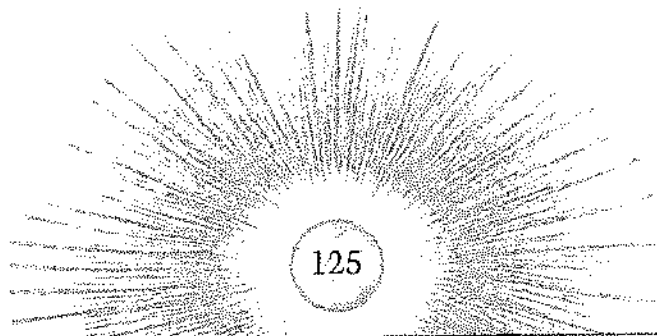


**Chapter Ten**  
BRAIN, CONSCIOUSNESS AND SPIRITUALITY.  
A NEW PARADIGM.

**CONCLUSION**  
*Pineal-Melatonin power for psychological,  
spiritual and physical health and healing.*



## SUMMARY OF KEY POINTS

- Overall health and healing benefits from the techniques detailed in this book.
- Your pineal gland, your personal cosmic bridge, creates the marriage between your brain, mind and soul. As a result, you can experience the pulse of the creator, if not its anatomy.
- The techniques detailed in this book are equally *preventative* and governments can save billions of dollars annually in health care costs.
- The value of pineal self-stimulation to medicine, psychology, governments and humanity.
- The urgent need for a spiritual paradigm (world view).
- Nostradamus predicted that between 1992-1998, a radical cancer therapy breakthrough will occur using *Sound Therapy*. Is it possible that the techniques in this book may be a part of this therapy?
- The necessity to personally self-produce melatonin and self-stimulate your pineal gland for genuine health and healing rather than merely taking melatonin from external sources.

- The critical importance of deep emotional absorption as a necessary condition for producing large increases in melatonin.
- About Health Psychology Associates: (HPA).
- Upcoming books, technique oriented workshops, audio and video cassettes, scholarships, membership benefits, awards.
- The upcoming preventative (diagnostic bio-electric field), Chakra activity scanning device, HPA member discounts for scans.

This book has provided solid scientific evidence showing how certain mind-body techniques can influence your physical, psychological and spiritual dimensions and your bioelectric field. Meditative intonations can maximally resonate with, energize and harmonize the activities of certain endocrine glands, chakras, biological tissues and nerve networks. ***There is a resonant (stronger) frequency set up between a specific intonation and that particular chakra-endocrine pair.*** In this way such intonations are effective and therapeutic at the psychological, spiritual and biological levels.

Overall, the data and models presented indicate that the proper use of meditative intonations could be health-producing and effective by:

- personally self-producing and self-stimulating your pineal gland to produce more melatonin to maximize your life-span and prevent the possibility of cancer and other diseases.

- self-producing melatonin. This is *far far* more superior for genuine healing and health than merely taking melatonin from external sources. The entire brain-immune-hormonal, cellular-pineal and limbic systems are harmonized and activated.
- operating as hypnotic induction tools and techniques.
- properly regulating the activities of biological tissues, cells, organs, CNS, ANS, Limbic-pineal system, immune, and endocrine systems and the bioenergy field.
- by regulating the activities in particular of the pineal, pituitary and thymus. Such regulation has profound implications for health and healing, especially for cancer, aging, stress, psychiatric symptoms, age-related disorders, insomnia and cardiovascular diseases, as well as those diseases already mentioned.
- by positively altering the state of consciousness in a person.
- by re-organizing brain and limbic neural cognitive maps which have important implications for altered states of consciousness, a person's degree of spiritual development, self-actualization tendencies, ego-strength, a healthy personality, advanced stages of human development, and even Cosmic Consciousness.

Mantras are also generally parts of rituals. It is known that rituals themselves heal, as they help to reconnect us with our spiritual nature, decrease our sense of alienation, increase social support, and influence our mind-body-spirit system in a positive healing direction. The technique in this book was used in a laboratory scientific setting; it is very likely that its healing effects will be even more powerful when properly used in a ritualistic, sacred and reverential setting with solitude.

***The importance of being inwardly absorbed, and the need for intense emotions if large melatonin increases are to be obtained.***

It is necessary to make the mind blank, thereby shifting from an objective to a subjective or even subconscious mode of

awareness. With the mind blank, you can then inwardly focus and be intensely absorbed with the technique. This is one of the crucial "active ingredients." The other appears to be a self-produced emotionalized state which can activate the limbic-neuropeptide-pineal network. ***Subjects who showed the greatest increases in melatonin levels had "put their heart and soul" into the technique.***

### **The Neuropeptide-Limbic-Pineal Network**

It is also important to realize that the process of being deeply emotionally absorbed while doing the technique activates your neuropeptide (brain biochemistry) system which is the biological basis (substrate) for the emotions. The activation of this system produces a waterfall like effect of neurotransmitters (brain chemicals) which positively influence virtually every cell in the body and the DNA (genetic material). Furthermore, the immune system (the liquid nervous system) is also stimulated and energized by these neuropeptides.

### **The value of pineal gland self-stimulation techniques to science, psychology, and humanity**

The process of meditative mantra intonations can be a tool and technique not only for eliciting mind-body health and healing but also for attaining various states of consciousness and positive emotions.

In such positive altered states, scholars in the area of consciousness and spirituality studies can develop experiential tools and techniques for investigating this area and which could also eventually lead to a new *quantum-spiritual paradigm*. *It is interesting to note that Norris noted that twenty Nobel Laureates predicted that by the year 2000, Nobel prizes would be awarded in the area of consciousness studies.* Harman<sup>43</sup> of the Institute of Noetic sciences says there is a special need for a reunion of science and spirituality, while Fritjof Capra<sup>57</sup> the physicist, and the theologian Steindl-Rast<sup>57</sup>, suggest ***that the reunion between science and spirituality is already occurring.***

I propose that proper meditative intonations in the correct setting can increase the momentum of the consciousness revolution by assisting researchers in attaining other non-everyday states of consciousness and subsequently in altering their numerous personal notions of consciousness discussed by Baruss<sup>27</sup>. This could help us create a new model of the brain, mind, consciousness and soul, (see figure 19). As these models evolve, new theories and models will develop which could cause the needed paradigm shift. Kuhn<sup>193</sup> has indicated that new ways of looking at things create paradigm shifts.

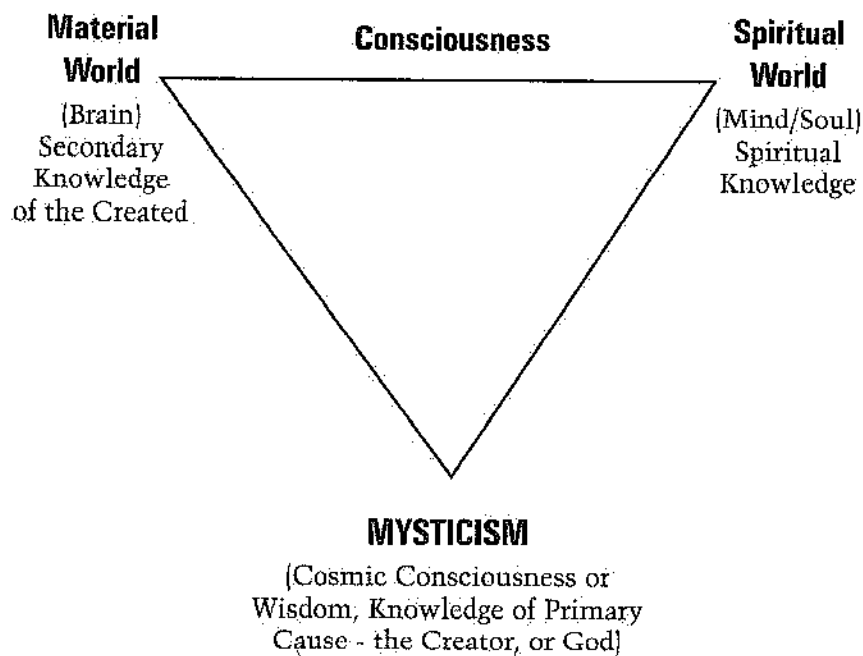


Figure 19. *The pineal gland and the human brain with its emergent mind and consciousness act as a personal cosmic bridge to access and tap the spiritual world pulsations and hardware laws of the cosmos or unified quantum field. When this occurs non-polarized, synthetic, holistic and integrated thinking occurs and a synthesis occurs between brain, mind, levels of consciousness and soul. As a result, one experiences the pulse of the creator, if not its anatomy.*

I strongly suggest that we re-conceptualize our paradigms, models and theories using a quantum mechanics-spiritual/mystical perspective. In addition, we must incorporate the essential notion of the existence of a unified field of intelligence, with its inherent order, elegance, and consciousness which suffuses and pervades the Cosmos.

### **The need for a spiritual paradigm**

Essentially, we cannot separate in theory what is inseparable in life. *As all climbers toward the mountain top of actuality must, out of necessity, come closer together as they approach the summit. The synthesis of neurosciences, consciousness, and spirituality is crucial to the development of a spiritual paradigm and to humanity.* Mysticism, a discipline of unitary (non-polarized thinking), does not reject science but rather ennobles it. The biologist Sattler<sup>305</sup>, at McGill University notes that since openness is a basic feature of life, philosophising in a closed system can only lead to an utterly fragmented view of life. *This fragmentation exists today with our strict reliance on and adherence to the reductionistic (materialistic) paradigm, which unfortunately rejects spirituality and consciousness as core concepts.*

It is time for a paradigm shift incorporating and synthesizing the reductionistic (body only), dualistic (body and consciousness), and monistic (consciousness only) approaches. A paradigm is a model of reality. Paradigms actually shape the pursuit of knowledge and shape our value systems and humanity's cultural and spiritual development. To be accurate, paradigms and models must naturally approximate or resonate in principle with the laws of nature and the conscious unified field. I propose that since (the universal mind) the quantum unified field and consciousness are actualities (they exist), they must be incorporated into our models of the world. If a human being is a microcosm of the macrocosm, then the universal mind cannot exist in the universe and not in a human. Furthermore, because a universal mind and consciousness do exist in the universe and in a human, then any doctrine, model,

theory or paradigm which attempts to explain nature's or human phenomena *without* "a consideration of the universal conscious mind" and consciousness are **inaccurate and incomplete**. Humanity currently seems to be a species universally endowed with improper contact lenses, so that we only see a narrow, distorted reality, and with only the eye of the "flesh" (objective consciousness) being functional to a limited degree.

*The techniques detailed in this book can assist us in alleviating our mind-body-spirit health problems and can also be an effective tool and technique for properly investigating and exploring higher states of consciousness, our inherent spirituality, the meaning of life, our place in the cosmos, and other age-old spiritual concerns of humanity.* It has the potential to cause urgently needed changes in human values from materialism to spiritual issues and for weaving a synthetic paradigm incorporating the body/mind consciousness and spirituality.

For those who are interested in the renowned "psychic" Nostradamus, it is extremely intriguing to learn that Nostradamus had made the following predictions<sup>131</sup>:

- A. That new methods of cancer treatment will develop over the years 1992 - 1998. Experiments will indicate that sound waves leave cancer growths lifeless.
- B. Medical experiments and diagnostic tests will fix the precise and unique sound frequency at which individual cancers may be killed.
- C. Kundalini energy, chakra, and color therapy are also discussed in Nostradamus' book; and the author has suggested that similar sound treatment techniques could open up entirely new therapies.

Indeed, it is very tempting to think that these meditative intonation techniques—as described in this book—could be part of this new "cutting-edge" therapy.

#### **Implications for theory, research and clinical practice**

The research on which this book is based, scientifically tested an age-old spiritual doctrine and practice.



In view of *the remarkable results obtained, humanity now has an additional, easily accessible, inexpensive, easy-to-learn and fast (10 mins.) technique for influencing a person's psychophysiology, spirituality, pineal gland activity, mood and states of consciousness.* The findings of this study also hold important practical implications for medicine, psychiatry, gerontology, humanistic psychology and consciousness studies. Since Lissoni<sup>206,208</sup> found *that cancer remission was strongly associated with increasing melatonin levels, this technique could possibly be used for cancer prevention and remission.* In addition, it can slow down the aging process and have therapeutic effects on the other aforementioned disorders in which melatonin is involved, in particular for Alzheimer's disease and psychiatric disturbances. The fact that alcohol, nicotine, and illicit drugs depress the pineal gland activity, while exercise and healthy living increase pineal activity, is a very important reminder that a lifestyle that includes alcohol consumption, smoking, and prohibited drug intake may well be the etiological (causative) factor in cancer and other melatonin-involved disorders. There are also important potential benefits to society and governments. By using this technique as an adjunctive (additional) therapy and as a preventative intervention for cancer, Alzheimer's, psychiatric, cardiovascular and stress-related disorders, *there is the potential to save billions of dollars each year in our health care systems.* In addition, at the same time this technique can improve longevity and youthfulness and slow down the aging process. Generally, practitioners of this technique ought to be enjoying much better physical, mental and spiritual health.

Moreover, there could be a gradual shift in societal values from the material (reductionistic) world view to a more caring, global, interconnected consciousness, with a sacred and spiritual perspective on life and our fellow global citizens. This could occur because this technique by its very nature causes a person to experience the spiritual dimensions that exist within each of us and in the cosmos. In addition, these techniques provide tools for attaining and exploring various states of consciousness that *nourish your spirituality.*

### **██████████ Daily and weekly practice times - do not exceed**

Any rapid rise in melatonin levels are counter productive. There must be a *gradual* but consistent rise, until melatonin levels are at their normally correct blood levels. Therefore it is recommended that the short form (10 mins.), could be done twice a day with the long form (20 -30 minutes), once per week when you have more flexible time, (preferably 30 minutes before bedtime; 10-10:30 p.m.).

In addition, it is necessary to alter our current lifestyles, diet (food, drink, thoughts, exposure to various intensities of light, magnetic fields, and toxins and the types of music we listen to) towards the positive healing types already discussed.

**Failure to consistently practice according to schedule, or procrastination is one of our greatest human weaknesses, and this technique can cause health - producing effects only if you practice correctly and regularly as described.** This is the limitation of all mind-body techniques. It requires a pro-active, disciplined, and highly motivated approach. There is an abundance of scientific evidence for lack of compliance in even taking one's own medication. The dynamic techniques presented here are quite *unlike* the path of least resistance that we are all accustomed to and prefer, that is, taking a "magic pill" or injection. Simply waiting and hoping for scientists to develop and have available that "magic cure pill" which requires no "mind-will" effort is futile. Perfect health requires sustained work, practice and technique. We know that regular vigorous exercise is necessary for a healthy heart and longevity, but do we do it? The same can be said for smoking. We know it causes lung cancer; we now know it inhibits pineal activity thereby increasing the risk of cancer, but will we stop it? The same for alcohol and psycho-active drugs which are known to cause erratic and abnormal pineal activities.

*Indeed, humanity now has access to techniques which require that we change our lifestyles from indolence (laziness) to dynamism and our thoughts from a negative and divisive approach to a spiritual (unified) approach, if we wish to attain and maintain psychological, physical, spiritual, social and ecological health. The choice is yours. Our choices, attitudes and*

Brain, consciousness and spirituality. A new paradigm.

*beliefs today determine our tomorrows. **Humans are free agents.**  
As we choose, we decide, create and determine our tomorrows.*

**We will each one of us decide whether our tomorrows will be filled with sorrow and suffering or spiritual peace and health. I encourage you to take up the challenge, use the techniques in this book, and make your future, your family's future, and that of your friends and humanity a healthy and spiritual one.**

A series of audio tapes with these techniques and intonations are available. See pg 249.

## IMPORTANT TERMS

### 1. *Emotionalized mantra or vowel sound intonations (toning)*

This is a technique in which the voice is used as a therapeutic tool for healing and revitalization by intoning certain sounds. In this technique every effort is made to intensively emotionalize the intonations together with sacred and reverential thoughts. This technique, in order to be effective, requires both emotionalized vocalization and simultaneous vivid imagery. Toning is different from singing, because in the former there is a more prolific use of vowels, melody, tone, and pitch, compared with an emphasis on consonants and rhythm in the latter. Examples of such healing sounds are the proper intonations of OOM, AUM, EHM, THA, RA-MA, AIU, AYE, EEE, OOO, EYE, AH. These intonations are effective by creating harmonic resonances within your body tissues, pineal, pituitary and thymus glands, your bioenergy field and in the external environment.

### 2. *Altered states of consciousness*

There are numerous definitions and characterizations of this phenomenon. For this book, a normal-everyday state of consciousness generally indicates the objective awareness, cognitions, alertness and brain activity which occurs when we are awake and performing our normal, everyday duties eg: working. This allows us to be aware of and to interpret objective (external) stimuli and our internal body processes. A positive altered state is a non-ordinary state which is usually triggered by certain stimuli (external or internal) and it can be associated with increased relaxation, decreased stress, oceanic oneness, reverie, mystical or spiritual experiences, peak experiences, integrated thinking, increased creativity, ineffability, PSI ability, peaceful feelings, and, in the highest state, Cosmic Consciousness (Andrea, Lewis, and Bucke).

Certain scholars like Alexander, Lewis, Mandell and Maslow propose that regular "peak experiences" and limbic kindling, augmented by self-actualization behaviour and mystical practices, assist in the development of these higher mental states of enhanced creativity and knowledge. It is believed by mystics and spiritual teachers that knowledge obtained in these states of consciousness can be useful to an individual and to humanity.

### **3. *Spirituality***

This refers to the psychological dimension in human beings which allows for the sense of connectedness to the Cosmos as a whole. It is this non-sectarian human dimension which some call the pulse of the Cosmos or God. It is generally considered to be free of restricted sectarian religious experiences and doctrines. It is an advanced state of mystical consciousness and being, of resonating with the "mind of God." The humanistic psychologist Elkins and his group have identified several components of spirituality: (1) an experientially based belief in the existence of God, (2) a meaning and purpose in life, (3) a sense of a mission in life, (4) a sense of awe, reverence and sacredness of life, (5) ontological thirst, that is, an intense search for direct contact with God and not things of a material nature, (6) altruism, and (7) idealism.

### **4. *Melatonin Bioassay (Radioimmunoassay - R.I.A.)***

A bioassay is a comprehensive set of scientific methods, validation procedures, and precise measurements used to determine the behavior, content or concentration of particular biochemicals within a fluid medium or biological tissue. In this research, melatonin bioassay is such a procedure that measures the concentration of melatonin (MLT) in the subject's urine. This is used as an index or a measure of pineal gland activity because MLT is the major hormone produced by the pineal gland.

Radioimmunoassay (RIA) spectrophotometric techniques and immunological/ biochemical equipment were used in this research. See extensive validation protocol details and manufacturer's reagent test details in the appendix of the 350 page scientific study.

### **4. *Vivid visualization***

A highly vivid eidetic mental image which causes the imager to have difficulty in noticing any difference in reality between the imaged objects or the real object. Eidetic images seem and feel to be real and alive in our minds. Eidetic images are neurologically indistinguishable from perceptions.

### **5. *Bioenergetic***

The newly emerging empirical perspective on biological medicine that builds on spectroscopic findings. The

bioenergetic view alleges that the human body, cells, and organs are essentially a quantum field of bioelectrical networks. This perspective shifts away from the biochemical level (atomic and molecular interaction) to the bio-electromagnetic level for understanding the healing processes in the body.

**6. *Chakras / Psychic Centers***

These are bioenergy centers associated with certain endocrine glands in the body, eg. pineal, pituitary, thymus, adrenals. These centres act as bioelectric transformers and energy resonance systems to help us maintain proper health (physically, psychologically and spiritually). More details are in table C and D.

**10. *Mysticism***

A body of doctrines, techniques and experiential practices which assist and enable a person to attune with the universal conscious mind. These practices are intended to reveal the laws of nature, cause a person to become more spiritually minded, and eventually attain Cosmic Consciousness (full knowledge of nature). The Rosicrucian Order A.M.O.R.C. in San Jose, California (408-947-3600) is considered to be the world's oldest fraternity offering unique training (homestudy) and teachings in mysticism, science and spirituality, available for men and women of every race, religion and creed.

**11. *Resonance***

All is vibration is a fundamental law of nature. In a person, all biological tissues, cells etc. and various "wave forms" representing states of consciousness are vibrating with certain high frequencies. When these frequencies are influenced and stimulated by the fundamental frequency (F) of the cosmos, there is a new harmonious wave form created between the person's physical, psychological and spiritual waveforms and that of the Cosmos. This new harmonic frequency at which all aspects vibrate is the resonant frequency. This condition is called resonance. It produces health, healing, and higher levels of spirituality.

**12. *Autonomic Nervous System (ANS)***

This is made up of two parts: the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). The ANS is anatomically connected to the hypothalamus, pituitary gland, pineal, thymus, lymph nodes, adrenal glands,

and limbic systems. It is responsible for all the "unconscious" activities of the body eg., digestion, circulation, breathing, cellular activities, hormone and enzyme synthesis, and it has a pervasive effect on all organ and cellular systems. See table E (Section B). Autonomic transmission is at a different (faster) rate than transmission within the (CNS) or Central Nervous System — the brain and spinal cord.

The ANS exists as a chain of ganglia (ganglion singular) along the spinal cord. Ganglia are considered to be biological "transformers" and relay stations. They alter and re-direct the nerve impulses between the CNS and ANS.

The ANS is extensively distributed throughout the human body and its dysfunctioning (improper functioning) is known to have severe negative effects on a person's psychophysiology and health. It is quite well established that many "psychosomatic" disorders are due to a dysfunctional, especially hyper (over) activity of the SNS or PNS. Furthermore, the ANS ganglia have a very close relationship to the chakras (psychic centres) of energy medicine and spiritual doctrines.

### **13. Limbic System**

The limbic system (which includes the hippocampus, amygdala, median forebrain bundle) has extremely important influences on and is influenced by the CNS (brain), ANS, immune and endocrine systems. Furthermore, it is known that the limbic system is highly sensitive to THOUGHT, imagery and visualizations. These wave forms, depending on their nature, trigger a cascade of neurotransmitters which have pervasive and profound influences on all the inter-connected biological systems. Some Neuro-scientists believe that the holographic paradigm can explain learning and memory. The hippocampus may in fact store data (memory) holographically. In this manner it may be involved with "unconscious memories" or the Fc (subconscious level of consciousness) in figure 45 and can resonate with F (the fundamental frequency for spiritual experiences). Such mechanisms of limbic kindling are explained in this book.

## **BOOKS, WORKSHOPS, SCHOLARSHIPS**

### **and AWARDS AVAILABLE**

#### **FROM HEALTH PSYCHOLOGY ASSOCIATES INC. (HPA)**

- (1) Health Psychology Associates (HPA) specializes in health, consciousness and spirituality issues. Health Psychology Associates Inc. will be publishing the following books and conducting the following workshops from 1998. Write for membership benefits and details, schedules, dates, publications, tapes, workshops etc.
- (2) Members of the Health Psychology Associates may receive discounted rates on workshops, books and your personalized Health report profile printouts and analysis from our computerized Medical diagnostic bioenergy scanning device, which measures your "state of health of various organs and chakra activity." It is excellent for preventative, diagnostic and therapeutic purposes. Details to be arranged. Two (2) to three (3) scans per year are recommended, they are relatively inexpensive. See pg 248-249.  
Other equipment are available for training and use by the public and HPA members to
- (3) Photograph your aura
- (4) Quickly and effectively train yourself (using biofeedback) to relax and self-regulate and to control and regulate your brain-wave patterns, using our newest computerized system.

#### **TAPES, VIDEOS, PUBLICATIONS**

- All workshops are open to the public. They incorporate theoretical information but are intensively practical, hands-on and technique-learning oriented. World experts will participate as required. They may be delivered: on site, at different locations, via computer terminals, Internet, CD-ROMS, Video, telemedia, or simultaneously to several locations, and by other methods.
- All books are written in minimal scientific language with theory and a strong technique orientation.



## **WORKSHOPS (Millennium Series)**

(Flyers and descriptions available from 1997)  
(all may not be available)

- (1) Mediative Intonations, ie. The techniques in this book.
- (2) The science of breath
- (3) Psychology of the chakras
- (4) Diet and nutrition
- (5) Dynamics of meditation
- (6) Clinical hypnosis and regression for treating various diseases
- (7) Alcohol and drug addiction control using biofeedback.  
(This has a reported 80% success rate.)
- (8) Stress management program. Insomnia, cardiovascular disease management
- (9) Energy medicine (health and healing) therapeutic, tonal, bioenergy treatments
- (10) Biofeedback techniques for pain, hypertension, clinical brain wave changes
- (11) The human aura (bioelectric field)
- (12) Visualization and imagery
- (13) Emotional intonation, healing and psychophysiology
- (14) Cancer and psychoneuroimmunology. Techniques for cancer prevention, reversal, and remission. Implications for Alzheimer and several other diseases.
- (15) Neuromysticism: The brain, mind, and consciousness
- (16) Creativity studies and self-actualization, vocation and your spirituality
- (17) Consciousness (ESP, telepathy, dreams, altered states, meditation, intuition, revelation, projection of consciousness)
- (18) Biorhythms / Cycles of Life
- (19) Humanistic spirituality. Your spiritual dimension and how and why they must be nourished.
- (20) Self-Esteem / Self-Actualization, Competence, Self-efficacy

- (21) Job (performance, vocation, identity, workplace and educating your true-self)
- (22) Longevity and life span development, higher stages of human development, concept of soul, and evolution of consciousness
- (23) Global and ethical issues (peace, environmental, poverty, euthanasia, abortion, cloning and genetic engineering)
- (24) Global Spirituality (United Nations)
- (25) More will be added from time to time

### **BOOKS (Millennium Series)**

#### *DETAILED TABLE OF CONTENTS AVAILABLE FROM 1997*

- (1) Brain, Mind and Consciousness - A Neuro-spiritual Approach
- (2) Biorhythm and Cosmic Rhythm
- (3) Cosmic Law and the conscious universal mind.
- (4) Creation and Evolution: A biological and spiritual synthesis
- (5) Mysticism, spirituality, and education beyond the year 2000. (New values, vocations, euthanasia, cloning, and genetic engineering)
- (6) Embryology and consciousness: The origin and development of a human from a biological and spiritual perspective. The concept of soul and reincarnation will be examined.
- (7) Health psychology and psychiatry: spiritual psychology and psychosynthesis
- (8) Consciousness studies, and their importance. Reasons and techniques for attaining Cosmic Consciousness, illumination and fulfilling one's Cosmic mission.
- (9) Evolution of human consciousness: Purpose and meaning in life.
- (10) United Nations. New World Government. Policies, mechanisms, principles, and purposes. Towards a global spirituality.

Those who would like to be part of our Lecture team and can contribute, please send your resumé with details on how and when you believe you can contribute. Your area of expertise, previous and present publications, or creations and activities in your requested area.

### *Annual Scholarships and Awards - available to members of HPA*

Scholarships are available for graduate (Masters and Doctoral) or other studies, for theses and dissertations *closely related to the subjects covered in our workshops and books*. Graduates can be in diverse fields such as: politics, law, philosophy, business and commerce, education, psychology, economics, sociology, medicine and psychiatry, consciousness studies, religious studies, mysticism and spiritualistic studies, biology, chemistry, physics and music.

**Topics:** Contact HPA for a short list of recommended topics. However, the student must submit his or her own list for consideration. The research must be original and have potential benefits for humanity and incorporate global spirituality and world issues.