

A Biocybernaut Perspective on Dr. David R. Hawkins' *Letting Go- The Pathway of Surrender* and on Forgiveness as in *A Course in Miracles*

James V Hardt*

President and Founder of Biocybernaut Institute, Inc, USA

***Corresponding Author:** James V Hardt, President and Founder of Biocybernaut Institute, Inc, USA.

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Biocybernaut Institute has a 14 Step Forgiveness Method to apply forgiveness to the problem areas and problem people of one's life. This 14 Step Forgiveness Method is integrated into, and only functions effectively because of being integrated into, an advanced form of Alpha Brain Wave Feedback Training. Many people misunderstand forgiveness as "making right a wrong someone did to them or to another." This is not what true forgiveness is. An operational definition of Forgiveness in a Biocybernaut Alpha Brain Wave Feedback Training is anything, under the heading of Forgiveness, that raises your Alpha Brain Waves when you do it. In this process, many people discover that what they thought Forgiveness was, does not work to raise their Alpha Brain Waves, and so, by the rules of Operational Definitions, this is not true forgiveness, and it turns out it is also not Effective Forgiveness.

On the topic of *Effective Forgiveness*, it is useful to consider a Gallup Poll conducted in America on the topic of Forgiveness. George Gallup was a good friend of Sir John Templeton, now deceased. Sir John was a very spiritual man who was very interested in Forgiveness, so periodically he would encourage his friend George Gallup to do a poll on Forgiveness. I had the opportunity to read the details of one such Gallup poll.

Americans, when asked how important they thought Forgiveness was, given the choices of- (1) Not At All, (2) A Little, (3) Moderately, (4) Quite A Bit and (5) Extremely, reported the following: 80% of these Americans reported, that they thought Forgiveness was "Extremely important". Then Gallup asked if they could do it themselves. Could they do Effective Forgiveness? A vast majority said, "No." A full 85% of those who knew it was "Extremely important" said they could NOT do it on their own. This 85% reported that even Prayer was NOT effective and that asking for God's help was Not effective, for them, in doing forgiveness. Now George Gallup did not ask people about the Biocybernaut 14-Step Forgiveness Method, but of the things that he did ask about, there was only one thing that correlated with "Effective Forgiveness" and that was MEDITATIVE PRAYER- not prayer by itself, but only MEDITATIVE PRAYER.

When I see the adverb "meditative" used in front of any verb: Meditative Gardening, Meditative Fishing, Meditative Golfing, Meditative Sewing, Meditative Cooking, Meditative Anything, what I see is More Alpha Brain Waves. So, George Gallup's polling process gives us research data that strongly suggests that for there to be "Effective Forgiveness" there needs to be, simultaneously, an increase of Alpha brain waves. So, how do you increase your Alpha Brain Waves?

A simple answer is: Biocybernaut Alpha Feedback Training Programs. The Biocybernaut Alpha Brain Wave Feedback Training Programs are scientifically designed, over more than 40 years, to optimize the process of learning how to increase your Alpha Brain Waves. In fact, Biocybernaut's 7-Day Alpha One Brain Wave Feedback Training program, produces the same pattern of Alpha and Theta brain waves as is produced by 21-40 years of Zen Meditation (Hardt, 1993). Advanced Zen in one week! Technology speeds things up!

(Hardt, J.V., Alpha EEG Feedback: Closer Parallel with Zen Than Yoga, *Proceedings of the Association for Applied Psychophysiology and Biofeedback*, 24th Annual Meeting, Los Angeles, CA, March 25-30, 1993).

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The Biocybernaut 14-Step Forgiveness Method is designed to work effectively only when embedded deep within the Biocybernaut Alpha Brain Wave Feedback Training Programs. These programs teach people how to increase their Alpha Brain Waves. If you want to sail West, it is easier when the wind is blowing to the West. If you want to forgive, it is easier under conditions of rising Alpha Brain Waves. If the wind was blowing to the West in the morning, but then stopped blowing, any setting sail to the West in the afternoon will be pointless. You will be becalmed and you will not go anywhere. By analogy, you will want to do your forgiveness work only in those moments, only in those Alpha training epochs, when your Alpha is increasing. And because you are getting feedback on your Alpha, you will know if it is increasing or not, and you can adjust your forgiveness efforts accordingly.

As you can imagine, with a little cleverness in design of the Alpha Feedback training protocols, a Biocybernaut trainee can easily be guided to ONLY do forgiveness under conditions of rising Alpha Brain Waves. And the Alpha Brain Wave Feedback Process can be used to create those empowering periods (those epochs) of rising Alpha Brain Waves. Thus, Forgiveness becomes easy and it becomes very Powerfully Effective. People readily let go and are thus liberated from, years, even decades, of suffering, anger, guilt, bitterness, hatred, unworthiness. Liberation comes from Letting Go. This Letting Go is also a central topic of Dr. David R. Hawkins' book, *Letting Go- The Pathway To Surrender*, as he describes below.

All of my words are in purple and what is in black are the quotations from Dr. Hawkins and A Course in Miracles.

"Letting Go- The Pathway of Surrender" by David R. Hawkins, M.D., Ph.D.

Included are selected excerpts from pages 232-236 from Dr. Hawkins' book. [You will find below edits in purple by Dr. James V. Hardt, of the Biocybernaut Institute, Inc. These edits are designed to show the close alignment of the work of Dr. Hawkins with the work of Biocybernaut Institute and to explain how the Biocybernaut 14-Step Forgiveness Method helps people to quickly attain what Dr. Hawkins calls: " ... our greater destiny: total freedom". Along the way, Dr. Hardt also quotes from Lesson 134 of *A Course in Miracles* to show what exactly true Forgiveness is, as it is taught in *A Course in Miracles* and also at Biocybernaut Institute's Alpha Brain Wave Training Programs].

"Resolution of Psychological Problems: Comparison with Psychotherapy"

"In general, letting go is often more rapid than psychotherapy. It is often more liberating and stimulating to the growth of consciousness and awareness. Psychotherapy, however, is better designed to elucidate underlying patterns. The two may work well together. The mechanism of letting go facilitates and speeds up psychotherapy, and it elevates goals. Psychotherapy may be more gratifying intellectually because of its verbal nature and its focus on the "whys" behind behavior. However, that is also a limitation. Too often intellectual insight is all that is really achieved, and the emotional working through is slow, often painful, and ultimately avoided".

"The mechanism of letting go, on the other hand, is concerned with the emotional "what" from moment to moment, without involving the intellect. The "why" becomes apparent of itself once the "whats" have been relinquished. It's one thing to analyze the casual basis of depression and quite another to enter fully into the depths of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it, and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It is not necessary to probe the "why" of depression to become free from the "what" of it".

"The goals of letting go are far beyond those of psychotherapy. The ultimate aim of letting go and surrendering is total freedom. The goal of therapy is readjustment of the ego to a more healthy balance. The two systems are based on different paradigms of reality. The objective of psychotherapy is to replace unsatisfactory mental programs with more satisfactory ones. In contrast, the objective of letting go is the elimination of limiting mental and emotional programs. It is the attainment of an unconditioned mind and, ultimately, transcendence of the mind itself to higher states of consciousness of love and peace".

At Biocybernaut the primary method of letting go, at least in the first three levels of the Alpha Training, is deep Forgiveness. Many spiritual traditions preach or teach non-attachment or letting go without realizing that if you have not forgiven, then you cannot let go. When you deeply forgive, then the energy and the "itch" that fuels distractions and eruptions of negative emotions, is removed and a deep peace spreads throughout the mind.

Biocybernaut has a 14-Step Method to apply forgiveness to the problem areas and problem people of one's life. Many people misunderstand forgiveness as "making right a wrong someone did to them or to another." This is not what true forgiveness is. An operational definition that works in a Biocybernaut training is anything, under the heading of forgiveness, that raises your Alpha Brain Waves when you do it. In this process, many people discover that what they thought forgiveness is, does not work to raise their Alpha, and so, by the rules of Operational Definitions, this is not true forgiveness. OK, so then what is it? And how does it lead to letting go?

As Biocybernaut trainees [clients] go through the 7-days of Alpha One and the 7-days of Alpha Two and the 7 days of Alpha Three, they diminish their egos and expand their ability to perceive and to operate from their Higher Selves. They also increasingly recognize how their awareness is enmeshed in duality and they begin to get glimpses of transcendence, in which their egos are temporarily held in abeyance and in these glimpses they experience non-duality. However, these are initially just brief glimpses and their emotional traumas continually pull them back into duality. Forgiveness, as a prerequisite to letting go, gradually weakens the chains binding them to the illusion of separateness and of suffering.

Everything Dr. Hawkins says about Letting Go, including that it's goal is transcendence, is true of the Biocybernaut forgiveness method, as it is taught and applied at Biocybernaut. It is my experience that if people have not forgiven, then they cannot let go. Also, in the process of forgiving, people progressively let go and thus progressively begin to attain the diminution of their egos. Later in the text of Dr. Hawkins he says, "The purpose of letting go ... is the elimination of the ego". Similarly, the purpose of the Biocybernaut Forgiveness training is the elimination of the ego.

Dr. Hawkins says (see below in his text) that, "the purpose of the mechanism of surrender is to transcend the illusions of the world and reach the ultimate truth behind it-which is Self-Realization-and to discover the very basis of the mind itself, the source of all thought and feeling." This is why we teach Forgiveness at Biocybernaut, as it is a pre-requisite to letting go.

Again, Dr. Hawkins says, "*The goal of letting go is the elimination of the very source of all suffering and pain.*" This is why we teach Forgiveness at Biocybernaut. The motto of the Alchemists is "*Aurum Nostrum, non est Aurum vulgum,*" which means "Our Gold is not the common Gold." At Biocybernaut, we are *inner Alchemists* seeking a transformation of the lower attached mind version of the Self (*Manus*) and the Higher Intellect (*Buddhi*) into full Self-Realization and enlightenment. In this process, we teach Forgiveness, but, like the Alchemists, we Biocybernauts say, "*Venia Nostrum non est Venia vulgum,*" or "Our Forgiveness is not the common Forgiveness." One of the deepest understandings of True Forgiveness, that matches the Biocybernaut understanding of Forgiveness, is found in Lesson 134 of *A Course in Miracles*. This Lesson 134 is reproduced below for your guidance in what true forgiveness really is. Please study this lesson carefully to understand more fully what is the Forgiveness that is taught at Biocybernaut. As you read this Lesson 134, you will see that true Forgiveness corrects the illusions of right and wrong and pain and guilt and of separateness, and wins through to Higher Consciousness by correcting these illusions. As you read this Lesson 134 carefully, you will come to understand Forgiveness far more deeply and see how it enables Letting Go of the illusions that hold people in pain and suffering and in separateness. You can become an inner Alchemist- a Biocybernaut.

Lesson 134

Let me perceive forgiveness as it is.

Let us review the meaning of "forgive," for it is apt to be distorted and to be perceived as something that entails an unfair sacrifice of righteous wrath, a gift unjustified and undeserved, and a complete denial of the truth. In such a view, forgiveness must be seen as mere eccentric folly, and this course appear to rest salvation on a whim.

This twisted view of what forgiveness means is easily corrected, when you can accept the fact that pardon is not asked for what is true. It must be limited to what is false. It is irrelevant to everything except illusions. Truth is God's creation, and to pardon that is meaningless. All truth belongs to Him, reflects His laws and radiates His Love. Does this need pardon? How can you forgive the sinless and eternally benign?

The major difficulty that you find in genuine forgiveness on your part is that you still believe you must forgive the truth, and not illusions. You conceive of pardon as a vain attempt to look past what is there; to overlook the truth, in an unfounded effort to deceive yourself by making an illusion true. This twisted viewpoint but reflects the hold that the idea of sin retains as yet upon your mind, as you regard yourself.

Because you think your sins are real, you look on pardon as deception. For it is impossible to think of sin as true and not believe forgiveness is a lie. Thus, is forgiveness really but a sin, like all the rest. It says the truth is false, and smiles on the corrupt as if they were as blameless as the grass; as white as snow. It is delusional in what it thinks it can accomplish. It would see as right the plainly wrong; the loathsome as the good.

Pardon is no escape in such a view. It merely is a further sign that sin is unforgivable, at best to be concealed, denied or called another name, for pardon is a treachery to truth. Guilt cannot be forgiven. If you sin, your guilt is everlasting. Those who are forgiven from the view their sins are real are pitifully mocked and twice condemned; first, by themselves for what they think they did, and once again by those who pardon them.

It is sin's unreality that makes forgiveness natural and wholly sane, a deep relief to those who offer it; a quiet blessing where it is received. It does not countenance illusions, but collects them lightly, with a little laugh, and gently lays them at the feet of truth. And there they disappear entirely.

Forgiveness is the only thing that stands for truth in the illusions of the world. It sees their nothingness, and looks straight through the thousand forms in which they may appear. It looks on lies, but it is not deceived. It does not heed the self-accusing shrieks of sinners mad with guilt. It looks on them with quiet eyes, and merely says to them, "My brother, what you think is not the truth".

The strength of pardon is its honesty, which is so uncorrupted that it sees illusions as illusions, not as truth. It is because of this that it becomes the undeceiver in the face of lies; the great restorer of the simple truth. By its ability to overlook what is not there, it opens up the way to truth, which has been blocked by dreams of guilt. Now are you free to follow in the way your true forgiveness opens up to you. For if one brother has received this gift of you, the door is open to yourself.

There is a very simple way to find the door to true forgiveness, and perceive it open wide in welcome. When you feel that you are tempted to accuse someone of sin in any form, do not allow your mind to dwell on what you think he did, for that is self-deception. Ask instead, "Would I accuse myself of doing this?"

Thus, will you see alternatives for choice in terms that render choosing meaningful, and keep your mind as free of guilt and pain as God Himself intended it to be, and as it is in truth. It is but lies that would condemn. In truth is innocence the only thing there is. Forgiveness stands between illusions and the truth; between the world you see and that which lies beyond; between the hell of guilt and Heaven's gate.

Across this bridge, as powerful as love which laid its blessing on it, are all dreams of evil and of hatred and attack brought silently to truth. They are not kept to swell and bluster, and to terrify the foolish dreamer who believes in them. He has been gently awakened from his dream by understanding what he thought he saw was never there. And now he cannot feel that all escape has been denied to him.

He does not have to fight to save himself. He does not have to kill the dragons which he thought pursued him. Nor need he erect the heavy walls of stone and iron doors he thought would make him safe. He can remove the ponderous and useless armor made to chain his mind to fear and misery. His step is light, and as he lifts his foot to stride ahead a star is left behind, to point the way to those who follow him.

Forgiveness must be practiced, for the world cannot perceive its meaning, nor provide a guide to teach you its beneficence. There is no thought in all the world that leads to any understanding of the laws it follows, nor the Thought that it reflects.

[In Biocybernaut Alpha training there comes awareness of the Truth that real forgiveness is. Profoundly transformational this always is, and freedom is its sure reward.]

It is as alien to the world as is your own reality. And yet it joins your mind with the reality in you.

A Biocybernaut- meaning a person who has taken Biocybernaut trainings, may be an alien to the world of suffering and illusion and all the unreality contained therein, because Biocybernauts learn to understand their own inner reality through truthful feedback of their brain's most subtle inner operations, which cannot be taught with thoughts or words, but can be quickly taught with the technology of Biocybernaut Alpha Brain Wave Training. Recall: "There is no thought in all the world that leads to any understanding of the laws it (forgiveness) follows, nor the Thought that it reflects."

Through this Alpha brain wave training, a Biocybernaut's inner reality conjoins with a new and wiser and more accurate understanding of all the World and the reality outside the Self. Thus, a Biocybernaut may be in the world, but not of it, for he or she will have seen through the illusion and will have practiced true forgiveness. He or she will have become an inner alchemist and transformed themselves to Higher Awareness.

Today we practice true forgiveness, that the time of joining be no more delayed. For we would meet with our reality in freedom and in peace. Our practicing becomes the footsteps lighting up the way for all our brothers, who will follow us to the reality we share with them. That this may be accomplished, let us give a quarter of an hour twice today, and spend it with the Guide Who understands the meaning of forgiveness, and was sent to us to teach it. Let us ask of Him:

Let me perceive forgiveness as it is.

Then choose one brother as He will direct, and catalogue his "sins," as one by one they cross your mind. Be certain not to dwell on any one of them, but realize that you are using his "offenses" but to save the world from all ideas of sin. Briefly consider all the evil things you thought of him, and each time ask yourself, "Would I condemn myself for doing this?"

Let him be freed from all the thoughts you had of sin in him. And now you are prepared for freedom. If you have been practicing thus far in willingness and honesty, you will begin to sense a lifting up, a lightening of weight across your chest, a deep and certain feeling of relief. The time remaining should be given to experiencing the escape from all the heavy chains you sought to lay upon your brother, but were laid upon yourself.

Forgiveness should be practiced through the day, for there will still be many times when you forget its meaning and attack yourself. When this occurs, allow your mind to see through this illusion as you tell yourself:

Let me perceive forgiveness as it is.

Would I accuse myself of doing this?

I will not lay this chain upon myself.

In everything you do remember this:

*No one is crucified alone, and yet no one
can enter Heaven by himself.*

[Continuing with Dr. David Hawkins' text]

"In therapy, there is dependence on therapists their training and techniques, and there is also reliance on a psychological theory to which the therapist and the patient both subscribe. Scientific research reveals that the results of therapy are not related to the therapist's school of psychotherapy, training or technique; instead, the results are related to the interaction between them and the degree of the patient's desire to improve, as well as the patient's faith and confidence in the therapist. Therefore, psychic factors are operating of which psychotherapy is unaware".

[Biocybernaut Alpha trainings evoke and productively apply and then celebrate those psychic factors.]

"With the mechanism of letting go, there is no patient role and no dependency on another person or theory".

[Biocybernaut has "Trainers" for each session, and Biocybernaut Trainers are merely assistant coaches who's primary role is to connect each trainee (client) with their own Higher Self, which is their Head Coach (pun intended)].

"The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear. Their basis is often at depths untouched by psychotherapy. Except for the few holistic frameworks (e.g. Jungian analysis, transpersonal psychology)".

[And Dr. Hardt would add: Biocybernaut Neurofeedback training with forgiveness].

"... therapy can be based on a limited understanding of the total mind. It commonly addresses itself only to a portion of the ego. It ignores and does not comprehend the great forces that determine, drive, and control the mind. *Since the purpose of most psychotherapy is a well-adjusted ego, there is no conception of what is beyond the ego*".

"The purpose of letting go, in contrast, is the elimination of the ego".

"The ego is fearful and limited and, when it is surrendered, the inner Self stands forth, and what was always more powerful is revealed. Many psychotherapies have no real knowledge of the Self and are, therefore, blind to Reality Itself. As for efficacy, psychotherapy is like a horse and buggy, while the mechanism of surrender, and letting go is like a space ship".

At Biocybernaut we say,

'A Biocybernaut is to Inner Space, what an Astronaut is to Outer Space'.

The Biocybernaut Forgiveness method is aligned with, and is an example of, what Dr. Hawkins calls "the mechanism of surrender and letting go". And it is indeed like a Space Ship.

“In the time, it takes for therapy to slowly poke about a limited area, letting go has already moved far beyond it into a whole new dimension”.

“Letting go has a peculiar advantage in that the surrendering of one negative feeling also relinquishes the energy behind many other negative feelings, so there is a constant across-the-board effect”.

[Biocybernaut Forgiving and letting go also relinquishes the energy of many other negative feelings, so that forgiveness soon spreads beyond the few initial targets of this work].

“...(A)s one fear is relinquished, all fear is diminished non-specifically”.

“Psychotherapy aims at the amelioration of neurotic patterns. Letting go, however, is designed to undo the underlying causes of all neurotic formation. It undoes the basic structure of maladaptive feeling and behavior. Psychotherapy seeks for an improvement in neurotic balance. Letting go, however, eliminates it all together”.

[The Biocybernaut Forgiveness method and letting go also undo the basic maladaptive structures of maladaptive feelings and behaviors].

“A limitation of most psychotherapeutic frameworks is that the therapist is constricted to what the world calls a healthy, functioning ego with all its restrictions. In this paradigm, a healthy patient is considered to be one who shares the same illusions and limitations condoned by society and the therapist. By contrast, the purpose of the mechanism of surrender is to transcend the illusions of the world and reach the ultimate truth behind it-which is Self-Realization-and to discover the very basis of the mind itself, the source of all thought and feeling”.

[The purpose of the Biocybernaut training is to transcend illusions and reach ultimate truth].

“The goal of letting go is the elimination of the very source of all suffering and pain”. This sounds radical and startling and, in fact, it is! Ultimately, all negative feelings stem from the same source. When enough negative feelings have been relinquished, that source reveals itself. When that source itself is let go of and dis-identified with, the ego dissolves. The source of suffering, therefore, loses the very basis of its power.

“When the pressure behind an emotion has been let go, that emotion no longer occurs. For instance, if fear is constantly surrendered for a period of time, eventually it runs out. It then becomes difficult or almost impossible to feel further fear. It takes progressively more and more of a stimulus to elicit it. Finally, the person who has surrendered a great deal of fear actually has to search for it diligently. The energy of fear simply isn't there anymore.

“Anger also progressively diminishes so that even a major provocation fails to elicit it. A person with little fear or anger feels primarily love all of the time and experiences a loving acceptance of events, people, and the vicissitudes of life”.

[The Biocybernaut Forgiveness Process takes people all the way to Love for the people and the experiences that previously caused them anger, pain or sadness. Only then is the Biocybernaut Forgiveness process complete, and on the following day of a Biocybernaut training, this process of Forgiveness can go deeper still and then the love becomes stronger and more pervasive in the mind of the person, who is becoming an awakened being].

“The goal of surrender is transcendence”.

[And the goal of Biocybernaut Forgiveness and Letting go is transcendence].

“Psychotherapy accepts levels of behavior as healthy that, from the viewpoint of total freedom, are unacceptable. For instance, in psychotherapy, minimal fear, anger, and pride might be considered necessary or acceptable levels of functioning and perhaps even “healthy”. But as we have seen, the innate destructiveness behind those lower states is ultimately not acceptable-given the power of surrender to transcend them totally. Beyond the “acceptable level of functioning” awaits our greater destiny: total freedom.

[Total Freedom is the ultimate goal of Biocybernaut brain wave trainings, and to usher in an enduring Golden Age for all Humanity, where everyone lives in total freedom, joy, peace and love.

Summarizing this Biocybernaut Perspective on Forgiveness and Letting Go

By carefully considering the inspired teachings of Dr. David Hawkins [2] and A Course in Miracles [3], we discover a powerful context for understanding the Forgiveness work and the Letting Go done in the Alpha Brain Wave Feedback training programs at Biocybernaut Institute. This context helps us to better understand how the Biocybernaut training can produce such powerful awakenings, great changes in personality and such deep and enduring transformations. Published research on this work demonstrates reductions in both State and Trait Anxiety [4] and reductions in a wide range of psychopathologies [5], as well as increases in Creativity [1] and in IQ [6] and in measurable, enduring benefits to the Alpha trainees themselves as well as to their family members, friendship networks and even co-workers

[7]. It is also clear that 7-days of the Alpha One training, the first of nine levels of the Biocybernaut Alpha trainings, produces brain waves changes that are comparable to the brain waves of Advance Zen, which require 21 to 40 years of practice for practitioners of Zen, in very disciplined Zazen meditation, to attain [1]. Technology speeds things up, including the processes of Forgiveness, Letting go and Awakening into Higher Consciousness. From a Biocybernaut Perspective, this technology-assisted acceleration of our healing and our awakening is both natural and necessary in current human affairs.

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