

Spirituality and Health-care Conference
"Peak States of Consciousness: Theory and Applications"
Sunday October 27, 2002

Presenters:

Grant McFetridge MS
Mary Pellicer MD

Abstract C72

The existence of "peak experiences" has been known for decades. However, what isn't commonly known is that some people from birth live in these experiences relatively continuously (a 'state'). These people are typically not aware that their state is unusual unless they lose it and move into 'average' consciousness. They often compare losing their state to being kicked out of heaven. We've identified over 15 major types of these 'peak states, some of which are described in various spiritual or shamanic traditions. These states are characterized by perceptions and experiences that are unique to the state, not extensions of what can be experienced from average consciousness. These states are states of increased health and wellness, and are our birthright. We will explain our theoretical model of what causes these states to occur, which ties together biological, psychological, developmental, and spiritual phenomena.

To demonstrate the accuracy and implications of the model, we will share a simple, fast process that puts about half of the general population permanently into a state called 'Inner Peace'. The defining characteristic of this state is that the person feels a continuous underlying feeling of peace. In this 'Inner Peace' state emotional pain from all one's past traumas vanishes. This relatively minor state is not so different from average consciousness as to cause upset in the participant. The use of this process in clinical psychology should be quite profound, since much of a clinician's time is spent with trauma responses, forgotten or not. Likewise, the application to medicine should be similarly important, since some physical disease processes, especially chronic ones, are also indirectly caused by trauma responses.

Rev, Grant McFetridge MS, & Mary Pellicer MD, Institute for the Study of Peak States. Grant McFetridge originally worked as an electrical engineer and taught at the California State University in San Luis Obispo. He contracted several life threatening illnesses, and in 1993 nearly died. After trying literally hundreds of conventional and alternative treatments, the one that worked involved healing a trauma from the previous decade. This inspired him to develop his own healing modality, now called Whole Hearted Healing, and to investigate kinds of consciousness that people experience. He now directs the Institute for the Study of Peak States in Victoria, BC.

Talk Outline:

Intro - spirituality and healthcare ie is there a connection?
psychological, physical, partially physical

States vs experiences

Medical implications

Spiritual experiences and states

Healing techniques

Radical Physical Healing, and lesser healing

Peak states of consciousness

Types and implications for health ex Sanachi

Present in general population from birth

Paradym

Birthright

Unusual abilities ie athletes, savants

Triune Brain

Medical implications

Healing techniques ala EFT, TAT, Yuen Energetics,

Inner Peace State Process

Radical Physical Healing

WHAT CAN YOU USE?

WHAT CAN YOU TAKE HOME?

HOW CAN THIS AFFECT YOU? Hope

Graphics:

1. Triune brain diagram
2. Paradigm list - underlying structure to it all, unified theory
3. State list w percentages
4. Developmental sequences
- x. Characteristics of Inner Peace state
5. Outline of Inner Peace Process
6. Healing techniques
 - Meridian TAT EMDR TIR VKD Spiritual ones
7. ISPS cover sheet with logo and our names
8. Reference books
9. Radical Physical Healing blank page