RESERVE SPACE NOW! for the
Spirit & the Medicine of the Plant Kingdom Workshop!
Sunday, Sept 25, 2011, 9:30AM–3:00PM
Hidden Villa Preserve: 16870 Moody Road, Los Altos
$125 FMBR members; $135 non-members. Call 650.948.0419 to sign up and get directions. You can register and pay by check to FMBR, P.O.Box 449, Los Altos, Ca 94023. Or by credit card through PayPal: http://www.fmbr.org/workshops/wkshp-Grauds-2/connie_pay.php.

All are welcome

For over 30 years, the Foundation for Mind-Being Research has been exploring the cutting edge of science, together with ancient wisdom traditions and modern healing modalities. We join in a rapidly arising movement of evolutionary pioneers: individuals and groups who are committed to consciously creating a positive future for the planet.

Please see our website, www.fmbr.org, for a membership application, and information about future events and speakers. All are welcome; membership includes free admission to meetings. Admission to meetings for non-members: $15, for students with ID: $5.

FMBR meetings are held on the 4th Friday of the month at
7:30 PM in the Y.E.S. Hall of
Unity Church of Palo Alto
3391 Middlefield Road, Palo Alto 94306

The FMBR newsletter is published monthly, September through June. We have updated the format of our monthly newsletter to include additional features. Our intent is to highlight the extraordinary community that is FMBR. If you would like to write an article or editorial for our newsletter, or be profiled in our new “Member Profile” section, please send an email to fmbr@fmbr.org.
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7:30 PM, Unity Church, Palo Alto
Doors open at 7:00 PM, Program begins promptly at 7:30 PM

The Science and Spirit of How Nature Heals
with Connie Grauds, RPh, MNPA
SHAMAN’S MYSTERIOUS HEALING PRACTICES ARE A BLEND OF MEDICINE AND SPIRIT.
The rain forest shamans are experts on the healing properties of the jungle’s rich plant medicines. These shamans have an intimate relationship with the healing spirits of nature and of the plants, which they summon on behalf of the patient during the healing. Our experience tells us that we “feel better when we are outdoors in nature.” Indigenous healers from all traditions use nature and the spirit of nature to heal and to restore health.

Scientific research shows why this indigenous wisdom is valid, and explains the importance of our interconnectedness with all forms of nature for our health and sense of well-being.

WORKSHOP: SUNDAY, SEPT 25, 2011:
9:30–3:00 pm, Hidden Villa Preserve
(see p.4 for information and reservations, or visit www.fmbr.org)

The Spirit & the Medicine of the Plant Kingdom
with Connie Grauds
Experience the world of the jungle shamans, as they relate to the plant kingdom. In this intensive outdoor experiential workshop, shamana and pharmacist Connie Grauds teaches the healing use of the plants that grow all around us from a shamanic plant spirit medicine perspective. Participants will journey with the aid of drum rhythm to an altered state where they will be taught how to consciously talk to plant spirit allies and learn of their plant spirit medicine. “Plants are as responsive to thought as children”... Luther Burbank. Recommended reading: Jungle Medicine by Connie Grauds (available online, ebook, or bookstores).

Constance Grauds, RPh, MNPA is President of the Assoc. of Natural Medicine Pharmacists; Faculty at the Univ. of Minnesota, Center for Spirituality and Healing. Grauds is also author of The Energy Prescription which gives prescriptives for the age-old complaint of fatigue; and Jungle Medicine: From Medicine to Magic, which recounts her 17-year apprenticeship in Peru in Amazonian jungle shamanism. Her passion and life’s work is the integration of the spiritual and scientific healing aspects of plants as medicine into today’s modern medicine.
The Heart and the Science of Creativity

On a warm weekend in June, board members from FMBR gathered with researchers from the Institute of HeartMath (Dr. Rollin McCraty and Mike Atkinson) and the Chicago Center for Creative Development (Drs. Hector and Linnea-Carlson Sabelli) to discuss recent advances in theories about the processes of creation and the role of the human heart in elucidating a new approach in the scientific understanding of creativity in complex systems. The Working Meeting on BIOS and HeartMath research was sponsored by the Foundation for Mind-Being Research because we believed the combined research of these two groups represented a true cutting edge bridge between science, creativity and consciousness. Both organizations have been studying for decades Heart Rate Variability (HRV) as the basis for their work. HRV is the naturally occurring beat-to-beat changes in heart rate.

In a healthy individual, the heart rate estimated at any given time represents the net effect of the parasympathetic (vagus) nerves, which slow heart rate, and the sympathetic nerves, which accelerate it. These changes are influenced by emotions, thoughts and physical exercise. Our changing heart rhythms involve not only the heart that has its own neurons (small brain), but also our central control brain. Hence, such changes can affect our ability to process information, including decision-making, problem-solving, creativity, and how we feel. Thus, the study of heart-rate variability is a powerful, objective and noninvasive tool to explore the dynamic interactions between physiological, mental, emotional and behavioral processes.

The Institute of HeartMath has been dedicated to helping people reduce stress, self regulate emotions, and build energy and resilience for healthy, happy lives. To accomplish these goals they have developed tools, technology and training based upon heart rate variability. In an effort to define, measure and account for the creative processes as natural and spontaneous, Hector Sabelli, MD and his team at the Chicago Center for Creative Development examined heart rate variability that, as he states, “is so complex and intricate that the pattern is not evident. Changes appear erratic, random or chaotic. However, the apparent disorder portrays the timing of the organism, which cannot possibly be random.”

Using the studies in HRV, Dr. Sabelli has proposed a pattern characteristic of causal and creative processes that he calls “BIOS” in his book, BIOS: A Study of Creation. Note that in the current mechanical models of physics and biology, no theory for creativity is offered—these models instead credit random change for innovations. Dr. Sabelli collaborated with mathematician Louis Kauffman PhD, to create a seminal equation called the Process Equation that recognizes continuous creativity as a fundamental of life. Studies have been done that illustrate that BIOS is ubiquitous. The prototype of BIOS is the heartbeat intervals that illustrated the biological embodiment of emotional processes. Yet, biotic patterns also have been observed in Schrodinger’s wave function in quantum physics; temporal distributions of both galaxies and quasars; sequences of bases in DNA; population size of different species; air and ocean temperatures; shape of rivers and shores; economic prices, stocks, and currencies; and literary texts and musical compositions.

A newly described form of feedback can generate the BIOS pattern mathematically. In the BIOS theory the generator of the creative process is bipolar feedback—a feedback both positive and negative. It involves both cooperation and conflict. Elemental pairs of opposites live in creative dialogue. Thus, the creation of novelty and complexity is attributed to the interaction of opposites in a bipolar feedback processes. Asymmetry becomes essential. The new pattern of BIOS represents an expansion beyond chaos theory. Natural processes evolve towards an infinitely complex attractor rather than towards entropic decay. Over the course of the weekend at HeartMath, both teams of researchers became familiar with the others’ work, with the goal of devising a collaborative experiment designed to strengthen the concept and link the years of research each entity has put into bringing these new ideas forward. It was a fascinating and fruitful exchange. A videotape of a conversation between Drs. Rollin McCraty, Hector Sabelli and Bill Gough discussing their ideas will be available soon. In conclusion, we need a science where we can observe the real magic in the universe—a science that can move hearts. This is what the science of BIOS has the potential to do.
Big Questions

It took the universe over 13 billion years to create a being who could take a look at all the evidence around him and see a pattern, which he called Evolution. It took another 150 years or so to create beings who would then ask the question, “if all life on Earth is in this continuous process of change that we are calling evolution, could we not then, as humans, use our own capacities, our science, our technology, the collected wisdom of ancient traditions, our intelligence and our compassion, to direct our own evolution toward a positive future for ourselves, the planet and everything that lives upon it? And, if we could do that, how do we do it?” This is the question that is being asked and answered by a number of people and organizations these days. I believe it is the most important question that we can collectively consider.

One of the organizations considering this question and moving into action is the Shift Network. Over the summer, I attended the Shift Network retreat, a five day experience designed to bring together some of the most visionary change agents of our time. Dean Radin, Senior Scientist at the Institute of Noetic Sciences, presented his current research on the nature of the collective field. Visionary Barbara Marx Hubbard spoke of the concept of an impending “planetary birth” of a universal humanity. Stanislav Grof, Joan Borysenko and James O’Dea all presented their current work. We experienced holotropic breathwork, and did group ritual with Ariel Spilsbury, Sequoya Trueblood and Grandmother Flordemayo. The whole retreat was facilitated by Stephan Dinan and Devaa Haley Mitchell. It was an intense and densely packed event that left me hopeful about the future, even as we collectively face ever larger challenges.

At the retreat, I picked up the latest book by another presenter, Anodea Judith, PhD. In the book, titled Waking the Global Heart: Humanity’s Rite of Passage from the Love of Power to the Power of Love, Dr. Judith details where we are on the human journey, asking the big questions: where did we come from and where are we going? Her insightful look into the history of humanity using “evolutionary eyes” and her examination of the operating principles that have guided the stages of our collective journey to-date create a hopeful context within which to explore our next steps. Duane Elgin says that in this book, Dr. Judith “offers a large, mythic story to guide humanity into our initial maturity—a compelling archetype of humanity’s compassionate heart.” I highly recommend this book.

What do you recommend?
What are you reading these days, and what do you think are the most important questions being asked and answered on the global stage?

Renew Your Membership Today!

We are starting our 31st season this month and we look forward to bringing you excellent information from cutting edge thinkers and researchers throughout the year. FMBR is an all-volunteer organization. Your membership dues and donations make it possible for us to get the word out about what is going on at the leading edges of science and consciousness research. Please renew today!

New Meeting Format

Doors open at 7:00 PM, as always.

✦ 7:15–7:30 General discussion of a topic related to science and consciousness
✦ 7:30–9:00 Speaker presentation
✦ 9:00–9:45 General discussion and socializing

Board News

At the summer meeting of FMBR’s board of directors, Helen Maslocka was invited to join the board. Helen will be filling the vacancy left by Austin Marx, who has been given Emeritus status. At October’s FMBR meeting, a vote will be held to confirm the following to board positions:

- for a term ending in 2014: Mary Cummings, currently Vice President, Administration; Judy Kitt, currently President; Ken Morley, currently Director of Communication
- for a term ending in 2012: Helen Maslocka
- for term ending 2013: Pei Lin will replace Peggy Gin as Treasurer.