

ATTENTION MEMBERS!

Personal Numbers and Office Procedures

Please help your administration office to run smoothly and so help you efficiently:

- when your details change (address, telephone number, email address etc.) please make sure we know
- use your membership number whenever you contact us, and write it onto all correspondence, conference booking slips, subscription forms and orders for books, services etc.
- book early for conferences - it helps you get a place
- ensure cheques are made out correctly to Scientific & Medical Network; for conferences and orders: always add (legibly!) details of what it's for and membership number on back, even when accompanied by a booking form
- remember we're a network, and it often takes time for all relevant people to be contacted so when making requests give us time to respond helpfully (and always remember to tell us who you are - we sometimes get forms back with no name at all!)
- help us save money; whenever possible pay in £ sterling, use autobill and gift aid for your subscriptions - it maximises funds available for more important things

Office hours are 9am – 5pm Monday – Friday and there is normally someone to answer the telephone between those hours, with an ansaphone otherwise.



Remembering Simon Raggett

Simon Raggett, the Network's treasurer and Board Member died unexpectedly on Sunday November 8 while walking across Hampstead Heath. We are all shocked and saddened to lose him. He was a soft-spoken man, hard

working and amiable, author of many books and papers on the nature of consciousness, and of science fiction under the name of Jack Junius. A member of the Network for about 15 years he was a frequent participant in the London SMN group. He came onto the Board in February 2015 at a critical time when the organization needed a new treasurer, rapidly familiarized himself with the accounts software and delivered some sound financial statements.

About himself, he said, *My background is non-scientific with history at university and working in the City for nearly 40 years. However, I have been interested in consciousness studies for the last 20 plus years and in more recent years with a particular emphasis on modern scanning-based developments in neuroscience. These studies have been the basis for my website and also a book 'Consciousness, Biology and Fundamental Physics' available on the site.*

Much of his writing is posted on his website, www.quantum-mind.co.uk

It is in his science fiction that we encounter Simon's creative imagination. He often brought his books to conferences and gave them away for a donation. In *Persephone Wakes* he explored the nature of consciousness and free will through the eyes of a conscious android. We follow Persephone while she discovers her feeling nature, how she finds freedom from her creators. The characters he created are rich and credible. The *Secret History of England* explores altered states of consciousness and near death experiences, a subject also of his non-fiction book, *Consciousness, Biology and Fundamental Physics*. He was working on several writing projects at the time of his death.

We will all miss Simon. We send him all our love, and to Inger, his wife.

MEMBERS' NEWS



Office Move and New Appointments Chiara Reghellin, Office and Membership Manager, introduces herself

My name is Chiara, I come from Vicenza, Italy. I graduated at the University of Trento (Euro-American Literature and Languages) in 2008 and I subsequently moved to England where I achieved a PhD in Literature (University of Essex, 2013). I have been living in London for almost 8 years with my family. I have worked as a Graduate Teaching Assistant (GTA) in the department of Literature, Film and Theatre Studies of the University of Essex, and I have been the Sales and Operations Director of a school of languages for children, teens and families based in central London. I love reading, visiting museums and exhibitions, cooking, walking, swimming and knitting.



Rodrigo Montenegro, Business Manager, introduces himself

I have had a keen interest in altered states of consciousness since a young age. Personal experiences triggered my interest in the scientific study of Out-of-the Body Experiences (OBEs) and Near-Death-Experiences (NDEs). I am currently doing a Masters in Psychology at Roehampton University with the objective of carrying out a research on the neurophysiological correlates of OBEs and subsequently do a PhD in the subject.

I have worked as a key account service manager and a successful consultant in the telecommunications industry. In more recent years, I have developed an innovative concept and technology platform for a start-up business to sponsor charities through cashback based on John Nash theory of Equilibrium (1994 Nobel Memorial Prize in Economic Sciences).

LOCAL GROUPS LONDON GROUP

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To read reports from other meetings, go to the **REPORTS** page of the London Group page of the Network's website. If you don't live in London but wish to be advised of London events please drop me an email and I shall add your e-address to the circulation list.

August



Our August talk slipped into September, the earliest date our guest speaker, **Prof Ravi Ravindra** was able to make during his visit to the UK. Ravi is Professor Emeritus at Dalhousie University, in Halifax, Nova Scotia and has been professor in three departments: Comparative Religion, Philosophy and Physics. This makes him eminently qualified for the topic of this evening's talk: **Scientific and Spiritual Mysteries**.

To start with, Ravi defined his understanding of the word *spiritual* as pointing to subtler levels of reality than the body or indeed the mind. The mind however is the tool with which we can approach those levels and for this, it needs to be quiet. For this reasons all spiritual traditions encourage their adepts to learn this skill through the process of meditation. When the mind is quiet it can potentially acquire knowledge from those realms, knowledge which he described as "objective".

This is because such knowledge is apprehended directly, not mediated by ego, personality, cultural and societal influences. The knowledge is *received*, it comes to the person, rather than being worked out intellectually. This knowledge is the portal to freedom from the self, from fear and from the need to control. However, Ravi stressed that the ultimate spiritual mystery itself can never be solved at our level of consciousness, but with a quiet mind, spiritual mysteries can become *dissolved* and *realised*. He pointed out the felicitous meaning of the word 'realise' in English as it indicates both, "becoming aware of" and "making real". This realisation will lead to powerful internal transformation of the individual.

Science on the other hand also starts with mysteries to be explored, but the tool is very different. Scientific mysteries are solvable in principle through the intellectual, logical mind, which rather than quiet, needs to be active. Another difference is that in this field, the unknown is knowable. And, when the unknown becomes knowable, the new knowledge gets published and other people will benefit from the work of a few. Not so with spiritual mysteries, which cannot be transmitted but only personally experienced. Science studies matter, which means that control and prediction are institutionalised. Spirituality on the other hand, is about the moment, lacking prediction and control.

Ravi compared the different processes of these different enterprises: science uses experiments and spirituality, experience. Both words come from the same etymological root but point to very different activities. Experiments are external, experience internal. The scientific project talks of evolution in a bottom up kind of way, whereas in the spiritual narrative the flow is top down, from more to less sophisticated levels of consciousness. Scientists work with levels of complexity, whereas in spirituality we talk of levels of awareness. Ravi brought the two modes of knowing together by quoting a number of scientists who have had a profound spiritual understanding, amongst which Einstein, Schrodinger, Newton and Pauli. He quoted also from a variety of sacred texts and it was fascinating to hear someone who is so well informed on both science and spirituality, explain so clearly the fundamentals of both those ways of exploring the world in which we live. Ravi has written a number of books, and the one, which addresses the particular topic of this evening's talk is *Science and the Sacred: Eternal Wisdom in a Changing World*.

September



The September talk also slipped into the following month, and early in October we had a talk by **Hartmut Warm**, entitled *The Harmony of the Spheres – an Old Concept in a New Light*. Hartmut is a civil engineer, a profession he abandoned a long time ago. He is also a computer programmer and has been working on his discovery, the subject of the talk, for about 20 years. We heard that the concept of The Harmony of the Spheres goes back to the old Greeks, perhaps even earlier. Pythagoras is known to have intuited a link between geometry, arithmetic, music and astronomy. This concept was revived by Kepler (1571-1630) who wanted to prove the Harmony of the World (as the title of his book indicates) based on the heliocentric discoveries of Copernicus. Kepler furthermore thought he had found the correspondence between music and the planets, believing each to have a particular tone.

Hartmut became interested in this when he was teaching music listening skills and he used his computer knowledge to create both a graphic translation of the conjunctions of certain planets as well as a musical interpretation. We were shown graphics, in which a line is drawn between the two planets as a conjunction arises. By repeatedly drawing lines as the conjunctions occur over the years (and they never occur in exactly the same place) the software shows projections of the lines over many years, decades, centuries, millennia. The shapes that emerged charting the conjunctions between the Earth and Venus, form a pentagram, as well as flower shape. Introducing Mars, we saw a virtual square around the pentagram. The conjunction of the

planets of the outer planes, of Jupiter and Uranus, create a hexagram, and by combining the three most massive planets, Jupiter, Saturn and Neptune, we see first a chaotic sequence, and then, having run over 1200 or more years, a twelve pointed star emerges. Twelve, says Hartmut, is the number of the cosmos. Within the twelve pointed star, two hexagons emerge. Twelve is also the archetype in the sense used by Kepler, a pattern ordained by God, following a divine plan. Hartmut made it clear that he does not imply that there is a meaningful relationship manifested by the number 12, but he points out this interesting correspondence, leaving the question open.

With regard to the musical aspect, we heard a short piece of music resulting from the harmony of the planets. Hartmut explained that '*at a certain point in time each planet in its revolution around the Sun has exactly the distance of its semi-minor axis b from the central star. The velocity of the planet at this point almost precisely equals the arithmetical mean of the extreme velocities (which occur at aphelion and perihelion, i.e. at the farthest and the nearest points of a planet on its elliptical orbit around the Sun). If we put the velocity at the distances of the semi-minor axes and that at aphelion into correlation, we find a highly significant correspondence with musical intervals*'. The piece had eerie and lugubrious sounds, interspersed with long moments of silence. It had a deep resonance! For further information on this interesting idea, see his website <http://www.keplerstern.com>.

October



At this month's meeting we had the pleasure of listening to **Laurence Freeman OSB**, talking about *Silence, Expansion beyond Limits*. Laurence is a Benedictine monk who has made it his life's mission to spread the word about the importance of meditation. He teaches people in worlds as far apart as business and politics, and has a strong interest in teaching it to children. His programme is now in schools in 25 countries around the world. He is the spiritual guide and director of the *World Community for Christian Meditation*, a worldwide organisation. Laurence is also the author of 11 books, including *Jesus: the Teacher Within* and *The Selfless Self*. He is a mystic from a Catholic tradition who is comfortable in, and conducts dialogues with leaders of all traditions. He has a close relationship with the Dalai Lama, and often shares a platform with him.

Laurence started by alerting us to the noisy background against which we live our daily life, not only in terms of sounds, but mental noise, to include our digital addiction. One of the results of this is that we have become uncomfortable with silence, needing constant distraction. This has an effect on our lives at various levels, practical as well as spiritual. Going on to talk about meditation, Laurence pointed out that in considering silence, the main platform of meditation, we need to be aware of its negative aspects eliciting discomfort and at times fear. We can see this in action when people take out their phones or other modern devices, to manage moments of discomfort when the silence is too intense. He then went on to focus on the positive aspects. In meditation, when the mind is still, we encounter ourselves at a deeper level. The mystical traditions call this self-knowledge, the foundations of knowledge of God. We can't know God without knowing ourselves, and vice versa. Quoting the Bible: "Be still and know that I am God".

The work of meditation is simple, but can be hard. Confronting the whirlwind of the mind is not easy. We get in touch with our wounds, pain and dysfunctions but eventually it takes us to more authentic living. It liberates us from the addiction to distraction. It helps us control our attention. At this point Laurence mentioned the work of Iain McGilchrist and spoke about the important and complementary roles of the two brain hemispheres, their different ways of attention and how they influence our view of reality. The aim of meditation is pure attention and silence is the fruit of the work of attention. He spoke about two ways of looking at the effects of meditation: the *benefits*, which can be subject to scientific research, such

as lowering the levels of anxiety, sleep improvement etc., and the *fruits*, which cannot be measured, but are equally, if not more, important becoming more compassionate, peaceful, patient, loving. Love is ultimately the work of attention. It is other-centred attention and Other-centred attention is central to the mystical traditions. Laurence finished with the wonderful quote from Rumi:

Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there.

When the soul lies down in that grass, the world is too full to talk about.

It was a moving experience which I think was shared by all in the room!

November



In November we hosted **Prof George Ellis FRS**, Distinguished Professor of Complex Systems at the Department of Mathematics and Applied Mathematics at the University of Cape Town in South Africa. George is the author of 12 books, one of them with Stephen Hawkins (*The Large Scale Structure of Space-Time*, 1973) and is considered one of the world's leading theorist in cosmology. He is also an active Quaker and the winner

of the Templeton Prize in 2004, for *Progress Towards Research or Discoveries about Spiritual Realities*. This evening's talk was entitled **Top Down Causation in Complex Systems like the Brain**, and he updated us on the ideas put forward in his first talk to the SMN London Group, two years ago.

George started his talk by quoting Crick's comments that we (humans) are *no more than* the behaviour of a vast assembly of nerve cells and their associated molecules (*The Astonishing Hypothesis*, 1973), a clear example of bottom up causation. But is that *all* we are? In his talk he showed us that although bottom up causation is certainly important, it is strictly limited in terms of the complexity it can give rise to, and for that to happen, a reversal of information flow from bottom up, to top down is necessary. Higher levels have demonstrably causal powers over lower levels and this is the key to the rise of genuine complexity.

Higher levels exercise control over lower levels by constraint, which generate news possibilities. For example, imposing pressure on a gas, enables new possibilities to take place, i.e. a change of state to liquid.

We heard about neurones and their constituent parts, networks and their constituent parts and so on – explaining the way complex systems organise themselves through modules. Although the flow of information of the constituent parts is bottom up once the connections are made, activities become regulated in a top down way. For example walking is an activity determined by the mind (top down) instructing the legs which then engage muscles, cells etc. for such activity (bottom up). Another example given was vision: what we see - although dependent on the neuro-physics of vision - is ultimately determined by the Gestalt of our expectations, i.e. the mind. George showed us a number of examples to prove this point, one of them a set of moving luminous dots suggesting a walking person. As he pointed out, no person was shown, only luminous dots in motion, but because of the way the dots moved, we *expected* to see a person walking, and that is what we did.

We heard about the causality of epigenetics, of goal oriented feedback systems and of adaptive systems, all as top down examples. In addition, we were presented with the interesting perspective of multiple causality, which George mapped on to Aristotle's principles of Material, Formal, Efficient, Final. As an example, he posed the question: Why does a plane fly? The bottom up causation (Material) talks of the physics of flight. But the plane also flies because there is a pilot in the

cockpit (Formal), and the airline, which has scheduled the flight (Efficient), and so on, and ultimately, because the company owning the plane, must make a profit (Final). Causality can be analysed in multiple ways and, George stressed, declaring *any* single level as absolute, is fundamentalism! Which is his criticism of Crick's statement, in which he used the level he understands – that of neuro-biology as determining human behaviour.

It was a presentation packed tight with interesting information. Which elicited a lively discussion!

North Wales Report

Eric Franklin writes: On 15 October, at Lampeter, **Rev Don MacGregor**, author of the book 'Blue Sky God: the Evolution of Science and Christianity' talked to us on 'God, Consciousness, and Christianity'. He began with a brief autobiography. He had a scientific education, and later taught science. Life raised questions regarding how earlier views on human life would fit with recent discoveries in cosmology. The question of the nature of consciousness became prominent. Penrose demands a major revolution in physics to account properly for consciousness. In such a schema consciousness, not matter, is primary. Without consciousness, matter would never have come into being. Planck said that we must assume the existence of a great mind behind all material reality. Consciousness-as-self is local and private, contained and still, but our very ground of being is consciousness, and we CANNOT turn it off.

Don MacGregor rejects the emergentist view, as I do myself. Spiritual traditions have for millennia taught that we are all one. God is the compassionate consciousness in which everything has its being. We can awaken to this reality within our own personal consciousness. Transcending the egoic nature and awakening the God-consciousness of the higher self is the true aim of the Christian journey, though this view is hard to convey to churchgoers still in thrall to the earth-bound traditional dogma.

Sheldrake has been pilloried for some of his work, but there is a gradual acceptance of the evidence for morphic resonance. This has implications for Christian life, just as for any genuine spiritual transformation, since each such life increases the tendency towards the same life-change in others. We can achieve the same full human potential that is claimed for Jesus Christ, and his own testimony is that those who empty their own egoic nature, so 'losing their lives', shall, by that very process, find true life within the one great Consciousness.

The implication is that this transformation is possible for all humanity. (I, as group convenor, suggest reading John's Gospel, chapter 5.) Thus, it is not Yahshua's death that accomplishes salvation, as Christians were always taught, but his life, the same made more achievable for any of us by the morphic resonance of earlier spiritually-mature lives. Salvation is about the movement from a poor place to a better one, into healing and wholeness. The Bible does not describe God, but only an early human understanding, now far transcended by a bigger and better understanding. Most of humanity is still at the level of a warlike tribal consciousness, but transformed life is possible.

Your group convenor would add as a pointer the levels of ethical judgment defined by Kohlberg, themselves indicators of the same transformed life at levels six and seven, vanishingly rare though they are, as yet. This précis cannot do full justice to Don's talk, and we expect that he will be giving further talks at Lampeter this spring.

On 12 November about forty people enjoyed **Marye Wyvill's** introductory talk about the system of 'Bones for Life' exercises developed by Ruthy Alon from origins in Feldenkreis practice, and somewhat similar to the Alexander Technique. We tried some of these very gentle exercises, and found them immediately effective. During one of the exercises, in pairs, someone remarked that "they do this on 'Strictly Come Dancing' ", and an immediate hubbub of

appreciative chatter broke out. A very successful session - and Marye Wyvill plans a whole series of exercise sessions in the Lampeter area. Please send your email address to <erf678@gmail.com> to receive details as soon as Marye has made the final arrangements for her course of exercises.

On 12 and 13 December we showed the two **Alan Ereira films** about the Kogi people and their concern about the ecological damage we are inflicting on the planet, 'From the Heart of the World: The Elder Brothers' Warning' and 'Aluna'. As there were two films each of an hour and a half's duration we provided food and drink between the films. Donations for the refreshments covered about two thirds of their cost, and a separate basket for donations to The Tairona Heritage Trust (the Kogi people are among the present descendants of the Tairona culture) realised no less than £130.06, which was duly remitted to the trust. We still have two copies of the DVDs of these films, and can arrange further showings if not too far from Lampeter, or sell the discs for £10 each (every penny to the trust) or even loan them so long as return is solemnly promised. Everyone ought to see and ponder these films.

Grampian Group

Dr Nicola Miller writes: Our new group meets in Aberdeen at the Christian Community Church. Although we have few SMN members so far, our meetings generated much interest in the local community, coming from the nearby Camphill Community, the University of Aberdeen and the NHS. Our attendance is typically between 15 and 30 people (the capacity of our room).

September

Making Sense of Sound — Do we have an inbuilt tuning system? with Nicola Miller (SMN) In September, our group convenor **Nicola Miller** (SMN), a part-time occupational physician until 2014, presented results culled from her recent PhD thesis entitled "The significance of kinaesthetic vocal sensations related to listening behaviour: An MRI study." She began by dedicating her presentation to Professor Brian Goodwin (1931-2009), a former Vice-President of SMN, for his interest and encouragement when she first began to think about the science underlying our ability to communicate.

We rarely stop to think about how we speak or listen. However, the ability to communicate effectively is important and when lacking, poor communication skills have important personal, social, and economic implications. Twenty percent of the population, for example, have difficulty communicating at some time during their lives and of these, 1-2% have severe communication difficulties and up to 14% of children experience speech, language or voice-related problems. In 1849, Alexander Melville Bell recognised a powerful link between the way speech is perceived and the way it is produced. Although knowledge has advanced considerably since then, many questions in hearing and voice science are still looking for answers; questions such as "What is the nature of the link between how we perceive or listen to sound and how we produce it?" and "What are the mechanisms that underlie vocal pitch production?"

Although Nicola's interest extends to production and perception, her talk was largely based on the results of experiments designed to investigate changes that occur when the pitch of voice is changed. Traditional explanations of vocal pitch production highlight the role of the larynx and changes in vocal fold length and tension. However, Nicola investigated the hypothesis that changes in the pitch of the voice may extend beyond the larynx to involve more widespread changes within the head and neck, changes unrelated to those that are associated with movements of the articulators (e.g., lips, tongue, jaw) or changes of posture. To investigate this hypothesis, Nicola asked volunteers to undergo magnetic resonance imaging scans while comfortably humming low and high notes at each end of their vocal range. She found that changing from humming a low note to humming a high note was accompanied by widespread and coordinated changes within the head and

neck. The most surprising finding was that in moving from low to high-note humming, the cervical (and even upper thoracic) spine was displaced backwards. This discovery, that changes in the pitch of the voice were associated with movements of the cervical spine, led to the observation that the nerves supplying muscles that lie in front of and behind the vocal airway have a common origin (the upper cervical spinal nerves), a finding that led her to suggest that these muscles may work together, in a synergistic way, when we "tune" our voice. The results of these experiments were published in the *Journal of Voice* (2012, 2014) and have been favourably cited in the new "definitive reference" *Diagnosis and Treatment of Voice Disorders* (2014), edited by Rubin, Sataloff & Korovin. They provide the background to a scientific paper (currently under review) which concerns the nature of the link between our perception and production of sound.

October

The Science of the Human Field with Paul Kieniewicz (SMN) The idea that a field surrounds the human body is found in many religious and esoteric traditions. It also underpins many healing therapies such as Reiki or Therapeutic Touch where the hand interacts with the "biological field" or aura. In October we were particularly fortunate to be able to listen to **Paul Kieniewicz** as he gave an overview of scientific research, conducted over the last hundred years or so, into the human field. Paul is a physicist, a practitioner of field healing, and co-author (with Andrew Glazewski) of "Harmony of the Universe." With the help of well-chosen slides, Paul's presentation ranged from the work of Hans Spemann (1861-1941) and biological fields in embryo development to a report in *Nature Communications* about the recent discovery of a sensitive cellular mechanism that can detect weak electrical fields (Nakajima et al., October 2015).

Paul began by asking "What is the human field or biofield?" and then went on to discuss possible candidates (electromagnetic, acoustic, or electrostatic fields) before touching on "non-local fields" such as those implicated in ESP and distant healing. We heard that for decades' questions about the human field have been overshadowed by the rise in interest in subjects such as molecular biology and how, with increasing discussion of topics such as field theories of consciousness, these questions are now finding a new audience. Paul referred to the work of Gurvitsch (1912) and biophotons and the morphogenetic field; Weiss (1939) and limb regeneration in newts; Burr and Northrup and electromagnetic fields and how field changes precede organic changes; Sheldrake and morphogenetic fields; and, Glazewski and his ideas relating to "Harmony and the Universe." Along the way, he touched on the fascinating topic of Schumann resonances (extremely low frequency waves generated and excited by lightning discharges between the Earth's surface and the ionosphere), their peak resonance at 7.83 Hz, and the similarity between Schumann resonances and frequencies associated with different brain states. Also discussed were: biophotons and visual processing; thermal imaging and acupuncture; Chladni's images; and, the presence of harmonic proportions in crystals, snowflakes, plants and the human body. The discussion about harmonic proportions paved the way for questions about the nature of music, the effects of sound upon the human body, and the role of sound (including music) in treatments and therapies. Paul's talk covered a lot of ground and generated, perhaps not surprisingly, a very stimulating discussion.

November

An Introduction to Goethean Science with Margaret Colquhoun

Margaret, director of the Life Science Trust, is well known in the Aberdeen Camphill Community and drew a standing room only audience. How can we learn to recognise the needs of the Earth while at the same time provide for human needs in a sustainable manner? Margaret addressed the question by giving us an introduction to Goethean Science.

She spoke about the different faculties we use to investigate nature. Goethean science involves not just the rational function, working from the theory to the observation, but it begins with the observation. We observe a natural order or process not only with our physical eyes but with our feeling nature, our imagination and our intuition. Each faculty reveals a different aspect. She used the example of a tree leaf. The structure of the leaf contains within it aspects of the entire tree which we can be aware of through our feeling and intuition. The same as we go from the structure of a bud to the flower that develops from it. Both already exist in the nature of the leaf. Through deep observation, the flower reveals aspects of its nature to our intuition that we would not access through a strictly rational process.

December 19th

The Non-Local Field with Paul Kieniewicz

In December, and at the request of Local Group members who wanted to hear more about non-locality, Paul returned to talk about Non-Local Fields; that is, fields that are independent of time or location. He began by drawing attention to the forthcoming SMN Mystics and Scientists Conference in April "Non-locality and the Oneness of Mind" as this gathering provides an excellent opportunity for those wanting to delve further into this topic.

Paul presented evidence from many para-psychological studies that suggest we are connected to other people over large distances, and possibly to other time periods via a field that does not appear material. Recent experiments in quantum physics suggest possible explanations for those connections in terms of a non-local field.

There followed an introduction to quantum physics, to wave and particle descriptions of matter using simple illustrations of interference patterns in ripple tanks. Often the observer makes the choice of whether matter behaves like a wave or a particle. In those cases, the observer is part of the experiment and cannot be separated from it. He then presented more puzzling experiments such as Wheeler's Delayed Choice Experiment that challenges our views of causality and reaffirms that "the observer is the observed."

Recent experiments affirm that elementary particles which are born together remain entangled, connected regardless of their separation in space or time. To explain those findings David Bohm postulated that they may be the same particle but viewed from different perspectives. Such as a fish in a tank that is viewed from different directions; we see two fish but they are in reality the same fish. To explain those observations, Bohm proposed a non-local field that he called the Implicate Order. He suggested that the visible world is an "unfolding" of a deeper reality. He used the analogy of a hologram. The speaker then provided an introduction to the physics of the hologram and showed how the visible world is encoded as an interference pattern that can later be used to recreate the original, three dimensional object. One characteristic of the hologram is that each piece of it contains the totality of the object. In this sense, the hologram is beyond space and time.

David Bohm used the hologram as a model for the Implicate Order. His work is based on a mathematical model, showing that empty space is not an empty vacuum, but a "plenum", a sea of infinite energy, where the visible universe is no more than a surface wave on this sea. A mere ripple. One way in which we can be aware of an Implicate Order is in our perception of music. Music is not a just collection of notes, but it involves a flow that deeply involves us. In listening to music without analysing the music, we listen to a totality, to a higher order.

Though the meeting was held just before Christmas, we had 15 attendees, all engaged afterward in a lively discussion that illustrated the depth of interest in quantum phenomena.

Cambridge Group

Richard Michell writes: At the Group meeting on November 19, Canon Matthew Bradbury described the work of the Deliverance Ministry, a counselling service of the Anglican Church. It is by no means unusual for people to suffer emotional turmoil or physical symptoms which seem to involve a paranormal element. They often turn to the Church for help, as the principal (and traditional) agency in our culture charged to address the mysterious background to human life. But medical professionals also refer patients to the Ministry in cases whose solution is beyond the reach of their skills.

Most cases are fairly undramatic, involving psychological problems which are amenable to help with the time-honoured practice of the Church based on the conviction that the power of the living Christ working among us expressed as "perfect love casts out fear" will clear minds and bring about healing. However, rarer cases such as poltergeist phenomena and apparent demonic possession also occur and may require a more vigorous approach. It is intriguing that apparently inexplicable or paranormal phenomena often take place in houses of a peculiar topology.

Moreover, this whole process reveals a gap in our self-awareness. Western culture is based on a scientific understanding of the world, and it is easy to forget how vast is the domain of the unknown and unexplained lying outside the charmed circle of what we think we know about reality. And going beyond that, let us bring to mind that our education and the preconceptions about reality that it engenders also limit our perceptions and make us blind to many aspects of reality. Our existence is ultimately very mysterious, and it is one of the really hopeful signs of our times that the disenchantment of the world which reached its apogee in the 19th and 20th centuries is giving way to a much more nuanced approach to reality. After all, scientists undermine their credibility by straying too far into speculative realms offering no scope for refutation, and if anything parapsychology has shown us that the methods of science are of limited use in exploring the paranormal realm.

MEMBERS' ARTICLES AND ARTICLES OF INTEREST

Available from the Editor or through links,
dl@scimednet.org

SCIENCE

Potential Reality I: Relative Scale Spacetime

D. Chakalov (30 pp.)

MEDICINE-HEALTH

Telecebo: Beyond Placebo to an Expanded Concept of Healing

Dr Larry Dossey from Explore Journal:

[http://www.explorejournal.com/article/S1550-8307\(15\)00166-4/pdf?dialogRequest=](http://www.explorejournal.com/article/S1550-8307(15)00166-4/pdf?dialogRequest=)

The Complexity of Prenatal & Perinatal Experience

Olga Gouni (28 pp.) - prenatal psychotherapist/educator, Athens, Greece, www.cosmoanelixis.gr,

Soil Degradation – A Major Threat to Humanity

Sustainable Food Trust (15 pp.) –
www.sustainablefoodtrust.org

CONSCIOUSNESS STUDIES**One Mind**

Dr Larry Dossey (13 pp.)

Articles by Prof. A.K Mukhopadhyay

1. Neural Fabrics of the Mind: Systems Neuroscience, Systems Psychology and Consciousness

Ann Psychiatry Ment Health 3 (7):1049, 2015<http://www.jsimedcentral.com/Psychiatry/psychiatry-3-1049.pdf><http://akmukhopadhyayconsciousness.com/pdf/LINK21.pdf>

2. The Outline of Systems Engineering for Developing a Conscious Ware"

International Journal of Emerging Trends in Electrical and Electronics. 11 (5), Sep-2015.<http://ijetee.org/Docs/Volume%2011/Issue%205/5.pdf><http://akmukhopadhyayconsciousness.com/pdf/LINK20.pdf>

3. Systems Cell: a Testable Model for Systems Holism"

International Archives of Medicine, 8 (104), 2015 doi: 10.3823/1703<http://imed.pub/ojs/index.php/iam/article/view/1170><http://akmukhopadhyayconsciousness.com/pdf/LINK19.pdf>**The Self and the Mind**

Helen Coufalik (13 pp., also on website)

How does it feel to lack a sense of boundaries? A case study of a long-term mindfulness meditatorYochai Ataria, Yair Dor-Ziderman, Aviva Berkovich-Ohana (15 pp., from *Consciousness and Cognition* 37 (2015) 133–147 – article referred to by Stephen Fulder above.**PHILOSOPHY****Revealing the Hidden Harmony**

Paul Hague (13 pp.)

Five Principles of a Second EnlightenmentGraham Leicester (6 pp. – a founding document from the International Futures Forum – see www.internationalfuturesforum.com)**GENERAL****The Planetary Theory of Global Healing Biotopes**

Dieter Duhm (13 pp. – see my review of his book below)

Why are Farmers Forced to Accept Insecticide-Treated Seeds?Dr Mercola (8 pp.) I also recommend his daily update – see www.mercola.com**ONLINE ARTICLES BY ANTHONY JUDGE****Dying to Live, Living to Die, Lying to Live, and Living a Lie**<https://www.laetusinpraesens.org/docs10s/lives.php>**The “Saving of Humanity” framed by “Sinking of the Titanic” Rising sea of discontent engendered by warming climate of opinion**<https://www.laetusinpraesens.org/musings/titanic.php>

A sobering read after Paris.

Radical Localization in a Global Systemic Context Distinguishing normality using playing card suits as a pattern language<https://www.laetusinpraesens.org/docs10s/radicapy.php>**International Community as God or Sorcerer’s Apprentice? Strategic chaos in the absence of an interlocking temporal pattern of longer-term cyclic processes**<https://www.laetusinpraesens.org/docs10s/sorcier.php>**Weather Metaphors as Whether Metaphors: transcending solar illusion via a Galilean-style cognitive revolution?**<https://www.laetusinpraesens.org/docs10s/cyclerev.php>**NEWS****Alerting all Consciousness Studies Researchers – Join in the Conversation**

At the heart of the new JCS website is an online readers’ forum, where everyone is invited to debate issues in the field of consciousness studies. Comments can be posted direct to the website. The forum will feature articles from JCS, but new submissions from readers should be sent to the independent moderator, Len Maurer: L.maurer@exeter.ac.uk - you can find this through clicking on www.imprint-academic.com then through to *Journal of Consciousness Studies*

Golden Rule Petition

Fifth Press invites you to sign the Golden Rule Project’s Pledge/Petition/Proclamation.

We find that bringing the Golden Rule closer to our attention, weaving it into our lives, helps us to recognise our interconnectedness with those around us. So much of what we accomplish wouldn’t be possible without everyone working together the whole is truly greater than the sum of the parts that go into it and can assist our understanding of the Holy-Reconciling force.

Below is the inscription on G. I. Gurdjieff’s father’s grave.

I AM THOU,

THOU ART I,

HE IS OURS,

WE BOTH ARE HIS.

SO MAY ALL BE FOR OUR NEIGHBOR.

See: www.goldenruleproject.org/live-by-the-golden-rule-petition/**Keith Parsons Documentary**

Keith writes: In 2009 I attended the SMN Beyond the Brain conference at Canterbury University, and interviewed sundry of the speakers. I made a 54-minute documentary on the empirical evidence for survival after death and called it *This Life, Next Life*. It’s a reasonably academic piece, a bit like an Open University illustrated lecture, but it lay fallow in my desk drawer for five years until June of this year, owing to copyright issues. Then a guy in Florida saw a DVD copy and was so enthusiastic about it that he put it on Youtube. In less than six months it has had over 50,000 views, with plenty of approval. It is viewing it is free of charge at https://www.youtube.com/watch?v=Y5RpbeVC_4 and it is gathering more views at the rate of over 2,000 a week. It contains interviews with Prof Archie Roy, Prof David Fontana, Dr Anabela Cardoso, Dr Peter Fenwick and Prof Bruce Greyson, amongst others.

Victor Zammit Afterlife Newsletter –www.victorzammit.com

Victor Zammit is a lawyer and researcher who has written *A Lawyer Presents the Evidence for the Afterlife* and has taken on skeptics over a period of more than 25 years. He maintains that the objective evidence for the afterlife has nothing to do with religion or personal belief. On his site you will get to know the findings of many of highly intelligent scientists, empiricists and other professionals who have systematically investigated the afterlife and psychic phenomena over more than a century. Victor maintains that ‘you will get to know with *absolute certainty* that everyone survives death. The afterlife is inevitable and has huge consequences.’ He is offering \$1 million to any skeptic who can rebut the evidence for an afterlife. On the site you can sign up for an informative weekly newsletter.