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A SHARED MEMORY CASE STUDY: THE MIND RESONANCE PROCESS™ & EVIDENCE FOR NON-LOCAL CONSCIOUSNESS

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ABSTRACT

The Mind Resonance Process™ is an elegantly simple yet profoundly powerful cognitive process that can be used to release traumatic negative perceptions, beliefs, emotions and memories rapidly and permanently. The benefits are many, including renewed energy, inner sense of peace, sense of joy, a sense of rejuvenation, greater resilience to stress, enhanced physical, emotional and spiritual wellbeing, a more solid sense of one's true identity, and much more.

This paper gives a brief description of employing MRP to help release a traumatic memory. The nature of the actual memory is not important. What is essential is only its qualities as experienced by the individual. As most trauma is experienced emotionally with similar common denominators of reactions except. perhaps, for degrees of intensity, this allows us to generalize the use of one example to many other traumatic memory experiences.

Purpose: a) Show that Mind Resonance Process™ (MRP) * erases negative memories easily and permanently; b) Erase shared negative memories at a distance.

Methodology: Individuals (A & B) who share a given negative memory, rate its level of disturbance (LOD) three times (i.e. pre-, mid- and post-treatment). The LOD was scaled as 0 (= no disturbance) to 10 (= maximum disturbance). "A" was sequestered throughout and kept blind, i.e. there was no contact between "A" & "B". "B" experienced two treatment procedures a) A control Imagery/Intentional Exercise (IIE) followed by a mid-test LOD; and b) the Mind Resonance Process™ (MRP) followed by a post-test LOD. During the IIE he was asked to focus on why he no longer wished to have the memory, on how he would feel without it, and on visualizing living his life without it. In the latter he was taken through MRP which helped him become aware of the underlying illogical reasons why he felt it necessary to hold onto the memory in question. Individual A was asked to give pre-test, mid-test and post-test memory LOD's immediately after Individual B completed his pre-, mid- and post-test ratings, respectively. Additionally, each individual was asked to answer two questions at each LOD rating: a) Does the memory feel like it is inside you (Y or N)? B) Does the memory feel like it happened to you (Y or N)? In addition, both give subjective reports on how they felt. Each was asked to re-rate his memory 2 months later.

Results: Individual A's Ratings: Pre-test: LOD= 8, Y, Y; Mid Test: LOD=8, Y, Y; Post-Test: LOD= 0 to 1, N, N; Post-Test (2 Months) LOD=1, N, N. Individual B's Ratings: Pre-test: LOD= 6, Y, Y; Mid-Test: LOD=7, Y, Y; Post-Test: LOD=1 to 2, N, N; Post-Test (2 Months) LOD=1, N, N. Individual A's subjective feelings were: Pre-test: feeling depressed, low self-worth, low self-esteem, guilt; Post-Test: feeling relief, a sense of buoyancy, high self esteem. Individual B's subjective feelings were: Pre-Test: anxious, worried, sad, inadequate; Post-Test: happy, contented, at peace, energized, high self esteem.

Conclusions: The MRP appears effective in releasing significant negative memories quickly, easily and with permanence. When a negative memory is shared, helping one individual release it with MRP, allows the other to release it spontaneously, with no knowledge of the intervention, and with the intervention occurring from a distance.

Suggestions for further research: Memories seem to exist at the level of shared, non-local thought fields. Negative memories, which have potential detrimental effects on health, may also be released through a "mass" effect – where one participant in the shared group experience is treated – which will benefit groups of people easily and quickly.

RESEARCH OBJECTIVES

- Show that the Mind Resonance Process™ (MRP) can erase negative, traumatic memories easily and permanently
- Show MRP to be effective in erasing shared common negative memories in a second subject spontaneously and at a distance
- Suggest that we hold and share memories in Thought Fields

BACKGROUND

The terms, *Collective Consciousness* and *Collective Unconscious* suggest we are connected in ways that go beyond the physical. If so, it appears reasonable to speculate that some of the information held or transferred in this realm may be detrimental to us. There is evidence that traumatic memories have significant emotional and physical detrimental effects on health (Ben-Ezra; Rodgers, et al). In order for one to function daily, vital life energy needs to be expended to keep the negativity of traumatic experiences out of consciousness.

If an individual holds negative memories in her Thought Field, then is it possible that this stored information may be having detrimental effects on those around her through some form of "field effect."

STUDY DESIGN

- Single case study with two subjects, "A" and "B"
- "A" & "B" share a negative, traumatic, memory
- Each rates memory's Level of Disturbance (LOD) 0 – 10, Pre, Mid & Post Test
- "A" sequestered and blind, No contact with "B"

- “B” experiences two treatment procedures sequentially used to erase the memory
 - a) Imagery/Intentional Exercise (control) (IIE) and
 - b) Mind Resonance ProcessTM (MRP)
- “A” & “B” also asked at each stage a) Does the memory feel like it’s inside you?, b) Does memory feel like it happened to you? and c) To give subjective description of how they feel

METHODOLOGY

The "distant target" (Subject A): and the "local target" (Subject B) were to agree on a shared memory in advance, one which they each wished they had never experienced. (It was not necessary for the experimenter to know the details of the memory.)

Subject A was asked to leave the room and was told that he would be recalled from time to time to answer some questions. He had no knowledge of what the experimenter would be doing with Subject B. Subject A was asked to return twice: the first time after Subject B completed the Imagery/Intentional Exercise procedure, and again after Subject B completed the MRP procedure.

Throughout there was no contact between the two subjects. Subject A was asked for an LOD rating, each time he answered the following questions:

- Does this memory feel like its inside you now?
- Does this memory feel like it happened to you now?
- Can you describe how you feel right now?

The MRP process

Step 1: Let us call the traumatic memory "X"

Step 2: On a fresh sheet of paper (Page 1) write down all the reasons you can think of as to why you have memory "X" stored inside of you.

Some obvious reasons might include:

- It happened to me
- I need it to protect myself from similar things happening again
- I need it to learn how to engage the world in a more effective way.
- I need it to teach me, or remind me, of the true nature of my environment or reality.
- It was very painful.
- I can't get rid of it.
- I'm afraid to get rid of it.
- It is part of me, my life and therefore makes up part of who I am.

Some less obvious reasons may include:

- When I experience something, it automatically gets stored in my memory.
- This is the way the body/mind works.
- It is impossible to completely erase a memory from one's experience.

Without my traumatic memories I would feel and be vulnerable to further harm, danger or disappointment. Therefore,

- The traumatic memory keeps me safe and out of harms' way.
- It keeps me feeling calm, secure, and at peace.
- It makes me feel more resilient, i.e. more in charge of myself and of my reaction to future life events.
- It makes me feel empowered in my life.

Step 3: On a new sheet of paper (Page 2 - see template below) complete the two columns (first left side then right side for yourself) and summarize the final conclusion for each column. We give a completed example for a traumatic memory.

Memory "X"

What does this memory do to me?

What does this memory say that it does for me?

Our Example of Memory "X"

What does this memory do to me?

- makes me sad
- makes me anxious,
- makes me feel vulnerable
- makes me feel disappointed
- makes me feel angry

What does this memory say that it does for me?

- says it protects me from further hurt
- thereby it makes me feel more secure,
 - thereby it makes me feel safe
 - thereby it makes me feel calm
 - thereby it makes me feel resilient

- | | |
|--|--|
| - makes me feel helpless | - thereby it makes me feel stronger |
| - makes me feel like a victim | - thereby it makes me feel empowered |
| - depletes me emotionally & physically | - thereby it energizes me emotionally & physically |
| - undermines the quality of my life | - thereby it enhances the quality of my life |

Summary:

It reduces the quality of my life

Summary:

Says that it enhances the quality of my life

Step 4: On a new page (Page 3) write out the summaries of the two columns in full using the following format : (our example is shown below)

Left Side Summary:

Memory "X" reduces the quality of my life (use your own summary here for the left column)

Right Side Summary:

Memory "X" Says that it: "enhances the quality of my life" (use your own summary here for the right column)

Step 5: Answer the following questions for yourself:

(Our Answers in Brackets Below)

1. Are the Left & Right Side Summaries saying the same thing? (No)
2. If not, are they contradictory? (Yes)
3. If so, can they be simultaneously true? (No)
4. If not, which is the truth for you? (The LSS)**
5. What does it make the other summary? (False)
6. Have you been living your life as if the False statement was in fact the one that was true?
7. If so, then have you been lying to yourself all along without even realizing it?

** By the "truth for you" we mean: which statement resonates with your inner emotional and/or physical experience when you bring the memory to mind (i.e. when you think of the memory do you feel better or worse).

Step 6: When they recognize that the Right Side Summary is a Lie do they wish to go on lying to themselves in this way?

If not, they are asked to make a sincere statement, if they wish, originating from the core of themselves (where ever they feel that to be within them) that goes something like this : " I request that this lie be forever purged from my life."

Step 7: They are then asked whether the memory is "toxic" to them and their lives. If so, do they wish to have in their body or their life? If not, they again are asked to make a sincere statement from the core of themselves that goes like this:
 " I request that this toxicity be forever purged from my life."

Step 8: They are then referred back to the "list of reasons why they have had this memory stored in their body/mind." They are shown how these "reasons" essentially justify why the toxic memory needs to remain inside them. In other words, these reasons effectively "anchor" the toxic memory into their body/mind. When they appreciate that point they are asked whether they want anything inside of them that will continue to anchor that toxic memory inside of them? If not, they are then asked, as before to request, if they wish, that all these "reasons" or "anchors" be purged from their lives forever.

Step 9: Finally they are asked: Where would you rather be now that you have asked all of this to be released? Here they will answer that they would like to be at peace, feeling joyful, happy, moving on in their lives etc. I then ask them to visualize this new way of being, to feel how it feels and then to make a sincere statement of desire from the core of themselves to be in this state from now on.

The entire process takes about 45 minutes to an hour

If the reader wishes to truly get a sense of the processes and potentials of MRP,, you may explore the effects of this process on a negative memory from your own life, and track the effects of MRP on your personal example.

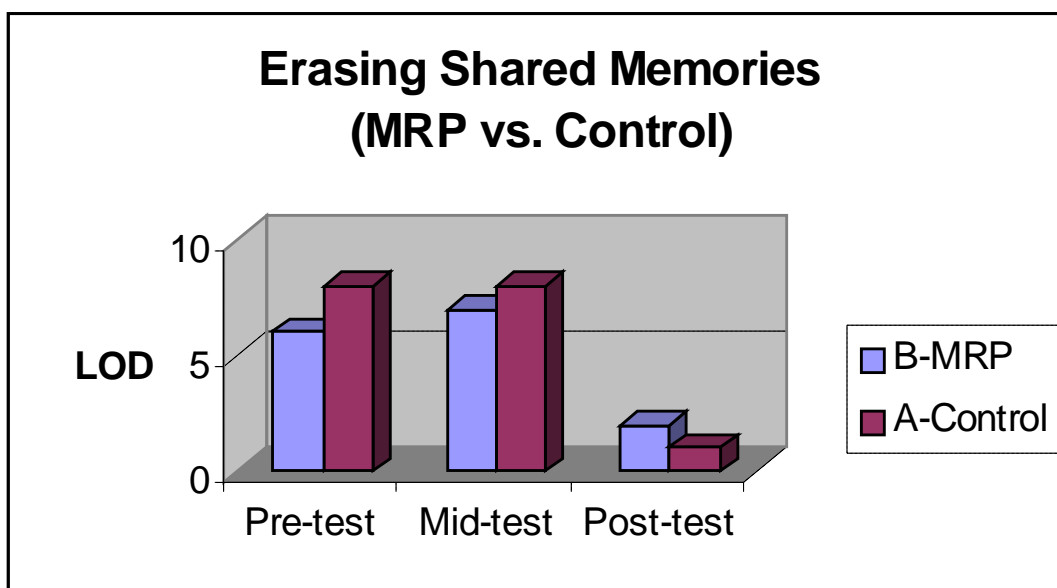
RESULTS

Both, A and B reported that the memory felt like it was no longer inside of them, and that it did not feel like it had happened to them post-test (i.e. following MRP).

[A reported a distinct drop in LOD scores following B's MRP experience, but not after B's IIE experience.]

Two months post-test, both A's and B's final LOD scores remained unchanged. (See Figure 1.)

Figure 1.



DISCUSSION

On a practical note, while it appears that a distant healing effect occurred, it is possible that there were expectation effects which caused the reduced distress in subject A. Replications will have to clarify whether this is a factor.

The findings of this pilot study are echoed in several other types of anecdotal reports.

There is an interesting parallel between MRP and healing into forgiveness. Numerous people report that a distant person who was involved in their emotional traumas that were healed, but had not been contacted for many years, "spontaneously" contacted the person who reached the point of forgiveness. With MRP, spontaneous re-connections occur between people who have been separated for long periods of time, due to traumatic experiences that they shared. The reconnections are the result of the re-opening of channels of Love that connect us all, beyond time and space.

One can go beyond forgiveness, to intensify this connection when one recognizes that, whatever the "slight" was, it never really originated from the other person. It originated from the toxic conditioning we refer to as the EGO, which is stored as memories, personality, character structure, beliefs, behaviors, negative emotions etc. in the energy fields. When this happens, it disrupts one's experience of their true Divine Self and leaves them victimized and "controlled" by this toxicity.

Another way of saying this is that negativity can never originate from the Divine Self. When we recognize that, we are indeed Divine (as MRP will show you). One realizes that the toxicity we refer to as EGO is actually not who we are or ever were.

I often ask clients whether this state feels like their "true self." In all cases they feel like their true self, sometimes for the first time ever. This is actually a powerful experience as individuals experience this as their Divine State of Being, strangely familiar yet ancient at the same time. Then I ask them to reflect on the percent of time in their lives that they felt this way, i.e. like their true self. The range of responses is somewhere between 0 to 50% of the time. I follow this up with: "Well then who have you been the rest of the time? " It is here that they start to recognize that they have essentially been "absent" during a large part of their lives. It's like "The Invasion of the Body Snatchers." The Divine

Self has been submerged, absent, squelched, "actually dying." Something else has taken over and has been running their life. Reconnecting to their Divine Self is followed by an instantaneous re-infusion of vital life energy throughout their bodies and minds, along with a sense of wholeness and empowerment. I as facilitator can actually feel it when this happens, as of course can they.

The research on Transcendental Meditation, in which a group of meditators in a city meditate as a collective effort, may be relevant to these observations. When approximately 1 percent of a given population is in meditation, reduced incidents of violence and crimes have been documented (See reference for annotated bibliography).

CONCLUSIONS

- MRP appeared to be effective at releasing a negative memory
- MRP appeared to help release the same shared memory in a second individual who did not directly experience the process
- Released memories appear to have disappeared permanently.
- Release of negative memories appears possible and yields positive emotional benefits.
- The positive emotional benefits hold a promise of producing positive health benefits.
- Group field effects appear to exist in the way we store and influence each other, both positively and negatively. These field effects can be modified and fine-tuned in order to maximize the overall positive group and individual benefits.

IMPLICATIONS AND APPLICATIONS FOR FUTURE RESEARCH

This case study is a pilot study for a more rigorous study assessing the efficacy of MRP.

I have just completed a case study which shows how MRP can target any number of thematically different, traumatic memories (9 in this case) at the same time, with no extra effort or time required. One can essentially "erase" a lifetime of trauma in a single session. The energy shift experienced when this happens is often immense and is permanent. So its not just about releasing trauma, it's actually about returning to the Divine Self permanently in embodied form. This is, in my view, our natural state.

Through MRP it may be possible to effect group healing by influencing the negative stored information (i.e. negative memories, beliefs, emotions etc) in one or a few individuals, with distant positive effects occurring in the collective thought fields. One interesting application here would be in helping resolve family issues rapidly at all levels, from immediate family, through extended family and to generational family. Another would be helping to resolve societal issues such as violence, hatred, poverty, and possibly even war.

The situation is clearly much more complex when larger groups of individuals share a common negative memory. Are they reinforcing each other? What is the impact on the "group thought field" of helping one member of the group clear their thought field of negative information?

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Dr. Arrizza hosts an ongoing International Energy Psychology Teleconference Workshop Series for individuals and therapists willing to experience and train in MRP. For the workshop schedule visit: www.telecoaching4u.com/EnergyPsychologyWorkshops.htm

His upcoming book entitled: *Esteem for the Self: A Manual for Personal Transformation* will be available in Jan. 2005 through his Web Site: www.telecoaching4u.com

Also available, through his web site early in 2005, will be his Audio CD Series entitled: *Spiritual Embodiment the Key to Spiritual Enlightenment*

Yahoo group for therapists interested in discussing MRP.

http://groups.yahoo.com/group/energy_medicine_heart

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