

Dan Rather asked Dr. Erik Kandel in an episode of Mind Science...

"What are the chances we are overestimating the possibilities (for neuroplastic change/the ability to influence body and mind) through meditation?" [Dr. Kandel replied "0"](#) ...these are the problems young people should be taking on...the brain is without doubt the last frontier of science." "The genes are the servants of experience. "Understanding special mind states is extremely important." The worlds greatest brain scientist said these direct quotes in a documentary featuring the influence of real meditation on the brain with Tibetan advanced meditation. Dr. Erik Kandel winner of The Nobel Prize in brain science, is often considered the worlds greatest brain scientist.

Einstein said "I believe that which leads people to creative genius in the arts and sciences is flight from everyday life with its painful harshness and wretched dreariness. This can be compared to the city dweller who goes to the countryside for a weekend of rest and relaxation." What? Einstein said the cause of creative genius is 'getting away from it all.' Not constant stress and keeping after it...etc! Masters of life get more done with better results in less time than anyone else. They never appear stressed or rushing about in a frenetic mess with hidden extreme anxiety. That's not their M.O.

["8 Weeks of meditation increases grey matter."](#) Harvard

Harvard did a study that has proven the grey matter of our brains actually increases in just 8 weeks of meditation under the directions of a competent instructor.

The power of deep belief, only accessible in profound mind states, is proven to change hormonal balance, biochemistry/brain chemistry eye color, eyeglass prescription, disappear disease, ; etc. [Please read this few page document containing excerts of the science proving these amazing facts.](#)

Real meditation is our ultimate personal resource; The Master's Skill. Once our energy is rejuvenated through real meditation, then we are naturally driven to improve [mind and body fitness.](#)

The result in terms of brain waves is Hyper Gamma waves. Super fast brain processing speed. Not dissociation nor grandiosity as is represented in fake meditation by false new age teachers, plastic Shamans and Religious grandiosity.

. Real meditation is our ultimate personal resource; The Masters Skill. Once our energy is rejuvenated through real meditation then we are naturally driven to improve [mind and body fitness](#).

The result in terms of brain waves is Hyper Gamma waves. Super fast brain processing speed.

The result of true meditation is very intense, incredible energy.

The Butterfly Effect

“Tiny influences can have giant effects on complex systems.” E.L.

Edward Lorenz (E.L.) is a world renowned scientist who “profoundly influenced a wide range of sciences and brought about one of the most dramatic changes in humankind’s view of nature since Sir Isaac Newton,” K.P.

Dr. Lorenz discovered that that a tiny influence like a butterfly flapping its wings in one place can have extraordinary influence on the weather pattern on the other side of the world.

Here are some references to help us get crystal clear about just what our opportunity is right now:

Some people with severe multiple personality disorder have affected these changes in their own biochemistry. Their belief is so complete in being a different person that:

- Eye color changes
- Diabetes appeared and disappeared
- After experiencing severe swelling caused by wasp sting near the eye. It went away when the person switched personalities and returned when they went back to the original personality.
- The hives from an allergic reaction to drinking orange juice came and went away as personalities changed.
- Eyeglass prescription changed while Ophthalmologists say that's impossible

These are all medically documented events supported by Pub Med. The world's leading authority on scientific medical data.

All these biological transformations happened in mere moments through the belief these people had in being an entirely different person. What kind of person would you like to be? Have you ever realized that you could choose?

YOU CAN BE ANY KIND OF PERSON YOU WANT TO BE

Rewrite the script you are following for your personality. Act the part until you become it. Who would you like to be? Here's some more information around those above points supporting the fact that you can influence your own biology.

Probing the Enigma of Multiple Personality

By Dr. Daniel Goleman

Excerpts-

WHEN Timmy drinks orange juice he has no problem. But Timmy is just one of close to a dozen personalities who alternate control over a patient with multiple personality disorder. And if one of the other personalities drinks orange juice, the result is a case of hives.

The hives will occur even if Timmy drinks orange juice and another personality appears while the juice is still being digested. What's more, if Timmy comes back while the allergic reaction is present, the itching of the hives will cease immediately, and the water-filled blisters will begin to subside.

Such remarkable differences in the same body are leading scientists to study the physiology of patients with multiple personalities to assess how much psychological states can affect the body's biology, for better or worse. The researchers are discovering that such patients offer a unique window on how the mind and body can interact. Researchers feel that the study of these patients may also have significant implications for people with the medical disorders that are found to differ from one sub-personality to another. If the mechanisms through which these differences occur can be discovered, it may be possible to teach people some similar degree of control over these problems. "We're finding the most graphic demonstrations to date of the power of the mind to affect the body," said Dr. Bennet Braun, a psychiatrist at Rush-Presbyterian-St. Luke's Medical Center in Chicago, and a leading pioneer in the research. "If the mind can do this in tearing down body tissue, I think it suggests the same potential for healing," said Dr. Braun, who directs a 10-bed

psychiatric unit that uses psychotherapy, hypnosis and drugs to treat people with multiple personalities. He said he believed that the drastic physical changes seen in patients going from personality to personality could be duplicated for emotionally normal people under hypnosis. In people with multiple personalities, there is a strong psychological separation between each sub-personality; each will have his own name and age, and often some specific memories and abilities. Frequently, for example, personalities will differ in handwriting, artistic talent or even in knowledge of foreign languages. Multiple personalities typically develop in people who were severely and repeatedly abused as children, apparently as a means to protect themselves against the pain of the abuse. Often only one or two of the sub-personalities will be conscious of the abuse, while others will have no memory or experience of the pain. It is unclear why some abused children develop the syndrome while others do not. For more than a century clinicians have occasionally reported isolated cases of dramatic biological changes in people with multiple personalities as they switched from one to another. These include the abrupt appearance and disappearance of rashes, welts, scars

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<http://www.nytimes.com/1988/06/28/science/probing-the-enigma-of-multiple-personality.html?pagewanted=all> and other tissue wounds; switches in handwriting and handedness; epilepsy, allergies and color blindness that strike only when a given personality is in control of the body. Today, using refined research techniques, scientists are bringing greater rigor to the study of multiple personalities and focusing on a search for the mechanisms that produce the varying physiological differences in each personality.

Reaction to Medication One of the problems for psychiatrists trying to treat patients with multiple personalities is that, depending which personality is in control, a patient can have drastically different reactions to a given psychiatric medication. For instance, it is

almost always the case that one or several of the personalities of a given patient will be that of a child. And the differences in responses to drugs among the sub-personalities often parallel those ordinarily found when the same drug at the same dose is given to a child, rather than an adult. In a recent book, "The Treatment of Multiple Personality Disorder," published by the American Psychiatric Press, Dr. Braun describes several instances in which different personalities in the same body responded differently to a given dose of the same medication. A tranquilizer, for instance, made a childish personality of one patient sleepy and relaxed, but gave adult personalities confusion and racing thoughts. An anticonvulsant prescribed for epilepsy that was given another patient had no effect on the personalities except those under the age of 12. In another patient, 5 milligrams of diazepam, a tranquilizer, sedated one personality, while 100 milligrams had little effect on another personality. Some of the recent findings on such changes will be reported at an international conference on multiple personalities that Dr. Braun will convene next October in Chicago. The reports will include other physical differences from personality to personality, such as seizures, eating disorders, and different neurological and sensory profiles.

Optical Differences One of those reports will be on a study by Scott Miller, a psychologist at the University of Utah, of optical differences in people with multiple personality. Dr. Miller had an ophthalmologist give a battery of standard optical tests to 10 patients and a control group of nonpatients. After each battery, the ophthalmologist would leave the room while the patient switched personalities, sometimes at will and sometimes with prompting, then return and repeat the test. The study included a control group of another 10 people who feigned switching personalities, unknown to the examiner, to remove a potential source of bias. The study, which will be published in the *Journal of Nervous and Mental Disease*, found that there were significant changes in visual acuity, in the shape and curvature of the eye and in refraction from personality to personality in the real patients, but hardly any among the others tested. The ophthalmic exam also found some clinical differences apart from the standard tests. One woman had three personalities, aged 5, 17 and 35. When the five-year-old was examined,

she had a condition, common in childhood, known as "lazy eye," in which one eye turns in toward the nose. The condition was not present in the 17-year-old or the 35-year-old. Similar differences were found in other patients. "One patient had had his left eye injured in a fight, so that it turned out," said Dr. Miller. "But the condition only appeared in one of his personalities. It disappeared in the others, nor was there any evidence of muscle imbalance." Probing the Enigma of Multiple Personality - NYTimes.com

<http://www.nytimes.com/1988/06/28/science/probing-the-enigma-of-multiple-personality.html?pagewanted=all> The study corroborates an observation of vision differences that had often been made by those treating multiple-personality cases. "Many patients have told me they have a drawer full of eyeglasses at home, and they never are quite sure which to bring when they go out," Dr. Braun said. How Mind Regulates Biology The medical phenomena being discovered in multiple personalities stretch the imagination, but researchers believe that they represent only the extreme end of a normal continuum. The effects found in these patients, they say, are graphic examples of the power of states of mind to regulate the body's biology. By studying them, researchers hope to find clues to links between mind and body that can help people with other psychiatric problems, as well as point the way to powers of healing that may one day be of use in treating normal medical patients. The lesson for psychophysiology from multiple personalities is that a given personality has as its biological underpinning a specific pattern of mental and biological states, according to Dr. Frank Putnam, a psychiatrist at the Laboratory of Developmental Psychology at the National Institute of Health. In a sense, Dr. Putnam said, there is a "biological self" that corresponds to the psychological self; as the psychological one shifts, so does the biological. "We have a work self and a play self, for instance, but we are the same person," said Dr. Putnam. "But each of those selves has its own repertoire of emotional states, memories and, to some extent, an underlying biological pattern. Those minor differences are seen in their extremes in the patients with multiple personality." The biological differences found in the patients, Dr. Putnam believes, reflect the range of states of mind that each

sub-personality typically manifests. Many of them are extreme: the terror of a frightened child, the hatred of an avenger. "A given state of consciousness has its biological reality," said Dr. Putnam. "By keeping these states separate and distinct, the patients create biologically separate selves." Mechanism of Change Dr. Putnam, who has done extensive research on patients with multiple personalities, is now focusing his interest on how they switch from one personality to another. During the switch, there is typically a period of seconds or even minutes when heart rate, breath rate and other physiological markers show a disorganization, which is followed by a new pattern typical of the personality that is emerging. Some of the most striking changes occur in the tension levels of the person's facial muscles. It is almost as though the person were donning a new face, according to Dr. Putnam. The changes also include blood flow patterns in the brain, according to findings by Dr. Putnam and other researchers. The blood flow changes were observed while different personalities performed the same mental tasks. "The transitions in children from one extreme state to another is every bit as abrupt as in the patients," said Dr. Putnam. "You see it in the child who switches from crying to laughing, or who cries himself to sleep. Normally, adults don't switch that abruptly; one of the tasks of growing is learning to keep the switching under control. Children have to make an effort so that their school self doesn't behave like their home self, for instance." In the children who respond to severe abuse by developing multiple personalities, Dr. Putnam believes, the usual integration of various "selves" did not occur. Such children seem to make use of two psychological capacities to protect themselves against the pain of abuse. One is the ability to enter an altered state of consciousness, such as a hypnotic trance, an ability that peaks at around the age of nine. Another is the capacity to Probing the Enigma of Multiple Personality - NYTimes.com

<http://www.nytimes.com/1988/06/28/science/probing-the-enigma-of-multiple-personality.html?pagewanted=all> dissociate, to separate one aspect of experience from another. "It's adaptive for the children to keep the states separate, so that they can keep the awareness of the abuse from their other selves," said Dr. Putnam. "That way the feelings and

memories don't flood them while they are at school, for instance."

Universal Phenomenon The switches that patients with multiple personality go through are a special case of a universal phenomenon, according to an article by Dr. Putnam in the current issue of *Dissociation*, a journal devoted to multiple personality and related disorders. Anyone who goes from one extreme emotional state to another undergoes major biological shifts akin to those observed in those with multiple personality, according to Dr. Putnam. They are no different from the plunges into extreme emotion seen, for instance, in patients who go from depression to a manic state, or in someone having a panic attack, he said. "But the switches are harder to catch in other disorders; they're more random," said Dr. Putnam. "But some multiples can switch six times in an hour. They're a better laboratory for study." Through studying such patients, Dr. Braun believes, wider medical applications may be discovered. He points, for instance, to one patient who had a blood pressure of 150/110 when one personality was in control, and a pressure of only 90/60 when another personality took over. "They can teach us much about the mechanisms by which we shift from one state of consciousness to another," Dr. Putnam said. "Most of psychiatry deals with helping people shift from one unpleasant state to another, more pleasant one." ©



The underlying wisdom of the world of intuition, seemingly so different from science, causal effect or the logic, puzzles and enchants us but fails to deliver the easily acceptable answer. We search for reasonable explanation in the field, perceived by us as a chaos full of mystery, synchronicity and hidden meaning. Maybe all that we really need is a shift in our consciousness...allowing us to look beyond...

“The intellect has little to do on the road to discovery – there comes the leap in consciousness, call it intuition or what you will, the solution comes to you and you don’t know how or why “Einstein on Synchronicity.

According to the information from The Biology of Belief by Dr. Bruce Lipton subconscious mind can process 20 000 000 bits of info per second. Conscious can only process 40 bits of info/sec...that means subconscious is 500 000 faster than conscious...Another study suggest subconscious process 40 billion bits of info per second and the impulses travel at the speed of 100 000 mph...compare to conscious 2000 bits /sec. and 100-150 mph.

Our conscious part of the brain is where we make decisions...that’s what is believed to makes us human...consciously being able to choose...Subconscious part of the brain is where we hold beliefs, attitudes, perception, habits. To change something in long term range ...according to psychologist we need to tap into subconscious part of the brain. Let’s say you want to change your attitude about something...ex. to be positive...in your perception of life... You need to decide

consciously about this goal...but put it into subconscious part of the brain by visualization, affirmation, meditation or hypnosis. The repetition must be done daily for at least 30 days...that's what we need to form the habit...

There is one very interesting term used by Michaly Csikszentmehalyi called "flow". It is understood as a mental state of operations, when the person is fully immersed in the feeling of energized focus and full involvement. It is a way of fully harnessing emotions in the process of performing and learning. In the flow emotions are not just contained and channeled but positive, energized and aligned with the task. The depression or anxiety takes you away from the flow as far as it is possible...The hallmark of the flow is experiencing spontaneous joy...even rapture...while performing a task...

Today, I had my usual ballroom dancing lesson (love ballroom)...and my very patient and talented teacher- Enzo, after listening to my self imposed questions about the best way to learn... conscious versus subconscious.... analytical or involving feelings.... suggested to express my thoughts in my writings...

I am aware, I have a logical and analytical mind, which can grasp quite few concepts or ideas about movement in the dance...(my conscious part of the brain)...yet ...this unknown factor of intuition (or maybe call it subconscious) ...is able to perform tasks much better ... without obvious learning or control....How is it possible ?? How to learn to tap to this part of yourself ...anytime we consciously wish for...? Can we have a control over it?

In the past ...there were moments, when I danced ...I guess, you can call it to be in the flow...and everything came together ,felt as a perfect harmony...giving joy and exhilaration to the movement traveling on the optimal path... The sensation came out of nowhere...and spread to every part of my body and mind...

It's a journey ...learning to dance...not only in acquiring new skills and ways for better self expression but in discovering how our amazing body works...involving not merely muscles but ... the brain... Question remains ...what are the smartest ways in using our brain to help us to learn faster, better....I will experiment ... try different approaches...and have fun while learning ...maybe will come back with some answers...

As of today...trust your intuition (subconscious) ...working at the speed of 100 000 mph...pretty impressive....

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Optical differences in cases of multiple personality disorder

...The ratings for clinical significance showed that the Multiple Personality Disorder subjects had 4.5 times the average number of changes in optical functioning between alter personalities of the control subjects, with a mean of 2.56 clinically significant changes for the MPD subjects and .55 clinically significant changes for the control subjects. This difference was statistically significant.

...The results of these analyses showed that MPD subjects had significantly more variability across alter personalities than did their control counterparts on measures of visual acuity with correction, visual acuity without correction, visual fields, manifest refraction, and eye muscle balance...

Medicine: in Search of a Soul: The Healing Prescription

By Pamela J. Maraldo

Excerpts-

Dr. Francine Howland, a Yale psychiatrist

Dr. Francine Howland, specializes in treating multiple personality disorder, relates an even more striking incident involving a patient and a wasp sting. At one appointment, the man showed up with his eye completely swollen and shut from a wasp sting. Howland called an ophthalmologist, wanting to get the patient treatment for the sting. Unfortunately, the ophthalmologist could not see the man for an hour, and because the man was in severe pain, Howland decided to try an alternate personality. As it turned out, another personality was anesthetic, feeling absolutely no pain. The pain ended, but something else happened...by the time the man got to his eye appointment, the swelling was gone and his eye had returned to normal. Seeing no need to treat him, the ophthalmologist sent him home. After a while, however, the man's original personality took control back, and the pain and swelling returned with a vengeance. The next day, he went back to the ophthalmologist and was treated. The eye doctor phoned Howland because "he thought time was playing tricks on him." He wanted to make sure that it was the day before when Dr. Howland had phoned him about treatment for the man. Howland laughed, told him that the man had multiple personality disorder and explained what had happened. "Allergies are not the only things multiples can switch on and off. With a change of personalities in multiples, scars appear and disappear, burn marks do the same, as well as cysts! The multiple can change from being right-handed to being left-handed with ease and agility. Visual acuity can differ, so that some multiples have to carry two or three different pairs of glasses. One personality can be color blind and the other not. Even **EYE COLOR can change!**

A reminder: It is common Opthamalogical science (Eye doctor science) that a person cannot change their prescription. Yet, with MPD's it happens in moments.

Speech pathologist Christy Ludlow has found that the voice pattern for each of a multiple's personalities is different, a feat that required such a deep physiological

change that even the most accomplished actor can not alter their voice enough to disguise their voice pattern."

One multiple, admitted to the hospital for diabetes complications, baffled her doctors by showing no symptoms when, without warning, one of her nondiabetic personalities took control,. The patient instantly showed no signs of being diabetic. There are also accounts of epilepsy coming and going with personality changes. Robert A. Phillips, Jr., a psychologist, reports that he has even seen tumors appear and disappear, although he doesn't specify what type of tumors. Multiples tend to heal faster. For example, there are several cases on record of third-degree burns healing with extraordinary rapidity. Most eerie of all, at least one researcher, Dr. Cornelia Wilbur, the therapist whose pioneering treatment of Sybil Dorsett (of the book and movie "Sybil") is convinced that multiples do not age as fast as other people. How could such things be? We are deeply attached to the inevitability and "reality" of things. If we have bad vision, we have it for life; and, if we suffer from diabetes, we do not for a moment think our condition might vanish with a change in mood or thought. But the phenomenon of multiple personalities challenges this belief and offers further evidence of just how much our psychological states can affect the biology of the body.

Psychobiological characteristics of dissociative identity disorder: a symptom provocation study

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Abstract

Background: Dissociative identity disorder (DID) patients function as two or more identities or dissociative identity states (DIS), categorized as 'neutral identity states' (NIS) and 'traumatic identity states' (TIS). NIS inhibit access to traumatic memories thereby enabling daily life functioning. TIS have access and responses to these memories. We tested whether these DIS show different psychobiological reactions to trauma-related memory.

Methods: A symptom provocation paradigm with 11 DID patients was used in a two-by-two factorial design setting. Both NIS and TIS were exposed to a neutral and a trauma-related memory script. Three psychobiological parameters were tested: subjective ratings (emotional and sensori-motor), cardiovascular responses (heart rate, blood pressure, heart rate variability) and regional cerebral blood flow as determined with H(2)(15)O positron emission tomography.

Results: Psychobiological differences were found for the different DIS. Subjective and cardiovascular reactions revealed significant main and interactions effects. Regional cerebral blood flow data revealed different neural networks to be associated with different processing of the neutral and trauma-related memory script by NIS and TIS.

Conclusions: Patients with DID encompass at least two different DIS. These identities involve different subjective reactions, cardiovascular responses and cerebral activation patterns to a trauma-related memory script.

So, can you influence your own systems?

Somewhere in our psyches, we all have the ability to influence biology. How about adopting the clear life purpose to influence biology to produce super health and intelligence? That is the practice of meditation.

This all demonstrates the power of belief. What are you believing about yourself and how you are changing through life?

Are you convinced that your mind and body have extraordinary power that you have not yet tapped?

