

# YOGA RESEARCH

The Yoga Research Society Newsletter

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## Choices and Illusions

by Eldon Taylor, Ph.D.

**Dr. Taylor will appear Sunday, May 20th at MEDICAL YOGA 2007**

*The intuitive mind is a sacred gift  
and the rational mind is a faithful servant.*

*We have created a society  
that honors the servant  
and has forgotten the gift.*

Albert Einstein

Paraphrased, J.Krishnamurti said, "Choice is an illusion. Do I do this – do I do that – all of this is confusion. I can only choose when I'm confused. When I know clearly – there is no choice."

Thirty years ago, Benjamin Libet showed that there is activity in the subconscious within milli seconds before a conscious thought occurs. In other words, our so-called conscious thoughts are given us by our subconscious.

*Flatter me, and I may not believe you.  
Criticize me, and I may not like you.  
Ignore me, and I may not forgive you.  
Encourage me,  
and I may not forget you.*

William Arthur

Most have been enculturated during maturation to accept and believe certain things that may, and likely do, betray their real potential. Like chickens in the chicken yard, we have all been imprinted. Behavioral scientists use this term to refer to the process whereby animals seek to be accepted by imitating their peers. A duckling raised in a chicken yard will behave like a chicken, and so forth.

Estimations by behavioral scientists suggest that for every unit (bit) of positive affirming information that one processes they receive 90 bits of negative. In other words, for every time one is praised or reassured, 90 times they are fed the opposite information. As a result, most find themselves trapped in self-limiting beliefs about their abilities, their intelligence, their worth even their health and happiness.

One study showed that belief predicated not only vocation but also the cause of death. That study, conducted by Dr. David Phillips at the University of California, San Diego, evaluated the oriental belief in birth signs.



In the Orient, one born under a sign such as the Dog knows what they are good at and therefore probably what they will do vocationally. The sign also informs them of their cause of death – say cardiac disease. The research showed clearly a positive correlation between belief and events, no matter the lifestyle of the individual. In other words, clean living and self-denial did not keep away cancer if the birth sign suggested that as the cause of death.

In the spring of 1991 I conducted a survey among physicians who had consented to their patients using a special experimental subliminal InnerTalk program that I had created for cancer remission. The aim of the study was to look at life expectancy in comparison with the actual mortality rates of patients with cancer who used the subliminal program.

The questionnaire went to physicians whose patients had received the subliminal program two to four years earlier. The twelve questions were on a scale of 1 to 5:

1. strongly disagree,
2. disagree,

3. neutral,
4. agree, and
5. strongly agree

The twelve questions consisted of four general categories:

1. the patient's attitude towards their disease before they used the program,
2. the patient's attitude toward their disease after they used the program,
3. the patient's survival and quality of life, and
4. how the physician felt about their patients believing health could be affected by the patient's mind.

This survey revealed many interesting findings including significant remission rates, for 38% of the so-called terminal patients were in remission at the conclusion of the study.

One other interesting and overwhelming result was found that might surprise you. Of the four categories, which do you think would be the most consistent factor affecting the life expectancy or remission rate in the patient?

Most people believe that it is the patient's attitude, even though those same people would say that a terminal disease such as cancer could not be affected just by changing the patient's attitude. It wasn't the patient's attitude, however, but the physician's attitude that was the most important factor in determining whether the patient lived or died.

***The physician's attitude was the most important factor in determining whether the patient lived or died.***

If the physician did not believe that the patient's involvement with the subliminal



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at Thomas Jefferson University Hospital present



# MEDICAL YOGA 2007

2 Sunday Workshops  
**APRIL 22**      **MAY 20**

10:00 AM - 5:00 PM ♦ Light Buffet Lunch Included  
YRS Member Rates Available ♦ CE Credits Available



**Bettina Herbert, M.D.**  
*Hands-On Medicine*  
April 22

Learn the role of biomechanics in the body, how organ dysfunction effects the spine and breathing and how therapeutic intervention can help realign the body.



**Vijayendra Pratap, Ph.D., D.Y.P.**  
*Classical Yoga*  
April 22 & May 20

This program will include traditional Yoga postures, breathing techniques, relaxation and meditation practices, and a discussion of the relevance of Classical Yoga today.



**Eldon Taylor, Ph.D.**  
*Choices and Illusions*  
May 20

Discover how we make choices based on illusions and fictional limitations which impact relationships, happiness, health and longevity. Learn how to stop making these choices.

tape or the patient's attitude could affect the cancer, the patient died, regardless of which treatment procedure was used – radiation, chemotherapy, and so on. The patient died regardless of the patient's own attitude toward the disease or its ultimate outcome. The one factor present in virtually every case was the physician's attitude.

Taking into account only those patient's whose physicians agreed, to varying degrees, that the mind played a role in the patient's health, then the survival/remission rate increased to 46%.

If we look at those physicians who strongly agreed that the mind or attitude of the patient is important to health and/or health care, the survival/remission rate increased to 60%.

Narrowing the field still further, where both the patient and the physician tended to believe strongly that the mind played a role in wellness, the rate of survival/remission increased to 100%.

To me, this study showed clearly that, not only is the mind capable of

healing the body, but what a person "believed they were capable of" directly influenced the outcome. This power of "self belief" was also demonstrated in a landmark research project by Dr. Ellen Langer that reversed certain characteristics of aging.

Dr. Langer of Harvard University took "old people" into the country where they were isolated for one week. The older persons were exposed to:

"photographs, newspapers, radio (music and advertising) and discussions that were strictly limited to topics current twenty years earlier. At the end of the week, the group became younger looking by three years, gained weight, behaved more independently and could actually hear better."

When the "old people" stopped believing they were old and were re-immersed in a younger time frame, then aging was reversed.

excerpted from  
*Choices and Illusions* by Dr. Eldon Taylor