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Western man is growing increasingly concerned with exploring, understanding, and controlling his inner world. His search is leading to paths which unite the science of the west with the mysticism of the east. These paths include the knowledge that man's physical and mental states are inseparable; that man can, by his will control all aspects of his being including those previously thought to be "involuntary." Conscious control of these functions may be acquired if immediate bio-feedback is available.

There are frequent reports in the literature that an increase in alpha productions is generally found in meditative states . . . These brain wave patterns become stronger with the years spent in Zen training and parallel the degree of the Zen disciple's mental states. Zen meditation (or any for that matter) involves "concentration without tension" in the inner mind. . . .

There is wide agreement on the research literature reviewed that the alpha rhythm represents

some kind of synchrony in the firing of neurons in the cerebral cortex in the area around which the electrodes are placed. Eleanor Criswell (1969) speculates that "if we reduce cortical activity and still the mind, we are allowing more primitive brain structures to have more free play . . . more unification." Deikman (1963, 1966) use the term 'automization' to describe what seems to be a process of brain synchrony. He suggests that clearing the mind of its habitual patterns of perceiving and thinking leave it free to take in information in a fresh manner possibly to re-process cognitive and sensory stimuli in new and creative ways.

Empirical evidence to support the above theoretical assumption comes from the similarities involved in meditation exercises and alpha training procedures. Both limit the subject's perceptual field, reduce stimuli entering the brain particularly cognitive content), focus on repetitive tasks and encourage passive awareness of internal and external events. With this "stilling of the mind" comes synchronous firing of cortical neurons. When the