# NATHAL METHOD SCIENTIFICALLY SUPPORTED

**by Günter Haffelder, Stuttgart**

In raum&zeit No. 66, we reported on the Nathal Method by Professor Dr. Gertje Lathan under the headline "How to establish a dialog with other intelligences in other worlds". The report triggered a strong, predominantly positive response. Since then, many raum&zeit readers have taken part in Professor Lathan's training method and have been enthusiastic. The amazingly effective natural training method has been scientifically supported for some time now. The Stuttgart Institute for Communication and Brain Research has measured the brain waves of training participants before, during and after training and visualized them graphically using a special 3D method. The three-dimensional representations show not only how seriously the brain potentials change, but also how synchronization between the left and right hemispheres of the brain can be achieved in a relatively short time (2-5 days). raum&zeit asked the head of the institute, Günter Haffelder, to present the scientific monitoring of the Nathal method.

The Nathal method is a system developed by Prof. Dr. Lathan, which is used to coordinate and focus energies that lead to theta and delta activation of the brain within a five-day seminar. The documentation of the Stuttgart Institute for Communication and Brain Research demonstrates a permanent synchronization of both brain hemispheres and the ability to absorb and store future-oriented information and transform it into the real world.

This opens up completely new opportunities for industry and Science, because so whole teams for planning, coordination or research can be trained in this method.

## EEG-spectral-analytical measurement of the Nathal method

The Institute for Communication and Brain Research in Stuttgart, headed by Günther Haffelder, physicist, psychologist and

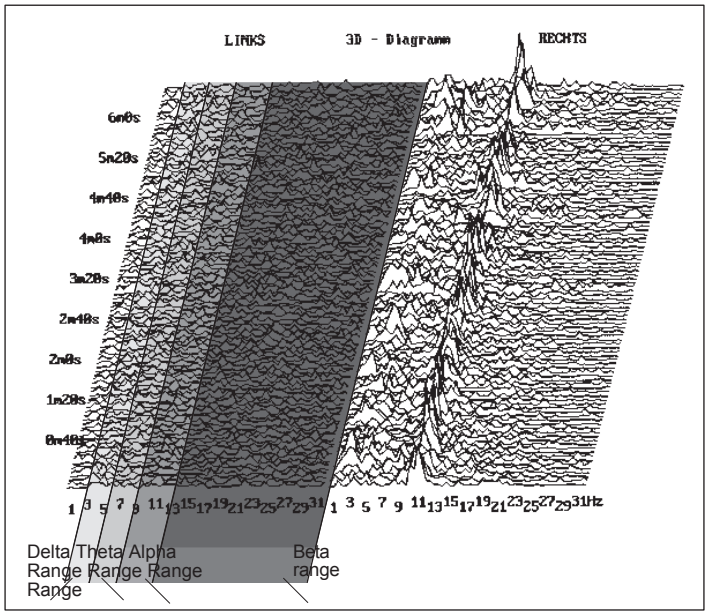
# NATHAL

EEG specialist, has been working for years in the field of learning and consciousness research. With a measuring method recently developed from EEG spectral analysis, it has now become possible to make recorded brain activity accessible to new evaluations. Within the Institute, these results are analyzed by scientists from the fields of psychology, education, biology and physics and further developed in the respective areas. One focus of the work lies in the research and evaluation of extraordinary states of consciousness. Some of these research results, which are based on measurements using the Nathal method, are presented here. Prof. Dr. Lathan coordinates energies and focuses them on the test subjects using her self-developed method.

First, the basics of brain structure and how it works are explained. Subsequently, examples with different test subjects are used to show the effect of the Nathal method through the transmissions and the associated frequency changes.

The human brain consists of different parts, the right hemisphere, which supplies the left side of the body, and the left hemisphere, which is responsible for the functions of the right side of the body. The corpus callosum connects the two hemispheres and thus links the information of the left and right hemispheres. Although the two hemispheres show a superficial symmetry, they differ significantly in their functions.

While in a normal right-handed person, the left hemisphere receives information serially,
i.e. processes one after the other, adheres to sequences, registers units, works logically, i.e. sequentially and therefore naturally slower, the right hemisphere works in parallel. It registers complex images and processes information simultaneously. Because the right hemisphere works in parallel, it can process considerably more information in complex images in the same amount of time than the left hemisphere.



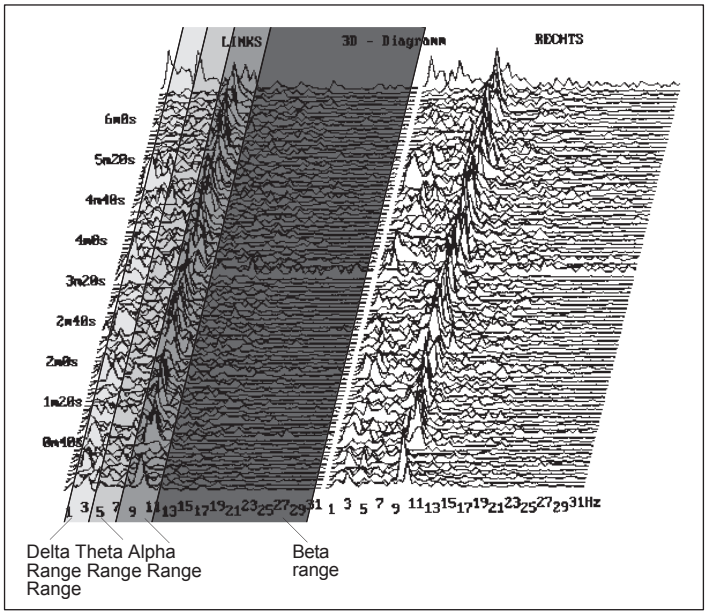




**Fig. 1 and 2: The test person has an academic education and is not trained in relaxation methods. The left-hemispherical representation in Fig. 1 shows extensive Non-coordination, on the right the cusps in the alpha area show emotional readiness. After the start of training using the Nathal method, the onset of synchronization between the two hemispheres of the brain shows contours in the theta area, which can be traced back to the subject's pictorial ideas.**

## Right brain neglected by school

Learning and studying at school almost exclusively trains left-hemispheric abilities. At the same time, right-hemispheric talents such as creativity and complex receptivity are limited by the sole focus on the serial acquisition and scanning of knowledge content. Although modern pedagogy is beginning to face up to these findings and is looking for new methods to impart holistic learning, it is not enough to develop only right-hemispheric talents and thus further promote creative potential.

Only the synchronous cooperation of both hemispheres and ways of thinking really results in a change and makes it possible to penetrate completely new thought structures. The right hemisphere, which can absorb a great deal of information in parallel, visually, emotionally, uncoordinated and unrestrained, provides in synchronous cooperation with the left hemisphere, which structures, analyzes, selects and combines, an enormous potential for new, previously unimaginable ways of thinking.

All methods that overlook this connection and work in an isolated way are left hanging in the air, so to speak, as they lack coordination. Many well-known methods such as yoga, meditation and others take years to achieve a corresponding synchronization of the two spheres - not so the Nathal method.

It is one of the methods that achieve this synchronization faster, more effectively and in less time, in a seminar in about one to five days.

Especially left-emisphierically trained and educated people, such as scientists, may find these methods suspicious at first glance, as they think serially and precisely and do not yet have access to the complex working methods of the other hemisphere,

the synchronization of which is essential for their further intellectual and creative growth.

The Institute of Communication and Brain Research has now developed a method of measuring and recording brain activity using EEG spectral analysis. These measurements are subjected to various computational operations (FFT = Fast Fourier Transformation and Hardley Transformation) and then graphically processed according to various criteria. Only this conversion makes it possible to make further statements and thus enables interpretations based on thousands of comparative measurements. Special, unusual states of consciousness, working techniques, thought structures, as well as inhibitions, learning disorders, blockages and their causes can thus be identified.

The individual measurements show the concentration in one hemisphere as well as activities in different frequency ranges. One of the many possible representations is the 3D representation (Landscape) of a measurement sequence.

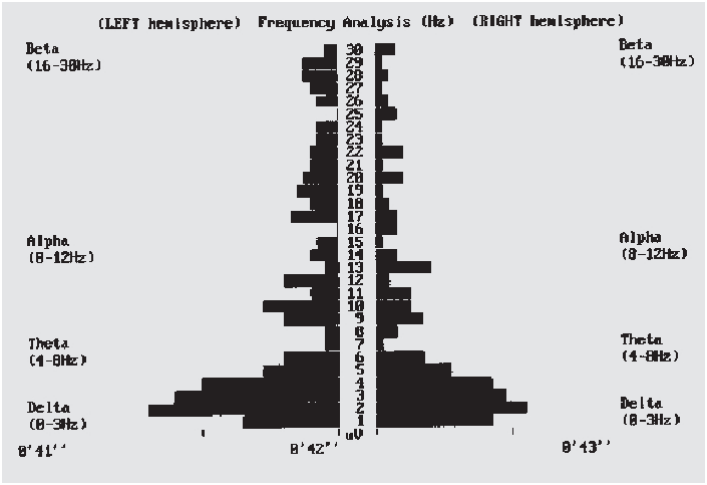



**Fig. 3: This graphic illustration shows how it is possible to independently ensure extensive synchronization of the two hemispheres of the brain, especially in the delta area, after completing the Nathal training. This test person receives visionary information in the form of cryptograms (see Fig. 4)**

The graph on the left shows the time course of a recording segment (y-axis). The lower axis shows the frequencies from 1-31 Hz for the left hemisphere and from 1-31 Hz for the right hemisphere (x-axis), which can be divided into four main areas. These four main areas are briefly outlined below.

**Beta range approx. 14 - 30 Hz:**

- awake, alert, outward-facing state,
- Mental activity,
- surprised astonishment,
- Control,
- Fear.

**Alpha range approx. 7 - 14 Hz:**

- relaxed concentration,
- calm and serene thinking,
- Ability to process large amounts of information,
- Increased receptivity to suggestions.

**Theta range approx. 3.5 - 7 Hz:**

- quiet condition,
- increased plastic memory,
- Fantasy,
- pictorial idea,
- Meditation,
- Dream.

**Delta range approx. 1 - 3.5 Hz:**

- Deep sleep,
- Trance,
- ASW experiences (extra-sensory perception).

The Institute for Communication and Brain Research has investigated and analyzed the Nathal method over a longer period of time and with different test subjects. The results of this research are presented below.

## Evaluation of an action profile

This printout (Figures 1+2) shows two stages, beginning and end, from the action profile of the course of a beginner's session with the Nathal method. The person was neither trained nor did he or she master relaxation methods; the test person has an academic education. Read from bottom to top, the subject's very complex thought structures can be impressively recognized. The analysis makes it clear that the subject is very uncoordinated and diffuse on the left hemisphere and partly also shows defensive behavior. In the right hemisphere, the hump formation in the lower alpha area reveals an emotional readiness and a certain idea.

Fig. 2, the later drawing, shows how left-hemispheric contures gradually appear in the theta area (pictorial imagination) and how the uncoordinated area is deleted at the same time. The synchronization of the two

**Fig. 4: Cryptograms as received by the trained Dr. P.E. (See also "From psychomental databases to prophecies for science" in Raum&Zeit No. 65)**

**These methods may seem suspicious at first glance, especially to left-hemispherically trained and educated people such as scientists, as they do not yet have access to the complex working methods of the other hemisphere in their serial and precise thinking, but their synchronization is essential for their further intellectual and creative development.**

# NATHAL

hemispheres in the theta range that is now beginning can be seen above in the presence of the cusps in the left and right hemispheres. A short time later, delta events occur briefly. These are increases in the lower delta range which indicate a change in consciousness.

This coordination of Energies are generated exclusively by Prof. Dr. La- than's focus on the subject, who triggers this process solely through her presence and the method she has developed.

Prof. Lathan explains what the training looks like in practice: "The subject is fully conscious - despite being in a theta to delta state - and can remember everything after each individual session. He is in constant contact with me while I coordinate and focus the energies.

Via new impulses and verbal contacts to be set in each case an immediate connection to the last higher levels reached is created. The newly acquired level of consciousness manifests itself irrevocably, just as each newly attained level also manifests itself in the physical body of the subject."

Such delta events in combination with synchronous theta activation usually only occur in people who have exceptionally brilliant abilities that far exceed what is still considered to be a "average" person today.

The nature of the training does not allow this synchronization to be only reached quickly, but also it is further strengthened and charged with energy, so that it also leads subjects without many years of training or previous experience into areas which, according to previous measurements and investigations, were only reserved for people who had exceptional gifts and talents or who could approach these states through many years of training (Yoga, etc.) if they were gifted enough.

The Nathal method according to Prof. Dr. G. Lathan or the transfers by Prof. Lathan herself lead to a new, very energetic reaction in these creative areas.

This form of development of synchronous cooperation

**Through the type of training, this synchronization is not only quickly achieved, but also further strengthened and charged with energy, so that it also leads test persons without many years of training or previous experience into areas which, according to previous measurements and investigations, were only reserved for people who had extraordinary gifts and talents.**

of both brain hemispheres results in a different potential for action, a different form of creativity and thus new possibilities for solving problems, discovering connections and making trans- ferences.

According to our measurements, training in this method leads to the activation of new brain action profiles and the opening up of new dimensions of thought and experience in a very short time. As part of a series of studies (by the Institute for Communication and Brain Research, Stuttgart) on the effects of the Nathal method on the human brain, the following findings can be summarized:

## Extraordinary states of consciousness

The above-mentioned method is a training program that makes it possible to bring a wide variety of people into states of consciousness in a relatively short period of time (4-5 days), depending on their previous knowledge and experience. According to Dittrich (1994), these states are called extraordinary states of consciousness (ESC). He divides these ESC into three basic dimensions shares:

**1.** Oceanic self-segregation (OSS).

"The boundary between oneself and the environment is dissolved."

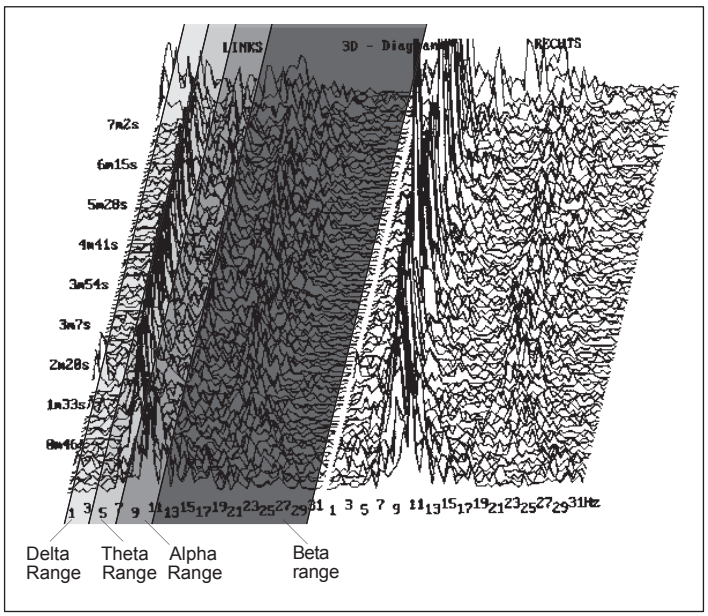



**Fig. 5: Test person experiences light**

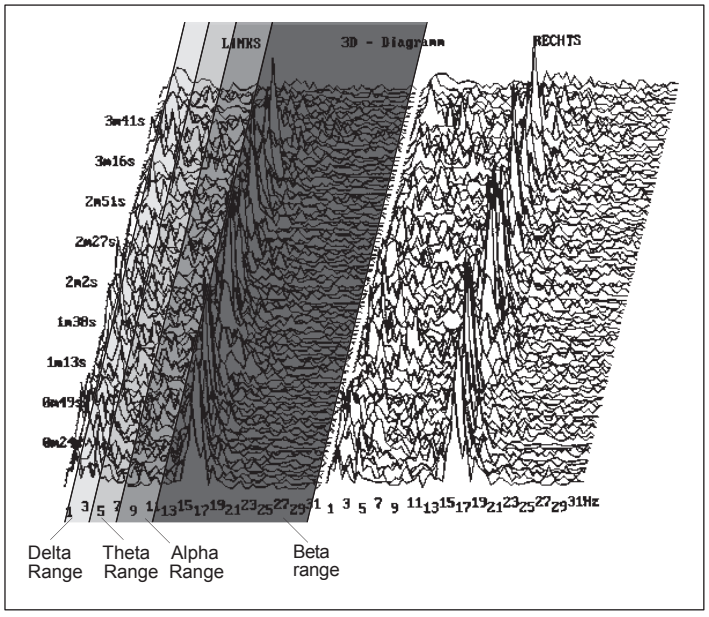



**Fig. 6: Test person is on a different level after the light experience**

**2.** Anxious ego dissolution (AED). The unity of the person dissolves, voluntary self-determination is abandoned.

**3.** Visionary restructuring (VRS) "...primarily comprises visual - hallucinatory experiences."

In an ingenious way, these states are passed through very quickly by the Nathal Method, whereby, as we found, the fearful elements were replaced by joyful letting go. According to our investigations, we must add further dimensions to these basic dimensions (Dittrich 1994) in the Nathal Method:

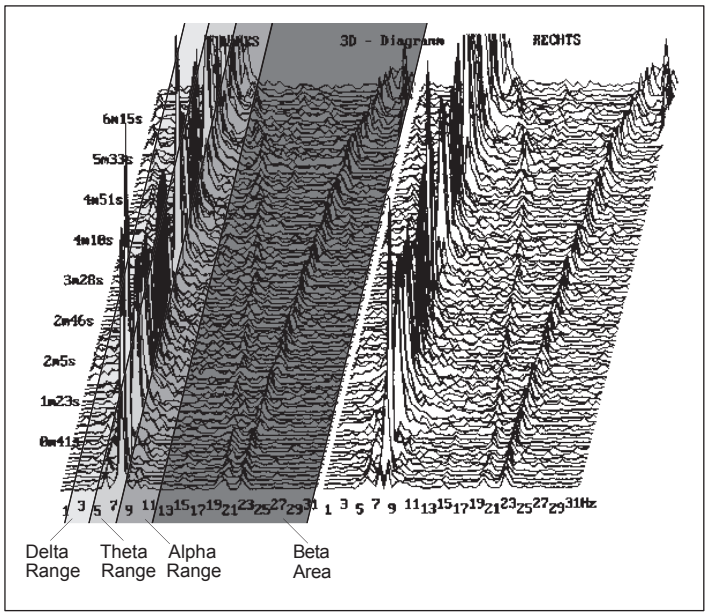
- Stabilization of visionary sensations (SVS). The subject learns to consciously reach levels and maintain them.
- Receiving visionary information (RVI). The subject can consciously communicate on these levels.
- Transformation into the real world (TRW). The test person is able to transfer the information received into our reality, e.g. via language, drawing, cryptograms.

After completing Nathal training, it is possible to penetrate these new areas independently, which we have verified through various measurements. An example of this is the test person P.Ev., who works as a medium (Fig. 3) and uses the Nathal method.

## Information in the form of cryptograms

The subject P. E. was trained using the Nathal method and, as measured in our institute, can now independently and consciously place himself in the RVI state (receiving visionary information). In this state, which is represented by characteristic brainwave patterns, he receives messages as a medium, which he records in cryptograms (special characters) and later deciphers as texts written in German for future-oriented, feasible projects.

**Fig. 7: Test person experiences Light channel**



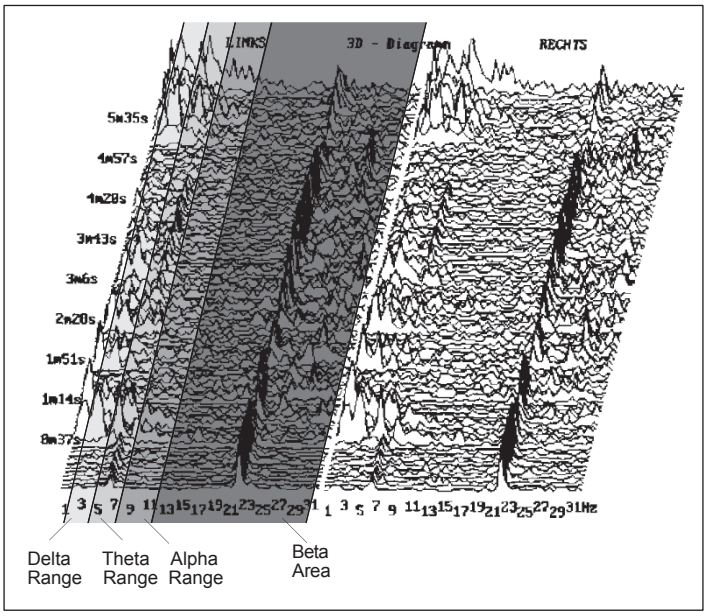




**Fig. 8: Respondent is at a higher level and receives information**

We scanned these cryptograms into the computer, recognized the patterns using special character recognition programs (OCR) and linked them to the brainwave patterns in a time-synchronous manner. The subsequent mathematical analysis revealed a high correlation between cryptograms and brainwave patterns.

These cryptograms made it possible to clearly assign brainwave patterns to the statements made by the subject, which is not so precisely possible with subjectively expressed feelings (Fig. 4).

## Stages of a Nathal session

This gives the Nathal method a transparency in conjunction with our measurements that demonstrates its possibilities and significance. This makes the method comprehensible and at the same time reproducible, which cannot be achieved with other forms of transformation such as language or drawings. For the Institute, it was a stroke of luck to be able to take measurements with a medium that works with cryptograms.

The evaluations of the brain wave patterns of advanced subjects show that every time they switch to a different level, a high level of synchronization and energy is displayed. It is characteristic that only after this high energetic brain activity, which the test persons describe as a light phenomenon or light channel, is a more moderate reaction level reached, which is always characterized by a high level of synchronization.

The brainwave patterns cannot be seen individually, but must always be interpreted in context, for which the form of the "landscape" representation is of course particularly suitable (Fig. 5 - 8).

It is interesting to note that in these images there is always a brief, almost rhythmic, delta activity coupled with a very high-energy beta response profile, which can be higher or lower in frequency depending on the information content.

This hypersynchronous potential is usually found in small children, due to the physiological maturation of the brain during certain periods of development. It can be assumed that the training method creates new synaptic connections which, in contrast to toddlers, not only link delta, theta and alpha waves, but encompass the entire beta range. These reaction profiles were observed in series of measurements with advanced test subjects. In order to be able to make further detailed statements, additional measurements are necessary. With these measurement procedures, it has finally been possible to assign brain activity to states of consciousness via spectral-analytical EEG patterns and thus make them provable.