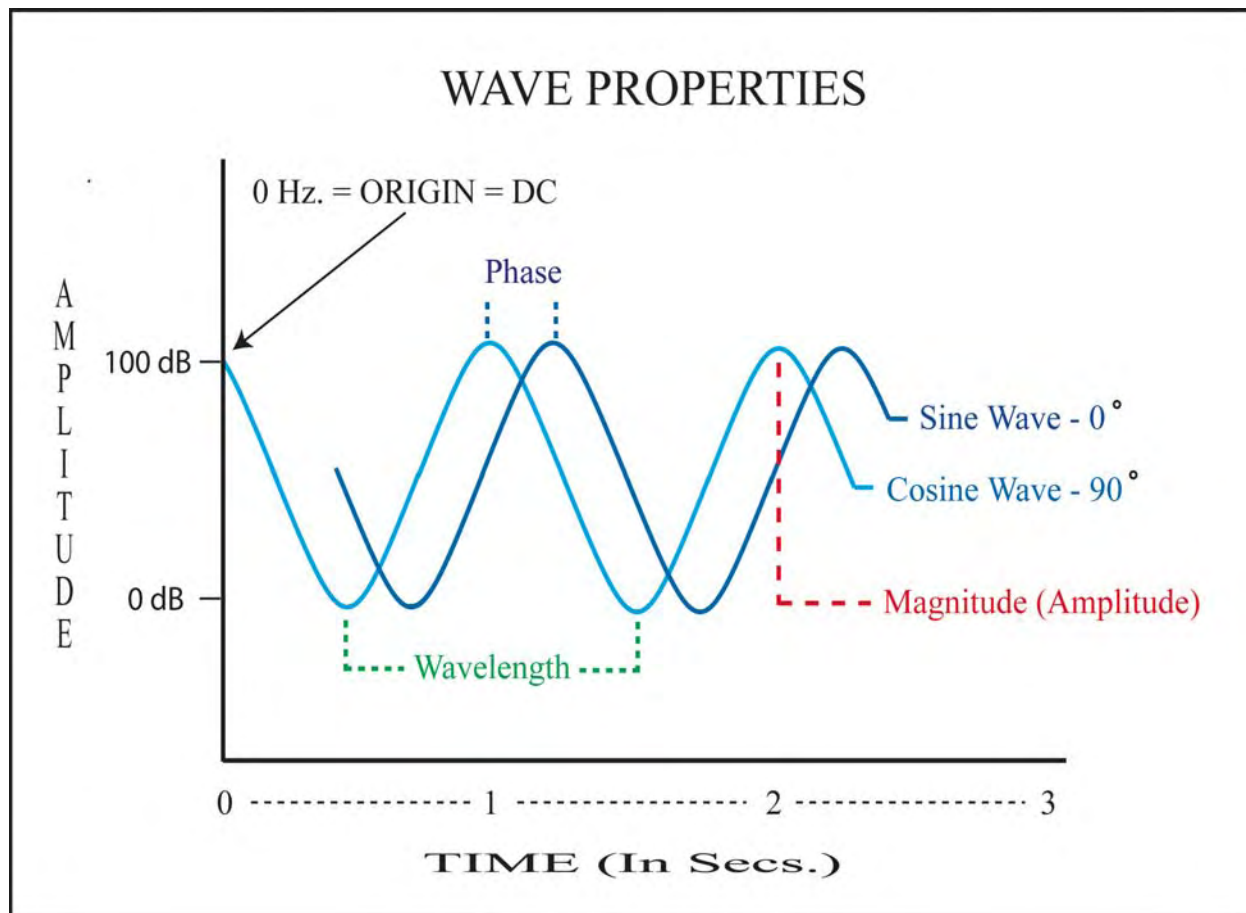


DIAGRAM TWO – THE PROPERTIES OF WAVES

When you dial in 98.7 on the radio dial you do not hear that frequency. Rather you hear the phases and magnitudes of all the overtones riding on the carrier wave. In other words, the frequency determines resonance but the actual information is carried on the phases and magnitudes of the overtones. Phase also reveals the Cycle of Manifestation, which shows how intention manifests as a flow from thought through expression and action into materialization.

However, going beyond phase and magnitude closer to the origin of matter, there is an even deeper and more primal realm of reality that exists on the other side of the quantum veil. No one has seen what happens in this magical imaginary potential realm because it is too small to observe, but again, supercomputing technology can provide the answer by combining advanced understandings of engineering, digital signal processing and vibrational science.

Phase Domain

The Manifestation Cycle

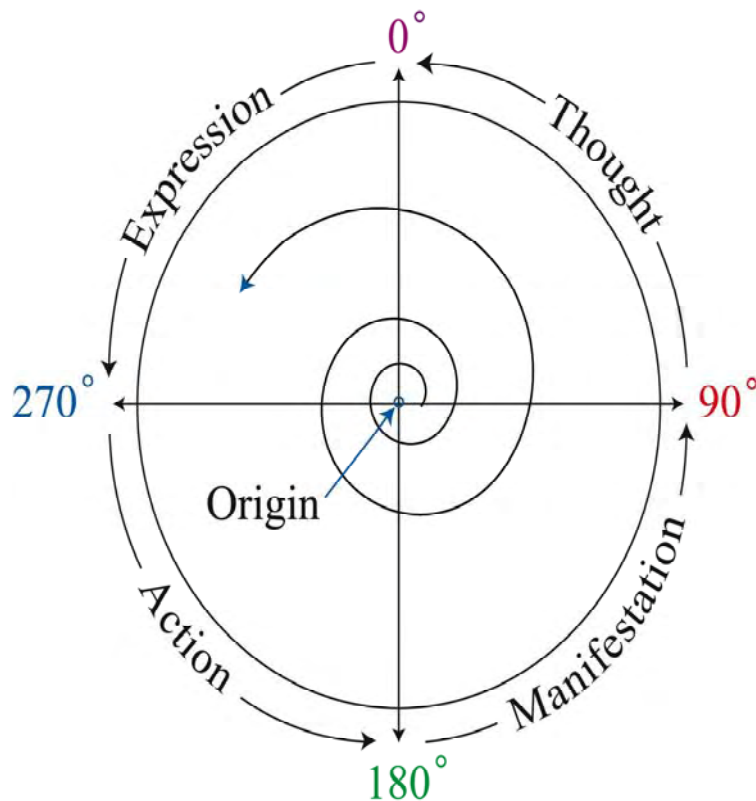


Diagram Three – The Cycle of Manifestation

Known in science as inverse or reciprocal space, the spectral imaginary domain or beyond the quantum veil, it is known by the general populace as the other side. A new science called Automata, details the nature and operation of this realm. Automata make up the underlying circuit board upon which the energies of life interact. Cellular Automata and Digital Physics are quickly becoming the next frontier in science. However, few realize that the ones and zeros are actually the real and imaginary. Research into Stochastic Automata will be the next be science directed at understanding how intention manifests in the real world.

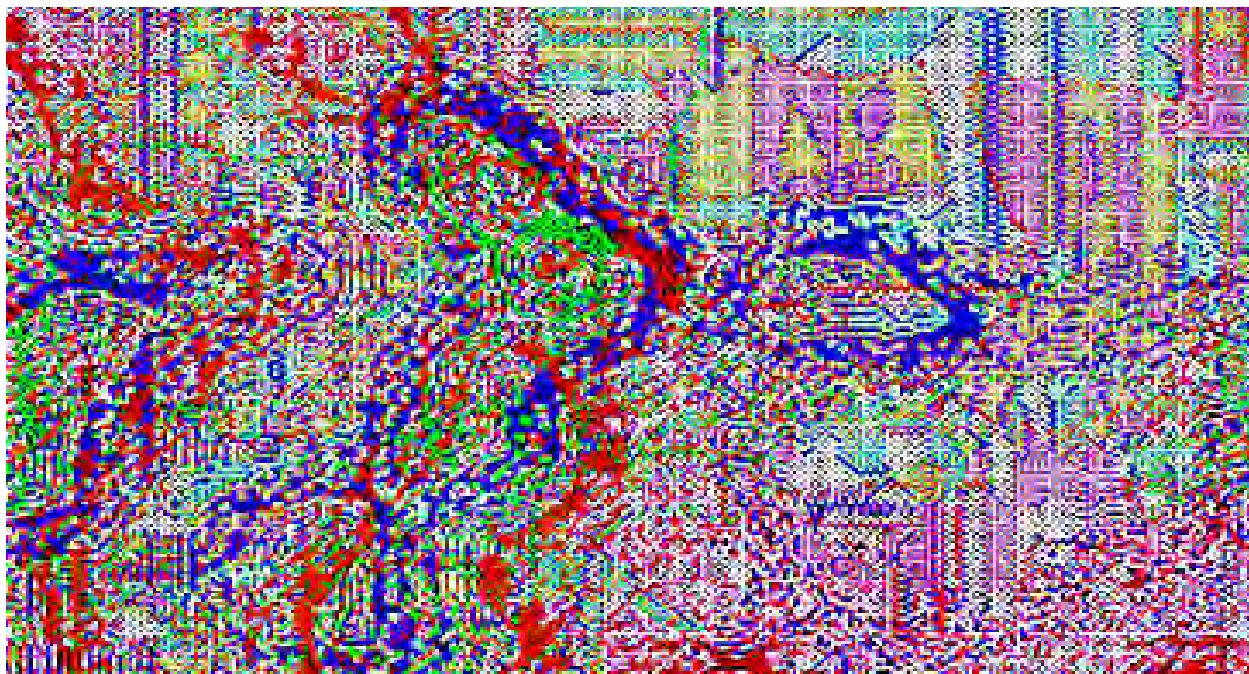


DIAGRAM FOUR: WORLDS WITHIN WORLDS - THE AUTOMATOUS DOMAIN – AN IMAGE TAKEN WITH A PROPRIETARY PROCESS BELOW 1 PLANK SHOWING LIGHT ENERGY FLOWING ACROSS THE QUANTUM CIRCUIT BOARD OF THE AUTOMATA IN A SPIDER’S EYE

We live on this side of the quantum veil in the time domain. Reality begins to manifest when consciousness reaches across the veil into the spectral domain with thought and intentionally combines automatus agents called automata into the complex frequencies that set out to manifest the intention. These agents of change exist as a dual pair that remains totally discreet on the other side. However, when they are combined by mind, they form the strings of matter that physicists now realize are woven together to create the membranes of life that we see all around us.

Engineers have been aware of this for years. They call these agents real and imaginary. These are perhaps bad designations as it makes it sound like one is not real. However, it is more real than the other as their imaginary world is in fact the potential that lies shrouded in the mystery of the future. The real component is that which already exists in the past and present as an actual material object, event or circumstance. In other words, all things exist as both **actual** and **potential**. These coefficients determine the shape of things and, through phase and magnitude, manage the width, height, and depth of material objects.

Engineers express the relationship between real and imaginary as a structure called the S Plane, where the x-horizontal is the real (cosine) plane and the y-vertical represents the imaginary (sine) wave coefficient. Any signal can be drawn in this manner where the imaginary defines the frequency and the real describes the amplitude envelope of the wave.

Real versus Imaginary

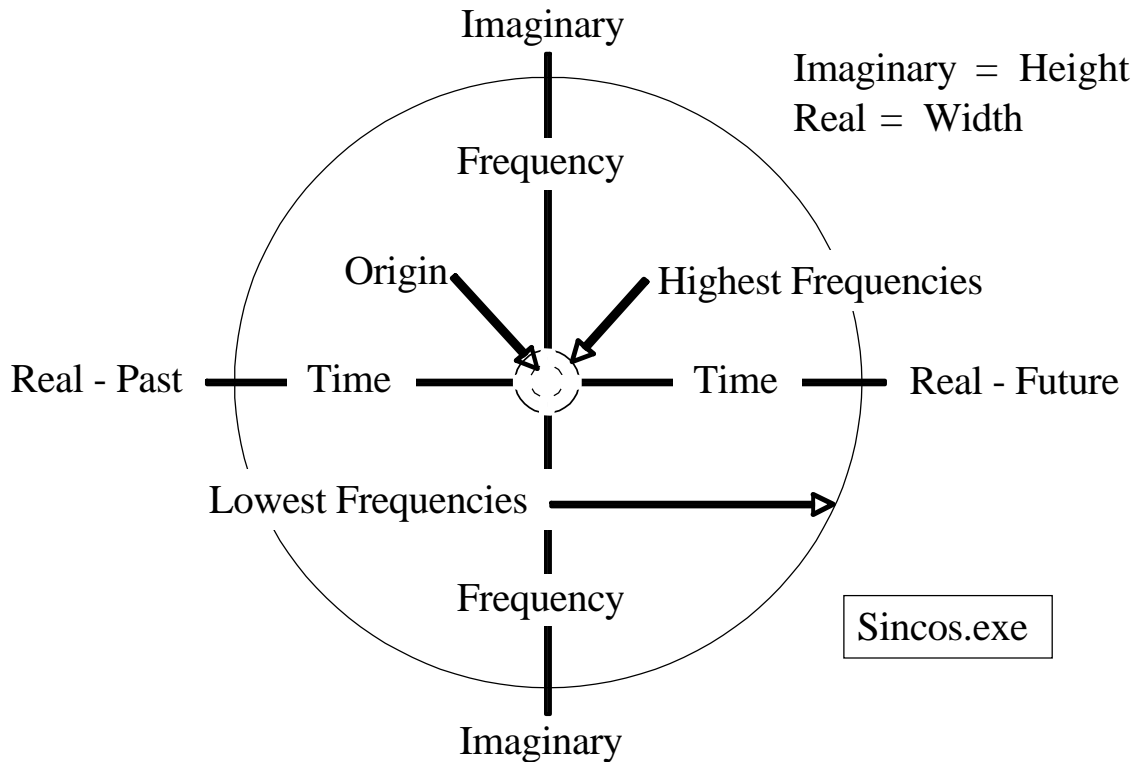


DIAGRAM FIVE – REAL VERSUS IMAGINARY

All human suffering stems from the difference between who a person says they are and who they really are...the polarity of their actual and potential. This difference eventuates a tension, which becomes a black hole that draws in any person, event or circumstance that is resonant enough to be of use in resolving the contrast. Integrating one's actual and potential can quickly advance them to their next highest level.

One thing they forgot to tell us in Trigonometry is that the imaginary (potential) phase is carried by the sine wave component whereas the real (actual) phase is a property of the cosine wave. In more practical terms, the sinewave carries the part of the signal that comes from the instrument/machine, whereas the cosine carries the part that originates with the player/operator. Resolving the difference between these two driving forces results in unification and wholeness.

GRAND UNIFICATION OF REAL AND IMAGINARY

We call this Grand Unification of Real and Imaginary and express it as an equation or algorithm:

$$\sqrt{+1} \sqrt{-1} = 1$$

DIAGRAM SIX – GRAND UNIFICATION OF REAL AND IMAGINARY

Where:

Square root of One = Real (Actual Reality) and,

Square root of Minus One = Imaginary (Potential Reality)

One = Unity

The meaning of this algorithm in English is “anything taken to the power of its own imagination results in unity and wholeness.”

THE TRIUNE NATURE OF REALITY

All reality is composed of two polar opposites associated and resolved by a third partner. In human terms, this tri-unity is composed of a body and a spirit associated and resolved by mind.

N0.	ENERGY FORM	DOMAIN	TYPE	REALITY LEVEL	VALUE LEVEL	STUDY OF
1	PHYSICAL	REAL ACTUAL	TANGIBLE	THINGS	TRUTH	SCIENCE
2	MENTAL	COMPLEX BECOMING	DYNAMIC	MEANINGS	BEAUTY	PHILOSOPHY
3	SPIRITUAL	IMAGINARY POTENTIAL	INTANGIBLE	VALUES	GOODNESS	RELIGION

DIAGRAM FOUR – THE TRIUNE NATURE OF REALITY

Since the mind controls the body by paying attention to, or ignoring, the spirit’s direction, it is the predominant energy of consciousness. In order to perfect the body, the mind must transduce the guidance of spirit into physical reality. The only connection that mind has with the internal and external environments, is through the sensory mechanisms.

Therefore any investigation into or manipulation of consciousness must start with the senses. This is why **mind machines** are so important, and why mind will become the focus of more research into the art and science of transformation, as they are the essence of Sensory Resonance™ devices.

The transformative technologies researched, designed, developed and marketed by InnerSense, Inc. are all based upon these primary directives.

They are supported by the following unique and proprietary collection of intellectual properties, patented technologies and experienced know-how:

Unlimited access to a world-class supercomputer, which can go beyond phase analysis and allow entry into the realm of the automata. Having our own portal insures security and an unlimited possibility of future improvement. The **Chronoldek™**, as we call it, continuously monitors the Internet and reports on anything resonant to our work. Therefore, we can stay abreast of the latest developments in our field of expertise. The Chronoldek™ drives all of our processes, designs our products and develops our services.

Biometric Analysis of the Breath - **Aspire™ Spectral Essence Evaluation™** - shows total available energy and its distribution across frequency, magnitude, phase, music notes/octave, time, and personality (physical, mental and spiritual arrangement). In addition, it reveals how much energy is already ordered and held in reserve. Provided at on-site locations around the world or by Internet and phone consultation.

- Natural Resonance Biofeedback: **Harmonic Resolution™** – Combining Aspire™, Harmonic Resolution™ Feedback, Grand Unification™ of the R:I ratio, Personalized Music Therapy, Virtual Reality, Sensorium™ LSV Sensory Interface and the VibraSound® Multi-Sensory Resonance Vehicle. Lack of energy is almost never the issue. In most cases, there is an overabundance of attention in one area of someone's life with a corresponding lack in another. To increase the energy can make the problem worse until the energy is appropriately distributed. Harmonic Resolution™ enhances what's right and helps to redistribute the energy by resolving the R:I ratio via binaural phasing. It is basically a process of disassembly, rearrangement and reassembly. Provided at on-site locations around the world or at home/office on your own computer.

Scientific Alchemy: Old age alchemy combined with the latest supercomputing technology: **Transformant8™ Allasso Concentrate** - Algorithmically Transformed Water. Alchemy has finally come of age. Just as superstition has always been replaced by a fuller understanding of science, alchemy has finally been pulled from the mystery of the ancients into the modern world through the science of automata and algorithm. Water can become the agent of its own transformation by resolving the difference between its actual and potential selves. There is a difference between knowledge and experience. Transformant is experienced in the art of transformation to the next level. Consuming it provides all of the resources required for transformation and can enhance any substance or process that it is introduced into.

Public experience – InnerSense has designed, built and managed both therapeutic centers (AHA! Spa™), and location-based entertainment facilities (InnerSpace™ and Mind-Wave™) all over the world. The corporation has been in business since the early 80's and has a wide range of experience, knowledge and wisdom regarding both the art and science of vibration.

Superior equipment sales and service: VibraSound® - Sensory Resonance Vehicles, Sound Tables, Sensory Interface Devices, Virtual Reality platforms, MindShips and No-Time Machines – State of the Art, multi-sensory biofeedback devices and furniture that allow the user to see, hear and feel video, music and sound.

Dedicated Support: Harmonic Law™ Publications – Books, charts, CDs, music, consultations, public education, workshops, expos and conferences.

ABOUT THE AUTHOR

Don Estes is a certified medical technologist, laboratory director and neuroscientist who has lectured worldwide on sensory science and vibrational medicine. He has appeared on CNN, NBC, ABC, Entertainment Tonight, Science Frontiers, and the Discovery Channel hits Beyond 2000 and Next Step, which won an Emmy award in 1994. In addition, his work has been featured in Wired, Computer Design, and Los Angeles Magazines and many other national and international media. He is also the author of many articles as well as a book called Harmonic Law: The Science of Vibration, which is illustrated by a large wall chart titled the Absolute Scale of Relative Cosmic Reality, one of the most complete compendiums of scientific and philosophical knowledge ever assembled.

He is founder and director of InnerSense, Inc. and inventor of VibraSound Sensory Resonance technologies used by both professional and nonprofessionals all over the world for music and sound therapy, relaxation, entertainment and expanded states of mind. His intellectual property is garnered from over thirty years experience in the unification of science, philosophy and religion and includes theories, proprietary knowledge and patents in the fields of light, color, sound, music and algorithmic automata. His unique combination of experience in both the hard and soft sciences represents the essence of true neuroscience.

For more information please visit <http://www.harmonicresolution.com> or contact Don at:

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Eyes Open Light Glasses

Around 1984, I did my first session using a Light and Sound Machine at the Anderson Research Foundation in Hollywood, California; referred to me by the late Dr. Bob Beck, Ph. D., Sci.

I was instructed to put on these uncomfortable welding goggles with holes in the front so you could see through, and bright white incandescent bulbs inserted into a circular piece of clear plastic containing 4 bulbs around the periphery of the eye. When I closed my eyes, the visuals were fantastic! The session was conducted personally by Andy Anderson, a master at changing the frequencies and modes to generate the greatest amount of visuals possible; simply inspiring!

I simply had to have one for my company Altered States MindGym, originally set up in 1980 offering floating to the public. Running your own business is ripe with distractions; so it occurred to me to use the Synchro Energizer goggles with eyes open to help me concentrate on writing promotional copy, and editing copy. The results were magnificent! I would dial in a frequency to help me get the job done; and I completed the task faster and with more clarity than I imagined. Actually I was stunned at the results. Not just that, this practice is a type of brain training, which taught me how to use my brain potential in super concentrated ways. Ten years later, I did medical text editing, and would find mistakes, misspellings, and logic errors that no body else picked up.

In 1990, I convinced a light and sound manufacturer to make an optional choice of light glasses allowing you to see through the sunglasses in order to do things while using your Light and Sound Instrument. The consequence of this is now wide spread as many different manufacturers offer this option; and the concept has been well received and promoted by the Neurofeedback Community. To use eyes open light glasses is a very simple task. Just follow the basic mind map outlined by neurologists and therapist regarding the four brainwave states. Delta (0.5 to 4 Hertz) is a sleep state; theta (4 to 7 Hz) is a visual state; alpha (7 to 12 Hz) is a relaxed state, and beta (13+ Hz) is an alert state.

Dial in the frequency you wish with your Light and Sound Machine in manual mode to match the nature of your targeted project. Remember to adjust the light intensity so it is not too bright; which could otherwise irritate your eyes; and away you go...

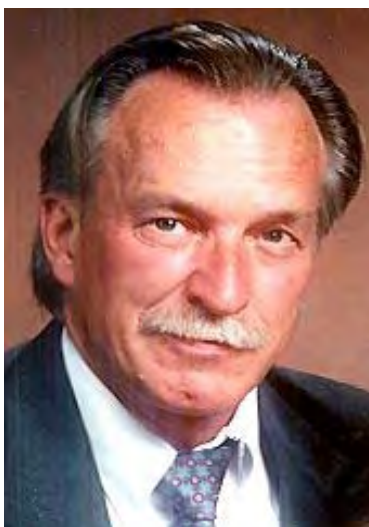
Some quick examples are to use eyes open glasses in Delta to do candle meditation; in Theta to look around your home to gather ideas for designing or decorating or do art; in Alpha to read and edit copy; and in Beta to write copy and focus on paying bills, etcetera. There is no precise frequency structure, as the four defined brainwave zones represent a simplistic model of how the brain tends to function in most people, and does not consider individual variation in brain function; so experiment, experiment, experiment...

In conclusion, using eyes open light glasses has expanded what's on the menu of cognitive options and has thus enhanced the quality of my life.

Jeff Labno can be emailed at: jefflabno@roadrunner.com

Wave Front BIOresonance & Consciousness

By Dr. Gary Robert Buchanan
Director of Wave Front BIOresonance Research



The following materials are modified excerpts from Dr. Buchanan's recent book, SONA: Healing with Wave Front BIOresonance available at www.communityguilds.org

Consciousness surrounds us and permeates our existence. We do NOT create consciousness; it creates us.

We are born into this dimension with varying levels of perceptual consciousness, and most people mistakenly believe that the “brain” is responsible for these perceptions. But, is it not the “mind” of the entire Entity that perceives and processes Information Factors? Such perceptions surely rely not only upon the gray cells, but as well upon the sympathetic and parasympathetic nervous systems, the various “centers” within the body, e.g., “force centers” or “nadi-chakra wheels,” the vibro-tactile skin response, the organs and glands — especially the heart and its “fields,” the electro-magnetic envelope, the higher-dimensional morphogenetic resonances — often termed “etheric,” “astral,” etc., and the overall Synergetic energy fields surrounding and determining our existential environment — both dynamically and functionally, along with all the myriad other parts of our holistic existence.

Many decades ago it was proven that sound vibrations travel faster upon the skin and are more rapidly perceived than even in the ear. Thus, before the twelve cranial nerves have even been stimulated, the organism has already responded to the Whole Body Vibration (WBV) in motion. This is not to say that “mind machines” or similar technologies affecting the eyes, brain, Pineal gland, et al are not relevant within the study of consciousness — far from it!

However, we should also view the Entity as multi-dimensional Consciousness, Being, Intellect, and Form subject to all vibrational phenomena in Universe, including solar, cosmic, and EM radiations, and not simply a “computer” with its *mother board* located in the head.

Wave fronts of energy being inflected and reflected by the Entity are seemingly infinite, but are rapidly and continuously exchanging within the physical organism — the third dimensional organism being only the more obvious focal point of all the greater fields, i.e., fourth-, fifth-dimensional, and beyond.

Synaesthesia: Children who can perceive cross-modal relationships are now, as no doubt in the past, experiencing synesthetic phenomena. During the New Solar Age upon us, we will continue to see the birth of these children with advanced consciousness. Parents or guardians of such children are well-advised to seek out systems capable of defining and fostering these new states of awareness. There are many schools and systems available. Some, like the Waldorf, Steiner, and Montessori schools, have long traditions of nurturing exceptional children; and it is laudable that more and more states in the United States, for example, are setting up special schools for gifted children, as well as institutions providing alternative career paths more personally meaningful to young people. In our institution, the International Community of Christ/Cosolargy (Project X), we also have programs and teachings, i.e., the Teachings of Light, which we believe are focal within such educational conceptualization and development. (See <http://sacredartsandsciences.org/aboutus.html>, and <http://www.cosolargy.org/forms.php>).

My personal research into Wave Front Bioresonance dates back to doctoral studies undertaken in 1975-76 and via my initial consociation with I.C.C. at that time. Thirty-four years later, our Healing Center at Steamboat Hot Springs in Nevada, where we are developing and applying these new vibrational technologies, is only a small part of what the New Community of Light makes available to a global student body during this New Solar Age. It should also be emphasized that while I believe members of our Community share most of the insights given herein, none of the information presented should be construed as “official views” or “specific teachings” of our School of Light. Rather, they are presented as my own personal research and observations, made possible by practicing “The System” taught by that institution. (See <http://www.steamboatsprings.org/> and https://www.jamilian.org/healing_center/)

All of these materials, e.g., frequencies, commutations, applications, discoveries, and envisioned therapies, constitute only a first step in Wave Front Bioresonance research and development. My goal has been to simply compile some basics which may help trigger ideas and understandings in others, readily admitting that I am no medical expert, and that I am seeking only to interest serious researchers in a subject that I believe fundamental to vibrational medicine, a comprehensive technology that will unquestionably become the norm in this new century. Ultimately, sound — and all vibration is a form of “sound” — must be taken seriously as the underlying source of all existence and, of course, holistic health.

Ancient Technologies: Healing with sound has been with humankind since its appearance in ancient times. And, as the ancients tell us, for example, in the “Vedas,” there have been many, many great civilizations on the planet prior to humankind’s limited memory. Those civilizations understood the power of sound and its terrestrial, solar, and cosmic relevance to the Third-, Fourth-, and Fifth-Dimensional Entity.

They understood the earth and its own meridians; they knew how to maintain harmonic balance in Universe. Those civilizations and their priest hoods were also in global communication — by land and especially by sea, by *psi* and higher states of Consciousness, and by means of special design technologies, such as the placement of monuments, cities and temples at power points and nodal *gematrian* positions. All was understood to be vibration in different “octaves” and “partials” — sound, color, light, space, time, energy, matter, inertia, gravity, etc. — all interfacing as dynamic wave fronts. To reiterate, there are many ways of experiencing sound and vibration on the human level, e.g., through our ears, the brain and nervous system, the musculoskeletal network, ectodermal and endodermal pathways, the organs and glands, the meridians and acu-points, the layers of fields surrounding the Entity, ad infinitum. Perhaps we are capable of a more holistic perception of the environment and our seemingly infinite levels of conscious potentials, for example, as received from within, without, the air, the earth, the water and/or barometric moisture, the aethers, the elements, flora and fauna, magnetism, electricity, industrial forces and man-made radiation, telluric energies, the light and darkness, cycles of our solar system, and cosmos, et al. The sources are endless and all-pervasive. At the same time, the motions, the vibrations, range from the optimally beneficial right down to the most deleterious.

They are the substance of life and death, and must be taken seriously. Now, music is a natural land beautiful part of our lives. The intentional creation of, participation in, and/or simple listening to music can be quite therapeutic. On the other hand, music which defies nature and/or is too manufactured, formulaic, or that simply stimulates, is more likely harmful to the Entity. The overall guiding consciousness of the individual is a reflection of universal laws — just as is an inspired song or symphonic score. It is my personal view that one should choose music — and related mind-affecting technologies — that elevate the physiology, psychology and spirit, rather than weaken those aspects of higher Consciousness, Intellect, Being and Form.

The Emerging Consciousness: The dominant force in our world, indeed, Universe, during this Solar Age is the potential of seeding, nurturing and expanding conscious into higher dimensions. It is certainly a reflective/inflective process that can only be achieved by following natural and orderly patterns — *archetypes* — best reflected in Sacred, Platonic, Synergetic, and related fractal modeling. According to the Chaos Theory, we receive energies, that are carriers of Information Factors, on a continuing basis until the Entity has become saturated. Approaching the “tipping point,” the Entity is forced to rise to a higher level of organization, of consciousness, in order to more efficiently and comprehensively process the information received. Such a process transforms all aspects of the Entity.

Sound within Sound: Just as the Divine Light is unseen by the human eye, the “sound within the sound” — the life-giving energy lying between the still nodes, that of the anti-nodes — is unheard by the corporeal ear. Both substances, the unseen light and unstruck sound, are emanations from the Source. The more we are able to absorb those subtle and sacred dimensional essences, the greater our capacity for moving beyond personal limitations, e.g., in mind, body, and spirit.

Cross-modal perceptions, such as synesthesia, are not limited to children — nor even to cerebral and neurological functions in general. Rather, synesthesia is a “mnemonic” response, a “memory” of the place whence we came: the “Worlds of Light.” It is only modern man,

Western man, industrialized man, that has now forgotten his roots, i.e., the foundational roots of the Tree of Life, the Sephiroth Tree, the Yggdrasil, the Bodhi Tree. Throughout the life of our planet there have been great civilizations — some known, more forgotten — that existed in magnificent harmony with cosmos, in touch with the Light. The inhabitants of those legendary civilizations knew that each of us is linked with one another, with all movement, with all other life, with God. All recognized this reality and aspired to maintain the proper flow of life-sustaining, healing, energies — and on all dimensional levels — for the good of mankind, all life, the planet, solar system, and cosmos. Then things went dark. Oral traditions tell us that man's ego, his "brain" and intellect, his desires, which were allowed to take control, introduced disharmonic spins, created interference patterns in the standing wave fronts, and quite rapidly dissipated the overall organizational field energies. The planet and all humankind, again the "Vedas" tell us, have gone through numerous such entropic transitions. Currently we are facing another transition. The earth and its sibling star systems are beginning a prophetic "seven-fold" evolutionary transformation. We can only imagine the next stage of existence that will emerge: man as a new species of Light Being, our solar system becoming an higher dimensional *pulsating* field of aetheric energies? Clearly, we must participate in this Creative and Evolutionary transition — or suffer pain, dis-ease, perhaps extinction. Within this context, healing with sound, light, and color is the only practicable approach that can work on the fundamental vibratory levels. It is *propaedeutic*, holistic theory and practice, a different way of thinking and learning — a message for our time.

Post-Einsteinian Science: Thus, I postulate a multidimensional view of life — a perspective of man, the planet, the universe/cosmos and the ultimate Source, i.e., God. This all-encompassing, holistic or holographic, scientific modeling of knowledge has existed among wise men, women, and mystics during many ages, for example, as touched upon above in regard to ancient healers and their sound technologies. But this old/new science is once again emerging in the 21 century with dynamic vigor. The new scientists are seekers, would-be mystics, and highly conscious individuals who recognize that the practices and experiences of "spirituality" are critically important to understanding the *post-Einsteinian* world.

At the same time, human consciousness has become a major field of inquiry globally in the ongoing search for theories and explanations that embrace both science and the soul. Intuitively, we have come to know that most of the "keys" governing man's next step in "evolution" lie outside the physical dimension and are only to be found in the fourth, fifth, and beyond. There simply must be an "interface" of science and high religious *gnosis* if humankind is to progress. The hard facts, the "data," of science, e.g., from physics to physiology, only begin to make sense if we accept the underlying *implicit*, unifying and/or transcendental ground supporting the *explicit*.

The greater intellectuals in science have come to realize that without an assumption of such transcendental, timeless, spaceless ground, the very results of laboratory experiments and outcomes admit to no cogent explanation. Similarly, the observed transcendental ground, whose existence is necessitated by hard scientific facts and data, is virtually identical in description and observed functioning to that of the God state/realm universally defined by the world's greatest mystics and sages, be they from Hinduism, Brahmanism, Islam, Buddhism, Taoism, Native Americans, Oceanians, Aborigines, and/or true Christian adepts.

The late quantum physicist David Bohm (1917-1992) is quoted in numerous publications as having said, “What is manifest is the outcome of what is not manifest...anything that can be put into thought is limited. The non-manifest is much bigger than the manifest and the two together complete each other; but, I’d say that compassion, love, intelligence and insight are beyond these.” Fundamental to these new arts, sciences, and technologies is the recognition that energy is a carrier of Information Factors. In fact, we may very well posit that information, as revealed by consciousness, is as elemental as energy itself. But unlike energy which eventually dissipates and/or changes into an alternative state, “information is perpetually created and forever retained” (Dr. Ervin Lazlo). In fact, it is difficult to imagine energy existing without information/consciousness.

Thus we are concerned with “frequencies” of dimensions outside the third and fourth. Admitting to the dominance of higher dimensional orders and forces allows us to experience a truer and more complete vision of ourselves — our place and purpose within Universe. Moreover, the world cannot be analyzed into separate and/or independently existing parts. Creativity and Evolution are not “specialized” flows; rather, they contain and enfold all other potentials in Universe. Such is the meaning of “holographic” reality, the *ever-presence* of implicate and explicate orders.

All phenomena have their origins in higher dimensional realms, and our third- and fourth-dimensional thoughts and visions have limitations, as every spiritual adept well understands. Still, humans are fascinated by the contents of their own minds, even though those contents may be far-removed from the higher dimensional realities that gave them life in the first place and allow for their continued existence. To reach an higher order of consciousness we must motivate our mind patterns altogether to a nameless reality beyond the observed (to paraphrase Jacob Needleman). At the same time, it is folly to adopt the ideas and paradigms of any spiritual teaching without also following the disciplines of that enlightened path ourselves, else we fall victim to the foibles of our “brain,” the psychic Entity, e.g., dark visions, egoism, weakness of character, *et alia*.

The Right Reverend Dr. Buchanan completed his graduate and post-graduate degrees in music at the Academia Chigiana Musicale in Siena, Italy; the University of North Carolina; and at the University of Washington, Seattle. Prior to his current position(s) with the International Community of Christ, he was Lecturer in Writing Techniques on Crown Appointment at the Queensland Conservatorium in Brisbane, Australia.

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Also please see the following web sites:

<http://dailysplice.com/Temple-of-Health-podcast/episode-222864#>

<http://www.synergeticenergies.com/BB/viewtopic.php?f=8&t=5>

http://www.arrf.org/bios/buchanan_bio.htm

http://www.aefosc.org/newsite/index.php?con=explorers_others_gbuchanan

http://www.foundationorchestra.org/index.php?con=musicians_director

<http://www.pricerubin.com/classical/dossiers/buchanancompdoss.pdf>

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- Michael Landgraf and Christopher Oliver, the owners and operators of Mindmachines.com, were integral in the development of iLightz technology.
- Michael Landgraf wrote the Owners Guide for the iLightz Pro system.
- Christopher Oliver and Michael Landgraf created 25 special sessions built-in to the iLightz Pro system.
- We have first-hand knowledge of how best to use your iLightz Pro system for achieving maximum results.
- Should you have a question or concern about your iLightz Pro system, we promptly provide you with the answers.
- In addition to receiving the iLightz Pro Owners Guide, you will receive the downloadable ebook "Mind States 2 / An Introduction to Light & Sound Technology" at no extra cost. Written by Michael Landgraf, this easy to read ebook will share with you everything you need to know about light and sound stimulation and how to maximize your session experiences.
- We have been in business for twenty years, have over 50 years combined experience utilizing mind machine technology, and invite you to visit our "About Us" section at www.Mindmachines.com to learn why we are the leaders in light and sound sales, service and instruction.
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