



BrainMatrix, Inc. presents

What is Human Potential? Myths, Maps & Methods

**The Use of Meditation to Develop Higher States of
Consciousness and Enlightenment through Brain Integration**

A Special Presentation on Spiritual Development

Is 10% human potential a myth? How do we measure human potential and what techniques are available to enhance its natural development? The human brain is a magnificent expression of nature. The intricate design and complexity of the brain rivals that of the universe itself. Over a 100 billion brain cells work 24 hrs a day to create and support your life. How does the brain unify the extraordinary vast diversity of cells connections and activity to give rise to successful, evolutionary thoughts and action? Modern neuroscience has revealed a number of fascinating aspects of how our mind and our lives work. For example, since the majority of our brain and cognitive activity is unconscious, how does a thought form and *who* decides? And, if we decide before we are consciously aware, is there free will?

A fundamental of brain function is the ability of billions of brain cells to metabolize our daily experience resulting in widespread changes in connections. This is called 'learning'. We learn from experience because brain connections are transformed leading to new and better ways to think and behave. Brain research of experience-dependent plasticity offers remarkable insights into brain functioning and human potential. In this presentation we will examine evidence of the full development of human potential.

Research over the last 40 years indicates that the practice of a well-know meditation, Transcendental Meditation provides a natural, systematic, and profound approach to awaken the total creative potential of our brain. Through the effortless process of transcending using the Transcendental Meditation Technique, an individual is able to directly experience and know the Self, the inner silent, blissful field of consciousness. This Self-referral experience is known to transform brain function, releasing more of its inherent creative potential. But, how much potential do we possess? Recently published research is the first to take enlightenment out of the realm of mysticism and empirically document the growth of higher states of consciousness. Regular use of these technologies enlivens high levels of brain integration and balance supporting experiences of enlightenment—the cherished goal of many traditions—a life that is long-lived in happiness, success and health, and freedom from fear and suffering.

This special presentation will offer easy to understand, cutting-edge brain research that describes the mechanisms of total brain functioning, the basis of Enlightenment. Can we quantify human potential and track its development and implement programs to accelerate its expression? Share a wonderful presentation learning and discussing together how experience changes the brain on the path to enlightenment.

Facilitator

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Dr. Alarik Arenander is an international lecturer and is considered one of the most engaging, lively, and knowledgeable speakers on the subject of brain, education and human potential. He is known for his ability to make the complexity and vocabulary of brain research and its application to education easily understood. He has personally contributed to the scientific exploration of brain development and human potential for the last 35 years conducting research at many top research institutions in the U.S. and Europe.

Interactive PowerPoint presentations with group activities, and active learning using workbooks are offered. Images of the brain will fill the lively presentations and accent the unfoldment of this exciting exploration of human potential.