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Introduction

As soon as we begin learning, our perception becomes skewed through our compliance with the ideas entangled within institutions, science, religion, and education. We overlook our autonomy and are programmed only to believe what is visible to us; with this mindset, we end up with a limited perception of the world. Only 4% of what is around us is visible, and the remaining 96% is comprised of dark energy and dark matter such as the stars, black holes, moon, galaxies, planets, earth, sun, and space. We are not awake and have gotten far past what it means to be human and what is truthful, that healing has become extremely difficult. This research reveals the role of collective consciousness in promoting harmony and coherence within groups through a meta-analysis. These studies show how effective collective consciousness is on healing and transformation; we are operating on an obsolete consciousness, living in a world of pain, suffering, and division, which prohibits us from creating a more sustainable life for ourselves. We perpetuate jeopardizing ideologies and believe that we are separate from each other, but our similarities and commonalities are what cohere us, making healing and change possible. *“The power of temporary peace-gathering projects has been exhibited and thoroughly field-tested in more than 50 demonstration projects and 23*

peer-reviewed scientific studies scrutinized by independent scholars around the world. The results have consistently demonstrated a positive effect in the immediate reduction of crime, warfare, and terrorism by an average of 70 percent” (Dispenza, 2017). No matter where we are in the world, if we put our minds together with an intention, we can significantly affect the vibration and outcome in a particular area of the globe. Our hearts generate the strongest magnetic frequency in the body. A group of people can intend to spread love and peace throughout parts of the world, which significantly reduces the amount of violence, disease, and death in the area. The more people involved, the more effective healing is.

Healing demands coherence and harmonization with each other and the universe; we can produce more robust and influential frequencies when we experience elevated emotions such as love, joy, and peace. Our thoughts and feelings feed information into the field, then disperse onto carrier waves around the world. When people operate on one mindset, they lead together towards change rather than fighting for an authoritative position. Fish swim in schools, and birds fly in flocks; this is a bottom-up phenomenon, which means there is no singular leader of the group (Dispenza, 2013). Instead, these groups operate in unison. To begin healing, we need to understand and accept other realities that don't mirror our own; similarities make us stronger. *“What is important is the willingness to let stand another person's experience of their experience- to live in comfort in their experience and our own-knowing that we inhabit a common reality”* (Elgin, 1997).

Cosmic consciousness

Cosmic consciousness is considered the essence of the entire universe, it exists in everything and everything exists within it. *“Once the law of the unified field and the notion of entanglement are understood, it becomes clear that the law of oneness is the most prominent. Essentially it explains that we are all connected to each other and the universe. This connection goes much deeper than just knowing we exist within the unified field together. There is only one energy which all exists and that means that we are within a cosmic consciousness that affects us all regardless of proximity”* (Van de Grift and Ingraham, 2019). Through meditation it is believed that you can expand your consciousness and can become “one” with the universe. We are capable of understanding the world around us, but not necessarily the consciousness which emanates us very much like a lightbulb which can illuminate the room, but not the power that illuminates it (Gunamuktananda, 2014). We can only see 4% of what is around us, the remaining 96% is what is referred to as the Quantum field and is made up of dark matter, dark energy, the moon, stars, black holes, galaxies, and the sun; the field is where all possibilities exist and you can access it through consciousness. We live by the idea that seeing is believing, yet there is a whole field that we are intertwined with that we need to learn how to access. *“Our ability to expand depends upon our openness and access to future knowledges, to a cosmic consciousness that sees the limits of our collective consciousness”* (Van de Grift and Ingraham, 2019). An experiment led by Lynne McTaggart took place in Jerusalem which included thousands of Arabs, Israelis, and Palestinians; they meditated and focused their consciousness collectively for 10 minutes with the intent of reducing the level of violence in Jerusalem; this experiment is an example of how immense the power of human consciousness is and proves the idea that we are all entangled in this one web of

cosmic consciousness. Understanding this can help us learn more about our inherent abilities to heal ourselves and the world from wherever we are. Einstein had said that reality is essentially an illusion, meaning authority shapes our reality and because of that, we are not able to understand the multidimensionality of the world we live in. We have access to the 3rd dimension through our senses, but the remaining dimensions can be accessed through awareness and meditation. By becoming more aware you can connect deeply with others, yourself, and the environment, ultimately constructing a better life.

“The unified field is everywhere, holding the universe together and producing gravity. It is made up of 10-12 dimensions which are comprised of both spatial relations and time-- The quantum dimensions go beyond these basic parameters and include energy, momentum, frequency, vibration, space and a set of laws that are aligned with the frequency of that dimension” (Van de Grift and Ingraham, 2019).

The realization of our capacity for collective consciousness is slowly awakening as we shed light on our injustices. In order for community healing to begin, individuals must shift from an individualistic mindset to a universal mindset. *“The entire species faces the trailblazing challenge of coming together as an entire human family on behalf of a sustainable and meaningful future for us all. Mr. Luther King, Jr. described the challenge we face in this way: We are challenged to rise above the narrow confines of our individualistic concerns to the broader concerns of all humanity...”* (Elgin, 1997). It is extremely difficult to bring these issues to the surface and take responsibility for the oppression and violence, but when societies are able to face these problems and shift their awareness towards love and equality, people can begin to heal their deep wounds. Our healing is dependent on acknowledging the suffering of others that have been oppressed

and finding realistic ways to come together and raise our collective consciousness. There is a tendency for people to put up boundaries and separate themselves from those who they deem unequal or unworthy, while not realizing that their similarities are much stronger and more effective in creating change. *“Regarding the relationship between personal and collective consciousness-all consciousness is sourced from one consciousness”* (Elgin, 1997). We are all connected through a web of intelligence that essentially makes us “one” and creates coherence when we tap into it by raising our awareness. When people begin to raise their awareness and make a shift towards healing personally and socially, change occurs. Regardless of our individual experiences, we are entangled and are immensely powerful when in a universal mindset. *“Cultural healing means overcoming our deep and profound sense of separation- from one another, from the Earth, and from the cosmos. Healing occurs when we realize that the life-force that unites us is deeper than the differences that divide us”* (Elgin, 1997). It can be a great challenge to rise above your personal needs to come together; and it is understood that individual healing needs to take place first, but when minds are put together with the intent of creating change, the effects that take place are groundbreaking. Humans are similar to radios in the sense that we are connected within the universe through frequencies. Our brains are like an antenna picking up those different frequencies; every thought that we have is connected to a certain frequency and the more a person raises their awareness, the easier it is to manifest change. *“Recent experiments in remote viewing and other studies in parapsychology suggest that there exists an ‘interconnectiveness’ of the human mind with other minds and with matter. This interconnectiveness would appear to be functional in nature and amplified by intent and*

emotion” (Radin, 1997). If distance does not matter because our minds are connected, then we can apply intention to heal as a whole from wherever we are in the world.

Inner consciousness/Inner healing

Having a first person experience through thoughts, intentions, and emotions are what we consider our own consciousness, this is our inner movie that plays and no one else can experience except you; the subject experience of the mind and world is your stream of –consciousness. Although neuroscience, which is the easy problem of consciousness, can explain our behaviors and brain processes that may indicate certain states of consciousness such as reading emotions, it does not explain the hard problem of consciousness, which is our inner movie (Chalmers,2014). Phenomenal consciousness is concerned with the hard problem of consciousness, which is what it is like to be a subject from the first person point of view as well as why and how physical processes give rise to our conscious experience. Some approaches to the hard problem of consciousness include the idea that consciousness is reducible and can be viewed as a large algorithm or computation; it can be considered primitive which leads to a possible dualist theory where consciousness is separate from and also interacts with the brain (Chalmers, 2014). The meta problem of consciousness is the difficulty with explaining problem reports, which state the hard problems of consciousness; it is a puzzle about behavior that is considered an easy problem that can be understood through a more functional explanation. To be conscious means that you are aware of your own thoughts and experiences; you can make sense of your own consciousness by knowing what is not conscious, such as a robot (Chalmers, 2014). A robot can be programmed to do certain

tasks, but it is not self-aware, it lacks a sense of self, emotions, and inner life unlike yourself.

Inner healing requires self-exploration and a set of beliefs and behaviors that will allow for healing to take place. We are meant to be in touch with our mind and body, which requires a certain level of awareness. *“To be conscious is to be aware, and to be aware is the key to presence and healing for self and other”* (Dossey, 1994). Being in touch with your mind and body allows you to better assess how you’re feeling while also getting to the roots of your thoughts and emotions. Emotions can be defined as energy in motion and when we are not in touch, we are not able to understand why we’re experiencing negativity; our minds continue to feed us similar negative thoughts, which can cause damage to your organs and disrupt coherence within your body. *“Emotions are actually a physiological process rather than just a mental construct- when you experience an emotion, it is actually the result of neuropeptides being released into the body and attaching themselves to receptors in every cell of the body”* (Weissman, 2013). What people think of themselves and the experiences they have had are what they become. Your biology is your life story and the body stores all of this information, shaping you. For healing to begin, you have to look inward to change the perception of yourself and the outer world. Our bodies are constantly recreating themselves through every thought, emotion, and experience we have and once we strengthen the mind and body connection, we have more control over the shifts in our biology. *“Emotional energy contributes to the formation of cell tissue and forms an energy language which carries literal and symbolic information. In this way, your biography—that is, the experiences that make up your life—becomes your biology. Your body contains your history—every*

chapter, line and verse of every event and relationship in your life” (Van de Grift and Ingraham, 2019). We spend more of our time trying to suppress feelings from the past rather than imagining a future that we truly want for ourselves; in fact, we use almost 90% of our energy to suppress our feelings and thoughts of the past (Tripodi, 2013). All of the energy used for suppression can instead be used for creation once you release it. The key to healing is remaining present and reaching beyond your physical world/body; this is essential along with a shift in your previous beliefs that are holding you back. Thoughts are the language of your brain and your emotions are the language of the body; you can become stuck in a vicious cycle of your thoughts, creating feelings and feelings creating similar thoughts (Dispenza, 2017), which can make change an immense challenge. Understanding the way our brains function and shape us can lead to a comprehensive view of healing. Because your brain is a product of the past shaped by your life experiences, creating new life experiences and changing your environment allows for stuck energy to be released and leaves space for healing to occur.

Methodology

Project coherence is a collaboration with the HeartMath Institute; this project includes a multitude of experiments, one of which they took a small random sampling of 50-75 people to test if they could affect the nervous system of others in a state of coherence. Students were placed in front of the room and guided through three meditations for 24 hours; HRV monitors were attached to their chests to provide information about the brain, emotions, and coherence of the heart (Dispenza, 2013). The students focused on breathing slowly into their heart space; they then sustained an elevated emotion for 2-3 minutes, which strengthened their hearts' electromagnetic field

and helped them shift from states of selfishness to selflessness. After, the students as a whole (550-1,500) projected their elevated energy beyond themselves into the entirety of the room with the intention of sending the other students healing, enrichment, and mystical experiences (Dispenza, 2013). They measured the collective energy in the room and its potential nonlocal effect on people wearing the HRV monitors. The results proved that people who meditated to send healing and love successfully produced a synchronous and coherent impact on the peoples' bodies wearing the HRV monitors. Over a few days, they used a Sputnik sensor, which can quantify fluctuations in the environment by measuring electromagnetic fields, humidity, air temperature, and barometric shifts (Dispenza, 2013). As each day went on, the students were able to raise the vibration in the room quicker than the previous days, this showed that students had an easier time communicating through their heart centers.

Two double-blind studies examined the effects of healing intention focused on another person. They hypothesized that a group's distant healing intention was correlated with changes in the average autonomic physiology of distant individuals in treatment versus control conditions. The first experiment examined the effects of the group's collective distant healing intention (DHI) on the autonomic functioning of an isolated member of the group; they tested the impact of sending beneficial thoughts to the isolated person sitting in a room 200 meters away. The group sat for 20 minutes while sending nurturing thoughts to the isolated individual without any healing intention or specific therapeutic outcome. The experimenter rounded up two groups of people from Las Vegas; 21 people were placed in group 1 and took part in a six-week spiritual program. Both groups displayed immense enthusiasm and belief in the power of distant mental healing (Radin, Machado, Zangari, 2001). The individuals who played the distant patient were

carefully monitored using a psychophysiological device throughout the experiment. This device monitored the patients' electrodermal activity, blood volume pulse in the fingertip/heart rate, and their breathing volume using a bellows transducer. For this experiment, six variables were formed, including respiration rate per minute, which averaged over the preceding five seconds, respiration volume (chest expansion), averaged over the preceding five seconds, heart rate in beats per minute, averaged over the preceding three seconds, fingertip blood volume, averaged over the preceding three seconds, skin conductance response, and skin temperature on the pad of the left thumb. A random permutation analysis (RPA) was used to determine the probability of the difference observed between physiological waveforms recorded during treatment and the control conditions (Radin, Machado, Zangari, 2001). Group 1 went to the Consciousness Research Laboratory once in the evening and completed four sessions throughout four hours. Group 2 went to the lab in the evening four times for three hours, completing 11 sessions.

Fifteen participants filled out a questionnaire before and after the sessions. The data shows that all essentially moved from discomfort before to comfort; their responses to the questions regarding motivation to be healed, experience, and belief were significantly high. The experiments add to the empirical database, supporting previous studies testing distant healing intention (DHI). Many interpretations could explain shifts in physiology, such as the person receiving the healing could subconsciously or consciously self-regulate their own. Distinguishing influence vs. perception is crucial to discovering alternative healing methods (Radin, Machado, Zangari, 2001). The results show that there were apparent shifts in these individuals' physiology after receiving beneficial thoughts, despite other possible interpretations. The study involved with group healing intention resulted in a larger effect size for shifts in electrodermal activity

than observed in previous meta-analytic estimates involving individual intent. The results suggest that groups may enhance DHI effects.

A study about reducing U.S. homicide and urban violent crime and collective consciousness hypothesized that the group practice of transcendental meditation and TM-Sidhi program is associated with reduced violent crime rates. The data was collected using an interrupted time series analysis or an intervention analysis (Cavanaugh, Dillbeck 2016). The studies used a time series regression to test whether or not there was a change of trend in measures of U.S. violent crime involved with an intervention-based group practice of the TM-Sidhi program. A group of students, staff, community-based members, and faculty from Fairfield, Iowa, at the Maharishi University of Management met before and after school to practice transcendental meditation. In July of 2006, attempts to broaden the size of the TM-Sidhi program from less than 1,000 to a more significant number to predict a positive influence produced for the entirety of the U.S. Despite other possible variables, during the intervention period between 2007-2010, there were statistically significant reductions in crime rates which support the hypothesis. (Cavanaugh, Dillbeck 2016).

Steve Morris conducted a study that examined whether or not a group of people trained in maintaining high states of heart variability coherence (HRVC) could encourage higher levels of HRVC in untrained subjects within proximity. The design included 15 adult volunteers trained to increase their HRVC in 148 trials using six experimental protocols that lasted 10 minutes. Three of the trained participants were placed with one of the 25 volunteers to determine if the three could induce higher levels of HRVC. The HRVC of the inexperienced participants was higher in about half of the total number of matched comparisons and was primarily highest when all subjects were focused on achieving higher levels of HRVC (Morris, 2010). A statistical

relationship was found between the success of the trials and the participants' comfort with each other. Higher levels of inter-group comfort were found to be positively connected to increased HRVC. Many methods such as correlation analysis, coherence analysis, and wavelet coherence analysis revealed heart rhythm synchronization between group members. More significant levels of HRVC were found to be correlated with higher levels of heart rate synchronization between the participants. These results propose that a coherent energy field can be amplified by the intentions of groups. These outcomes postulate that higher levels of comfort between group members increase coherence in the field; they also suggest that heart rhythm synchronization between participants strengthens heart-to-heart biocommunications (Morris, 2010).

Princeton University and the Institute of Noetic Sciences created the global consciousness experiment; it is an international, multidisciplinary project that consists of many engineers and scientists. It consistently gathers data from a web of physical number generators dispersed throughout 70 different locations worldwide. The data is then transferred to a home base, which contains over 15 years of data saved. Random number generators (RNGs) sensitive to the intentions of individuals and can also respond to them. Spikes of organization are recorded during moments of mutual attention and emotions (Nelson, 2001). The RNGs responded and presented the most prominent effects recorded by the Global Consciousness Project during many significant events such as 9/11. They are looking for associations that may reveal the activity and existence of consciousness and hypothesized that order would appear within random data related to universal events that entangle our hearts and minds (Nelson, 2001). In 2001, Dr. Roger Nelson executed an exploratory analysis to assess the possible cumulative effect of meditation and engagement events studying global harmony upon the EGG network (Nelson, 2001). The data gathered from all 56 events suggests that despite there being a slight decrease in efficacy of

promoting coherence when groups of people are actively engaged and meditate to increase peace, interconnection, and harmony, they may affect the physical realm.

This research explains the evidence for distant intentionality (DI) being associated with activation in specific brain functions in the recipients; using fMRI technology they were able to demonstrate certain effects caused by distant intentionality. The recipients were put in an MRI scanner and separated from the healers. The healers sent distant beneficial thoughts to the recipients in the MRI scanners at random 2-minute intervals. During the experimental procedures the frontal area, anterior and middle cingulate cortex, and precuneus were activated in the recipient's brain; revealing that a healer with the intention of making a connection with the distant recipient, can cause shifts in their brain functioning. Between the control and experimental procedures substantial differences were found ($p=0.000127$). "Inclusion criteria for the healers included acknowledgment within their communities for their healing abilities, fulfilling cultural requirements for training, apprenticeship, and practice, a stated belief in their ability to turn on and off their intentions within a time frame of approximately 2 to 4 minutes, ability to name an individual with whom they claim a special connection, who understands the goals of the experiment and is willing to undergo an fMRI scan. The inclusion criteria for the receivers of DI included being selected by the healer as someone with whom they feel a close or empathic connection, having the standard requirements for receiving an MRI (no implanted devices or metal objects such as pacemakers, joint pins) and no history of claustrophobia, and willingness to undergo an MRI scan of 34 minutes' duration and a postscan interview" (Atcherberg, Cooke, Richards, Standish, 2006).

Conclusion

Einstein stated that reality is an illusion, meaning that authority molds our perception of reality, and because of that, we cannot comprehend the multidimensionality of our universe. The three-dimensional reality is the idea that nothing exists beyond matter. When we comply with this idea, we stay trapped in our bodies as someone, something, somewhere, in some time; if we can get beyond our physical senses and into the quantum field or “zero” point field, we become nothing, nobody, nowhere, and no one. When you do this, your mind and body begin to synchronize, which leaves space for healing or manifesting. “If you can intentionally create a coherent electromagnetic field around your body, and you are related or connected to someone in your life who is also intentionally creating an electromagnetic field around their body, the waves of this shared field would begin to synchronize in a nonlocal way. As the waves from both individuals synchronize, they generate bigger waves and stronger magnetic fields around you, connecting you to Earth’s electromagnetic field with an increased field of influence” (Dispenza, 2013). Accessing the quantum field allows you to manifest what you desire, but this field also contains all negative possibilities, and we have the power to manifest any of these potentials. The amount that we are conscious of is comparable to the tip of an iceberg, and the majority is processed unconsciously or subconsciously (Weissman, 2013). When you become aware, you can influence matter with your thoughts and intentions from any distance; this suggests that we have the power to unify our minds to move towards a healthier and more sustainable life. We are at a pivotal point in history right now, which pushes the need for a higher and more interconnected consciousness that we have not been operating. “The universe evolves towards consciousness, toward eyes that see and minds that perceive and, eventually, come to know that they know” (Kripal, 2019).

We have become used to the idea of individuality and division as a way of protecting ourselves and our communities. Humans are complex systems comprised of many interrelated networks of biological structures and operations, and consciousness is responsible for the structuring, organizing, and harmonizing of these complex systems. All living species in the universe are connected within the fields that are not visible to our eyes. “Nothing can be considered as separate, alone, or lacking relationships. One of the more surprising findings that have emerged from physics is quantum coherence, which has given rise to the prediction of non-locality and instantaneous communication between subatomic particles separated by vast distances” (Bohm & Hiley 1993). Because our universe is a massive web of frequencies with unlimited potential, we can affect matter and possibly heal from a nonlocal distance. No matter where you are in the world, you can communicate through the quantum field when your body and mind are in a coherent state and aligned with other groups or individuals on similar or identical frequencies. When groups of conscious people come together to meditate and intentionally send thoughts of love, peace, healing, and harmony, the outcome is almost always a reduction of violence and crime. “It is postulated that as increasing numbers of people add coherent energy to the global field, it helps strengthen and stabilize mutually beneficial feedback loops between human beings and the earth itself” (McCraty, 2014). The results from each study reveal that we are organized by a higher intelligence and that our minds have immense power when there is intention.

Fish and birds seem to operate on a unified mindset, which allows them to move widespread synchronously and get things done as a flock or school; this phenomenon is called a bottom-up theory, which means there is no individual leader of the group. Instead, all minds are put together to operate as one giant brain. The more people with conscious minds put together,

the greater the influence on influencing matter and transforming societies. Consciousness is considered fundamental because it is the basis for organization and coherence in complex living systems; our brains don't contain it but instead give rise to consciousness through many different neurological processes such as recognizing facial expressions. A higher and ubiquitous intelligence also organizes the systems of organisms without a brain or central nervous system. Fungi are great examples of this. The fungus can germinate in the body of an insect and grow towards its central nervous system; through this higher intelligence, fungi also understand how to map out the lay of the land and absorb the best possible food for them. This postulates that consciousness is the basis for intelligence that goes far beyond the physical realm. "All matter originates and exists only by virtue of a force, we must assume behind this force is the existence of a conscious and intelligent mind, this mind is the matrix of all matter"- Max Planck

Graphs

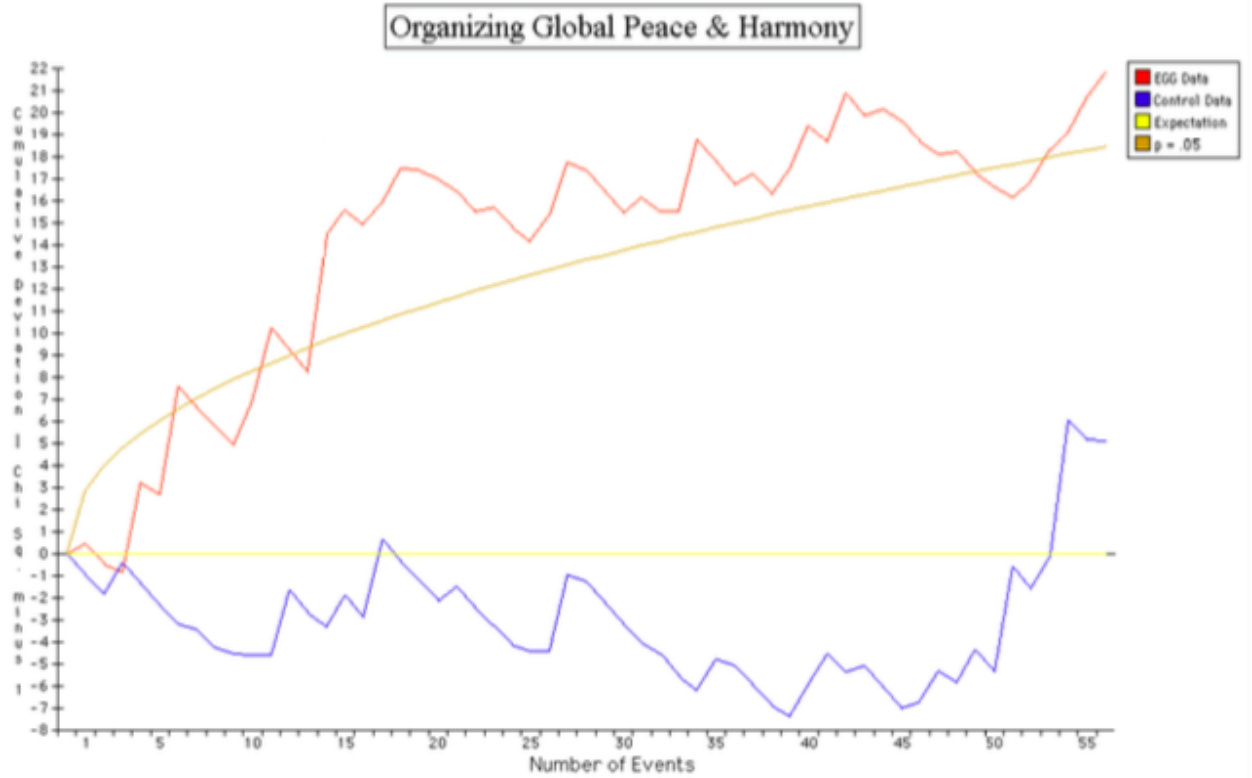


Fig. 2. Cumulative deviation of Chi-square for the extended global harmony dataset of 56 events. Graph from Bryan J. Williams, *Global Harmony Revisited*, (Princeton: Princeton University, 2008), 4. Online.

TABLE 1 Mean Heart Rate Variability Coherence of Participants Using Quick Coherence Technique (QCT) compared to the RELAX Mode

Participant Group		Mean HRVC Score	
		QCT	RELAX
Receivers	Mean	0.47*	-0.13
	Standard deviation	0.66	0.65
Senders	Mean	0.66*	0.06
	Standard deviation	0.54	0.41
All Participants	Mean	0.56*	-0.05
	Standard deviation	0.61	0.55

HRVC were computed by the IHM and have been normalized. Sender's SND mode results combined with ACH mode as both utilize the Quick Coherence Technique. *Significant at $P = .05$ (t-statistic = 2.74 and 3.73, respectively) and for all subjects as a whole (t-statistic = 3.07).

Table .1. shows the efficacy of QCT with signs of increased levels of HRVC. The substantial gains in HRVC were posted by senders and receivers while they practiced QCT. Table from Steven Morris, PhD, Achieving Collective Coherence. Online.

TABLE 1. CLUSTER RESULTS FROM THE GROUP ANALYSIS

<i>Cluster index</i>	<i>Voxels</i>	<i>P value</i>	<i>-Log₁₀(P)</i>	<i>Max Z</i>	<i>COG x (mm)</i>	<i>COG y (mm)</i>	<i>COG z (mm)</i>	<i>Mean COPE</i>
21	1355 475	0.00127	8.07 2.9	3.55	9.07 2.14	40.5 52.1	1.42 33.8	17.5 14.4

Table 1. There are two primary clusters. These numbers represent the results from the group analysis of the combination of the 10 subjects. Table from Richards, Leanna J Standish, Leila Kozak, James H. Lake, Evidence for Correlations Between Distant Intentionality and Brain Function in Recipients: A Functional Magnetic Resonance Imaging Analysis (The Journal of Alternative and Complementary Medicine, January 2006). Online,

Group	<i>p</i>	<i>z</i>	<i>r</i>	2-tail <i>p</i>
br	0.027	1.932	0.499	0.053
bv	0.425	0.189	0.049	0.850
bvp	0.546	-0.115	-0.030	0.908
eda	0.973	-1.922	-0.496	0.055
hr	0.636	-0.348	-0.090	0.728

Table 3. shows the results from the 10,000 random permutations for the group experiment. Certain physiological factors were measured such as breathing rate (br), breathing volume (bv), heart rate (hr), electrodermal activity (eda), and blood pulse volume (bvp). Table from Dean

Radin, Fatima Regina Machado, and Wellington Zangari for Effects of Distant Healing Intention through time and space, 2000. Online,

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