

INTRODUCTION

Some forms of meditation are all about the method. Others are all about the lineage. Still others revolve around a particular teacher whose charisma holds the community together. But at their core, all forms of meditation are meant to connect us with the deepest aspects of ourselves—so that we can expand our human experience by being more fully present and living with a greater sense of peace and connectivity.

The Wacuri Method of "social mediation for busy people" is a new kind of mediation - one that explicitly makes the meditation journey a shared experience. Wacuri's placement of meditation into a social context takes participants on a transmissive journey to explore the inner world, while providing the opportunity to share that experience in the presence of others immediately afterwards. Wacuri creates a digital sangha—a community of meditators, beginning through advanced in practice, who can support each other on our collective journey to be self-realized as human beings.

Belonging is a fundamental human need. We are now well aware of the data supporting the notion that loneliness kills,¹ while connection heals.² While each birth begins from a mother's womb, growing up we are taught that "we are born alone, and we die alone". We experience ourselves as separate, and the idea of separateness often increases as we go through institutionalized learning.

But what if the experience of separation is an illusion? And what happens when we shatter this illusion to realize that we are co-creating our individual and collective destinies? Is there data to support such contentions?

The main topics of this book, which are more fully explored in the chapters that follow, include the biofield, flow state, energetic transmission, non-local consciousness, neuroscience, existential loneliness, belonging, curiosity, and The Wacuri Method of social meditation. If any or all of these subject-matter are of interest to you, then you are precisely in the right place and at the right time.

Social meditation is essentially the shared experience of accessing Source and Higher Self. To that end, all Wacuri Journeys are designed to invoke a moment of awe or wonder about the guide's chosen topic. That moment occurs in the mind of participants who typically close their eyes during a journey, which helps enable transcending the "first attention," linked to language, thinking and the automatic assignment of labels and meanings. Journeyers engage the inner action of seeing, of witnessing in an imaginal realm which produces and simulates novel objects, peoples and ideas without any assignment of meaning or labels.

As the aperture of perception opens, like when we dream, our view of reality expands exponentially. Whatever you can imagine, you can see. You can be an eagle, or the entire universe. The boundaries are theoretically limitless. Being present in this state can be quite exhilarating. That, in turn, creates a sense of awe and wonder which evokes a special kind of bond between those who share the experience. In his 1757 treatise, "A Philosophical Enquiry into the Origin of Our Ideas of the Sublime

and Beautiful,” Irish philosopher Edmund Burke detailed how we feel the sublime (awe) not just during religious ritual or in communion with God, but in everyday perceptual experiences: hearing thunder, being moved by music, seeing repetitive patterns of light and dark. Awe was to be found in daily life.

In recent years, the scientific community has become interested in the physiology of awe and curiosity, as well as exploring how the shared experiences of energy and information tie us together. While meditation has generally been scientifically studied as an isolatory practice, researchers are now beginning to explore how shared meditative experiences may provide synchrony between people—for example, by examining brainwave synchrony. These types of “hyperscanning” studies³ can be considered part of a growing discipline called biofield science—the study of fields of energy and information that guide the homeodynamic regulation of living systems.⁴

Biofield science extends us beyond the study of “life as chemistry” and helps us to more deeply understand the meaning and significance as “life as vibration”, from cells to communities. Biofield scientists may choose to study the bioelectromagnetic emanations of cells and discover that manipulating voltage gradients across cell membranes can grow new neural tissue.⁵ Scientists may choose to study how biofield devices, such as pulsed electromagnetic field stimulation, generate healing from pain and bone repair.⁶

Biofield scientists also may choose to study the more subtle aspects of the biofield and relate them to healing. For example, researchers have conducted randomized controlled trials examining time-honored practices such as laying-on-of-hands and more modern “energy healing” practices such as Healing Touch—and how they impact cancer patients in terms of fatigue, depression, immune and hormone function.^{7,8} Scientists are now reporting how adept energy healers can affect the size and migration of cancer tumors.^{9,10}

In all these cases, further study of the biofield plays an important role in understanding how the nature and quality of our vibrations—some measurable, and some yet too subtle to measure directly—affect our life and our health. We are beginning to expand our view of how living systems work, factoring growing evidence of an organizing energy field, composed of both measurable electromagnetic energy and subtle energy.

In the biofield view, human beings are an integral part of their environment rather than creatures that merely adapt to it. Consciousness is intimately related to notions of biofields or subtle energies that regulate health. In this view, health and wellbeing correspond to harmonious energy flow. Disease corresponds to disruption or chronic imbalances in this harmony, and healing is the restoration of harmony. Specific practices, including but not limited to meditation and yoga, are recommended to facilitate healing through influencing the practitioner’s state of consciousness and subtle body. Experiences of energetic shifts and guided energetic practice can often foster a “flow state”—where a person is fully immersed in a feeling of energized focus and enjoyment in the process of an activity. This state is characterized by the complete absorption in what one does, and a resulting loss in one's

sense of space and time. This type of state is also facilitated by experiences of energetic transmission—characterized by an experience of supra-conceptual and supra-physical information sharing. For eons, the yogis and sages of India have known the secrets of energetic transmission, which initiates profound self-healing and transformative processes from within.

A powerful transmission can be a life-shaping experience. Energetic transformation can happen directly and intentionally through shaktipat experiences with a spiritual teacher. But transmission can also happen in the context of group spiritual practice. Transmission, and the continued nurturance of the biofield of a practitioner, is perhaps the reason why meditation leaders such as the venerable Thich Nhat Hanh note the importance of spiritual community (sangha) in meditation practice:

“The presence of a sangha is a wonderful opportunity to allow the collective energy of the sangha to penetrate into our body and consciousness. We profit a lot from that collective energy. We can entrust ourselves to the sangha because the sangha is practicing, and the collective energy of mindfulness is strong. Although we can rely on the energy of mindfulness that is generated by our personal practice, sometimes it is not enough. But if you know how to use that energy of mindfulness in order to receive the collective energy of the sangha, you will have a powerful source of energy for your transformation and healing.”¹¹

The Wacuri Method

The purpose of this book is to expand the practice of social meditation for the world. The Wacuri method of meditation is innovative and interactive—creating a collective experience of powerful transmission through meditative practice, as well as shared space which allows for nurturance, connectivity and insight as a result of the group experience. The Wacuri method allows for the best vs. worst use of technology—instead of providing a digital platform that creates disconnection, social isolation and competition, it brings like-hearted individuals together in collective meditation practice—allowing for the experience of Inter-Being across the digital plane.

The aim of the Wacuri Method is to make it almost effortless to connect deeply with yourself, others and the universe. Curious.live is an experimental online platform that enables people to make deep connections quickly and easily through five-minute guided journeys followed by sharing their experiences and discoveries. A journey seeks to give you an intimate connection to something and awaken a sense of awe and curiosity from that thing, which could be an object like the sun, a feeling like love, or an idea like living fully in the moment. You and a friend or new acquaintances journey together, and your experience strengthens their experience, just as theirs strengthens yours. The African proverb reminds us, when we want to go fast, we go alone—and when we want to go far, we go together. Wacuri has developed a program that can help us to go fast, and go far. By going together in brief journeys, we begin to experience that all is interconnected.

At the heart of the Wacuri Method is the recognition that deeper connections make for stronger societies. During a Wacuri Journey, connections are forged in an intentional way within the group

biofield. The connections are then enhanced and deepened through sharing moments of awe. This shared interaction promotes relational intelligence, adaptability, and flexible thinking.

If you are reading this book, quite likely you are among the millions of people who are part of the movement toward conscious awakening. You may even be offering your skills and expertise to those around you to better their own path of growth, health and fulfillment. You may be or hope to be a personal growth practitioner, a yoga instructor, meditation teacher, healer, therapist or a coach, dedicated to waking up and helping others do the same.

If you look closely, in our bodies, in our cells, in our relationships, in the stars, in the entire cosmos, all is eternal movement and change. The most adaptive way to surf the changes is to stay curious, and stay connected. This book is an invitation to the intuitive, magical, inventive, capable you—the you that is everything and everyone—connected with all your relations and all life here and throughout time. May you further your enjoyment of the experience of InterBeing throughout your human journey.

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