

C: **Group Meditation:**

In the 1980's prison riots were common in Senegal, South Africa, one of the poorest countries in Africa. Three years after a new warden was assigned to one such prison there the rioting stopped. All prisons annually post their recidivism rates, the percentage of released prisoners returning to prison. Globally that rate is around 60 - 70%. That particular prison rate dropped from 70% to 10% in three years.

Scientists descended on the prison searching for the explanation. The first year of investigation tagged it to the new warden requiring all inmates to learn to meditate. After an introduction class, the inmates were free to continue meditation or not. Some chose to continue, some abandoned the practice.

The second year the scientists returned with brain scan machines. Most global inmates have dead spots/holes in their frontal lobes, the part of the brain dealing with impulse decisions. What they discovered was that few inmates there had them. The scientists were shocked because they didn't know the brain could regenerate parts of itself, if that is what happened. But this story goes deeper.

The medical profession has known that the best healing state was no longer the Beta dream state but rather the meditative state. In that state the body sends free oxygen to the organs it feels needs it the most for rejuvenation. I suppose that is why severe patients are put in a coma nowadays. Therefore, the medical profession knows you can help your body heal by meditating.

The third year the scientists studied new inmates by scanning their brains. Sure enough, they fit the normal pattern with a great percent having dead frontal lobe spots. The fourth year they returned and found very few of them now had the dead spots. Sure enough, their brains were rejuvenated!

Now for the strange fact. Both the mediators and non-mediators were rejuvenated. The scientists concluded that group meditation was so strong that it not only healed the practitioner but persons geographically near them.

Dr. John Hagelin now entered and performed Group Meditation experiments. He is a quantum physicist who then switched paths and specialized in group meditation.

Now see: [4 Minute Video by Dr. Hagelin](#)

Simple Meditation Practices: Dr. Hagelin used transcendental meditation only in the experiments performed. This was because that form is precisely defined and can be used exactly the same way by everybody. There are many forms of meditation, some simple and some not so. One method was selected so that any variance in results could not be attributed to the various meditation methods used – there was only one.

Meditation can be as simple as drinking half a bottle of beer then laying back on a beach towel, closed eyes, forgetting about the dirty laundry backed up and focusing only on the sounds of the birds and moving water for 15 minutes. So no, you don't have to take a class.

D) Open Up Your Intuitive Side and creating with your mind:

Albert Einstein inadvertently created the science of Quantum Physics, the study of the make-up of atoms. As they studied smaller and smaller atom attributes, one study showed them a whole new world before us. That theory is called [Schrödinger's cat](#). That theory led to other experiments that indicate when studying the extreme small, such as which way a sub-atomic particle spins (left or right), it is observed spinning in the direction the observer thought it would be before he looked. This indicates that the physical is what the observer himself created. Complex, isn't it?

This is taking us to the Robin Williams' movie [What Dreams May Come](#). The scientists realized the science was practically touching the hand of god, as we may be co-creating and waited 30 years for the religions to address the issue. The religions failed to speak perhaps because it might interfere with their religious organizations and beliefs.

So around 1960 the scientists began publishing their findings. This ultimately resulted in [The Secret](#) ([book](#) or [free full video](#)) and the video of [What The Bleep Do We know?](#) ([Trailer](#) or [free full video](#)). These both show how to harness your thoughts to create your life.

See: [Jim's Rant For The Day. How To Find The Woo People To Teach Us.](#)