



MEDITATION & NEUROTECHONOLOGY

by Milivoj Jelakovic

Insights to processes that take place within a human being during meditation became available by application of standard physical measurement methods that are normally used in clinical research. Since our brain works on chemical-physical basis, it can be described as one electro-chemical laboratory, in which every thought and emotion has its own distinctive electrical-chemical reaction. Those reactions can be measured by the device called electroencephalograph, also known as the EEG. Therefore, recording of the brain waves is the only way that gives us a hint that the changes in the stages of consciousness are followed by the changes in the brain waves.

One of the pioneers of the modern science, along with the famous American explorer Robert Monroe, is a teacher of transcendental meditation Maharishi Mahesh Yogi. He discovered that almost every meditative process takes the brain into the alpha, theta and ultimately delta pattern of the brain's electrical activity.

Beta waves: 12 – 15 cycles per second (12-50 Hz)the waking state consciousness;

Alpha waves: 8 – 12 Hzdeep relaxed state, the state before sleep;

Theta waves: 4 – 8 Hzmeditative state, REM (Rapid Eye Movement) phase, dreaming;

Delta waves: 1 – 4 Hzdeep meditation, sleep without dreams

Theta-delta brain patterns are very interesting, since in those states the line between consciousness and sub consciousness is very tenuous, which allows direct insight to the inner knowledge that lies in our subconscious part of the mind. Those direct insights are not reachable in the beta brain state, since in that state all stimuli that brain receives through our senses pass through so called meta-program filters, which directly affect our perception of the outside world.

THE BINAURAL LISTENING

After the Western science started to realize that the secret of meditation essentially lies in the process that brings brain into the alpha-theta-delta pattern stages, an intensive quest for a method that would give the same results as if achieved by long-time practitioners of traditional meditation has begun. The aim was to reach theta – delta brain patterns in the fully awake state and through that consciously register “the messages from our unconscious sphere”.

The solution has been found in binaural neuro technological method, which allows its practitioner, without any prior meditative experience, to achieve the same results as with the traditional meditation, but in much shorter time.

How the method works on a practical level: it uses the tones (frequencies) that are transmitted over the headphones to the ears, where each ear receives a different tone. The combination of these two tones brings the brain into the desired alpha-theta-delta activity stage. To those frequencies, the sound of sea waves or rain was added in order to focus our attention to something without a specific content (German “Ganzfeld Effekt” or the “whole field effect”). The researchers and meditators who practice traditional meditation claim that the same effects that meditators achieve after ten years of meditation can be accomplished by binaural listening after only a few years.

The IDEA, a binaural listening program, provided by the “Sail In A Moment” approach, was developed in the early 2000s by our associate Milivoj Jelakovic, and is based on the U.S. scientific research.

The IDEA is an integral development program which consists of 3 sub – programs called IDEA, RADIANCE and INSIGHT. The IDEA and RADIANCE consist of 4 stages each, while INSIGHT consists of 12 stages. Each stage provides a certain level of stimulation that is gradually increased with each next stage. The usage of this program in last decennial of practice shows the same results as the U.S.-developed programs that have been in use for more than 10 years. The leaders among those programs are the programs of Monroe Institute, founded and lead by Robert Monroe, whose famous thought formed the basis of his research: *“Our biggest misconception is, that a human is a limited being”*.

The benefits of meditation - either through traditional forms of meditation or through the time-saving IDEA program - are numerous and not easily summarized in one single article. Yet the following text will aim to provide an integral overview on the subject.

The brain as a whole

It's been known for ages that brain consists of two hemispheres: the left-side, also referred to as the “logical”, which is responsible for processing logical and combinatorial operations, and the right-side, handling mainly abstract, emotional and intuitive topics. That right hemisphere is also called the “artistic” brain hemisphere, since it is responsible for qualities that dominate in artistic expression. Modern educational systems, way of thinking, models of behavior, and ultimately our thought processes, are generally focused to a “divided” way of thinking. Any given event or circumstance we face in our life generates a certain brain activity in order to generate our response. However, a brain activity usually takes place either within the logical - left brain hemisphere, or within the emotional (intuitive) - right brain hemisphere, and only seldom including both brain hemispheres simultaneously to the same extent. Such perception of reality cannot produce a realistic picture, because every event has both, a logical and “illogical” side to it. Only activating both hemispheres equally, allows one to observe a situation as a whole and in its full reality. Famous artists and genius inventors like Mozart, Tesla, Einstein had very good natural coherency between two brain hemispheres, which is attributed to their exceptional talent for creating unsurpassed works. This leads to conclusion that the level of connectedness between two brain hemispheres is responsible for the truthfulness of our picture of the world around us. The better we perceive all aspects of the situation, the more meaningful and lasting will be our response to the situation in the “long run”.

The IDEA as a method of brain stimulation induces the brain in the state of a deep sleep, because only while sleeping the brain works as a whole. The tones that we receive differ in frequencies only as much as needed to put brain in the meditative state: alpha-theta-delta patterns.

The ability of the brain to induce it to work in different frequency regime was invented back in the nineteen-thirties by a German physicist called Heinrich Wilhelm Dove, and whose research has been continued by Dr. Gerald Oster in the nineteen-fifties. Ever since then, different research are ongoing that aim to explore the methods to help brain develop further. During each listening stage of the IDEA program, a brain receives stimuli different from the mode in which it is accustomed to operate in. In the same way as weightlifting creates a new muscle fibres in order to be able to handle the larger efforts, the brain receives more intense stimuli that leads

to development of new set of neural connections. This enables the brain to function in the theta and delta patterns, even in the awake state. That's why IDEA could also be referred to as “the brain building program”. Already in short period of time after engaging in the IDEA program, a practitioner may notice physical, emotional and mental relaxation, as well as a perception that events around him look differently and have a new, wider meaning and perspective. Due to the changes in the brain wave patterns induced by practicing the IDEA program, logical and emotional character of the events simultaneously connect into one whole. In meditational terminology this process is also known as *the expansion of consciousness*.

It is interesting to mention that T.A. Edison used to spend his daily relaxation by sitting in his cozy chair having a nap, because he knew that in such “just before sleep” state the brain enters into the alpha-theta wave mode, during which the ideas from “the other side of unconsciousness” creative side can appear. In psychology, that phenomenon is called the illumination phase. However, to prevent himself from firmly falling asleep, Edison used to hold in his hand a few little balls, which would generate noise at the time of falling in a metal dish which was located on the floor.

HORMONES

Apart from opening a wider perspective, generating better ideas, and achieving a stage of clearer mind and better memory, the benefits of the IDEA program are also related to many different types of hormones that are essential for human health. These hormones are normally created during sleep, thus IDEA practitioners also need less sleep.

The hormones from the endorphin group not only stimulate the mental processes, but induce the state of comfort while listening to IDEA as well. The endorphins are thus natural “opiates” that enable achieving a higher level of consciousness, by acting on the sensory receptors. Additionally, endorphins help to enable full relaxation, increase the threshold of stress sensitivity, release accumulated tension, regulate blood pressure and sugar in blood, improve learning capabilities, etc.

The studies being conducted in the context of anti-aging medicine show that the alpha-theta-delta pattern of brain activity change the quantity of three very important hormones: **DHEA, cortisol and melatonin**.

DHEA (dehydroepiandrosterone) hormone produced by the adrenal gland, is responsible for our resistance to illness. This hormone reduces the level of the hormone cortisol, known also as the “aging” hormone or the “stress” hormone. The higher level of the DHEA reduces the risk of cardiovascular diseases, the most frequent cause of death in the modern society today. From the chemical point of view, DHEA is very similar to testosterone, whose production declines with age. Therefore the appearance of many diseases which increases with age is attributed to the lack of that hormone. Recent researches have linked the level of DHEA hormone to resistance to diabetes, multiple sclerosis, Parkinson's disease, Alzheimer's disease, depression and osteoporosis.

A hormone called Melatonin (N-acetyl -5 methoxytryptamin) is responsible for good and efficient sleep. It is actually also being produced during sleep by the pineal gland. Due to the fact that a quality of sleep reduces with age, maintenance of melatonin level by applying IDEA becomes an important factor to achieve a healthier life. As a strong antioxidant, melatonin neutralizes free radicals that have a destructive effect to our nerve cells.

It is considered that a lack of melatonin increases the risk of cancer and is also one of the reasons of depression. Prolonged exposure of the brain in the theta-state is considered to be particularly important for people exposed to above-average mental efforts. Correct proportion of sodium and potassium is important in the process of metabolism of the brain cells, which takes place due to difference in the concentration of the dilution on both sides of the cell membrane (the osmosis process). That proportion is established only during theta-state of brain activity. The lack of “daily dosage” of the theta state of brain activity produces the feeling of mental fatigue. Normally, inducing the brain for 5-15 minutes daily into the theta-state is sufficient to establish the disrupted balance of sodium and potassium, leading to rapid mental refreshment.

STRESS

Depression and chronic stress (f.e. molestation in early childhood) increases the level of glucocorticoid that has proven to be very harmful to brain. People that suffer from chronic stress have a permanently increased level of glucocorticoid - even for 50% above normal level, which leads to damage or destruction of the hippocampus (part of brain that is important for memory and learning processes). This applies particularly to people who suffer from PTSD (posttraumatic stress disorder). However, sufficient quantity of melatonin in our blood stream lowers the level of glucocorticoid.

ENTROPY

Discoveries of Nobel Prize laureate for Chemistry, Ilya Prigogine, have led to new insights about our mind being exposed to stressful situations. Prigogine won the Nobel Prize for the application of the second law of thermodynamics, the law of entropy. Entropy is a term that is about the level of disorder or chaos of a system; the bigger entropy – the bigger disorder, respectively the lower order and vice versa. For a long time, scientists have asked themselves one and the same question: if it is true that the chaos in the universe is growing (which is confirmed by research), how is it possible that in some isolated areas the degree of order increases. A stunning order can be found in some places in nature. Typical example for such order are crystalized structures of minerals or water in solid aggregate state. Plants, trees, leaves and flowers show an extraordinary order in their structure, let alone humans and animals. How can we reconcile an evident growth of organized systems with the scientific evidences of increasing chaos in the universe to which we all belong?

BRAIN AS AN OPEN SYSTEM

According to the second law of thermodynamics, during any kind of work, one part of energy is irretrievably lost. This can be noticed in the form of steam in the steam engines, heat in car engines, and when it comes to humans, one part of energy consumed by food is lost in the form of body waste. Therefore it is obvious that we produce bigger and bigger disorder by generating trash and other waste that is becoming an urgent problem nowadays. At this point ceases the apparent conflict of simultaneously increasing chaos and order. Surprisingly, we witness the truth of two seemingly paradoxical statements: it is the truth that chaos grows, but it is also the truth that the higher level of order increases too. This indicates that order increases due to the growth of disorder.

In other words, order occurs at the expense of growth of disorder, entropy or chaos.

Where is here the link with meditation? Physically, humans are considered to be open systems, because they constantly exchange the energy with environment. The energy circulates in the form of food, heat, and other stimuli of which we are even unaware. We respond to that stimuli in many different ways, depending of our internal capability to regulate them. If we receive too much stimuli, we either reduce the flow of information or even stop it if possible.

On a daily basis we are exposed to a large quantity of stimuli, which can lead to stressful situations. There are three different ways we usually respond to such situations:

- we block the information flow - we close into ourselves (depression as an extreme);
- we increase the level of our activities in order to spend surplus of obtained information through f.e. sports activities, in front of electronic media (TV, video games etc.), emotional discharging through cheering at sports matches, drinking or redirecting the attention to other content;
- reorganize our mental structure, thus increasing our tolerance to such a large amount of energy.

EVOLUTION - TRANSITION TO A HIGHER LEVEL OF ORDER

First two ways mentioned in the previous paragraph do not provide long-lasting positive results, regardless of the social perception of usefulness of sport. From the aspect of our internal evolution, in these two first situations we are only postponing the beginning of our evolutionary change. Excessive flow of information can lead to the collapse of our mental system, if we do not take appropriate measures. Chronic stress is the sign of such scenario, while PTSD is the syndrome where the tolerance to stressful situation is very low, and probability of emotional - mental system collapse rather high.

Generally speaking, all systems can be divided into two types: a closed system that is not able to simultaneously reorganize itself and develop, and an open system, which has the ability to grow into a more complex system. All living beings are open systems, also known as dissipative structures, and as such have the ability to release the entropy in the surrounding area by creating the order internally, from within.

One of the examples of a closed systems is a car engine. If we bring more and more fuel to the engine, it will work until it spends all of the fuel and breaks apart, because it doesn't have the ability to reorganize itself into more complex system.

Reorganization of our mental structure as the third way yo react (as mentioned previously), is a natural way of growth for every open system that can be found everywhere in nature. With the increased flow of heat and moisture, a grain turns into a plant that represents one completely new and different organizational structure. An oak tree, which in appearance has nothing in common with an acorn from which it was created, presents an obvious example of one evolutionary new organizational open system. The same principles can be applied to all other forms of human activity: social communities, stock market, manufacturing etc..

Every life form should change and develop or it will face its extinction, because it's impossible to maintain the same level of internal organization with the continuous increase of energy flow.

Tone stimulation of the IDEA program, in the form of theta-delta patterns of brain activity in the awake state, force brain to reorganize itself in a higher level of complexity. The brain certainly has that kind of ability, because it is the most complicated open system. With every new stage of the IDEA program, a brain is constantly forced to create new neural connections that successfully handle an increasing flow of energetic stimulation. Therefore, by practicing the IDEA program, the functionality of brain increases which help us to become more tolerant to stress. It is a natural evolutionary internal development process that enables us to become more creative human beings. The newly created mental structure is not the improved old one, but a completely new mindset that perceives everything around it in a new, more complexed way with all the nuances that were previously not recognized. This new mindset operates on the higher level of order where there are no limitations. We are and can be limited only by our own beliefs.

CATHARSIS

Internal evolution is not always a process where only pleasant moments prevail. Catharsis is defined as a

“cleansing process of taking out all suppressed emotional material from unconsciousness to consciousness”. Catharsis includes internal turbulence, emotional tiredness and other significant changes in our mental and emotional behavioral patterns. It implies substantial transformation of our inner structure, awareness of the interconnectedness of “everything with everything”. In other words, it leads to a clear insight to uniqueness of everything what was ever created including its Creator itself, as one immersive intelligent energetic whole.

By understanding the above, we become aware that everything happens for a reason. We are responsible for everything that happens to us, not matter if we are aware of it or not. We are those who give attributes of good or bad, useful or harmful to the circumstances around us. The truth is that we cannot control or influence many situations in our lives, but it is also the truth that we are capable to decide how we are going to respond to all life situations.

In the Universe, nothing is by itself good or bad. Only our dualistic way of thinking polarizes the world around us to “appropriate” or “inappropriate”, thus we feel “good” or “bad”, depending on the attitude we have about what we think the most.

MEDITATIVE EXPERIENCE

Sensorial experiences that occurs during traditional meditation and during listening the IDEA are almost identical. There are many testimonials about specific perception of colors, sounds, pictures, feelings of serenity, tedium, anxiety, head pressure, euphoria etc. Apart from that practitioners can experience also a complete loss of sensation all over the physical body, as if they are aware of themselves, but as their body does not exist anymore. Such phenomena in which the mind is awake, but body is asleep, is called the hypnagogic state. Some unusual sensations sometimes appear on the parts of body where, according to ancient Eastern traditions, energy centers – chakras – are located. There are also reports of practitioners being able to “see” future events and through that to get insights on some problem solutions as well as other metaphysical phenomena.

PHYSICAL RELAXATION

As the levels of the endorphin, DHEA and melatonin hormones increase and change bio-chemic muscles activity, the sensation of deep relaxation can occur even in the first ten minutes of listening to the IDEA program. Any psychological relaxation that allows energy to flow freely throughout energy channels - energy (acupuncture) meridians, can be obtained only after full physical relaxation. Intensive flow of energy can be felt as a stinging or as a pressure on the spots where there is a difficult energy flow, such as injuries or inflammation areas, etc. It is good to know that any discomfort that might appear during listening the IDEA is not a negative side-effect of the program, but rather is a sign of releasing all tension that is accumulated in one's nervous system. The IDEA releases tension which has been experienced as physical stimuli whose intensity depends on the meaning that some emotional stress had on us in the moments of its appearance.

EMOTIONAL RELAXATION

Emotions that are suppressed deeply in our subconscious, engage lot of our energy to stay where they disturb us the least. Accumulated anger, anxiety, sadness, or chronic dissatisfaction are the result of common dualistic view on a life situation: good-bad, useful-harmful. Listening the IDEA functionally links both brain hemispheres

in one whole, and thus gradually removes dual image of the world we used to have before. Emotional “trash” leaves our nervous system and that releases the amount of energy which was attached to it. That's why tremendous relief and energy flow can be felt every time when we get rid of some deeply suppressed emotion, because “emotions that are buried alive, never die”.

MENTAL RELAXATION

Unlike the two previously mentioned, mental relaxation can be very hard to recognize, because it hides behind some usual activities. Often it can be manifested as an excessive need for food, sex, money and some other forms of behavior with a self-destructive pattern. Common characteristic for all those forms of behavior is a denial of circumstances and events as they are in a way of blaming everything around for our life situation. Everybody else is wrong, everything is bad, without perspective. General denial of reality always finds something to justify its existence, because people in that state are not able to see things differently. It is possible to overcome such perspective by taking an attitude that everything is as it has to be, regardless it does not seem that way in that particular moment. Gradually, the IDEA program helps to raise the awareness of acceptance of all past events. We cannot change the past, but we **can** change our attitude to it.

INTERNAL MAP OF REALITY

As we perceive the outside world through our senses, and we do it automatically, we are unaware of all misconception which may appear in that process. That makes us believe that the world we see is real, although it's obvious that other people see the world differently. Do we ask ourselves sometimes why it happens and whose perception of the world is truthful? There is only one answer to that question: nobody's perception of the world is a real world. In the Vedic tradition that is called *maya* or “deception of senses” and it happens for the following reason:

All inputs we perceive from the outside, pass through mental filters which erase, distort, sort and generalize those inputs. These mental filters consist of our beliefs, memories, habits, values, attitudes, methods on how we process information and our common behavioral patterns as responses to the stimuli from the outside. System of values is arguably the most important of all the filters, because core values dictate our activities, priorities, determine beliefs, choose methods, erase useless information, or in short they form our daily behavioral patterns. There are some less dominant filters which are determined by our talents for music, art, different skills etc. We also have certain built-in abilities which make us:

- visual type – we think and memorize in images;
- auditory type – we are more prone to sound information;
- kinaesthetic type – when we more easily notice movement and learn through our own experience
- inner dialog person type – our internal dialog forms our attitudes

The most important is that all described filters operate automatically, thus we are not aware that we maybe missed out something that other people would put on the first place. Those filters change during our life and

can be divided in three periods of time:

- impression period: until the age of 7 – child imitates elders:
- modeling period: 7 – 14 years old – behavioral patterns shaped by models:
- period of socialization: 14 – 21 old years – behavioral patterns harmonized with social norms

Our behavioral patterns that have been formed throughout time represent a frame of all that touches our senses. That is a way we form an image of a world that we strongly believe that represents the real world. Based on that image which differs from initial inputs, we shape our emotional states which determine our respond towards outside stimuli. Society in general often responds differently to our expectations, simply because other people's image of the outside world and events are formed according to their own (and different then ours) internal filters. The image of the world has certainly its own practical purpose, because it makes our daily communication easier. But problem appears when we start acting like that everything we experience is a real world, not its image. Such image of the world is sometimes referred to as the internal map of reality, because it represents the real world in the same way that geographic map represents rivers, seas, mountains and continents. That is only the map, not the real world.

RESISTANCE

As was mentioned previously, the image of the world changes through life and we apply that image in our daily life, regardless of its effectiveness. We are so attached to our patterns of behavior that they are not discarded even when it is clear that results are no longer satisfactory. This occurs because our learned unconscious and automatic behavior patterns are applied to any event and circumstance. Discomfort that usually occurs due to the necessity of change in our behavioral patterns are not caused by external factors, but rather by our resistance to accept change. Resistance to change makes up more than 80% of our difficulties, far more than reasons that force us to make a change. The main reason for such experience lies in a fact that we are convinced that the way we see ourselves represents *the* reality, rather than our *projection* of reality. Thus, change is then seen not as a distortion of the image of the world we created, but as a threat to our fundamental being. Our ego is nothing more than an image of ourselves that we have created. Therefore, the change does not threaten us as a conscious being, but it merely represents the change of our own image. That *change* should be welcomed, because it is a new updated map of the terrain we are moving to.

Every day listening of the IDEA program leads to generating more complex and efficient brain structure that helps us to accept changes, by changing the obsolete image of the world into a new concept with more efficient navigation in the changed conditions. Mental growth enables us to process more demanding inputs and makes it easier to abandon the old map of reality.

GROWTH IN SIX STEPS

The process of evolutionary change and a transition into a higher level of internal order, by living through emotional and mental saturation and confusing situations, can be described in six stages:

□ **Awareness of the necessity for change**

Emergence of the unconscious, suppressed emotional material to the surface of full consciousness is a first signal of internal change. Although different type of discomfort may occur – even a denial of everything we recognize, because it does not fit into the image we have of ourselves – our cognitive possibilities grow, because of the newly established connections between logical and emotional brain structure.

□ **Recognition of the cause**

As intensity of the emotional tension increases, it becomes clear that these tensions cannot belong to the “dark side” of our consciousness any longer. We become aware that we feel anger or resistance due to the cleansing process of emotional “trash”. This is a very important moment, because we can fall in a trap and pretend that emotions are not present and continue to suppress them. Furthermore, it is important to realize that emotional discomfort does not come from the outside world, but rather from within. Thereby, our responsibility grows as well our capability to control our life.

□ **Attention directing**

When we direct our attention to our emotions, we become aware of the “ownership” of our emotions: *my* anger, *my* sorrow, *my* dissatisfaction, and thus excluding outer factors as reasons for feeling bad or unhappy. We become aware that the reasons lie in our filters and internal programs (meta-programs) through which we perceive the outside world. By doing so, we avoid the unconscious directing our attention to external activities (food, sport, TV, sex, mental analysis), which usually block the access to the info-energy from the outside. Taking complete responsibility for the situation we are in helps us in overcoming this evolutionary growth stage.

□ **Self-awareness**

In this stage we become aware that our built-in filters and programs unconsciously and automatically determine all our actions. Our mind (*mind* here refers to a thinking process) always finds the way to justify and confirm truthfulness of our beliefs and draw our attention in accordance to it. *Our mind is always oriented to the events about which we think the most, therefore is especially important to focus on what we want to achieve, not on what we want to avoid.*

□ **Decision-making**

Abandonment of resistance and acceptance of what, according to our criteria, we do not like is the most important step in this stage of growth. Non-acceptance of the past event is not reasonable and only postpones our action towards life results that we wish to have. This does not presume a passive surrender to the life situations as they appear, but rather a conscious recognition of causes and effects. In this stage we become a conscious witness, observer of everything that happens, without denial and rejecting what is. With full responsibility we plan our next actions.

□ Reprograming

All the energy that was needed to keep unwanted emotions in the darkness of unconsciousness, now we begin to use for our own good. The awareness of our own responsibility for our thoughts and (re)actions make us stronger than ever before. We are not a helpless victim of outer circumstances, we are creative beings who are capable to manage own potentials in order to fulfill all wishes and achieve inner peace. We are aware that every event has its positive and negative side, depending on the observer, and we are able to decide to which side we will pay our attention to.

NEUTRAL UNIVERSE

Everything we experience has a particular meaning to us. Approach that we take towards life is determined by our attitude, which is not universal, but it belongs to an observer and is completely subjective as well as time-adaptive. There are no ingrained attributes good-bad in the Universe, It is completely neutral and continuously dynamic. Through generations of time, different people had their own criteria of what is good or bad for them. That fact is very significant, because only we can make a decision about our happiness and life quality. We are responsible for everything that happens to us, we are not the victims of circumstances, as people often think.

It is a truth that we do not have control over outer circumstances, but we certainly can decide how we will respond to those circumstances.

It is important to stop acting the role of victim, as this role disables ourselves of taking control of our own destiny. To be capable to overcome life situations around us, we have to keep in mind that our image of the reality is not a real world, just as much as the geographic map is real in relation to the natural relief. *"...playing a role of Hamlet can be a fun, but we must not fall in a trap to believe that we are Hamlet..."* - is a warning of one famous expert on this field. With those words he wants to warn us that our perception is not able to show us the real world, and that the image of the world which we experience through our senses is just one of many concepts of realities, but certainly not the reality itself.

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