

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, bankers order forms and orders for books, services etc.
- book early for conferences - it helps you get a place, and us get the tickets to you in good time
- 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 and use bankers orders 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.

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Subscriptions

Because SMN's accounting year ends in December, it needs subscriptions to be paid in January, before it incurs the cost of providing members services for the year. Regardless when you paid your subscription in 2007, your 2008 subs were due in January, and from then until the subscription is paid it will show in the membership records as owing. This causes administrative confusion in the office as well as affecting the timely receipt of your copies of Network Review until your subscription is received. SO PLEASE HELP US TO HELP YOU BY PAYING YOUR SUBSCRIPTION AS CLOSE TO JANUARY AS POSSIBLE.

NETWORK NEWS

Claudia Nielsen becomes a Vice-President

Claudia Nielsen was appointed vice president of the Network in Bath in August in recognition of her service and dedication over the last few years as both chair of the programme committee and vice-chair of the network. She is pictured here with a sculpture of the Buddha and Network Chair, Prof John Clarke.



SMN Blog News

The SMN blog is continuing to attract more visitors and more comments. The domain name is: <http://scimednet.blogspot.com> We are looking for more members to join the blog team. Being part of the blog team involves contributing short written items (200 words +) approximately once a month. If you are interested, contact olly@scimednet.org for more details or with an example post.

New Online Special Interest Groups

In December, the Network launched six online special interest groups for members only, hosted by Google Groups. The six groups are:

- (1) Transpersonal Psychology and Consciousness Studies
- (2) Philosophy of Science and Religion
- (3) Subtle Energies Theory and Research
- (4) Cosmology and Quantum Physics
- (5) Holistic Medicine and Healing
- (6) Parapsychology and Paranormal Science

Over 200 members have already joined the groups. To learn more about these groups or to subscribe to any of these groups, please follow the below link: <http://www.scimednet.org/groupssubscribe.htm> and follow the simple instructions. Alternatively you can access the groups via the Members' Circle of the website. If you have any questions about the groups or have any problems subscribing, please contact Olly Robinson on olly@scimednet.org

Network Online Recordings

We are offering a new service in the Members' Circle of downloadable mp3 recordings of recent conferences. Recordings are now online from Peter Fenwick's recent book launch lecture and this year's Mystics and Scientists. In addition, we have some classic talks including those given by E. F. Schumacher, Fritjof Capra, David Bohm and Bede Griffiths. The talks can either be listened to online or downloaded. All you need do is to visit the Members' Circle. If you have forgotten your password, you will find that you can send an e-mail to retrieve it.

Blaker Awards 2008 (for information please contact Ray Dawkins – raydawkins@fsmail.net)

- (1) **Saturday Symposia Series: Tough Talk on Tough Topics** from Paul & Charla Devereux, Ruth West. Funding for a pilot symposium to be aimed specifically at young people.

These talks will address a key question (philosophical, political, scientific, ecological) from different vantage points, sometimes diametrically opposed, sometimes simply from differing angles. Each symposium focuses on a single question. For example:

What is the Nature of Mind?

Beyond Death – What?

What Use is Evidence in Government Decision-making?

Is Religion Necessarily the Same as Spirituality?

Are Growth Economies Compatible with the Future of the Planet?

Is it Time for a New Politics of Food?

What Exactly is the Soul?

Do Ancient Societies and Beliefs have Anything to Teach Us?

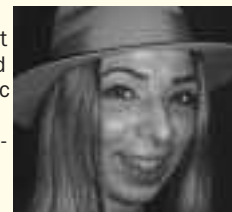
Symposia are planned for Saturdays at the North Oxford Association Community Centre, a modern lecture facility capable of holding up to approximately 150 people.

- (3) **'Exploring the mind-body connection'** and **'Nourishing imagination'** from Ornella Corazza. Seed funding.

The purpose of these programmes is to introduce students and professionals to the problem of embodiment and help them to explore new ways to integrate their mind with the bodies. While recognising the strength of dualistic theories in Western Europe, the proposed workshops will show its limitations and open up to a non-dualist and non-reductionist way of conceiving human beings

A. Workshop 1: 'Exploring the mind-body connection'

B. Workshop 2: 'Nourishing imagination: working effectively to develop the creative potential in children and young people'



MEMBERS' NEWS



Rupert Sheldrake – morphlist@aol.com

You can subscribe to Rupert's monthly update, of which this is some of the latest:

In September, I gave the annual Tyndale Lecture at Lambeth Palace, the London residence of the Archbishop of Canterbury. The title was "Cosmic Evolution and Continual Creativity", and it is now online in streaming audio here:

<http://www.sheldrake.org/B&R/audiostream/index.html>

I have been trying to establish an automated telephone telepathy test for over a year, and finally the system is up and running. The details are at the Online Experiments Portal of my website at <http://www.sheldrake.org/Onlineexp/portal/>

As yet, the system only works in the UK, so if you live in the UK and have a mobile phone, please have a go, and encourage your friends and family to take part. Also, I am currently appointing Research Helpers to assist with this project, as described here: http://www.sheldrake.org/About/biography/pwfund_helpers.html

This month's triologue has just gone online, and is part 2 of "Grass Roots Science" <http://www.sheldrake.org/Trialogues/index.html#grass>

Iain McNay – Conscious TV

'Conscious.tv is a new TV channel which is broadcasting as an Internet TV channel on www.conscious.tv. The three main areas that the channel covers are Consciousness, Healing and Psychology. The channel is particularly interested in showing and making programmes on subjects that are not covered on existing television channels. Conscious.tv aims to stimulate, debate, question, enquire into, inform, enlighten, encourage and inspire. If any members of Scientific and Medical Network have any ideas for programmes or would like to get involved in some way, maybe as an interviewee or indeed interviewer, then please contact Iain McNay on iain@conscious.tv'

Eric Maddern – Rare and Precious Earth

I've been working on a new CD over the last year and I'm pleased to tell you that it's now out. Called 'RARE AND PRECIOUS EARTH: Songs to Sustain and Restore the World' it is a vibrant and original collection of eco-songs, a worthy successor to the much appreciated, uplifting, family orientated 'Full of Life: Earth Songs for All'. The songs have roots in traditional folk and country, but there's a touch of rap, a riff of rock and roll, as well, of course, as the storytelling influence. It was recorded with John Lawrence of Gorky Zygotik Mynci fame. If you'd like to preview 'Rare and Precious Earth' you can listen to all the tracks on: <http://www.last.fm/music/Eric+Maddern/Rare+and+Precious+Earth>

William Bloom – Foundation for Holistic Spirituality

If you have passion for interfaith work, being a Voice for contemporary spirituality or being an activist for spirituality/love/peace, then please have a look at the early stages of a movement which we are all a part of in some way: www.f4hs.org (Spiritual UK, a project being enabled by the Foundation for Holistic Spirituality)



Nigel Anthony adds: My personal passions are the challenge of stepping up to be a clear voice for a holistic approach to spirituality - wherever religion is in society, we should be there also - and for creating a Spiritual Map of the UK which shows contemporary spirituality alongside religious & faith communities (check out Cardiff or Swansea on the map to see the start of this project).

Steve Taylor Poems

I've been writing the occasional poem over the past couple of years and have finally decided to post a selection of them on my website - many related to time - here's the link if you're interested: <http://www.steventaylor.talktalk.net/poems.htm>

LOCAL GROUP NEWS

Friends of the SMN, Auckland

LEO HOBBS 00 64 9 441 7402

In July we met jointly with the Auckland Branch of the Theosophical Society when **Robin Kelly** spoke. Robin is a local general practitioner who uses a synthesis of Eastern and Western medicine to form a modern mind-body approach with a focus on deep healing. In recent months Robin has been engaging with many in this field, and has had extended interviews with some US internet and syndicated radio shows around the content of the US version of his book, 'The Human Antenna', which has been adopted by an American publisher as a foundation text for the field of Energy Psychology.

After first entertaining us with his song, 'We All Let Go', about staying calm in the eye of the storm, Robin gave a sweeping survey of his approach to healing, referring to some of the many ideas on which he draws to inform his understanding of the human mind-body. These range from well-established scientific concepts to new areas where quite novel theories have been proposed. One such is the Wave Genetics hypothesis of Dr Peter Gariaev which links in with the concept of morphogenetic fields. Robin is enthralled by the patterns in the structure of the universe, from macroscopic cosmology to the minutest sub-nuclear scale, and sees these as manifestations of an ordering energy or information field which also controls our own bodily structure. The unity of this vast scale range is strikingly depicted by the ancient Oroboros figure, in which the snake's mouth at the macroscopic limit is shown swallowing its tail at the sub-nuclear limit, with the human scale positioned mid-way.

Robin summarised the principles he seeks to follow in healing practice, including the need for compassionate intent and non-attachment of the healer. Wherever possible the aim is for the patient to learn appropriate techniques after which they can practice self-maintenance.

In August **Ray Tomes** talked on 'The Wobbly Universe'. In the past he has discussed the theoretical aspects of cycles in the Universe. This talk was a more basic one covering only observations of cycles and vibrations from the largest to the smallest scales, and especially cyclical processes in human beings. We live in a world of cycles, of day and night, the seasons, monthly cycles, as well as the rhythms of breathing, heart beat, brain waves and other bodily processes. The world we live in is also subject to cyclical fluctuations, with climate being especially topical at present. Ice age cycles occur fairly regularly. The associated temperature changes have been much larger than those which can be attributed to human activity to date. However the precise effect of humans compared with that due to the sun and other forces remains uncertain so we need to do all we can to minimise our influence.

In September **Theresa Grainger** and **Denise Garner** spoke on 'Energy Psychology in Practice'. Both have extensive training in the application of Neuro-Linguistic Programming. In this largely experiential session they presented some practical suggestions to improve the quality and effectiveness of our thinking about ourselves. They referred to the language blocks we sometimes create through thoughts such as 'can't' and 'shouldn't' and they proposed release from these restrictions by counteracting with ones such as 'according to whose or what expectations?' and 'Is that me or a belief about me?' They outlined some accelerators designed to shift us into a forward focus such as 'What would happen if I could?' and 'What are some new possibilities?' and then some very practical transforming thoughts to change ideas into action such as 'What is within my power to act on now?' and 'How am I going to adjust my focus differently in the future?' We were invited to discuss our personal response to this material with a partner and then share further with the whole group some of the resulting important ideas. This was an informed, helpful, interactive, group session.

In October **Murray Stentiford** explored the subject of 'How Music Works'. He is well placed to do this because of his familiarity with the worlds of Science, Music, and Spirituality, although, from the start, he emphasised the need to follow the title with a question mark. He began with a practical

demonstration of harmonics in sounds of the voice, double bass and clarinet, and how their combination determines tone colour. The origin of musical scales was linked to the harmonic series in natural sounds. A reference to brain science looked at brain activation patterns in different states of consciousness, and the role of left and right hemispheres. Does the performer need to feel a specific emotion in resonance with the intention of the composer? How can we know? We shared the mystery of the bridge between structural and physical aspects of music and its power to evoke different emotions. The cross-stimulation of the senses in synaesthesia was illustrated in the linking between colour and shapes experienced by some people. This led on to the consideration of clairvoyants such as Geoffrey Hodson who have described a range of subtle forms in the energy field. Active listening to the Haydn 'Emperor' quartet, and Bach's Prelude #4 in C# minor (Book 1, The Well Tempered Clavier) while viewing the associated images was a great way to end a fascinating evening.

In November we held our AGM followed by an update from **Robin Kelly**. After our Annual General Meeting Robin spoke again about his approach to healthcare and some of his impressions from recent conferences he had attended in Canada. He began by referring to two current news items. A pharmaceutical company wants to give a cholesterol lowering drug to everyone from an early age, irrespective of potential side effects. On the other hand, a 13 year old girl in Britain has won her fight against hospital authorities for the right to decline treatment for a fatal heart condition. What is at stake is the recognition of the importance of patients' taking ownership of their health and of the medical practitioners' role to assist them do so. Most of his patients welcome this and it is supported by the developments in epigenetics and therapies such as the Emotional Freedom Technique. Robin aims to simplify procedures such as acupuncture and EFT so that patients can easily apply them by themselves. As well as the usual opportunities to share experience with other practitioners the recent meetings in Canada provided inspirational encounters with people such as quantum physicist Amit Goswami, a proponent of consciousness as the ground of all being. This concept leads naturally to the recognition of our interconnectedness and the constructive spiritual value of compassion and empathy in healing.

Cambridge Group

HAZEL GUEST – 01223 369148

On 10th September Hazel Guest introduced the topic 'The Beliefs and Mentality of a Cult', and on 12 November Steve Minett explained the analogue theory in a short talk entitled 'Meaning, Emotions and the Analogue Brain'. Both talks led to a lively discussion of the issues raised. The next meeting is scheduled for Wednesday 14 January 2009 when Richard Michell will introduce a discussion on 'Veganism'.

We meet 7.40 for 8 p.m. on the second Wednesday of alternate months in Hazel Guest's flat, 44 Beaufort Place, Thompson's Lane, Cambridge CB5 8AB, tel: 01223 369148. The format is an introductory talk for about 15 or 20 minutes, followed by discussion.

London Group

CLAUDIA NIELSEN – 0207 431 1177

The talks below have been recorded and can be heard or downloaded from 'Summaries of Previous Events' of the **London Group** page of the Network's website. To do so, please go through the Members' Circle portal.

The presentation in July was entitled *Beethoven and the A-Lonely Triumph over Spiritual Suffering* and was given by **Edi Bilimoria**, who is a Consultant Engineer for the transport, petrochemical, construction and oil and gas industries, an international lecturer, a keen musician and pianist and the author of *The Snake and the Rope - Problems in Western Science Resolved by Occult Science*, the book which recently received the SMN book prize for 2007. In explaining the person behind the music which moves the world, Edi



took us through Beethoven's life, personality, health, sufferings in love, religion and philosophy. By understanding his nature, we were moved to appreciate how a man with such tempestuous character, who knew his worth and used it unabashedly, had to learn through suffering, to deal with the tragedy of loss of hearing at the young age of 28, in a profession where hearing is almost everything. He felt suicidal, but recognizing his mission as inspired by a higher force, set his strong character to work for his music, his art.

Edi made an interesting comparison between Napoleon and Beethoven, both born within months of each other, in which he showed how both were revolutionary, loved power, but developed in opposite direction, Napoleon expanding his strong ego, and Beethoven submitting his to what he called the Divine Will. Beethoven was widely read and from his prolific writings we can see that he was deeply influenced by the Vedas, as well as other spiritual scriptures. Edi stressed that we can only understand his greatness through the greater (rather than the lesser), seeing him as an advanced student of the spiritual path. We heard interesting comparisons between Beethoven's philosophy and that of Newton and Blavatsky. Pain and suffering pursued him also in love, his passion aiming always at the unobtainable, and his financial circumstances did not escape either for having been reasonably well off for most of his life, he ended up virtually destitute and died penniless at the age of 56 in 1827. Edi allowed us to look through a chink and see into the inner life of this larger than life master, whose music became the vehicle by which his suffering of the heart and spirit touches our own and move us closer to the divine.



In August, **Philip Franses**, presented on a topic he called 'What is Red in the Science of Goethe?' Philip was formerly a mathematician and computer project initiator and calls himself now a holistic scientist. He researches into the benefits of herbs at Bristol University and teaches at Schumacher College. This evening he offered an understanding of the concepts behind

Goethe's *Theory of Colours*, published in 1810. Philip explained the development of the theory of light in traditional science, understood within a model which describes light in static terms, as packets of particles or waves. Goethean science however is different. The approach is holistic and seeks to include the observer as well as the phenomenon. As an example, we were shown a picture of Notre Dame in Paris at dawn, with part of its façade in the warm, reddish light of the rising sun and were asked to evaluate the mood elicited, considering both the lighter and darker parts of the picture.

A good discussion followed. We were then shown a picture painted in hues of blue which the group saw as calming, peaceful, serene etc, and then another picture painted in shades of red, which we described as passion, fire, rage, hot etc. As Philip pointed out, if colour were nothing but a property of the physics of light, there would be no difference in the way we feel towards those pictures. But colour can and does elicit emotions and is used by artists to this effect, which shows that light has qualities beyond those described in physics. Goethe's science has a holistic methodology which includes the observer as part of the unity of which the object under investigation is a part. In other words as well as analysis, there is synthesis which leads to understanding. So to answer the question of what is red in the science of Goethe, we need to look not only at the qualities of the light itself, but also at how it affects us in the way we apprehend and perceive the colour. Although members can see the pictures used in this talk, unfortunately due to a technical problem, it has not been recorded. Apologies.

September brought us **Dr. David Bell**, a long standing and committed SMN member, who is a minister and the Director of Ministry Development Programme for the Methodist Church of New Zealand. David's talk was entitled *Humanity and Divinity in John's Gospel: an exploration of Ways of Knowing, Being and Healing in the Logos Theology*. The talk was based on the



thoughts of the French mystic Simone Weil who understood Christ to be the Mediator linking the Creator with Creation. David explored the hidden message of this particular gospel, where this perspective is to be found and for this reason, stands apart from the other three (Mark, Luke and Mathew). On the humanity side of the equation we heard about the role of the people who figure

in this gospel, the named and the unnamed ones and who often represent archetypes of humanity, understood as symbolic representations of human development towards divinity. David developed this idea with examples as in John 9 for instance, the man born blind to whom Jesus gives vision, representing our own inner spiritual vision emerging from our spiritual blindness. On the divinity aspect David drew on the introduction of the Gospel – In the beginning was the Word, and the Word was with God, and the Word was God. The Greek word Logos translated as Word, we were told, can equally be translated by the term mediator –the Mediator among us, made Flesh. David went on to point out some interesting literary structures used in the text which covertly parallel mathematical patterns which he explicated using algebra and geometric shapes, to support the theory of the author of this gospel showing Christ as mediator between the divine and the human. Humanity is constantly trying to locate Jesus as God and God is constantly trying to locate him as human. From this follows the ultimate message of the gospel of John, that like Jesus the potential to be mediator is in all of us!

In October the speaker was **Dr. Usama Hassan**, who talked about 'God, Science and the Koran'. Usama is Senior Lecturer in Computing Science at Middlesex University, Planetarium Lecturer at the Royal Observatory, Greenwich and is a certified transmitter of the sacred texts of Islam, the Koran and Hadith. He is an imam at Tawhid Mosque in London. In his talk Usama gave us an overview of how the mystical perspective deals with some fundamental arguments which pervade the discourse in Islam. He acknowledged that his views may be perceived as heretical by some traditionalist Muslims, and also that there are many paradoxes which the rational mind finds difficult to accommodate. He started by looking at the question of who created the Creator, posed by many skeptics. This question arose in Christianity at the time of the Enlightenment but in Islam this is a non-question for God is a given and the point of departure for all understanding and exploration.

God can be apprehended by his 99 names which are also his attributes and it could be said that people who believe in concepts like Justice, Beauty, Truth, etc, believe in God as these are some of his attributes. Everything in the natural world living and non-living are signs and point towards God, who is transcendent and also immanent. Usama also addressed controversial questions between traditional and mystical approaches. As a physicist with a mystical perspective Usama feels quite uncomfortable with some of the Islamic traditionalist views for instance on creationism or the denial of causality. This he sees specifically as responsible in the past for the downfall of Islam's influence on scientific development, which it led for centuries. On the question of consciousness, we heard that, as in other mystical approaches, the whole of the material world is seen as being conscious. The more complex the individual, the more complex its consciousness or cosmic spirit, but even the lowest in the complexity scale - a pebble or a plant - has a degree of consciousness. There is a correspondence between the hierarchy in complexity and in will, i.e, even a pebble has a rudimentary degree of will. During question time we discussed revelation, free will versus determinism, the divine principles of anger and love, what might be not God etc. It was a lively evening, at the end of which we all were felt enriched.

Dr Shanida Nataraja has a PhD in Neurophysiology from University College London and in November she spoke about the *Blissful Brain: Neuroscience and Proof of Power of Meditation*, which is the title of her new book. In her talk, she explained what goes on in the brain when we meditate as well as the physical, mental and psychological effects of meditation. Up until recently, meditation was associated mainly

with spiritual traditions and Shanida showed through research evidence, that meditation is in fact a beneficial activity which has very practical implications for our health and well being, and contributes to our effectiveness in what for most of us is a stressful daily life. We saw slides from a study by Andrew Newberg showing the physical effects of meditation on the brain, particularly changes in the frontal and the parietal lobes, associated with attention and orientation in space and time respectively.

Shanida explained how what is felt during meditation manifests physically in the brain and gave us her view that being 'hard wired' for it, the brain acts as receiver for mystical experiences. She did not however go into the field of neuro-theology, which she felt was not part of her remit. Shifting the activity from left to right hand side, meditation gives access to modes of thinking and perceiving offered by this more creative side of the brain and allows us to use the full potential of both sides of the brain. We then heard about the physical changes in the body mediated by the parasympathetic system, and also about the electrical activity in the brain, with the four types of brain waves (delta, theta, alpha and beta) associated with different levels of consciousness. And finally about the health benefits. In the UK recently, NICE has approved the use of mindfulness based Cognitive Behavioural therapies for management of depression along the lines of MBSR (Mindfulness Based Stress Reduction), developed by Jon Kabat-Zinn in the US based on Buddhist mindfulness meditation. Research has shown this to be effective with cancer and other patients. We also heard that there are moves to introduce meditation in some progressive schools, which is wonderful news. Shanida succeeded in her efforts to show us the evidence and we were left with no doubts about the benefits of meditation in all areas of life.

Manchester Group

CHRISTINA HEATON - christinaheaton@msn.com

Summary of Manchester meeting held Sunday September 14th 2008.

Mandi Solk presented the morning session 'Singing for Joy and Health'. She demonstrated basic singing techniques and explained the health benefits for each. This included the nasal 'n' chant, excellent for the ears, tinnitus and any blockage of the ears and/or sinuses. Singing methods to alleviate migraine, depression and indigestion were also demonstrated. Those attending the meeting responded wholeheartedly to the invitation to practise these techniques. The session ended with the group twice singing *Amazing Grace*, the second rendition including harmonies. It was a warm, sunny day and all windows and doors were open to the wilderness of the Rossendale Valley, whose wildlife were witness to the first known performance of an SMN Manchester group choir. A question and answer session followed. More information about Mandi's work with singing for health can be found at www.fullspectrumhealing.co.uk and she can be contacted at amanda@fullspectrumhealing.co.uk.

The afternoon session was presented by **Joanne Walter** and was titled 'The Scientist, the Therapist and the Consciousness-maker: a quantum physics based model for neurolinguistic communication and consciousness creation'. Joanne described her own path, outlining her background as a molecular scientist at University in Durham and then Oxford, specialising in work with DNA and RNA. She helped develop new techniques to analyse DNA changes in diseases. Becoming interested in how people learn, Joanne retrained to be a therapist and formed an understanding that as we focus our attention, so our consciousness is formed: when focus is altered, consciousness changes. Joanne explained that in NLP it is generally accepted that the conscious mind accounts for around 8% of our computing power while the unconscious mind is the home of emotions and stores automatic responses, using 92% of our computing power. The superconscious mind is sometimes also referred to as the Higher Self.

A substantial body of evidence is emerging that the mind has control over the body. Research into the effectiveness of the placebo effect is one example. We need to be aware that our mind can have control over the body and this ability to

override natural biological mechanisms can have severe health repercussions. One such example (Andrew Newberg MD) cites that 90% of illness arises from our ability to ignore the mechanisms of the stress response in everyday life. The presentation ended with the conclusion that while the speed and volume of the unconscious mind are at present unknown, there is evidence to suggest that belief impacts on outer reality, which in turn impacts on inner reality and vice versa.

A question and answer session followed with some strong views exchanged between the philosophers, the medical community and the quantum physicists. Joanne held that it was perfectly possible for anyone in the group, herself included, to have changed their mind in the future – a pointer to the SMN principle of openness. The particular validity of this viewpoint is that we should be open to changing our minds if new or contrary evidence is presented. Joanne Walter works to effect change using a model that combines quantum physics with consciousness studies. Further information is on her website www.posichoice.com and she can be contacted at jmw@posichoice.com.

Throughout the day Harry the Hound, who has attended each meeting, modelled openness and compassion to all together with a splendid display of rigour during lunch. Harry has accepted the invitation from the Franciscan Community to attend the next meeting, to be held at the Franciscan Friary.



Scottish Group

DAVID LORIMER – 01333 340490

Annie Miller writes: A meeting was held on Thursday 6 November in Morningside, Edinburgh to discuss Graham Dunstan Martin's book, 'Living on Purpose: Meaning, Intention and Value', 2008, Edinburgh: Floris, £20 pbk. Having met on 3 June, when local author, **Graham Dunstan Martin**, introduced his latest book to the Scottish SMN group, several of us felt that we would like to resume the ensuing discussion having read the book. Seven of us met Graham again on 6 November. The aim of the book is to review the evidence for the existence of a spiritual (non-material) dimension to life, the continuation of life after death and for the existence of God(s), and thence to the question of a Universal Purpose. The book is comprehensive. Graham examines the view of materialist scientists, the contradictory claims of many religions and the roots of good and evil, before reviewing the evidence for out-of-body experiences, near death experiences, survival and reincarnation. These were questions dear to the hearts of those present. A wide-ranging, well-informed discussion took place covering inputs from philosophy, theology, comparative religion, mysticism, parapsychology and psychotherapy, amongst others. A most enjoyable and stimulating evening was had by all.

South-West Group

Review of meeting of SW branch of SMN on 29th November at Bogan House, Totnes. The theme of this meeting was: 'A Paradigm Shift in Approaches to Medicine, Mind & Self-Healing,' Chaired by Jean Hardy

Wendy Stayte writes: Firstly, **Dr Ruth Sewell**, (a psychotherapist, author, teacher and mentor, who has specialised in cancer and palliative care for over 20 years), talked about **Psycho-Neuro-Immunology**, or PNI, which is assisting practitioners working in health and healing to reach a full understanding of the vital importance of the subtle pathways of communication that take place between the mind, emotions, the heart, the nervous system, and the body's natural defence (the immune system). Ruth used the example of chronic and unremitting stress to highlight how the various systems of our body are affected in this situation, the influence of mind, [one person's stress is another's delight], and how nervous, hormonal and immune systems affect each other.

She also gave us a colourful personal demonstration of how the stress of not finding a parking place near Bogan House had affected her mind and body, which warmed her to us! She gave us encouraging results of the effects of distance healing and prayer, and reminded us that curing the illness is different from healing the person. Healing, she said, involves the integration of all levels of functioning of mind, body, heart and soul, in the healer as in the healed.

Ruth has held senior posts at Macmillan, Marie Curie Care, as well as playing an instrumental role as head of education at the universally renowned Penny Bohn Cancer Care, which was formally known as Bristol Cancer Help Centre. She is also a visiting lecturer at Peninsula Medical School.

The second speaker was Plymouth GP **Rory McGill**, presenting his talk: '**Mind over Medicine.**' Rory has been a practising GP within the NHS in Plymouth for over 20 years, and has just recently opted out for one day a week, so that he can focus on a more holistic and integrated form of medicine and healthcare with patients. He described himself as a pragmatist, on the look-out for ways of helping his patients rediscover wellness, and preferably helping themselves, without recourse to doctors. His sense of humour is probably one of his greatest assets in restoring health!

Coming from a position of regarding most illness as psychosomatic, he focussed on a few particular common syndromes like irritable bowel syndrome, chronic back pain and others, to tell us of some of the research on alternative ways of understanding and treating these conditions. He also shared his thoughts, and experiences of prayer, meditation, the placebo effect, bio-feedback and self-hypnosis, as ways in which people can help themselves. He advises many patients to read John Sarno's book on these themes; and gives lectures to groups of his patients on self-care and the effect of mind on body. I thought the Plymouth folk of his practice are lucky to have him!

Yorkshire Group

MAX PAYNE 01142 304194,

MIKE BROWN 01423 879038

YORKSHIRE SMN GROUP 11 September 2008

Max Payne writes: The meeting was held at 16 Burnt Stones Grove, Sheffield. **Rev. David Bell** (New Zealand SMN) gave a talk on **Humanity & Divinity in St. John's Gospel**. A full open scientific inquiry should not push subjectivity to one side. Scientific objectivity is the product of the subjectivity of scientists, and objectivity and subjectivity are interconnected in profound ways not as yet properly understood. St. John's Gospel provides a profound exploration of the dimension of subjectivity by using thought forms taken from Neo-Platonic mathematical philosophy. In it Jesus was described as the 'mediator'. This, in Greek, is also the term used for the 'Golden Mean', which is the term of proportion essential in Greek architecture and mathematics. Therefore Jesus exemplifies the right relationship between the human and the Divine. The later church interpreted this relationship as unique, but it is quite clear that the writer of the Gospel considered the relationship to be universal. There is therefore an open dimension of the subjective as vast in its direction as the dimensions of space and time explored by the cosmologists.

Margaret Hilderley spoke on **Autogenic Therapy & Meditation**. Autogenic therapy (AT) is a type of meditation used for reducing stress. She used this in a pilot study on a group of early stage cancer patients and observed the effect on stress-related behaviour and immune system response. This was a randomised trial with 31 early stage breast cancer women who had received lumpectomy and radiotherapy. Group 1 merely received a home visit, while Group 2 received a home visit and 2 months autogenic training. At the beginning of the trial all had their Hospital Anxiety and Depression scale (HADS), and their T and B cell (immune cell) markers measured. At the end of the trial the AT had a statistically significant improvement in their HADS scale, and those who achieved a meditative state had a significant increase in their immune response. The research suggests that AT is a powerful self-help therapy and a fuller large scale project is needed to pursue this further.

Jim Lyons gave an account of the work of the Selby Energy Forum. He described new technology which can make Yorkshire

coal mines profitable, and research into biomass generators using cellulose. Oxygenated hydrogen could power existing designs of car, and yield 100 miles per gallon of petrol. In his opinion nuclear power from fission was a limited option, and power from fusion was still 30 years away - had been so for years! It was quantum zero point energy that offered the real breakthrough, and there was already apparatus at the University of York that was producing more energy than was put into it.

MEMBERS' ARTICLES AND ARTICLES OF INTEREST

All the articles listed below are available electronically on the members' side of the website or online if referenced.

SCIENCE/PHILOSOPHY OF SCIENCE

Investigating Paranormal Phenomena: functional brain imaging of telepathy - Ganesan Venkatasubramanian, Peruvumba N Jayakumar, Hongasandra R Nagendra1, Dindagur Nagaraja, Deeptha R1, Bangalore N Gangadhar

National Institute of Mental Health and Neurosciences, Bangalore, Swami Vivekananda Yoga Anusandhana Samsthana, Vivekananda Yoga Research Foundation, Bangalore, India. (6 pp.)

The aim of this study was to elucidate the neural basis of telepathy by examining an individual with this special ability. The mentalist demonstrated significant activation of the right parahippocampal gyrus after successful performance of a telepathic task. The comparison subject, who did not show any telepathic ability, demonstrated significant activation of the left inferior frontal gyrus.

How the Brain Decides What to Believe - Peter Tarr (3 pp.)

Having a sense of what we know — and don't know — is a universal human experience, and has often been assumed to be the hallmark of self-consciousness. But new research by neuroscientists at Cold Spring Harbor Laboratory (CSHL) suggests that the estimation of confidence that underlies decisions may be the product of a very basic kind of information processing in the brain, shared widely across species and not strictly confined to those, like us, that are self-aware.

Wallace: The Evolution of an Unforgotten Naturalist – Peter Raby (13 pp.). His talk from our recent conference on Alfred Russel Wallace.

MEDICINE-HEALTH

Dr. Gerson's Suppressed 1946 Congressional Testimony – compilation with web links by Chris Gupta (6 pp.)

Ki-Energy in the Invisible Body: Its Detection and Meaning, presented at the Conference, "Body and Beyond," August 22-24, 2008 - Shigenori Nagatomo (20 pp.)

The Mother as the Observer: Poets, Actors, Physics and Holistic Recovery from Schizophrenia - Ros Forbes (15 pp.)

Benefits and Risks of Homoeopathy – Ben Goldacre (3 pp., from *The Lancet* 2007; 370:1672-1673)

New Evidence for Homoeopathy – Press Release from British Journal of Homoeopathy, 2008 (2 pp.).

PHILOSOPHY-RELIGION

Report/Transcript of St Alfege Symposium on Science and Religion, chaired by Chris Todhunter (24 pp.). A detailed account of a fascinating day asking the question 'What is Life?' from the angles of complexity theory, religion and the arts.

Intelligent Design Without the Bible - Deepak Chopra (3 pp., from *The Huffington Post*). To say that Nature displays intelligence doesn't make you a Christian fundamentalist. It's high time to rescue 'intelligent design' from the politics of religion. There are too many riddles not yet answered by either biology or the Bible, and by asking them honestly, without foregone conclusions, science could take a huge leap forward.

The Evolution of Consciousness as a Planetary Imperative: an integration of integral views, Jennifer Gidley. *Integral Review*, 5, 2007 http://integral-review.org/current_issue/documents/Gidley,

Towards A.N.E.W.E.R.A. - Alternative Non Entropic Worldview Epistemological Resolution Analysis by through and from Klein-Bottle Wholeness - Dr. Melanie Claire Purcell. <http://www.towardsanewera.net/a%20new%20era%20contents.htm>

The Kleinbottle is revealed in the correspondence exchanged between Steven Rosen and David Bohm as the most unifying topology that realises WHOLENESS, FORMATIVE CAUSATION, and an ONTOLOGICAL bridge for comprehending CONSCIOUSNESS through an epistemology that invokes PANENTHEISM as the most universal spiritual construct.

In the Image of God - - You are the Divinity you Seek - William Meader (5 pp.)

Some Reflections on the Dawn of Time - Johan Lem (4 pp.)

CONSCIOUSNESS STUDIES

Emergentism and the Evolution of Consciousness, John Clarke (10 pp.) – based on a talk given at the AGM in Switzerland.

The Signs of the Times and the Time of the Heart - Roger J. Woolger (15 pp.)

Some Personal Comments on the SMN Approach to Paranormal Phenomena - John F. Caddy PhD. (5 pp.) jfcaddy@yahoo.co.uk

Additional Report on The Body and Beyond – John Kapp (5 pp.)

Main Features of Objective Thinking Strategy, Keith Robins (4 pp.)

Instead of being concerned with how the firing of neurons translate into subjective experience we should be concerned with training the mind to think objectively. The fault lies in the way the mind is trained or untrained i.e. seeking to interpret when they should be self-centred. The brain has no operating instructions and humans are naturally curious, hence they seek the meaning of the outside world and create their own truth model to represent this outside world, based on preconceptions or 'truth' rules formulated from knowledge gained through the senses i.e. experience.

GENERAL

Thanksgiving Letter – A Much Needed Injection of Hope – Caroline Myss (7 pp.), see www.carolinemyss.com

A remarkable meditation on the deep transformation of our times. Caroline says: 'Let's "reason like a mystic" as we examine the chaos in the world around us. Instead of looking through the lens of ordinary reason and thought, let us look through the lens of mystical law, those laws which govern the collective field of energy and the collective soul of humanity.'

From Literary Criticism to Criticism of Science, World View, Way of Thinking - Erland Lagerroth, University of Lund, Sweden (11 pp.) - This is my home page, a personal account of a development that might be of interest to members of SMN. It is a condensed version; the full story can be read on www.lagerroth.com

Action Plan for Shifting Paradigm and Saving Humanity from Extinction, Jens Jerndal, (9 pp.), www.jerndal.net Will Humanity survive even the next decade, the way things are going? Argues that all the urgent problems we are facing are man-made, so we do have a choice, and we can stop this chute into oblivion or hell, if we all act together, fast, intelligently and coherently.

Let's Fix the Banking System - instead of throwing more money at it - John Tomlinson (11 pp.). Based on a book written 15 years ago,

John advances a radical proposal to restructure the banking system and control the money supply. See www.honest-money.com

Can we fix the global financial system? Yes, we can, John Bunzl (5 pp.) – see www.simpol.org – advocates a solution based on simultaneous policy change.

The New Trough –Naomi Klein (7 pp.)

The Wall Street bailout looks a lot like Iraq — a “free-fraud zone” where private contractors cash in on the mess they helped create.

Solastalgia: a New Psychoterratic Illness – Vera Gottlieb (7 pp.) ‘Solastalgia’ describes the pain or sickness caused by the loss of, or inability to derive, solace connected to the present state of one’s home environment. See www.healthearth.blogspot.com

Obituary for Tom Welch. [Lt. Col. T.S.M. Welch] (2 pp.). A short piece which everyone who knew Tom will want to read.

Online papers by Anthony Judge:

Being What You Want: problematic kataphatic identity vs. strategic options of apophatic identity?

<http://www.laetusinpraesens.org/docs00s/apophat.php>

Credibility Crunch engendered by Hope-Mongering “Credit Crunch” as Symptom of a Dangerous Mindset

<http://www.laetusinpraesens.org/musings/hopemong.php>

Happiness and Unhappiness through Naysign and Nescience - comprehending the essence of sustainability?

<http://www.laetusinpraesens.org/musings/nart.php>

Climate Change and the Elephant in the Living Room in Quest of an Endangered Species

<http://www.laetusinpraesens.org/musings/eleph.php>

Climate of Change Misrepresented as Climate Change: insights from metaphorical confusion

<http://www.laetusinpraesens.org/docs00s/climrep.php>

Climate Change as a Metaphor of Social Change: systemic implications of emissions, ozone, sunlight, greenhouse and overheating

<http://www.laetusinpraesens.org/docs00s/emission.php>

NEWS AND NOTICES

2008 Faith in Human Rights Statement signed by high representatives of world religions

At a ceremonial gathering in the Peace Palace in The Hague (The Netherlands) on 10 December 2008, the 60th anniversary of the Universal Declaration of Human Rights, the 2008 Faith in Human Rights Statement has been introduced and signed. In the presence of Her Royal Majesty Queen Beatrix religious representatives from all over the world signed the Statement. In the Statement they declare to support the Universal Declaration of Human Rights and commit themselves to promote human rights and fundamental freedoms both within and outside their faith community. The 2008 Faith in Human Rights Statement can be found at www.faithinhumanrights.org in English, Arabic and Dutch. More translations are to follow. The number of endorsements is rapidly growing.

2009 Science and Religion Forum Conference - Advance Notice

Evolving Darwinism - From Natural Theology to a Theology of Nature

Wesley House, Cambridge

Tuesday 8th - Thursday 10th September 2009

Speakers:

Professor Sam Berry:	Biology after Darwin
Professor David Fergusson:	Natural Theology after Darwin
Professor John Brooke:	Christian Darwinians
Dr Denis Alexander:	A Critique of Intelligent Design
Drs Chris Southgate and Andrew Robinson:	From Origin of Life to Incarnation: Towards a New Theology of Evolution

See www.srforum.org

The International Journal of Transpersonal Studies,

The 2008 issue of the *International Journal of Transpersonal Studies* is available at no charge at www.transpersonalstudies.org. The issue begins with topics that range from embodied spirituality, to the nature of shamanic journey imagery, to a philosophy that offers a unified view of mind, matter, and consciousness. Articles include:

What Does it Mean to Live a Fully Embodied Spiritual Life?

Jorge N. Ferrer

Brief History of Transpersonal Psychology

Stanislav Grof

The Role of Spirituality in Mental Health Interventions: A Developmental Perspective

Liora Birnbaum, Aiton Birnbaum, and Ofra Mayselless

Journal of Non-Locality and Remote Mental Interaction

Bob Charman writes: A colleague has just referred me to the Journal of Non-Locality and Remote Mental Interaction <http://www.emergentmind.org/journal.htm> which is new to me. I am passing this reference on to you as all the articles in the eight issues to date can be downloaded. They take psi as read and much of the discussion centres around quantum biophysics and the like that may well interest many physics-minded SMN members.

Spirituality, Health and Human Flourishing: Meaning? Measurement? Implications?

The First Annual Meeting of the Society for Spirituality, Theology & Health brought together transdisciplinary scholars and interested physicians, clergy, chaplains, nurses and lay persons from the United States and other parts of the world to present and discuss the latest research in spirituality, theology, and health. Proceedings from the 2008 Annual Meeting have been posted. See www.dukespiritualityandhealth.org.

Defining Wisdom

The astonishing scientific and technological advances of recent decades have placed more information than ever before at our fingertips. Yet, as a range of social critics have observed, we seem to be no more thoughtful or prudent than previous generations. Knowledge has expanded exponentially, but wisdom has failed to keep pace.

This paradox lies at the heart of a new research project called “Defining Wisdom.” Based at the University of Chicago, the four-year initiative, supported by a grant of \$3 million from the Templeton Foundation, will examine the idea of wisdom from a variety of disciplinary perspectives, with the aim of better understanding the nature of wisdom, its benefits and applications, and how to cultivate it. See www.wisdomresearch.org

To sign up for Templeton reports, email communications@templeton.org

Policy Foresight and Global Catastrophic Risks

On 21 July 2008, the Policy Foresight Programme, in conjunction with the Future of Humanity Institute, hosted a day-long workshop on “Policy Foresight and Global Catastrophic Risks” at the James Martin 21st Century School at the University of Oxford. Sir Crispin Tickell chaired the day’s events, and began by noting that the purpose of the day was to bring together academics and policymakers to promote discussion on the actions that governments, and in particular the British government, could take now to create a more resilient society in the face of catastrophes. The report can be downloaded from www.jamesmartininstitute.net



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Raphael's *School of Athens*, detail of central section with Plato and Aristotle.