

Local Group News

Friends of the SMN, Auckland - Leo Hobbis +64 9 478 7809

Friends of the Scientific and Medical Network: Report on Activities: August-November

1999. One of our members, RAY TOMES, has attended several 10 day tuition courses in Vipassana meditation at the Auckland Vipassana Meditation Centre. In August he described how the technique leads to detachment from desire and aversion, an equanimous or neutral disposition, and generally heightened sensitivities. He had experienced significant improvements in health and general wellbeing, as well as in his personal relationships. At a subsequent meeting, ROSS REYNOLDS, an assistant teacher of Vipassana, presented and answered questions about an excellent video film, 'Doing Time, Doing Vipassana'. This tells how Vipassana was introduced on a large scale in many Indian prisons with remarkably beneficial effects. The lives of prisoners, their families, and prison staff were transformed with lasting effect. The technique is being trialled in a number of other countries.

In September, DAVID NEEDHAM introduced discussion on Models of Consciousness and Evolution. Some consider consciousness to be an epiphenomenon of the brain, some an emergent property of matter when highly organised, and others an intrinsic or irreducible property of all matter. Another view is that consciousness is a universal presence of which we become aware via the evolving brain. Our meeting seemed to favour the less materialistic interpretations. Physical evolution would seem to have run its course in Western society. We must now look to cultural evolution for our future development. If we are right in seeing consciousness as an expression of spirit, we can expect that a wider recognition of spirit by society is a necessary condition for that development.

In October LEO HOBBS reviewed the status of parapsychology, drawing largely on the material presented in the writings of Dean Radin, Richard Broughton, and Larry Dossey. It now seems we are well past the threshold where the results of psi research must be seriously taken into account in science, philosophy, and religious belief.

HENRYK SKOLIMOWSKI will visit New Zealand in March next year as the Geering Lecturer of The St Andrew's Trust for the Study of Religion and Society. He will speak in Auckland, Wellington, Christchurch and several other centres. Any SMN members visiting NZ in March 2000 who might wish to hear Henryk are invited to contact Leo Hobbis for information.

Dutch Group - HERBERT VAN ERKELENS + 31 23 533 1088

HERBERT VAN ERKELENS writes: We made a fresh start in September of this year. Various members of the SMN joined the Dutch group. We talked about Kundalini energy, the healing of medical science, wholeness, sick making working-circumstances, Jung and alchemy, Jesus and the Essenes. The Jungian analyst DESIREE CALOT JURRIËNS was our excellent hostess. We now plan with even more people to share with each other our experience of healing in relation to personal development and work.

Swiss Group - KURT DRESSLER +41 1 980 0886

Jointly prepared by BARBARA JAECKLI and KURT DRESSLER: At our October meeting in Zurich, we heard two talks on the topic of 'TIME and our creative handling of it'. MIROSLAWA WITALIS spoke from the background of her experience and interest in different time perceptions in psychosomatic disorders and in altered states of consciousness. Members were most impressed by the restfulness, concentration, and substance of her presentation. She described three levels at which time can be experienced: (1) All changes of forms and

states perceived in space provide an indirect experience of time as abstraction of the speeds of observed changes and as projection of the essence of liveliness out of time into space. (2) A direct experience of the essence of liveliness requires an emotive encounter of one life with another one, followed by reflection on the contents and origin of that sensation. When this reflection becomes an intense memory of a past moment, which then intensifies into a contemplation, then the entire content of one's soul, associated with the remembered moment, may reveal itself as a cross section through one's biography. The past (the destinations already realised), the future (the destinations yet to be realised), and the freedom of the present moment jointly constitute the content of this experience. Time is now perceived as running in both directions, forward and backward. Quantitatively it depends on the nature of the 'soul warmth', which acts within the momentary freedom to judge, decide, and act on all levels. This is a direct experience of time in one's soul. It does not explain the contents of the level 1 experience, but it supplements it and represents it in the light of new questions. (3) If one succeeds in acknowledging the contents of the momentary biographical cross section of the soul as a projection of the debts, liabilities, or guilts, that arose in encounters with other beings, and if through the experience one succeeds in transcending the boundaries of one's own biography, then this signifies the third mode of experiencing time. Time unifies into a simultaneous existence of beings in different states. The differences between the latter ones show up principally as a result and manifestation of various stages of that same 'warmth' which is decisive for the second mode of experiencing time. Ordinary time (which separates past from present and future) now becomes the succession of the interactions between beings at different stages. The third mode of experiencing time, even when it is quite fragmentary, points to the origin of answers to the questions which are raised in the first mode.

Our second speaker, guest WALTER BUERKI, has a doctorate in economics, a long career in management consulting, and he is president of a 'Society for the Retardation of Time.' He emphasised the need to generate 'eigentime' in place of clock time. Feelings of wellness would be an indicator for living in high-quality eigentime. Walter confronted us with various practical questions to let us test our readiness to change our use of time. Would busy fathers use their time differently if they could be held responsible for their children's psychological problems? Which alternatives would have priority in our decisions to change our use of time: Adopt part-time work; contribute significantly more to children's education and to household chores; change the priorities between career and family; support flexible working periods; support alternations between salary work and social service; change from employment to self-employment (or vice-versa)? A lively discussion followed, which went well beyond the themes of the two talks.

We look forward to meeting again in December at Crêt-Bérard, known to those who have attended the AGM 1999. HARRI WETTSTEIN and DENYS KELSEY are scheduled to speak on 'Coping with suffering through spiritual fasting' and on 'LOVE and forgiveness from the standpoint of one psychiatrist.'

**Chilterns Group - ELAINE HADFIELD 01442 864613 MIKE REVELEY 01442 258309
Report for 1999**

MIKE REVELEY writes: Unfortunately by reason of various administrative 'hitches' Chiltern reports have not appeared in the Network review for the past year - however this is in contrast to the very active and venturesome year enjoyed by members of the Chilterns group. This has been highlighted by the growth in attendance as the programmes have encompassed speakers from within and outside the group, covering a comprehensive range

of subject matter. Additionally there have been various formats of experiential evenings and open evenings for group discussion. In fact normally 6 meetings are held throughout the year but last year this was increased to 8 meetings to cover topics of added interest.

A brief summary follows as to our past programme: In January ANN FLOWER lead an evening of psychometry and meditation in her home in Chesham. The March meeting was at the home of Mike Rogers in Berkhamsted where RODNEY HALE attempted to obtain experimental data of any changes in the electrical/magnetic field when a healing session took place. This was repeated at a later date at Elaine Hadfield's home in Berkhamsted. Rodney believes significant data was obtained.

In May DR SURINDER KAUR gave us an excellent talk about her neurofeedback work at her clinic in St Albans. Mike and Liz Reveley provided lovely vegan refreshments at their home in Hemel Hempstead.

ANUSHKA JORDAN came along in July to our Summer party evening held at Linda and Peter Hammond's home near Chesham and gave us a fascinating demonstration of Shamanism. The Summer open evening at Anne Silk's home in Princes Risborough was another vibrant event and there was lots of interesting interchange on a variety of topics.

In September we were privileged to hear a mind-boggling report of the Scole experiment (together with some of the exhibits which were produced by the effects of the Scole group) from MONTAGUE KEEN and this was held at Mike and Rachel Rogers' home in Berkhamsted. Our last meeting before the millennium will be at Colin Thomas' home in Rickmansworth where ANNE SILK will be talking to us about Earth Energies having just had a book published on this theme. (*Ancient Energies of the Earth*, David Cowan with Anne Silk).

As well as our usual meetings next year we are by repeated requests going to hold a special Millennium day on Saturday 17th June 2000 from 9.30 am to 5.00pm. This event will be held in Berkhamsted and will be open to any of our neighbouring group members who wish to attend. There will be interesting speakers and an open forum. Lunch and refreshments will be included. The cost will probably be £15-£20 per head. Watch this space for more details.

A sub-group to study language with respect to its role in facilitating understanding between the scientific and metaphysical aspects of the world as it is known and experienced is being formed. This is being led by ELAINE HADFIELD and is open to any other interested parties who might like to attend meetings. It is hoped to start in a small way to address some of the most basic stumbling blocks which occur initially when scientists meet mysteries (the very word 'energy' is a case in point as its different usages induce apoplexy in the pure scientist!).

Next year in general, the group will in general meet on the 3rd Friday of alternate months beginning on Friday 21st January. (There will be an extra meeting in August on the 3rd Friday and the November meeting will be held on the 4th Friday.) A recent change in the group is that Doug Flower has handed on the organisational tasks he held and we would all like to thank him very much for the considerable work that he has done over the years. Mike Reveley has agreed to be the administrative co-ordinator.

I would like to take this opportunity to wish all Network members a Happy Millennium Year and invite non-Chiltern members to join us at any meeting of interest to you. However a telephone call to the co-ordinator (Mike Reveley 01442 258309) a couple of days prior to the meeting would be appreciated for accommodation and catering purposes.

Guildford Group - DIANA CLIFT 01483 417922

Following the success of our discussion evening without an outside speaker in July, we had an experimental/experiential evening in September, led by ROGER TAYLOR. Some of us

enjoyed a swim in Bronwen's pool first and then we tried out Roger's equipment, mostly based on Russian research. He took Kirlian photographs of each of us using Dr Korotkov's system. We were able to see the photographs of our finger-tips and the whole body extrapolations on computer screen and Roger kindly printed out and posted all the individual results to those who were present - more than twenty of us. The other activities may not have pushed back the frontiers of human knowledge but we all had an enjoyable social evening! We had an aura detecting device which seemed not to produce any interpretable results and we tried very hard in groups to move a propeller by psychokinesis without success. Our thanks to Roger for organising the activities and equipment at short notice

For our November meeting, we were fortunate to have a presentation by Professor JOHN GRUZELIER from Imperial College Medical School on the topic "Connecting the Mind and Body through Hypnosis". Seven of the 35 people present had met John at the Frenchman's Cove conference in Jamaica last year. We knew this would be a ground-breaking event and we were not disappointed. He used a video to show some spectacular individual cases of hypnosis used to treat intractable physical conditions, including Parkinson's disease and a serious congenital skin condition. He then referred to his research on the use of hypnosis to treat serious chronic genital herpes and - in another study - to boost the immune system (using objective measures) of students under exam stress. To finish he played us the tape that was used by the students for self-hypnosis (after an initial one to one session with the hypnotist in person). It sounded identical to a guided meditation and not many of us claimed to have 'gone under'. Whether it succeeded in boosting our immune systems remains to be seen! The implications of all this are profound and John remarked on the extraordinary resistance of the medical profession to take on board the potential benefits and cost savings of this approach in clinical practice.

Our next meeting is an addition to the usual programme. We are fortunate in having ELLEKE VAN KRAALINGEN, who attended the Frenchman's Cove conference last year with her partner, Hermod Sverre, who was killed in an accident on their last day in Jamaica. Since the tragedy, she has had a series of remarkable experiences involving apparent communication with, and even out of body experiences with, Hermod which have caused her to question the distinction between subjective and objective reality. She has written up these experiences in a book shortly to be published in Dutch. She will be describing them to us in a talk entitled "Beyond the Duality of Life and Death" when she visits Godalming on Friday 7th January.

North London Group - RUPERT KINGLAKE TOWER: 0171-435 9730

RUPERT TOWER writes: On August 1st GEORG FEUERSTEIN gave an illuminating overview of the essentials of yoga, and chose to focus on Hatha-Yoga, meaning "force" or "forceful" yoga. This is the form of yoga best known in the West, though its deeper spiritual and philosophical foundations are rarely understood. It is widely reduced to gymnastics and fitness training, without any reference to, or experience of, the Kundalini, higher states of consciousness, and the ideal of spiritual liberation.

Yoga allows us to delve into our own mystery of being, and has eight principal limbs (anga). These comprise: Moral restraint (non-harming, truthfulness, non-stealing, chastity, and greedlessness); Discipline (purity, contentment, asceticism, study, and devotion to the Lord); Posture; Breath control; Sense withdrawal; Concentration; Meditation; and Ecstasy. Moral restraint is the foundation of all limbs, and must be observed at all times. Only then can the path of progressive unification and simplification succeed, and lead to the various ecstatic

states of consciousness, and ultimately to liberation or self-realisation where karmic "deposits" can be totally obliterated. Contemporary western Hatha-Yoga tends to focus exclusively on Posture, by-passing the first two limbs, thereby in so doing lacking depth and genuine transformation.

Georg also spoke of the developed disciplines that eventually lead to self-transcendence, notably the transmutation of sexual energy, and the importance of the integrity of the teacher-student relationship. He ended by saying that disciplined yoga practice allows the practitioner to stand forth as a "mighty lamp" amidst tremendous chaos, capable of dealing with life's journey both dispassionately and wisely.

Then in early October, CHRISTINE PAGE gave a talk entitled "Out of the Mouth of Babes", reprising her "Beyond the Brain III" performance for those of us who were unable to attend. Christine made the link between the ability of children under the age of seven years to recall past life memories, and David Bohm's theory of the implicate or enfolded order which represents a deeper order to existence, in juxtaposition to our everyday life level of existence as explicate and unfolded. Children retain the ability to unfold different aspects of the implicate, creating an inter-dimensional communication with no limitations, whilst adults create and live in fixed, illusory holograms where there is no movement. Christine argued that the interference pattern formed on the photographic plate of the hologram is formed by splitting a laser beam of light and reflecting one beam off a mirror and onto the plate. When looked at with the naked eye, there is no order to this pattern. However, when another laser light is focused on the plate, the hologram appears, and each piece of which contains the whole although viewed from different angles. Holographic images appear through the correct angle of light, and when there is a similarity between the object on the plate and another reflected image, a synchronicity occurs. Hence, when attempting to merge with the hologram, containing all levels of existence, we need to merge with the willingness to lose our sense of separation and self awareness, let go of the need to control, and incorporate sound and visualisation. We can merge with the hologram through "right" intention and the "right" frequency, and achieve resonance.

Dr. Ian Stevenson, an expert in the field of children's' past lives, has studied 2600 cases, and concluded that most memories occur between the ages of 2-5 and fade between 5-8. His research has shown that 36% of phobias and 35% of birthmarks in this life are associated with past lives, 72% of children remember their death, and up to 30% of these are violent. Christine ended by sharing some moving, startling, and sometimes humorous accounts of children's' stories relating to past life memories. Four signs of connection by children to other levels of existence are: a matter of fact tone, consistency over time, knowledge beyond experience, and corresponding behavioural traits.

South London/Kent Group - DAVID INGMAN - 01732 461435

PHILIP ROFE writes: On Wednesday September 22nd the SE London Group were joined by the members from N.Kent, making a total of eighteen, at the home of David & Jean Ingman in Sevenoaks. The speaker was ELIZABETH FENWICK and the subject, *Past Lives*.

Elizabeth chose to concentrate on the strange revelations observed in some young children. These were usually between two and six years old and they spoke with knowledge which they could not have gathered in the normal course of events and which resembled words of children who had lived in other families. The only feasible explanation for this phenomenon is reincarnation, even though regression was not required to reveal it.

Many examples were given including a child of 5 or 6 who bewildered his parents by his enthusiasm for the Sopwith biplane aircraft of the First World War and intense desire to

become an RAF fighter pilot. This was achieved in the Second World War and his instructor was amazed at the way in which, from the start, he seemed at ease with the controls of the aircraft and was convinced that he had piloted aircraft before. After the war, the pilots gathered for weekend summer camps and at one of these during a simulated dogfight he experienced a horrendous feeling of doom, as if he had been shot down. Many years later he suffered a near-death experience during surgery at Manchester Royal Infirmary and endured the same dreadful fright. He believes that these frightening recollections are due to experiences suffered in the First World War and reincarnation is the possible explanation. Elizabeth cautioned us not to believe reincarnation stories too readily as the number of people who claim to remember perishing in the Titanic would have sunk her anyway! There followed a lively discussion, in which we were very pleased to have the participation of Peter Fenwick. Our vegetarian hosts provided delicious food. Some copies of the new book *Past Lives* by Peter and Elizabeth Fenwick were available.

Scottish Group - DAVID LORIMER 01333-340492

We have held a couple of very different meetings over the autumn. The first with Dr. SHEILA GIBSON on the dangers to health of mass fluoridation of water. Sheila presented a good deal of data and discussion was pretty lively! She maintained that much of the evidence for adverse effects of fluoride was unknown and uncited, but she hoped that this evidence would be heard during the current UK government enquiry. Sheila is working with the National Pure Water Association. See Member's Articles section for literature in this connection.

Our second meeting featured NICHOLAS COWAN, whose has a varied background as a yoga teacher, osteopath, musician and bee keeper. He shared his nondual understanding of mind and consciousness, drawing heavily on Indian traditions. The discussion was even more animated than at our previous meeting, making it hard for the chair to keep any kind of order. Consciousness exploring itself seems to generate a great deal of enthusiasm!

South West Group - JOHN COSH 01803-863939

JOHN COSH writes: A meeting of the South West Group was held in Totnes at Hogan House on 16th October. ANNE BANCROFT and WENDY STAYTE chaired the meeting; two dozen members and guests were present.

We had two speakers. STEFAN HARDING, of Schumacher College spoke on 'The Health of Gaia'. He presented the concept of our planet as a living being with amazing powers of self-regulation and maintenance through the interactions of climate, the earth itself and its flora and fauna. The deleterious effects of human activity called for urgent action; Gaia was truly deserving of our respect of reverence.

The second speaker was Dr CHRIS KINCHEN, a general practitioner who, while practising orthodox medicine, had come to appreciate the contributions that could be made by complementary therapies. His topic was 'Bridging the Gap' between the two. He invited, and got, a lively offering of opinions from his audience. The general consensus was clearly in favour of more integration within medical practice. After tea and further discussion with the two speakers the meeting closed.

Wessex Group - JULIAN CANDY 01703 844149

JULIAN CANDY writes: after the Summer break we have had three months in which we have been considering various aspects of *Conversations with God* and related themes. In October it emerged that one of our gathering had for years been writing down 'channelled' material very similar to that presented in these books by Neale Walsch, so in November she

described her experiences and their content. Her 'dialogue', though of course individual and unique, does show striking similarities with his book in spite of her conscious choice not to read anything related to the material she was receiving, and was likewise most moving and personal. In December we plan to conclude our consideration of this topic.

Indeed December will bring to an end our meetings at the beautiful house of Anne Baring, who for compelling personal reasons can no longer host us. Our warmest thanks to her for her generous hospitality over the last few years.

Yorkshire Group - MAX PAYNE 0114 230 4194, MIKE BROWN 01423 87903

MICHAEL BROWN reports (Meeting 27, 18 Sep 1999): The meeting was hosted by Carol Brierly at the Prometheus Centre, Nr. Huddersfield, and was chaired by Max Payne. There was a good attendance, and the Chairman welcomed several new members to the meeting. The first item on the agenda was a recorded lecture from the Cambridge conference given by MARILYN SCHLITZ, Research Director, Institute of Noetic Sciences. The lecture was about survival of consciousness after death as viewed by various cultures around the world as well as out of body experiences, near death experiences and reincarnation. The lecture led to a lively exchange of views among the Yorkshire Branch members.

Branch member TONI BUNNELL presented a paper entitled "The Effect of 'Healing with intent' on Pepsin Enzyme Activity" which was about to be published in the Journal of Scientific Exploration. She had monitored the effect of healers on reaction rates of pepsin and albumen in test tubes which they held in their hands. The reaction rates were determined from changes in light transmission which were monitored and recorded. The experiments demonstrated that healers had an effect on the reaction rate with a confidence level in excess of 99%. This observation aroused much interest in both scientific and medical professionals present as well as healers. Again a lively discussion took place in the course of which a number of suggestions were made about the form of possible further experimental observations.

The third item on the agenda was a talk given by host Dr. CAROL BRIERLY who initially gave a brief historical review of the progression of concepts of the soul and then talked about hypnotic regression and past lives. Carol had published accounts of regressions into past lives that she had conducted over a period of time and read some of the accounts from her book "All This and Heaven Too". Interestingly, one of her subjects was present and she gave a first hand account of the regression experience. In the following discussions alternative explanations of past life experiences were aired which was a fitting conclusion to a day enlivened by a very participative group. Max closed by thanking Carol for hosting the meeting and announced dates for the meetings in the year 2000.