Exploring The Dynamics Of Meditative & Hypnotic States, ...

As A Means To Enhance New Learning Strategies

Presented By

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March 13\textsuperscript{th} 2016
St. Louis, Missouri

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Disclosure Information
Expanded Educational Materials Available Online
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Part I: The Default Mode Network
The Conscious Resting Default Mode Network
A Quantum Leap In “State Change” Neuroscience
Common Blood Flow Changes Across Visual Tasks II: Decreases In Cerebral Cortex, 1997,

The Conscious Resting Default Mode Network A Map Of Brodman’s Areas
Identified
Common Blood Flow Changes Across Visual Tasks II: Decreases In Cerebral Cortex, 1997,

The Resting “Default Mode” State The Key Dynamic Functional Network
Components
The Human Brain Is Intrinsically Organized Into Dynamic, Anti-correlated Functional
Networks, Fox, M.D., 2005, PNAS, 102, 9673-9678

The Resting State “Default” Mode Alternates Between Self & External
Monitoring
The Human Brain Is Intrinsically Organized Into Dynamic, Anti-correlated Functional
Networks, Fox, M.D., 2005, PNAS, 102, 9673-9678

Passive & Limited Working Memory Tasks
Conserve The “Conscious Resting State”
Functional Connectivity In The Resting Brain: A Network Analysis Of The Default Mode
Hypothesis, 2003, Greicius, M. PNAS, Vol. 100, No. 1, 253-258

Establishing The Conscious Resting State
Prerequisite Awareness For State Change

Establishing The Conscious Resting State
Practice Session
Part II: Conscious Learning & Memory

The Hippocampus & MTL System
Encoding Two Conscious L&M Pathways

The Hippocampus Proper
The Episodic “Self Processing” Circuit Pathway

Semantic Encoding & Recall
Factual Knowledge & Objective Relationships

Semantic Knowing Is Both Encoded Separately, & Consolidated In Episodic Experience

Coming Next: The Semantic Nature Of Meditative Practice

Meditation Experience Is Associated With Differences In Default Mode Network Activity And Connectivity

Focused Attention As Task Directed
Description Of One Pointed Concentration
Text Abridged & Paraphrased Using The Noble EightFold Path, Bhikkhu Bodhi, 1994
Buddhist Publication Society

F.A. Meditation vs. “Monkey Mind”
A Differential From “Clearing The Mind”

Semantic Attributes Of Focused Attention (FA)
MTL Feature vs. Multi-feature Encoding

The Concept Of “Mindfulness”
An Expanded Objective DMN Shift Abridged Excerpt From “The Noble EightFold Path”, Way To The End Of Suffering, Bhikkhu Bodhi, 1994
Part II: continued
A Mindful Contemplation

Compassion & Loving-Kindness Meditations
Lack “Self” Reference
Long-Term Meditators Self-Induce High-Amplitude Gamma Synchrony During Mental

Compassion & Loving-Kindness Meditations
Build Salient Frontal-Parietal Networks
Long-Term Meditators Self-Induce High-Amplitude Gamma Synchrony During Mental

Loving-Kindness “Good Will” Meditation
A Description Of Loving-Kindness

Loving-Kindness Meditation
[As An Extension Of Compassion & Good Will]

Part III: Conscious-Subconscious Memory Systems
Conscious-Subconscious Memory Systems
A Dynamic Co-Processing Relationship

Attending To Our Subconscious
The Neck That Turns The Head

Guidelines For Affirmations
To Be Congruent With Subconscious Learning

Sample Affirmations

Coming Next: The Nested Relationship Of Meditative & Hypnotic State
Change
Exploring The Dynamics Of Meditative & Hypnotic States, ... 
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Part IV: The Complementary Nature Of State Change
Focused Attention & Open Monitoring Become Embedded In Hypnotic Absorption

Hypnosis Is A Unique Clinical Tool
A Guided Extension Of Meditative Nirvana
1. Breczynski-Lewis, et.al., Neural Correlates Of Attentional Expertise In Long Term 
2. McGeown, W. Hypnotic Induction Decreases Anterior Default Mode Activity,
Consciousness And Cognition , 18 (2009) 848-855

Neural Imaging Of The Hypnotic State
Accessing The Subconscious Interface
McGeown, W., Hypnotic Induction Decreases Anterior Default Mode Activity
Consciousness And Cognition , 18 (2009) 848-855

Hypnosis As An “Aware” Choice
The Intention To Receive Guidance & Direction

20th Century Qualification Of Hypnosis
Experiential Development Through Path Analysis
Price, D. D., Barber, J. & Harkins, S., Unpublished Manuscript
Reported in Barber, J. Hypnosis And Suggestion In The Treatment Of Pain; A Clinical 
Guide 1996, WW Norton

Hypnotic State Change Shifts Utilize Medial “Self” DMN Processing Attributes

Shifting To Internal “Self” Processing, A “Dissociative” Experiential Awareness

Biasing Intrinsic “Self” Connectivity With A Passive External Task

A Guided Internal Shift Toward Hypnotic State From Conscious DMN

Guiding The Hypnotic Dissociative Shift To Internal “Self” Processing

Taking Semantic Memory Offline, Suggested Hypnotic Amnesia
Part V: Imagery & Hypnotic Deepening
The Hypnotic Dissociative Shift Continuum
Exploring Posterior Core DMN Attributes

The Precuneus, Our “Minds Eye”
Deepening With Memory-Related Imagery

The Precuneus, Our “Minds Eye”
Deepening With Memory-Related Imagery
What Brain Imaging Can Tell Us About Embodied Meaning, Just, M.A. In Press, Symbols, Embodiment & Meaning

Hypnotic “In The Moment” Explorations
Evoking A Serenity (Safe) Place Via Precuneus/PFC

Instant Transport To A Serenity Place
A Brief GMT Exercise

Constructing The Full Hypnotic Induction
Hypnotic Induction Task Goal

Allocentric Navigation & Space Imagery
The Processing Attributes Of Metaphor

Additional Productive Hypnotic Attribute Topics
Congruent With Learning &Memory Processing
- Reference: Expanded MindBody Essentials Series Online

Additional Meditative Attribute Topics
Congruent With Learning & Memory Processing
- Reference: Expanded MindBody Essentials Series Online

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