

The Awakened Leader

Interview with Dr. Susan Simpson (Part I)

Dr. Susan Simpson has been a clinical psychologist for almost thirty years, and has been working exclusively in the neurofeedback field for the past seven years. She is director of Valentus Clinics, located in Victoria, Canada and is Valentus' Director of Brainwave Optimization Program, an advanced form of neurofeedback that is used to help the brain guide itself back to its natural, healthy balanced state. The technology used is EEG (Electroencephalography), a non-invasive procedure used to map brain activity.

In April, Susan attended a six-day program spiritual awakening offered by Oneness University in Chennai, India. The program is designed for organizational leaders—whether in business, non-profits, or governments—and those who influence them as coaches and advisors. The vision and purpose of the three courses in this program is to sharply accelerate the growth in consciousness of those who participate, leading to their awakening and thereby giving them greater ability to give awakening to others and to positively affect their organizations and its stakeholders by performing at very high levels of consciousness.

This interview with Susan focuses on Susan's very preliminary research into the brain state changes in awakened people and what she found in her assessment of her own brain state change. My discussion with Susan focused on the process she uses to assess brain activity, the results of that assessment, and what that means—from a psychologist's perspective—for decision-making, creativity, behaviors, mood, emotions, etc. Because of the richness of my discussions with Susan, this interview will be presented in two parts. The first part is what Susan found in measuring her own brain activity before she went to India and then following her return. I've included her description of the changes in her own words. The second part of the interview (to be published next month) will explore her findings in much more depth as they pertain to the actions and behaviors of awakened leaders.

In Susan's words, here is her description of what she found:

EEG Brain Pattern Changes as a Result of the Oneness Process: A Case Study Dr. Susan Simpson, Psychologist

2013 May

There is a rich and well-documented history of changes in brain patterns as a result of long-term meditation experience and higher states of consciousness. Oneness University near Chennai, India contends that awakening of consciousness or enlightenment is based on a neurobiological process that involves specific changes in specific lobes of the brain. Since I am an enthusiastic brain scientist and I was going to India to participate in a Oneness Process, I saw this as a unique opportunity to test out this claim on myself.

Prior to leaving for India to attend a six day awakening course at Oneness University in 2013 April, I took careful EEG measurements of my brainwave patterns. I am very familiar with my brain, and the results of this assessment were consistent with the patterns that my brain has demonstrated over a number of years. The experience at Oneness University was powerful and extraordinary. My inner subjective sense was that things had shifted significantly. My mind was quiet and still, and I felt a sustained peace and a joy that I had only glimpsed fleetingly during peak moments in the past.

I was able to arrange a second EEG assessment within a week of my return from India. On the one hand, the results were outstanding because I had already done a lot of work to re-train my brain patterns through neurofeedback and by this time had achieved a relative balance and harmony that is considered close to optimal among researchers in this field. On the other hand, I was experiencing shifts in my consciousness after my Oneness experience that I had only previously read about, and that had to be reflected in changes in my brain wave patterns.

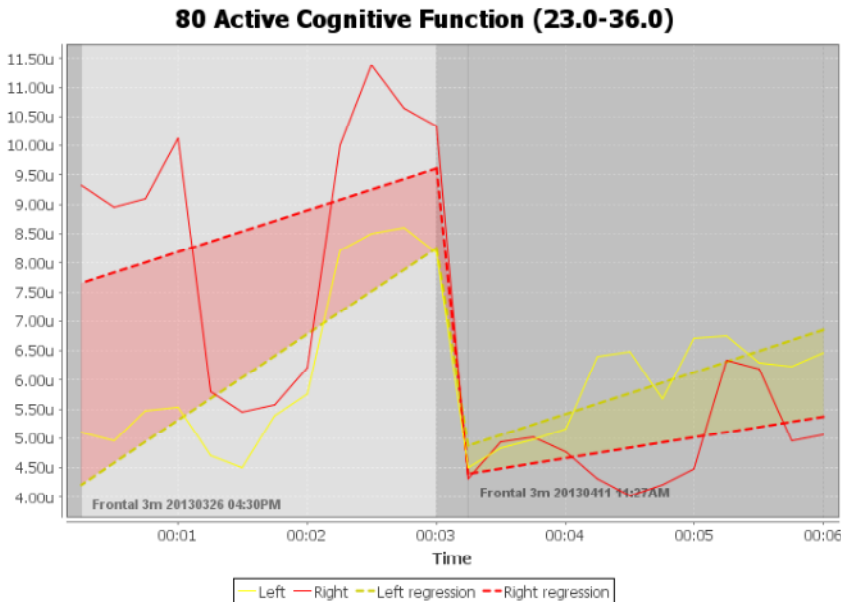
The results of comparing my pre- and post-Oneness brainwave patterns were very clear and dramatic. The changes, as measured in my EEG, were exactly in the direction that the Oneness model would predict. For the first time in the seven years that I had been measuring my brainwave patterns, the shifts were distinct and spectacular. Here is a summary of what shifted in the EEG patterns in my brain:

- 1) There was an overall significant reduction in brain activity in all areas of the brain, which would be associated with less mental and emotional activity in consciousness.
- 2) Activity in the sensory-motor areas, located in the central and parietal lobes of the brain, was

reduced by at least thirty percent.

3) There was a shift from sympathetic dominance (activity in the right temporal lobe) to parasympathetic dominance (higher activity in the left temporal lobe), signifying a calming and quieting of the fear response.

4) Dominance in the frontal lobes switched from the right to the left, indicating a shift from a reactive function to observation mode. The



graph (left) is an illustration of this shift happening in my brain.

The fact that these changes occurred is highly significant since changes like this do not happen randomly or in a regular response to life experiences. Moreover, the modifications are consistent with a shift that is predicted by the Oneness awakening process. As striking as these results are, of course, this is only a single case study. A larger pilot study that would include a larger sample of people is warranted based on these observations. This pilot study is being planned for the next Oneness Foundations course that is offered in 2013 July to business and professional leaders. This pilot study will serve as the basis for further, more rigorous research that could be duplicated in different centres across the globe, and with groups with different characteristics.

If these shifts in the brain can be replicated across large sample groups around the world, demonstrating the effects of the Oneness awakening process on humanity will be staggering.

~ Susan Simpson, Clinic Director, Valentus Clinics (www.valentusclinics.com)

Next

The next article in this series will go into Susan's findings in much more depth and, in particular, explore the implications for organizational leadership.