

A NEW INTEGRATIVE MODEL FOR STATES OF CONSCIOUSNESS

(Brief Excerpt)

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Skilful meditators can repeatedly freeze the meditative process "at later and later stages" (Elson et al. 1977). This can occur early in meditation in the predominantly alpha wave stage, than later in the theta wave ranges, and finally in the delta wave phase. Few illustrated instances of delta activity have been recorded (Persinger, 1984). One case involved the occurrence of delta-wave-dominant electrical activity from the temporal lobe in a TM teacher during a peak experience within a routine TM episode. The second case involved an occurrence of delta spikes within the temporal lobe during protracted intermittent episodes of glossolalia (speaking in tongues) by a member of a Pentecostal sect. There are other reports of delta activity during TM practices (Stigsby et al. 1981, Pagano et al, 1976), but these delta waves were mostly reported to be associated with stages of deep sleep. While inexperienced meditators may fall into deep sleep, especially if they are sleep deprived and/or tired, highly experienced meditators stay fully alert and have profound religious experience during delta wave-dominant activity.

In Mahayana Buddhism this level of consciousness is called "alayavijnan", or "supra-individual repository consciousness"; while in Hinduism, they refer to it as "karanasarir" or the "causal body". Subjectively, this state is experienced as a state of final illumination, radiant bliss, formless radiance, and transcendent love in oneness, formless realization, and boundless consciousness. Both the framework (time, space and body) and the content (qualities of inner and outer perception) of our everyday experiences are now absent (Travis & Pearson, 2000). Objectively, this level is

characterized by respiratory suspension, heart rate deceleration and suspension, hypo-metabolic state with a drop in oxygen consumption and carbon dioxide production, and by maintenance of vigilance. This is the final integration of all the levels - Rational, Symbolic, Emotional and Perceptual - into one Trans-individual level. This state of awareness can be achieved in Integrative NLP after long practice of prayers and meditation (Stanojevic-Vale , 1993).