Brainwaves RULE Your Life! Why Alpha Is The Secret To Longevity & Genius l Dr. James Hardt l Ep #396 Transcript

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Introduction to Dr. Hart and Brainwave Training

Welcome back, guys. Natalie Nidam, your host here. My guest today is Dr. James Hart. Dr Hart has spent more than four decades mapping how brainwaves shape our emotions, identity, and performance.

He's the founder of BioCybernaut, the intensive neurofeedback program often compared to having your own personal Zen master. I had the honor and the pleasure of going through this program for a full week in November of 2024, and I can tell you, it was deeply transformative.

Now, in this episode, we explore how alpha brainwaves help clear emotional trauma, boost creativity, IQ and EQ, even influence longevity. James breaks down what really happens in that chamber, why trauma blocks so much of our potential and how targeted neural feedback can rewire the patterns running your life.

It's deep, practical and surprisingly transformative. Now this episode is brought to you by Tromune by Troscriptions, Trank Dart by Wizard Sciences and Blue Peptide Spray by Young Goose, all with extremely special offers just for you.

Check out the show notes below for details and enjoy the Let's just dive into the meat of this. You have spent decades pioneering neurofeedback as a tool for improving mental and physical health.

Can you take us back to the moment when you realized that the brain was the key to unlocking human potential? People might say, of course it's the mind, but what is it about the brains that we need to do to unlock human potentially?

Well, that's a wonderful question. And I have to give you a discursive answer. For example, in Buddhism, there are over 150 attainment levels. which are major states of consciousness.

Some are big steps and some are smaller steps. And so you're asking me, you know, what was the moment? And I have to say that it's been a continuing series of evolutions and understanding to come to the point now where I can say, like teenagers will say mutant into turtles rule, or I say brainwaves rule.

Origins of Neurofeedback and Early Breakthroughs

Okay, now the scientific way to say that is any experience that you have as a living human being, you can have that experience only when you the appropriate underlying pattern of brainwaves.

And when change your brain waves by any means, I mean, it used to be drug sex and rock and roll, right? That was how you change you brain wave or meditation or brainwave feedback.

However you changed your brains waves, You change experiences. You change your brainwaves enough and you change their identity. So a high anxiety neurotic becomes a perfectly normal person.

A person lost in apathy becomes the dynamic go-getter by changing their brain waves. And so brain wave rule. It is an unfolding story. I'm continuing to learn more about how this works.

But was there a point, was any eureka moment when you said neurofeedback, this is the way we're going to get there? Well, I can share eureca moments along the wait.

Okay, perfect. I'll settle for a few. The way it started was I was a senior at Carnegie Institute of Technology

majoring in physics. It was fall semester of my senior year.

And I came onto the student union. And there was a big hand-painted sign where every letter was of slightly different color. And it said, Dr. Giochimia will talk on brainwaves and consciousness.

It gave a time that was, oh, that's just 10 minutes away. Margaret Morrison College right across the tennis courts. I didn't have a course that hour, and so I went.

There's mostly painting and design students, the ones who made the signs. Joe was visiting, Giachima was visit their teacher. And they didn't understand.

There were questions like about alpha rays and things like that. They didn' know alpha brain waves from alpha particles. And but he and I, what I realized was because I had a friend at Duquesne University where they were studying phenomenology or the science of consciousness.

And I was reading Father Pierre Teilhard de Chardin's book, The Phenomenon of Man. And it was all wonderful stuff. But how do you measure it? All of a sudden, here was a way to measure.

Brainwaves were related to meditation. Samadhi and Satori had high alpha. Beginning meditators often had very little alpha, So I was very excited. That was kind of a breakthrough.

So every spare hour of that senior year, I spent in the library reading the long history of brainwaves. And in spring, when I graduated, jumped on my Triumph motorcycle, rode up into Canada, crossed the continent and down I-5, got off at San Francisco and showed up at Giochimia's lab.

He and I had been writing together. I volunteered. as a research subject, very primitive. One electrode metal to the back of the head, one speaker, once score, controlled by this gigantic Digital Equipment Corp mini-computer that filled an entire room.

It was the most fascinating thing I'd ever done in my life. I went back the next day for more and the day after more. On the fourth day, I want back, but they weren't doing any studies.

But I'd gotten to know Dr. Camilla's girlfriend, Joanne Gardner, and went to her office and said, John, would you please take me downstairs, put a couple electrodes on me, Put me in the chamber so I can play.

Oh yeah, sure. So she did. Then she went upstairs after turning on the equipment, got involved in her work and forgot I was there. Later, lunchtime came, and she went out to lunch with nine other members of the lab for a 12-course Chinese lunch.

And in course 11, she goes, oh my god, somebody's in the chamber. So they all raced out of their restaurant, roared across town, ran up to the building, ripped open the door.

I was like three feet off the ground. For three days when I walked, my feet didn't touch the floor. I was contacting just corporate beings flying around the universe.

And this was a lot for I had been raised as a Protestant fundamentalist and I as physics major. What's all this like out of body stuff? So I realized that somehow this is gonna be a part of my life.

So summer's over, I ride back across the country, show up at Carnegie Mellon and they gave me a full scholarship, $2,200 a month to live on and I'm in a PhD program for psychology because I figure I need to get somebody to stamp my rational mind with a seal of approval.

Because I was gonna to be dealing with weird stuff. And so as soon as I register, I go and all I wanted to do is tell people about this phenomenal experience.

And so, right up above campus, in a big home built by the robber barons of that era of Pittsburgh, lived one of the professors from Duquesne, Rolf von Eckardsburg.

He'd been a grad student under Timothy Leary at Harvard, he'd taken tons of LSD, He was like a very turned on guy, and I go, if anybody knows what happened to me, it'll be Rolfe.

I'm gonna go see Rolve. So I walk in and he looks at me and is like shocked and goes, sit down. And he takes his arm, he sweeps everything off his desk.

He goes what has happened to you? And so I start talking, telling him about this. Midway through a three hour disclosure, his neighbor lady comes in, listens attentively, leaves, comes back, brings a book, sets it down on my side.

It was the autobiography of a yogi. Two weeks earlier, I would have dismissed it. It became a roadmap of much of my spiritual journey. And at the end of the talk, Raoul folded his hands and he said, we can do this here.

Wow. This is a defining moment. In that instant, i was downloaded not with a job, not a career, and not in a profession, but with vocation. Because yeah, really, there's a soundproof chamber in the psych department I've just registered.

There's big pile of junky old electronic equipment. And with my physics knowledge, I can cobble together a brainwave training center. So I did. Then I started training, doing research.

I had 20 college students. It was my first study. Ten high anxiety, ten low anxiety. That was another defining moment. Rolf said, we can do that here.

Hey folks, I just wanted to take a quick minute to tell you about something that I've created just for you guys, my listeners. I created an amazing holiday gift guide for listeners so that you can get the best Black Friday deals on biohacking tools, supplements, and so much more.

They are gifts in different price ranges and once a year price drops on your dream health tech.

What Neurofeedback Is and How Brainwaves Work

And no one said you can't shop for yourself so you get the stuff for friends and family or free yourself all you've got to do is go to natnidham.com forward slash gift guide for the list of black friday deals that you just can.

I want to get back to the nuts and bolts of neurofeedback in a minute but when when you first introduce neuro feedback as more of a mainstream tool. What was the biggest pushback that you got and how did you overcome it?

There was obstacles right from the beginning. My psych department had behaviorists, they were rat runners. They didn't believe in experience. they thought it was an epiphenomenon.

The only thing that's real is behavior. And so they, I wanted to do this study, Brain Wife. So they referred me to Dr. Terrence W. Barrett. who is a post-doc.

He's a first year out of grad school. And he had the electrophysiological lab and they said, you need to talk to him to get permission to use equipment.

So I go in and I babble as happily about brainwaves and consciousness and yogis and Satori and Samadhi and he just listens. Two hours later, I get a letter in my mailbox, copies to the chairman.

permission to use the electrophysiological laboratory equipment denied. Nobody who's interested in consciousness could possibly be serious about getting a PhD in psychology, but if you will submit yourself to me, I will design a

program that will lead to a Ph. D.

in physiological psychology. Sincerely, Terrence W. Barrett. That's a little bit of pushback. Well, fortunately, the chairman was on sabbatical and the acting chairman with Dr.

Richard Hayes, who is a Piagetian psychologist studying development of intelligence in children. And so he looked at it, he took the letter to him, and he rolled his eyes and permission was suddenly granted.

Next year, Terrence was not there, his contract was canceled. But that earned the enmity of the other tenured physiological psychology professors. And so one of breakthroughs I had was, because they didn't believe experience was measurable.

You know what a visual after image is, right? If you stare at the sun for a moment, close your eyes, you'll see bright light that will fade over time.

Well, it turns out that if you look at a bright light, for real, your alpha waves drop. Measurable is science. And so I found a study where people were measuring brainwaves and looking at visual afterimages, closing their eyes.

When they reported that the afterimage faded, which is a purely subjective experience, the alpha wave increased. So as a gotcha, we can measure experience.

There was lots of pushback. Of course. This would be a good time to give the audience a little bit of a few definitions so that as we continue on this conversation, they're kind of anchored in some terminology.

And I think maybe the first thing, there will be lots of people who know the answer to this question, but many people don't know what neurofeedback is.

Okay. So could you maybe you know, briefly explain to the audience, what is neurofeedback? What are we doing when we're practicing neuro feedback? Okay, well, we'll start at the beginning, feedback.

If you step on a scale, and the meter goes up or the numbers fly, you're getting feedback about your weight. If you put a thermometer in your mouth and take your temperature, your getting feed back about you temperature.

Well you can also do that in real time. You can take a little thermistor and put it on your finger and it'll record the temperature and flash a light of the temperatur.

And if you do like relaxing or autogenic phrases like my hands are heavy and warm, your blood flow to the hand will increase, temperature will go up. If you think of something scary or makes you anxious, you have vasoconstriction, the temperature would go down, gives you real-time feedback on processes in your body.

Well, neurofeedback is feedback the activity, electrical activity of the brain. Now, brain waves are very tiny signals, and I blink is it produces signals 10 to 50 times bigger than the biggest brainwaves.

That gives you an idea how small they are. And they come in a spectrum, like a rainbow of colors. If you take a prism and you pass sunlight through it, it breaks it down into a spectra.

The slowest frequency is red, and then you go orange, yellow, green, teal, blue, indigo, violet, which is the fastest frequency. Well, we have the electronic equivalent of a prism, little silicon chips and microprocessors.

And so we put in not a shaft of sunlight, but a channel of brainwaves. We amplify them about 100,000 times from the way they come off the head to be big enough for the computer to read them.

Then it breaks it down into the spectrum. The slowest frequency are delta, like the red light. As the frequencies increase, you have theta, Schumann, alpha, You have beta, and you have gamma.

And the totality is within about 100 hertz. Now, when we're talking about cell phones, we are talking megahertz and gigahertz signals. So brainwaves are very slow compared to that, which to a certain extent makes them hard to work with, especially the really slow ones like Delta.

Now, alpha's not the fastest, it's the slowest, and the reason it was called alpha is because it is typically the biggest. And in 1908, when the Austrian psychiatrist, her doctor, Dr.

Hans Berger, went looking, consciously looking for electrical activity in the brain, the first one he found was alpha because the was biggest and easiest to detect with his very primitive equipment.

And so he kept it a secret for 10 years thinking it was related to ESP, which it is, but it couldn't be determined with his primitive equipment. And then he published 1918. I've actually read his original paper in German with the help of a German-English dictionary, because there are a lot of big scientific German words in there.

But then it spread rapidly all over the world. Every major hospital, every university wanted to have equipment to record brainwaves. And a whole science developed around that, psychophysics, for example.

But in 1962, a Japanese American named Joe Kamiya, working at the University of California, San Francisco, accidentally discovered that when he would give people feedback about the occurrence of alpha, that they would make more.

Like he was a sleep researcher, and he'd have somebody, a student, lying on a cot, right next to the polygraph machine, trying to fall asleep. And he's running the Polygraph.

If he would see a big alpha wave burst, he go, wow, there's a Big Alpha wave. It would almost always be followed by another one. And he got maybe my telling somebody that they just had an alpha birth is somehow giving them what we now call neurofeedback.

At the time, it was called brainwave feedback. And so he made it electronic so that there'd be a little a bell that would come on or a sound that the people began doing it.

Now, when I came into the field, 90% of all the published studies were failing to show increases with feedback above your initialized closed resting baseline.

And so my analysis, because I was getting positive results, 90% of the others were failing to train alpha. And what I realized was that they were using bad equipment, bad methodology, like some were trying to trick people with their eyes open.

Or some were trying to train people lying down or semi recline, which promotes drowsiness to do alpha. I mean, you don't do meditation lying. You know, Yogananda said if you for best posture for meditation is imagine you have a hook at the top of your head and you're being hung from that.

So your spine is like perfectly straight. And so many other technical details, but the fact is, I kind of set the field on a new direction with a paper entitled Conflicting Results in EEG Alpha Feedback, Why Integrated Amplitude Should Replace Percent Time as the method for doing neurofeedback.

And so if you do it right, you're likely to get results. This essentially involves having electrodes placed on your head in strategic positions that will measure your brainwaves.

They're feeding that information into usually a computer of some kind. That computer is measuring the brain waves and giving you feedback about what's happening and in a program like, for example, bio cyber not weren't then given in given direction as to how we might generate the waves that we're after that just to keep it at that.

And so you mentioned a prism or a a range of waves. I think before we dive into the rest of the podcast, I'd think it would be helpful for people to understand, at least with, well, delta waves a lot of people have heard about because

of sleep.

That's usually your deep sleep wave. Then there's alpha. There's theta, beta, gamma. Maybe you just want to very quickly touch on those. Oh, sure. And maybe we'll spend a couple extra minutes on alpha and explaining to people why this is really where the work begins at neurofeedback.

It's not necessarily where it ends, but this where begins. Oh, what a profound series of questions. Okay, so delta is zero to four cycles per second. it is seen in stages three and four of sleep.

Now, there is a low range of delta below half a hertz that's unique and is sometimes called epsilon. Very hard to work with because of the low frequency.

But at one point, I was doing some epsilon feedback here at CyberNaut and Sedona. And I went into this vast space of consciousness. And when I was finished, I were guided to call Her Holiness, Satcha Sai Ma, Lakshmi Devi, who did the training a few years ago here.

And she and I became good friends. So I called her up and she looked through the phone. She saw me and said, oh, you've been traveling. What was it like?

And I said Oh, Saima, the emptiness. We just laughed and laughed. Okay, so that's epsilon. Now, delta is also associated with Kundalini. And so any Kundalini awakening is going to involve Delta.

Now, but it's also, there's medical things here. Delta is produced by, and Theta are produced, by rapidly growing brain tumors. One time I had a guy in training who was a database programmer working for a small company and he was so good that IBM was buying out his company in order to acquire his contract.

So when he walked in, he had some delta in his right frontal. During the training on day five of the seven days, He had a minor Kundalini experience where he felt the energy come up.

He was all above and the delta increased. Now, by prior arrangement, the QEEG people had done a scan of his brain and his nine year old son's brain who trained with him before they started the trading and at the end, and they made a CD.

Alpha, Theta, Delta, and Advanced Brainwave States

They sent it off to their analysis group in Texas. Three days later, I get a worried call from an MD saying, you've got to contact that trainee because he has an aggressive, rapidly growing brain tumor.

Because the Delta had increased a lot in the seven days. They didn't understand Kundalini. I didn' t try to explain it to the MD. But I called the guy.

He was, you know, equanimous about it. he'd just done his alpha training, he was unflappable, couldn't ruffle his feathers. There was no rapidly growing brain tumor.

So, but do we have to deal with that? Sometimes I tell people who do Delta or Theta trainings, don't tell your neurologist about this because they'll be freaked out.

In fact, if I may go sideways with another story, I recorded in 1988, the first example of Kundalini. If you like, later I can get into the story, fascinating story.

But I showed this at one of Rob Call's winter brain conferences, after which Gary Schwartz, very famous psychologist from Harvard and I think Yale, came up to me, whispered in my ear and he said, when I was at Harvard, I had a student come up me and insisted that I measure his brain waves.

He was practicing Kundalini Yoga. Well, Gary Schwartz knew enough about electrodes and polygraphs, so he took

the kid down to the neurology department, put some electrodes on him, recorded his brain waves, and came up with a record he said very similar to what I was just showing the group at the Winter Brain Conference.

And Gary knew enough EEG to be freaked out about this because waking Delta, what's going on? So he took the big hunk of polygraph paper to a colleague in the neurology department at Harvard.

And the professor freaked down and went, oh my god, don't let them ever do that on this campus again. But could I keep the record because I want to share it with a couple of colleagues?

And then Gary said he promptly lost the hunky poly graph paper, which Gary says is what science often does with anomalous data. So there's some stories about Delta.

We do Delta trainings, but they are by invitation only after people have done Alpha and Theta trainings because Delta confers powers like Obi-Wan Kenobi and we want to make sure people who've done enough forgiveness work and ethical cleansing because we don't want create any Darth Vader's.

Right. There's enough of those in the world. Enough. Then theta is four to seven, and theta waves characterize the stage one and stage two of sleep. And they also give you access to the Akashic records.

So when you go into theta, you can access the unlimited database of all knowledge that was, is, ever will be. Now, at one point, Michael Ray was a professor at Stanford.

I had a training center near Stanford University. And he had interviewed many of the titans of industry in the large companies of Silicon Valley. And what he found was that they had gotten in trouble as kids in school for trancing out in theta and staring thoughtlessly and wordlessly out the window.

But of course, with the ability to go into theta, they could bring in information not known to any human in their historical time period, which would put them in a position to be the CEO of some high-tech company.

But theta is also seen around rapidly growing brain tumors. In fact, before MRIs, it used to the only non-invasive way to detect such things. Then we come to epsilon.

I'm sorry, we come to the gap between theta and alpha, which is seven to eight hertz. We call that Schumann. Now, before the mid-50s, none of the EEG textbooks reported any human brainwaves existing between seven and eight.

That's Mother Earth's frequency. The Schummann frequency is typically 7.83 hertz, But following the mid-50s, at which point television intruded into most homes, people now show epsilon waves.

We can talk about that later if you want. Above epsilon is alpha, which is eight cycles to 13 cycles. There's slow, middle, and fast with different high frequency alphas associated with intellectual brilliance, low frequency alpha associated more deep meditation.

Above alpha is beta, which is 13 to 25 cycles per second. And then gamma is 25, cycles up to about 100. Alpha is, certainly in the beginning stages of neurofeedback training, Alpha, is where we focus our attention.

Why? Well, many reasons. Alpha has a foot in practical, phenomenal, three-dimensional reality world, and it also has the foot of the mystical, magical, transcendent world.

And another reason is that everybody has some alpha all the time. It might be big. It may be little. But for example, theta is intermittent. If somebody hasn't done alpha training first, which increases their theta also, they could lie in the theta chair.

And yes, for theta and delta, you do lie down, whereas alpha you need to sit up. You could lay there for two or three or four minutes and no feedback because there doesn't happen to be any theta at the moment.

Could be very frustrating, especially if you try to start there. And so there's always some alpha. And if it's little, we can amplify it more. We can turn up the volume.

So you can get started. But we should also note that alpha takes you quite a long way. Both samadhi, the super conscious state in yoga, and satori, superconscious state of zen, are characterized by super high alpha all over the head.

In fact, on my first trip to India, one of the yogis I worked with, when he walked into the room It was like the sun had come up. He had this beatific radiance.

You just wanted to be near him. When we spoke Hindi, everything was translated. My ticket to Hindi was I had just built the world's first microcomputerized brainwave feedback and analyzer system.

So he's asking questions. Well, what is this? And I'm saying, well, it's the worlds first microprocessor-based brain wave feedback analyzers. What's a micoprocessors?

I go, that's like a little brain. Can I see it? Well, there was wire wrapped. It was fragile. I'd hand-built it. But I had spares in memory foam. And I bring out one of the 40-pin chip at Motorola 6800. He's like petting it, oh, nice brain, so we wire him up and start recording.

Here's his meditation. The next two minutes, the printer runs and it's got higher alpha. Next two minute's higher, next minute higher. Well, as you personally know, even if you're on an uptrend, you don't go like this, up and down.

He never went down! Mathematicians call this a monotonic increase. And after about an hour, he opened his eyes. Alpha's like, huge! He opens his eye and as a flash of light comes out he speaks something in Hindi.

It's translated. Well, I'd like to go on, but the light is getting so bright, if I go any further I won't be able to come back and tell you about it. He could have gone right out into a Mahasamadhi.

And I was very grateful because I would have had trouble explaining a dead body to the Indian police, especially with my wires connected to my equipment plugged into the transformer, plugged in to 400 volt power that they use in India.

So, yeah, alpha can take you all the way out of the body. If people have heard of neurofeedback, they think about it as a way to improve focus, maybe reduce their stress, but there's clearly a lot more potential.

I don't believe that those things were particularly mentioned during the neuro feedback training I did with you. That was not the goal. Can you walk us through some of the advanced concepts behind brainwave optimization and how it impacts our daily lives?

Sure. Well, in physical fitness, people go for three things, strength, flexibility, and endurance. And in mind fitness you go three for things. Strength, Flexibility, And Endurance.

So strength is bigger power. Flexability is the ability to turn alpha off or on. You want to have control of this. End endurance is to be able to sustain.

Birds come in flocks. Lions come and prides. Alpha waves come as spindles. A spindle is a group of alpha waves traveling through time together. And the spindles can be short, like, you know, they're 10 per second, typically.

8 to 13 is the frequency range. So you can have 8-13 cycles per seconds. There can also be some spindled that are less than a half a second long. in advanced meditators, they can be five, 10. I've even seen 20 seconds long in advance meditators.

Now, after 20 second, there'll be a distraction, and they'll lose it. They'll fall out of state for maybe a second and then they get right back in. So, strength, flexibility and endurance.

How you do neurofeedback training makes a big difference. For example, There's distributed practice and mass practice. We do seven consecutive long days.

You could not get anywhere near the results if you came in one day a week. for seven weeks or one day a month for 7 months. One way to think of it in all spiritual practice, whether it's Zen or yoga or Christian, they recognize the opposition of the devil or the ego or distraction.

I think of ego as the internal ambassador of the great darkness or for theological people the Internal Ambassador of The Devil and so it's a battle between the force of light and the Force of Dark and if you're a general in a Battle and you have a big breakthrough You don't retire to your camp and feast and party for a week because the enemy will reinforce, you know, dug trenches, put up tank traps and brought in reinforcement.

So you have to go every day as you push back, push, back pushback the ego, which uses doubt, drowsiness, distractibility and worry, aversion, any form of ill will, boredom and forgetfulness to undermine, sabotage and limit your attainment of higher states.

And so how you do it really matters. There's also things that we patented about the bio cybernode technology, like tone, so tone comes on to give you feedback.

Well, the frequency of the tone matters The ideal range between 4 and 800 Hz, which we've patented for alpha, higher pitch tones are better for theta and delta, but 4 to 800Hz tones provide minimum disruption of alpha when the tone comes on.

And so there's a lot of science that doesn't show behind how biocybernaut does the work. But yes, and for example, we mentioned Kundalini, the delta waves.

The first Kundalinni awakening I ever had, this is after five, six years of meditation in the Yogananda tradition.

Brainwave Optimization, Trauma, and Performance Gains

Some of the quite disciplined morning and night. for years, I was leading a theta training at Mind Center and there was a spare chamber. And so I got electrodes on and I went in and was lying there doing theta while my trainees were also doing their theta trainings.

This incredible energy came up my spine. It pushed everything that was me, like name, identity, everything, to the far outer edges and it just poured through.

over 30,000 on a scale where, in the first 15 years of doing this, where only 40% of the people had broken 1, 000 with their alpha scores. And I've never seen an alpha score higher than 9, 00. In fact, I'd never see 9000. But this was 30 thousand of Delta.

I was profoundly changed by that. Those are trainable. But we also have the ability to train the angel pattern. And the angle pattern is alpha, where you have higher central alpha than occipital, and they have to be above specific thresholds.

And so we have the ability to train that. I remember we had a San Francisco 49er come in for alpha training, and he did not have angel pattern. But on day five, his central alpha went way up above the required threshold.

His occipitals were already high enough. And I can't say when he came out of the chamber that he was white as a sheet because he a big black guy, but he would shake into his core because three angels had shown up different sizes and different colors in his chamber and went, you haven't been living a very good life, which was true.

And he went ah, and he made major changes in this life as the result of that experience. So yeah, that is trainable. Maybe let's change tacks right now and just go back to one of these questions and say, for the people who, many of whom are very familiar with basic health optimization techniques, what are some of the more nuanced or lesser

known benefits of neural feedback that you feel deserve more attention?

So basically, What's the outcome people are looking for? What can people expect? If people know about better focus and managing their stress, What's the outcome of the type of neurofeedback that you do at Biosarbonate that people can expect?

Wonderful questions. And there are so many wonderful benefits that I've actually spent decades researching and publishing on those results. First of all, there's a 50% increase in creativity.

The IQ boost is almost 12 points, and we know that's stable to rising even a year out. There's a boost of 15.8 points in EQ, which is emotional intelligence, Travis Bradbury and Gene Greaves in their book, Emotional Intelligence 2.0, describes as accounting for 58% of your success in life.

EQ is so critical to success that it accounts for 58% of performance in all types of jobs. And he said, the link between EQ and earnings is some direct that every one point increase in EQ as $1,300 to annual salary and that is on a global average.

So if you're in a first world country, you can expect much more than that. So what this means is that- Yeah, and that makes sense, right? Yeah. Our EQ enables us to interact more appropriately and more constructively with the people around us.

So that it's a direct payoff, Right? Well, the emotions are a key thing here because yes, EQ, you have to read and understand your own emotions and you to be able to understand others emotions.

And what blocks that is emotional trauma. In May of 2007, Dronvlo Melchizedek and his wife Claudette did the alpha training at BioSignal Center in Santa Clara, California.

And at the time, he had over 550 teachers around the world delivering his workshops, like Awakening the Illuminated Heart. He said to me at Jim, you know, 50%, no, he said 95% of all the people who do his courses do not get the fullness of his teachings.

Reason always the same, He said. Emotional trauma. And then he added that he'd never found anything as powerful as the BioSaturn and Alpha training for eliminating emotional trauma, And the way we do that is two steps.

I wrote a computer program that administers published mood scales, measuring anxiety, depression, hostility, you know, things like that. Friendly, clear thinking, sleepy and happy, dizzy.

I wrote the program in such a way people sit in the chamber with their brainwaves being measured while they're putting their answers in, like friendly a four, unhappy a zero, you know, whatever.

And the programme calculates the likelihood of each answer's accuracy. And so let's say the word is anger in person puts zero, not at all. Computer goes, I don't think so.

Three sigmas, that means a 95% chance. No, two sigma is a ninety five percent chance the answer is wrong. So then the trainer would ask the person, you denied anger, but the computer thinks maybe there's something there.

What about in your unconscious? So the personal maybe a tear comes out, lips tremble a little. And then what comes up is a story about some trauma. There's a perpetrator and that person goes on the forgiveness list.

Now I've done tens of thousands of interviews with people around this process. When I began, I didn't know how to do forgiveness. I would suggest things, people would try things.

And over the decades, I've collected what turns it to be a 14-step method for forgiveness. I sometimes have Christian fundamentalists say, oh, we're so glad you have a faith-based process of forgiveness, and I go, faith had

nothing to do with it, it's there because it works.

It helps people get rid of traumas, helps raise their alpha. And it does. And so I would suggest that all the benefits of IQ, creativity, emotional intelligence are directly related to reduction of the emotional traumas.

I've trained over 200 Canadian aboriginals. at my former center in BC, Victoria, BC Canada. And they had PTSD, post-traumatic stress syndrome, worse than many returning war veterans, in part because of the residential schools where Georgina Lightning's film, Older Than America, documented that 50% of Indian children sent to those schools died there.

Mass graves have been discovered outside some of them. These people were traumatized. After training over a hundred of them, I was invited to speak at the United Nations in Geneva about the work.

And so the forgiveness works for depression, sadness and anger. But to get rid of fear, we use a different process, which I have two. One is a worst case scenario where you think of something that you're afraid of might happen and you catastrophize it.

You imagine it happens and think it's worse and worse. And you just freeze it. The bear is about to eat you or whatever. You push the pause button. And just leave it, you don't try to fix it you go off and do something that makes alpha like petting puppies, kissing babies, floating on a surfboard in a blue lagoon, whatever floats your alpha.

and the alpha will dissolve the fear the way the morning sun dissolves the fog. You have to feel it to heal it. And the mood scales, the denied items, are like the sigmas tell the trainer about, our pointers to where the traumas are buried.

For example, if you and I got a treasure map and there was a seven mile long beach, 100 yards from the water to the sand dunes, and we know there's a treasurer map there, we could spend years digging and not finding anything.

But we have a metal detector. We go up and down the beach. Now we might find a few rusty anchors, but we will find that treasure faster than random digging.

So I've developed over the decades tools to detect and to heal the traumas. You've spoken about how different brain wave patterns influence mental and physical health.

And everybody's after that, right? Everybody's After performance and that kind of stuff. But how do these mental states, how Do you think these Mental States tie into longevity really to improve the aging process?

Well, How about reversing it? How About it. Yes, we can do that. We can actually reverse aging in the brain. And here's how. It turns out that once hardening of the arteries sets in, called atherosclerosis, which depending on your diet, your genetics, you lifestyle, can happen as early as your 20s, Your alpha frequency start to slow.

The slowing rate is a tenth of a hertz for every 10 years of life. And when they drop off below eight hertz, You don't have alpha anymore. It's theta or delta and people enter senescence or senility and usually die soon thereafter.

But we can throw them like a life preserver on a rope and we could pull them back up into alpha where they can live. Alpha's life and the more alpha you have, the life you'll have.

I'll give you a couple of studies. There was a hospital admission study done at a large urban hospital in Southern California where for a six month period, anyone who was admitted to the hospital was given a routine EEG recording.

This could be stabbing, gunshot wound, auto accident, pregnancy, elective surgery. It didn't matter. If you were admitted, you got an EEG. Six months later, they followed up those people.

Half, 50% of those admitted with a non-alpha record were dead six months. Then there's another fascinating study. I'm privileged to be the student of Dr.

Charles L. Yeager, who was a now-vanished breed of scientist called a clinical electroencephalographer. He could look at a 21-channel EEG recording from Polygraph and make accurate psychiatric diagnoses.

And he was so good that in the mid 1950s, the state government of California approached him and requested him to accept a grant. Now, that's not usually how you get a grant.

The government doesn't come out. They usually have a Bravo for one of those. And what they wanted him to do with the money that they were proposing to give him was to buy EEG equipment and put it in the state hospitals all over California.

At the peak, they had about 45 of them until Governor Reagan shut them all down. Some were large with hundreds of patients and others had dozens. And so every year, Dr.

Yeager would drive with a team of EEG technicians to each of the hospitals. They would go out into the ward, bring in the patients, put electrodes on, run a polygraph, then bring it to Dr Yeagers, who would sit across the desk from him, and he would flip through the polygraft, looking at the person, And he'd make recommendations for their treatment, maybe change their drugs, or maybe even that they could be released.

Now, after he had been doing that for 30 years, I had already won a large federal grant, which I'll mention parenthetically. It was called Anxiety and Aging Intervention with the EG Alpha Feedback, a three year grant from National Institute of Mental Health.

So Dr. Yeager knew I was working with The Brainwave Training to reverse aging. And so he wanted to share this information with me. So he said, Jim, I want to take you to lunch because I have important information to you and your career path that I don't know how to put into a scientific journal, but I'm sure you will find opportunities to talk about this.

And Natalie, this is one of those opportunities. Dr. Yeager thanks you for being able to receive and pass on this Every year, he's measuring brainwaves on these people.

And he said, if the person was 101 years old and they still had good strong alpha in their EEG record, He knew they would be alive next year when he came back.

Longevity, Aging, and the Role of Alpha

On the other hand, if it was a young person of 27 and their alpha had diminished or was gone, he would say a very special goodbye. He would even hug the person because he knew it is unlikely they would be alive a year later when he came back.

Alpha is life. Absence of alpha is an indicator of imminently impending mortality. The more alpha brainwaves you have, the better and longer life you are going to have.

Okay, well, that's a vote for Alpha. So given that everybody listening to this won't necessarily be able to make their way to Sedona to buy a Cybernaut to do their Alpha training.

What do you think the most effective tools and techniques to increase alpha are that people might be able to access? Nothing will be as effective, let's say, as seven days solid spent in the chamber at BioCybernaut, but what can people do until they can get there or in meantime?

Beautiful question. Now, I should mention that we are working on a project to train military veterans. of which there are tens of millions. There's also government money for this.

Every year the government sets aside $30 billion for treating veterans. And the best that they've been able to draw down is 12. So there's 18 billion a year.

We are planning a 12 chamber system here in Sedona where we will use CPT codes. Obviously, we work with veterans before we can cure TBI, traumatic brain injury, PTSD, And so that's coming in, the training will be free for them.

Just like the 200 Canadian aboriginals, a training was free from them because we had a scholarship sponsor. So what can people do? Well, there are many things that you can do.

Now, remember Tony Robbins, who did the trading here, said it was one of the most powerful things he'd done in his life, he said, if you're not serious, don't bother.

Because as you know, it's work. Oh yeah, this is not an easy process. So one of the things you can do is to eliminate garlic, onions, and all the members of onion family, leeks, scallions, shallots and chives, because these measurably lower your alpha waves.

And they, for example, Brahmins in India are forbidden to eat onions and garlic because they're known to promote what's called a Rajasic temperament. Rajah is ego, activity, willfulness.

And so I can make a joke about, and it's a European joke, that if you tie an Italian's hands behind his or her back, they can't talk because it like that.

But if take the garlic out of their diet, They're peaceful and they're calm. And so garlic, onions, and their family are inimical to alpha. They sabotage meditative practice and the sabotaged peace of mind, And they promote ego activity, willfulness, agitation of the mind.

So cutting those out, well, here's another one, caffeine. Not just my studies, but there are other studies showing that caffeine suppresses both alpha and delta waves.

And so coffee is fine. There's a lot of health benefits to coffee if you take out the caffeine. That's how I drink it. Decaf doesn't do it because by law, if someone takes out 40% of the Caffeine, they can call it decaff.

Yes, but mine has 80% rock on. Oh, that's better. Absolutely. But what about things like, will practicing meditation help, for example, or walking in nature?

I mean, I get the inputs, practices that people can take on that can be helpful. Well, I highly recommend walking in nature. Being in Nature, a highly recommended meditation.

The problem is feedback, lack of feedback. Every teacher, every parent knows that when a child needs feedback the most is at the beginning, because almost everything they're doing is wrong.

Now, if you can persist in Zen, nobody was rated advanced who had less than 21 years of daily practice. When you get to that point, you meditate, and you give feedback.

You get beautiful images and visions and celestial smells and heavenly sounds, angelic choruses, but not in the It takes a long time to get there. And if you're one of the lucky few who persists, well then yes, exactly.

But I've had, for example, I actually trained a Zen master who came from Japan. He had 150 students. At the end of his alpha training he said in somewhat broken English, he goes, biocide are not better than having own Zen masters.

And I go, Ruho, you're saying this. How can you say that? And he goes, listen. You understand, Master? Master Bizzi, have many students. If you sit, if you meditate, You have attainment.

Master Bizi, not notice. Next day, or today, master see you, see different. Give you feedback. One eyebrow, go up a little. at BioCybernaut feedback all the time.

And he repeated, BiocyberNaut better than having on Zemmester. Wow. Well, that's quite the endorsement. So, okay, so let's talk a bit about the subconscious and how big a role it's really playing in health and longevity.

I mean, you know, I'm going to keep coming back to health in longevity because that's what people come to this podcast for, right? How can I live a longer, healthier, more vibrant life?

And I think we agree that our consciousness and our mind sit at the center of that ability. both our belief and our ability to move forward in this world and be at peace.

Because we know that on a very basic level, stress is the biggest killer. Some people say it causes 80% of all diseases. It also shortens telomeres. Like at a physiological level, it shortening chronic stress, shorten telomerase.

So let's talk about, but that subconscious mind where, is that where the ego lives? Like you mentioned ego before and you know, being on good terms with our ego and having it in its proper place.

Not that we want to destroy ego completely because I think like, like stress. As long as you have a body, you'll have an ego. It can be big and obtrusive and get on people or subtle and evanescent and rarely in evidence, but as long as you have a body, you'll have an ego.

But ego is no me amigo. Ego no es mi amigo, okay. So what role does subconscious mind play in health and longevity? And how does neurofeedback help to rewire those patterns?

Well, it plays a big role. If you look at the 10% of an iceberg that floats above the surface, there's a lot there in the unconscious. And it regulates, guides, blocks, or facilitates, depending on the programming.

And very few techniques other than deep neurofeedback can intervene with that. For example, like, forgiveness is a way, matched with the Biosubstantial Mood Scales to know what to forgive, is it is way to excavate the negativity out of the unconscious.

when I was training Ruho Yamada Roshi, the Zen master, he had no idea, never heard of forgiveness. Japan is a shame-based culture. And I said, well, what do you do if you discover something comes up from your unconscious that's troublesome?

He said well we try to expand our consciousness more so the distraction becomes a smaller percentage. He had idea you could eliminate these things. Okay, and so with forgiveness, we can eliminate things from the unconscious that are depression, sadness and anger based.

And with the worst case scenario, We can do eliminate fear based things. The mood scales detect both negative things in the unconscious, but they also detect positive things, like loving, caring, devoted.

People may have that in them but be totally oblivious of it. And so as part of the forgiveness process, at the end of a successful forgiveness, we ask people to do what we call the love algorithm, where you would go, I love you, Natalie, and then to take one of the positive denied items, like grateful or devoted or loving or kind, and to go, I love you, Natalie.

I know you love, you Natalie I'm devoted. So you bring up and you install in your consciousness that positivity that was buried uselessly in you're unconscious.

It's pulling out the good stuff and flushing out What holds us back? Pulling up and installing the good stuff and pulling up, and disposing of the bad stuff.

Exactly. Yeah. And so from a longevity and health perspective, the clearer we, but the more, we've taken out the

trash and brought out, the easier it is to live a long and healthy life.

So I love that. Is there a specific example where neurofeedback helped someone break through a mental barrier that had been limiting their health or their success?

Is their one story that you can share with us today? I know you have thousands because you've been doing this a and you've done some amazing work with people, but is there one that stands out in your mind, either that helps someone to be healthier or, I mean, more successful is a gimme.

I means, if our creativity goes up, our IQ goes and our EQ goes, how could we not be more success?

Practical Ways to Increase Alpha and Reduce Stress

Well, let me say, yeah, there are many, one comes jumping in. And I'm going to just cite this as an example. In the perhaps 7,000 plus people who've come for training over the years, there were five men who showed up for alpha training, some in the U. S., some at my center in Canada, who happened to mention on day one that they were pre-op for prostate cancer.

Actually, one of the five was not going to be operated on. He was going have little radioactive dowels surgically inserted in his prostate. Amazing. We just did.

I mean, I could give you stories to indicate things about how it worked and why it works. But the bottom line was at the end of their alpha training, every one them individually went back to their doctors who couldn't find any prostate cancer.

Interesting. Now, do you know who Dr. Carl Simonton was? No. He was the founder of a field called psycho-oncology, or healing cancer with the mind. And he had a five-day coaching program.

he refined the program to the point that he could take a group of terminal cancer patients with a prognosis of one year or less left to live, and he can double their median survival time.

Now doubling the average you could do by having a few superstars. Doubling the median means he's helping everybody. And so in 2003 he came for training.

Oh, I need to mention that because of this work, he was put on the FDA's cook list. as FDA has a cook list. Okay. Medical practitioners. But because he healed so many congressmen and senators and their spouses of cancer, he has the distinction of being the only person ever taken off the FDA's cook lists.

Nice. So in 2003, he came from my training and I was in the Shockley building in Mountain View, California, where William Shockly invented the silicon transistor, launching the information processing agent.

I fashioned that we were launching, the consciousness processing age out of that same building. And so he did the alpha training. He loved the mood scales.

You know, he's into emotions, healing cancer by processing people's emotions. In a session, He'd do the forgiveness and eliminate the forgivness. The sigmas would go away on those words.

One he'd start on, not finish. Sigma would down. the fifth one he would get to, the sigma would up. So in the end, day seven, everybody else left and he and I sat and talked far and tonight.

My first question, Carl. you can double the median survival time cancer with your coaching program. What would a Biosahabinone Alpha-1 training do? Immediately, he said it would triple the Median Survival Time.

And he added that if you would do his training first to get people focused on which emotions are relevant to surviving cancer, and then do the BioSahabanone training, it will produce more than a doubling followed by a

tripling.

Now, he worked himself too hard and he's no longer in a body. But I think his wife, her name was Karen Simon, I guess, is still running his programs. He was in the 818 area code of California.

I mean, this brings to mind Joe Dispenza's work, right? Which is not neurofeedback based, but definitely has… Power….guided people. Incredible power.

Guided. Mm-hmm. Yeah. Well, I mean, you know, just when you talk about the psycho-oncology, like definitely there are stories around of people who have shrunk tumors and overcome incredible disease.

So I'm not to cut you short, but we're going to get short on time. I want to move on to our next question. Where do you see the field of neurofeedback in 10 years?

What do think is coming or what do hope or where do see it going? Well I can tell you what I am doing. I can, well, that works. I have outsourced my hardware development to a team in Serbia, and we have a whole new range of technologies.

Later this year, we'll be opening a new center in Mexico, And we're planning to use the new technology there, which, among other things, will allow us to do shared feedback between chambers, between buildings.

Oh, That's interesting. Between cities. and between countries so we can get the whole world on the same wavelength and you know the power that comes from that.

Okay, now how to democratize it. Trainers are very rare and expensive people. They have to be scientifically and intellectually brilliant to understand the technology and the complexities of the human electroencephalograms.

They also have to be big hearted to, because there are times in a training when people are having an ego attack, there's no logic that's going to work.

There's not words that you could say. The trainer just has to open their heart and flood the person with love. It's the only thing that'll get past the blockages of the ego.

So to find somebody who's good in either one of those is hard. To find people who are good at both is challenging. I am with a programmer developing an AI assistant for trainers.

Currently, we measure 128 different brain parameters every 15 seconds. Even in an advanced alpha or theta training or delta training, people are only getting eight parameters.

But there's things happening in all the other 120 parameters, which is beyond even my ability to track. But the AI is going to track trends and things going on in the delta, the gamma, and the theta, in Schumann, uh, In the epsilon.

And then also the moons. As you know, there's hundreds of words you respond to every day. No trainer can remember how many times a person denied a particular word and how did that sigma change over the seven days of the training.

But the AI is going to be able to track that. And the air is gonna be to make correlation between changes in these 128 brain parameters and these multiple hundreds of emotional words.

It's gonna come up with guidance, which I submit. will be beyond the ability of any human to match. And there'll be a human there who is the source of love, the heart space holder.

So this will an AI system for trainers and we'll able to train soon millions of people all around the world. Interesting. Well, I love the bringing AI into the picture, right?

Because as you were talking earlier and talking about stacks of paper of neurofeedback brainwaves, it begs that is that stack of paperwork is begging for a number cruncher that frankly, that I think that's where AI could really shine for us.

But having the human there and having you informing The process is this blending of mastery with, you just need a cruncher to crunch through the data to give you what you need to make work your magic.

It's brilliant. And it's amazing. Well, it is a reprise of how I began in the field.

Future of Neurofeedback, AI, and Democratization

Because I had a physics degree, a bachelor's degree in physics, and I knew how to evaluate signals. And I know that none of the brainway feedback equipment on the market was even a toy.

They were inaccurate to the max and the feedback was unconsciously designed. So I spent the first some years building the tools. I first built the world's best analog filters with 400 dB per octave rolloff.

on the slopes, a third of a DB ripple in the past, and then I built the world's first microprocessor to run the whole thing. And so I'm now all the way back to building the tools.

The first thing I have to do is teach the AI how to read the brainwaves. Because brainwaves are notorious for artifacts. I mean, an eye blink produces artifacts 10 to 50 times bigger than the biggest brain waves.

Imagine what a sneeze does or a swallow, or if an electrode comes loose. So yeah, the first step is to get the AI to read and eliminate artifacts from the brain wave, and then we can go forward.

And building the tools, I'm in a new phase of building I love it, I loved it. So that's the 10-year vision, and I don't think it'll take 10 years. It won't, no.

And every month, the AI is getting better at writing the Python code. Do you think that the future of mental health care will finally shift towards more brain-based treatments like neural feedback?

Well, it will have to. Back when I was still in the university, a psychiatrist came to me, in private practice, psychiatrist, wanting to do the training.

And I said, how'd you find out about us? He said well, you've trained some of my patients and you have done more for them in seven days than I've been able to do in 20 years.

I want to know what you're doing. No doubt. So how do we get adoption of this? How do get it out there? We kind of talked about it a little bit offline before we started recording.

And the word democratize comes to mind. But even beyond democratizing, this is You know, neurofeedback training, dealing with trauma, deal with pain, getting the ego in check, you know bringing up the good stuff, get rid of the trash, all of these things we've been talking about.

These are, if people could have access to this and more widely, I mean if everybody had access, we could do it in schools with kids before they get totally The world would be a different place.

How do we even imagine to bring this as a starting point to more people? Given the technology and the staff and time involved, there's no way that this could be the cost of a bag of groceries.

No. Okay. And it can't be done for children under seven because before seven, they haven't entered the formal operational stage of intelligence. The things that pass for alpha waves are not even eight cycles per second, the child's brain is still developing.

They could do peripheral feedback, but brain wave feedback. Hopefully they don't need it before the age of seven. We will train people as young as seven the range currently goes up to 101. Now, what can we do?

We can, for example, in 2008, I asked myself this question. It turns out that I went to look at the size of the defense budget. And I couldn't get current figures, but I was able to get 2004. Half of the U. S.

defense budget in 2004 would get BioSignal training to all 300 million North Americans, adult North American. So the money's there. It's just being allocated, shall we say, differently.

The money is there. We as a society, as societies, we have the financial resources. And with the new technology that I'm developing in Serbia, We can stamp it out by the millions of training centers.

So this literally can be in every school and in ever home. As the AI rolls out, once that system gets refined, do you think the costs will come down? Of course, dramatically.

It becomes less labor intensive to execute. Okay. So as we come close to the end of our conversation, I have one last question for you. As someone who spent his career, more than his, career really, studying and helping optimize their brain function, how have you personally seen your own mindset and longevity change over the years?

What were the changes you've experienced? I mean, I know the answer to the question, because I've spent a lot of time talking to you. But would you share with the audience your progression?

Because it is, and as you say, it's a never-ending journey. It's progression. Well, in fact, as soon as we, you and I finish, Darren is here. He's going to put electrodes on my head and then I'm going go in and do a tune-up.

Probably at the Alpha 6 level. Okay. So I, mean it has been a progression, In the summer between eighth grade and high school, my dad brought me into his office and said, Jim, you're a smart kid and you are probably going to want to go to college.

I'm here to tell you I am not going give you a dime. If you want go college you will have to study hard and get a scholarship. So I studied every night until 2 a.m., even on the weekends.

And I had one date in all of highschool, I took Linda Todaro to the senior prom. But I worked all the time studying, and I got a big scholarship. I went to Carnegie Tech and so on.

But all of that was done with a lot of anxiety. And then being agile, I bit my toenails until they were gone. That continued until after I had that experience in Jochimia's chamber.

Now I have fingernails and toenail. Well, that's a win. was, yes, I mean, it was pretty basic. In parallel with the brainwave training, i had the Yogananda lessons.

So I had to spiritual guidance and I didn't know to avoid onions and garlic. But in the second week's lesson, you know, from Yogananda here came, okay, You need to begin eliminating onion and garlick and promote subhijasi temper.

so the progression has been continuous. And now where I am, I'm at the state of wanting to, uh, um, looking for the verb help cause make, wanting the stage of divine presence to be more continuous in your, in, your in my life, my world.

Yeah. All right. Well, that's a goal. And so how often do you do tuneups? Well it varies. I mean, there are times where we'll do seven days in a row. still like a full training.

So this is a description of what happened to me on day six of my last seven day training at the Alpha seven level. Now in Alpha six, there's no feedback sound unless all eight headsets are making Alpha simultaneously.

In Alpha four, you have to have four headsights In alpha five, you have to have six. And in alpha six, the whole head has to be an alpha or it's quiet.

Okay, one of the hallmarks of alpha four, five and especially alpha 6 is the vast emptiness and stillness that is experienced when so many head sites, so may brain locations are joining together simultaneously in a chorus of beautiful alpha music.

There are layers of consciousness experience in this state. At one level, you experience that there is the body with its itches and twitches and urges.

And another level is mind, which is usually filled with thoughts, feelings, and emotions. But then, There are those moments where there is stillness, when the thoughts are absent and the feelings and emotions are gone and they're not even memories.

And then there's a vastness. It's like when a foggy window clears when your mind clears in this way.

Personal Progression, Tune-Ups, and Closing Resources

Then the consciousness that pervades the universe is encountered and engaged, and there's a connection emerging with, even an immersion in, that vastness of undifferentiated awareness.

Some might call this God. Sometimes there is also present another level of awareness, an awareness that there a body and that their is a mind and these are now quiescent.

totally still. And what is occurring is an immersion in the one, in all. Then there is awareness of being transcendentally healed and of somehow being prepared for higher purposes and for being of service beyond what Pretty powerful.

Something to aim for. So, Dr. Hart, I mean, clearly you in your work, in have achieved really beautiful things and have made it your life's work to share it with as many people as possible.

So thank you for that. Thank you, for all that you do. It's my honor. My pleasure. And having had the pleasure I don't know that I thought it was a pleasure at the time, but having had the pleasure of spending seven days in a chamber.

And it's not that it wasn't a pressure. It's that, it is a process and it takes time and energy and its quite something. Its a journey and when you've only done it once, its only the beginning of your journey.

To see your commitment to the journey and your committment to bringing others along in the Journey is really quite something. For anybody who's curious about BioCybernaut training, would you like to tell them, first of all, tell about your book because you have a book people can read that I think would be a fabulous follow-up to the podcast called The Art of Smart Thinking by James Hart, PhD.

I highly recommend it because that'll give you a really good sense of a lot of what we've been talking about today and so much more. And then if they want to learn about bioCYBERnaught and maybe think they might want devote a week of their life to elevating their consciousness, their creativity, there EQ, they're IQ, and all the other things, where would they go?

What would They do? Well, you can actually get for your read for you listeners, You get a free copy of the book PDF by going to the bio cyber not website, which is triple w bio, cyber, not.com.

B, I, O, C, Y, B E, R, N, A, U, T dot com. And then to a slash and the word bonus. And you can download a free PDF copy. Beautiful. And then at BioCybernaut.com period, BiocyberNaut. Com is where they can inquire about maybe…

There's also copies of some of my scientific papers. There are videos that I made. And so before Michael Jackson came for training, he told me when we first met that he had watched all the videos I had at that time.

He said he watched everyone 25 times to get into it before, to merge with it, before coming. he actually wrote three songs when he was in the alpha chamber at Bios Avernon.

Wow. Bet he did. And then many after he left. So there's a 1-800 number, there is the website and, um, and there was the book. And then there's maybe some meditation in the absence of garlic and onions.

We need to put alcohol on that list too because alcohol suppresses alpha. I would think drugs don't do much for it either. Well, it depends on the drug.

For example, in 1962, months before LSD was made illegal in the state of California, Barbara Brown, an early biofeedback researcher, gave LST to college students legally and measured their brainwaves.

In some the alpha went way up, and others the Alpha went down and it's divided on whether they were visualizers or not. Because if you're visualizing even with your eyes closed that's going to suppress alpha just like looking at things with, your, eyes open So the enemy the, enemy of alpha is visuals yes Clear the mind Thank you so much thank you thank wonderful hang out with you again thank.

You bless you and all you do