

# Biochemistry of Spirituality



**By Merete Gundersen**

**Livskilden's Publisher**



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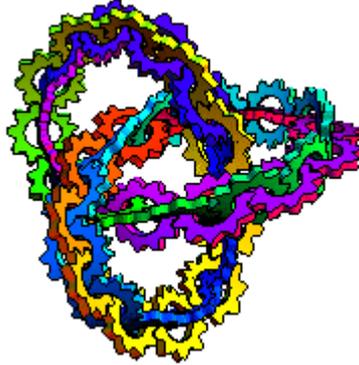
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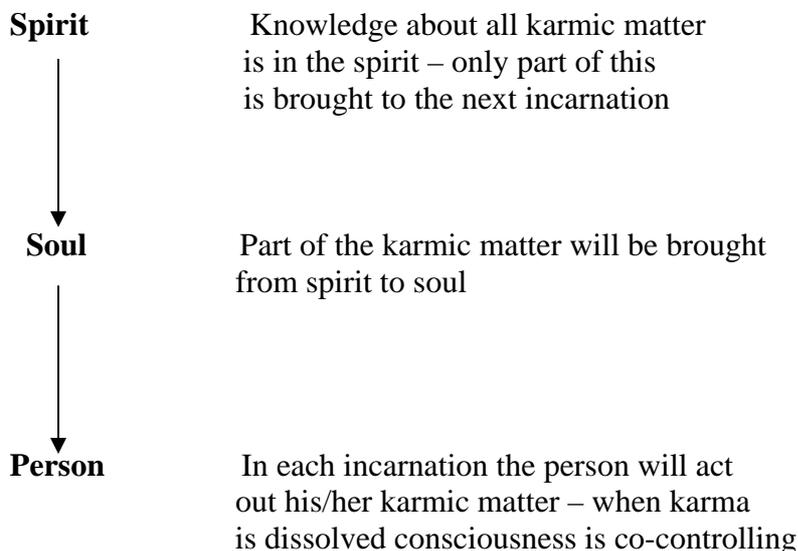


## ***Biochemistry of Visualizing***

When a person wants to change his/her karma or wants to cause a releasing of old karma, such goal could be achieved if the person is being conscious about his/her life pattern, and where the change should be, as well as what the person wants to change - and preferably also being conscious about what this person wants to do with his/her life.

Karma can be a difficult thing to handle. Often we hear that this or that cannot be changed, because it is part of “your karma”. But karma is not a static occurrence for the individual person. We are all able to influence and work consciously with this kind of energy. If we can identify the location of the unbalances, what they mean, and their origin, we can also contribute to releasing old karma and create our new, positive karma.

Consciousness can influence karma via the light structure planned by the spirit for the earthly journey of the soul. However, as a considerable part of the structure of consciousness is also in our DNA code, this journey and this structure is changeable, so everything is possible **via** the consciousness and the intelligent mind, and these can contribute to changing, converting, and transforming old karma to new matter.



## ***Biochemistry of the Mind***

Karma is best dissolved by concentrating completely on one's relations, i.e. the persons surrounding us in our everyday life. Often major karmic unbalances are hidden where dissension rules and where we experience that life does not work. So to be daring enough to look into one's own interior and realise that life is not a success, brings us the greatest development in exchange of old karmic matter.

Having worked with our thoughts and having reached new realisations, we can make a visualisation exercise as part of dissolving old karma and making the person better able to act at mere spiritual and mental impulses. We are able to transform our thoughts and in this way we influence the biochemistry of the body. Visualising helps us work on the form creating biochemistry of the mind.

## ***Biochemistry of Consciousness***

We are born with the conscious life latently resting in our basic aura; this basic aura is unchangeable – it remains the same all through our incarnation, and the optimal light for our consciousness to work in is in it, so that our karmic life can unceasingly be activated via the light frequency and intelligence of the thoughts. Our mental aura is surrounding the basic aura; this is the electro magnetic energy form unceasingly being created via our thoughts. Now these thoughts influence our biochemistry in all cells and organs via the aura energy. This mental aura is the biochemical influence of consciousness of the human mind. This means that we are all able to change our biochemistry, and we can do this for instance through visualising.

## ***The Bose-Einstein condensates***

Bose-Einstein condensates deal with physical laws describing the ability of an accumulation of atoms in creating individual waves of matter through fission. This knowledge is part of the quantum world. Quantum mechanics describe the complicated rules of light and matter at the atomic level.

Bose-Einstein condensates have the ability simultaneously to be in two different places – this is basic knowledge and scientifically proved.

## ***Theory for Consciousness When We Work With Meditation and Visualising***

Likewise it is suggested here that also human consciousness is able to be present simultaneously in two locations, e.g. that we as human beings via light can develop our SIQ at the neuron level so that the consciousness can be present at two maybe even several locations at the same time. The consciousness works and operates at the atomic level, and it is being activated in and by light.

## ***Visualising Exercise in Transformation of Old Karma***

You listen to soft music. You feel it in your cells and it brings you peace, tranquillity, joy, and expectation.

You imagine a light coming from the interior of the earth. The light passes up through your legs, and it passes on through your back through a light channel. You feel that this light slides up through your back - slowly and with no obstacles at all. The light radiates in exactly the right power for you.

Now you imagine the light enters your brain illuminating the entire brain. You feel the light in your brain being centred into a very specific point, which is especially illuminated. This is the point, where the neurons are now especially active, because they are being illuminated by the light from the interior of the earth.

You travel on quietly in this light channel, out into the universe, farther away, farther away.

Finally you arrive at a very beautiful temple made of diamonds; it radiates exactly the same light as the light of your light channel. Now you are also connected to cosmic light.

You walk into this temple, and now you imagine a big diamond egg.

A transformation process is being made for you within the diamond egg.

You decide that you want to get rid of certain things and actions in your life - you do not want to repeat them anymore. At a quiet pace the flowing guidance meets you in a calm stream of interior thoughts, and silently you go on flowing.

Now you transform your own biochemical universe of thoughts, and they will now be in harmony with the goal of your soul and with further guidance from your spiritual guides.

You eliminate old patterns – you have no need to repeat them.

Concurrently with thinking new thoughts you feel that something is happening in your aura. It is as if the aura is changing – changing from darkness to light.

After a while your old aura lies at your feet and it disappears and is being swept away. It becomes part of the universe.

Now you can see your aura radiating like the diamond – pure, fine, and clear.

Now part of your old karma has disappeared, and with your new energy you are able to leave the egg.

When you have left the egg with this new energy you can again think about being present in the room where you are.

You open your eyes calmly, and you are left with a feeling of “having been re-born”.

**This article is from Merete Gundersen`s book series: The Spiritual Human being, volume 4 page 123 – published in October 2006. The book series is not translated into English.**

**See more: [www.siqintelligens.dk](http://www.siqintelligens.dk)**

## Bank of Metaphysic Knowledge



Bose-Einstein Condensate. - Painting by Mette Hansgaard

### Introduction, by Ove von Spaeth of Merete Gundersen's book, 'Spirituel Man', IV

#### *Development of Consciousness*

The metaphysic world picture as a base for expanded concept and opinion has been an underestimated factor in modern science. This may be due to the fact that only very little information and knowledge are being widely disseminated concerning metaphysic subjects at a higher level than e.g. crystal therapy, meditation, visualizing, and mental strength. Therefore, we very much welcome Merete Gundersen's books on "The Spiritual Individual". In this volume IV the writer takes a further step and comprises major complex coherences of the human evolution. This will allow a realistic observation of the special importance in future research of metaphysic subjects. This is especially valid for obtaining better acknowledgement of the evolution of human consciousness.

## ***Bose-Einstein Condensates***

When nuclear particles are “condensing” in a special way and reach a basic state of activity, modern science calls them Bose-Einstein Condensates. They are able to be in two places at the same time. This is basic knowledge and scientifically proved. Likewise it is suggested that human consciousness is, and is able to be, in two places at one and the same time, i.e. that as human beings we can develop our SIQ at a neutron level and in this way our consciousness can be in two maybe many places at one and the same time.

The books deal with the spiritual and mental development for instance at a nuclear level - also including the brain with its considerable potential for development - expanded in the spiritual dimension. And each volume of the book-series describes from new angles the “SIQ - the Spiritual Intelligence”, the new thinking idea.

## ***Intelligence***

In particular I should like to draw the attention to “Intelligence and Evolution”, an article on a high metaphysical level. I am absolutely carried away by it. That “... everything sent out from the brain remain ...”, i.e. sustained, by own strength, as a kind of electromagnetic field in space - eternally if not dissolved by somebody. This entire effect may indicate being reflecting karma. This claims a huge responsibility to everybody. And the informative technical data of the texts, e.g. regarding depressions and other things, are incredibly valuable - bound to create a sensation and interest all over the world.

Merete Gundersen’s book-series are advanced knowledge at the highest level - knowledge very much in demand in explanation of these so essential but often misunderstood areas.

*Ove von Spaeth*, Writer, Researcher, [www.moses-egypt.net](http://www.moses-egypt.net)



This book by Merete Gundersen: ”Spirituel Man”, Vol. IV, is being conveyed to the readers with a brilliant, special expansion - en extra step to insight. Like in the other books of her series it concerns a visionary knowledge connecting the advanced field of the psycho-spiritual.

### Other books by *Merete Gundersen*:



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### Additional information from the internet February 2007:

## In tiny super-cooled clouds, physicists exchange light and matter

Physicists have for the first time stopped and extinguished a light pulse in one part of Space and then revived it in a completely separate location. They accomplished this feat by completely converting the light pulse into matter that travels between the two locations and is subsequently changed back to light.

Matter, unlike light, can easily be manipulated, and the experiments provide a powerful means to control optical information. The findings, published this week by Harvard University researchers in the Journal Nature, could present an entirely new way for scientists and engineers to manipulate the light pulses used in fiber-optic communications, the technology at the heart of our highly networked society.

"We demonstrate that we can stop a light pulse in a supercooled sodium cloud, store the data contained within it, and totally extinguish it, only to reincarnate the pulse in another cloud two-tenths of a millimeter away," says Lene Vestergaard Hau, Mallinckrodt Professor of Physics and of Applied Physics in Harvard's Faculty of Arts and Sciences and School of Engineering and Applied Sciences.

Hau and her co-authors, Naomi S. Ginsberg and Sean R. Garner, found that the light pulse can be revived, and its information transferred between the two clouds of sodium atoms, by converting the original optical pulse into a traveling matter wave which is an exact matter copy of the original pulse, traveling at a leisurely 200 meters per hour. The matter pulse is readily converted back into light when it enters the second of the supercooled clouds -- known as Bose-Einstein condensates -- and is illuminated with a control laser.



### ***The Bose-Einstein Condensates***

"The Bose-Einstein condensates are very important to this work because within these clouds atoms become phase-locked, losing their individuality and independence," Hau says. "The lock-step nature of atoms in a Bose-Einstein condensate makes it possible for the information in the initial light pulse to be replicated exactly within the second cloud of sodium atoms, where the atoms collaborate to revive the light pulse."

Within a Bose-Einstein condensate -- a cloud of sodium atoms cooled to just billionths of a degree above absolute zero -- a light pulse is spatially compressed by a factor of 50 million. The light drives a controllable number of the condensate's roughly 1.8 million sodium atoms to enter into Quantum superposition states with a lower-energy component that stays put and a higher-energy component that travels between the two Bose-Einstein condensates. The amplitude and phase of the light pulse stopped and extinguished in the first cloud are imprinted in this travelling component and transferred to the second cloud, where the recaptured information can recreate the original light pulse.

The period of time when the light pulse becomes matter, and the matter pulse is isolated in Space between the condensate clouds, could offer scientists and engineers a tantalizing new window for controlling and manipulating optical information; researchers cannot now readily control optical information during its journey, except to amplify the signal to avoid fading. The new work by Hau and her colleagues marks the first successful manipulation of coherent optical information.

"This work could provide a missing link in the control of optical information," Hau says. "While the matter is travelling between the two Bose-Einstein condensates, we can trap it,

potentially for minutes, and reshape it -- change it -- in whatever way we want. This novel form of Quantum control could also have applications in the developing fields of Quantum information processing and Quantum cryptography."

**Source: Harvard University**

**See Original article her: <http://www.physorg.com/news90077438.html>**



**Merete Gundersen** is commercially trained and she is the author of seven books covering the spiritual human being. One of the books is published in The United States and Japan. Merete has written several e-books as well the text to her CD "Heart Energy". All the books are published by Livskilden.

Merete Gundersen is a lecturer and a teacher in personal development, specialized in the visionary life and SIQ – The Spiritual Intelligence.

During the last twelve years she has been working as a SIQ- therapist. The working method is psycho-spiritual therapy and the concept of The Spiritual Intelligence.