

Stay Stoched!

by

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Electromagnetics have held an ambiguous role in the reality understood by the average person of my culture. It has been seen as something to be left up to the astrophysicist types. Therefore the daily conscious life of American humans has an exciting nest egg source of entertainment and spiritual development inherent in their lack of conscious relationship with electromagnetic fields. The splendid humor of this dynamic rests in the simple truth that our physical relationship with electromagnetic fields is not only extremely important but is present in every single moment of our lives. This is a girlfriend we cannot break up with. This is a friend that will forever be by and in our sides. This is a God that lives in, around and through all things including the prayers we say silently at night and the antichristian fightsongs echoing out of various anarchist thinktanks. Electromagnetic fields are created by accident and on purpose, with good and bad intentions. I think its safe to say that its about time more of our everyday types here in America do a little investigation into this aspect of reality that our culture has kept at bay through the assumption that we are either incapable of grasping its truths or that its not that important in our everyday “functional” lives.

Electromagnetism is defined as the force that causes interaction between electrically charged particles. The electromagnetic fields are simply the places where these interactions happen. Turns out these interactions are happening everywhere. Throughout our bodies there are many different electromagnetic fields being generated by the play of our complex physiology.

The more we study these fields, the more fascinating evidence comes out about how important it is to include them into our worldviews. In his pamphlet *The Energetic Heart: Bioelectromagnetic Interactions Within and Between People*, Rollin McCraty, Ph.D depicts many scientific investigations into electromagnetic fields that are taking place at The Institute of HeartMath. The following information is a synthesis of some of his findings that merit a heartfelt consideration of their implications and how these simple electromagnetic realities can help explain and encourage many phenomenal aspects of our existence and the magical interactions that take place everyday of our lives.

Take your pulse. Everyone knows how to take their own pulse. It is easy to feel your pulse at certain points on your body where there is a main vein or artery, like the underpart of the wrist or on the neck just below the jawline. This pulse is a pressure wave that is traveling through our arteries. Its source is our heart. Our heart muscle contracts and creates these pressure waves that emanate throughout our bodies. This pressure wave creates electrical voltage in the body. Our bodies run on electricity. Our nervous system functions as a system of electrical signals travelling through the body. Without the heart, there is no source of electricity. The heart has the largest electromagnetic field in the body. Out of the heart pulse arise all of the other electromagnetic fields of the body; the field of each of the organs and the field generated through the interaction within systems of organs. A good way to visualize

this is an aura, or field, emanating from different parts of the body and from the body as a whole. We see images like this associated with the chakras.

Consider the rhythm of your heart, your heart beat. Like the beat of a song, your heart beat is the master conductor trying to keep your entire complex physiology in time, thus creating a coherent tune. The conductor can change rhythms. Changes in rhythm create changes in outcome. For example, different brainwave states are associated with different heart rates. Imagine the last time you heard a drum circle. The perfect beauty of the entire group playing in time has a profound power and it is a result of the relationship between each of the rhythms being played correctly. Imagine that one of the drummers gets distracted and loses time. The rest of the drummers will notice immediately and ideally the drummer will fall back into time. What often happens is a drummer will fall out of time for an extended period and you notice it affecting the drummer sitting next to them. Then you have two drummers out of time. Now the entire song is certainly being affected and the circle of players is becoming distracted. Usually the song will fizzle out and the drum circle will stop and have to start over. It is in this way that the body falls out of rhythm and into disease. These rhythms are reflected in the field that it generates. The obvious goal here is to keep our body's rhythms in time and produce what is called coherency.

Coherence benefits all aspects of the body and our health. "Coherency is an umbrella term describing entrainment, resonance, and synchronization with the physiology." In other words, our heart beat conductor is keeping all the players in time, at the correct volumes and in the right pitch.

There are subdivisions of coherence. Autocoherence is the term used when talking about coherence within one's own heart rhythmic activity. Alpha brainwaves are synchronized with cardiac rhythms. Cross coherence refers to coherency between systems of the body (ie. respiration entraining with heart rate).

The resonance of the body can become more coherent by resonating that frequency. We see this with Root, Soul, or Fundamental frequencies. By toning in tune with the body's song each of the organs and systems of the body optimizes its performance. Usually, this leaves us with a clear, focused, nondistorted, coherent state.

The heart's electromagnetic field is in relationship to our emotions. Holding positive emotions creates coherency and synchronizes the heart and the nervous system. Thus, putting ourselves into coherency promotes happiness, joy, appreciation, and the gamut of positive emotions. There are many techniques, like the toning of the Soul Frequency, that we can employ to promote coherence.

The electromagnetic field holds information just as each of our cells holds the code for the entire body. They are inseparable and in this way it can be seen that our electromagnetic fields are very much apart of us. A number of studies have been conducted to demonstrate information being carried in the electromagnetic fields and how that information is more accessible in a state of coherence. Rollin McCraty, Ph.D calls the energetic information exchange between the electromagnetic fields of two hearts "cardioelectromagnetic communication." He designed experiments using two people sitting down as if they were going to have a conversation. Each person is hooked up to an EEG to show brainwave activity and an ECG to show heart rate

variability. Therefore, it could be seen when each person was experiencing coherency and how it was affecting or being affected by the other person's level of coherency or lack thereof. In many cases one person's ECG pattern would show up in the corresponding EEG pattern of the other person. The individual that fell into coherency first would begin to entrain the other person into the same state. Several variations using holding of hands were experimented with. Using gloves to omit the skin response variable, person A (the source) would hold the hand of person B (the receiver). The largest signal communication occurred when the receiver's right hand was held by either hand of the source. When the receiver's left hand was held by the source's right hand a lower amplitude was recorded but still present. With the receiver's left hand held by the source's left hand it was even lower and sometimes undetected. The most important and recurring observation was that a state of coherence increases the level of nonverbal communication between people. This conclusion comes naturally, understanding coherency is one's optimal state.

Considering many of the man made machine electromagnetic (EM) fields, the heart's EM field is relatively weak. However, the alpha brainwaves of the receiver (person B) begin to synchronize, rhythmically, with the rhythm in the cardiac field of the source (person A). This doesn't mean the alpha brainwaves are increased it just means they are rhythmically in synch. Coherency increases the percentage of this synchronization.

This brings up an important concept. When we are in a coherent state, we are more sensitive to the electromagnetic fields around us. However, we are also more stable and less vulnerable to being influenced by those fields. We are simply more aware and capable of receiving information in those EM fields. This is why it is so important for us to be grounded and coherent before we see a patient or give a treatment. We are able to intuit the needs and conditions of the people we are treating. Our own coherent state is perhaps our greatest gift to that patient. We are more able to communicate our concern and care for them and more able to serve as a channel for spirit to flow universal love information through us. We can change the world, one person at a time, starting with ourselves. There is an affirmation of this truth happening all the time in our bodies and in the world around us. The name of this truth is stochastic resonance. Stochasm is a Greek word that describes a system that is random but purposeful. "Stochastic resonance is a non linear cooperative effect in which a weak, normally sub-threshold periodic (coherent) stimulus entrains ambient noise, resulting in the periodic signal becoming greatly enhanced and able to produce large-scale effects." We are surrounded by noise. Our bodies are noisy and our world is noisy. A weak coherent signal can entrain the noise around it and grow more effective. This is happening in our bodies. We need to embrace this as a symbol to become that originally weak, but coherent, signal in the world of noise and chaos around us. We can use that noise to grow and to organize and to give meaning to the seemingly random cacophony of sound and light we are forever immersed in. Looking and listening from a place of meaning and beauty we will move beyond and ascend into heaven.

I will leave you with one final thought. Worldview is defined as the framework of ideas and beliefs through which an individual interprets the world and interacts with it.

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April 2011

Sound Healing and Consciousness