

BIOCIRCUITS: NEW TECHNOLOGIES IN WHOLISTIC HEALTH

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They're more powerful than some brain machines costing over a thousand dollars, and yet biocircuits can be made at home in a few hours with parts costing only about \$20. They were invented over sixty years ago and hundreds of people have testified to their amazing and subtle efficacy, and yet until recently, biocircuits have remained unpublicized, cloaked in obscurity.

The paradoxes surrounding biocircuitry confronted my wife Leslie and I from the very beginning of our research for the book *Biocircuits: Amazing New Tools for Energy Health*. When Leslie began researching it, she was an enthusiastically satisfied user of the original "Eeman screens," a potent but deceptively simple apparatus consisting of two copper screens, each linked by wires to two copper handles. The user grasps the handles while lying on top of the screens, one screen beneath the base of the spine and the other beneath the top of the spine at the base of the skull (see first illustration, page 14).

She had used the screens regularly for about six years, originally to relieve stress at the end of the work day.

After fifteen to thirty minutes in Eeman's "relaxation circuit" Leslie felt she had a fresh reserve of energy for her evening's activities. Eventually, while lying on the biocircuit Leslie began to have blissful experiences in which she would feel lifted out of her ordinary identification with the body, continuous with a field of pleasurable energy radiating around her in all directions. Together with a few striking occasions in which we saw the circuit's ability to strengthen her overall health, these experiences were persuasive: biocircuits were an extraordinary tool that more people should know about. Together we agreed that something should be published, and we ended up writing a 240 page book describing a whole new field of research, of which the Eeman screen was only one aspect.

One of our first questions during research had to do with the inventor of the screens, a little-known Englishman named Leon Ernest Eeman. What other inventions and what other research had he been involved with, and how had he happened upon biocircuitry? When we obtained a copy of Eeman's opus, *Cooperative Healing*, we discovered that there were no inventions, and no other research; he had devoted his entire career, over a forty year period, to his "relaxation circuit."

Eeman built the first biocircuit as a way to heal himself from debilitating injuries suffered during the first World War, in which he served as a pilot, surviving one crash. Given up by medical doctors as "100% disabled," Eeman resorted to the Bible for guidance. He noticed Jesus' admonition that the sick should be healed by the "laying on

of hands." Why the plural? Why "hands" and not "one's hand"? Perhaps our bodies were bi-polar systems, and perhaps the presence of both hands created a necessary circuit. Eeman wanted to heal himself directly, so he invented a way to "lay hands on" his own central nervous system. Two copper handles to connect the wires were to carry the healing influence of his hands directly to two copper screens which Eeman placed beneath the top and bottom of his spine. When he lay in this apparatus Eeman felt a soothing and pronounced relaxation take place. He used this device daily in an attempt to heal himself. Within a year, he was fully recovered. He spent the rest of his life exploring his extraordinary discovery.

Eeman saw his "general relaxation circuit" as a major discovery for medical science, a therapeutic tool with almost limitless applications. He opened a private healing practice in which he used the relaxation circuit to treat a wide range of medical conditions, and he reported very consistent success with problems ranging from insomnia to stiffness of muscles and joints to deep-seated psychological problems, which Eeman could address by using the circuit to unearth buried memories and emotions associated with forgotten childhood traumas.

In his earliest theoretical investigations, Eeman did a series of experiments in which he mapped three axes of polarity within the human body: head to foot, left to right, and front to back. Interestingly enough, his findings corroborate basic principles of traditional Chinese acupuncture, which view these axes of polarity as basic "yin-yang" balances within the human body. He found that when he connected the right hand to the base of the spine, and the left to the top of the spine, a relaxation circuit was formed. The person lying in the circuit would relax deeply, frequently being drawn into a deeply refreshing sleep. But when the handles were exchanged, connecting the top of the spine to the right hand and the bottom of the spine to the left, the person lying in circuit would become irritable, tense and uncomfortable, frequently even going so far as to fling down the handles and refuse to continue with the experiment.

After he opened his healing practice, Eeman found some people who were so weak and enervated that he felt he needed to insert a new source of energy into the relaxation circuit. Eeman rigged up some extra wires and handles and lay down next to his patients, directly connected to their energy flows. He found that the deeply soothing effects of the biocircuit were dramatically increased, at least most of the time. Eeman called this practice of connecting two or more people together in a single large

wiring diagram "cooperative healing." By sharing the body's natural healing energy, the two energy fields were "cooperating" to exert a more powerful healing influence. Cooperative circuitry became the arena for much of Eeman's most intriguing original work over the next forty years.

With cooperative circuits, Eeman noticed that the relaxation circuit carried a great deal of information of both a physical and mental nature. This observation formed the basis for Eeman's later development of several different therapeutic techniques, as well as a whole series of experiments in enhancing telepathic communication with the relaxation circuit.

Some of Eeman's most intriguing research was his experiments with drugs in the circuit. He had noticed that people in cooperative circuits seemed to notice, or even take on, specific physical sensations or experiences from the other people lying in circuit with them. For example, if someone lay down in a circuit while drunk, the others lying in the same circuit would feel slightly drunk themselves. One day while Eeman lay in a cooperative circuit with a woman suffering a 104° fever her temperature dropped to 102°. There it remained. This was as far as he could influence it. He cut the wire of the relaxation circuit and submerged the two cut ends into a glass into which he dissolved two aspirin tablets. Within two minutes, her temperature had dropped to 100°.

J.B. Rhine of Duke University suggested to Eeman that he collaborate with Dr. Cecil Maby, whom Rhine held in high esteem. Dr. Maby was especially interested in the effects of drugs in the circuit. A series of double blind tests, conducted by Eeman and Maby with the assistance of a pharmacologist, provided strong confirmation of what Eeman had observed. The experiments were conducted in such a manner that the identity of the drugs placed in the circuit was unknown not only to the experimental subjects but also the men conducting the tests. They carefully recorded each drug's influences, including all physiological and psychological, subjective and objective responses. Later, the pharmacologist correlated this data with the identities of the drugs that had been used (the identities had been kept secret from the other men). The subjects had accurately experienced the appropriate influence of each drug placed in the circuit.

Intrigued, Leslie and I tried a few experiments ourselves. We took a standard copper Eeman relaxation circuit and cut one of the wires. We stripped back the insulation and submerged each end into a solution of the most universally benign but powerful agent we could think of, Vitamin C. The sudden surge of clear, refreshed energy we felt was so strong and immediate that we each had to repeat the experience several times before we were sure that it hadn't been anomalous! Later we tried several other natural healing agents. Our subjective experience was unambiguous: the circuit certainly did communicate vibra-

tional influences. We began to look for other researchers who would corroborate -- or better, extend -- Eeman's findings.

During Eeman's lifetime, his drug experiments attracted the interest of Dr. Eric Powell, a leading homeopath in England during the forties and fifties. Powell repeated Eeman's drug experiments using homeopathic remedies, and concluded that the relaxation circuit communicated the vibrational influence more directly and cleanly, without as much risk of contamination as orally ingested homeopathic remedies. Powell began to use Eeman's circuit regularly in his private practice, both as a tool for relaxation and as a means for administering remedies to his patients. He developed a machine for inserting remedies into the circuit which he later marketed to other natural healers as the "Autonormaliser." Although Powell is best-known for his book, *The Home Physician*, he wrote another less well-known book about his work with Eeman's circuit, *Healing By Auto-Induction*. In that book, Powell recommends using the Autonormaliser with the patient's own urine. He reports that he obtained consistently good results in this manner.

By this time we were developing some investigatorial zeal and a sense of humor, so we tried out Powell's suggestion. We lay in the relaxation circuit next to a glass of our own urine, with the broken wires submerged in the glass. To me, these results were even more impressive than the Vitamin C. After ten minutes in the circuit, I felt so energized I didn't want to keep lying down. It was almost like drinking a couple of cups of coffee, except that I felt so strong and grounded, it was as though I were actually made healthier even as my energy was stimulated (a sensation that I certainly do not feel after drinking coffee). On several subsequent occasions, I lay in circuit with my urine upon awakening in the morning with a sore throat. Each time, the sore throat disappeared in the short time I spent lying in the urine circuit.

Our understanding of this technology advanced much further when we encountered Peter Lindemann, an American researcher born in 1951. Lindemann's biocircuit research, like Eeman's, developed out of his search for a cure for an "incurable" health problem of his own. In the process of his eventually successful search to heal himself via biocircuits, Lindemann became a sophisticated theorist about the principles underlying biocircuitry. He also developed the first major advances in biocircuitry since Eeman's lifetime.

Lindemann inserted a wide range of outside influences into the circuit. He worked with color influences, orgone accumulators, and a wide range of vibrational healing modalities, including radionics. In the process, he and his associate, Marty Martin, identified and described "vibration grafting." As Lindemann describes it, a vibrational influence is "grafted" directly into the energy harmonics of the body. When the graft "takes" there is an instant shift

in the body's vibrational dynamics, and the pattern of health is reestablished. At least theoretically, any vibrational modality can provoke this shift in the body's energy: homeopathy, Bach flower remedies, flower essences, gem elixirs, radionics, or other approaches. The vibrational graft is a simple but profound matter. Although grafting the vibration is fairly easy, it takes sophistication to determine what influence to place in circuit.

Nonetheless, a small number of universally benign substances will produce very positive benefits in circuit without prior analysis of the individual's energy patterns taking place. Included here are certain vitamins (particularly Vitamin C), one's own urine, food supplements or herbs which have a positive influence on an individual when ingested (these can range from wheat grass juice to ginseng), and color influences. Some people would also include aspirin. Remember, when you place these substances into a biocircuit, your bodily energies are directly affected by their vibrational patterns. It is important not to place any substance in the circuit that would be unhealthy to ingest orally.

Even without substances placed into the circuit, biocircuits are powerful tools. They provide a direct experience of subtle energy, powerful natural stress reduction, an opportunity for inner exploration, and a kind of subtle pleasure and enjoyment that is rarely discussed publicly in Western cultures. When substances are inserted into the biocircuit, they enable us to infuse their vibrational qualities directly into our bodies' energy fields. Used alone or with substances, biocircuits produce tangible results.

Unlike so many therapies which render the individual dependent upon a professional healer or teacher, biocircuits are self-empowering. With them, you experience the energy dimension directly, you influence it directly, and you learn your own lessons from your body's own natural energies directly.

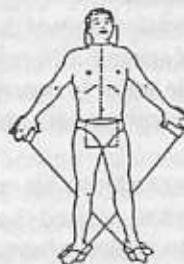
THE BIOCIRCUIT AND ITS USE

Biocircuits can be constructed from copper or silk. Their design is very simple. Most copper biocircuits are constructed with two segments, each connecting handles with screens. The handles are held in each hand, and the screens are placed under the top and bottom of the spine. This forms the Eeman General Relaxation Circuit:



Eeman
General
Relaxation
Circuit

The two other recommended biocircuit configurations are the Eeman Optimal Relaxation Circuits and the Lindemann Centrally Symmetrical Circuit:



Lindemann
Centrally
Symmetrical
Circuit

Eeman
Optimal
Relaxation
Circuit



How to use a biocircuit: Lie down on top of the apparatus in one of the illustrated configurations for 20-30 minutes (less, if using a substance), and relax as deeply and completely as you can. The most universal effect of the biocircuit is its ability to deeply relax you and relieve stress. It is not unusual to fall into a deep sleep.

When are biocircuits used?

- Before Bed. Many people like to use them in bed when they want to get to sleep.
- After Work. 15-30 minutes in the biocircuit after work usually rejuvenates and energizes users for their evening's activities.
- Cat Napping. Biocircuits can provide deep refreshment in record time. We have heard many reports of business people who use copper biocircuits for catnapping, helping them to refresh themselves in the mid-afternoon. Whether they fall asleep or not, they emerge deeply refreshed.
- After Flying. After an airplane flight, many people lie in circuit more than once that same day, or once on the same day and once the following day. Many people report that this quickly restores and harmonizes their natural energy.
- Subtle Body Sensitivity. The biocircuit will help familiarize and sensitize users to their etheric or subtle energies. It can become a tool for extensive inner exploration. This is especially useful for people who meditate or do subtle body work, including massage and healing work, but it is enjoyable and helpful for everyone.
- As an Aid to Other Practices. Biocircuits can be used in conjunction with other practices, as a "turbocharger" to speed progress and increase the effectiveness of those practices. They can assist various meditative practices, visualizations, affirmation, certain types of deep psychological self-discovery work, some brain machines, various subliminal and meditative audio tapes, and out-of-the-body experiences.