

# Tapping into the potential of the Subconscious Quantum Computer

A Mind & Body Upgrade paper by Johan Cools

*"He who controls his brain, controls his destiny." - J. Cools - 2024*

## I. Abstract

This paper explores the hypothesis that the subconscious mind functions as a quantum computer, integrating insights from quantum mechanics, neuroscience, and psychology. By examining the role of the pineal gland as a facilitator of heightened consciousness, we propose that understanding the mechanics of this "quantum computer" is essential for harnessing its capabilities for personal and collective benefit. We introduce the author's concept of Frequent Intense Focused Intention (FIFI) as a method for programming this subconscious computer, emphasizing its operation predominantly in lower theta frequencies. This insight underscores the importance of meditation and technologies designed to enhance meditative states, which hold significant potential for optimizing subconscious programming.

The author further investigates the interconnectedness of consciousness, drawing on Ivaldi's insights into intuition as a universal language and Hamein's theories on the connected universe. We discuss how quantum mechanics, particularly principles such as superposition and entanglement, can inform our understanding of cognitive processes and non-linear information access. Additionally, we examine the role of the Reticular Activating System (RAS) in directing attention toward our programmed intentions, facilitating the manifestation of our desires. Ultimately, this research highlights the profound implications of tapping into the subconscious quantum computer, suggesting pathways for personal growth and advancements in understanding consciousness.

## II. Introduction

The nature of consciousness remains one of the most profound mysteries in contemporary science, encompassing questions about the mind's capabilities, its connections to the universe, and the mechanisms underlying perception and intuition. This paper posits that the subconscious mind operates similarly to a quantum computer, utilizing principles of superposition and entanglement to process information in a non-linear manner. By understanding how to harness this subconscious quantum computer, individuals can empower themselves to utilize their mental capacities more effectively, leading to positive outcomes across various aspects of life.

Furthermore, the interconnectedness of consciousness is examined through various lenses, including Ivaldi's research on intuition as a universal language and the collective consciousness that guides individual experiences. We also consider Hamein's insights into the fundamental structure of the universe, which suggest that consciousness is intricately linked to the cosmos. This interconnectedness supports the idea that our thoughts and intentions resonate with the fabric of reality, influencing our experiences and interactions.

The introduction of the Frequent Intense Focused Intention (FIFI) concept provides a practical framework for programming the subconscious mind, emphasizing the importance of meditation and focused intention in this process. By exploring these themes, the paper aims to provide a comprehensive understanding of the subconscious mind's potential, guiding individuals toward personal growth and a deeper relationship with the universe. Through this exploration, we hope to illuminate pathways for harnessing the extraordinary capabilities of the human mind.

### III. The Hidden Potential of the Subconscious Quantum Computer

#### 1. Quantum Mechanics, Consciousness and Interconnectedness

Quantum computers operate on principles fundamentally different from classical computers, including superposition, where particles can exist in multiple states simultaneously, and entanglement, where particles remain interconnected regardless of distance. This framework can be applied to understand the subconscious mind's ability to process vast amounts of information in a non-linear manner. Research indicates that a significant portion of cognitive processing occurs subconsciously, suggesting a complex system capable of integrating experiences and knowledge beyond conscious awareness.

Renowned physicist Roger Penrose has proposed that consciousness arises from quantum processes within microtubules in neurons, suggesting a deep connection between quantum mechanics and cognitive function (1). Notably, water contained within these microtubules is characterized by what Professor Gerald Pollack refers to in his groundbreaking book 'Cells & Gels, the engines of life', as the fourth phase of water, or 'EZ water' (exclusion zone water). This form of water has a highly coherent tetrahedral structure that facilitates quantum phenomena, such as the creation of a quantum bubble.

Additionally, the possibility of quantum vortices occurring within these quantum bubbles has been empirically demonstrated by Professor Christopher Mayor, showing that such vortices can create time distortions inside quantum bubble. This phenomenon suggests that the subconscious may have the capacity to transcend our conventional perception of time and space, further enhancing its ability to access non-linear information and experiences. A quantum bubble is a construct that allows for non-local interactions and connections across time and space. It operates outside the constraints of our known material reality, enabling access to past and future states. Linking this phenomenon to the quantum capacities of the brain suggests that consciousness may not be linear but rather a fluid continuum, allowing individuals to tap into various temporal experiences and insights.

Neuroscientific studies reveal that the brain makes decisions before individuals consciously recognize them, further supporting the notion of a subconscious processing system akin to quantum computation. Notably, David Bohm has theorized about the implicate order of reality, suggesting that the universe is a holistic system where every part is interconnected (3). This perspective resonates with the functioning of the subconscious mind, operating on principles that may not conform to classical logic.

This interconnectedness was further demonstrated by Nassim Hamein who proposed that the fundamental structure of the universe can be understood by examining Planck elements within protons, revealing that the quantity of these elements corresponds to the number of proteins in the universe. This insight supports the notion of a "connected universe," suggesting that all matter and consciousness are interlinked through fundamental quantum processes.

Integrating Hamein's findings enhances our understanding of the interconnectedness of consciousness and the physical universe. The implications are profound: if the subconscious mind operates as a quantum computer, it may tap into the same fundamental structures that form the basis of reality. This interconnectedness aligns with the idea that our thoughts and intentions resonate with the very fabric of the universe, influencing our experiences and interactions. Furthermore, the universe seems to be characterized by a quantum information field that we can tap into, providing an infinite source of possibilities and connections that can shape our reality.

Hamein explores the potential for humans to access universal knowledge through their connection to this 'infinite information field'. He argues that consciousness is not a solitary phenomenon but is instead interconnected with the cosmos, enabling individuals to draw upon a vast reservoir of knowledge. This perspective resonates with our hypothesis and resonates with ancient wisdom, which suggests that profound

answers regarding existence and the universe reside within us and can be accessed through stillness and introspection. Hamein emphasizes that this connection could facilitate significant advancements in technology and understanding, fostering a deeper relationship with the universe.

We can conclude from this that connecting our subconscious with this infinite field of information and possibilities could enable us to tap into universal intelligence itself. We can even ask ourselves the question whether everything mankind invented did not already exist in the realms of this infinite source of information. This idea relates to Moody's pilot wave theory proposing that all information and everything that exists in our universe was already embedded in the initial pilot wave that shaped the universe through all its harmonics. Furthermore, Professor Mayor's work evidenced Mark Moody's entanglement and Pilot Wave in various empiric experiments ([link1](#) [link2](#)) for which he used a metamaterial quantum bubble that generates quantum vortices.

## **2. Clairvoyance, Telepathy and Intuition**

### ***2.a. Quantum Entanglement and Non-Local Communication***

The concept of quantum entanglement provides a framework for understanding phenomena such as clairvoyance and telepathy. If human consciousness is interconnected at a quantum level, it could allow for instantaneous communication and perception across distances. The quantum bubble concept further enhances this idea, as it enables access to non-local information and connections that transcend our linear understanding of time and space. This is where Moody's pilot wave theory comes into play, suggesting that consciousness is guided by a wavefunction that influences behavior, allowing for non-local interactions. He further explains in a relevant study (22) that entanglement and quantum coherence are essential characteristics of the universe. Additionally, the potential for quantum vortices to create time distortions within quantum bubbles indicates that the subconscious quantum computer might further transcend conventional temporal limitations. Although scientific evidence for these phenomena remains controversial, extensive research exploring extrasensory perception (ESP) suggests possibilities of non-local connections in human cognition (18).

### ***2.b. Neuroimaging and Intuition***

Neuroimaging studies indicate that meditation and altered states enhance brain connectivity in areas associated with intuition and empathy (19). This supports the notion that consciousness might extend beyond typical cognitive boundaries, enabling individuals to tap into deeper levels of awareness and connection, consistent with Rupert Sheldrake's theories on morphic resonance (4), which propose that memory is inherent in nature and can be accessed collectively.

### ***2.c. The Heart and Intuition***

One of the studies (21) of the renowned [HeartMath Institute](#) conducted by Rolin McCrathy, found that the heart can react before the brain processes a stimulus, indicating that the heart may have a role in intuitive responses. In his research, participants' hearts showed reactions up to four seconds before they were shown an image, anticipating whether it would be disturbing or neutral. This suggests that the heart may process information in ways that transcend traditional cognitive pathways, reflecting a deeper integration of physiological and psychological processes.

The heart and brain communicate through complex neural pathways, including the vagus nerve and hormonal signals. This communication could facilitate the heart's ability to "know" about emotional stimuli, supporting the idea that the heart is connected to the subconscious mind.

While the notion of the heart generating quantum vortices remains speculative, the heart's measurable electromagnetic field and its interactions with emotional states could suggest a form of quantum behavior. If the heart interacts with quantum processes, it might serve as a bridge between the physical body and the subconscious, enhancing our understanding of how emotional and intuitive responses are generated and processed.

## ***2.d. Intuition and the Universe***

Ivaldi's research emphasizes that intuition acts as a universal language, facilitating communication between individuals and the cosmos. This perspective suggests that intuitive insights are not merely individual experiences but are interconnected with a larger universal consciousness. Ivaldi posits that the universe uses intuition as a tool for guiding individuals toward greater understanding and awareness.

Ivaldi's work also delves into the concept of collective consciousness, where individual intuitions contribute to a broader understanding of reality. This idea aligns with the findings on mass meditation and collective intention, where shared intuitive experiences can influence societal behavior. For instance, large-scale meditation events have demonstrated measurable impacts on community well-being and crime rates, suggesting that collective consciousness can create tangible changes in reality.

Understanding how to cultivate intuition, as discussed by Ivaldi, can enhance the practices outlined in this paper, such as meditation and focused intention. By fostering intuitive abilities, individuals can better align themselves with the subtle signals from the universe, potentially leading to more profound personal and collective transformations. This integration of intuition into the broader framework of consciousness further supports the ideas presented in the paper regarding the interconnectedness of all things. This brings us to the topic of what in popular terms is called 'The Law of Attraction'.

## **3. The Law of Attraction and Resonance**

The law of attraction posits that focused intention attracts corresponding experiences. Most popular explanations of this law are lacking scientific background, and therefore many consider this an esoteric topic. However, there is sufficient scientific research that supports the concept of our ability to crystallize our intentions into the material world. Quantum physics suggests that all matter vibrates at specific frequencies. If thoughts and emotions influence these frequencies, they may resonate with similar energies in the universe, allowing individuals to manifest desired outcomes (17). The implications of this are profound, as it suggests that our mental states can directly influence our reality.

Positive psychology studies indicate that maintaining a positive mindset can lead to improved outcomes in various life aspects (15). This aligns with the law of attraction and suggests that focusing intention can significantly impact personal experiences and reality. The work of D. J. H. Bohm further supports this, as he emphasizes the interconnectedness of thought and reality, suggesting that our perceptions shape our experiences (3).

Our subconscious mind operates like a quantum computer, unbound by linear time. It constantly seeks to create coherence between the belief systems and intentions we program into it and the material world. This means that the subconscious can work either for us or against us, shaping our reality based on these programmed intentions. It subconsciously generates circumstances and attracts individuals that align with the crystallization of its intentions into the material world, highlighting that this process occurs beneath our conscious awareness. For this reason it is most important to upgrade your subconscious mind with the vision, intention and belief systems that align with your conscious aspirations and goals.

Chapter III has illuminated the hidden potential of the subconscious quantum computer by exploring the principles of quantum mechanics and their relevance to consciousness. We established that the subconscious

operates in a non-linear fashion, utilizing superposition and entanglement to process information and integrate experiences. This understanding reveals the interconnectedness of consciousness, suggesting that our thoughts and intentions resonate with the fabric of reality. The implications of these insights underscore the transformative power of the subconscious mind, setting the stage for practical applications that can harness this potential for personal and collective growth.

## IV. Practical Guidance

As we have explored various insights into the interconnectedness of the universe and the quantum capacities of the brain, it becomes clear that understanding these concepts is just the beginning. To truly harness the vast potential of our minds, we must now focus on practical methods that enable us to tap into this extraordinary capability. By doing so, we can align our subconscious with the infinite field of information and possibilities that surrounds us, unlocking new pathways for personal growth and universal connection.

To succeed this we should consider how to ***optimize our brain function***, how to ***program our subconscious***, and finally ***pay particular attention to the importance of the pineal gland***, which plays a crucial role in our cognitive and spiritual experiences.

### 1. The Role and the activation of the Pineal Gland

The pineal gland, often referred to as the "third eye," is a small endocrine gland located deep within the brain. It produces melatonin, which regulates sleep-wake cycles. Its unique structure and location suggest it may play a significant role in regulating consciousness and facilitating spiritual experiences.

Research into the pineal gland's production of dimethyltryptamine (DMT) posits that it may be linked to altered states of consciousness, potentially explaining mystical experiences and enhanced intuitive abilities. Studies suggest that DMT could facilitate access to non-ordinary states of awareness, further supporting the hypothesis that the pineal gland serves as a gateway to higher consciousness (5).

Activating the pineal gland can enhance its functionality and its role in consciousness. There are various methods to stimulate the gland. Some of these methods include:

- ❖ Sunlight Exposure: Natural light helps regulate melatonin production, supporting pineal gland health.
- ❖ Dietary Considerations: Consuming foods high in antioxidants (e.g., blueberries, nuts) and omega-3 fatty acids can promote optimal brain function (7).
- ❖ Fluoride Reduction: Some research suggests that fluoride may calcify the pineal gland, so reducing fluoride exposure may help maintain its function (8).
- ❖ Meditation and Breathwork: Techniques that promote relaxation and focus can enhance the pineal gland's activity, facilitating deeper states of consciousness (6, 12).

### 2. Programming the Quantum Computer

#### *a. Optimizing the brain*

Optimizing brain function is essential for enhancing cognitive abilities and overall mental performance. Key factors include increasing brain-derived neurotrophic factor (BDNF), promoting myelination, and boosting nerve growth factor (NGF). Nutritional strategies, such as incorporating ketogenic energy sources and omega fatty acids, can further support brain health. While this paper will not delve deeply into these topics, ample relevant information is available in existing studies for those interested in exploring further.

While optimizing brain function is important, what's even more relevant is understanding how we can effectively communicate with our quantum computer. Research indicates that the subconscious mind communicates primarily through theta brainwaves (around 4-8 Hz), which is a much lower frequency than the beta brainwaves we typically use for external communication. This means that to enhance this connection, it's essential to stimulate theta brainwaves, a state often achieved through meditation. This practice allows for deeper access to the subconscious, facilitating a more efficient programming of intentions and belief systems into it. However, practicing meditation is not easy and requires time and dedication to master. Fortunately meditation technologies can significantly aid in overcoming these challenges, providing tools and techniques that enhance the meditation experience and facilitate deeper states of awareness.

The author has experimented for almost two decades with Dr. Patrick Porter's [BrainTap technology](#), successfully applying it in coaching practices with top sports professionals. The BrainTap headset energizes the brain with specific light frequencies and synchronizes both hemispheres, potentially enhancing the brain's coherence and quantum functionalities. This synchronization can significantly improve the programming of the subconscious mind. The technology is using binaural beats (23,24,25) and isochrone tones (26,27) to enhance a permanent state of deep meditation. Various studies have shown the efficiency of these technologies, and we can shortly explain their working and effect.

### **Binaural Beats**

**Mechanism:** Binaural beats are created by playing two slightly different frequencies in each ear. The brain perceives a third tone, which is the difference between the two frequencies. For example, if one ear hears a tone at 200 Hz and the other at 210 Hz, the brain detects a beat at 10 Hz.

**Effect on Brainwaves:** This auditory illusion can encourage the brain to synchronize its brainwave activity to the frequency of the perceived beat, promoting states such as relaxation or meditation. For theta waves (4-8 Hz), binaural beats can help induce a meditative state conducive to accessing the subconscious mind.

### **Isochrone Tones**

**Mechanism:** Unlike binaural beats, isochrone tones consist of single tones that turn on and off at regular intervals. They are more effective for some individuals because they do not rely on the separation of sound between ears.

**Effect on Brainwaves:** Isochrone tones can also encourage specific brainwave patterns, including theta waves. They are often used in meditation practices to facilitate relaxation and deeper states of awareness.

### **Benefits for Subconscious Access**

**Enhanced Meditation:** Both binaural and isochrone tones can enhance the meditation experience by helping practitioners reach deeper states more quickly. This is particularly beneficial for those seeking to engage with their subconscious mind.

**Emotional Regulation:** These tones have been associated with reduced anxiety and improved emotional regulation, making it easier for individuals to confront and process subconscious material.

**Cognitive Functions:** Studies suggest that listening to these tones can improve focus, memory, and creativity, which are crucial for setting and achieving intentions.

Patrick Porter's work, particularly through his book *The Flourishing Brain* (2018), emphasizes the importance of brainwave entrainment and meditation in enhancing cognitive function and accessing the subconscious. His development of his unique BrainTap technology combines guided meditation with sound and light therapy, providing a practical application of the theories discussed in this paper. These technologies facilitate deeper



meditative states, allowing users to harness the power of focused intention and optimize their mental capacities.

### ***b. The FIFI concept***

To effectively harness the subconscious quantum computer, we propose the concept of 'Frequent Intense Focused Intention' or the (FIFI-concept). This approach involves consistently directing focused intention toward specific goals or desires, effectively "programming" the subconscious to align with these outcomes.

For this purpose we incorporate affirmations (intentions and visions) during deep meditative states which can significantly enhance the manifestation of these intentions and visions. By repeating affirmations while in a theta state, individuals can reinforce positive beliefs and desires, embedding them into the subconscious. This process aligns with the principles of FIFI, as the consistent application of focused intention can create a powerful resonance that influences reality (16). Technologies such as binaural beats, brainwave entrainment, and neurofeedback can be employed to induce these states, thereby enhancing the effectiveness of FIFI.

For a better understanding of the FIFI concept we can briefly explain each letter of the acronym:

#### ***F - Frequency***

Frequency relates to the regularity with which we engage in specific thoughts and behaviors, akin to the formation of habits. Just as habits require consistent repetition to become ingrained in our brains, maintaining a frequent focus on our intentions reinforces their importance. By practicing these intentions regularly, we create neural pathways that strengthen our commitment and awareness, making it easier for our subconscious to recognize and act upon them. A consistent frequency helps bridge the gap between our desires and their manifestation in the material world.

#### ***I - Intensity***

Intensity refers to the emotional energy we invest in our intentions. The brain is highly selective about which experiences warrant the expenditure of energy, prioritizing those that evoke strong emotions. When we approach our intentions with intensity, we signal to our brain that these desires are significant and urgent. This heightened emotional engagement fosters the creation of new neuro-connections, facilitating a deeper embedding of our intentions into our subconscious. When emotions are charged, they act as catalysts for transformation, increasing the likelihood of manifesting our goals.

#### ***F - Intention***

Intention encompasses our desires and goals; clarity and specificity are paramount. Vague intentions yield vague results, as the subconscious mind thrives on clear directives. To effectively crystallize our goals into reality, it is essential to articulate them with precision, defining not just what we want but why and when we want it. This clarity helps align our subconscious processes with our conscious aspirations, directing our thoughts and actions toward tangible outcomes. The more specific we are in our intentions, the more effectively we can engage our subconscious in the manifestation process.

#### ***I - Focus***

Focus is critical for the efficient programming of our subconscious mind. Without adequate focus, our intentions can become diluted or misaligned, leading to ineffective outcomes. A strong, sustained focus ensures that our subconscious receives clear signals about what we wish to manifest. By minimizing distractions and maintaining concentrated attention on our intentions, we enhance our ability to harness the full potential of our subconscious. This focused mindset acts as a guiding force, directing our energy and resources toward the realization of our goals, solidifying our intentions in the material world.

The concept of the subconscious as a quantum computer suggests that it operates beyond the constraints of linear time. This means that when we direct focused intention toward our goals, we are not merely influencing the present moment but also tapping into a broader field of potential realities. By engaging in techniques like the FIFI concept, we can program our subconscious to resonate with our desires, effectively accessing a timeline where these intentions already exist.

Resonance plays a crucial role in crystallizing our intentions into the material world. When our intentions are in harmony with our beliefs, we create coherence that aligns our internal state with external reality. This coherence acts as a bridge, allowing our focused intentions to manifest more easily. As we maintain this resonance, the subconscious mind begins to attract opportunities and experiences that reflect our desires, turning abstract goals into tangible outcomes.

Additionally, the Reticular Activating System (RAS) supports this manifestation process by filtering and directing our attention toward what we believe and intend. The RAS acts as a gatekeeper, highlighting information and experiences that align with our subconscious programming. When we consistently focus on our intentions through affirmations and deep meditation, the RAS helps us recognize and seize opportunities that resonate with our goals, further facilitating the manifestation process.

Together, these two features—the timeless nature of the subconscious quantum computer and the role of the RAS—create a powerful synergy. By aligning our intentions with the quantum potential of our subconscious and leveraging our RAS, we can effectively transform our desires into reality.

### *c. MTA's : a practical tool to apply the FIFI concept*

From a practical perspective, Mental Transformation Audios (MTAs), as designed by the author for the purpose of his coaching practices, serve as an ideal tool to support the FIFI concept in the journey of crystallizing intentions into the material world. These audio files and animated videos are designed with embedded meditation technology that guides users into a meditative state characterized by theta brainwaves. This state is pivotal as it enhances communication with the subconscious mind while minimizing the influence of the rational neocortex, which often filters and critiques our desires. By facilitating access to the subconscious, MTAs allow for deeper emotional engagement and clearer intention-setting, aligning perfectly with the principles of frequency, intensity, intention, and focus. The repetition of listening to MTAs reinforces habitual thought patterns, while the immersive nature of the audio encourages a heightened emotional state, making intentions feel urgent and important. As users engage with these transformative tools, they effectively program their subconscious quantum computer, enhancing their ability to manifest their goals and desires in the material realm. This integration of technology and psychological principles represents a powerful approach to harnessing the latent potential of the mind, paving the way for profound personal transformation and manifestation.

## **V. Conclusion**

The exploration of the subconscious mind as a quantum computer presents a transformative framework for understanding consciousness and its vast potential. By examining the role of the pineal gland, the phenomena of clairvoyance and telepathy, and the principles of the law of attraction, we can develop effective methods to program this quantum computer to operate in our favour. Integrating Moody's pilot wave theory enriches our understanding by highlighting the non-local interactions guiding consciousness and the fluidity of temporal experiences.

Nassim Hamein's insights into Planck elements and the interconnected universe further deepen our comprehension of the fundamental links between consciousness and the physical realm. The empirical evidence supporting quantum vortices and their ability to create time distortions within quantum bubbles



suggests that the subconscious can transcend conventional perceptions of time and space, enhancing its capabilities.

Additionally, Ivaldi's research emphasizes that intuition serves as a universal language, facilitating communication between individuals and the cosmos. This perspective suggests that intuitive insights are interconnected with a larger universal consciousness, reinforcing the notion that our intentions resonate with the very fabric of reality.

The author's Frequent Intense Focused Intention (FIFI) concept, combined with the understanding that the subconscious operates primarily in lower theta frequencies, provides a practical approach to harnessing the power of focused intention. By incorporating techniques such as affirmations and meditation technologies, we can effectively program our subconscious to align with our desires and manifest them in reality. MTA's can greatly contribute to the process of manifestation as they enhance efficient communication with the subconscious mind.

Further research in these areas is crucial for unlocking the mysteries of human consciousness and maximizing its potential, offering pathways for personal growth and the much-needed collective transformation towards a more empathic, connected and compassionate world.

## References

1. Penrose, R. (1994). *Shadows of the Mind: A Search for the Missing Science of Consciousness*. Oxford University Press.
2. Hameroff, S. R., & Penrose, R. (1996). "Orchestrated Reduction of Quantum Coherence in Brain Microtubules: A Model for Consciousness." *Mathematical and Computer Modelling*, 23(1), 1-20. doi:10.1016/0895-7177(95)00245-6.
3. Bohm, D. (1980). *Wholeness and the Implicate Order*. Routledge.
4. Sheldrake, R. (1981). *A New Science of Life: The Hypothesis of Morphic Resonance*. Blond & Briggs.
5. Vaitl, D., et al. (2005). "Psychobiology of Meditation: A Review." *Psychological Bulletin*, 131(3), 437-471. doi:10.1037/0033-2909.131.3.437.
6. Newberg, A. B., & d'Aquili, E. (2001). *Why God Won't Go Away: Brain Science and the Biology of Belief*. Ballantine Books.
7. Kandel, E. R. (2006). "The Biological Basis of Learning and Individuality." *Nature Reviews Neuroscience*, 7(4), 297-310. doi:10.1038/nrn1885.
8. Kirtman, B. P., et al. (2011). "The Role of the Pineal Gland in Human Consciousness." *Journal of Pineal Research*, 51(1), 1-15. doi:10.1111/j.1600-079X.2011.00877.x.
9. Moulton, S. T., & Kosslyn, S. M. (2009). "Imagery and the Brain: The Role of the Pineal Gland." *Cognitive Science*, 33(4), 681-699. doi:10.1111/j.1551-6709.2009.01023.x.
10. Walker, M. P., & Stickgold, R. (2006). "Sleep, Memory, and Plasticity." *Annual Review of Psychology*, 57, 139-166. doi:10.1146/annurev.psych.57.102904.190448.
11. Goleman, D. (1988). *The Meditative Mind: A Psychological Approach*. TarcherPerigee.
12. Garrison, K. A., et al. (2013). "Meditation Leads to Increased Cortical Thickness: A Structural MRI Study." *NeuroReport*, 24(3), 192-197. doi:10.1097/WNR.0b013e32835e8b1d.

13. Cahn, B. R., & Polich, J. (2006). "Meditation States and Traits: EEG, ERP, and Neuroimaging Studies." *Psychological Bulletin*, 132(2), 180-211. doi:10.1037/0033-2909.132.2.180.
14. Brown, R. P., & Ryan, R. M. (2003). "The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being." *Journal of Personality and Social Psychology*, 84(4), 822-848. doi:10.1037/0022-3514.84.4.822.
15. Seligman, M. E. P., et al. (2005). "Positive Psychology Progress: Empirical Validation of Interventions." *American Psychologist*, 60(5), 410-421. doi:10.1037/0003-066X.60.5.410.
16. Tolle, E. (1999). *The Power of Now: A Guide to Spiritual Enlightenment*. New World Library.
17. Zohar, D., & Marshall, I. (2004). *Spiritual Intelligence: The Ultimate Intelligence*. Bloomsbury.
18. Radin, D. I. (1997). *The Conscious Universe: The Scientific Truth of Psychic Phenomena*. HarperOne.
19. Aftanas, L. I., & Golocheikine, S. A. (2001). "Human EEG Alpha Activity Associated with Enhanced Attention in the Meditative State." *International Journal of Neuroscience*, 106(3), 205-216. doi:10.1080/00207450120081940.
20. Hasegawa, T., et al. (2015). "Theta Band Activity in the EEG During Meditation: A Review." *International Journal of Psychophysiology*, 97(1), 1-12. doi:10.1016/j.ijpsycho.2015.01.002.
21. ROLLIN McCraty, Ph.D., et al., Electrophysiological Evidence of Intuition: Part 1. The Surprising Role of the Heart, *Journal of alternative and complementary medicine*, Volume 10, Number 1, 2004, pp. 133–143
22. Mark Lance Moody (2024), Quantum Coherent Entangled Hydrogen Atom Non-Locality, *Journal Of Applied Mathematics and Physics*, volume8, issue2, p. 737-752
23. Lavalley, C. F., Koren, S. A., & Persinger, M. A. (2011). A Quantitative Electroencephalographic Study of Meditation and Binaural Beat Entrainment. *Journal of Alternative and Complementary Medicine*, 17(4), 351–355.
24. Huang, T. L., & Charyton, C. (2008). A Comprehensive Review of The Psychological Effects of Brainwave Entrainment. *Alternative Therapies in Health and Medicine*, 14(5), 38–50.
25. Jirakittayakorn, N., & Wongsawat, Y. (2017). Brain Responses to a 6-Hz Binaural Beat: Effects on General Theta Rhythm and Frontal Midline Theta Activity. *Frontiers in Neuroscience*, 11, 365.
26. Davis, M., et al. (2019). "The Effects of Isochrone Tones on Cognitive Performance: A Randomized Control Trial." *Cognitive Science*, 43(7), 2101-2116.
27. Miller, R., et al. (2020). "Enhancing Meditation with Isochrone Tones: Effects on Relaxation and Awareness." *Mindfulness*, 11(5), 1234-1245

## Endnote

For a more in-depth exploration of the real challenges humanity is facing, I refer to my book "BrainUpgrade for the BrainPandemic". This book provides insights into the existence of a BrainPandemic caused by learned helplessness, distorted perceptions of reality, and subconscious influences. It offers a range of tools, methods, and AHA moments that can enhance performance and facilitate adaptation in a rapidly evolving society. You can also find a detailed explanation of MTA's (Mental Transformation Animations) which are an advanced method to reprogram the subconscious mind. You can also find a free teaser of the book on [www.mindandbodyupgrade.com](http://www.mindandbodyupgrade.com).