

Deeksha and Awakening: Effects on the Brain

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Amma



Bhagavan

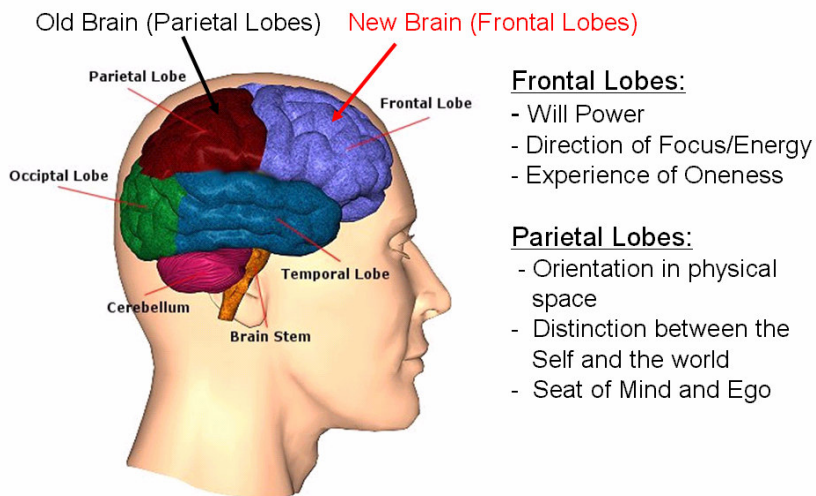


Andrew Newberg's **SPECT Scan**
studies of Buddhist Meditation

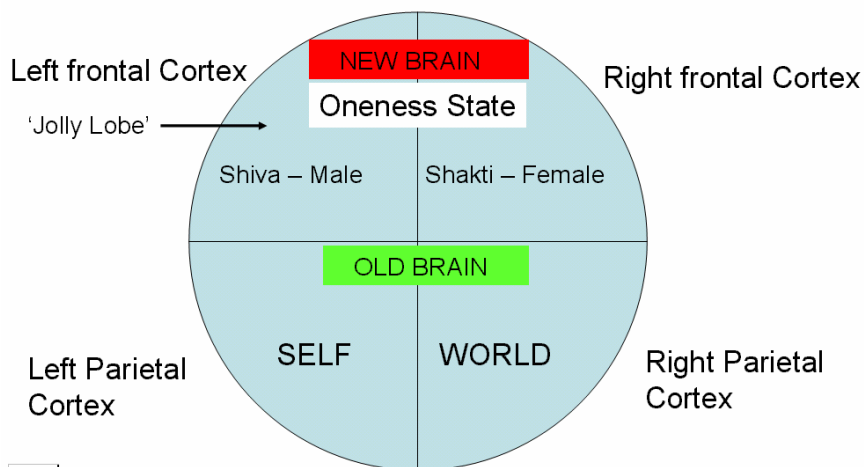
Findings and hypotheses:

- Awakening is a biological process
- There is a shift in brain activity from parietal to frontal areas
- Sense of separateness disappears
- Experience of a new reality:
'Absolute Unitary Being'

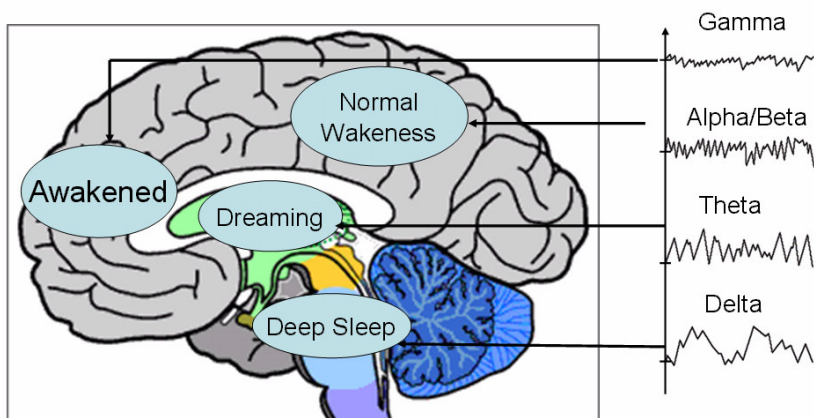
The 'New Brain' and the 'Old Brain'



The Activation of the 'New Brain' eliminates the Separation Problem



Brainwave Frequencies reflect States of Consciousness and Levels of Reality



Brainwaves: Frequencies and Functions

Unconscious		Conscious		
Delta	Theta	Alpha	Beta	Gamma
0,5 – 4 Hz	4 – 8 Hz	8 – 13 Hz	13 – 25 Hz	25 – 42 Hz
Instinct	Emotion	Consciousness	Thought	Unity
Sleep Coma	Trance Dreams Feelings	Awareness Creativity Integration	Focus Thinking Perception	Binding Ecstasy Oneness

History of **Meditation** EEG Research

Changes found during meditation:

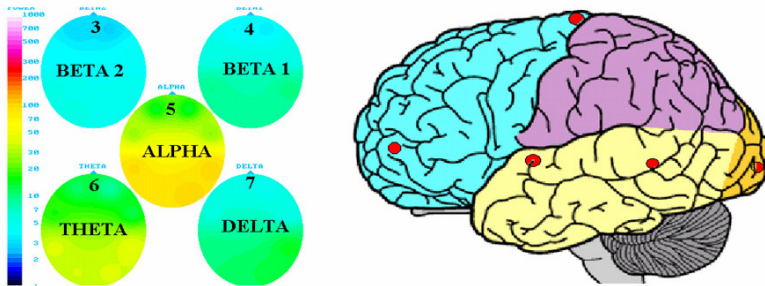
- Bagchi and Wenger (1957): Increased Alpha activity
- Kasamatsu and Hirai (1963): Increased Alpha and Theta activity
- Das and Gastaut (1955): Increased Gamma during Ecstasy
Increased Alpha following Ecstasy
- Wallace and Benson (1972): Increased Alpha with lower frequency
- Orme-Johnson et al. (1981): Increased Alpha phase synchrony
- Richard Davidson et al. (2004): Increased Gamma in left frontal lobe.
Increased Gamma phase synchrony

Results of EEG Brainmapping Study After 21-day Process in Golden City, India

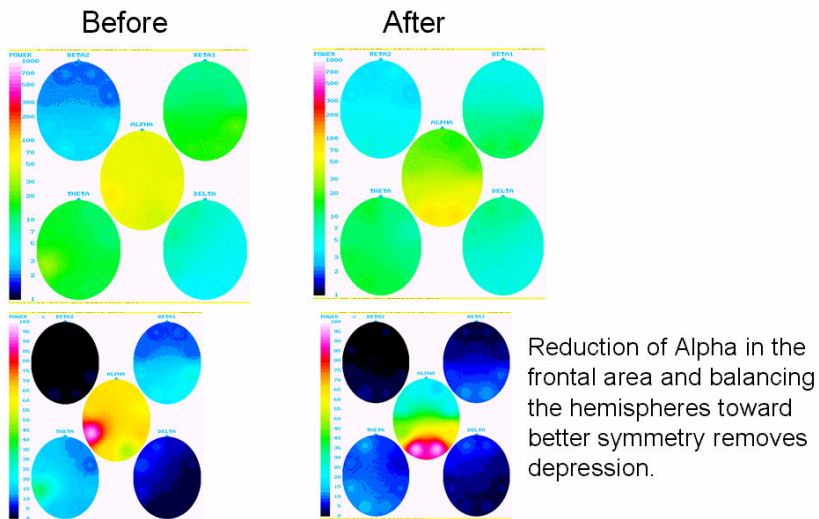
- More symmetrical brain activity in 11 out of 12 subjects
- The alpha right-left mean ratio changed from 1.18 to 1.04
- Increase of Gamma in the frontal area in 6 out of 6 subjects
- Mean Gamma activity increased 50% from 10.5 to 15.8 microvolts
- Two of the 12 subjects were in the awakened state after the process
- They had both Gamma levels around 30 microvolts



Brainmap with Electrode Placements

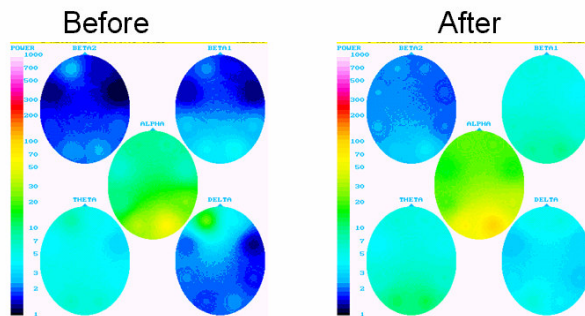


Subject #1, before and after Process



Subject # 2, before and after Process

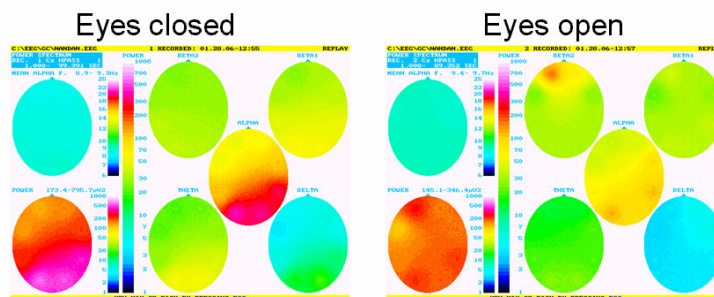
General increase of Alpha over the whole brain indicates better connectedness to body and feelings. This subject was more relaxed and spontaneous after the process.



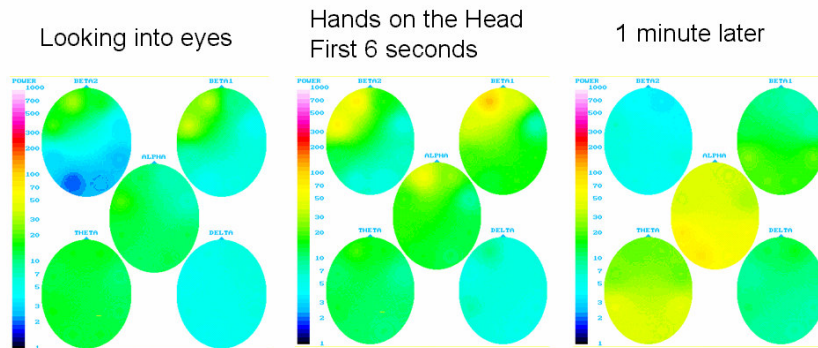
Subject # 3, after 21 day- Process

Divine Presence turns Suffering into Consciousness

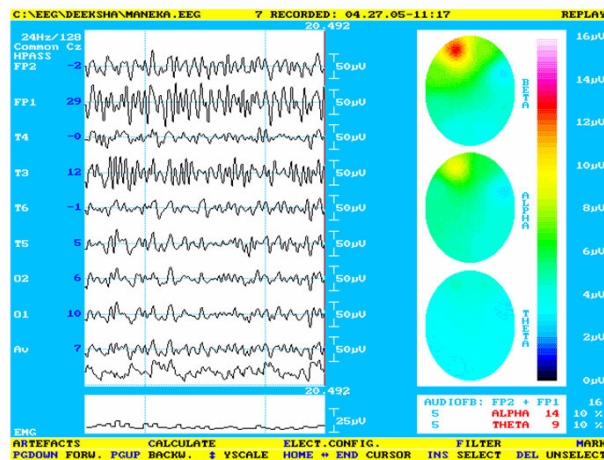
This 60 year old woman lost her daughter 4 months before the Process and suffered tremendous pain. Following the Process she came to terms with the pain and told us that the Divine Presence had saved her from going crazy. The pain is reflected in the brain by the high Alpha/Theta activity pushing on the 'Old Brain' (the mind), while the Presence is reflected by the high Beta/Gamma in the left frontal lobe ('New Brain').



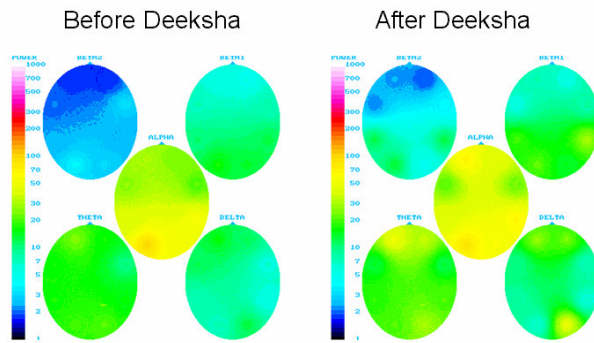
Left frontal Activation in Subject giving Deeksha



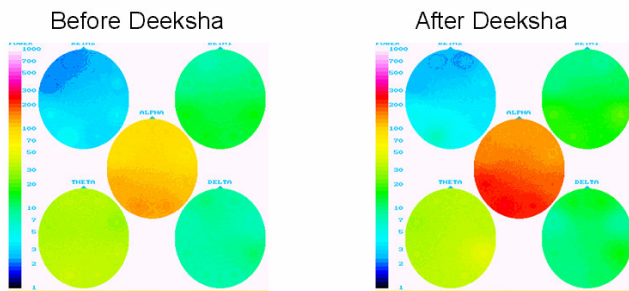
Left Frontal Activation During Deeksha 20 fold increase of Beta2 compared to baseline



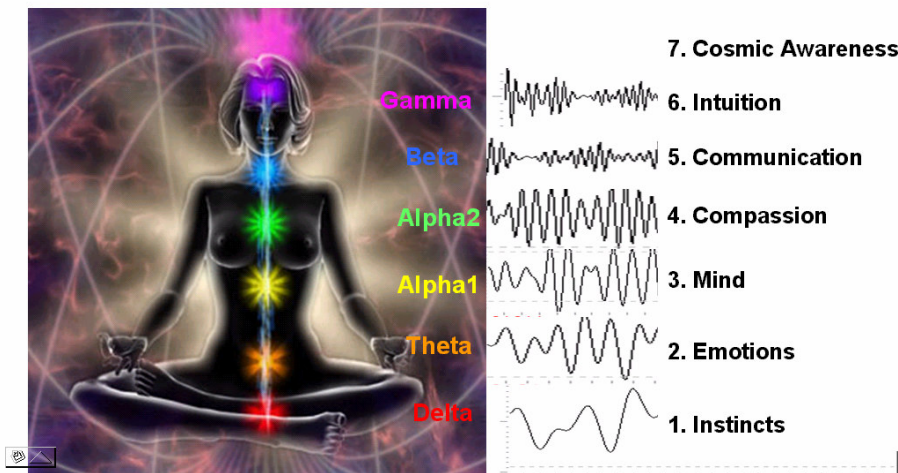
Frontal Activation after Deeksha Increased Alpha/Theta in the Recipient



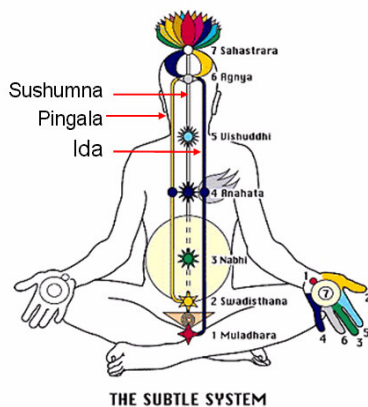
Whole Brain Synchronization after Deeksha 70% Increase of Alpha in the Recipient



A Model of the 7 Chakras and the corresponding Brain Wave Frequencies



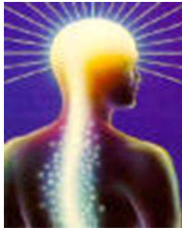
Kundalini Arousal Through the Sushumna Nadi



- Kundalini is a coiled up energy residing in the Root Chakra
- In most people the energy is asleep but it can be aroused through yoga, meditation and Deeksha
- When the energy is aroused it ascends through the Sushumna passing through the chakras on its way to the brain
- If the energy instead rises through the Ida or Pingala channels it may cause severe mental disturbance



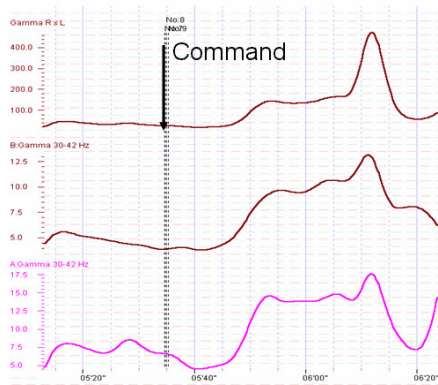
Symptoms and signs of Kundalini Awakening



- Hearing of sounds inside the head (Tones, music, hissing, roaring, etc.)
- Seeing of light inside the head, or seeing the environment as illuminated, visual hallucinations.
- The feeling of unusual heat or cold in the body or on the skin.
- Sensations of tickling, vibrating, itching, crawling - pleasant or unpleasant - within the body or on the skin.
- Cramps and/or involuntary movements or positions of the body (Kriyas).



Subject raises her Kundalini Energy on Command

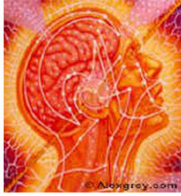


Gamma Synchrony between
right and left frontal lobe

Gamma in right frontal lobe

Gamma in left frontal lobe





Kundalini Arousal increases neurological Coherence and turns the Brain into a Super-Conductor

- The Kundalini energy reaches the frontal area in the brain via Sushumna
- The high grade energy increases the neurological coherence in the frontal area
- The high coherence and synchrony of millions of neurons will make the frontal area work like a unit
- The frontal brain now turns into a Super-Conductor and attention and focus will be like a laser beam



Preparation for Awakening?

Bhagavan says there's nothing you can do to get enlightened – it comes by grace. However you can prepare yourself to be more receptive to that grace

- Set your relationships right – especially to your parents
- Be honest with yourself
- Cleanse the physical body with diet and herbs
- Cleanse the emotional body with feeling release therapy
- Get Deeksha regularly



What is Enlightenment?

Bhagavan gives some definitions

- Neurologist: A shutting down of the parietal lobes and an activation of the frontal lobes
- Biologist: A slowing down of the senses
- Psychologist: Loss of the Ego
- Philosopher: Becoming a witness to life
- Spiritual person: Opening your heart to life



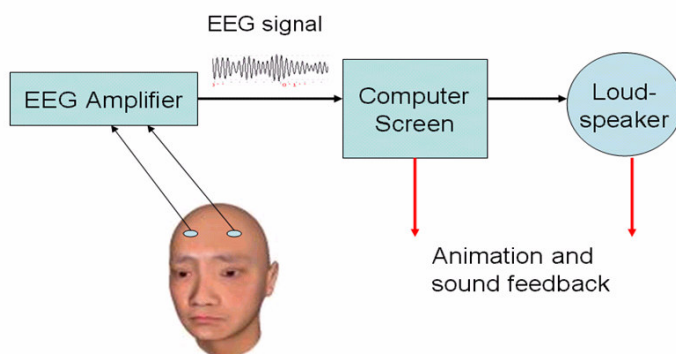
Summary of Bhagavan's Teachings

- The sense of a separate self is an illusion generated by the neurobiological structure of the brain
- Enlightenment depends on a shift in brain dominance from the old to the new brain
- The self in its perceived separateness generates cravings, aversions and judgements which are the core of suffering
- When the self disappears suffering ends
- There is only one mind – humanity's Ancient Mind which is conditioned by separation and duality
- Your mind is not your mind but an extension of the Ancient Mind
- Your thoughts are not your own thoughts, they are downloaded from the 'thought sphere' of the Ancient Mind
- Your body is not your own body, it's part of the Universe
- The self is a concept or an illusion which cannot be enlightened

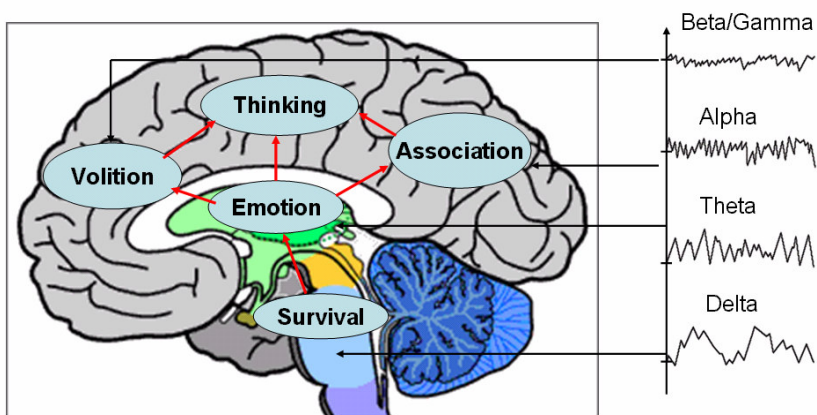


Neurofeedback Training for Higher States of Consciousness

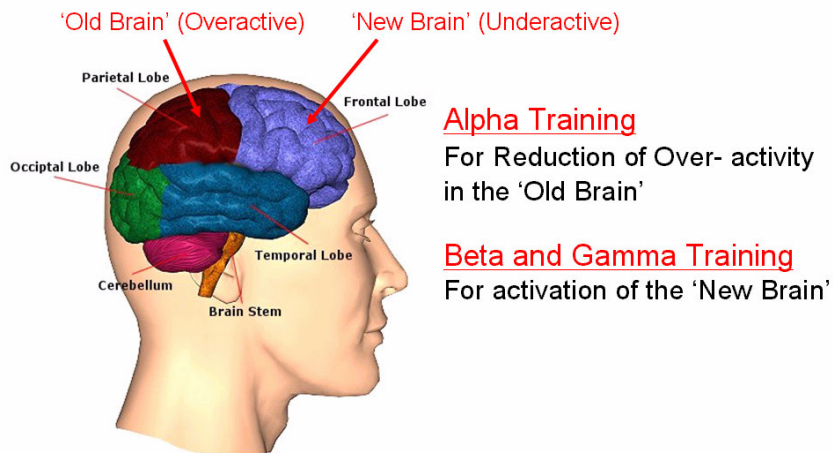
Neurofeedback technical Setup



Brain structures and levels of consciousness



Training for a Shift in Brain Dominance



Alpha Waves

No Mind



Thinking



Alpha waves:

- Indicate a free flow of energy in the body
- Reflect a conscious space of stillness (No Mind)
- Reflect body awareness
- Connect you to the body's energetic system
- Connect you to the lower chakras



How to go into the **Alpha State** - the Process:

- Sit upright with your eyes closed
- Turn your attention inward
- Ignore all external stimuli
- Let go of all tensions
- Be aware of your whole body
- Feel the aliveness in your body
- Do not follow the thoughts



Gamma Waves

Conscious and focused



Unconscious and unfocused



Gamma waves:

- Indicate a free flow of energy to the brain
- Increase focus and will power
- Promote unity of experience
- Heighten your level of consciousness
- Promote intuition and creativity
- Connect you to the higher chakras
- Represent presence in the moment



How to go into the **Gamma State** - the Process:

- Sit upright and focus on a spot on the wall
- Your body and head should be totally relaxed
- Let go of all thoughts but stay alert
- Now, defocus your eyes and the spot will blur
- Instead focus intensely on the centre between the eyebrows
- Observe how the spot on the wall merges with your forehead
- Imagine how the space behind the forehead expands
- Focus deeper and deeper into that space



Anna Wise's Description of the Gamma State

STRONG BETA/GAMMA Mastery:

- Very lucid state of consciousness
- Feeling of deep satisfaction
- Intense alertness, calmness, and detachment
- Sensation of disappearing from environment and/or body
- Extremely vivid imagery when desired
- Feeling of altered state
- Sense of peak experience, 'ah-ha' experience, intuitive insight
- High performance state



Frontal **Gamma Wave** Training

There is a strong increase of Gamma waves during intense focusing
During habitual, unconscious thinking, Gamma waves drop down

