

# Inner Self-Management, the IHD, its History and the Science Underlying it

(a helpful guide for imprinting the UED)

As Told by Dr William A Tiller



## Meditation is crucial

Dr Tiller writes: The major step that everyone should take, as early in their life as is feasible, is to become a daily meditator. There are many practical methods available to get one started. Just find one that works for you and, when you are comfortable with your practice (perhaps after a year), use your intuition to experiment with modifications to the practice that enhance your experience. My wife and I have altered our specific practice perhaps five to ten times over the past 40 years. It is important to realize that significant changes in self do not occur in weeks to months of practice but rather in years to lifetimes.

A second important step in the experiential development of inner-self management is to practice various breathing and exercise routines like qigong, yoga, HeartMath, Sufism, etc. Once again, seek a process that feels good to you and for you. Try to find one that is joyful for you to practice. In all of this, try to bring periods of reflection into your daily life. Try to be joyful, adventurous and confidently reflective and purposeful in all acts of your life. Consider the process of (1) two steps forward, (2) reflect and (3) one step backward as a small course correction on your trajectory path towards your future goals. In all things, try to maintain balance and harmony in your life and try to remember that one should only try to heal others via "overflow".

## Inner Work – Dr Tiller’s scientific approach

Inner work, usually involving the practice of meditation, altered states of consciousness and other inner self-management techniques, leads to the development of other ways of "knowing" than our standard educational path. Building such infrastructure within the larger Self usually requires decades to lifetimes of patient practice. Scientists who would follow both the Logos and the Mythos paths find that a significant activation barrier exists between practicing the former to practicing the latter. Those who just practice the former have a strong tendency to think that simple extension of the logos path of the prevailing paradigm can answer and explain any phenomenon observed in our spacetime world. To illustrate that this is not so, consider statements by Dr Paul Werhane, a world class quantum mechanics practitioner and Director of

that this is not so, consider statements by Dr. Paul Werbos, a world-class quantum mechanics practitioner and Director of the Engineering sector of the U.S. National Science Foundation. At a conference with proceedings published in 2001, he stated that:

1. All forms of quantum mechanics, Copenhagen, Bohmian, Schwinger-type and Werbos-type yield the same type of predictions and none of them can explain "remote viewing" and
2. The world has spent billions of dollars trying to use quantum electrodynamics in the military to see things far away (remote viewing) and has absolutely failed to do so. An entirely different science approach will be needed if we wish to

do so! (see: "What Do Neural Nets and Quantum Theory Tell Us About Mind and Reality?" in *No Matter, Never Mind*, Eds. K. Yasue, M. Jiba and T. D. Senta; John Benjamins Publishing Co., Philadelphia, 2001).

## Intention Broadcasting Studies

Dr. Tiller's intention broadcasting (IB) technology is an application of information-medicine. Information-medicine is a systematic, purposeful intervention wherein human intention is therapeutically utilized to bring about informational changes in a well-defined target variable in living systems. Even though informational components are part and parcel of every health care intervention, the key distinction is that information-medicine is exclusively and deliberately consciousness and intention-based. In order to treat intention as an independent variable, Dr. Tiller's broadcasting approach utilizes an electric device called an Intention-Host Device, or IHD. It is a simple electric circuit that holds a specific intention, when imprinted by two or more people in a deep meditative state. The device becomes the local part of the intervention yet the informational aspect remains largely outside of distance-time. Tiller clearly established that human consciousness can "imprint" an intention into a simple electronic device, the IHD<sup>1,2</sup>. Moreover, the IHD can be used to broadcast information to locations over significant distances of thousands of miles. We know this to be true because intention-imprinted IHDs located in the Payson lab, Arizona, have been successfully employed to raise pH units of highly purified water in lab sites in the U.K. (distance: ~5000 miles) and Italy (distance: ~6000 miles). Changes are a result of long-range information entanglement and not the result of chemical additions to the water<sup>2</sup>. Cindy Reed was the first to study IB and its effects on mental health in adults with promising results<sup>3</sup>.

In addition to IB being an intention-based therapy, it is also a novel way of employing distant-healing intentionality (DHI). IB is clearly not a mind-body approach, and moreover, it is also distinct from all modalities currently practiced within the umbrella of Era III medicine. Contrary to other experiments done in the field of DHI, wherein healers send intentions intermittently over periods of time, the IHD broadcasts intention continuously throughout the intervention period. This diminishes heterogeneity relative to duration and frequency of treatments applied. Once the imprint procedure is completed, IB does not utilize humans in the transmission of the therapeutic intention. IB completely dispenses with the one-to-one context present in conventional healing relationships. Due to the fact that the entire target population receives the same access to the same therapeutic field of information, heterogeneity factors attributed to dissimilar healing modalities and the persons who employ them are removed. Insofar as IB operates beyond the constraints of locality and time, intention can be broadcast to an unlimited number of well-defined targets simultaneously irrespective of distance. In conclusion, while IB is not a silver bullet, it circumvents many obstacles posed by conventional care. For instance, most interventions for the treatment of autism require conscious cooperation and attention from the child. Insofar as children with ASD may frequently be in an uncooperative or defiant mood, the course of treatment can be exceedingly slow. Conversely, intention broadcasting bypasses the conscious minds of the children.

1. Tiller, W. A. (2007). *Psychoenergetic science: A second copernican revolution*. Walnut Creek, CA: Pavior Publishing.
2. Tiller, W. A., Dibble, W. E., & Fandel, G. (2005). *Some science adventures with real magic*. Walnut Creek, CA: Pavior.
3. Reed, C. R. (2005). *The effects of intention on decreasing anxiety and depression utilizing Intention imprinted devices*. (Doctoral dissertation). Retrieved from <http://journals.sfu.ca/seemj/index.php/seemj/article/view/84>

## Imprint Procedure

For a specific medical challenge for a specific individual, for instance, a carefully designed intention imprint can be prepared for the IHD. This, then, moves to the team of meditators who (a) sit together quietly around an unimprinted IHD, called a UED, plugged into a wall socket, (b) go into a deep meditative state after first developing a state of coherence with each other and with colleagues from unseen, higher dimensional domains, (c) internally (emotionally, mentally and spiritually), with strong emotion, focus on a reading of the specific intention statement designed for this IHD until (d) when it feels as if this particular creation process is complete, the reader states "so be it. Thy will be done!" and finally, a

it feels as if this particular creation process is complete, the reader states "so be it, Thy will be done." and, finally, a secondary imprint statement is given to seal the primary imprint into the IHD so that it does not leak away wastefully, followed by "so be it, Thy will be done!". This then is shipped to the intended recipient in an RF (EM radio frequency shielding pouch) where it is taken out of the pouch, placed under the recipient's bed, switched on and left there for months to "condition" the room to a higher level of reality wherein the healing energies of both coarse and fine plus higher dimensional information content work with the recipient in accord with the imprint statement.

### Testing the Descartes Assumption

By 1997, after almost 30 years of personal subtle energy investigations, Dr. Tiller had experimentally found that a simple electronic device was capable of storing a specific intention (aspect of consciousness) within its electrical system when imprinted by well-qualified meditators focused on the task from a deep meditative state. The imprinted device was eventually labeled an IHD (intention host device).