

Nourish Your Brain

Holzkirchen, Germany
June, 2008

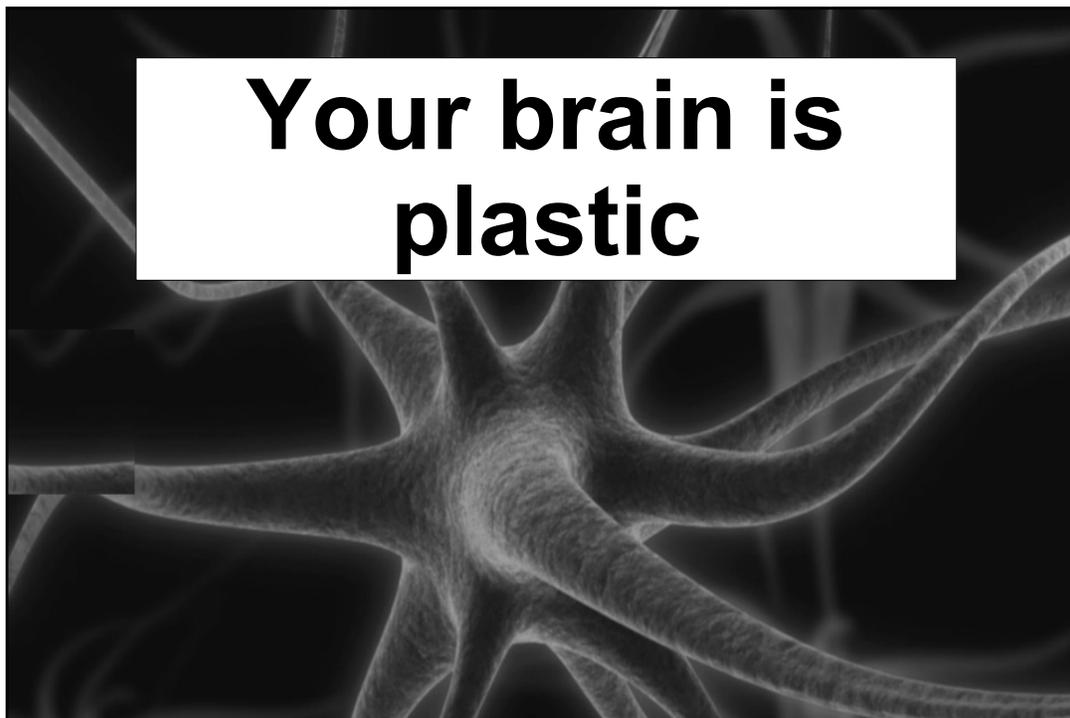
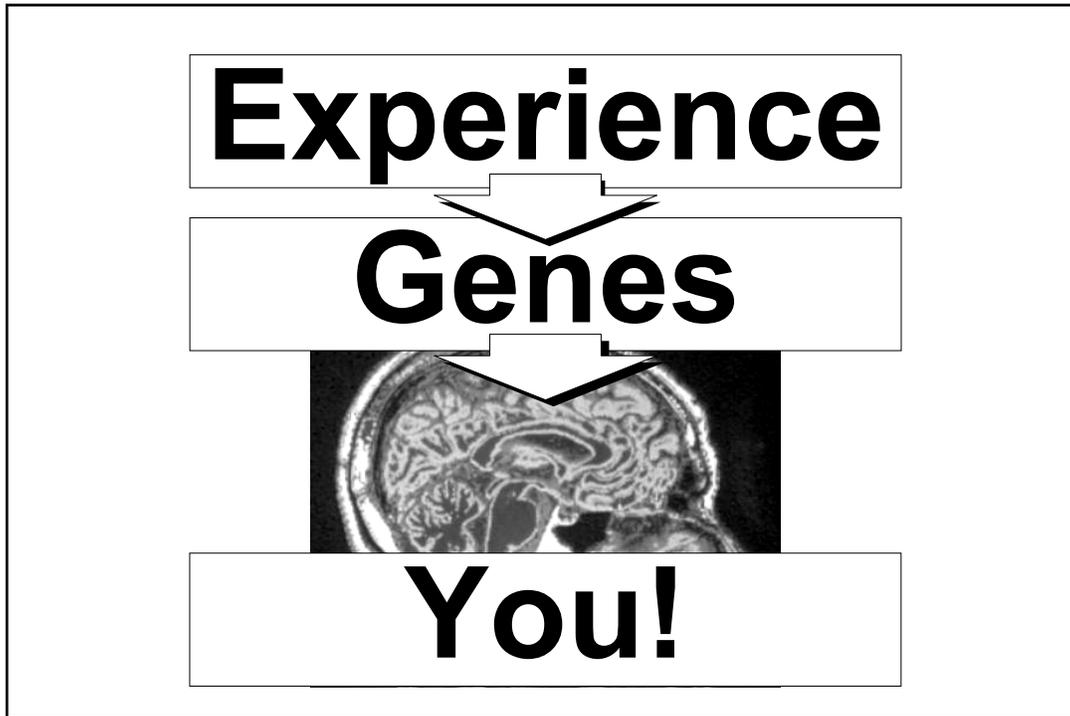
Alarik Arenander, Ph.D.



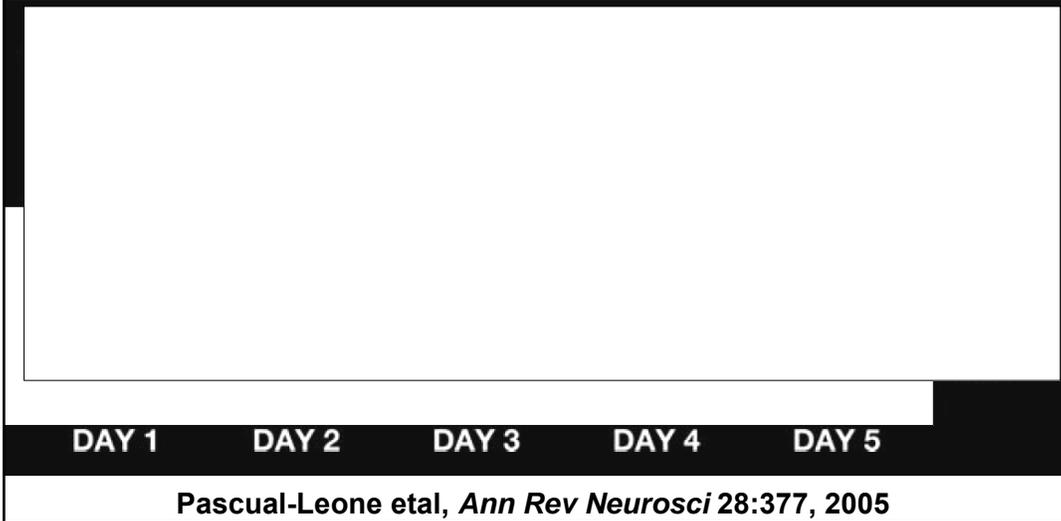
**Brain Research
Institute**

and

**BrainMatrix,
Inc.**



Power of Attention



Aging

**We chose
everything in life!**

**Our choices make
us who we are!**

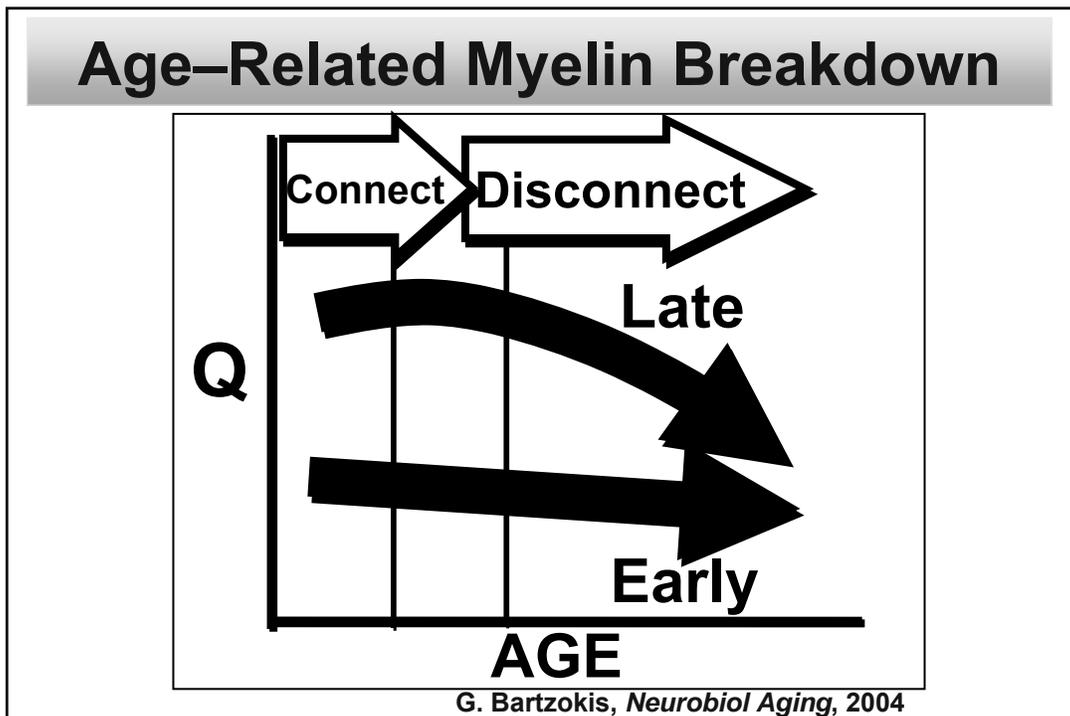
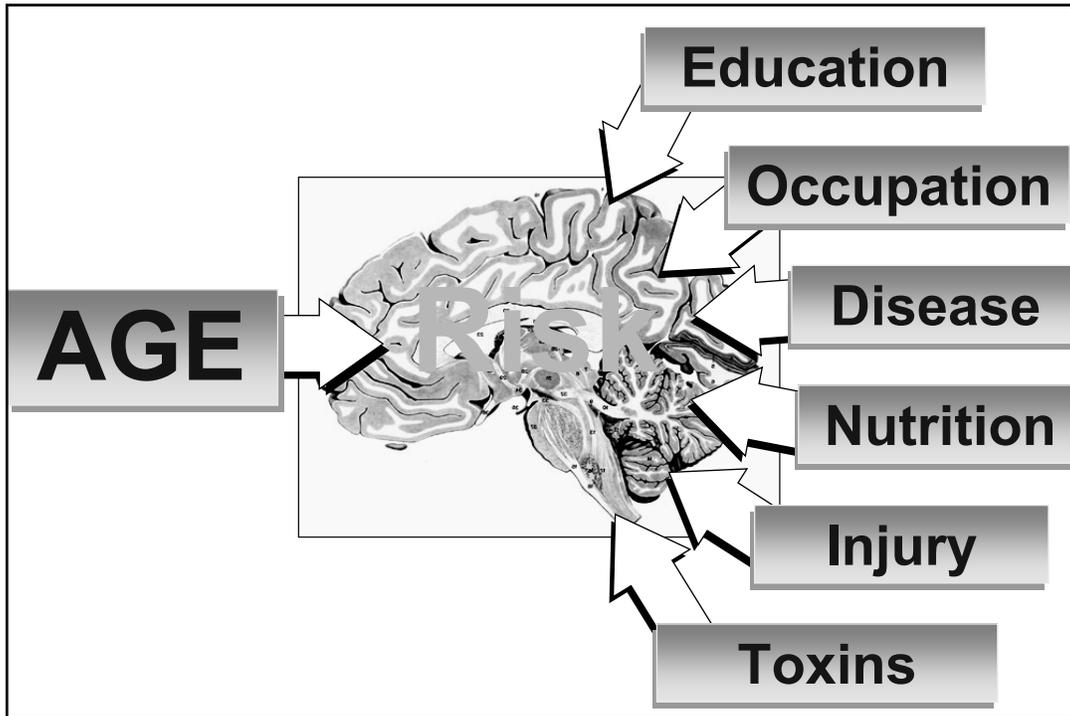
- **Most important area**
- **Last to develop**
- **Longest development**
- **Most vulnerable to aging**
- **Loss of executive & memory functions**

G. Bartzokis, *Neurobiol Aging*, 25:5, 2004

Glia Control
1. Nourishment 2. Information 3. Transmission
Connectivity
Self-Ref Function
Cognitive Function
Self & Aging

**Alzheimer's
Disease**

A Disconnect!

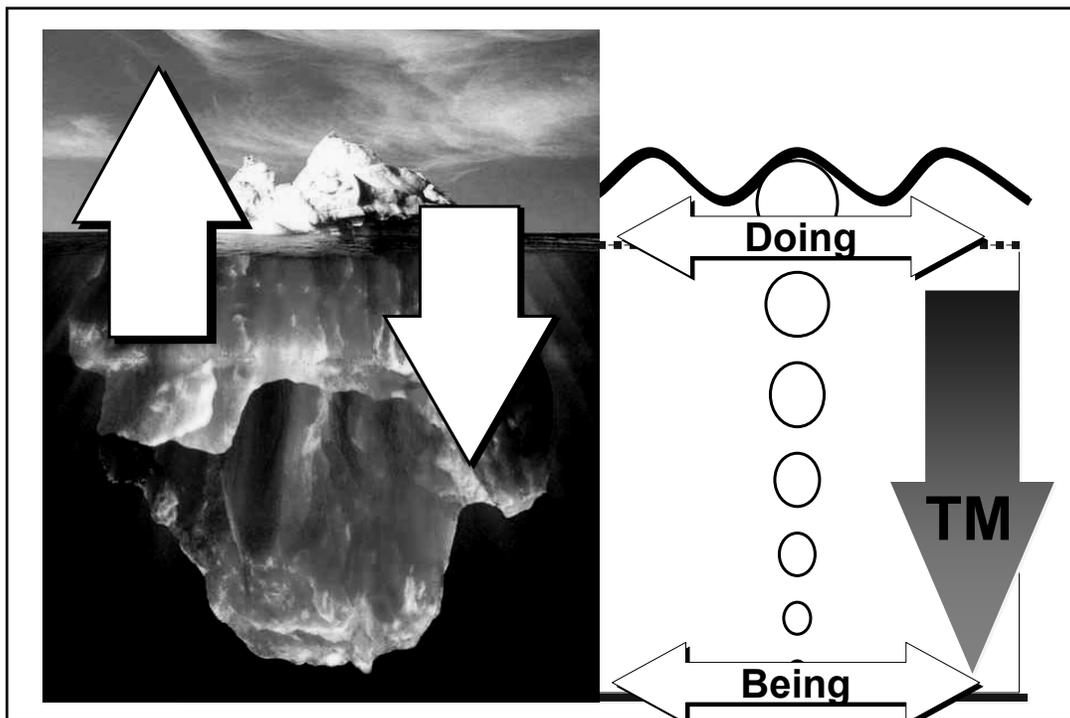
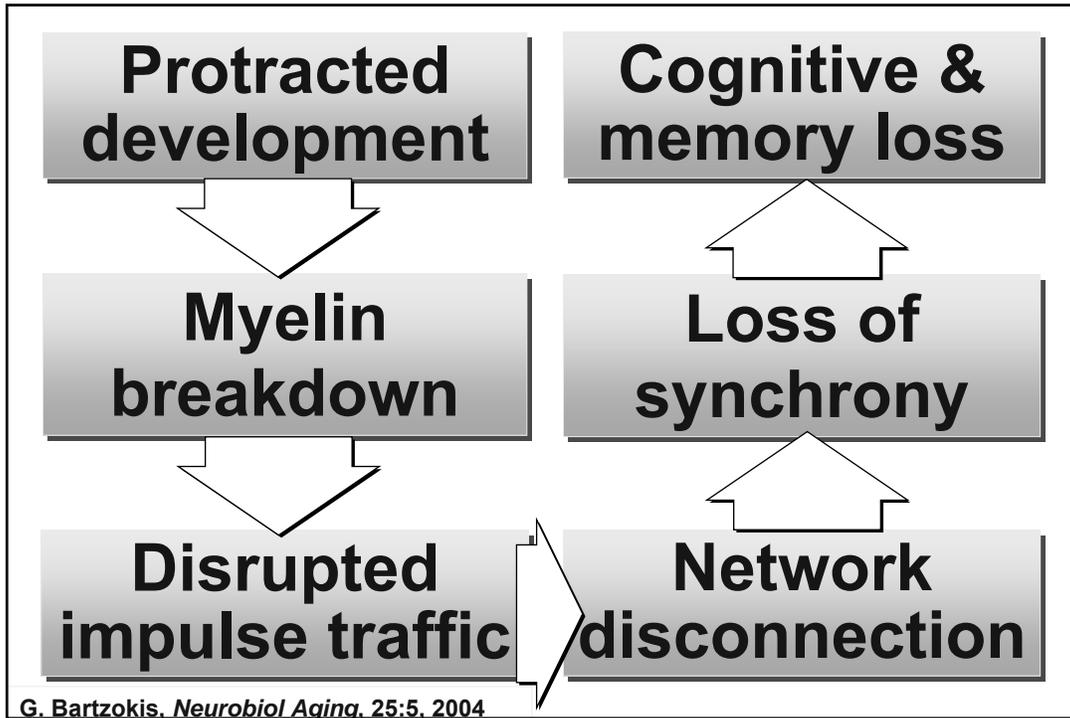


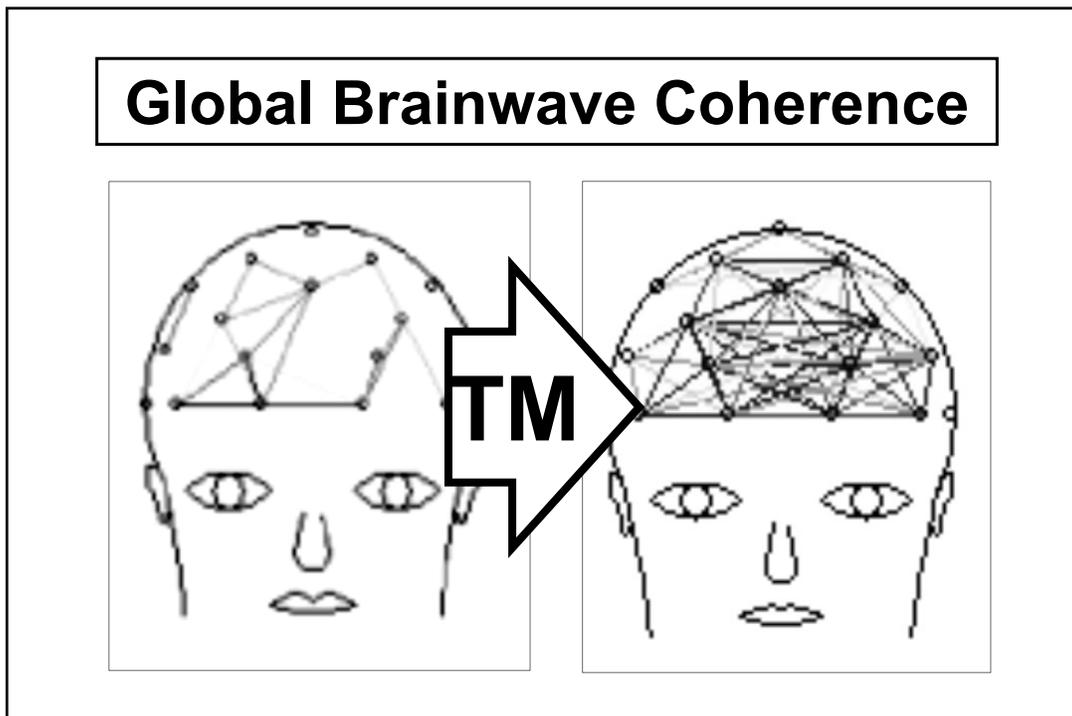
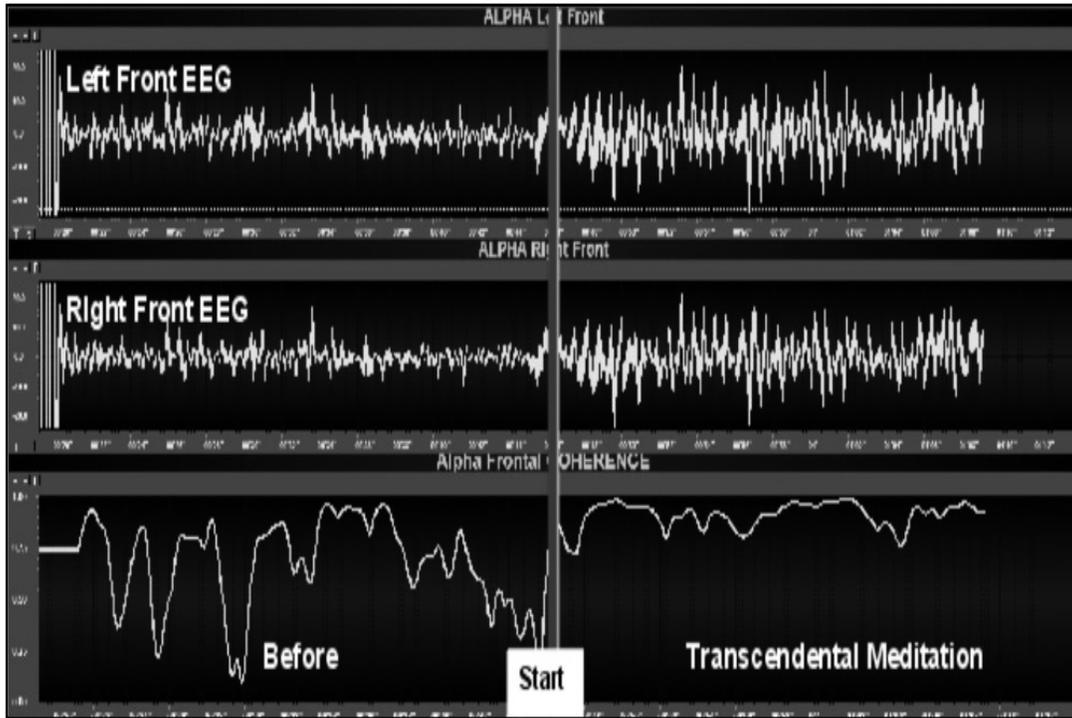
**Prevent
your brain
from
'Drying Up'**

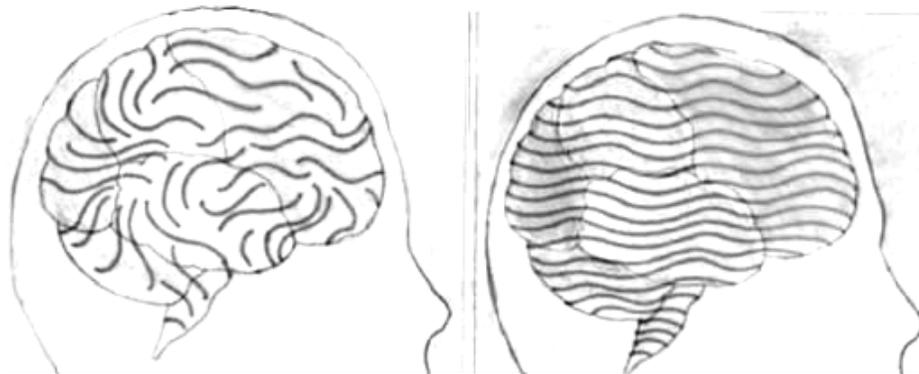


**Alzheimer's
Loss of brain
coherence!**

Stam etal...

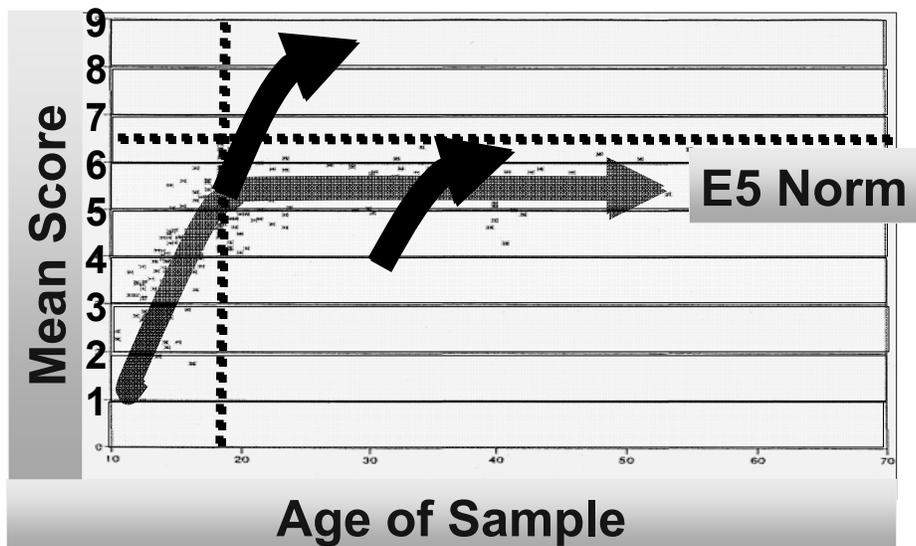






Over 90% of people have not reached their full potential

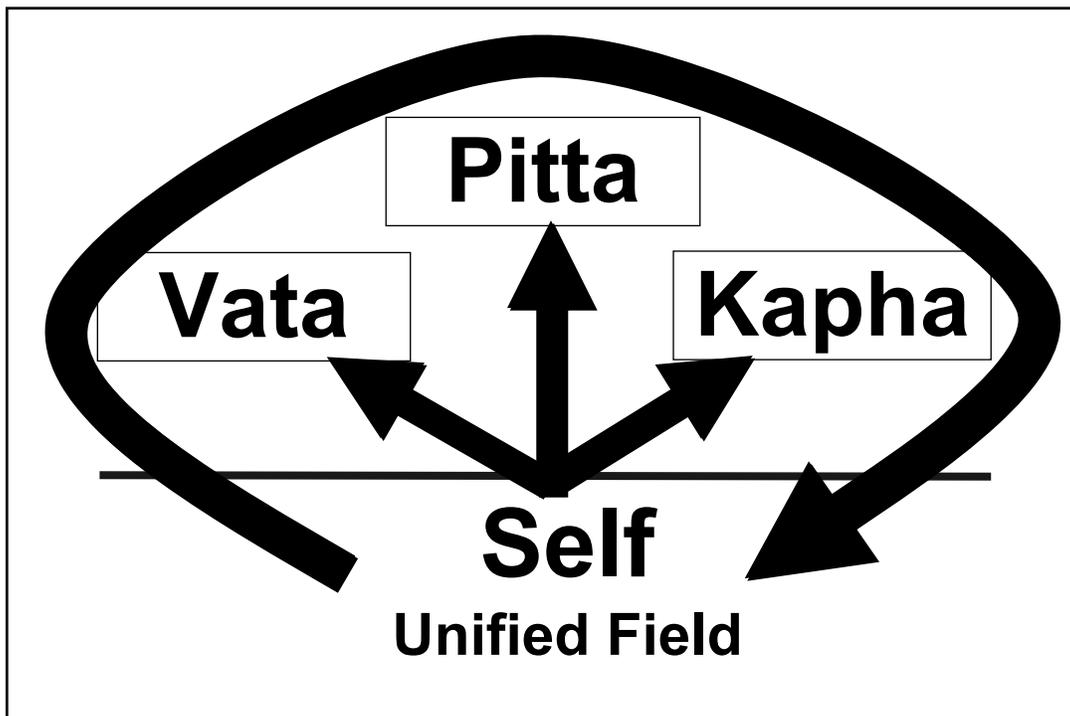
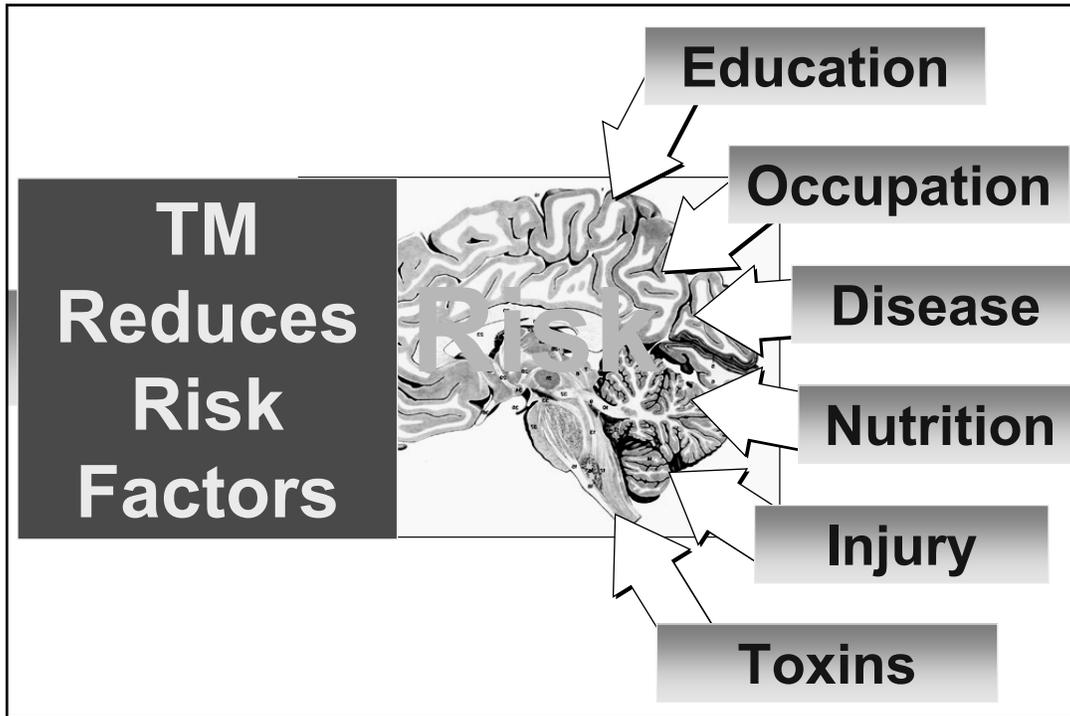
Self Development



Cohn, In *Personality Development*, Westenberg, 1998



**Increase brain
coherence to
reduce risk of
Alzheimer's**



Doshas

Vata

(motion, communication)

Pitta

(transformation, metabolism)

Kapha

(structure, stability)

Aging

Too much Vata!!

Small, dry = shrinkage

Communicate = Disruption

Movement = Agitation

Aging

Too little Kapha!!

Nourish = Metab dysfunction

Stable = Tangles, plaques

Unctuous = Myelin loss

Sweetness = anxious, anger

Decreased Kapha

Loss of lubrication,
stability, sustaining

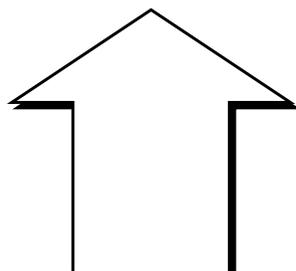
Increased Vata

Too much drying,
agitation, disruption

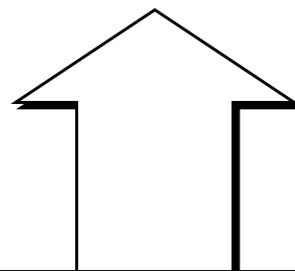
Natural Balancing

- **Vitamins (Bs, folate)**
- **Pepper, brahmi, gotu kola, shankapushpi**
- **Ghee & Omega FAs**
- **Mind & Consciousness**

Nourish Your Brain & Life



**More
Brain
Coherence**



**More
Happiness &
Success**

Leadership

High Performance



Creative Potential



Brain Plasticity

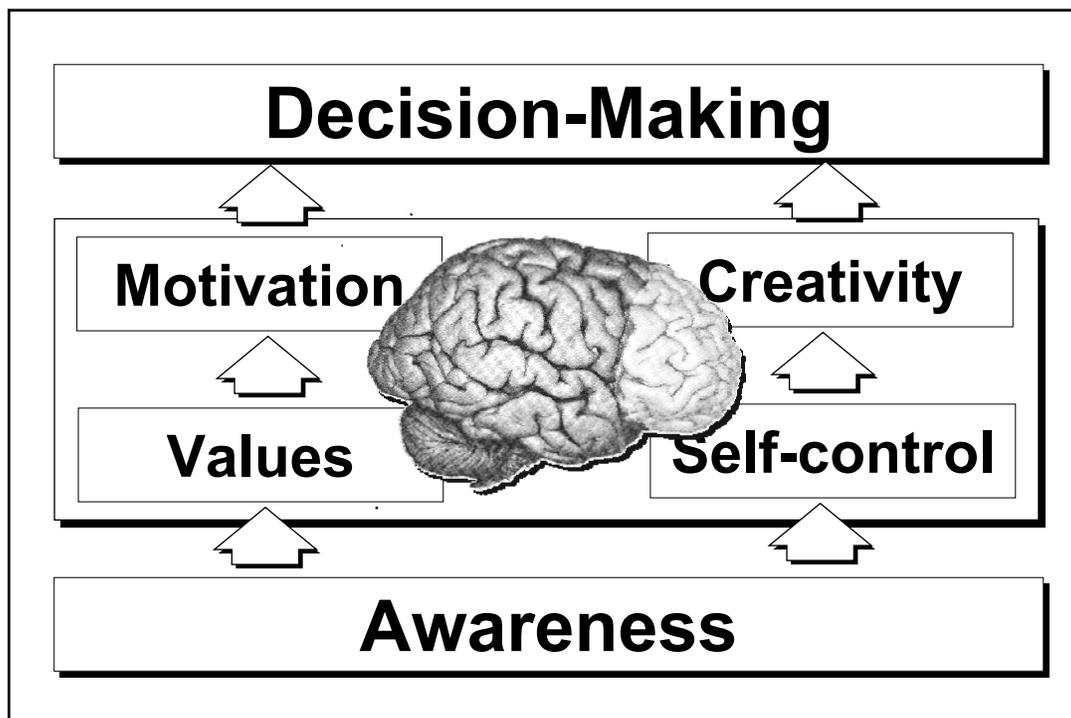


Coherence



Experience

Three Fundamentals of High Performance



Who do you want as a leader?

Conventional

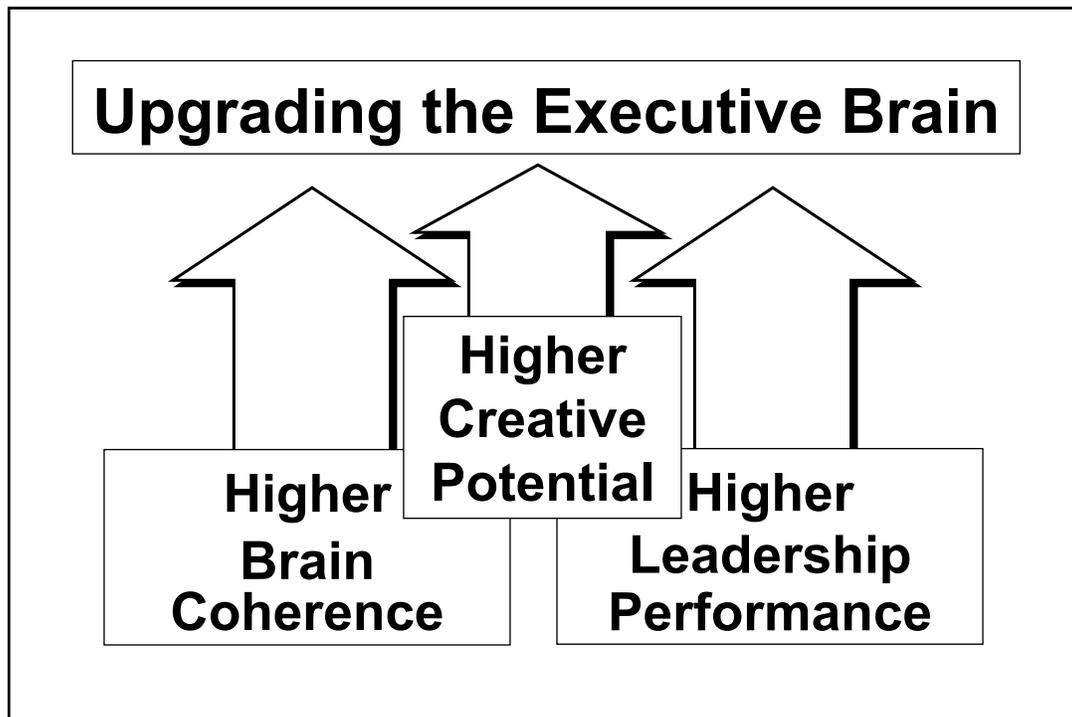
Reactive
 Truth (Personal)
 Part (Fragmenting)
 Control (win/lose)
 Efficiency
 (do the thing right)
 Path-following
 Object-Referral

Post-Conventional

Proactive
 Truth (Universal)
 Whole (Unifying)
 Collaboration (win/win)
 Effectiveness
 (do the right thing)
 Path-finding
 Self-Referral

Upgrading the Executive Brain

Stage	Aware-ness	Values	Self-Control	Moti-vation	Creat-ivity	Decision-Making
E9						
E8	↑	↑	↑	↑	↑	↑
E7						
E6						
E5						
E4						



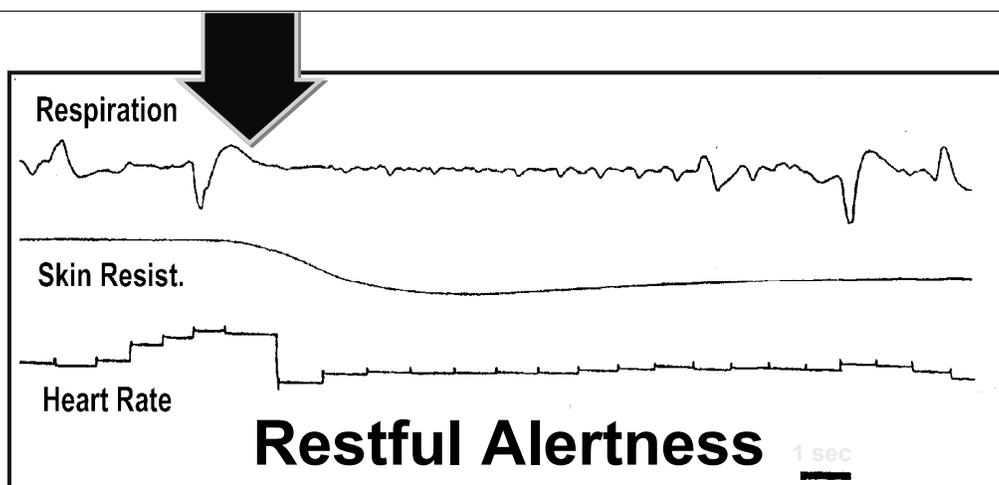
**Available
Summer
2008**

The book cover features a grayscale image of a brain with glowing neural pathways. The title "UPGRADING THE EXECUTIVE BRAIN" is prominently displayed in large, bold, white capital letters. Below the title, the subtitle "Breakthrough Science and Technology of Leadership" is written in a smaller font. Further down, a descriptive line reads "Developing the CEO of the Brain through Research-based Programs That Optimize Leadership Performance". At the bottom of the cover, the authors' names, "Alarik T. Arenander, PhD" and "Craig Pearson, PhD", are listed.

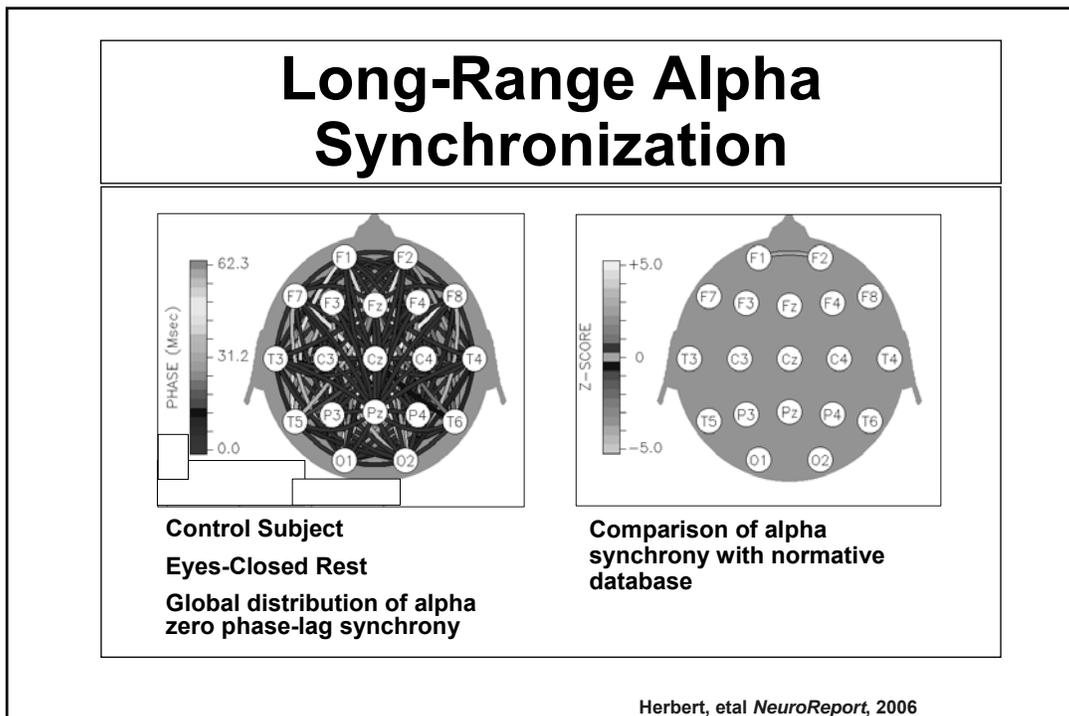
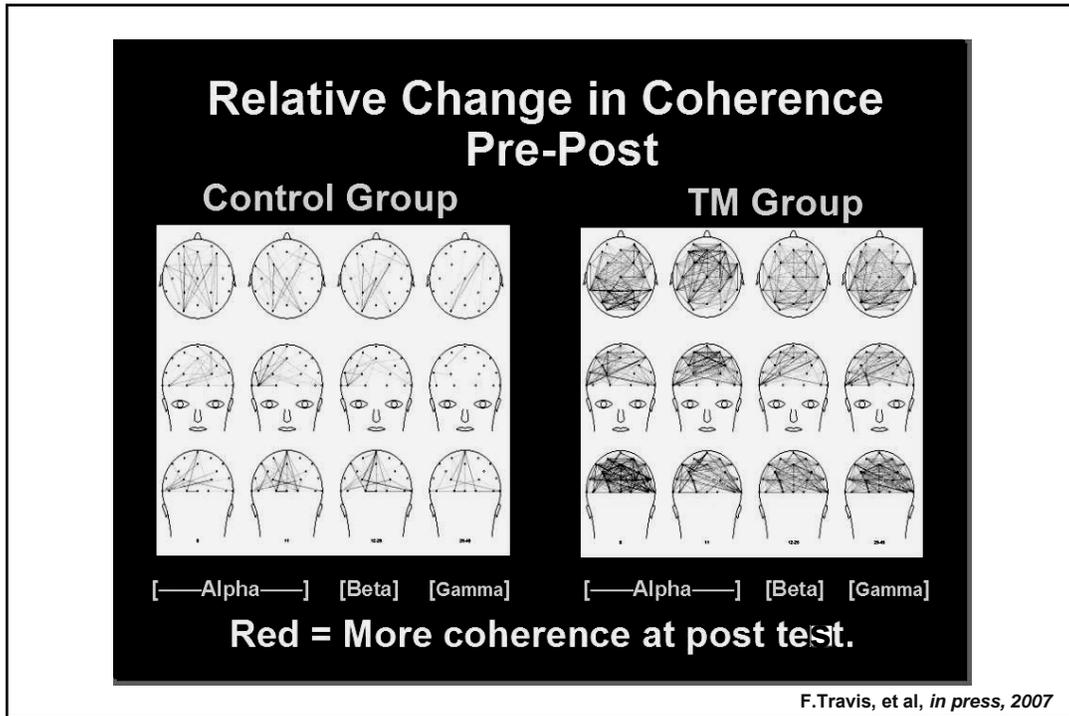


**Are all
meditations
the same?**

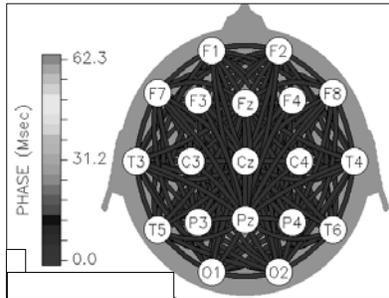
Transcending



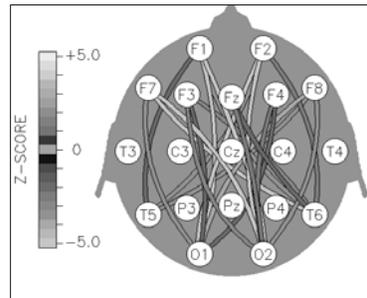
Travis and Pearson, *Intern. J. Neuroscience*, 100: 77, 2000



Long-Range Alpha Synchronization



Meditator
TM practice
Global distribution of alpha
zero phase-lag synchrony



**Comparison of alpha synchrony
with normative database. Note,
significant deviations are all
long distance pairings.**

Herbert, etal *NeuroReport*, 2006

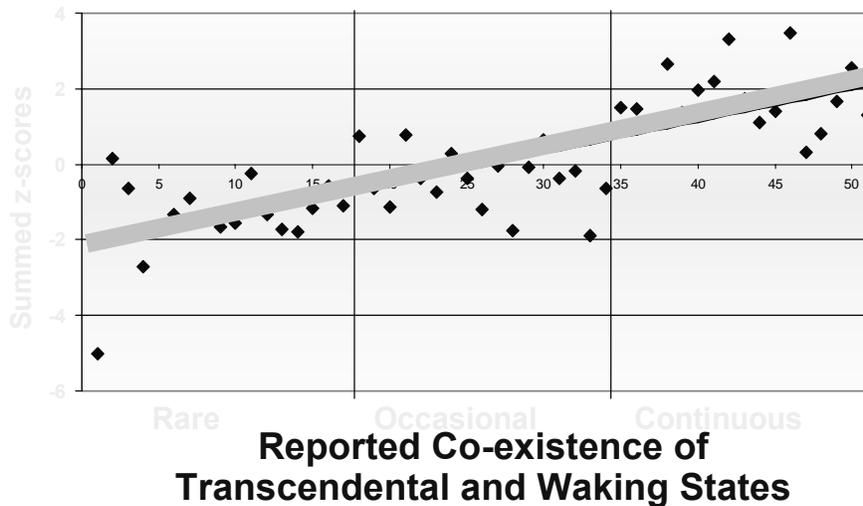
A Fifth State of Consciousness Enlightenment

Silent, inner awareness (Self)

co-existing with

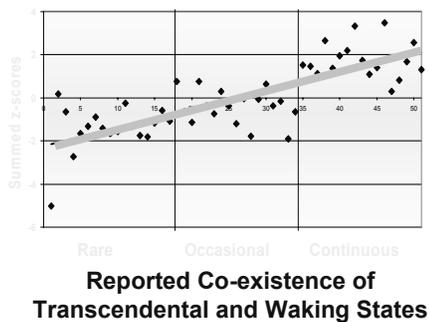
**Active outer awareness (Waking)
or
Loss of outer awareness (Sleep)**

Human Development



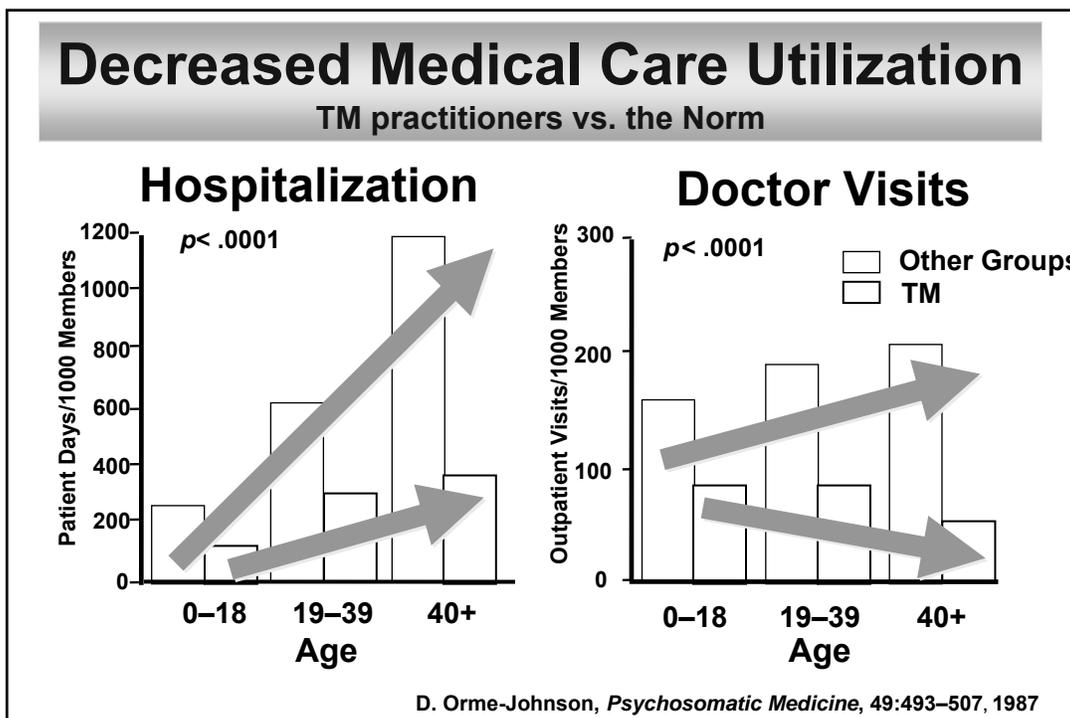
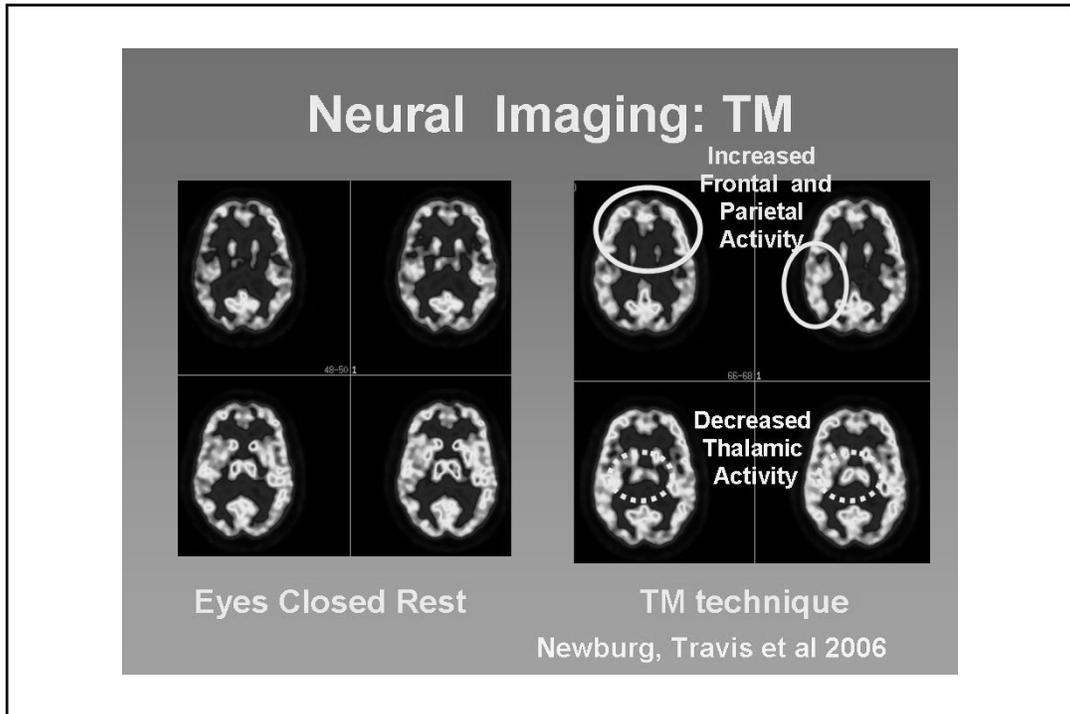
F.Travis, et al, *Biol Psych*, 2002

Brain-based Integration Scale



- ❖ PFCX Broad-Band EEG Coherence
- ❖ Global Theta-Alpha EEG Amplitude
- ❖ Global Simple-Choice CNV Difference Scores

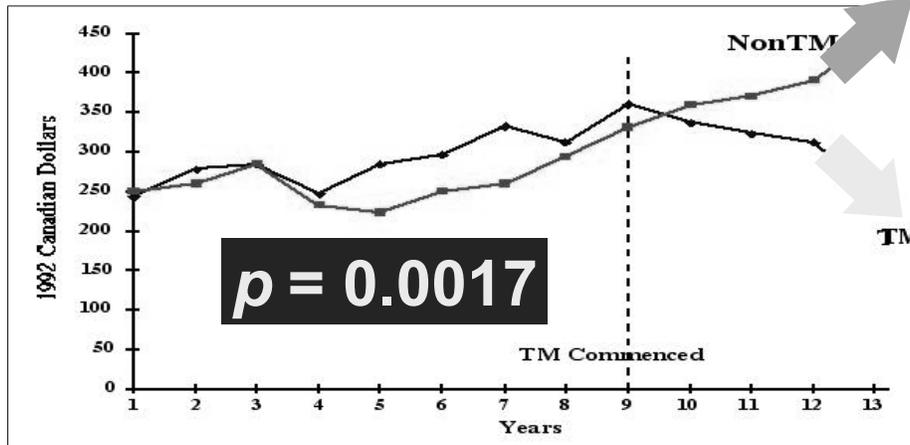
F.Travis, Tecce, Arenander, et al, *Biol Psych*, 2002



Reduction in Health Care Cost

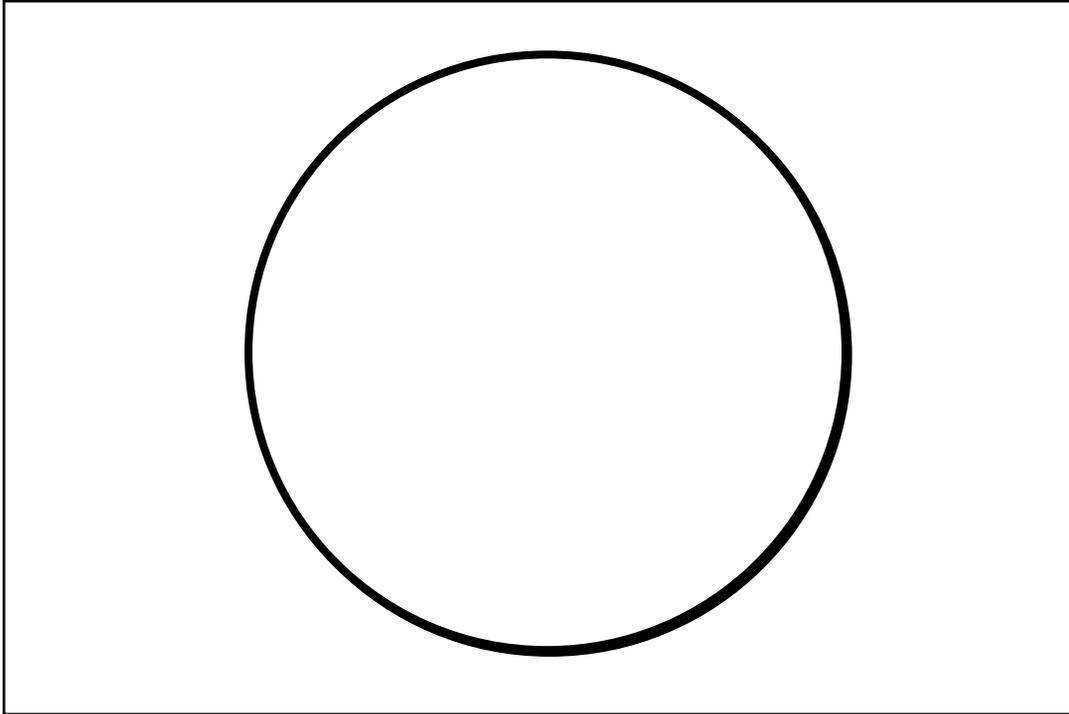
Annual inflation-adjusted payments to private physicians for treatment

Canada, >65 yrs age; all settings; N=163



R. Herron, etal, *J. Soc Behav Personality*, 2001

Vastu



VĀSTU

**Perfection of Natural
Law at the Inception**

- **Orientation**
- **Placement**
- **Proportion**
- **Building elements,**
- **Site elements**
- **Slope and shape of land**
- **Exposure to rising sun**
- **Elements in the environment**

Your Cognitive Map

- **Space-time framework**
- **Timeline of life**
- **Memory context**
- **Identity construct**

Constructing a model or map of the Self

Creating reality
Creating space-time

Place

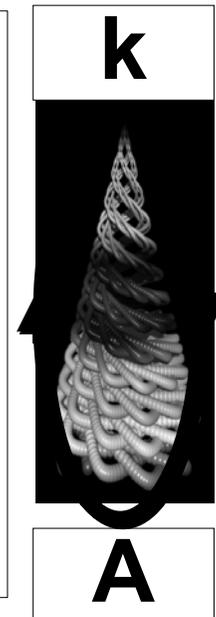
(spatial location, 1971)

Head Direction

(internal compass, orientation, 1984)

Grid

(path integration, 2004)



‘Grid’ Cells

Establish Field

Rishi Value

‘Grid’ Cells

Path Integration

**Crystalline triangular
grid pattern that covers
the entire environment**

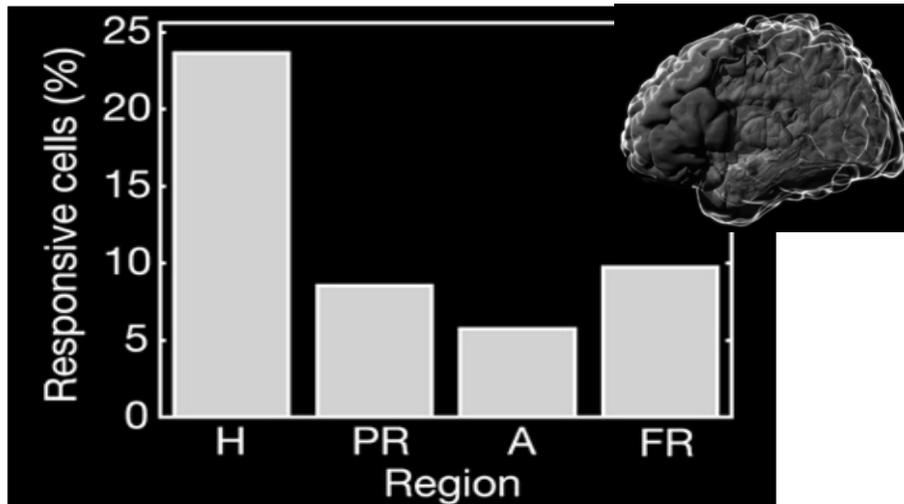
Head Direction Cells

Flow of Attention
Devata Value

Place Cells

Point
Chhandas Value

Human Place Cells



Invincibility

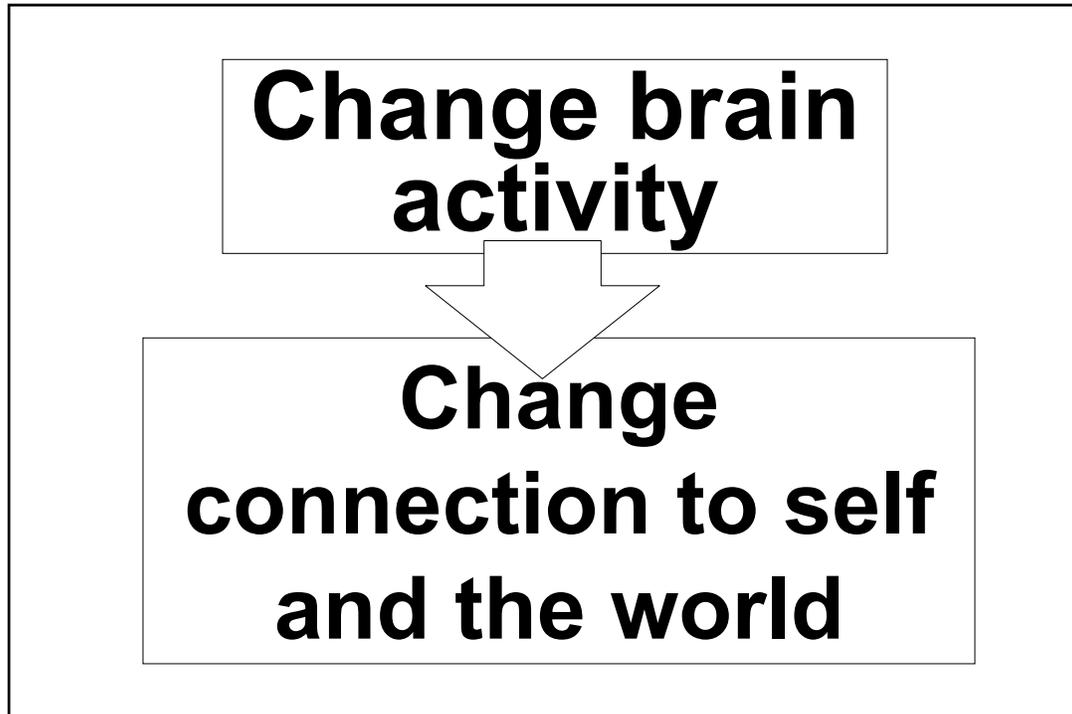
- **Brain designed to remember experience across all states of consciousness**
- **Register and store experience of TC**

Invincibility

During Transcending, Grid cells would have alternative firing pattern corresponding to increasing degrees of SR and decreasing values of OR (space-time) configuration

PFC

- **Spatial firing patterns related to non-spatial values: goals, reward...**
- **PFC neurons phase-locking to the hippocampal theta rhythm; working memory**



Maharishi Sthapatya Veda®

Connecting individual life with Cosmic Life
Individual intelligence with Cosmic Intelligence

Invincibility



**Maintain identity,
integrity, stability
in midst of change**



**Ability of the system to
resist disorder based
on coherent collective
functioning**



**Handle change
by handling
nonchange**



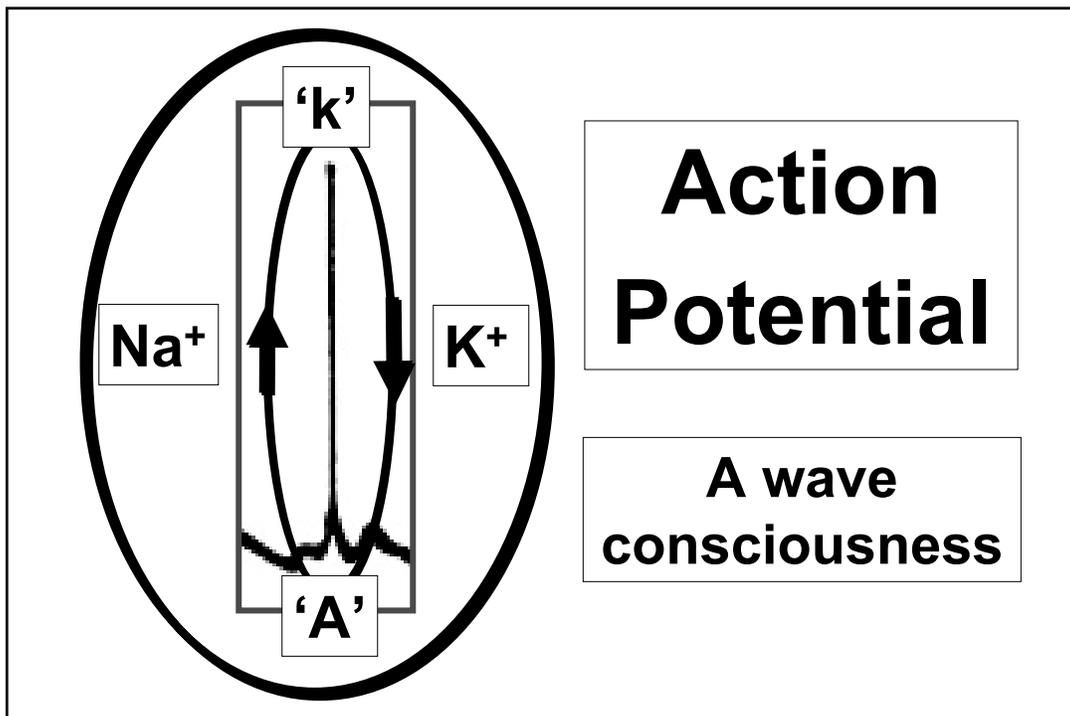
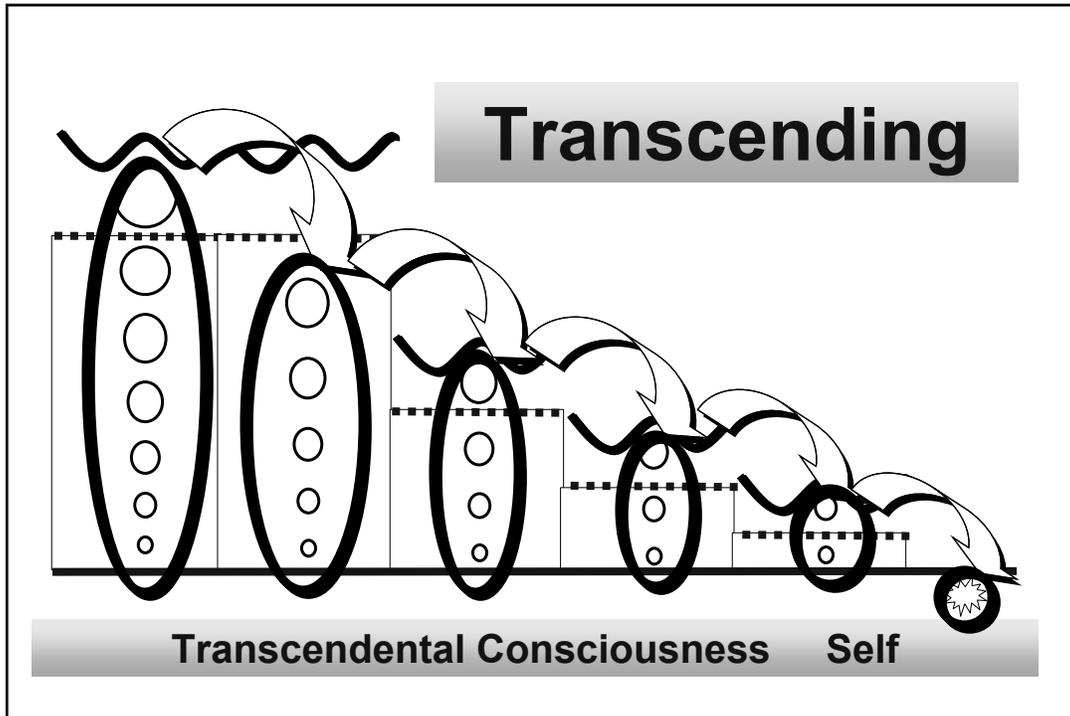
Self-Referral Consciousness

प्रकृतिं स्वामवष्टभ्य विसृजामि पुनः पुनः
भूतग्राममिमं कृत्स्नमवशं प्रकृतेर्वशात्

*Prakṛitiṃ svām avashtabhya visṛijāmi punaḥ punaḥ
bhūta-grāmam imaṃ kṛitsnam avashaṃ prakṛiter
vashāt*

Curving back upon My own Nature, I create again and again—creation and administration of creation, both are a natural phenomenon on the basis of My self-referral consciousness.

Bhagavad-Gītā 9.8



Two Modes

Burst

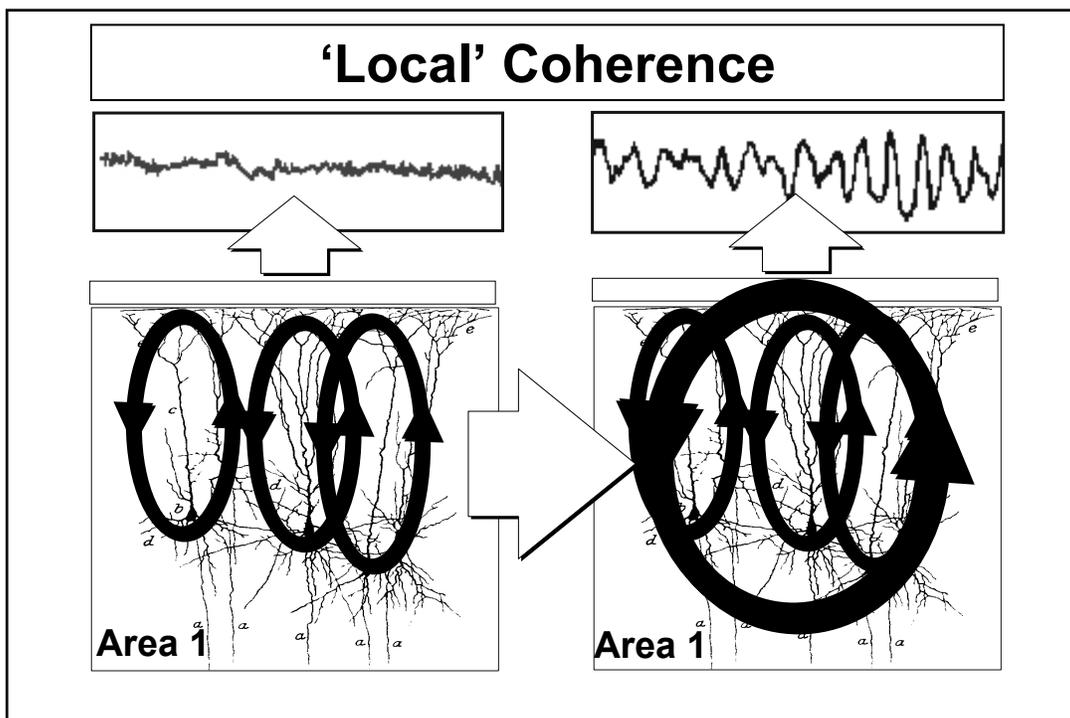
Silent

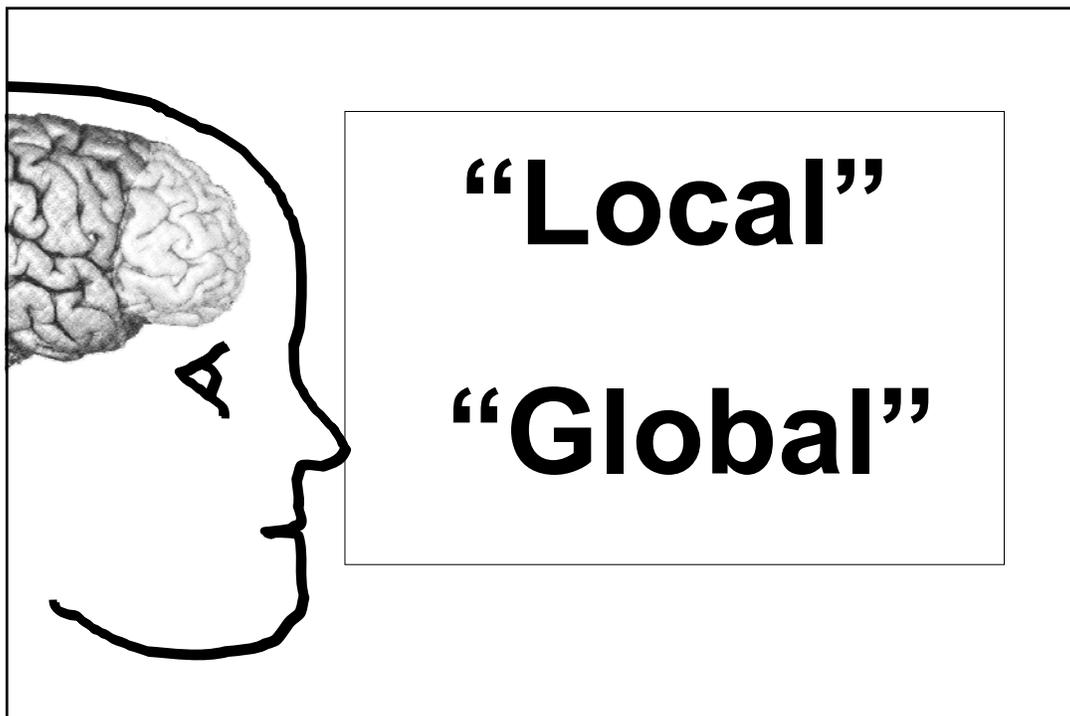
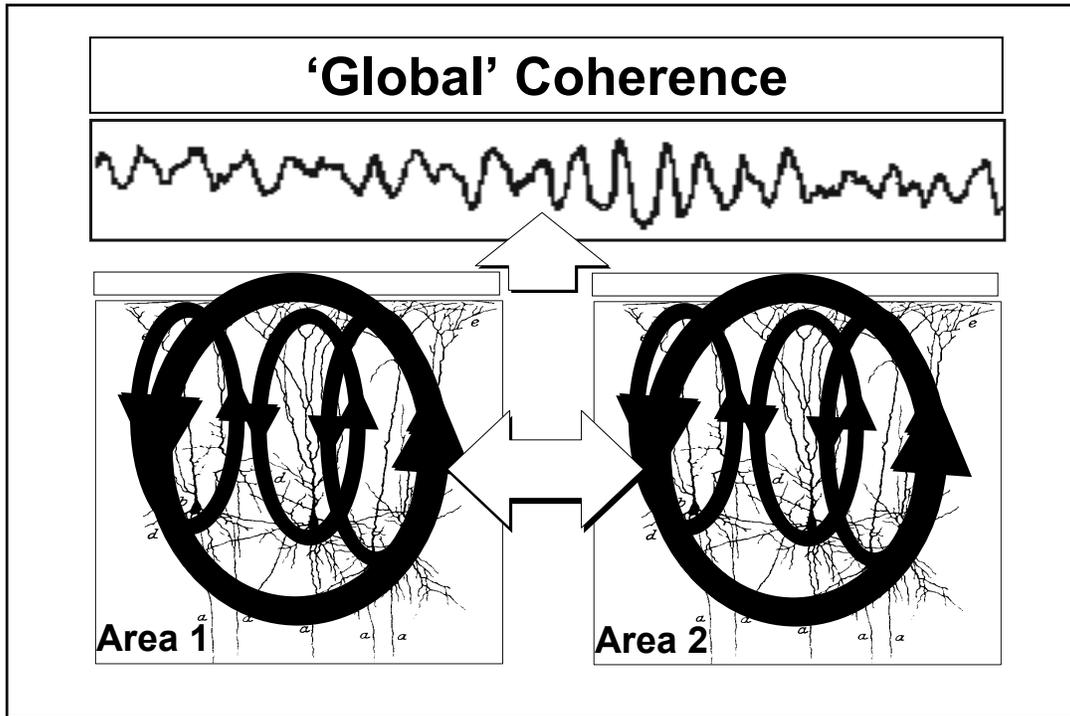
'A'

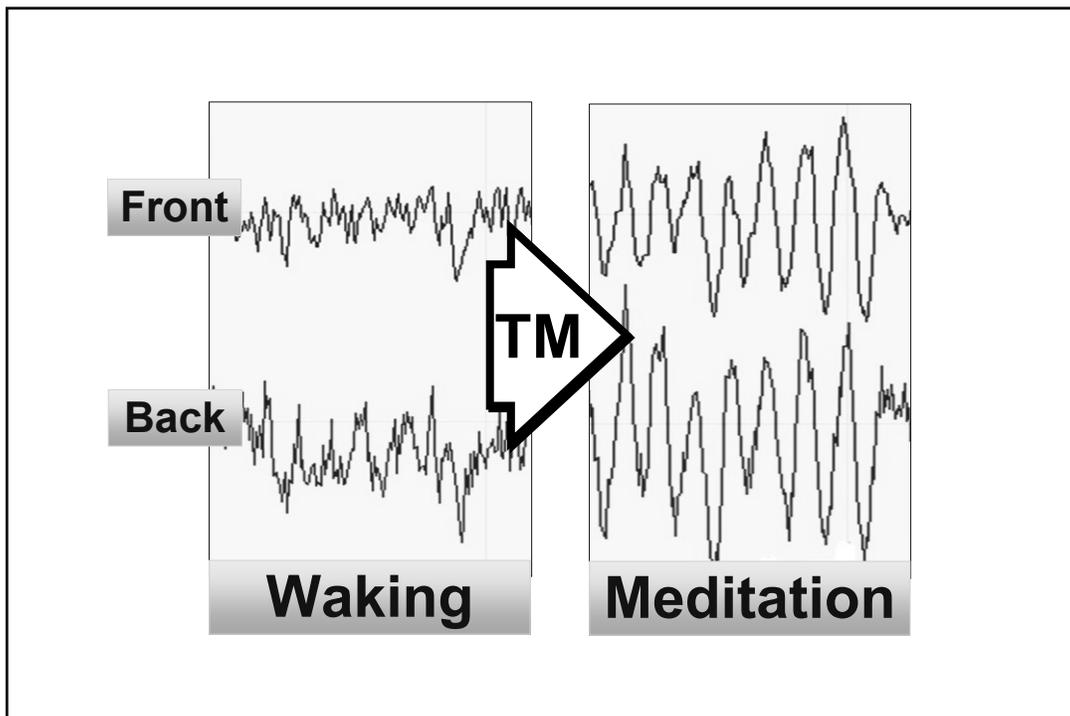
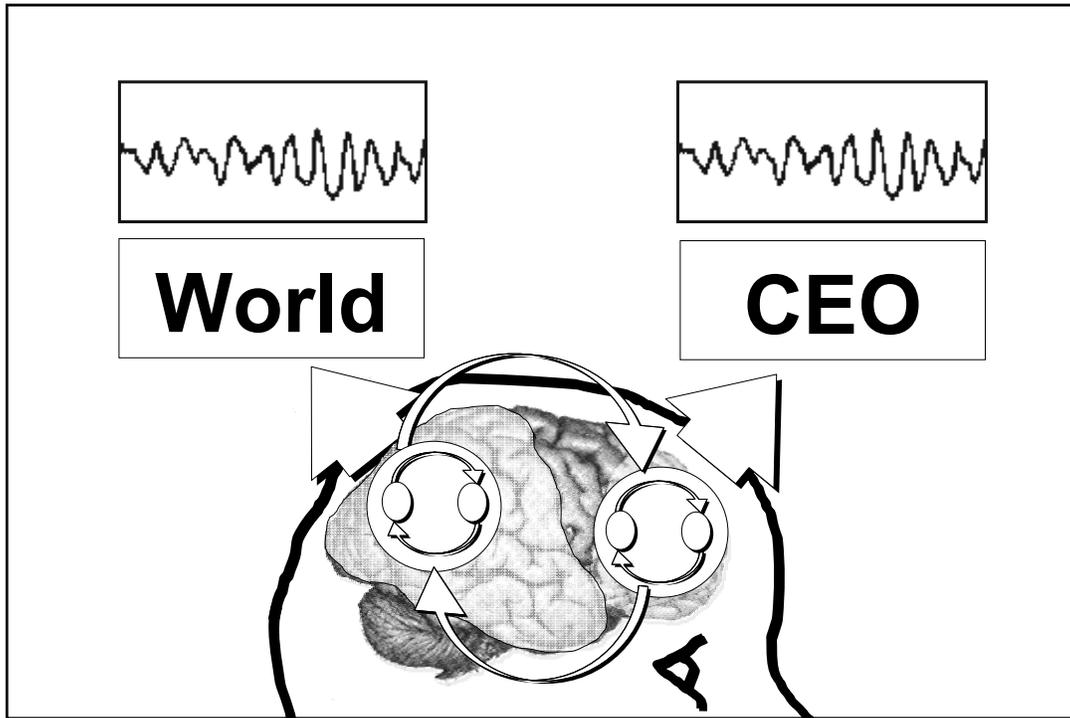
Relay

Dynamic

'k'







शिवं शान्तमद्वैतं चतुर्थं मन्यन्ते स आत्मा स विज्ञेयः

*Shivam shāntam advaitam chaturtham manyante sa Ātmā
sa vijñeyah*

The peaceful, the blissful, the undivided is thought to be the fourth;
that is the Self. That is to be known.

Nrisimhottarātāpanīya Upanishad 1

