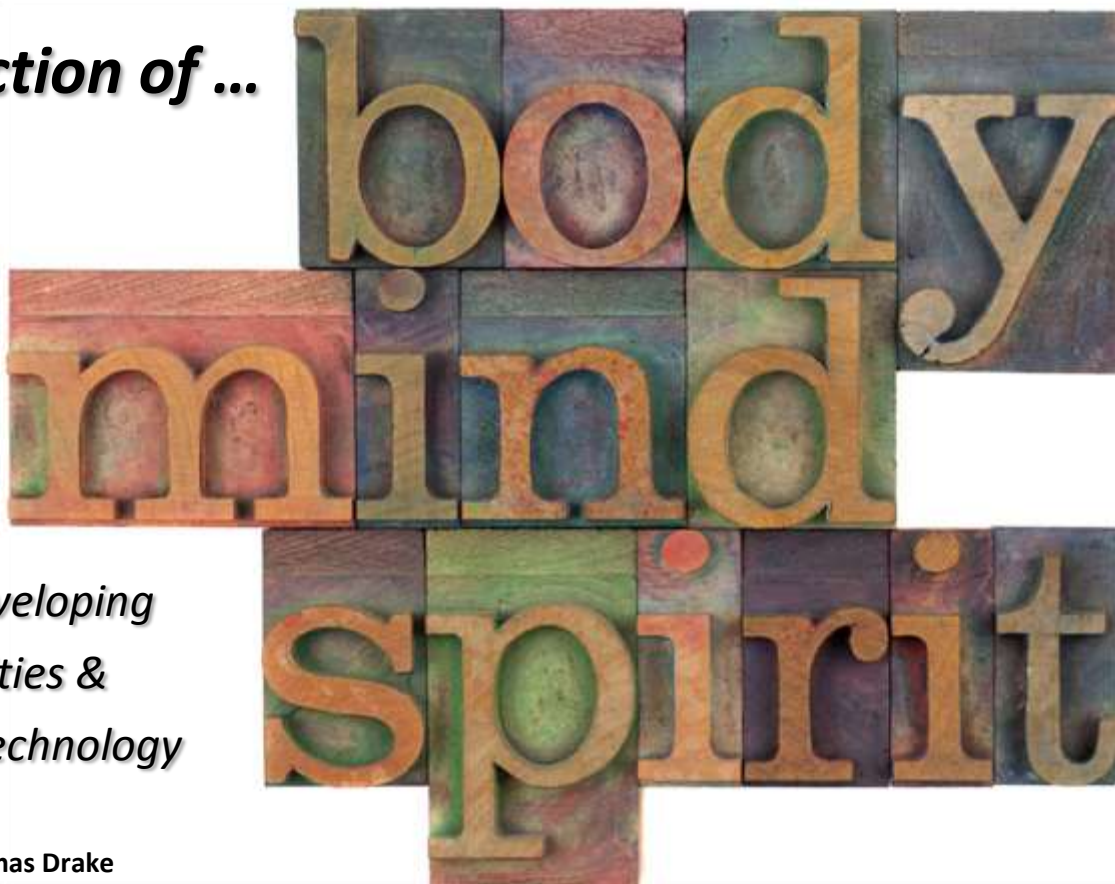


The Connection of ...



***Enhancing & Developing
Natural Capabilities &
Wellness with Technology***

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Noted Indian philosopher and spiritualist Jiddu Krishnamuriti wrote:

"It is no measure of health to be well adjusted to a profoundly sick society"



Today's society, both social and environmental, is placing an incredible burdensome load on our physical health, our psyche, and our overall growth and evolution as a culture. Our bodies are unfortunately adjusting!

Although many consider these issues totally separate, in actuality, the relationship of Mind, Body, and Spirit suggests there is actually little separation. The relationship of "emotional" state is closely intertwined with the "physical" state. Many people are beginning to (re)discover these relationships. The term "wellness" we use will refer to the combined state of all of these. While a relatively new concept for many, this symbiotic relationship has been well considered by ancient cultures for thousands of years.



Blogger and LifeCoach Linda Lubin so appropriately states:

"... for so long we were trained to view mind/body/spirit separately, on an energetic level these spheres had learned to function separately. Even now, most people in the general population are cut off from their bodies, unaware of what's going on in there. Even those who are relatively awake and aware have this disconnect, through no fault of their own. The walls went up hundreds of years ago, and our consciousness learned to be divided. In a warped way, it became the norm, though it certainly wasn't natural or healthy.

*As a result we miss the cues our bodies give us. Sometimes we sense these signals (fatigue, upset stomach, aching back), and often times we are so very split off that we miss these flashing red lights. This information stays buried and we remain unaware that something is terribly amiss, until we become seriously ill. We develop diabetes, heart disease, high blood pressure, or cancer, because we are not receiving these warning signals, or else we receive them and ignore them."*¹

¹ <http://wakeup-world.com/2012/09/17/awakening-and-the-mindbodyspirit-connection/>

Most of those who have read this far are already aware, at least somewhat of these connections, but before we go into more detail it will be good to quickly remind ourselves of some of the science.

Dr. Brian Seaward, in "Wellness"² suggests:

- Emotional well-being is best defined as the ability to feel and express the entire range of human emotions from anger to love, and to control them, not be controlled by them.
- Physical well-being is defined as the optimal condition of each of the body's physiological systems. These include pulmonary, cardiovascular, nervous, immune, reproductive, urinary, endocrine, musculoskeletal, and digestive.
- Mental well-being is understood as the ability to gather, process, recall and communicate information. Like a computer, the mind can gather and store mass quantities of information.
- Spiritual well-being is defined as the maturation of higher consciousness as developed through the dynamic integration of three facets: relationships (internal, how you relate to yourself and a higher power, however you conceive this to be; and external, how you relate and interact with all people in your life), a personal value system, and a meaningful purpose in life.

The concept that mind and emotion play a critical role in our health, although only recently being considered by allopathic medicine, has been accepted and practiced by many cultures since ancient times. Hippocrates, considered to be the father of allopathic medicine, taught that good health depended on a balance of mind, body, and environment.

SCIENTIFIC RESEARCH

Scientific research clearly supports the age-old tenet of medical wisdom.³

Quick Summary:

In the 1920's, Harvard scientist Walter Cannon, MD, identified the fight-or-flight response through which the body secretes hormones called catecholamine, such as epinephrine and norepinephrine. When they enter the blood stream, these hormones produce changes in the body such as a quickened heart or increased breathing rate placing the person in a better state to escape or confront danger.

Hans Selye, MD pioneered stress research describing the "wear-and-tear" constant stress does to us biologically.

Cardiologist Herbert Benson, MD identified the opposite effects, more specifically the "relaxation response" demonstrating meditation, yoga and relaxation techniques also can bring about physiological changes such as lower heart rate, slower breathing, decreased muscle tension and positive changes to brain wave activity. Relaxation has been used successfully in treating many stress-related disorders.



² From "Wellness," by Brian Luke Seaward, Ph.D., p. 29 in *The Illustrated Encyclopedia of Body-Mind Discipline*, Edited by Nancy Allison

³ http://www.bravewell.org/integrative_medicine/philosophical_foundation/mind_and_body_connection/

Founder of psychoneuroimmunology Robert Ader, PhD, University of Rochester, provided the link between the brain, behavior, and immune function. Psychoneuroimmunology researched ways to boost immune function via use of the mind.

Another technique, “guided imagery”, uses the power of the imagination to heal. Martin Rossman, MD explains, “Imagery uses the natural language of the unconscious mind to help a person connect with the deeper resources available to them at cognitive, affective, and somatic levels.”

When we consider the fact that almost every major medical center now has some form of associated stress management or mind-body clinic, meditation, yoga or support group incorporated within their centers to provide more effective treatment, strongly suggests that even Western allopathic medicine is beginning to accept the evidence the more holistic mind-body-spirit has to offer over conventional medicine alone.



THE PLACEBO EFFECT

One may be inclined to suggest that the “Placebo Effect” is all this Mind-Body-Spirit “hype” amounts to. While it has been repeatedly shown to be a true and genuine effect, the mechanism of that effect has not been fully or even effectively explained. Ironically, the placebo effect is one of the standards a pharmaceutical has to surpass in order to be approved, and many of those tested BARELY do that!



There are four conditions that would insure a stronger mind-body connection during illness, and all are inter-connected:⁴

- The mind contributes to getting well.
- The mind doesn't contribute to getting sick.
- The body is in constant communication with the mind.
- This communication benefits both the physical and mental aspects of being well.

As mentioned before, although we don't fully understand the mechanisms of how it works, it is clear all four aspects are involved and working together. The body is aware, the mind is aware, there is trust and open communications occurring, and as a result, cells throughout the body participate in a positive healing response.

While the disruption of that inner awareness and communication likely interferes with natural healing responses and wellness in general, is it not logical to assume that enhancing that natural mental awareness and internal communication is key to amazing recuperative power and wellbeing?

⁴ <http://www.oprah.com/spirit/Use-Your-Mind-Body-Connection-to-Heal>

ENERGY TIES THE COMPONENTS TOGETHER

The Chinese “Chi”, the Japanese “Ki”, or the Indian “Prana” all equate fundamentally in meaning to the “bioenergetic” concept of “LIFE FORCE”.⁵

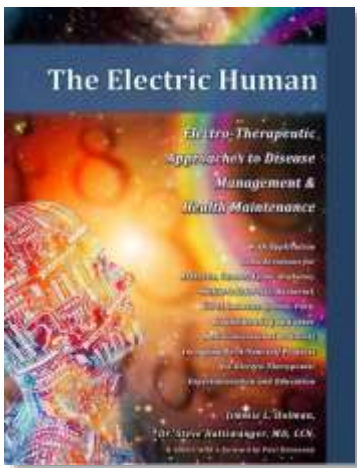
The systems of Qigong, acupuncture, Tai Chi, and other martial arts were developed to enhance and utilize this mind-body-spirit relationship for health. Yoga was developed to work with the Chakra concepts of India.

The commonality of these concepts are that of “energy” and “energy flow”, all parts of an amazing natural, but very complex system.

From a conventional Western perspective, we typically equate energy solely to “electromagnetism” and “electricity”. While the electrical aspects may indeed be part of the “Life Force” concepts, they are admittedly only a part. However, like the disciplines of Tai Chi, Qigong, Yoga, acupuncture, etc., strategies utilizing artificial electromagnetic and electrical techniques can also be utilized to enhance, manipulate, and assist the natural forces and communications which under ideal conditions are not optimal in our “Body Electric”.



THE ELECTRIC HUMAN



In our world of pharmaceutical chemistry, Robert Becker’s *Body Electric*⁶ was many folk’s first window and realization as to the electrical nature of the human body and the electrical/energetic workings from a scientific perspective.

Jimmie Holman and Dr. Steve Haltiwanger’s *The Electric Human* attempts to address many of the more traditional aspects of disease management through innovative although still conventional electromagnetic strategies. It may, however, likely be these same strategies revealed also carry over, amplify, or even enhance the proven ancient methods we have still yet to explain or fully understand.

Three relevant Arthur C. Clark quotes:

Any sufficiently advanced technology is indistinguishable from magic.

If an elderly but distinguished scientist says that something is possible, he is almost certainly right; but if he says that it is impossible, he is very probably wrong.

The only way to discover the limits of the possible is to go beyond them into the impossible

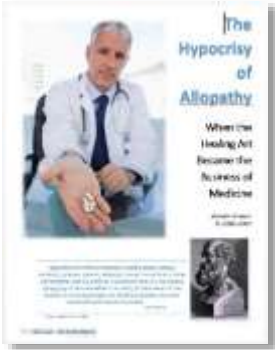
⁵ <http://www.eclecticenergies.com/energy/whatis.php>

⁶ Robert O Becker (with Gary Selden), *The Body Electric: Electromagnetism and the Foundation of Life*, Morrow, New York ISBN 0-688-06971-1

PULSED TECHNOLOGIES / HER TECHNOLOGIES

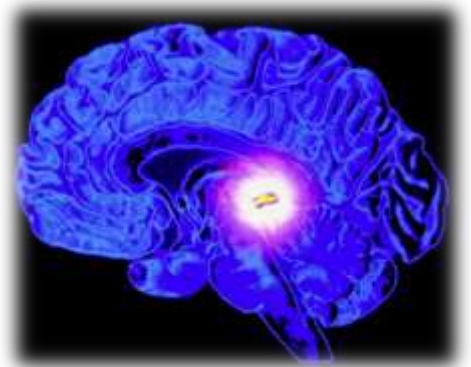
Author and futurist Arthur C. Clark reminds us of a mindset of innovation, exploration, and going against the odds with a passion. That innovation and exploration is alive and well in Pulsed Technologies and our development partner HER Technologies.

So often, when we are working with clients and/or conventional allopathic doctors, we hear them tell their patients “there is no evidence ____*<fill in the blank>*____”. The fact of the matter is, what would have been more appropriate to say is THEY personally don’t have THAT evidence. This amounts to little more than a word game or somewhat non-admission of understandable ignorance. It is very true and likely not so surprising many have not had that exposure to new innovation as they were being educated. What should likely be of both interest and concern is the fact that the channels of continuing education don’t necessarily provide them access to developing techniques either. But most worrisome of all is those who do independently search for pertinent innovation, discovering relevant content, often feel they are not allowed to professionally share such info as a stipulation of their industry’s accepted practices, violation of which could or would seriously jeopardize their license and ability to practice. Unfortunate, but true!



As we have looked, we find enormous amounts of good technical research, good medical research, and plenty of documented mechanisms which support innovative, effective and very technical mechanisms both inside and outside the realm of current allopathy. We have noticed a common thread however and that has to do with “profitability” to the western allopathic and pharmaceutical model. Most of that material however, just doesn’t seem to make it into practicing allopathic

medicine. How and why this induced ignorance came about is discussed in more detailed in *The Hypocrisy of Allopathy: When the Healing Art Became the Business of Medicine*.⁷ Worldwide, especially outside the USA, the traditional practitioners are recognizing, understanding, and integrating the new and “not-so-new” concepts back into their strategies of conventional health care.



ENLIGHTENED INNOVATION

While Pulsed Technologies has been primarily known for researching and developing techniques primarily for health and wellness related applications, in actuality Mr. Holman’s interest in the mind/brainwave aspects has been of interest and quietly investigation since the early to mid-1970’s. Since Pulsed Technologies earliest products, the precision and detailed waveform control needed for extremely low frequency brainwave research has always been included with the intent that the Mind-Body-Spirit aspects would be incorporated. Finally, that day has come!

Having now investigated these relationships for decades, our views have been from a technical and scientific perspective often having to ignore or exclude the human aspects to more clearly identify the mechanism which can be utilized. In our searches however, we have been quite fortunate to find and affiliate with partners who share complementary parts of the much needed solutions.



Dr. Salah Al-Rashed of HER Technologies stated, “We know that the world is getting better, healthier, more peaceful, more loving, more connecting, more extending, and more conscious. But we also know that it is also getting worse, sicker, more violence, more hate, more isolation, narrowing. The two choices exist simultaneously and we want to make the first choice a clearer possibility for our people.”

It is time to provide the platforms, technologies, technical knowledge, and resources to assist persons with desire along this marvelous path of self-development and the restoration of health and wellness. They are so closely related we should consider them one and the same. We are very pleased to partner with affiliates like HER Technologies to integrate these possibilities for those to incorporate them into personal programs of self-development and wellness.

⁷ *The Hypocrisy of Allopathy: When the Healing Art Became the Business of Medicine*, Holman & Allen, <http://www.pulsedtechresearch.com/hypocrisy-of-allopathy/>

SCHUMANN RESONANCE AND BRAINWAVES

All biological processes are a function of electromagnetic (EM) field interactions. EM fields are the connecting link between the world of form and resonant patterns. They store gestalts or patterns of information. The bridge connecting solar system resonances and brain frequencies resides in our human DNA helix, which co-evolved in the Earth's environment.⁸

From Iona & Richard Miller's *Schumann Resonance & Human Physiology*:

- *Electrical engineer Lewis B. Hainsworth, MA, was among the first to suggest that human health is linked with geophysical parameters by way of the naturally occurring Schumann's ELF. His hypothesis identified naturally occurring features which determine the frequency spectrum of human brain-wave rhythms: The frequencies of naturally occurring electromagnetic signals, circulating in the electrically resonant cavity bounded by the Earth and the ionosphere, have governed or determined the 'evolution' or development of the frequencies of operation of the principal human brain-wave signals. In particular, the alpha rhythm is so placed that it can in no circumstances suffer an extensive interference from naturally occurring signals.*
- *Hainsworth concluded that the frequencies of human brain-waves evolved in response to these signals. If his hypothesis is correct, conditions for evolutionary changes in human brain-wave patterns have now been established. Furthermore, variations in these patterns can produce mild to disastrous health and behavioural changes.*
- *The nature of the applied stimulus makes it difficult to identify the responses directly, as they are most likely to occur in the form of stress-related conditions. They will therefore show up as drastic increases in mental disturbance, antisocial behaviour, psychosomatic conditions and neurological disturbances. Some electrical field phenomena have already been linked with abnormal cell growth and a decrease in immunocompetency.*
- *All these factors could be expected to lead to the appearance of "new" diseases, probably accompanied by a decline in resistance to many minor infections, an increase in conditions related to abnormal cell development, including cancer,*



birth defects and infertility, and an increase in psychological disturbance problems, e.g., drug addiction and suicide. These existing psychobiological problems could be expected to increase in scale, but could be studied for deviations from "normal" alpha cycles of 10.4 Hz, with detectable changes in psychological characteristics and mental abilities.

The correlation between the Schumann resonances and the brainwave states is unmistakable. Likewise, it is also not so surprising, the strongest and most predominant of the Schumann resonances, 7.83 Hz, falls right at the important 7.8 Hz Alpha brainwave state.

⁸ Schumann Resonance & Human Physiology, Iona Miller & Richard Alan Miller, 2003

ENTRAINMENT

Entrainment is a principle of physics which describes the synchronization of two or more rhythmic cycles. The principle of entrainment appears in chemistry, neurology, biology, pharmacology, medicine, astronomy and more.

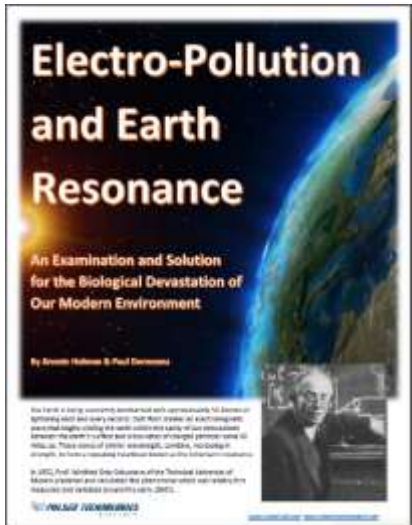
While working on the design of the pendulum clock in 1656, Dutch scientist Christian Huygens found that if he placed two unsynchronized clocks side by side on a wall, they would slowly synchronize to each other. In fact, the synchronization was so precise not even mechanical intervention could calibrate them more accurately.

Our brain and brainwave activity will also react in much the same way, given the opportunity. In fact, these brainwave frequencies fall in quite specific ranges. We

evolved naturally to utilize them in our daily cycles, however, our modern environment is actually preventing us from effectively receiving these signals.

*Electro-Pollution and Earth Resonance: An Examination and Solution for the Biological Devastation of Our Modern Environment*⁹ discusses these issues in greater detail and is freely available at the PulsedTechResearch.com website.

We can however artificially introduce a signal in which our brainwave activity will attempt to match. In much the same way a hypnotist often walks his patient/subject down a spiral staircase into a deeper state of relaxation or consciousness, the carefully selected rhythms of entrainment can also “guide the person to a desired brainwave state of consciousness using the PFG2z programmable function generators precision waveform control in scriptable formats.”



⁹ *Electro-Pollution and Earth Resonance: An Examination and Solution for the Biological Devastation of Our Modern Environment*, Jimmie Holman & Paul Dorneanu is freely available on the Pulsed Technologies Research website <http://www.PulsedTechResearch.com>

THE METHODOLOGY

For decades the methodology of brainwave manipulation has been done primarily with sound. The Hemi-Sync (Monroe Institute) or even the cruder open source Binaural Beat used by many, even though at very low frequencies, are still within the audio region, far higher than brainwave frequencies. These methods most often utilize headphones sending separate and different audio signals through the headphones adjusting the difference to be an approximation of the desired frequency within the brainwave state. The brain then theoretically processes the difference then attempts to entrain on the imagined 3rd “difference” signal.



Pulsed Technologies and HER Technologies have gone far beyond this simple methodology of conventional brainwave manipulation as it is not restricted to the limited capabilities involved with this mixing, processing, and separation method hoping to entrain on a signal amidst all the necessary, but superfluous “noise”. Pulsed Technologies/HER Technologies is capable of delivering incredibly precise and pure signal without the inessential distractions.

By bypassing the binaural beat/Hemi-Sync sound conversion and filtering steps, and directly applying incredibly pure and accurate DSS (Direct Digital Synthesis) stable waveform on which to entrain (not by sound, but rather directly applied electrical signal) the person may be guided gradually down the “steps”, ending at the precise brainwave state desired.

Because sound and signal processing is NOT occurring, this allows for other complementary sound, music, and relaxation methods to be utilized simultaneously to enhance the intended process goal.



WE ARE THERE!NOW WHAT?

Assuming we have successfully “walked down (or up) the virtual staircase” ending at our preselected destination or goal, step off, explore, and enjoy your “destination”! Regardless if your goal is deep relaxation, much needed recuperative sleep, or moving to a place of creative thought like any sort of meditation it takes practice and development. With the tools of entrainment however, this task can be much easier for those seeking this assistance.



The precision signal generation is far more than a tool for simply relaxation. Many of the popular “goals” listed here have very specific brainwave states or even specific areas within those brainwave state ranges. Scripts have already been developed for the following and the library will be growing.

- Astral Projection
- Accelerated Learning
- Creative Thought
- Deep Relaxation
- Headache Relief
- Enkephalin Production (Natural Pain Killers)
- Euphoria – Wellbeing (Endorphin Release)
- Intuition
- Meditation
- Pain Killer – Reduced Anxiety (Opiate Production)
- Regeneration – Unity
- Relaxed Breathing
- Shamanic – Tibetan State of Consciousness
- Sound Sleep



It is believed most healing, repair, and regeneration naturally takes place at night when folks are normally in one of these reduced and very relaxed, de-stressed states. The deep recuperative rest we once enjoyed is being interfered with for MOST folks now days largely because of the electro-polluted environment, chemicals in our foods, and even irregular schedules interfering with these natural earth rhythms. Our bodies are not getting to these earth signal which naturally assist us.

While many of the areas on the session list are health related which has been Pulsed Technologies primary interest, even we have learned about the intricate interconnection and relationships with various other mental aspects.

EXCITEMENT AND DEVELOPMENT

Even more exciting new work is being investigated by Pulsed Technologies Research and foreign development partners in several countries. Use of innovative techniques and proprietary signal processes strongly suggest it is indeed feasible and possible to capture and digitally store important molecular signaling information.¹⁰ While the recorded molecular signature is drastically different from the simple entrainment signals previously discussed, preliminary research tends to also indicate delivery methods of the molecular signal may be relatively simple and much like applications methods already being utilized. It also appears that certain brainwave states may provide the perfect gateway delivery point for these new molecular instructions. Modern science and available “tech” is beginning bringing us and science back to the ancient concepts of integrated health and wellness.



THE FUTURE

This is truly an amazing time to be alive from both a scientific and technology perspective. Most important however, it is also at a time when personal development and spiritual growth is becoming possible through tools and technology available for you. **UNLOCK YOUR FULL HUMAN POTENTIAL!**

¹⁰ Molecular Signatures: Recording & Storage, Holman, <http://www.pulsedtechresearch.com/molecular-signatures/>



www.HERtechnologies.com

www.PulsedTech.com



Jimmie L. Holman is CEO of Pulsed Technologies Research, LLC (USA - Dallas, Texas) and COO of Bioenergetics & Pulsed Technologies, SRL (European Union - Bucharest, Romania) Mr. Holman has been exclusively involved, since appx. 1969, in proprietary research and development in many areas of highly technical design, including electronic warfare, electronic surveillance, signal intelligence, exotic signal processing, advanced supercomputer development, and specialized studies for both domestic and foreign governments and agencies. Mr. Jimmie Holman has been extensively researching Resonant Frequency technology since appx. 1995 with intense focus on the positive effects and natural responses of a biological nature for personal, environmental, medical, commercial and industrial applications. Although Mr. Holman is based in Dallas, Texas much of the proprietary work of Pulsed Technologies is being securely carried out abroad ... specifically in Eastern Europe

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