

FOUNDATION FOR MIND-BEING RESEARCH

FMBR Monthly Meetings

TIME: 8PM, 4th Friday of the month

PLACE: (New Meeting Location)
Christ Episcopal Church
1040 Border Road, Los Altos, CA

COST: Free to members, \$15.00 Admission
\$5.00 Students with ID

Donations to the Foundation are tax deductible.

Meeting Directions

From Hwy 101:

1. Take the San Antonio Road exit into Mtn. View.
2. Continue on San Antonio Road past Camino Real to Foothill Expressway (approximately 4 miles).
3. Turn left on Foothill Expressway.
4. Turn right at the first corner onto El Monte Road.
5. Turn left at the first stop light onto University Ave until it ends, then follow the University/Anita Avenue instructions below.

From Hwy 280:

1. Take the El Monte/Moody Road exit in Los Altos.
2. Turn on El Monte toward SF Bay.
3. Turn right at the stop light onto University Ave. It eventually veers right & becomes Anita Ave, then follow the instructions below.

From University/Anita Avenue:

1. On Anita Ave, take an immediate left onto Border Road for 1-1/2 blocks.
2. Pass the junction with Border Hill Dr., then turn right at the first large driveway and go up the slope to the left to the upper level church parking lot. (Signs will say Church Office).
3. Park in the large lot at the TOP of the slope.
4. FMBR meets in the bldg. on the left, opposite the main door to the church sanctuary.

November 28 Program

Spontaneous Evolution: Our Positive Future Now Dr. Bruce Lipton

Join Dr. Lipton for a discussion of his and Steve Bhaerman's upcoming book, *Spontaneous Evolution*. Bruce is a cell biologist and an internationally recognized authority in bridging science and spirit. He is also the author of the popular book, *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles* (www.bruce-lipton.com).

Oct. 24, 2008 Meeting Sacred Spiritual Sexuality Panel Jenny Wade, Ph.D. and Stephanie Wadell, M.A.

Sex can trigger profound "altered" states of mind. This can occur intentionally or involuntarily. All human beings possess the ability to go into such "altered" or transcendent states through sexual activity. Those states resemble the ones described in various spiritual traditions from indigenous and shamanic to the perennial contemplative paths. Such experiences can convince people they have discovered profound truths, their soulmate, or love. Evoking sexual energies can also produce states associated with very early consciousness that come from pre and perinatal times and from early infancy, and can also provoke healing.

What do we know about the neurology of such spiritual experiences and their relationship to sexual experiences? Two doctors using single-photon emission computed tomography concluded that the brain circuitry for transcendence is borrowed from the neural circuitry of sexual response. They suggested that the neurological structures and pathways involved in transcendent experience originally evolved by linking sexual climax to the powerful sensations of orgasm.

Dr. Wade will discuss the spontaneous altered states that occur during sex. Ms. Wadell will discuss sexual healing and sexual rites of passage that ensure mature sex, love, intimacy, and success as an adult in society. She will expound on how the heart, mind, spirit, and soul can heal and contribute to the interconnectedness of all that is as sexuality becomes spiritual and sacred.

Dr. Jenny Wade is a developmental psychologist and researcher specializing in consciousness studies. Her research focuses on how people change, especially as a result of access to unusual states of consciousness during life. Her research on spontaneous altered states during sex formed the basis for her book, *Transcendent Sex: When Lovemaking Opens the Veil*, and appears in academic journals and anthologies. Dr. Wade serves as a professor of doctoral studies at ITP and as a consciousness consultant (www.transcendentsex.org).

Stephanie Wadell (MA in Counseling Psychology, USF) has worked as a sexual surrogate partner since 1987 and is certified by IPSA and BASA. She wrote the book *Spiritual Sexual Shamanism*. She is co-founder, chief, guide, elder, and leader of the 13 Healing Moons of the Great Turtle Mystery School of Shamanic Healings, Ceremonies, and Rites of Passage. She works with the energies of sexual healing from the Quodoushka "FireWoman" traditions -- a Metis (mixed blood) lineage from tribes of the Cherokee Nation and Mayan People (www.GreatTurtleMysterySchool.net), (www.mswsacredjourneys.net).

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From the Editor

As I write this, U.S. financial institutions are on the verge of collapse, as is our healthcare system, our energy system, our transportation system, our public education system and the remainder of our country's infrastructure. These systems, many of which were built and expanded in the 20th century, were never meant to last a lifetime. Many of our leaders followed a pattern of building for short-term gain and not for long-term stability.

Following World War II, our economy and our lifestyles changed dramatically. The era ushered in a technological and chemical age that produced mass consumerism. This included homes with multiple appliances, two cars for every family, TV, stereo, and later home computers. It also included new technological equipment for mass production farming, as well as chemicals such as plastics, herbicides, fungicides, and agricultural pesticides. What the era addressed was conspicuous consumption, but it didn't address over-consumption and pollution, or make the conscious effort to see into the future and note where we were heading. An analogy might be a train that is running full-speed ahead without seeing what's in front of it or coming around the next turn.

We are now at a pivotal point: we are running out of fuel and will soon experience a head-on collision. There will be no rescue and we can't wait for a backup train to lead us in another direction. The train that we're waiting for is the one we must build for ourselves. We must now make the conscious effort to change the direction in which we've blindly headed for years.

FMBR wants to build that train. The organization formed 30 years ago to study consciousness; now we must envision and create a new consciousness for the next millennium. We are heading in a new and exciting direction but it will take time. We would like people with exciting ideas, who understand consciousness potentials, to join us and our Board. Please contact us if you'd like to help create future consciousness. It's time to build and ride a new train of consciousness.

The Changing Face of Interconnectedness

Dawn Abel

The term "interconnected" is used a lot in spiritual circles. It is a term that describes how we are each connected to one another at a quantum level; thus, we share a group mind, are all one, and as a result, our thoughts and deeds influence what happens in the physical and emotional planes as well as the mental and spiritual planes. Quantum physics is proving that what we say and do with intent can have an effect on other life forms. Our intent is carried via an electro-magnetic frequency transmission process that acts within an etheric matrix in quantum space or subspace, similar to radio transmissions. So when we talk about interconnectedness on a spiritual level, we talk about how we need to be mindful, thoughtful, and careful regarding our opinions and analyses of others such that they carry only our highest intent. The expected end result is that if we practice and share a higher consciousness, then we can successfully change our world for the better. Additionally, if we share a higher consciousness, then in a sense, we are never alone. So with the understanding of this interconnectedness, we are, in fact, connected to others in the physical, via our spirit or essence. The application of this interconnectedness, however, can only be studied in the physical state.

Connectedness automatically assumes physical contact since at the mundane level, we are all physical. Humans assimilate information and energy healing through the body, be it through the physical brain, sensory system, or through our cells. We can measure information and energy changes within the brain and body using scientific instruments and medical devices. So in a sense, while our group mind may be interconnected, it is the measurement of the effect of this interconnectedness on the physical body and on the physical planet that provides us with detailed information regarding the effectiveness of our shared thoughts and values. So we must have physical contact to effectively measure and understand how our applied consciousness is changing the physical world -- the world we wake up to and function in on a daily basis.

Up until the mid-20th century, we were all physically connected through our contact with extended family, community, and work. We interacted with one another, and our ability to harmoniously work together and successfully interact was imperative for survival. Soon, we were traveling abroad and able to interact with other cultures. The ability to travel provided different cultures with opportunities to spread out and establish roots in different communities. In many countries, people found themselves living and interacting with other cultures. It required the development of new sets of values to successfully connect with strangers in a strange land. It hasn't always been easy, particularly when physical contact resulted in prejudice. **(Cont'd on next page)**

FOUNDATION FOR MIND-BEING RESEARCH

The Changing Face of Interconnectedness (Cont'd)

Today, with the advent of cell phones, the Internet, and teleconferencing, there is no longer a need to connect in the physical. More and more people are alienating themselves from physical contact and choosing to connect via radio and electro-magnetic waves only. This raises an interesting conundrum: Many people, particularly the younger generation, are avoiding physical interaction in favor of telecommunications. They have lost their physical connection to the Earth and to each other. More and more of them no longer feel it's necessary to experience connectedness through physical contact, be it with nature, family, co-workers, or even friends. Even in social environments they no longer interact with each other, as witnessed by people who are on cell phones endlessly whether at social events, dinners, or at home. The sharing of group mind no longer seems to have physical implications because the necessity of the physical experience and the need to apply our group mind at the physical level is gone.

We have witnessed civilization moving from an agricultural age, marked by extended families in close proximities, to an industrial age marked by corporate interaction and travel, to a technological age, marked by telecommunications and a withdrawal from the physical manifestations of our connectedness. The questions this raises are numerous. Will this withdrawal from physical connectedness benefit humanity if less people have to interact physically? It would definitely eliminate the physical closeness that both endears us to one another and alienates us from others. If so, is it a sign of an evolving change in our state of connectedness and consciousness?

Without physical interaction, we eliminate physical connectedness. Could the next age, sometimes called the biotechnology age or space age, bring us to the point where we no longer need each other physically to assert our group consciousness for survival? With our current technology, we will have eliminated the need for human labor. Will test-tube babies take over a function once mandated by physical connectedness, or will bionics and artificial intelligence replace humans and the human experience? Technology is progressing to where humans may no longer have to face personal challenges; they could spend more time in spiritual practice, or die from gluttony or boredom. Will humans cease to interact on the physical in favor of thought transmission only? This may be the next human experience. **(Cont'd in next column)**

The Changing Face of Interconnectedness (Cont'd)

If we are moving into another age, it is quite possible that the human race will make a major evolutionary step; a step marked by pure consciousness only. Many of our physical experiences currently restrict physical contact and interconnectedness. This could be due to our prejudices and inability to process and assimilate the higher consciousness of the group mind or our growing alienation from the physical experience as a whole. As such, it is conceivable that the human race will move away from the physical to a pure interconnected-consciousness state. Regardless of which mindset you fall into: either the physical mind that has continued to plague the planet by not assimilating the group mind and changing for the better, or the non-physical mind that has progressively avoided physical interaction using non-physical communication and artificial intelligence, it appears that we're all moving in the same direction; the termination of physical connectedness into an age of interconnected mindfulness. - DA

FMBR News

On Oct. 1, 2008, membership fees changed to \$50.00. Your membership will now include:

- Free newsletter and monthly lectures
- Discounted workshops
- Invitations to special events
- Reduced price on DVDs:
members \$20/ others \$30

- **Interested in being an FMBR Board Member?** Can you devote 8 hours per month? Provide a description of your interests and the must-have skills that you can offer us.
- **Call for writers:** Let us hear about your mind-being research and experiences. You may get published! Send all queries to info@fmbr.org.
- **January 23 & 24, 2009: Dr. Beverly Rubik, biophysicist and President of the Institute for Frontier Science**, will discuss the biological terrain of the body, and do individual measurements in a follow-up workshop using live blood analysis on a dark field microscope.

Smart Life Forum

BACK TO OLD LOCATION!!!

Cubberly Community Center, Rm H1, 4000 Middlefield Road, Palo Alto (smartlifeforum.org)

- **Oct. 16: Larry Roberts/ Tedde Rinker**
The Renegade Patient
- **Nov. 20: John Gray, PhD**
Mars and Venus in Collision

INFORMATION ABOUT THE FOUNDATION FOR MIND-BEING RESEARCH

The Foundation for Mind-Being Research was established in 1980 to assist in the evolution of consciousness studies and to help bring this new field into wider recognition as a bona fide science. The interdisciplinary nature of the field is reflected in the activities of the organization and in the breadth of interests of its members who currently represent areas of engineering, science, medicine, the humanities, and the arts. With its major focus on facilitating the development of an integrated model of consciousness, the Foundation provides encouragement and resources to a rather unique group of creative researchers and scientists with the objective of betterment of the individual, the society, and the environment.

Because of the special nature of scientific inquiry in this area, the Foundation is interested in building its regular membership with competent individuals who:

- Are open to a multidisciplinary approach to knowledge
- Recognize they are an integral part of any experiment
- Know and are prepared to extend their own level consciousness

The intention is to develop high standards of credibility in all research activities and publications.

The Foundation is incorporated under the laws of the State of California and operates as a non-profit scientific research organization under IRS code 501(a)2 with tax exempt status under Section 501(c)3.

APPLICATION FORM (Please Print)



Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____
Work Phone _____
Email _____

I hereby apply for: Membership – \$50/year (Please include a brief description of your professional experience).

Enclosed is my check for: Spouse Associate membership (optional) Name _____

\$ _____ Receive newsletter/meeting announcement only – \$15/year