

Quantum Healing

Revised 2015 edition, by Deepak Chopra

All quotes and stories are from the revised book, "Quantum Healing" Shared by

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Meditation is silent intelligence.

Meditation remains the most powerful and direct means to connect with the mind's deeper level.

It activates a hidden force

The inner intelligence that scientific evidence supports, Is that the mind can move molecules and is just as wondrous as faith can move mountains

Being relaxed and easy, mindfulness, acceptance of things as they are

Putting value on being, trust, believing in the wisdom of uncertainty.

Allegiance to a higher level of intelligence that organizes reality

American physiologist, Robert Keith Wallace (1967) research showed that meditators achieved their deepest relaxation quickly. It takes four to six hours after falling asleep to reach the period where oxygen consumption falls to its lowest level, while meditators took only a few minutes. Moreover, in sleep the drop is usually less than 16 percent, whereas meditators achieve relative reductions that momentarily dipped almost twice as low. It was also very important that the subjects had not fallen asleep or gone into a trance. They were fully awake inside, even feeling a sense of heightened awareness. Wallace concluded therefore that meditation was a state of hypometabolic wakefulness, since his measurements were different from any seen in waking, dreaming or sleeping.

Wallace concluded that he had verified an entirely new state of consciousness, the fourth state.

Music experiment: A trained musician hears pitch and harmony where someone who is tone-deaf hears noise. One experiment involved training them to hear the rhythm in a different way. The subjects reported that the sounds seemed livelier and fresher. Clearly the experiment had taught people to slightly alter their invisible boundaries. However the really interesting results was that when they went home, these people found that colors looked brighter, music sounded happier, the taste of food was suddenly more delicious and everyone around them appeared lovable.

Just the slightest opening of awareness caused a reality shift. Meditation, because it opens more channels of awareness, opened them to a deeper level causes a bigger shift.

Gerontology, the aging experiment: Robert Keith Wallace research stated: If old people can retain their mental faculties by continually using them, then the practice of mediation, which opens the awareness completely, should do even more. Wallace's basic finding was that long-term meditators did decrease their biological age by five to twelve years. (high levels of a hormone called DHEA (dehydroepiandrosterone) were found. It has been speculated that DHEA somehow helps to retard aging and perhaps inhibit the onset of growth of cancer. The research suggests that aging is controlled by consciousness.

Just the disease of being in a hurry hastens aging in almost everyone today. If meditation counters these factors, then it might reveal something entirely new about the aging process.

Wallace set out to measure a group of adult meditators for what is called biological age. Biological age shows how well a person's body is functioning compared to the norm population. Wallace discovered that the meditators as a group were significantly younger biologically than their chronological age. The difference between the two was not small. The female subject who scored the best was fully twenty years younger than her chronological age.

A back up study conducted in England later calculated that each year of regular meditation takes off roughly one year of aging. A typical 60 year old meditating five years or more would have the physiology of a 48 year old.

Expanding your awareness is enough to extend your life

Ask yourself if any of the following have occurred to you.
You felt that your awareness extended beyond your body
You felt safe in your own being
You had a sudden insight that came out of nowhere
Your body felt physically light and buoyant
You felt at home in the world
You knew with certainty that you are loved
You felt energy bubbling through your body
You had a random thought and it materialized
What else?

What happens when positive input enters the mind-body loop

New findings go far beyond the accepted understanding that meditation can lower blood pressure, decrease heart rate, increase immunity to disease, and reduce the effects of stress. Those key findings haven't changed, but now we know that meditation leads to far more holistic benefits. And that they occur very quickly.

This list summarizes what happens when any kind of positive input enters the mind-body feedback loop.

Promotes overall balance, or homeostasis
Moves easily through the system, without obstruction or blockages
Generates new neural pathways
Promotes the production of new brain cells
Improves gene expression
Allows every cell to function normally without anomalies or aberrant behavior
Supports the immune system, increasing resistance to disease
Counteracts the effects over time of entropy and aging
Increases a sense of wellbeing: The person feels healthy, vibrant and alive

The Future

The shape of the future is becoming clear. Two new concepts are emerging. The first is radical wellbeing, the notion that through lifestyle modification a person can attain a state of wellness that reaches far beyond disease prevention.

The second is a self-directed biological transformation. The notion is that the genetic switches that create and govern every cell can be consciously directed. In a word you can consciously guide your own personal evolution. Unlike conventional wellbeing, in radical wellbeing making the right choices isn't optional. Every thought you have is already encoding a biological choice right this minute, pointing to a positive outcome (wellbeing) or negative one (imbalance, physical decline, disease, or death). That our cells change by the instant, holds the key to a higher state of health and the possibility of conscious evolution.

If you want to see what your thoughts were like yesterday, look at your body today. If you want to see what your body will be like tomorrow, look at your thoughts and feeling today. Benign neglect isn't good enough once you see the mind and body form a continuous all-embracing feedback loop, there is nothing that doesn't have an effect. The cell membrane of all 50 trillion cells in the body is a vast communication center that is responsive to every aspect of your life. There is intelligence in every cell.