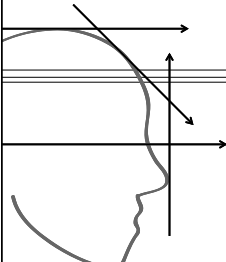


# Spirituality & Recovery: The Art and Science of Healing

Presented by:  
Dr. Cardwell C. Nuckols  
cnuckols@elitecorp1.com



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## Study Aims & Webinar Objectives

Understand how right hemisphere to right hemisphere  
nonverbal communication heals the neurobiology of  
attachment



Experience the present moment, the "what is" without the  
observing ego that lives in the past;



Describe entrainment and why those with problems  
generally solve them on their own while in your presence



Experience the silence connected to "truth," the "actual,"  
the eternal. This is where all the power for transformation  
resides



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## Presenter



**Cardwell C. Nuckols, PhD**

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## The Art and Science Of Healing



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## The Art and Science Of Healing

### • You see a lovely sunset

- At the precise moment of seeing it, there is no experiencer-only the sense of great beauty
- What happens when the mind says, "how beautiful that was", "it was more beautiful than yesterday", "I wish it would last for hours"
- The experiencer is memory, the collective
- Can we see the sunset without comparing?

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## The Art and Science Of Healing

### • Inability To Stay Consciously In The Moment

<p><b>"What Is"</b> <b>Truth</b> <b>Moment</b> <b>Great Energy</b></p>		<p><b>"What Should Be"</b> <b>Illusion</b> <b>Past To Future</b> <b>Little Energy</b></p>
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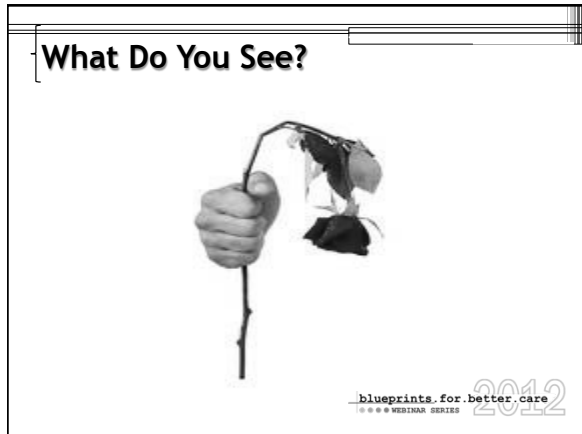
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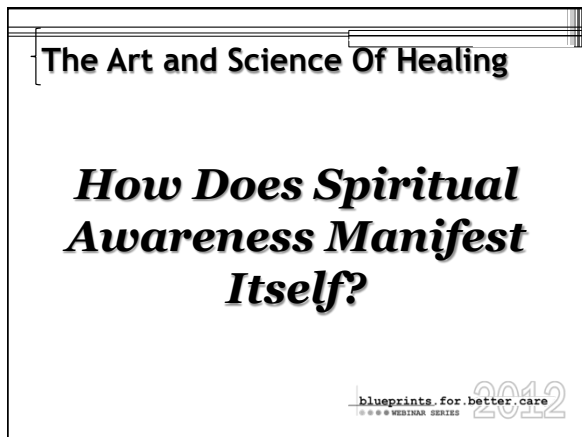
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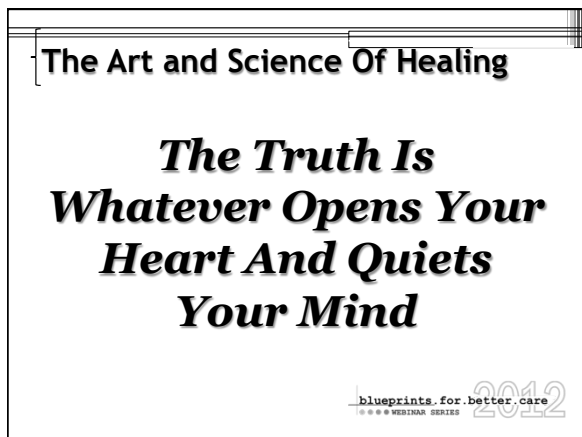
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## The Art and Science Of Healing

### • Spiritual awareness....

- Cannot be acquired
- There is no path
- Cannot be attained by techniques or programs
- Comes to you when conditions are right
  - An orderly and moral mind
  - A silent mind devoid of "chatter"

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## The Art and Science Of Healing

*If there is no psychological time there is no conflict. The ego is time bound to the past and future. Without time we would be in the present moment-in A space that has no words and no center and no "me". We would experience peace and joy and the immense energy of the universe*

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## The Art and Science Of Healing

When the mind is still, tranquil, not seeking any answer or solution, neither resting nor avoiding-it is only then that there can be regeneration because then the mind is capable of perceiving what is true and it is truth that liberates you not your effort to be free.

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## The Art and Science Of Healing

- *The answers to all spiritual problems must be sought within*
- The answers do not exist in the realm of human thought
- *The answer is to recognize the Presence within ourselves and allow it to fulfill its mission*

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## The Art and Science Of Healing

*Can you remember an experience when someone (a client, friend or child) came to you with an unsolvable problem and in your presence came up with the solution without you saying a word?*

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## The Art and Science Of Healing

- Entrainment
- Seeing the love and beauty inside one who cannot see it inside of him/herself

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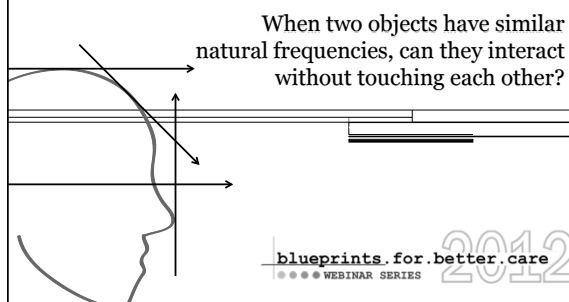
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## Audience Polling Question #1




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## The Art And Science Of Healing Coherence

- Any object (piece of wood, bone, electron, molecule, etc.) has a certain natural or resonant frequency
- When two objects have similar natural frequencies, they can interact without touching; their vibrations can become coupled or entrained
- For electromagnetic interactions between molecules the word “resonance” is used more often than entrainment

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## The Art and Science Of Healing

- If a piano and a guitar were both tuned and a G cord was played on the piano, the G string on the guitar would also vibrate
- Entrainment allows two similarly tuned systems to align their movement and energy so they match in rhythm and phase
- When two systems are oscillating at different frequencies there is an impelling force called *resonance* that causes the two to transfer energy from one to the other

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## The Art and Science Of Healing

- When two similarly tuned systems vibrate at different frequencies there is another aspect of this energy called *entrainment* which causes them to line up and to vibrate at the same frequency
- *LOVE IS THE UNIVERSAL VIBRATION THAT ALLOWS PEOPLE TO TRANSFER HEALING ENERGY FROM ONE TO ANOTHER*

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## The Art and Science Of Healing

***WHAT IS THE  
ESSENCE OF A TRUE  
HEALER?***

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## The Art and Science Of Healing

- A life of no significance (humility)
  - Being nothing
  - Knowing nothing
- A state where everything is new and timeless
- As soon as you identify yourself within the collective (culture) there is division
  - "I am a Christian"
  - "I am a member of Narcotics Anonymous"

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## The Art and Science Of Healing

- What does the mind do?
- **We are all human beings**
- The spiritual healer is one who does not belong to any religion, to any nation, to any race and is inwardly completely alone, in a state of not-knowing and for him the blessing of the sacred comes into being

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## The Art and Science Of Healing

***WHEN YOU WORK  
WITH SOMEONE  
WHAT IS YOUR  
INTENTION?***

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## The Art and Science Of Healing

- Intention changes outcome
  - Heisenberg principle
  - Von Neumann formula
- Love and Integrity
- To help people see the truth in themselves
- Light

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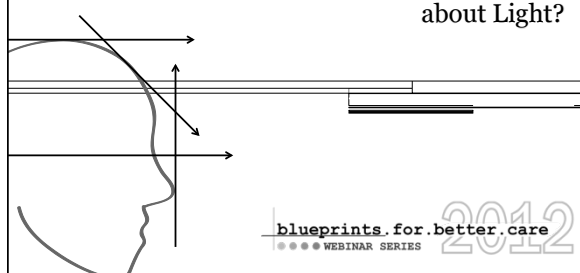
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**Audience Polling Question #2**  
Which of the following are true about Light?



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**The Art and Science Of Healing**

- Light
  - Universal metaphor for God
  - Light is consciousness, intelligence and understanding
  - Light creates
    - Pumps power into the spacio-temporal world
      - Photosynthesis-all carbohydrates and oxygen
  - Light is different

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**The Art and Science Of Healing**

- Light
  - Sits on the cusp of the linear and nonlinear realms
  - Its speed is 186,000 miles per second is an unwavering constant
  - Everything in the universe adjusts to it
    - As speed increases time slows down
    - At speed of light time stops

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## The Art and Science Of Healing

### • Light

- Photons are quanta of light
  - **Have neither resting mass nor an electrical charge**
  - Particles with mass are derived from light energy
- Light produces the physical universe and is responsible for its permutations

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## The Art and Science Of Healing

### • Light

- The light of God is within you and it is called the Self, Christ Consciousness, Atman, Buddha nature, soul, Tao or Holy Spirit
- ***It is the light in you that heals***

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## The Art and Science Of Healing

### • Case Western Reserve and Institute of Noetic Studies

- *WHEN YOU SEND AN INTENTION EVERY physiological SYSTEM IN YOUR BODY IS MIRRORED IN THE BODY OF THE RECEIVER*
  - Electrical signals in the brains of people get synchronized
- The frequencies, amplitudes and phases of the brain waves operate in tandem

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## The Art and Science Of Healing

### • Case western reserve and institute of noetic studies

- EEG waves mirror those of sender
- *EEG waves of the recipient of healing synchronize with those of the healer during moments when healing energy is sent*

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## The Art and Science Of Healing

### • Jacobo Grinberg-Zylberbaum of University of Mexico

- Participant with the most cohesive quantum wave patterns generally set the tempo and tended to influence the other
- *The most ordered brain pattern generally prevailed*

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## The Art and Science Of Healing

### • Synchrony

- Mid 20<sup>th</sup> century 200 male medical students were interviewed to determine the extent or lack of paternal nurturing experienced in infancy and childhood
- Forty years later
  - 25% of those with supportive and nurturing parents had illnesses related to age
  - 89% of those with unsupportive parents had illnesses related to age

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## The Art and Science Of Healing

### • Synchrony

- Schwartz and Russek-University of Arizona also studied these men. During an interview:
  - Within a short time the averaged EEG patterns of those subjects having positive childhoods synchronized or entrained with the averaged EEG patterns of the interviewer
  - The EEG patterns of the subjects with negative childhoods showed a slower forming and weaker correspondence to the interviewer

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## The Art and Science Of Healing

*RELIVE A TIME WHEN YOU  
TOTALLY RESONATED WITH A  
CLIENT OR A CHILD. WHAT  
WAS THE EXPERIENCE LIKE?*

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## The Art and Science Of Healing

- One unconscious mind communicates with another unconscious mind
- Implicit level of the therapeutic alliance (beneath the explicit cognitions and language) are the **core of the change mechanism at the unconscious level**

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## The Art and Science Of Healing

- Involves co-creation of an intersubjective context that **facilitates the process of change (attachment communication)**
- Attachment communication represents RH to RH transaction that facilitate the experience dependent maturation of Rh

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## The Art and Science Of Healing

- **Carl Rogers (1986)**  
“As a therapist, I find that when I am closest to my inner, instinctive self, when I am somehow in touch with the unknown in me, when perhaps I am in a slightly altered state of consciousness in the relationship, then whatever I do seems full of healing.”

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## The Art and Science Of Healing



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## Thank You

"The time will come when there are no major problems in your own life, and many, many years go by without you ever being aware of a major problem of your own, but you will be drawing to you those of the world who are seeking the same freedom that you have found, and you will be called upon to work with them-to serve, to heal, and to teach-but only in proportion to your own demonstration."

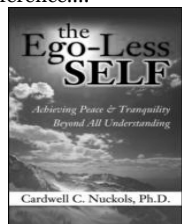
J. Goldsmith. *The Contemplative Life*, pg 85.

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## THE EGO-LESS SELF

- For further reference....



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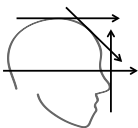


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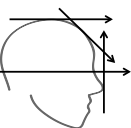


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