

## Case Study

# VISIBLE LIGHT RADIATED FROM THE HEART WITH HEART RHYTHM MEDITATION

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### ABSTRACT

Research at the University of Kassel in Witzenhausen, Germany, in 1997, showed that it is possible to produce visible light from the chest area under certain conditions. The first condition is that the meditation technique must be heart-centered, not transcendent. Secondly, a specific person with an actual need must be identified as a receiver of the transmitted light. Under these conditions, a sustained light emission of 100,000 photons per second was measured, where only the background count of 20 photons per second was observed without meditation.

**KEYWORDS:** Light, meditation, heart-centered

# EQUIPMENT DESCRIPTION

## PHOTOMULTIPLIER TUBE

**T**he Tube was an EMI Type 9635 QA with very high efficiency, specially selected for single-photon count mode. Light intensities down to  $10^{-17}$  watts are measurable with this tube. The tube is sensitive in the range of 200 nm (ultraviolet) to 630 nm, where sensitivity drops sharply so as to exclude thermic photons (infrared) to be counted. Dark count rate without substrate was 12 photons/second, dark count rate within the dark chamber was 20 photons/second.

## PREAMPLIFIER/DISCRIMINATOR

The preamplifier/discriminator amplifies the initially very small signal to a 5 Volt level and suppresses “artificial” photon sources

## COOLED HOUSING

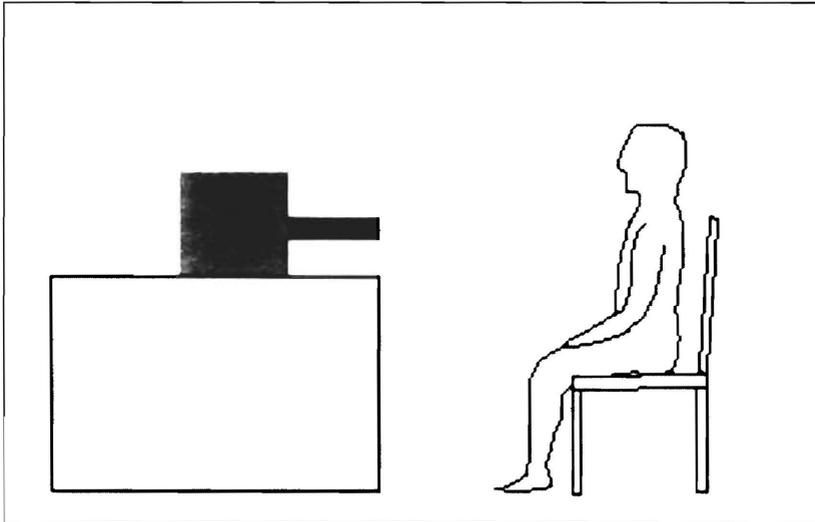
The cooling serves to keep the dark count rate extremely low. We employed a Peltier-type cooling system that was able to cool the tube housing from room temperature down to  $-25^{\circ}\text{C}$ . Measurements were taken at  $-20^{\circ}\text{C}$ .

## HARDWARE AND SOFTWARE

The software and the hardware were specifically designed by ALV of Langen, Germany, an internationally renowned specialist for laser applications and measurements of very small particles (one of their projects was with NASA). Software was designed to operate the equipment in single photon count mode.

## DARK CHAMBER

For this experiment the dark chamber was completely lined with light-absorbing black cloth, so that the total photon count without object to measure was as low as 20 photons per second.



*Figure 1. Experimental setup.*

## EXPERIMENTAL PROCEDURE

**T**he equipment was set up and monitored by Winfried Fuchshofen, Ph.D., who was at the time a Ph.D. candidate at the University of Kassel (Figure 1). The meditator was Puran Bair, co-founder of the Institute for Applied Meditation.

The meditator disrobed and entered the air-conditioned, dark chamber, which was then sealed. Inside the chamber, the size of a closet, were black blankets that the meditator wrapped around himself for warmth. After approximately one hour, the computer showed a background count in the chamber of 20 photons/sec, regardless of whether the meditator was naked or wrapped. The delay of an hour was necessary to dissipate the fluorescence of the body as it gives off the light that it had absorbed from the ambient outside light. Nudity was required to eliminate fluorescence from fabrics and to prevent static electric discharges.

Initially, the meditator tried to sit with the end of the cooled housing against his bare chest. However, this proved to be uncomfortable as the metal tube was quite cold, connected to the liquid-helium cooled photomultiplier, and he was not able

to put his legs under the table, so sitting was awkward. A decision was made to sit upright in a chair with his chest approximately three feet from the housing.

At this point, the meditator began a series of meditations designed to increase energy in the spine and heart and radiate light. These meditations included kundalini practices, invocations of divine light, and dhikr.

## **KUNDALINI PRACTICES**

**I**n these meditations, energy is drawn up the spine from the earth by using a strong inhalation with that visualization. Then the breath is held, with attention placed above the crown. The exhalation is full and complete, forcing energy down (as seen from above the crown) the spine and then forward from the heart. The practice is extremely energetic, resulting in a feeling of ecstasy and radiance.

## **INVOCATIONS OF DIVINE LIGHT**

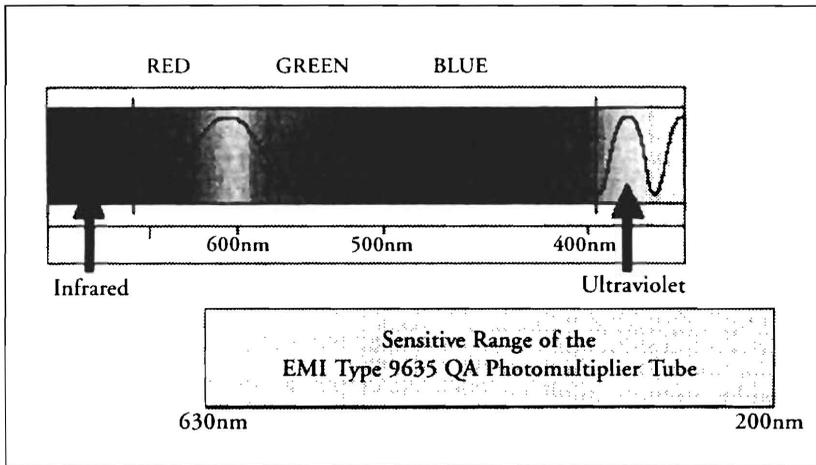
These are Sufi meditations that use chanting, out-loud and silently, to create vibrations that stimulate the heart and third eye. Specifically, the Arabic words *Nur* and *Mu-now-wirr* are spoken slowly, with emphasis on the vowels, placing the resonance of the sound in the throat and chest. They produce the sensation of having a miniature sun in the chest.

## **DHIKR**

The repetition of the Arabic phrase, “La illaha illa ‘llah Hu” is an ancient prescription for entering into the consciousness of the One and Only Being. It is performed with attention on the heart as the center of the experience and results in a feeling of profound heart-centeredness.

## **INITIAL RESULTS**

There were some brief and erratic measurements of 37,000 to 45,000 photons/second while the meditator was meditating (Figure 2). Then there



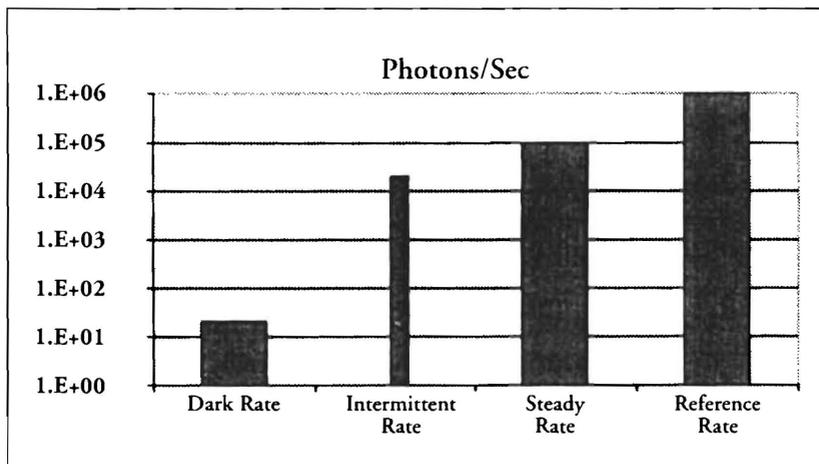
*Figure 2. Range of sensitivity.*

were periods of 10 to 20 minutes with no readings, then again brief periods of a few seconds of light. When light was measured, the experimenter told the meditator of the results through a one-way audio link. (The experimenter had a microphone and the meditator was wearing headphones.) This erratic performance was very frustrating to the meditator, who was trying to use the feedback as a guide toward more reliable light output. None of the meditations produced consistent results, yet all produced light at some times.

## INTERMISSION

**A**fter approximately ten hours of meditation, the experiment was called off and the meditator emerged from the chamber. The experimenter and the meditator retired to the experimenter's home for dinner. The experimenter's son, approximately four years old, had come down with a severe cold. The meditator, discouraged from the day's efforts, retreated to his room and slept.

Early in the morning, the meditator awoke with an intense insight: the young boy needed light for his healing. By 8:00 AM, the experiment was begun again.



*Figure 3. Measurements of photons per second.*

## RESULTS

After the meditator spent an hour in the dark chamber, the background count returned to 20 photons/sec (Figure 3). Then the meditator did a healing meditation in which he mentally placed the sick boy in front of himself and “sent light” to the boy on the exhalation coming from his heart. This is a technique of Heart Rhythm Meditation. This was, in comparison to the complex and intense meditations of the previous day, a rather simple and easy meditation. The effort required by the meditator was emotional rather than mental and very minor in comparison to the previous trials of intense concentration. The computer measured 100,000 photons/second consistently for half an hour, until the meditation was stopped. This would be enough light to be barely visible. It has been estimated that 1000 photons/sec entering the eye are enough to create a visible sensation. Actually, only a few photons/sec striking the retina are sufficient, but the eyeball absorbs nearly a thousand photons/sec in its lens and fluid.

As a comparison, the meditator then unwrapped his wristwatch which had a florescent dial and held it in front of his chest. The computer indicated 1 million photons/sec. In the dark chamber, with his eyes adjusted to the absolute

darkness, the light of the wristwatch's dial seemed to be bright enough to read by.

## CONCLUSION

Light generation was eventually achieved by the combination of effective meditation technique and the intention of sending light to a specific patient in need of healing. The meditation technique used is called Heart Rhythm Meditation and is detailed in the book, *Living from the Heart* (Random House, 1998), authored by the meditator. Without healing intention, in spite of his best efforts using a variety of meditations he had mastered, the meditator was not able to generate consistent light emissions.

The amount of light emitted from his chest and reaching a photomultiplier directly in front, three feet away, was two orders of magnitude greater than what is required for visibility, and one order of magnitude less than what is required for reading with dark-adjusted eyes.

**T**he results serve as a warning to those conducting objective experiments in subtle energy where there is not a need for actual healing. It seems that a known, specific receiver subject is necessary to empower the transmitter subject.

The emission of light from other angles and from other parts of the body was not tested. Furthermore, the frequency of light was not measured, only the amplitude in the instrument's range of sensitivity.

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### REFERENCES & NOTES

1. Puran Bair, *Living From the Heart* (Random House, New York, NY, 1998).

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