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TEN WEEKS - TEN PROCESS SEGMENTS

THE PROCESS IN ONLINE (LEARNING) SEMINAR FORM. A TRANSCRIPT.

“Try to develop models which are not arbitrary and man-made but organic and natural. The difference is in the intention. Arbitrary man-made models have as their intention manipulation and control. Natural, organic models have as their intention resonance and reverence.” Margaret Mead

The following is a transcript of approximately half of the twenty hour Process seminar so the transcript takes at least ten hours to do live; however, we have edited it to make the reading experience of The Process as effective and fun as we can. There is, of course a major difference between doing a seminar live and reading or even seeing a video of the same thing. Each of these learning strategies has their own strengths and weaknesses. For example, in the live seminar we devote a substantial amount of time to brain wave training which induces deep relaxation and relative neural silence. Then we follow it up with a ‘Bohmian’ style Dialogue session. On the other hand, reading can be done whenever it is convenient and there is less need for repetition than when working live. The online course will present one Process session per week. This should allow adequate time for integration.

We remind you that this is above all a heuristic learning program and we urge you to listen to your intuition about the best way to work. Remember, doing too little EEG training is one of the most common factors limiting the benefits that EEG biofeedback can provide. Certainly, doing too much is also possible; however, I have not seen that happen so far, even with some obsessive/compulsives that I have trained in my almost thirty years of experience.

We have tried to reduce redundancy. However, your perception and understanding of this material may change as you go through it in different ways and see some of these concepts from different angles.

SESSION ONE

A RENAISSANCE OF PSYCHOLOGY AND LEARNING

RENAISSANCE, to be born, to be born anew, rebirth, revival.

PSYCHOLOGY, the science dealing with the mind and mental processes, feelings, desires etc.

LEARNING, the acquiring of knowledge or skill.

“The times, they are a changin’” and we must change with them. What can we do or not do to make that change turn out for the best it possibly can? The mission of The Process is to deliver the knowledge and skill that will allow you to bring about a renaissance in your life. To us The Process for reinventing, rediscovering, rebirthing ourselves seems simple in principle. There must be insight, clarity of thinking, understanding of the way the mind works, self knowledge and healthy, right action. This nine week course is an opportunity to do all we can to find out if it is possible to learn better and how to make the learning and the doing one. We are going to make the best maps we can and we are going to step from the map to the Real Royal Road. Those of us who feel particularly strong may even run along that road at times.

"The most invisible creators I know of are those artists whose medium is life itself. The ones who express the inexpressible - without brush, hammer, clay or guitar. They neither paint nor sculpt - their medium is being. Whatsoever their presence touches has increased life. They see and don't have to draw. They are the artists of being alive." J. Stone

So, to the best of our ability let us return to our innocence together. Can we have a child-like spirit of play? If we can, we probably can make great leaps in understanding. Words can be wonderful, but we must go far beyond words if we are to achieve the levels of humanity and the quality of relationships that we all long to have with one another. Since the kind of learning we are doing is self (heuristic) learning, we must all become our own map makers, cartographers of consciousness. Although we must go way beyond words, we must also use words to help us on our many journeys. All of my life I have been fascinated with the possibilities of words. If the circumstances and the mind are right words can have a power for change that is mysterious and stretches into infinity.

Therefore, we have been using words (especially in so much as they relate to our field) in different and we believe more effective ways for at least thirty years. The Process is based on the insight that a practical understanding of the principles of mind are not only relatively easy to learn (for those with adequate motivation) but that learning them becomes choicelss when we consider the consequences of not learning them. We assert that an explosion, a kind of healthy mutation is already taking place within the mind of humanity and is leading to unimaginable opportunities for

realization of mind/body health and a long overdue uplifting of the beleaguered and battered human spirit.

PROCESS MISSION

The mission of The Process Project is to assist as many people as possible, including ourselves, in becoming better 'artists of being alive' by providing the best mind / body (heuristic), self liberating, learning opportunities we can. The implementation of this mission includes assisting in the practical understanding of how the mind works and staying absolutely true to those self knowledge principles which allow each of us to naturally unfold our unique purpose and potential. What we want to do is to be and to assist others in being artists of living.

WHAT IS YOUR MISSION?

This is the beginning of a journey,...a remarkable adventure, an effort to bring about the greatest possible healthy, holistic change in ourselves. We believe the principles we are applying are grounded in what some are calling 'the new science'. Part of The Process is learning how to collect and evaluate your own data and discover for yourself the best methodology for evaluating your own data and bringing about healthy change. In fact, one of the most wonderful aspects of this process is that I must learn with you. We teach those things we most need to learn and we teach them until we learn them. Holistic definitions of mind hold that all of the body is in the mind but not all of the mind is in the body. So, we are taking a journey of the mind and body.

There are many kinds of peak performance programs - how to perform better at work, be a better athlete, a better husband or wife or parent, a better student, artist, environmentalist, politician, businessman, salesman, a more compassionate human being, and we are interested in all of them. There are elegant, underlying principles, a foundation, that support all forms of life enhancement. We call these principles the basics and upon this foundation, we assert, it is possible to bring about the kinds of changes that can substantially (if not incredibly) enhance the quality of our day to day lives.

We have learned and are learning from inspiring teachers all over the world, dead and alive. And the best of them have persuaded us that the Royal Road to Inner Riches is made of self-knowledge and self-education. It is our privilege to apply what we have learned to ourselves and others who are interested in this strategy for understanding the way the mind works. Often, I will use the term we or ourselves. I don't really mean the royal we, but rather to refer to the fact that in all of this work I am interrelated with other people constituting both a formal and informal team. The strategies that we teach are the ones that work for us. There are lots of other techniques, some of which we have tried, and some which others feel are excellent, but if they don't work for us then we don't bring them to you.

"In sport, to be a champion, do simple things well daily", Sue Wilson.

Whenever we find a better idea we integrate our version of it into the training. All Performance/Life Enhancement programs are fundamentally the same in that they focus on improving the quality of consciousness over the average second, minute, hour, day, week, month,

year. We think that for most people, especially the kind of people that are attracted to this kind of material, major change is possible and we get to serve as a kind of heuristic, educational catalyst for as many of those as we can.

Whenever any of us can actually apply the concepts and principles embodied in The Process to our own lives an unusually inspiring enhancement to our personal life style is likely to ensue. Often, the change is so massive that the term transformational, or transformation of life style is not an exaggeration.

We can take nothing for granted. We must go together carefully, humbly, gently. We are going to work with all our hearts to bring about breakthrough thinking. This implies entering into one of the highest adventures of the mind and heart possible. We assert that there are at least two powerful tools for making breakthroughs:

1. La Via Negativa (elimination of the unnecessary, silence, non- action.)
2. La Via Positiva (right use of words, right action, right relationship, two expressions of which are dialogue and the concept of massive action). We hope you can already see the relationship between these two principles. Perhaps you can even see further that they are not the opposite of one another.

One of the most basic of basics is that learning may proceed from the easy to the more difficult, from the gross to the subtle, from the outside in. So, a place to begin with a mind/body adventure is with the body. We mustn't ignore our body because if we do it will go away. So, be good to your body. If you need to stretch, do. If you need to take a nap, do. Above all, breathe. Right breathing is a key to breakthrough thinking, action and attention enhancement.

A suggestion for those professionals who are interested in applying Process concepts to their own clients: please look at this training as an opportunity to enhance the quality of your own life first. If it works for you then you can help others make it work for them. If it doesn't then perhaps you shouldn't be using it with others.

It is our intention in this program to ask the best questions and to use the best heuristic strategies we can to come up with some of the most practical answers - answers that work for us as individuals, and by extension, answers that work for us collectively.

Motivational seminars are big business, and for good reason, because as Emerson said, "Nothing of importance can be accomplished without enthusiasm." In fact, the place to start is with the whole issue of motivation (sense of mission) because that will fuel our adventure together more than anything. Of course pain is also a motivator but wouldn't you much rather be motivated by hunger to improve rather than fear of pain? Fear is an inferior motivator and a destroyer of enthusiasm. We need the energy and motivation enthusiasm brings to break out of the bind of the status quo.

One of the most important rhythms of the body/mind is approximately a 90 minute brain temperature rhythm. We have designed The Process along the lines of this rhythm in order to maximize the learning/productivity curve. You may be aware of the 4 REM cycles that occur during the night. There is a period of dream (alpha/theta brain waves) then a period of deep sleep beyond dream (delta brain waves), then a period of 'deactivation' like a rest period, then another cycle. Actually, the deactivation period adds about 30 minutes to the whole cycle. Four of these make an eight hour night. Something similar happens during the day. So, each of the learning modules of The Process is two hours long and integrates material presentation, an alpha (silence)

period and interactive dialogue. We do this in order to conform so much as is possible to what we believe to be maximally efficient learning cycles.

For the rest of this first session we are going to briefly introduce you to the basic principles upon which the Process is founded. Throughout the rest of the training we will be doing everything we can to deepen your understanding of these principles. We intend to use as many metaphors and illustrations as we can think of with the intention of allowing you another way to look at the 'elephant'. Together, let's see if it is possible to easily, naturally step from the map to the 'royal road' of self-knowledge.

THE PROCESS AND SILENCE

“If for every time I loved you, words could disappear, then silence, oh yes silence, would be all that you could hear.” “Silence” by Emily Matthews

As Korzybski said, " The word is not the thing and the description is not the described," and yet we must work, go exploring, try to communicate with each other using words, mustn't we? Of course, we also have nonverbal tools as well. We can be silent. In fact, some gifted communicators have used silence with awesome effectiveness. According to legend, one day while Plato was teaching, his students asked the master if he would talk to them about the nature and mystery of time. Plato silently got up and walked outside into the garden and stood motionless and mute for twenty four hours. He then resumed the discussion. There are countless examples of the power of silence. Indeed, we integrate the principle of silence in The Process as well as explore how silence works, how to make it work better. Silence creates a field in which words can take on deeper meaning and the mind can embrace that miraculous dimension beyond words and thought..

There were three holy men meditating in silence in the Himalayas. Of course, it has to be the Himalayas! Ten years pass, one of them says. “Oh, what a lovely evening this is!” Another ten years pass and the other man says, “I hope it will rain.” Another ten years pass and the third man says: “I wish you two would be quiet.”

The Lord of tomorrow is Profound Attention Today. We are beginning with a brief introduction to silence because we must use words so much that it is easy to forget how important it is to deepen the ability to listen. One of the principles of The Process is to understand the power of silence and apply it to healing and the capability to enhance 'thought recognition' or the ability to increase awareness of thought as it is taking place. We will be working hard together to understand and practically improve our ability to watch ourselves think and feel with much greater clarity. This sense of clarity means a kind of control, a power to bring about healthy change. A key to this is implementation of the principle La Via Negativa, elimination of the unnecessary. In this case we mean truly quieting the brain so it can deeply listen. In a sense so it can 'hide and watch' from a 'safe place'.

***“The softest of stuff in the world penetrates quickly the hardest; Insubstantial, it enters where no room is. By this I know the benefit of something done by quiet beings; in all the world but few can know accomplishment apart from work, instruction when no word is used.”
Tao Te Ching***

One of the most powerful and mysterious ways that a human being can change his or her life and discover wonder, beauty, strength, healing, creativity, power problem solving, breakthrough thinking and light within is to naturally, easily enter into periods of deep quiet. I don't know how many of us have really tried it but I have and am now 'addicted' in what I believe is a healthy sense. All my life I had been intuitively seeking the opportunity to be alone. Whenever possible I would seek out a spot that was as beautiful as I could find in the out of doors. But if I couldn't do that then my room would do.

However, the power of silence was hammered home to me in a particular way during a trip to the Saanen valley in Switzerland and the coastal mountains of California. In both cases I went to listen to an extraordinary teacher every day and then wander off alone into the mountains to do my best to absorb what I had heard, and to find out for myself if I could understand my own mind better. During the California event I actually did not speak for ten days. This precipitated a kind of epiphany for me which included the realization that thought and feeling watching got much easier when one is silent. But that wasn't all. While spending all day under great evergreen trees, high on a hill, looking down into a valley, a series of spontaneous visions accompanied by a wide range of powerful feelings which I still only partly understand took place. These experiences were (and still are since they are continuing) as mysterious as they are beautiful and they eventually led to many things including the concept of thinking of consciousness from a multi-dimensional perspective.

So, an important part of The Process is assisting you in deepening your already natural ability to quiet the mind and listen...really, actually, carefully listen...listen with the brain and listen with the heart. To that end and because our first session is almost up we must now briefly introduce you to neurofeedback, at least enough so that those who have the capability and want to do an EEG biofeedback session will feel better prepared to do so. Neurofeedback (EEG) training can be a powerful assist in getting the hang of deeply quieting the brain. Of course, there are other ways and as we repeatedly emphasize, neurofeedback is optional in terms of The Process Project. Also, we suggest you consider doing a dialogue session even if the dialogue is with yourself.

“Can the narrow, conditioned brain break down its conditioning? I'm listening to the question...Am I actually listening or just saying I'm listening? If I'm actually listening, then there is no movement in the brain at all. Of course, there is a nervous response - hearing through the ear, etc. But, apart from the verbal communication, there is no other movement. I'm still listening - this is the breaking down. I don't know if you know what I'm talking about...that very state of listening is the state of ending of a certain thing.” Krishnamurti. The Future is Now.

“But if one listens a little harder, one comes to hear silence...that silence is an integral part of life...silence is not simply the absence of sounds. Rather it is the presence of the dimension of time. A realization of the instant and the situation. Furthermore, it is an expression of the completeness of the situation. In a very real way, silence is heard as an integral part of existence.” Howard Slusher

To work at the level we are aspiring to is a daunting challenge and yet, if we are seeing clearly, there is no choice but to take on that challenge. The Process is a symbol/word for

indicating a mix of 'perennial' principles, strategies, actions and non-actions which can assist at least some of us who are eager to bring about healthy change. The Process intends to be as light hearted and fun loving as possible about this business of calling as much truth as possible in on one's position, one's life.

Working at this level is not for everyone and at any time. One has to be able and ready. The time needs to be somehow right. Most of those who come to this kind of focus have tried many things in life, including those that give superficial pleasure and have developed a sense of ennui about it all. 'Been there, done that, bought the t-shirt'. Now, there is a hunger to go deep, to find out what is actually possible. We must be careful, skeptical, yet open, innocent. Innocence is the shortest distance between two points.

With the intention of assisting you in bringing about a paradigm shift in your own life, The Process seminar combines three strategies:

1. Presentations (called sessions) designed to bring insights, coherent, practical, usable understanding as to how the mind/body works. What makes it work better. What makes it work worse. How to get the energy needed for breakthrough thinking and creativity.
2. Secondly we do psychophysiological training which teaches participants how to consistently produce relative silence in the mind and body. This includes optional brain wave training which we suggest can dramatically increase the learning curve.
3. Thirdly, we use dialogue for integration and deepening our understandings.

Putting it another way and taking it to a much more advanced level we could say we are learning The Process of unconditioning oneself - seeing oneself truly while gaining insight into the whole. It is as though there are three streams:

1. Knowledge (how to operate in the world, work, etc.), self knowledge, how the mind/body works..
2. Detailed execution (discipline) go to bed on time, exercise, look neat, etc. .
3. Insight into the whole which unfolds another order of knowledge. All these streams come together to make one harmonious river (life). In other words, learn how to live beautifully, harmoniously, happily in this world without being 'of it'. There is a wondrous art of learning (at least relatively) to step out of the stream of madness, mindlessness that also exists in society. (Psychologists have broken this down into a similar set of categories: Semantic memory (cortex), procedural memory (cerebellum), and working memory (interface of sensory system and memory system - possible seat of self-awareness).

INTRO TO DIALOGUE (Bohmian)

“...it is proposed that a form of free dialogue may well be one of the most effective ways of investigating the crisis which faces society, and indeed the whole of human nature and consciousness today. Moreover, it may turn out that such a form of free exchange of ideas and information is of fundamental relevance for transforming culture and freeing it of destructive misinformation, so that creativity can be liberated.” David Bohm

DIALOGUE, from the Greek dia (through) logos (the word).

The Process is about individual breakthrough thinking; however, for individual thinking to work well in the world it must integrate synergistically with others. A strategy which can improve

breakthrough thinking in relationship with others is a special kind of dialogue which we have dubbed 'Bohmian' in honor of my friend, the late, great physicist David Bohm, from whom we got the idea. Dr Bohm and his wife Saral worked with groups in the US, Canada, England and Israel over a period of many years with the goal of creating a better way for people to communicate and be more creative while working/playing together in relatively small groups of fifty or less. For years a group of us met out in the Ojai valley to learn all we could from him.

Integrating Bohm's special sense of dialogue into The Process led to adoption of the term 'Bohmian Dialogue' in order to focus our attention on working together according to our understanding of the principles of dialogue Bohm taught us. This means pushing the envelope of communication, and it seems to require a moderator (at least until the group has acquired considerable skill at this level of dialogue). Moderating such a gathering is itself extremely challenging. Because on the one hand we must create a safe environment so that we can explore, be creative and learn for ourselves.

SAFE ENVIRONMENT BUT NOT GROUP THERAPY OR FORUM FOR SPEECHES

Yet, it is not group therapy. It is not a forum for delivering speeches. It is an opportunity to go carefully, tentatively into the ways the mind is working with the goal of coming to breakthrough thinking. The moderator must somehow bring the group back on track if the discussion is deteriorating, keep the atmosphere safe for ideas that some or even most in the group might think are inappropriate and maintain freedom without bringing on a 'free-for-all'. The process of doing this kind of discussion requires deep attention, patience and affectionate care on the part of everyone. It is necessary for everyone, especially, the more intellectually aggressive and articulate players, to see the innocence in the other discussants. So far as I know the only way to learn to do this is by doing it. Mistakes will certainly be made, but if the right kind of environment, the right kind of field is created, those mistakes will be part of the process of moving in the correct, most productive direction...part of the process of achieving collective and individual mindfulness..MindFitness.

Even in dialogue with ourselves we have to create an environment in which it is safe to make a mistake...to consider what may at first seem like ridiculous ideas. When we are working by ourselves we often second guess ourselves; we lose energy and focus because there are so many competing points of view or thought forms. It is important to apply the 'no shame, no blame' principle to ourselves as well as others. This kind of 'virtual tribal' relationship is yet another technique for learning how to align ourselves better with the laws of thinking in more functional, coherent ways. From there we can find out if it is possible to go beyond thinking to touch, to increase the quality of our relationship with that creative Source that is superior and ought to always come before, and give focus and direction to thought. We can call this level of influence by that Source... Insight.

Probably, to all of us such a proposition is an appealing adventure. The term edutainment seems to apply. It ought to be fun to work this way. Yet, heuristic learning (self teaching) is by its nature venturing into the unknown. And we are conditioned to fear the unknown even while we are called by it. So, like a hard workout, this kind of work can feel like exercising 'unused muscles', bring its own endorphin high and mind/body benefits.

Resistance to what others are saying is not likely to work well. The key is attention. Remember, you cannot observe anything without changing it (albeit very subtly) by the very act of

your observation. The quality of our awareness to what is happening moment to moment has everything to do with the quality of the dialogue that is taking place. Therefore, when dialogue is taking place we have to do all we can to simply watch what is happening; to be as aware as possible, both of what is being said and what our thoughts and 'felts' are about it ...now, in real time.

I have seen work that has convinced me that there are probably at least four major thinking styles (preferred modes of thinking) and most of us tend to be strong in two and weak in two. Obviously, this concept is controversial, but I believe it has value as a working hypothesis. For one thing, it helps in the realization of the 'walk- in- the other- guy's- shoes- principle'. Ned Herrmann has developed the 'preferred modes of thinking' concept over several decades. Many businessmen attest to the benefits Herrmann's consulting and training strategies have brought to their organizations. He calls these four main styles: Right and Left Cerebral and Right and Left Limbic. If you figure that we can theoretically be any combination of the four you wind up with at least sixteen different potential thinking styles. We go into these styles in more details in advanced Process training. But for now we simply want to make the point that because of these preferred thinking style differences some participants are probably always going to be uncomfortable. Nonetheless, quality Bohmian dialogue must integrate those that are having difficulty and build thought bridges to their minds.

WHAT IS DIALOGUE? (from the Krishnamurti Foundation of America newsletter.)

“During his many talks and dialogues, Krishnamurti described in different ways what he meant by the word dialogue. He talked of awareness and of the art of listening - seeing, learning. He investigated the question of the division between the observer and the observed, and the necessity of being free from attachment for inquiry to take place. Krishnamurti also frequently expressed the need to be 'hungry' - to be passionately interested in understanding the nature of thinking - otherwise only words would be exchanged in talking together with others. And although many of these topics were not discussed in relation to dialogue alone, these areas of consideration are valuable for those interested and involved in understanding the dialogue process. Though we may have seen Krishnamurti either in person or on videotape, listened to cassettes of his talks, or read his books, we are automatically imbued with the complete understanding of everything he was pointing to. We may ask, 'In what manner can we truly talk things over together if we are not free from attachment? How can inquiry take place?'

There may be no easy answer to these questions, yet when we meet in dialogue there are innumerable different opinions and ideas expressed. Although we give verbal assent to the possibility that the knowledge we possess is limited, when we discuss things together, most of us express ourselves as if we have answers to the many fundamental questions being considered. Many of the conflicts that arise in dialogue stem from the different way such statements are perceived. To the listeners the statement appears to be theory. To the person speaking, it appears to be true.

Dialogue cannot be forced to move away from opinions and ideas to a deeper consideration of life's problems. However, if each participant carefully observes the movement of thinking processes, both within themselves and in others, then the dialogue may move to greater depths on its own, without anyone doing something to bring it about.

The dialogue process can be going on in our daily life all the time, if we are sufficiently interested, examining those aspects of our being that do not make sense and are creating conflict either within us or in the external world.”

DEEP LISTENING

“I do not know if you have ever examined how you listen. it doesn’t matter to what, whether to a bird, to the wind...to the rushing waters...in a dialogue with yourself...If we try to listen we find it extraordinarily difficult, because we are always projecting our opinions and ideas, our prejudices, our background, our inclinations, our impulses; when they dominate we hardly listen to what is being said...one listens and therefore learns, only in a state of attention, a state of silence, in which the whole background is in abeyance, is quiet; then, it seems it is possible to communicate.” Krishnamurti

One effective has been dubbed ‘deep listening’. The exercise requires that you get a partner and choose who will be the talker. The talker then talks for about seven minutes and the listener attends as deeply as possible and says nothing. Then the roles are reversed. After this the whole group discusses what happened and what was learned about the listening process. After an adequate rest this process is repeated except that now the listener can interrupt in order to ask questions but must be careful not to take over the talking until it is his or her turn.

Emotional intelligence seems to know how to be discriminating without being critical of others. For example, one of my personal biggest problems has always been being critical of others without realizing what I was doing (usually driving them away or shutting them down). Never mind that I thought I was giving them wonderful, practical advice. I am working hard to change my ways (I believe old dogs can learn new tricks) and even a small amount of progress in this area has brought tremendous benefits.

Anyone interested in this kind of process is already an independent thinker and probably feels smarter than most others and entitled to be critical, even somewhat cynical. It's hard not to be critical. And heaven knows it is critically important to exercise our critical faculties... appropriately. But there is something about being on the front edge, risking, being creative as opposed to standing on the side lines and being a Monday morning quarterback. Performance and Life Enhancement is probably far more concerned with creativity than criticism. And the very nature of creativity means it tends to violate the status quo, conventional, conditioned thinking. Creativity make mistakes, takes risks. It will be useful to keep that in mind during dialogue even though there must be freedom to constructively criticize. But it must be done ever so carefully.

THE BRAINSTORM

comes early in the dialogue but like the weather the discussants must be ready for the spirit of insight to blow through the room at any moment, ready to adjust when lightning strikes. The brainstorming part of the process is not the time to reject ideas. The time to eliminate the unnecessary will come soon enough.

The concept of high level dialogue is quite old. This strange, rather mysterious phenomenon, this spontaneous combustion of group intelligence has been recorded countless times over the centuries (for real and in mythology) and obviously there are even more times

when no record was kept. Crisis seems to provide a fertile ground for true dialogue. One of the challenges of dialogue during The Process seminars is that there is usually not a feeling of collective crisis, especially, right after a deeply relaxing EEG session. Certainly, the sense that there is not a crisis is probably an illusion. If we really focus on the facts we will almost certainly see that there is plenty of interesting danger and opportunity-laden crisis to provide fuel for the dialogue. If we feel that there is not crisis, then we probably don't understand the situation well enough. Need it be said that competently dealing with crisis can be, ought to be great fun?

If we look at our own lives we can see that each day may be our last, and there are powerful forces that are even at this moment trying to shut us down, rob us of our humanity and the sensitivity and power that ought to be our birthright. At the same time there is great opportunity NOW! If we look beyond ourselves we can see a great crisis, nationally, internationally, a crisis in the consciousness of humankind.

I am always smitten by a sense of gratitude to be able to work with people who are deeply focused on Life and Performance Enhancement, the process of Mindfulness. It is a rare and wondrous opportunity, an extraordinary situation to be in. And there is even a greater sense of immediacy in the seminars. It is like we are a virtual tribe focusing all our individual and collective energies on learning as much as we can about breakthrough thinking, and the incredible, liberating, uplifting, humanizing, enriching power of Profound Attention!

One of the extraordinary things that sometimes happens when dialogue is successful is that the collective emotional intelligence emerges like a single mind which is in itself more intelligent than any individual, more intelligent than the sum of all the minds involved. I suggest that the reader experiment with applying these dialogue principles in normal, day to day situations. Watch the breath for under breathing and watch the emotions, especially for fear, anger, ego tripping. Watch for the good stuff also. Recognize that the most articulate person is not necessarily 'closest to the bone'. How do you feel when someone has a really good insight? Happy, jealous or afraid? Is there a temptation to discredit the idea or the person?

INCREASING THE LEARNING CURVE THROUGH BRAIN WAVE BIOFEEDBACK



As we said, The Process does not require electronic biofeedback. But for those of you who are interested, the following piece may prove helpful. Brain wave training is probably not appropriate for everyone. But it has been very helpful to us and many of the people we have worked with, and it appears that its application to heuristic (self) education and performance enhancement is growing exponentially. In other chapters we have explained why growing numbers of world class scientists and neurophilosophers believe that the development of brain wave self-regulation training may be one of the most important technological and educational developments of our time. But for now lets just all understand what it is from a technical viewpoint.

The human body generates a huge number of subtle electrical energies and more are being discovered all the time. In 1928 Hans Berger developed the EEG which could measure tiny electrical signals coming from the brain cells themselves. This is done by putting electrodes (we prefer to call them sensors) on the head in particular places. These electrical impulses called brain waves radiate from the brain clear through the skull and muscles and skin and into the sensors. The sensors conduct these brain waves through cables to amplifiers where they are magnified and displayed and measured in many ways. The most common and traditional look like the illustration when recorded on a chart recorder: (see theta, alpha, SMR, beta illustration). Brain wave biofeedback (neurofeedback) can be accomplished using relatively inexpensive and easy to operate instruments. In chapter two we go into additional detail.

One researcher working with the most advanced of the systems we've developed so far (the CapScan Prism 5) documents a 23% increase in cognitive functioning as well as substantial increases in situational awareness skills such as vigilance 34%, attention 27%, concentration 27%, and automatic information processing 28%. Much more rigorous research must be done but many skilled neurofeedback practitioners report similar anecdotal findings. Of course the numbers have a limited value because this particular study was uncontrolled. Also, much of the most important phenomena that happens is difficult to measure (so far). Many practitioners report disappointment because some clients improve their mindfitness and then inexplicably return to their old ways and deteriorate. We think we understand something about why this happens and how it happens and attempting to reduce this recidivism is an important part of The Process.

Carl Jung, the legendary psychologist, was using an electrodermal device (known as Skin Conductance in the biofeedback field) which measures arousal of the autonomic (emotional) nervous system to prove that archetypal (insight) imagery carries a feeling with it, and that people good at producing and recognizing insight use certain kinds of feelings as a flag. Einstein and David Bohm, as well as countless other recognized geniuses have reported that they somehow 'feel' solutions coming. Einstein and Bohm claimed they got a certain feeling 'in their muscles' before they got the intellectual insight imagery.

Dr. Bohm asked me to demonstrate various biofeedback instruments to him, and he was extremely interested in the technology. He was intrigued by the Skin Conductance instrument in particular because it seemed to him that there was an almost three second delay between a stimulus and the autonomic nervous system's emotional response, and he saw its application in teaching thought and thought - feeling awareness. If this observation is correct (and many biofeedback practitioners and researchers believe it is) the implications are extraordinary. It seems obvious to me that there is roughly a 2.8 second interval between, for example, an offensive remark and the surge of anger that follows. That means only considerable awareness, watching one's thoughts and felts is fast enough to head off unnecessary and usually counter productive anger. Biofeedback and mind/body training can strengthen this kind of awareness. Dr. Soutar points out that his understanding of LeDoux's research contradicts this hypothesis. However, my own observations compel me to stick to my guns until convinced otherwise. At the very least I believe the 2.8 second delay/awareness notion is a very functional working hypothesis.

Satisfactory EEG feedback occurs when the brain wave we want to train is present in the amounts we want it to be. **WARNING.** Brain wave power (amplitude) is unique for each individual and it is particularly important not to compare yourself with another. The temptation to compare can be great. You may not be able to resist it. If so just watch yourself go through the counter productive exercise of comparison.

Most will probably do best with mid range alpha training. The work of Grey Walter asserts that between 65 and 80% (possibly a higher percentage in the group likely to read this kind of book because such individuals might be self selecting) of us are alpha 'Responsives' and training the alpha brainwave for Life Enhancement seems to work best most of the time. The other estimated 12% are alpha P's (persistent) and alpha M's (minus). Alpha R's just close their eyes and relax and alpha increases. Alpha P's make about the same eyes open or closed, and Minuses make very little alpha eyes open or closed. Alpha P's and Minuses may take more work and experimentation. Don't worry about it. That's part of the Process. All of the fundamental

Process principles work for P's and Minuses but we may need to use alternative neurofeedback training strategies.

Learning how to set the right goals and thresholds as they are called in biofeedback is an art. Also determining which EEG bandwidth's are best for which people takes considerable skill and sometimes trial and error. Remember, it is widely believed that when brainwave training works like it should, it quiets the mind and increases brain flexibility. We believe better language for expressing this mind quality might be to say it increases 'dimensionality'. Asking yourself the best questions you can during this kind of training can be particularly illuminating. Notice if answers come. They may. They may not. Notice if it is easier to watch the 'movies' of your thoughts and feelings. 'Just do it'. See what happens. Jot down insights in your journal, etc.

Expectations may prevent you from seeing the facts. Brainwave training is about increasing ability to be in contact with 'what is' Watch the breath. Remember the muscles must be relaxed. If they are tense or you are moving about, you can cause an artifact (bogus signal). Go at your own pace.

WE STRONGLY ENCOURAGE ALL WHO WANT TO TEACH OTHERS HOW TO USE EEG BIOFEEDBACK TO TAKE A PROFESSIONAL EEG BIOFEEDBACK CERTIFICATION TRAINING COURSE.