

# Self Transformation

## Levels of Conscious Awareness

Lecture  
Appalachian  
Downsiders.org

### MindMirror EEG Output of Talented Dowsers

1983-2004

Dr. Edith M. Jurka, M.D. "Brain Pattern Characteristics" 1983

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Dr. Matthew J. Kelly, PhD & Ed Stillman, ASD Science Advisor, 1996



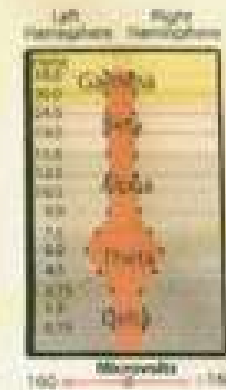
Long term meditators self induce high amplitude gamma synchrony during mental practice. 2004

Source: Lutz J., Lindsley L., Lindsley H. & Rennie D. "Meditation, Focus, & Attention." J. Neurosci. 2004



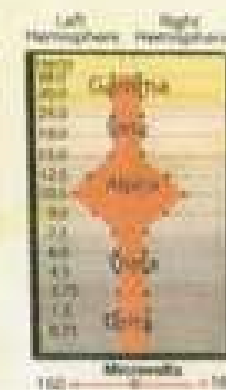
DEEP SLEEP:

& HIGHER LEVELS OF CONSCIOUSNESS/ REACHING OUT to UNKNOWN



DREAMING SLEEP:

REVERSE/ PROBLEM SOLVING/ INSPIRATION



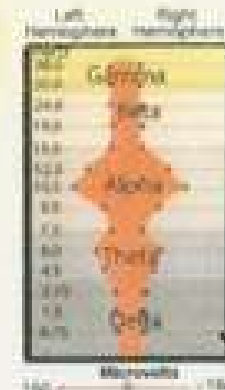
FALLING ASLEEP:

QUIET INNER AWARENESS/ REST



NORMAL WAKING:

OUTER WORLD FOCUS/ HIGH AROUSAL & FEAR



TM MEDITATION

LUCID AWARENESS



ZEN MEDITATION

HIGH CREATIVE STATES



EXPERT DOWSERS

FEELING OF BLESSINGS (Expert Tibetan Monks) FEAR CONCENTRATION "IN THE ZONE," EXCELLENT MEMORY HAPPY STRONG SELF CONTROL



Nancy Baumgarten - Enchanted Garden - PsyKids camp

Adapted & Illustrated by Nancy Kimball Baumgarten, M.L.A. "The Awakened Human" 2018