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## Master Zhu

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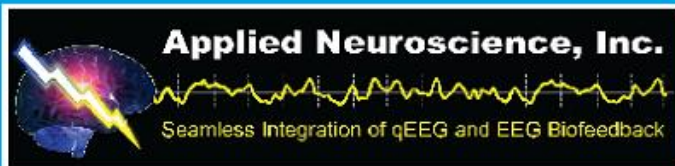
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# Master Zhu

John F. Gilbert, Ph.D. and Robert Moroney, D.A., CPPS

*This article describes the surprising results of a brainmap that was made of Mr. Zhu, a Chi Kung Master. Astonishing results occurred when Master Zhu practiced the art of "losing mind."*

## Meeting Master Zhu (Drew)

Part One by John F. Gilbert, Ph.D.

My friend Dr. Robert Moroney, Chairman of the Board of Directors for the Peak Performance Certification Board and a local clinician, asked my boss and me to meet him for lunch with a young friend, which we did. At lunch Bob introduced us to his fifteen-year-old son and a young Chinese boy who looked to be seventeen years old. During lunch we talked of T ai Chi, Chi Kung, and Eastern Medicine. As we were leaving, my employer obligated me to do a brainmap of the young Chinese as a demonstration of one Western Medicine technique.

Dr. Moroney and his charge arrived at the appointed time and assisted me in hooking up the young man to the ElectroCap and firing up the Lexicor NRS-24C, which we would use to collect an eyes-closed sample of data. Our impedances were fairly well balanced across the full 19-lead placement, a forehead ground, and linked ear references at 8K +/- 1K. Since this was basically a demonstration, no effort was made to reduce the impedances further. We did endeavor to keep the impedances as balanced as possible to ensure good quality data.

During the baseline, it was necessary to reduce the amplitude in order to view the brainwaves as they traced across the screen. Other than this, the data looked very good and was dominated by high amplitude alpha waves. The data was very clean and easy to edit. It turns out the alpha amplitudes were

extremely high and averaged 195 microvolts as shown in Figure 1.

Obviously, this is impressively high-amplitude alpha, but equally as impressive was the total amplitude of 383 microvolts across the 0.5 to 32.0 Hz spectrum, including 42 microvolts of delta. There are not many individuals who can generate this kind of total amplitude; this is definitely the highest total amplitude and the highest amplitude alpha ever brought to my attention. But the fun was only beginning.

In discussing the data from this first run with the client, it was discovered that he had trained with the Chinese Grand Masters Wang Pei-sheng and Shi Ming who was recently featured on Bill Moyer's series "Healing and the Mind." This thirty-one-year old, looking more like a seventeen-year old, was no amateur, he was a full-fledged Chi Kung Master. To demonstrate this, he challenged me to lift his ninety pound weakling-looking body off the ground. It was no great feat, he was easy to lift. In fact, it was almost too easy.

Then he challenged me to do it again, only this time he would "lose mind" first. The challenge was accepted, and when he said he was ready, the lift began and the ninety-pound body remained glued to the floor. Only the fear of a hernia caused me to relinquish my grip. There is no doubt in my mind this young Master could keep me from lifting his slight body for as long as he wanted and there was nothing anybody, much less I, could do about it.

Figure 1

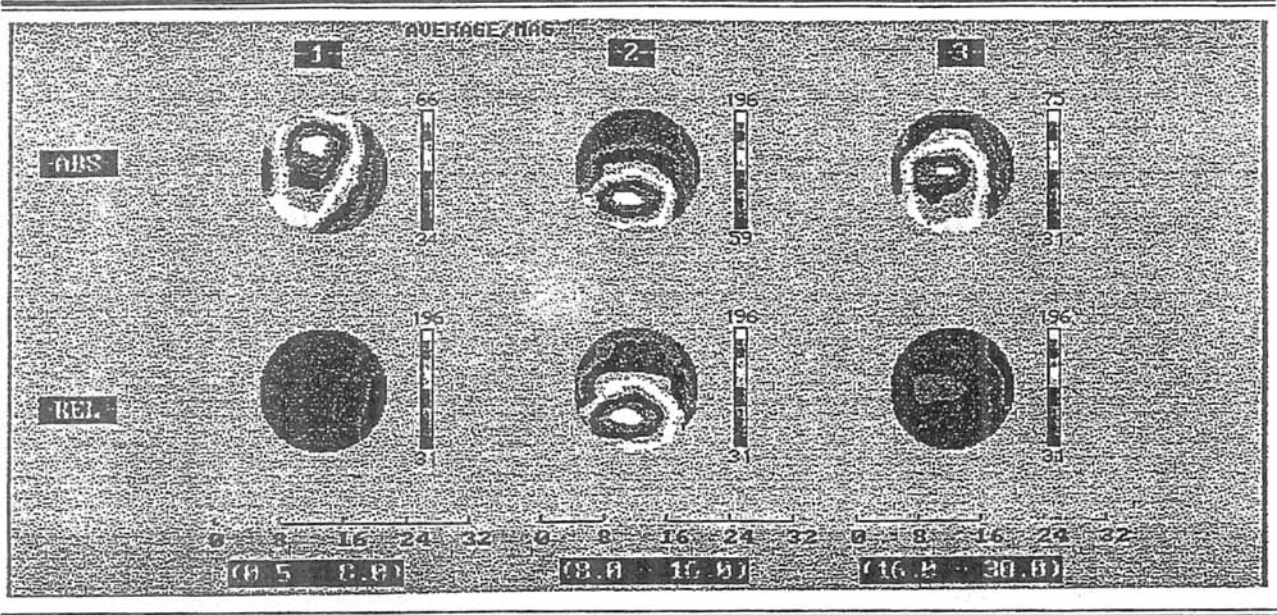
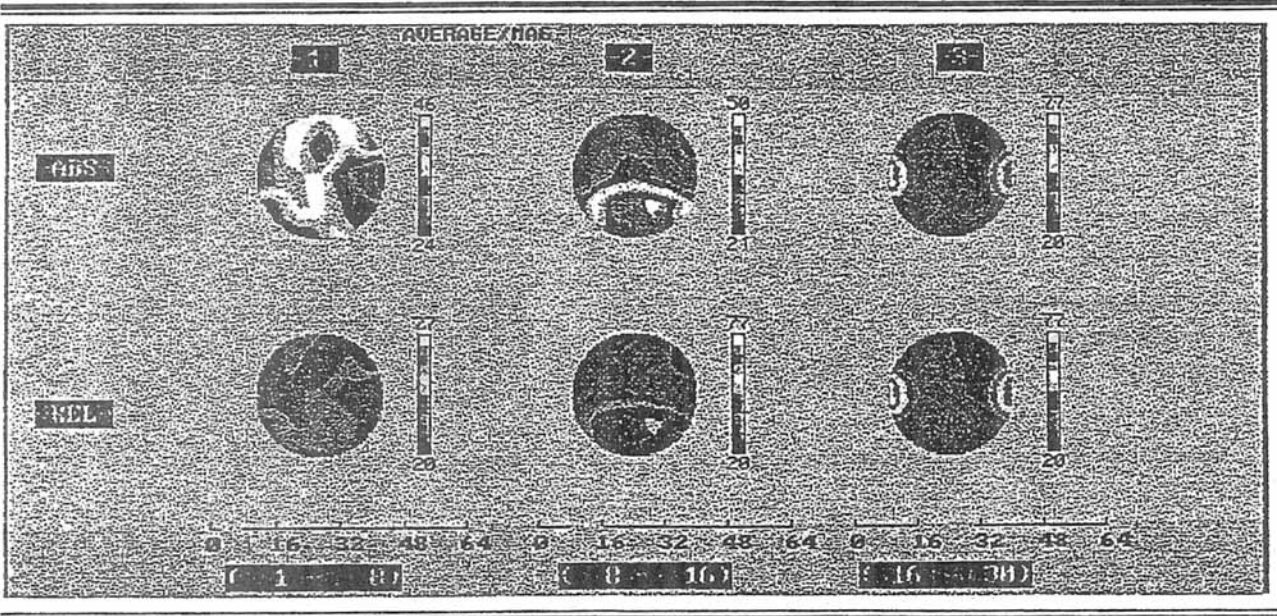


Figure 2



Master Drew then suggested that we brainmap him while he was in the state of having "lost mind" to see if there were any differences in his brain-wave patterns. The results were astonishing. At the moment Master Drew "lost mind" his theta and alpha amplitudes dropped to 46 and 50 microvolts respectively. The beta amplitudes also increased. The curious thing is that his delta amplitudes did not appear to

drop and his beta moved from the center of his head to his temples. Where the peak amplitude beta was previously found at CZ, it was now located at T3 and T4 as shown in Figure 2.

This movement of peak amplitude beta from CZ to T3 and T4 was both dramatic and almost instantaneous after the Master said he was "losing mind." There is little doubt in my mind that something really

happened, but the skeptic hidden inside emerged. This beta activity at T3 and T4 could be muscle activity. The question of where the power went when both alpha and theta amplitudes dropped also needed some answering.

The shape of the alpha topograph also changed in that the peak amplitude moved from the center of the parietal region to right of center, from PZ to P4. The area of the highest amplitude alpha decreased while the region for the next highest amplitude alpha expanded occipitally. Another interesting facet of the alpha is that the amplitude increased somewhat in the front temples when Master Drew "lost mind." At the same time, the theta activity became more diffuse.

We decided to sample at 512 samples per second and look at 0-128 Hz to see where the power went. Setting the Lexicor NRS-24C to this sample rate, we proceeded to collect another sample of data. During the baseline, Master Drew again generated beautiful high amplitude alpha. When he "lost mind" the high amplitude alpha waves dropped to less than half their size and we started recording data.

After editing the data we looked at the

full spectrum and topographic maps. The most interesting thing we noted was in the beta band. While the amplitude at T3 and T4 increased dramatically in the range of 16 to 32 Hz, the amplitude decreased as we moved from 32 to 48 Hz and 48-64 Hz. Above 64 Hz the beta activity was negligible. This encouraged us to try the same experiment again, but at a sample rate of 256 samples per second.

Setting the Lexicor NRS-24C to 256 samples per second, we ran a baseline with eyes closed and started recording when Master Drew "lost mind." The results of this run are shown in Figure 3. While the highest amplitude beta ran 104 microvolts in the 20- to 40-Hz range, it dropped dramatically to 76 microvolts in the 40- to 60-Hz range. This confirmed what we had seen at the higher sampling rate and gave us confidence that we were looking at EEG activity and not muscle.

While no attempt was made to thoroughly analyze the data, it was interesting to note the highest amplitude beta was at 40 and 22 Hz. These numbers resonate with some of the unpublished work done by Dr. Edgar Wilson and students of the Monroe Institute who were attempting to have an

Figure 3

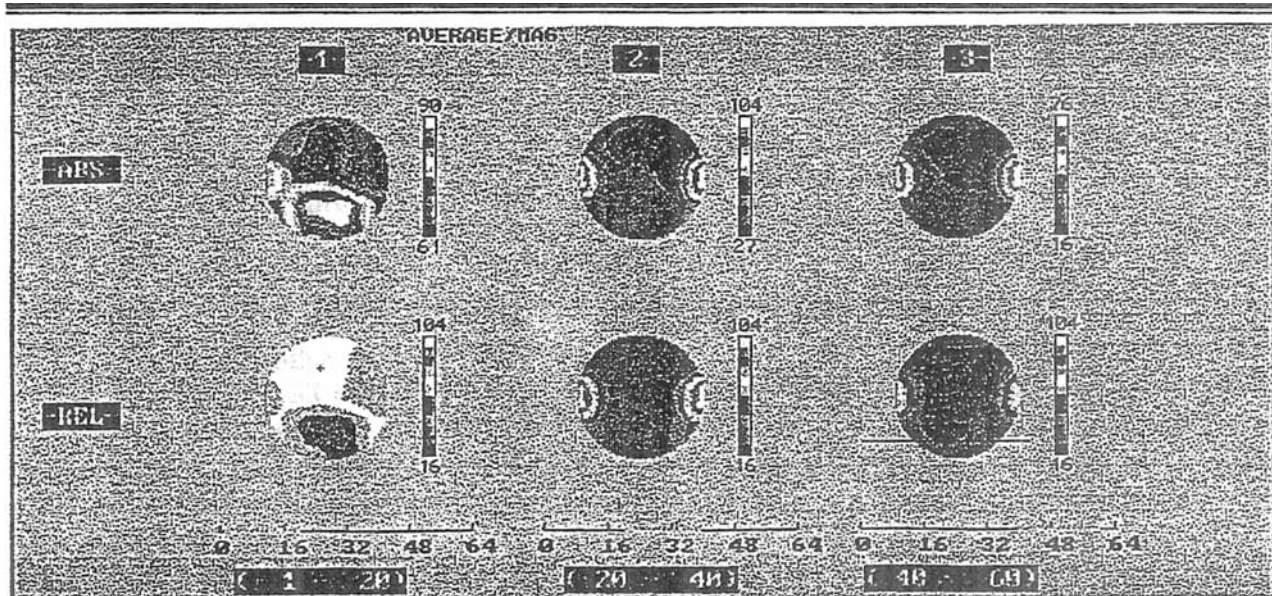
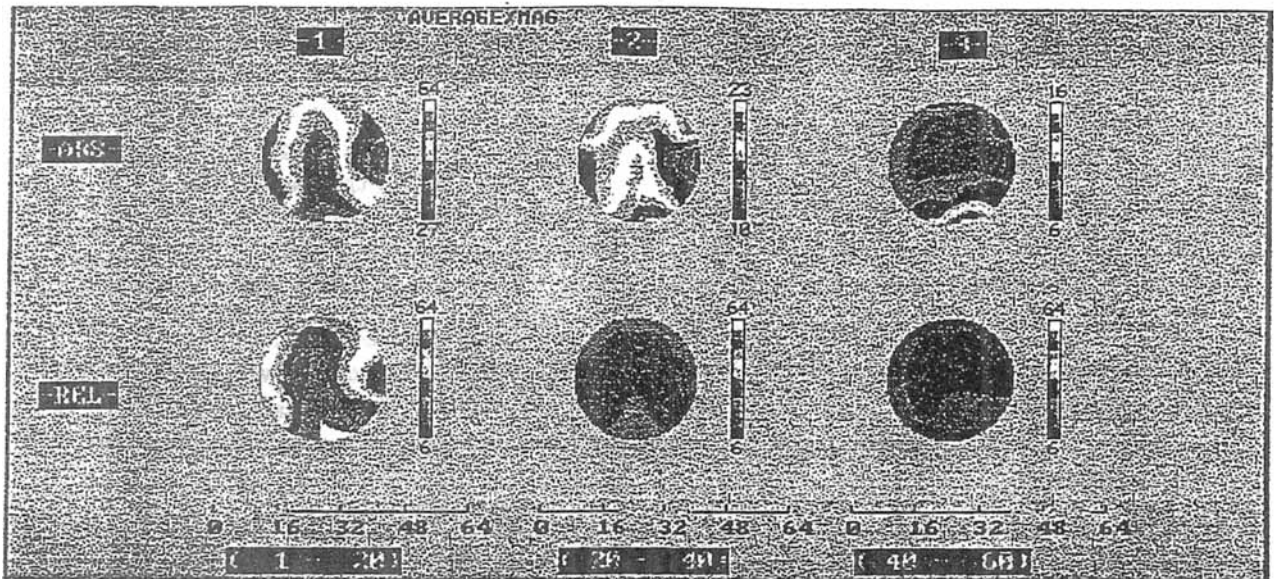


Figure 4



out-of-the-body experience. He found that as the students moved out-of-the-body, their beta activity increased dramatically at T3 and/or T4 with the highest amplitudes appearing at 22 and 40 Hz. Dr. Steven Fahrion presented a paper a couple of years ago concerning his work with healers and reported much the same results. Perhaps these papers will be published at some future date.

Dr. Moroney suggested that as a student of the Master Drew, it would be interesting to see how Master Drew might change his brain wave patterns. So we hooked Bob up with a nineteen lead Electrocap and balanced his impedances at 11K +/- 1K. We collected that data at 256 samples per second with his eyes closed. The results of this first run are shown in Figure 4.

Most of the activity in the 1-20 Hz range is occipitally-centered alpha. Notice that while the amplitudes are considerably lower than the Master's amplitudes, they are not low by most standards. The beta activity at the back of the head is muscle activity which was not removed during the editing process in order to have an adequate sample.

For the next run, Master Drew changed

Bob's posture and moved him from a chair to a stool. He also poked Bob's back and suggested minor adjustments in Bob's posture. We collected another 100 epochs of eyes-closed data while the student, Dr. Moroney, attempted to "lose mind" under Master Drew's direction. The results are shown in Figures 5 and 6.

The shape of the topographs for theta (4-8 Hz), alpha (8-12 Hz), and SMR (12-16 Hz) was not unlike the shape of those bands on the earlier run. The alpha amplitude was a little lower on the second run but not dramatically lower as in the case of Master Drew. The beta activity moved from muscle activity in the occipital area to above the right ear, and the amplitude increased considerably in the 16-32 and 32-48 Hz ranges. The peak amplitudes centered on 22 and 40 Hz as with Master Drew.

While we did not collect data at 512 samples per second with Dr. Moroney, it seems obvious from the drop in beta amplitude from the 24-48 Hz range to the 48-64 Hz range, this was not muscle activity we recorded. There was something happening and it was not muscle activity. The changes were too abrupt.

Figure 5

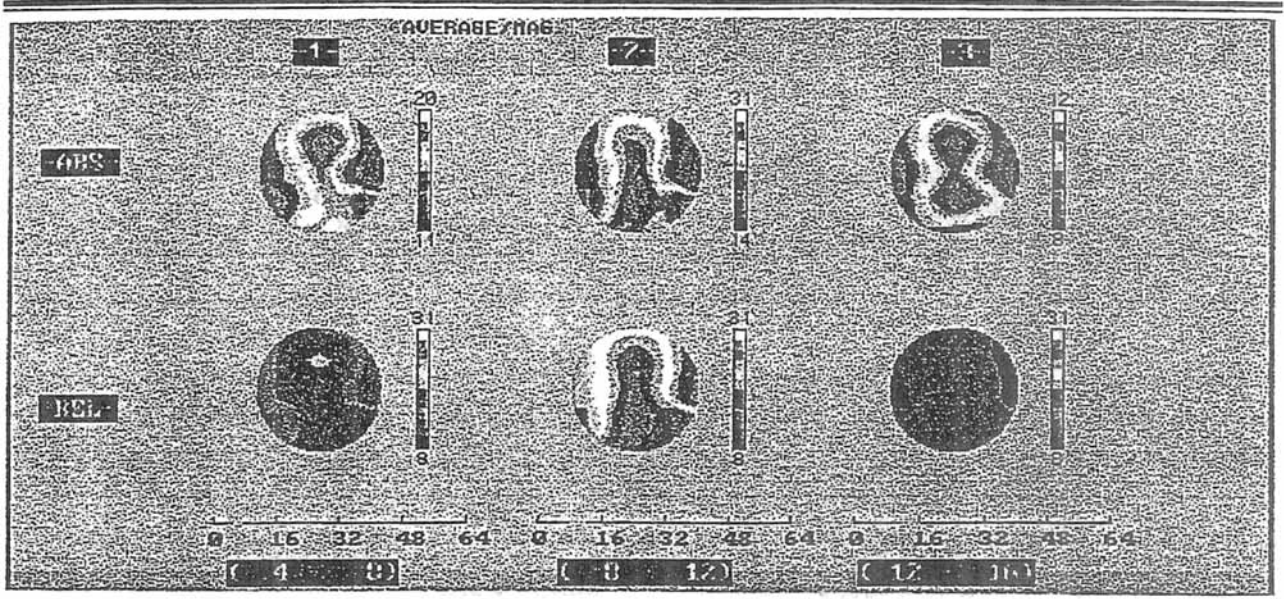
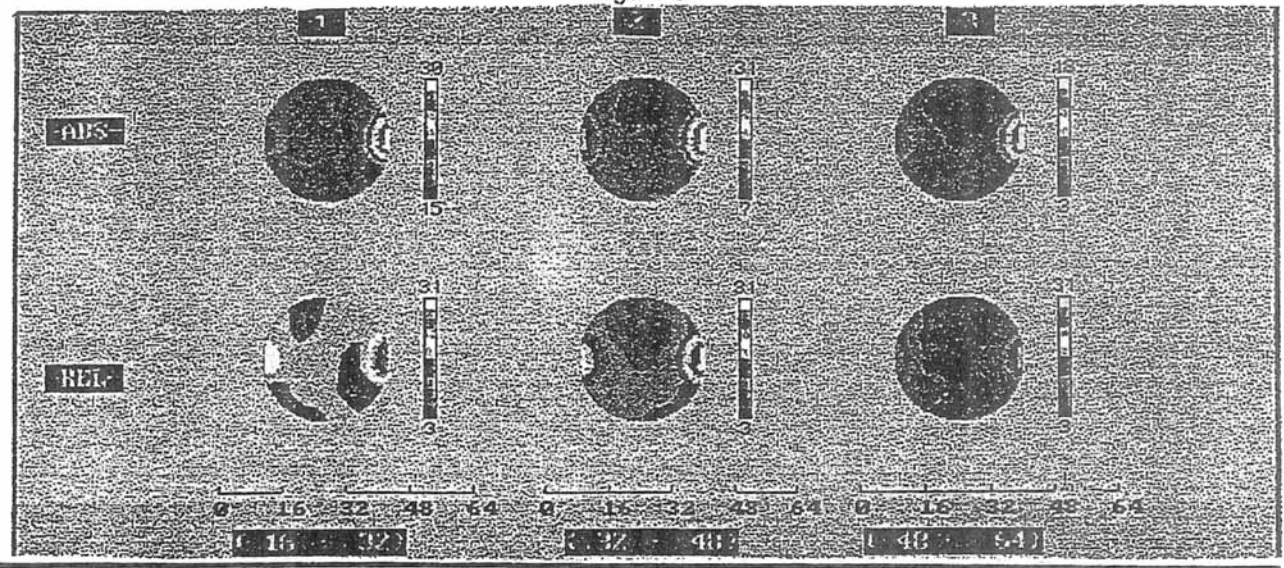


Figure 6



The other thing is that we tried to control for muscle activity at T3 and T4 once we saw this happening in the raw EEG. Both Master Drew and Student Bob were slack-jawed at my request. Their jaw and temple muscles were relaxed to my touch and there was no tension there. When you do as many brainmaps as I do, you know how to control these things even if you are not a clinician. There is no doubt in my mind that in both cases the beta in the topographs and spectral arrays was EEG data and not muscle

activity.

### Master Zhu's Student Speaks

Part Two by Robert Moroney, D.A., CPPS

At my request, Dr. John Gilbert of Lexicor Medical Technology agreed to brain-map my friend and T ai Chi teacher, Zhu Xilin (pronounced Drew Shelin). From my years of yoga and chi kung research and practice, I knew that Master Zhu was a highly evolved spiritual teacher. The results of the brainmap on Master Zhu tend to con-

firm my belief.

After we finished brainmapping Master Zhu, we brain-mapped me and measured my alpha levels in an eyes-closed state to get a baseline from which to measure the impact of Master Zhu's chi kung techniques and postures on my brainwave activity. I will let John talk about the numbers as I do not feel qualified to do so, but I am qualified to describe those techniques and my profound internal reactions to them.

The first readings were taken as I sat with my back supported in a soft easy chair. For the second set of readings, Master Zhu instructed that I sit on a wooden stool with my back arched slightly forward and my feet planted firmly on the floor in front of me, my hands gently resting on my lap and my eyes closed. The Master Zhu then made several small adjustments in my posture—a slight head turn to the left, a lowering of a slightly tensed right shoulder, a two or three degree waist rotation to the right—to align my body for better energy flow. We then ran the brainmapper and after a few moments, Master Zhu instructed me to “lose mind,” a technique requiring me to move my center of awareness from my head to the floor beneath my feet so that I am looking up at my body from outside it.

We Westerners are accustomed to viewing and acting in the world from inside the top of our head where the brain, eyes, and ears are situated. Tai Chi masters and advanced yogis view the mind as both an organ and an energy: an organ when it resides in the physical body and blocks the flow of energy (prana, chi) through it, and an energy when it can be moved in and out of the body. The basic principle of Chinese Medicine regards this blocked energy which I call “crystallized thought” as the cause of all pain and disease in the body.

It is possible for yogis and Tai Chi masters through discipline and training to detach their minds from the tissues and joints, and move it in and out of the body at will. This ability requires that the muscles be very flexible and hold no tension, a child-

like state that requires years of practice to attain which gives new meaning to the biblical statement, “Ye must become like children again to enter the kingdom of heaven.”

Great physical and mental abilities come with the attainment of this ability to move the mind out of the body. About 15 to 20 seconds after I moved my mind down into the floor, I felt Master Zhu's finger trace two or three lines across my back. Both John and I interpreted these movements as the Master Zhu putting energy into my body, but I later learned that a real master does not give his energy to students or patients. Master Zhu was moving pieces of my “stuck mind” from my blocked tissues.

When one first starts to practice “lose mind,” most of the mind remains unmoved in the body. The longer one practices under the tutelage of a master, the more mind one is able to move. A master can hasten the process by prying some fragments loose and giving them movement. When Master Zhu did this to me, I felt a very mild and pleasant rush of energy flowing through my body, and I became momentarily lost in a deeply pleasant reverie which was interrupted by John's gasp. Apparently, my alpha rhythm had risen considerably, and I reluctantly opened my eyes to see him staring intently at the monitor. The rush of alpha had moved me into a state of great bliss and peace, an extraordinary feeling that I have reexperienced in several sessions since.

In those poignant moments of peace and love, I have also felt the craving that my body is holding to permanently return to that blissful state. I have felt the craving of every muscle to let go of my body's twisted shape put in place by the mental messages I have been sending to myself all of my life. The Chinese call the practice of Tai Chi “the forgetting” because in order to attain these higher levels of brain activity, the body must unlearn what it has been taught; it must unlearn the fears, angers, anxieties, worries, hates, and terrors that have shaped it since birth.

## Conclusion

Neither Dr. Gilbert nor Dr. Moroney are qualified neurotherapists nor Quantitative EEG experts. Dr. Gilbert is an educator who trains clinicians in the techniques of collecting and analyzing data. Dr. Moroney is an expert in alphabiotics and peak performance or quality of life enhancement training. Both know just enough about brain waves and topographic brain mapping to be dangerous and both are students of neuroanalysis.

While they remain convinced what they saw in the brainwaves of Master Zhu (Drew) was a very real change in Master Zhu's state of mind, this may not be the case and there may very well be another explanation. At the same time, both Master Zhu and Dr. Gilbert remain convinced that the changes the Master caused to happen in the body and structure of his student Dr. Moroney were directly responsible for the state of mind changes observed in Dr. Moroney's topographic brainmap, their conviction does not necessarily make it so.

Earlier work in this arena by Dr. Wilson and Dr. Fahrion has not been published and

may shed further light on the observed results. In any event, the three participants in this experiment have replicated these results on several occasions and are confident they can continue to do so. They hope to replicate the student results experienced by Dr. Moroney with other students. With luck they may even meet another Chi Kung Master who will replicate the state of mind changes experienced by Master Zhu. In time other clinicians may do the same.

There is no doubt something happened when Master Zhu entered that state of "lose mind." There is no doubt something happened when Master Zhu assisted his student Dr. Moroney in entering that same state. The authors hypothesize a change of state of mind occurred and that state of mind change was most dramatic in the temporal lobes. It is hoped future research will shed more light on this subject.

Any clinician with access to a Chi Kung Master is encouraged to replicate our experiment and publish their results. Anyone with further information on this process is encouraged likewise to publish. The results shown here may be unique or they may be commonplace.

Dr. Gilbert has a Ph.D. from Rocky Mountain University in Education Administration, Supervision, and Curriculum Development. He holds a Doctorate in Comparative Religions and is currently a doctoral candidate in Naturopathy with a major in neurotherapy and nutrition. Dr. Gilbert is employed by Lexicor Medical Technology where his duties include educating clinicians in the use of brainmapping and neurotherapy equipment. Dr. Gilbert is a professor of meditation, yoga, and Kaballah at the Universal Theological Seminary in Boulder, Colorado.

Dr. Moroney is a neurotherapy clinician, peak performance counselor, researcher, and pioneer in the field of human evolution. He is the author of two tape sets and a book *The Alphabiotic Alignment: A Bridge to Higher Consciousness*. Dr. Moroney is the chairman of the Peak Performance Certification Board and conducts seminars in the raising of consciousness and peak performance. He is a practitioner of Tai Chi and Chi Kung.

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