

**INCREDIBLE  
Medical  
Breakthrough**

*"The Nobel Prize committee needs to monitor the next steps of this research project. A highly engaging and accessible approach."*

- James Armstrong Ph.D., Associate Graduate Faculty Member, Loyola University

*Attain health, wealth, peace, and a new you by unleashing your*

***Melatonin* power!**

*Increase your melatonin levels naturally!*

**WITHIN MINUTES THESE TECHNIQUES TRIGGER HEALTH-PRODUCING EFFECTS FOR:**

**Cancer Prevention & Reversal**

**High Blood Pressure**

**High Cholesterol**

**Insomnia**

**Alzheimers**

**Diabetes**

**Anxiety**

**Depression**

**PMS**

**Stress Reduction**

**Jetlag**

**Ranjie N. Singh, Ph. D.**  
DISTINCTION

*Restore youthfulness and extend your life!*

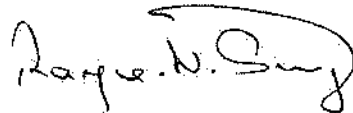
**self-healing**  
**POWERFUL TECHNIQUES**

***SELF-HEALING: Powerful Techniques***

*Ranjie N. Singh, Ph.D. (distinction)*

*Health Psychology Associates / Canada*

*for humanity . . . .*

A handwritten signature in black ink that reads "Ranjie N. Singh". The signature is written in a cursive style with a large, sweeping flourish over the "S" in "Singh".

## ABOUT THIS BOOK

- \* This book can dramatically improve the quality of your Life & Health.
- \* This is a very unique book with groundbreaking original, University level medical research.
- \* Double or triple your melatonin levels with these fast, easy to learn techniques, which enable you to self-produce and increase your body's melatonin levels naturally.
- \* Melatonin is the anti-cancer, anti-aging, anti-insomnia, immune-boosting, anti-stress hormone. Low melatonin levels significantly increase your risk for the disorders shown on the book cover.
- \* Daily practice of these techniques cause higher levels of melatonin and can prevent or reverse many serious dis-eases.
- \* It solves a 2,000 year old mystery on the importance of the pineal gland, that has always fascinated and confounded humanity.

This is the only scientific research of its kind confirming the ancient spiritual teachings that the process of emotionally intoning certain syllables (vowel sounds or mantras) stimulate the pineal gland causing healing effects, spiritual attunement, and altered states of consciousness.

Taking tablets or injections of melatonin is **NOT** sufficient for genuine healing to occur. Your self-production of melatonin by self-stimulation of your pineal gland is critical and necessary for maximum mind-body resonance and healing. This book will show you how to unleash your pineal-melatonin healing power.

**This incredible medical breakthrough book provides a host of answers to several key questions that affect every human being:**

**ATTENTION: Free personalized melatonin profile /level analysis and report is available through our Health & Meditation Centre. Urine sample is required. (See pg. 248/249 for details).**

- \* After thousands of years, is there finally scientific evidence that certain religious practices have definite health-producing effects?
- \* How do your melatonin levels decrease as you age and how can you naturally re-establish optimal health and get a good nights sleep?

- \* How and why are we killing ourselves and how do we reverse the conditions to slow the aging process?
- \* How and why do cancer tumors shrink or stop their growth as melatonin levels are increased?
- \* What healthy and stimulating effects do sound, meditation, controlled breathing and visualization have on the human body?
- \* What fast, easy to learn techniques can stimulate the brain's pineal gland to produce more of the hormone melatonin?
- \* What is the connection between Melatonin and aging, cancer, stress, insomnia, the immune system, high blood pressure, diabetes, PMS, jetlag and Alzheimer's?
- \* Why is your body's natural melatonin far more durable, potent and effective than melatonin tablets?
- \* Why is this book receiving such powerful endorsements and reviews by experts, scientists, the media and patients?
- \* How do thoughts, moods, attitudes, lifestyles and emotions affect natural melatonin levels?
- \* Which foods, drinks and other practices increase and decrease melatonin levels?
- \* How and why should you practice therapeutic touch to self-stimulate certain centres of the body?

• *"At last - solid evidence that you can increase your production of melatonin. Dr. Singh makes an important contribution to self-healing."*

**Tom Greening Ph.D.**  
**Editor, Journal of Humanistic Psychology**

• *Dr. Singh's research is unique and holds great potential value in medicine."*

**Dr. Roderick Singh, Ph.D.,**  
**Professor of Anatomy and Cell Biology,**  
**Faculty of Medicine, University of Western Ontario**

- *"Self-Healing: Powerful Techniques summarizes the most powerful healing techniques in existence. The implementation of these methods will undoubtedly lead to overall physical, mental and emotional health and balance. This work is truly ground breaking and crucial to optimum health."*

**Bill Tallman,**  
Author *Physics in Action*

- *"I fully agree that your approach is most important and worth the attention of the public and scientists. I believe a combined treatment with diet, exercise, and external (tablet/injection) melatonin would be suitable to make meditation and your special techniques even more effective."*

**Walter Pierpaoli M.D. Ph.D.**  
(Co-Author of *The Melatonin Miracle*)  
Director of Neuroimmunomodulation and the Foundation for the Aged Switzerland/Italy. Author of numerous published articles on Melatonin, cancer and aging.

- *"I speak of your research at all my healing/cancer treatment workshops. Everyone is interested."*

**Rian McGonigal**  
Digeridoo sound therapy practitioner—molecular resonance.

- *"This book is a welcome addition to the growing library of books documenting the scientific basis for the mind/body/spirit connection. It contains startling new evidence for the phenomenon of spiritual healing and confirms what the mystics have said from ancient times: The pineal gland is the physical point from which the spirit directs all else."*

**Tom Harpur**  
Syndicated columnist on spiritual affairs - *Toronto Star*  
Author of the national best-seller *Would You Believe?*  
and the *Uncommon Touch - an investigation of spiritual healing.*

- *"Dr. Singh's study suggests a link between meditative practice and increased melatonin. Amid a widespread surge of interest in melatonin, studies point to a host of new applications for this powerful hormone - related to cancer and meditation."*

**Brain - Mind bulletin (a bulletin of breakthroughs) (June 1996)**

- *"Self-Healing: Powerful Techniques - I read it with delight. It is such an important work. What a valuable contribution! It helps to validate the ancient knowledge. You have provided specific techniques to accomplish your goals and you have validated the effects of these techniques. It is empowering - it provides specific procedures that impact health. It is convincing and motivating."*

**Steven L. Fahrion Ph.D.,**

**Clinical Psychologist**

**Director of Research - Life Sciences Institute of**

**Mind-body health. Also Editor *Subtle Energies Journal***

- *"I liked it...Hot Hot Stuff. Much of what I read was quite interesting. I could see this book being of great value to sufferers of cancer and other diseases and to many others. Therefore it deserves as wide an audience as possible. It could fill a great need. Dr. Singh's work seems to be truly ground-breaking in research on healing methods."*

**J.Fritchmann**

**(Manuscript evaluator for a publisher)**

- *"Congratulations to you!! **Self Healing: Powerful Techniques** tells me that additional scientific evidence has come to light which verifies the contention of yogis on the importance of the pineal gland. Also that meditation on the crown chakra (pineal) is the modus operandi for eliciting the power of the higher self in transforming the personality."*

**Elmer Green Ph.D.**

**Director Emeritus and Research Scientist Menninger Hospital**

- *“The theoretical context in which meditation and intonations exert their effects is extremely sophisticated and well written. Plausible, novel (original) and well referenced physiological mechanisms are postulated to account for the apparent ability of this technique to elicit positive changes observed.*

**Candace Pert Ph.D.,**

**commenting on the external reader for the Doctoral dissertation on which this book is based. Internationally acclaimed Neuroscientist and Professor of Physiology and Biophysics, Georgetown University School of Medicine and previously Chief of Brain Biochemistry, Clinical Neurosciences branch of the National Institute of Health.**

- *“This is an important book. Well researched and documented. **Self-Healing: Powerful Techniques** focuses on how the breath, self-generated sounds and visualization may be used as therapeutic and transformative modalities. Dr. Singh provides a clear theory on the ability of the pineal gland and the melatonin it produces to enhance health and consciousness. The implications are quite impressive.”*

**Jonathan Goldman,**

**Author of *Healing Sounds*.**

**Director: Sound Healers Association**

- *“The Nobel Prize committee needs to monitor the next steps of this research project. A paradigm embodying consciousness for health and healing. A highly engaging and accessible approach.”*

**James Armstrong Ph.D.**

**Associate Graduate Faculty Member,**

**Loyola University, Chicago**

- *“Dr. Singh has completed a very significant dissertation in the basic science of psychophysiology. Because of its clear significance for theory and future empirical work in the basic science of psychophysiology, he received his Doctoral (Ph.D.) degree (with distinction).”*

**Ian Wickramasekera Ph.D.**

**Professor of Psychophysiology**

**(Stanford University/Saybrook Institute)**

### **Latest medical research confirms:**

- The emergence of the pineal gland as an oncostatic (cancer arresting) gland is just over the horizon, (Dr.Blask)
- Melatonin stops cancer cells from spreading, growing and dividing. It helps determine how fast we age.
- Melatonin's emergence in the treatment of breast cancer is particularly promising and an extremely exciting prospect.

### **Statements by Cancer patients who have been using this technique:**

- *"After 12 months in this programme, I AM NOW IN REMISSION!"*
  - *"It is absolutely true that practising this technique helps me to sleep much much better. No more insomnia. I can't remember when last I slept through a whole night and now I do this a few nights a week. **This is great!**"*
  - *"I feel less angry and hostile, more cheerful and positive about life. I take a more spiritual approach to life. I am much more relaxed and less stressed out. I am now convinced that I can heal myself and reverse the disease by effective mind-body intervention.*
  - *Overall I am feeling much healthier, more energetic and bubbly. I have a general sense of peace and well being. My doctor recently said, "This was the best he had ever seen me looking." He said, "You are really doing very well."*
-



### Important Notice

The ideas, procedures, and suggestions contained in this book are not intended to replace the services of your physician. All matters regarding your health require medical supervision. If you have any preexisting medical conditions, you should consult your physician before adopting the suggestions and procedures in this book. Any applications of the techniques set forth in this book are at the reader's discretion. If you are being treated for any health problems or are taking any prescription medication, please get the consent of your physician before using the techniques in this book. This book presents compelling evidence which suggests the healing importance of melatonin; it is not intended to provide medical advice or to substitute for the advice of a personal physician. The reader should regularly consult a physician in matters relating to his or her health and particularly in respect to any symptoms that may require diagnosis or medical attention. Because research on melatonin is ongoing, consulting one's physician is especially important if the reader is on any medication or is already under medical care for any illness.

Self-Healing: Powerful Techniques  
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### Dedication

This book is dedicated to humanity, my spiritual and academic teachers. Also to my very dear wife Karen, my son Richard, my daughter Karen and my precious God-children Candace and Crystal for their considerable patience, devotion and understanding during this long journey. Also, to our Golden Retriever (Teddy) who during our long walks in the park learned all about melatonin, cancer and spirituality before anyone else did. This book is also dedicated to the great religions and spiritual bodies of the world: Christianity and its sub-groups, Islam, Sufism, Hinduism, Sikhism, Buddhism, Taoism, Judaism, Yoga, Vedanta philosophy, Native Indians, Shamans and others. Also, to The United Nations, all for their precious contributions to ensuring the survival and spiritual evolution of humanity. **It is my fervent hope that this book will help to spiritualize humanity while at the same time heal each of us physically, psychologically and spiritually.**

### Acknowledgements

I am deeply indebted to Dr. Ian Wickramasekera for his invaluable expertise and insights in the area of hypnotic ability, and psychophysiology generally. Also, to Dr. Stanley Krippner (consciousness studies), Dr. Jeanne Achterberg (imagery and visualization), Dr. Thomas Greening (Humanistic psychology and spirituality) and Dr. James Armstrong (psychophysiology).

Great indebtedness also to those dedicated scientists, scholars and luminaries of mysticism and spirituality referenced in this book and in my Doctoral dissertation. (Especially MME, JC, KTM, R. Andrea, R. Bernard, H. Lewis, R. Lewis). They have all laboured over the past decades on behalf of humanity. Their work was absolutely invaluable to me and without their contributions this research and book would not have been possible.

I am also greatly indebted to all the research participants in this study. Their patience, dedication, time and effort was priceless. Also, to Ingrid Hutchinson for her expertise and efforts in reviewing the grammar, style and content of this book. To Leona Grolman, Jayne Nielsen, for typing the manuscript. To Joan and Fouad Moujalli (Research Assistants). To Jeff Sooknarine, for his advertising and marketing expertise. Finally, I am *particularly* indebted to the *people* of the countries of Trinidad and Tobago, Canada, USA and the East.

- 1) Trinidad and Tobago for having taught me that harmony and peace can exist even in the most diverse mix of ethnic, racial, political, cultural and religious people. My formative years in this country taught me to conceptualize in a tolerant, non-divisive, eco-philosophical, integrated manner – without which this book and its benefit to humanity could not have been possible, and.
- 2) To Canada and the USA, especially the University of Western Ontario (London, Ontario, Canada) and MDS Clinical Trials Laboratories (Toronto, Ontario, Canada), for providing me with an excellent education in the Neurosciences, psychology and physiology, and access to up-to-date research material, laboratory resources, *and a very peaceful environment* – without which this work would not have been possible. Also, to the Saybrook Institute (San Francisco, CA, USA) for an outstanding education in consciousness studies, health, humanistic and phenomenological psychology generally.
- 3) Finally to the East, for having enriched my life and work by providing illuminating spiritual, sacred perspectives and wisdom of the major religions. Without this, this work would not have been possible.

### **Author's Other Written Work**

#### **A) Books**

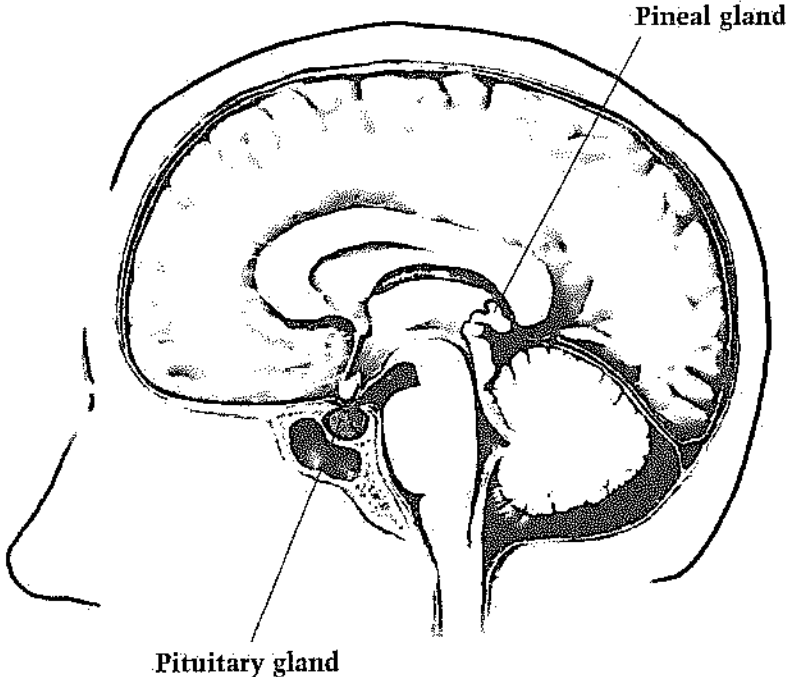
- (i) The effects of a specialized three-part breathing technique on human health: A psychophysiological-bioenergetic perspective.
- (ii) 12 additional books and 27 workshops are forthcoming from 1997 (see page 140 ) of this book for details on these books and workshops.

#### **B) Articles and manuscripts on the following have been completed:**

- (i) Neuromysticism: The brain, mind and consciousness: An integrated approach
- (ii) Creativity: A neuromystical approach.
- (iii) The importance of consciousness studies and developing new methodologies to humanistic and transpersonal psychologies.
- (iv) The origin and evolution of consciousness from energy to inorganic matter and to cells: A new paradigm with a quantum wave mechanics perspective. Implications for self-actualization and "drive" theories.
- (v) An overview of the general theories and kinds of memory and strategies for effective learning.
- (vi) A historical review of the mind-body problem: The need for a new paradigm incorporating consciousness and spirituality.
- (vii) A brief review of the history and problems of psychology with particular emphasis on the present state and future of humanistic psychology.
- (viii) A neurophysiological model of cognition to explain the various modes of knowing such as: thinking, reasoning, contemplation, cosmic attunement, revelation, and telepathy.
- (ix) Models of the origin of consciousness in the human brain.
- (x) The mind-body and consciousness problem from a neuroscience and quantum physics perspective: Proposed models for the origin of consciousness, creativity and memory.
- (xi) Learning, memory, and behavioral development can be better understood by using the holographic concept and the cognon theory rather than by the current biochemical and physiological approaches.
- (xii) Clinical biofeedback principles: Theory and practice.
- (xiii) The effects of meditative intonations on psychophysiology, pineal activity and human health.

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# Medial Surface of Brain



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The well controlled research design, biofeedback instrumentation for heart rate and temperature. Extensive, rigorous biochemical radioimmunoassay (R.I.A.) analysis protocol for urine melatonin levels. The Profile of mood states test, the Phenomenology of consciousness inventory test, Eysenck personality inventory, Tellegens absorption scale, Waterloo-Stanford hypnotic ability test.

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Detailed neuroanatomical, neurochemical and neurophysiological mechanisms and pathways to explain how meditative intonations influence your psychophysiology, states of consciousness and energy fields. The quantum-bioelectric fields of cells, their constituents and all tissues of the body - the basis for healing and remissions.

The effects of sounds on fetal, prenatal (in-utero) and other tissues, nerves, ganglia, cells and inorganic matter.



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How meditative intonations positively change limbic and cortical "maps." Self-actualization.

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# Intro

## Introduction

***This book is radically and fundamentally different from all other books on melatonin. It focuses on the prevention of diseases as well as their reversal, and describes the health-producing effects experienced by cancer patients who used these techniques over a twelve month period.***

Previous books on melatonin have focused on theory, fact and suggestions to take melatonin tablets. ***This book for the first time reveals short (10-30 minutes), easy-to-learn scientifically validated techniques*** for self-stimulating your pineal gland, a tiny gland found at the exact centre of the brain. The pineal gland is also called the "Third Eye," by mystics, and it is traditionally held to be of spiritual and psychic importance. Stimulation of the pineal gland increases production of its hormone melatonin (MLT), the anti-cancer, anti-stress, and anti-aging hormone. ***One cancer patient using the techniques in this book is now in remission and improving. She and others have found that by using this technique during the past 12 months many health-producing effects were experienced in their lives. (See inside cover for their statements).***

- A. Over one hundred million persons in North America suffer from high blood pressure and insomnia.
- B. Of all North Americans living today, about 30 percent (85 million) will contract cancer in their lifetimes.
- C. Over 75 percent of all medical complaints are stress related.

***Practicing the techniques in this book can prevent you from becoming one of these statistics. If you are in one of these existing groups, practice could alleviate or reverse these disorders.***

This pioneering research shows the exciting healing prospects for cancer, Alzheimer, insomnia, Jetlag / time zone disturbances, cardiovascular and psychiatric disorders, rapid aging, asthma, diabetes, high blood pressure, PMS, migraine, epilepsy and seasonal affective disorders. It was also found that the techniques used in this study can elicit altered (higher) states of consciousness which can nurture and increase a person's inherent spirituality. This book can assist you in self-actualization, in increasing your intuitive and creative abilities and possibly in advanced stages, in attaining the highest spiritual state of Cosmic consciousness—ie: experiential awareness of the laws, principles and the pulse, if not the anatomy of the Cosmos. During these higher states of consciousness, your intuitive and creative abilities will improve, and you will more easily be able to problem-solve, adjust to or remove those difficult hurdles in your life. Also, by liberating your unconscious you can achieve breakthrough insights, receive new ideas, approaches, concepts and new avenues which you can explore for helping you to attain and attract wealth. For example, you may receive new unique business ideas, new methods of selling your products, new ideas on expanding and improving your business, and/or unique services which you provide to others. Indeed, increased creativity is strongly associated with higher degrees of self-actualization and greater possibilities for attaining your life's vocation, thereby attracting and creating wealth in your life.

*If you properly practice the techniques detailed here, you can shift from a state of "dis-ease," suffering and pain, to one of health and healing: physically (the body), psychologically (the mind), and spiritually (the soul).*

Since ancient times, over 2,000 years ago, the mysterious tiny pineal gland in the brain was thought to be the "seat of the soul." Later, modern medicine became convinced that the pineal gland, like the human appendix, served no useful function. It was banished from the textbooks of medicine, psychiatry and psychology. Yet, the mystical schools and esoteric philosophies continued to insist that this gland was of profound importance to human health and that its activities could be *modulated* by the process of meditative intonations of certain syllables along with vivid visualization and specialized breathing. Needless to say, their views were scoffed at.

However, over the past decade, research on this gland and its hormone melatonin (MLT) has been growing at a phenomenal rate (see references). Indeed, in 1997, the pineal gland has finally achieved the highly important status it deserves. Today, modern medicine now considers it to be the MASTER gland of the body and the regulator of regulators. Moreover, it produces a hormone called melatonin, which is now considered by modern medicine to be *the anti-cancer, anti-aging and anti-stress hormone*. The proper functioning of the pineal gland is now known to play a crucial healing role in several diseases already mentioned.

Today, spirituality, meditation and melatonin are very hot topics. The use of this mind-body-spiritual technique in this book is, (I propose) a cancer prevention and reversal program, and also a youthfulness promoting (age retarding) technique. Over the past year there have been full page publications on this topic in: *Newsweek* (entitled "Melatonin Mania"), *Examiner*, *the Toronto Star*, *the London Free Press* and on television networks CNN and 20/20. There are now symposiums at Harvard Medical School on "Spirituality - Healing in Medicine." In 1995, Scientists at the University of Massachusetts found an association between meditation and increased melatonin levels with possible therapeutic implications for breast and prostate cancer. Moreover, four recent outstanding scientific and authoritative books have been published on this gland and its hormone melatonin. They are:

- (1) *The Pineal Gland and Cancer.*
- (2) *The Melatonin Miracle: Nature's Age-reversing, Disease Fighting, Sex-enhancing Hormone (Aug 1995).*
- (3) *Melatonin: Biosynthesis, Physiological Effects, and Clinical Applications (1993)*
- (4) *Melatonin: your body's natural wonder drug (Dec 1995).*
- (5) *Melatonin: The anti-aging hormone.*
- (6) *Melatonin: The sleep inducing hormone.*

In addition, over the past year we have witnessed a surge, at health food stores, in the sale of melatonin tablets in North America. The USA congress has now approved for the National Institute of Health, several millions of dollars for complimentary/alternative therapies research for the treatment of breast cancer. (This technique in this book certainly is one of such therapies that need further study).

- As of 1996, over 34 of the over 125 medical schools in USA including Harvard, Yale and Columbia are now teaching Alternative Medicine, including yoga, hypnosis, meditation etc.

### **Why this book is priceless to you**

- If you use the techniques in this book you can improve your physical, psychological and spiritual health. If you wish to minimize the risk of cancer, or if you have cancer or any of the disorders previously mentioned, you ought to experience health-producing effects and could observe remission or stasis in cancer progression.
- The techniques in this book show you how to "heal thyself" by stimulating and re-energizing your pineal gland to produce higher levels of melatonin. Several scientists<sup>206, 207, 208, 36, 38, 39,136</sup> **have found that an etiological factor (or a cause) of cancer is low circulating level of melatonin in the blood and a malfunctioning pineal gland.** In fact, one study found that out of 42 terminal cancer patients—of those who got melatonin, 16 went into remission and stabilization as tumors shrank. **They found an improvement in health and increased remission as melatonin levels increased.** (It is also known that the pineal gland degenerates as we age and in cancer patients.) See Fig.1.

***This book details the meditative intonation techniques used in this medical breakthrough which was able to re-activate the pineal gland and increase human melatonin levels in all healthy subjects and in every cancer patient in this study.*** This technique enables you to stimulate your pineal gland on your own and from within your body (endogenously) to produce melatonin in higher more healthy levels. This rise in melatonin increases the possibility of cancer remission, shrinking of tumors and minimizes or ***could prevent the occurrence of cancer, slow down the rapid aging process*** and decrease stress. Stress is an important factor in accelerating the aging process and is a known risk factor in age-related diseases. Another independent recent study at the University of Massachusetts has also confirmed that the regular practice of Buddhist type "mindfulness meditation" is associated with higher melatonin levels. In fact, several studies have confirmed (after a 6 year

follow-up) that relaxation and stress reduction techniques, self-hypnosis, and single breath awareness techniques have improved and extended patient survival rate by more than 10 years. Several recent studies now provide very convincing scientific evidence to show that *the ability to maintain normal or elevated levels of melatonin is associated with a successful outcome in coping with breast cancer. Higher levels of blood melatonin predict a much more favourable prognosis.*

It is also very important to be aware that as you grow older, your melatonin levels decrease, and your risk for various diseases increases. Therefore, it is even more important that persons over 40 should make every attempt to maintain normal or elevated melatonin levels throughout their lifetime. See Fig. 1 again.

### **Why taking melatonin tablets or injection is not enough for genuine healing.**

The magnitude of this self-produced melatonin was *greater* than that produced by taking (orally) 5 mg melatonin tablets. Moreover, this book will show *you that taking melatonin orally or by injection alone is not sufficient for healing.* Low melatonin levels are simply symptomatic (the body's way) of saying that your brain-immune-endocrine-bioelectric and cellular systems are not working in harmony, ie. they lack bio-resonance. *Therefore, for genuine long-term health and healing, the melatonin must be produced from within one's own pineal gland—endogenously as this technique shows.*

Using this technique, all participants (including those with cancer) experienced large increases in their pineal melatonin levels. Most increases ranged from 50% to 10 times higher *with an average of three times higher than the baseline.* With the cancer patients—there was an average increase in melatonin levels of 230% (twice as high), (all increases were statistically significant). In addition, it was found that heart rate and blood pressure significantly decreased (a healthy indicator), and finger temperature significantly increased (a healthy indicator). There was a significant *increase* in altered positive states of consciousness, while the mood disturbance and anxiety scores in all participants were significantly *decreased.* The technique

was very stress and anxiety **reducing** as well as psychologically and spiritually uplifting. It generated in several participants a spiritual feeling of oneness with humanity and peace.

Every attempt was made to write this book using non-scientific language—for the public. However, some of the charts and graphs from this study are included. The small number next to a word or name refers to sources cited (see references pg. 208).

### **The general sequence of this book**

- This book is written in two parts: Part A for the public and Part B for scientists and the academic community. It reveals for the first time a medical breakthrough based on a 1995 Doctoral study conducted in part at the University of Western Ontario, Research Park, London, Ontario, Canada. The diagnostic biochemical technique used for melatonin analysis was the state-of-the-art Radioimmunoassay (RIA). This 350 page scientific study (Dissertation), has very detailed neurochemical and anatomical-physiological models and biophysics mechanisms for imagery, intonations etc. Models of the bioelectric, wave form nature of cells and the origin of various levels of consciousness within the brain are also postulated. There are also details of the Neuroscientific data, extensive literature review, statistical analyses, spectrophotometry, protocols, analyses and results. Interested scientists are asked to contact Health Psychology Associates Inc., for a copy.

Furthermore, bound published copies will be available for worldwide access in 1998 from University microfilms, Michigan (Tel:) 313-761-4700 or 1-800-521-0600. (UMI's Dissertation abstracts database is the only source for accessing almost every fully accredited doctoral dissertation accepted in North America since 1861). It should also be available from the Internet on-line computer network databases.

### **MORE ABOUT THIS BOOK**

- The scientific/medical data on the importance of the pineal gland and melatonin are reviewed, together with a few extremely important research studies.

- Each part of the technique used in this study is detailed. The technique is uniquely, dynamically and energetically active and proactive—not at all passive. It involves in part: specialized breathing, visualization, meditative intonations (vocalization) of over 50 powerful syllables—also called mantras or vowel sounds. This technique should be done with a sacred and reverential attitude for best results (since there is a strong link between spiritual attunement and health-producing physiological effects).

Also, additional techniques are provided to stimulate the pineal gland directly to decrease the risk of cancer. Among these techniques are: *therapeutic touch* to various nerve centres (ganglia in the head and neck regions) which directly stimulate the pineal gland. Also discussed are proper diet and exercise which increase circulating melatonin levels, and the use of special spiritually uplifting music. These techniques reactivate the healing processes within our neuroimmuno-endocrine-bioelectric system, right down to the cellular, genetic level. These methods ensure maximum psycho-spiritual and physical health and harmony.

It was recently found (1995) that in one large study,<sup>31</sup> cancer patients gave about *twice* the credit for their recovery to factors *other* than their medical treatment. These factors were spiritual, attitudinal, family support, visualization and God. Moreover, ***more than half the participants attributed their healing in large measure to a spiritual and existential shift in their perspectives about life.*** In December (1995) in a documentary on CBS, Joe Vizsmes depicted his battle with cancer from a terminal case to current remission. He was given less than one year to live (4-5 years ago). His essential statements were "I realized that there is an order in the universe and it's my test to find that order." "I had to re-invent my beliefs." "I used psychoneuroimmunology—the power of my mind. Spirituality, meditation and visualization are very important." Today, five years later, Joe is in remission and looks and feels quite healthy.

In addition to the importance of spiritual and physical healing using the powers of your mind, you will realize that by changing your lifestyle to minimize certain behaviors, and by not using foods and drinks that *inactivate* (stop) the pineal from



working properly, you can be far healthier. Those factors that positively and negatively affect the pineal gland and melatonin production are detailed in this book. Some negative ones are: alcohol, nicotine (cigarettes and tobacco), certain inharmonious thought patterns and habits, bright lights, and lifestyles that throw your circadian rhythm and this biological clock out of its natural rhythm. Also, certain phases of the moon, magnetic and geomagnetic fields influence melatonin production.

**How and why does this technique trigger health-producing effects, minimize the risk of cancer and cause tumor shrinkage and healing?**

- 1) Your melatonin levels will *increase* throughout the body to bathe all cells. Melatonin has been shown to be the most powerful and effective endogenous hydroxyl (OH) radical scavenger detector to date. It (melatonin) is a powerful protector against cell (DNA) damage by these radicals, which have been implicated as being responsible (in part) for rapid aging and carcinogenesis.
- 2) Your pineal gland will become more activated and healthier. Remember that research has shown that cancer patients usually show a shrunken and degenerated pineal gland. Your regular practicing of this technique works to *reverse* this process, in a health - producing direction.
- 3) You re-harmonize your brain-mind-pineal gland-emotional-hormonal and immune systems. You re-activate your body's natural healing systems and processes.
- 4) Being *absorbed* allows you to shift from the everyday state of objective awareness (consciousness) to deeper levels (subconscious) where your imagery will re-programme the brain/mind circuits to trigger *HEALING* responses. Your psychic centres/chakras are also re-energized to increase the natural flow of your body's energy.
- 5) Your entire body is essentially an electro-magnetic field. Dis-ease simply means that certain cells or systems are *not in resonance*. Melatonin by its biochemical and electronic nature, re-establishes magnetic resonance (harmony in the

DNA - genetic material and cell structures).

- 6) Your pineal gland is your body's natural and unique **BIOLOGICAL CLOCK** - it's the regulator of regulators. It ensures the proper rhythmic activities of all your hormonal and cellular systems. It is well known that your pituitary gland secretes its hormones in a pulsatile (rhythmic) manner. All cells function this way as well. In fact cells routinely undergo **division** in several stages or phases: rest, growth, multiplication, which are **timed**. During these phases called prophase, metaphase, anaphase, telophase, interphase, timing and sequence are crucial. Cancer cells refuse to obey this proper **timing** mechanism. This is how the pineal gland (biological clock) maintains the proper regulated stages of cell growth and division. A weakened pineal and lowered melatonin levels cause uncontrolled cell division. **The pineal gland and melatonin have a profound influence on the proper functioning of this cell cycle.** Therefore, if your pineal gland is malfunctioning or if your melatonin levels are lower than normal — both these conditions unfortunately will result in **abnormal cell division**. (This is what we see in cancer /tumors). Therefore the ideal "cure" is not only by directly attacking the cancerous cells per se by chemotherapy and radiation, **but in addition, we must get to the root cause**, i.e. improper levels of melatonin and a malfunctioning pineal gland. This technique directly works to remedy or fix these two root causes. Melatonin also allows for restful sleep (anti-insomnia) and it properly regulates the brain's wake sleep nerve centres and patterns. This is why it is also useful for treating jetlag and time zone problems.
- 7) Music, certain harmonic overtones and sounds, eg. intonations, Gregorian Chants, molecular resonance tapes, certain rhythmic drumming, all stimulate and entrain the biological clock (pineal gland) and help it to function properly. These soothing, powerful sacred sounds (via your ear) directly energize and activate your pineal gland, and various ganglia and nerve plexuses to increase melatonin levels and improve autonomic balance.

- 8) Deep absorption, focusing and visualization cause increased resonance and harmony with the electric fields within your brain. They also produce a greater degree of harmony with your objective and subjective levels of consciousness, your subconscious mind and the Cosmic mind. As you *pulsate* with this frequency of the Cosmos, you now become like a radio which has finally been tuned to allow for the influx of the Cosmic healing energies. Absorption and focusing help to *direct* these thought forms and electromagnetic vibrations to activate the pineal gland and other brain systems, eg. the Limbic system, so that there is a cascade (waterfall like rush) of health-producing neuropeptides (brain chemicals).
- 9) Remember — it is well established now that your pineal gland is "thoughtsensitive." Negative thoughts of lust, anger, greed, depression, hate, and divisiveness create electromagnetic fields which work to depress, shut down or cause the pineal to malfunction, hence it gets increasingly shrivelled and melatonin levels continue to decrease rapidly. In addition to chronic fear, anger and stress, these thoughts increase your adrenalin and cortisol levels. This weakens the activities of the pineal gland, melatonin, the thymus and the pituitary glands. As a result, there is increased risk of cancer, rapid aging etc.
- 10) Specialized breathing, in addition to stimulating your energy systems (psychic centres /chakras), and your acupuncture meridians, causes a shift from a sympathetic (activation) state to a parasympathetic (relaxed) state. Therefore your heart rate decreases, temperature increases, mood and anxiety levels decrease and you gradually drift away from the everyday state of objective consciousness to a deeper one of reverie, bliss, peace and even to "Cosmic revelation," with insights as to what to do and how to heal yourself. In this way the technique provides health-producing benefits for cardiovascular illness, cancer, rapid-aging, alzheimers, diabetes, insomnia, asthma and other disorders.
- 11) These techniques cause your pineal gland to produce higher levels of melatonin in the blood stream. As this happens, various brain centers (pons and medulla) are stimulated to quickly reduce respiration rate and blood pressure. Your

body becomes very relaxed. Also certain sleep/wake centers in your brain (the reticular activating system, nucleus coeruleus and nucleus raphe) are stimulated and this induces very restful deep sleep.

The direct benefit to *you* by properly using the techniques detailed in this book, are increased health and healing from various illnesses. It is also very empowering by providing you with solid scientifically validated *preventative* medicine. In essence, you can achieve and maintain increased psychological, physical, and spiritual health. In addition, you experience a re-harmonizing of your body, mind and soul and a profound feeling of inner peace, health and happiness.

**Benefits** to societies and governments: potentially saving billions of dollars in health care costs by using this technique as complementary co-therapy for cancer, insomnia, psychiatric, and cardiovascular disorders, high blood pressure and the other already mentioned disorders which involve low melatonin. For example when melatonin was added to Tamoxifen, the potency of Tamoxifen's anti-breast cancer ability increased over **100** times<sup>377</sup>.

Another important benefit is a shift in society's values from the material (reductionistic) world view or old paradigm to a more caring one of global consciousness and a spiritual perspective. The techniques detailed here *of necessity* cause a person to be much more aware (experientially) of the spiritual forces in the cosmos, and the inherent spirituality within each of us, of our sacredness, and our interconnectedness with humanity. We will come to realize that a person's "*spiritual and mystical*" status is far more important than his or her socio-economic or other artificial and superficial differences. We will realize that despite our superficial differences (socio-economic, race, colour, and beliefs), we are all citizens and passengers travelling on spaceship earth, zooming through the cosmos toward a common destiny.

# MELATONIN LEVELS

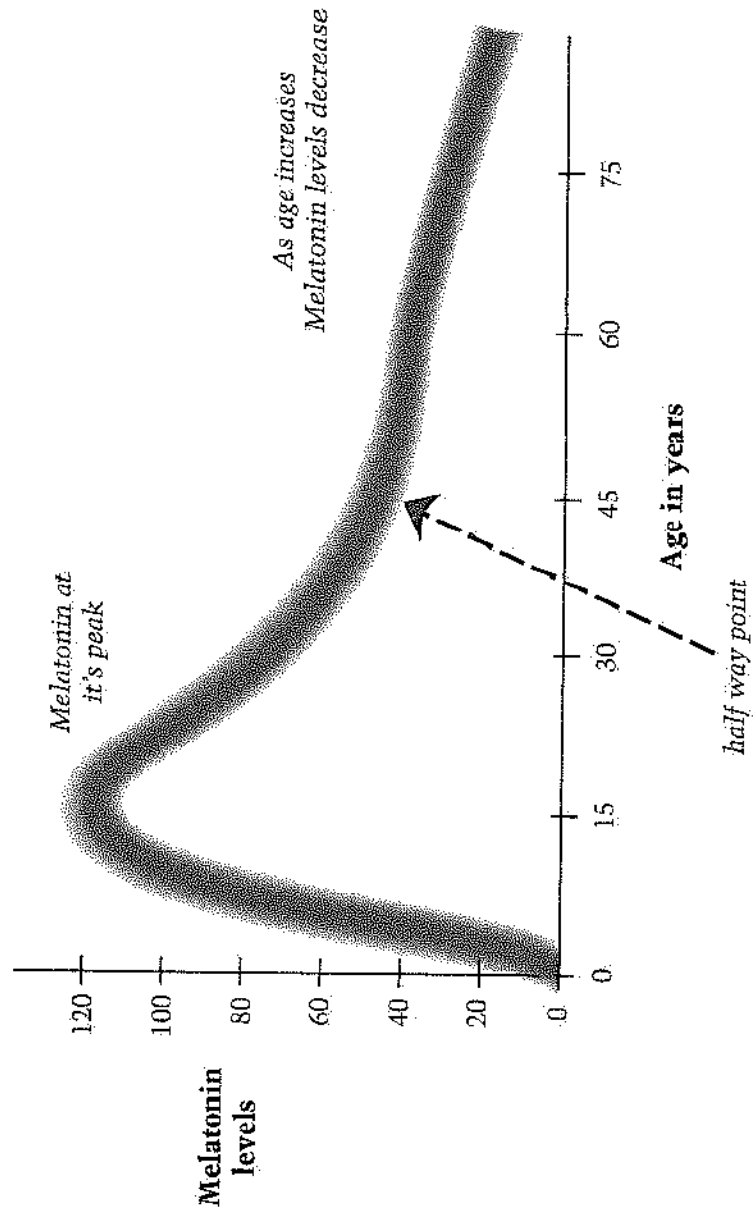


Figure 1.