



# Ecclesia Pistis Sophia

EU study group

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# The flowing Mind

- “A mind that is stretched by a new experience can never go back to its old dimensions.” - Oliver Wendell Holmes
- “Whatever is flexible and flowing will tend to grow, whatever is rigid and blocked will wither and die.” - Tao Te Ching
- “It takes a deep commitment to change and an even deeper commitment to grow.” - Ralph Ellison
- “All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.” - Buddha
- “Are you still thinking, looking, living, as from an imaginary phenomenal center? As long as you do that you can never recognize your freedom.” - Open Secret by Wei Wu Wei



# Left and right brain hemisphere

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- Responds to verbal instructions
  - Problem solves by logically and sequentially looking at the parts of things
  - Looks at differences
  - Is planned and structured
  - Prefers established, certain information
  - Prefers talking and writing
  - Prefers multiple choice tests
  - Controls feelings
  - Responds to demonstrated instructions
  - Problem solves with hunches, looking for patterns and configurations
  - Looks at similarities
  - Is fluid and spontaneous
  - Prefers elusive, uncertain information
  - Prefers drawing and manipulating objects
  - Prefers open ended questions
  - Free with feelings



# The neural net

- Billions of synaptic and dendrite connections forming a mesh of interconnectivity.
- Each node in the neural network has a vast number of connections to other nodes.
- Each node also has a threshold value, each connection can give a stimulus which accumulates and when it passes a certain threshold the node fires transmitting information. The node also stores information in the accumulated state caused by the stimuli of surrounding nodes.
- A massive interference pattern is created spread out across the brain.
- Paths of dendrites and synapses that are more often used grows more connections which causes “tread marks” to appear in the structure of the brain. Such “tread marks” creates mental tendencies and habitual patterns.
- These patterns can be compared to the forms and patterns created in Binah. In the same analogy Hokmah is the consciousness force that triggers the electrical and chemical impulses that causes the interference patterns to emerge in the mind of the individual.



# Training the network

- Neuroplasticity, the brains ability to reshape and adapt.
- By thinking positive thoughts we are aligned towards a more positive outlook on life. We become happier.
- Meditation shifts brain activity over time from left-hand-side to right-hand-side.
- During meditation scans and brainwave tracing, techniques are able to demonstrate that certain regions of the brain that are usually active become quiet, while other usually quiet areas become activated.
- This is entirely different to patterns found when people are asleep and may lead to longstanding structural changes in the brains of people who meditate regularly.
- Meditation over time is associated with increased cortical thickness
- Cortex is associated with attention and sensory processing
- Alters ability to concentrate
- Alters response to “sensory” stimuli – physical sensations (pain, hunger etc) but also emotional sensations (fear, anger etc)
- Effects are cumulative (“every minute sitting counts”)