

surprise, tension, worry, anxiety
creativity
spontaneity
day-dreaming, problem-solving
deep sleep

BETA STATE

ALPHA STATE

THETA STATE

If you can get into alpha and stay there, you can thereafter be machine-free and progress, though the machine can help you progress into theta. (The way I'm assembled, I can in 3" get into theta a stay there: I'm some sort of nut.)

MEDITATION, technology and.....Elliott #533

1. \$60 will get you an EEG Monitor kit, which (if you're handy with a pencil soldering iron) will save you \$50 against buying the gizmo assembled. Read all about it in the Jan/73 POPULAR ELECTRONICS (and, for motivation thereunto, read the Dec/72 issue on "extending the influence of the mind over the body" by biofeedback, the technological handmaid to the art of calming down--in short, ELECTRONIC RELAXATION).

2. In a group I have some responsibility for, this Thing was used on us last night (5 Dec 74), and this thinksheet reveals the damage thereby done me and/or the ruminations resultant. The assembler-operator was Roy Wilcox, who at age 16 (he's now 50ish) told God that after making a pile of money he'd get into "metaphysics" (i.e., monistic religion)--and who has made the pile (now, as president of Mobile Calibrations) and is fulfilling the vow (including participating in Dr. Fermi's SUNY Stony Brook Executives' Meditation Experimental Unit, which has proved scientifically that the systematic use of electronic relaxation improves creativity and relationships).

3. This whole business is triumphant and pathetic. The former, because it exapnds the electronic form of the divine command to control the earth, in this case that "earth" our body is; the latter, because it plays into the American technopsyche, the illusion that do-it-yourself gizmos can deliver mankind from all untowardnesses: "New Life through Technocracy," as the 7th way of being religious puts it (sec.VII of Streng et al, WAYS OF BEING RELIGIOUS, P-H/73). The Technogod threatens to impoverish and pollute the earth, and the Cyborg (the next step beyond the EEG Monitor) to bypass human consciousness and thus the person. (The Monitor reads microvolts through electrodes placed on the skin at the head's front and rear: the Cyborg is not explants, but implants into the brain, as in José Delgado's bull and chimp experiments.)

4. Now, Roy is a faithful Presbyterian elder (box D, biblical religion); but on the side he pushes Cayceism (ARE: Association for Research and Enlightenment), which is a Hinduish mind-is-all (the visible world is, as Roy says, "slowed-down spirit") cult which (because Edgar Cayce was, as a child, awash with biblical language) nevertheless uses much of the Christian lexicon. (The Wilcoxes 5 nights a week tend each night a different ARE group they've started.) While indicating I could not accept his gnosticism, which is subversive of the biblical way of seeing the world, I could accept his present life-project, which is to unite his brain hemispheres (getting together his Yale-engineering-graduate left side with his caring, intuitive right side).

5. The left margin of this Thinksheet charts, in Mz (CPS: cycles per second), our EEG (brain-signal) biopotentials--tiny voltages present in all living things (and called EKG when picked up from our most important muscle, the heart; and EMG when picked up from any other muscle: electrocardiogram and electromusculargram, respectively). I've included my last-evening's record, which can be improved: conscious control of brain-state by listening to audio-amplification of your microvolts (in contrast to arduously learned self-listening through advanced yoga) is "where it's at" with biofeedback --and I recommend it for improved biopsychofunctioning, meditation, prayer.

