

Mind Mirror Study on P.M.H. Atwater

Conducted by Judith Pennington on May 15, 2016
Virginia Beach, Virginia, U.S.A

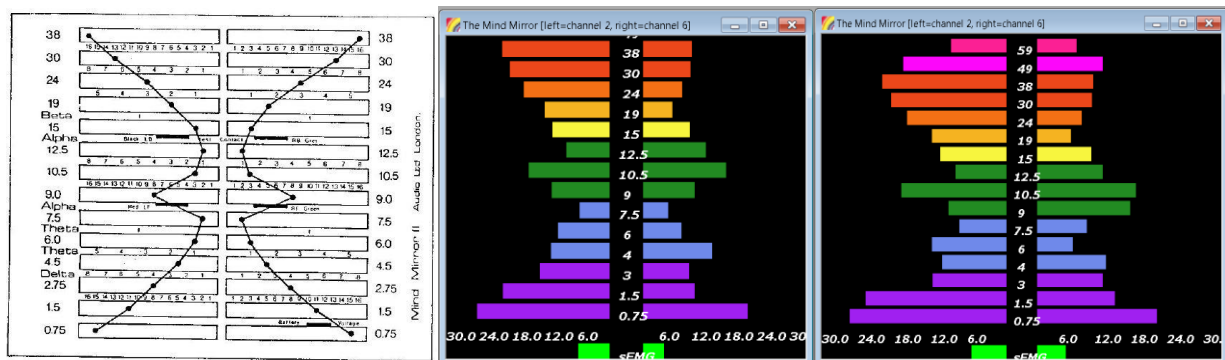


(Left to right): Terry Atwater and P.M.H. Atwater.

In her book, *Near-Death Experiences: The Rest of the Story*, P.M.H. Atwater writes that near-death experiencers appear to be downloading information or plugging into other levels of existence while fully conscious. Their brainwaves are “linked to everyone, everywhere, as though there is only one mind...” They produce and operate within the realm of a “new or at least different electrical field array.”

Atwater first observed the brainwave patterns and behaviors of dowsers during Mind Mirror field studies in the early 1980s. She saw these same behaviors (and, with her psychic vision, this same brainwave pattern) in many of the 4,000 adult and child near-death survivors she interviewed. She reported the pattern as a synchronization of the lowest and highest frequencies in the brain, wherein the dowser and NDEr open up their high-frequency mystical gamma and intellectual beta, and their low-frequency, intuitive delta simultaneously. Delta, ranging from 0.5 to 4 hertz (Hz), is a radar-like searching mechanism which expands to high amplitudes in healers and intuitives. It generally indicates “a sensitivity to ESP or any kind of so-called paranormal experience,” writes Mind Mirror co-inventor and electronics engineer Geoffrey Blundell in his book, *The Meaning of EEG*.

Blundell and biophysicist Max Cade found that dowsers and others produced this pattern only moments before they found the objects, energies, or locations they were seeking. Blundell theorized that in this pattern “recognition alpha” is “a confirmation of some new and deeper understanding” which seems to be sourced not in the occipital lobes, but in the brain stem associated with the unconscious mind and autonomic, or involuntary, nervous system. And indeed, the search begins there, in the unconscious, with what is typically unknown.



(Left) The dowsing pattern illustrated in Geoff Blundell’s book. **(Center and right)** The dowsing patterns produced in the left hemisphere by NDEr Atwater: high-frequency gamma/beta synchronized with low-frequency delta, bridged by alpha. Blundell’s 0.5-38Hz frequency range is shown at center, with higher gamma frequencies displayed at right.

The Study

The present study on P.M.H. Atwater and her husband Terry was conducted by certified EEG Awakened Mind Consciousness Trainer Judith Pennington on the Vilistus Mind Mirror 6 in the Atwaters’ Virginia Beach hotel room on May 15, 2016.

P.M.H. and Terry sat in straight-backed wood chairs and closed their eyes for 16 minutes of self-guided meditation. Terry produced a near-constant Awakened Mind pattern with an often-upturned delta signifying connection with his unconscious mind. P.M.H.’s brainwaves cascaded across the computer screen in a cyclical array of higher-state patterns dominated by connection with her unconscious mind’s delta frequencies—the Channelling Pattern, Awakened Mind, Evolved Mind, and Gamma Synchrony, in that order—interspersed with visible Delta uploads and Gamma downloads of energy and information.

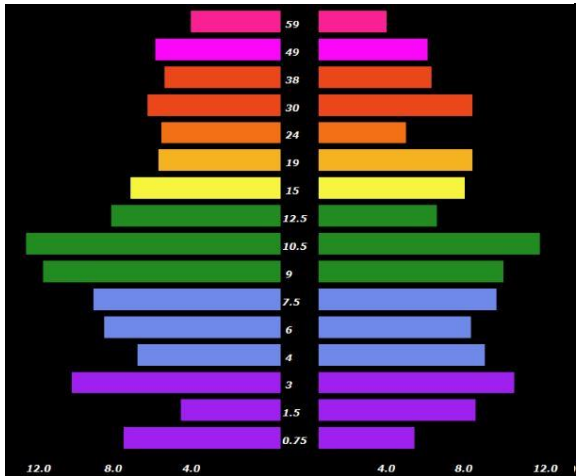
No Top, No Bottom

P.M.H.’s brainwave patterns during meditation replicated to the extent possible the NDE experience she described to a large audience attending a conference at Edgar Cayce’s Association for Research and Enlightenment the previous day. “Every NDEr reported being bathed in light—the very essence, heart and soul of static ecstasy, the extension and expression of the One Mind. You match the frequency of vibration, stay there as long as you need, and go up or down. The construct is powered by choice. There is no top, no bottom.”

Atwater exhibited that pattern in her brainwaves throughout this study, surfing with ease from the lowest to the highest frequencies of the Mind Mirror, staying in each for as long as she needed, then combined them all in a unique pattern which resembles the dynamic flow process of the torus.

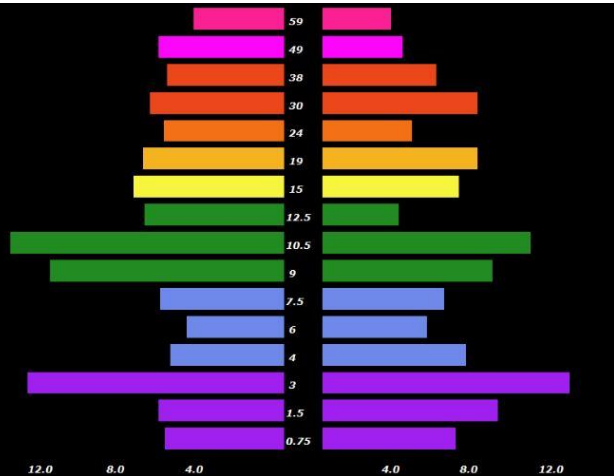
The first pattern she produced, at :02 seconds, showed the bottom half of the circular Evolved Mind: an alpha-theta-delta pattern of unity, bliss, and spiritual connection which she repeated many times during the study. She shifted from a partial Evolved Mind of illumination into the Awakened Mind of creative flow and peak performance at :03 seconds, held it in different forms, then plunged into her delta waves at :10 seconds to access the collective unconscious for energy and information.

Screen Capture 1



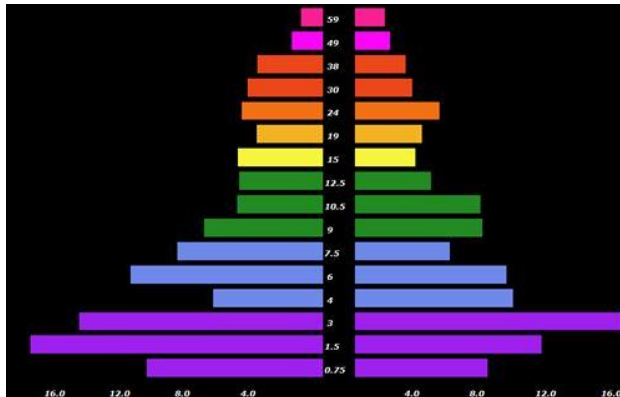
:02 seconds Partial Evolved Mind pattern: high-amplitude blue/purple theta-delta at bottom and violet/red 59-30Hz. gamma at top.

Screen Capture 2



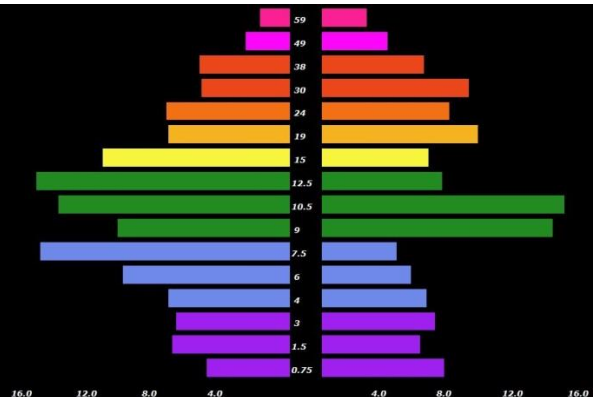
:03-:09 seconds Awakened Mind (with retained gamma-delta) in this quiet but active, insightful, creative, and spiritual pattern.

Screen Capture 3



:10 seconds Atwater plunges into the Channelling Pattern, an Awakened Mind with high-amplitude theta and delta as she reaches out to her Source for energy and information. Note the decrease in gamma as her concentration of consciousness shifts down into theta-delta. Delta flares to 30uV.

Screen Capture 4



:14 seconds A strong Evolved Mind pattern in the left hemisphere, with an Awakened Mind in the right hemisphere. The increased gamma/beta amplitudes in the right brain represent the superconscious Gamma Synchrony brainwave pattern.

Screen Capture 5



:15 seconds Gamma/beta amplify into the Superconscious pattern, with her right-brain gamma (at 38/30 hertz) flaring out to 14Hz.

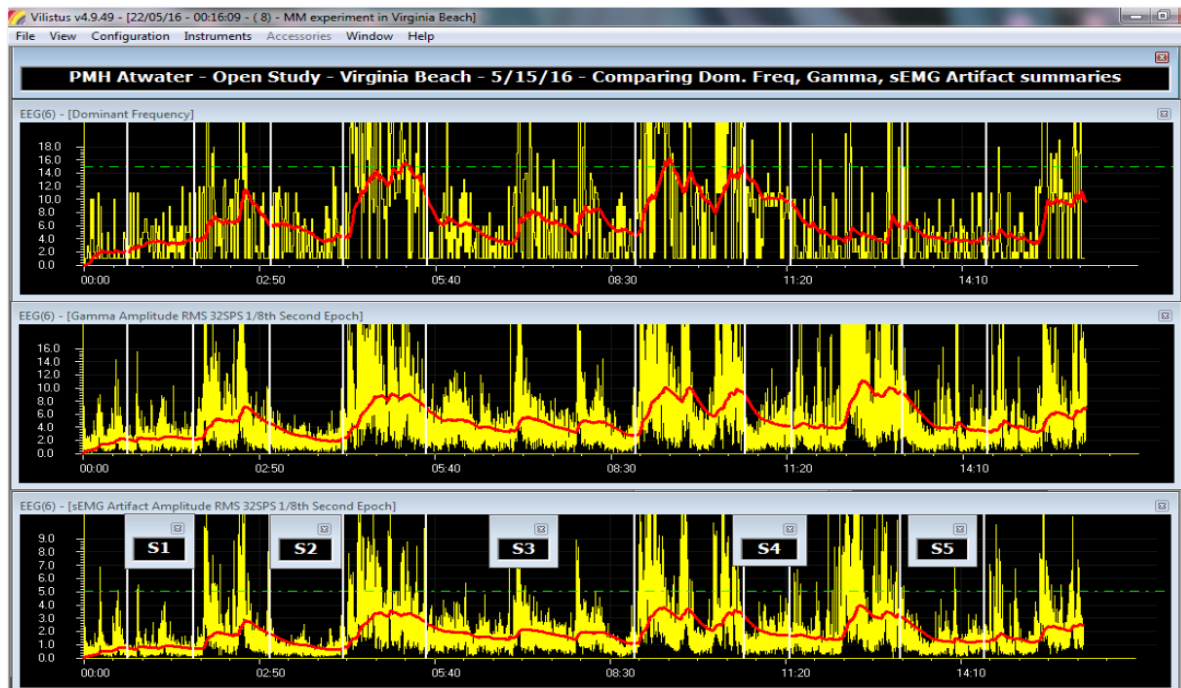
At 20 seconds her .75Hz delta flared out to **100 and 80uV**, lifting up immediately and cyclically surging energy and information upward into Gamma Synchrony patterns like the one at left.

Neuroscientists say that gamma rewires the brain to greater coherence, high performance, and spiritual intelligence.

Throughout the 16-minute study, Atwater cyclically deepened into the theta-delta Channelling pattern of healers and intuitives then carried energy and information received in her unconscious mind upward into the Awakened and Evolved Mind patterns. She then rested in the Gamma Synchrony pattern of superconscious intelligence and spirituality, which she calls Presence.

In the screen capture below, note her low theta-delta dominant frequencies, traced by the red trend line. Gamma lifted her low dominant frequencies up into the 14Hz low beta/high alpha range.

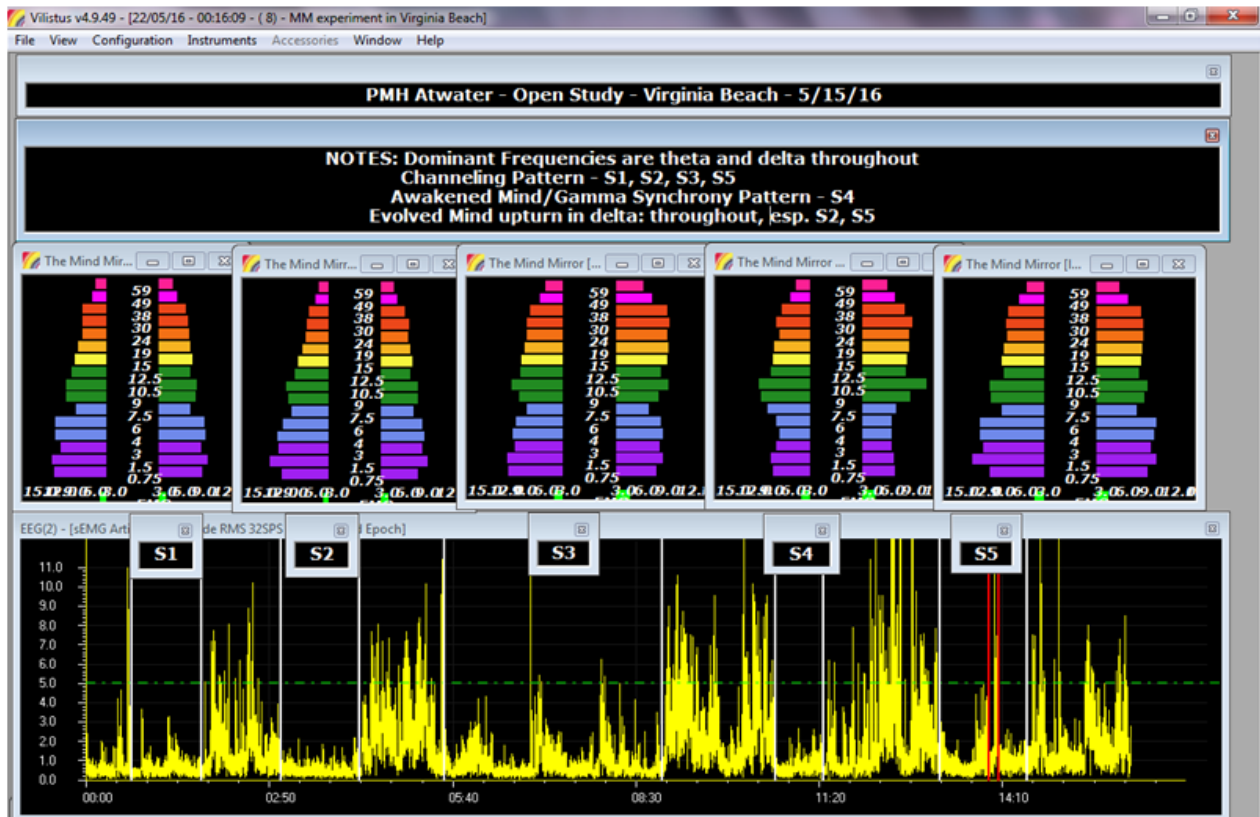
Screen Capture 6



The above screen capture shows Atwater’s Gamma amplitudes “tracking” with the sEMG (surface Electromyograph) Artifact window. Because sEMG movements of the head, neck or shoulders register between 75-100 hertz and cascade down into the highest frequencies of the Mind Mirror display, sEMG Artifact readings above 5 (note the green dotted line in the sEMG Artifact window) may distort the highest frequencies in the brainwave pattern.

Therefore, to be conservatively cautious, we look first at the numbered segments (S1...S5) wherein the sEMG readings are lower than 5uV. Except to answer a question asked by Pennington during a low-sEMG Artifact segment between 12:10 and 13:07, isolated by red artifact markers in Screen Capture 8, Atwater sat unmoving throughout the session.

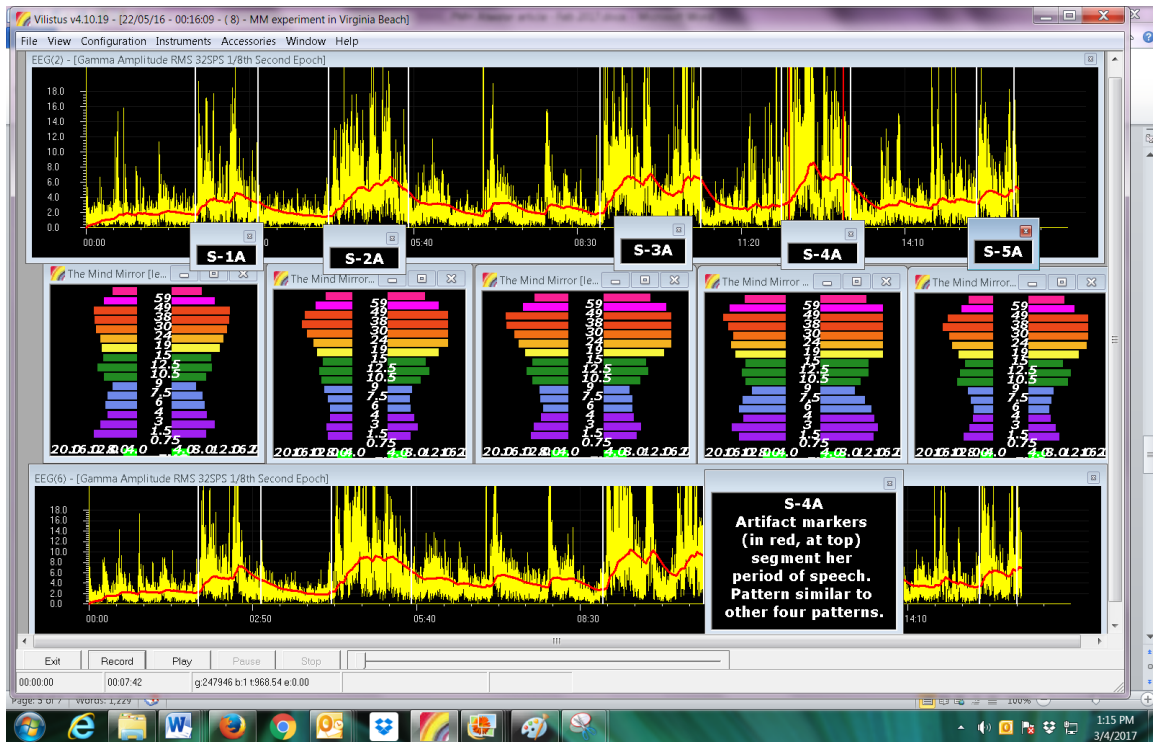
Screen Capture 7



The S1-S5 segments, framed by white markers, are isolated as examples of low sEMG artifact—that is, below 5uV. These segments, averaged through the Mind Mirror Summary, produced superconscious Gamma Synchrony patterns, with varying amplitudes of theta-delta.

In each summary pattern, her .75 bar of delta is indented, or upturned. This signifies that she is (1) resting in her unconscious mind with information and energy flowing up into higher frequencies; (2) receiving energy and information from the collective unconscious; or (3) both at the same time.

Screen Capture 8



(Above) Screen Capture 8 consists of adjacent segments wherein sEMG amplitudes at times exceed 5uV. These are named Segment S1A-Segment S5A. Note the red artifact markers isolating 12:10-13:07 minutes, when Atwater answered a question aloud.

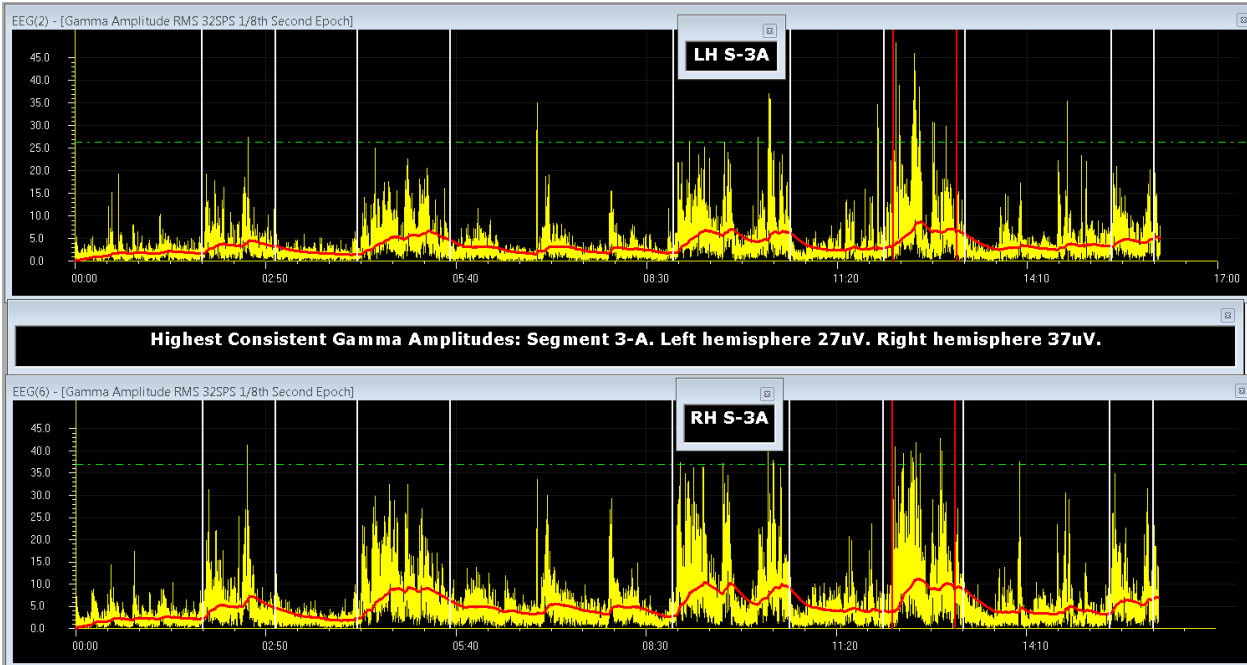
The Summary average of these five segments, including S-4A where Atwater spoke, shows Gamma Synchrony patterns, with the only variation being the amplitudes of her gamma. Gamma Synchrony, associated with mystical transcendence and spiritual ecstasy, typically looks more like S-1A and S-5A. In contrast, Atwater's Gamma amplitudes steadily increased, particularly in 3A and 4A. Her sEMG readings briefly spiked above 5uV in 3A and 4A, but were mostly below 5uV.

The similarity of Atwater's Summary brainwave patterns in Segments 1-5 and Segments 1A-5A indicate that her Gamma Synchrony patterns are not the result of sEMG Artifact, but rather that the sEMG Artifact readings above 5uV are the result of her high-amplitude gamma measurements. Therefore, her superconscious Gamma Synchrony brainwave patterns are considered reliable.

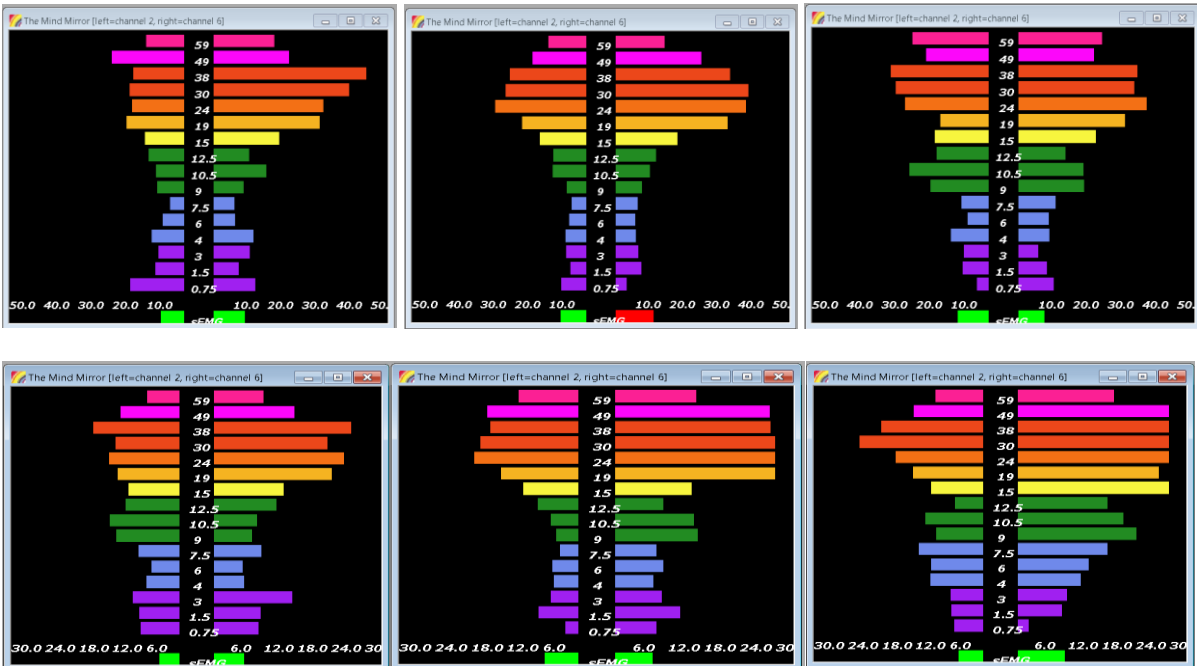
Unprecedented Amplitudes in Gamma

As shown in the two Gamma Amplitude summary windows in Screen Capture 9, below, Atwater's left-hemisphere Gamma consistently ranged from measurements of 10 to 25uV, spiking to 35 in S-3A. Her right-hemisphere Gamma ranged from 15 to 37uV.

Screen Capture 9

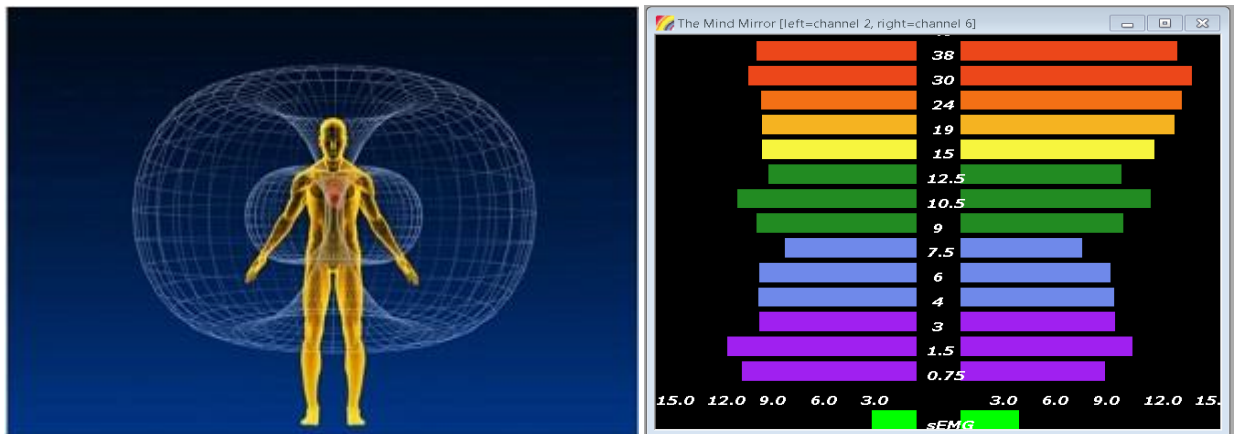


Brainwave amplitudes shown in the above summary windows differ slightly from amplitudes shown in the Mind Mirror display, as below. The 50uV (top row) and 30uV (bottom row) attenuation settings more dramatically capture the “download” of energy and information into the Awakened Mind patterns below gamma. All of these are high-amplitude Superconscious Gamma Synchrony patterns.



The Torus and the Holographic Mind Mirror

Whether Atwater enters the ecstasy she associates with Presence in the deep theta-delta of her Channelling Pattern, the vortex-like Gamma seen above, or a combination of both is unknown but well worth future exploration. Scientists have found that high-amplitude theta-delta activates gamma frequencies in the brain, so it is well within the realm of probability that Atwater is entering what she calls “the oneness” in a flow from delta to gamma, gamma to delta, or the simultaneity of both, as in the dowsing pattern shown in Geoff Blundell’s drawing or Atwater’s torus-shaped average brainwave pattern for the entire session, shown below.



The cosmic hologram. (Left) Behind the human is the toroidal shape of two inverted cyclones, with their spouts meeting at a center-point in the chest and radiating out horizontally. (Right) The cyclones meet at the centerpoint of alpha at 10.5Hz.

A brief discussion of the holographic nature of the torus and Atwater’s cyclonic brainwave patterns is called for here, due to her vision of creation as a torus during her third near-death experience. (See accompany article.) Refer to this website for additional information and video clips showing the nature and function of the torus. <http://www.cosmometry.net/the-torus--dynamic-flow-process> According to website author Marshall Lefferts, “The Torus shows us how energy moves in its most balanced dynamic flow process. A torus consists of a central axis with a vortex at both ends and a surrounding coherent field. Energy flows in one vortex, through the central axis, out the other vortex, and then wraps around itself to return to the first incoming vortex.

“The simplest description of its overall form is that of a donut, though it takes many different shapes, depending upon the medium in which it exists. For example, a smoke ring in air or a bubble ring in water are both very donut shaped. And yet an apple or an orange, which are both torus forms, are more overtly spherical. Plants and trees all display the same energy flow process, yet exhibit a wide variety of shapes and sizes. Hurricanes, tornadoes, magnetic fields around planets and stars, and whole galaxies themselves are all toroidal energy systems. Extending this observation of the consistent presence of this

flow form into the quantum realm, we can postulate that atomic structures and systems are also made of the same dynamic form.”

Conclusion: A New Pattern?

The relevance of this ubiquitous dynamic flow process to the present study is the author’s long-held theory that the meditator drifts “down” into the still-point of low-frequency delta in order to go “out” into the Unified Field and “up” into resonance with the higher frequencies of gamma waves, whereupon the cycle repeats itself in toroidal flow.

This delta-gamma/gamma-delta brainwave cycle is also present at death, a transition from one level of awareness to another, as reported in this study: [http://www.nature.com/scitable/blog/brain-metrics/could a final surge in](http://www.nature.com/scitable/blog/brain-metrics/could-a-final-surge-in)

The toroidal shape seen in Atwater’s summary brainwave pattern reflects her simultaneous use of delta-gamma to unite with “everyone, everyone, as though there is only one mind,” as she describes it. Although Gamma Synchrony has been detected in others, Atwater’s high-voltage version of it is unprecedented, as is her delta-gamma/gamma-delta flow process. We seem to have encountered in this subject—and in a few previously monitored healers and intuitives—an entirely new brainwave pattern.

The nature and function of the torus and the toroidal-shaped brainwave patterns produced by NDE survivor Atwater and a few previously monitored healers, intuitives, and spiritual adepts corroborates the author’s view of the Mind Mirror as a clear and reliable hologram of the activities of consciousness.

The Mind Mirror’s interrelated, dual-hemisphere display of brainwave frequencies organically captures the dynamic flow pattern of consciousness and, in this case, holographically displays the Unified Field in action, from the quark to the human to the pulsar, all vibrational variations of the same toroidal force.

VIDEO RESOURCES:

Below are links to two informal videos—recorded soon after the initial study—showing the brainwave patterns of P.M.H. and Terry Atwater separately and in resonance with each other.

24:00 minutes: <https://judithpennington-rcn.tinytake.com/sf/NzQ4Mjg1XzM0MzAwOTY>

09:33 minutes: <https://judithpennington-rcn.tinytake.com/sf/NzQ4NDczXzM0MzA1Nzg>