

cortex on the right side of the brain. As a result, according to Bentov, these waves "will stimulate and eventually 'polarize' the cortex in such a way that it will tend to conduct a signal along the homunculus, starting from the toes and on up." The Bentov bio-medical model, as described in a book by Lee Sannella, M.D., entitled: Kundalini-Psychosis or Transcendence, states that the standing acoustical waves are the result of the altered rhythm of heart sounds which are occasioned by prolonged practice of meditation, and which set up sympathetic vibrations in the walls of the fluid filled cavities which comprise the third and lateral ventricles of the brain. In addition, according to Bentov: "The states of bliss described by those whose Kundalini symptoms have completed the full loop along the hemispheres may be explained as a self-stimulation of the pleasure centers in the brain caused by the circulation of a 'current' along the sensory cortex." Bentov also notes, "that most of the described symptoms start on the left side of the body means that it is mostly a development occurring in the right hemisphere." Although normally a period of meditation involving intense concentration and practice for five years or some is required to "bring up the Kundalini," Bentov states that exposure to mechanical or acoustical vibrations in the range of 4-7 Hertz(cycles per second) for protracted periods may achieve the same effect. Bentov cites as an example "repeated riding in a car whose suspension and seat combination produce that range of vibrations, or being exposed for long periods of time to these frequencies caused, for instance, by an air conditioning duct." He also notes that: "The cumulative effect of these vibrations may be able to trigger a spontaneous physio-Kundalini sequence in susceptible people who have a particularly sensitive nervous system."

4. Biofeedback. The third consciousness altering methodology which will be briefly described is biofeedback. Biofeedback is somewhat unique in that it actually employs the self-cognitive powers of the left hemisphere to gain access to such areas of the right brain as the lower cerebral, motor and sensory cortices and assorted pain or pleasure centers. Instead of suppressing the left hemisphere as is done in hypnosis, or largely bypassing and ignoring it as is done in transcendental meditation, biofeedback teaches the left hemisphere first to visualize the desired result and then to recognize the feelings associated with the experience of successful right hemisphere access to the specific lower cerebral, cortex, pain or pleasure or other areas in the manner needed to produce the desired result. Special self-monitoring devices such as the digital thermometer are used to inform the left brain when it succeeds in keying the right hemisphere into accessing the appropriate area. Once this is done, the left brain can then repeatedly instruct the right brain to reestablish the pathways involved so as to produce the same external, objective measures of success. In this way, the pathways are strengthened and emphasized to such an extent that left brain consciousness is enabled to access appropriate areas in the right brain using a conscious, demand mode. For example, if the subject wishes to increase the circulation in the left leg in order to speed up healing he may concentrate with his left brain on achieving that result while carefully monitoring a digital thermometer connected to the left leg. When the concentrated effort begins to achieve success, the digital thermometer will register an increase in the temperature of the left leg. At that point, the subject can mentally (left brain) associate the sensations experienced with the result achieved and can begin to emphasize, by memory recall, the same process to cause its strengthening by affirmation and repetition. In this way, pain can be blocked, healing can be enhanced, malignant tumors can apparently be suppressed and ultimately destroyed, the body's pleasure centers can be stimulated, and a variety of specific physiological results may be achieved. In addition, biofeedback may be used to greatly accelerate achievement of deep meditative states particularly for beginners