Explanation on the Presentations
The 35th Symposium of International Society of Life Information Science (ISLIS)
16-17 March 2013, Yokohama National University, Kanagawa, Japan
Order: According to the place

March 16: Lecture Hall A (Place A: A-202)

<Research Presentation>

Binaural Stimulation Method and the Altered State of Consciousness

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Hemi-Sync® is well known as an exploration program of consciousness. It is a method that leads users easily into a deep relaxed state and into a different state of consciousness by applying auditory stimulations of slightly different frequencies to the left and right ears. The authors have already measured many EEGs in various altered states of consciousness; this time they tried to examine changes in the brain while listening to a Hemi-Sync® CD by making EEG measurements of five trainers of the method. Amplitudes of the occipital α waves decreased during the session; that is, the subjects seemed to become a little sleepy. However, as the α band percent ratios were not decreased so much, it was considered to be somewhat different from the usual sleep stage. The β band ratio showed alternate changes for focus levels, F10 and F12 There seemed to be some relationships with the binaural beat frequency caused by the difference of sound frequencies for each ear. EEG coherences between the left and the right hemispheres tended to become larger during the session. Some EEGs, however, showed phase-synchronized patterns from the occipital to the frontal area, like the meditation EEGs, so it was considered that this method might easily lead to the meditation state and higher coherence values might be produced.

<Research Presentation>

Effect of Chewing on Stress Reduction

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We investigated the ability of chewing to reduce stress, using two psychophysiological indices: skin conductance level (SCL) and heart rate (HR). Ten undergraduate students participated in this study. After the exposure to stress by solving the Uchida-Kraepelin Performance Test for 7 min and doing a mental calculation for 4 min, the participants consumed water (control group) or a gum, which they did (chewing group) or did not chew (not chewing group) for 5 min, and then relaxed by sitting still on a chair for 10 min. In terms of the Russell and Lanius model of the affective quality, participants in the control and chewing conditions were first stimulated, and then gradually relaxed after 4 min. During the relaxation period after consumption, the relaxation levels of the two groups were further increased. However, not chewing caused the participants to maintain stimulated throughout the consumption and post-consumption relaxation period. These results indicate that ingesting gum without chewing it stimulated the participants and the stimulation lasted not only during the 5 min of ingestion but also during the 10 min of relaxation after ingestion. Chewing reduced stress more than was seen in the control and not chewing groups. There were significant differences in SCL between the not chewing group and the other groups in the 4th minute (p < 0.05) and between the chewing and not chewing groups at the 5th minute (p < 0.05) of the relaxation period. However, there were no statistically significant differences in HR among the three groups.
Relationship between Positive Emotions by EEG and Flow Experience in Tai Chi Practitioners
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This study aims to explore the relationship between positive emotions by Electroencephalogram (EEG) and flow experience of the regular Tai Chi practitioners. The correlation between positive emotions and flow experience by questionnaires was statistically significant in experts, while in beginners, it was not significant. We continued two-year longitudinal study for the same subjects to measure positive emotions by EEG. The intercept were high in the baseline and no variance in experts were seen in two years. However, the intercept was low in the baseline but the variance in beginners was seen statistically significant in two years.

Report of Chairman of Board of Directors
Review of 17 and a Half Years of Progress for the International Society of Life Information Science (ISLIS) and the Promotion of “Human Potential Science”
Mikio YAMAMOTO
Chairman of the Board of Directors & Editor-in-Chief, International Society of Life Information Science (ISLIS)¹
Chairman of the Board of Directors, International Research Institute (IRI)²
Visiting Professor, Toho University

Seventeen and a half years of activities of the International Society of Life Information Science (ISLIS) and the promotion of “Human Potential Science” are reviewed since the Society’s Foundation in 1995. ISLIS has sought and continues to seek the realization of the paradigm shift from material-oriented science and technology to a new paradigm including the consciousness, spirit and mind through research based on empirical and positive scientific methodologies, and consequently, to promote the development of health, social welfare, and education as well as social and personal peace of mind, and to contribute to the making of a peaceful world, at one with nature. Since the foundation of ISLIS, 35 Life Information Science Symposia have been held and issues of The Journal of ISLIS have been published regularly twice a year. ISLIS held the “Human Potential Science International Forum” in Chiba, Japan in 2002, the “International Conference on Mind Body Science” in Seoul, Korea in 2004 and the “7th Psi Meeting” was held in August 2011 co-sponsored by ISLIS and the Faculdades Integradas ‘Espírito’ (Curitiba, Brazil). ISLIS published the book Human Potential Science in 2004. ISLIS has a worldwide presence with 11 International Information Centers and about 230 members in 15 countries.

Special Lecture
Desirable Medical Care in Future
Kazuhiko ATSUMI
Academic Adviser of ISLIS
Honorary Chairperson of Board of Directors, Japanese Society for Integrative Medicine

Modern world is chaotic in economical, political and diplomatic aspects. It is a result that Western and Oriental civilizations conflicts each other and a new civilization will become born. In other words, it is a process of confusion with Oriental and Western civilizations; the former is based on a harmony with nature and human beings, the latter is based on scientism affected by Christianity. The integrative medicine is one of fruits of this confusion.

March 11th Earthquake in Eastern Japan, 2009 has changed our sense of values and also a vision of true desirable medical care. It is a drastic change, for example, from the medical treatments to preventive cares; from modern Western medicines which use energy much to ecological medicines; and form doctor’s medicine to patient’s self care. These movements suggest a future medical care.
<Research Presentation>
Response Patterns of a Bio-sensor in Non-contact Healing:
Analysis by Gas and Fluorescence Measurement Methods

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The authors have studied quantitative measurements of non-contact healing power using pieces of cucumbers (Cucumis sativus ‘white spine type’) as a bio-sensor since 2006. In the present study, the authors discussed response patterns of the bio-sensor when using their gas and fluorescence measurement methods. Participants were 8 volunteer healers (1 male, 7 females; average age, 42.0y) and they did 2 trials of 30-min non-contact healing. The participants were given an instruction that they should change their healing ways in the 2nd trial. While the average gas J value (JG) was 0.061 and the average of the fluorescence J value (JF) was 0.051 in the 1st trial, JG became −0.096 and JF became −0.194 in the 2nd trial (p = 0.00037, p = 0.002). Through cluster analysis of response patterns of the bio-sensor with previous data, a set of discriminant functions was given which showed 83% of the patterns were correctly assigned.

<Research Presentation>
"Joy of Giving": The Second Movement of Positive Psychology

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This study proposes the second movement of positive psychology is the “joy of giving,” by pointing out the limitations of traditional positive psychology and introducing theory and research on happiness through the transcendental perspective. Positive psychology focuses on individual strengths and has an implicit belief that weaknesses should be overcome. First, three topics are overviewed: the ultimate happiness model observed in religions; the strengths found in weaknesses; and the concept of surrendering without controlling a challenging situation. Next, the cases of negativity contributing to individual growth are described, based on the regression theory by of Ellenberger and Washburn, and the data on 311 PTG (Post Traumatic Growth) Studies are presented. Finally my research is reported that shows people’s pro-social behavior cultivates their own happiness, and also a college program is introduced that facilitates students’ pro-social behavior. Based on these, a claim is made that the “Joy of Giving” is the second movement of positive psychology, which may be a reminder of the original nature of human beings.

<Research Presentation>
Posttraumatic Growth in Essays by Children Affected by the March 11 Earthquake Disaster in Japan
- A Text Mining Study -

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The purpose of this study was to examine the essays written by children who experienced the Great East Japan Earthquake in order to clarify the characteristics of these essays and explore about the possibilities for PTG in cultivating fundamental self-esteem through children’s interaction with others. Totally 161 essays written by school-aged children were extracted for text mining analysis. The average length of the essays was 601.9 characters and there were a total of 6052 sentences. The total number of content words for all the essays analyzed was 39,415, and 6465 words were retrieved. We see clearly in the children’s essays the spiritual growth of these young people who had undergone such trauma during the Great East Japan Earthquake, including injuries and serious illness, the death of loved ones, and total disruption of their lives. From out of the various tragedies from the disaster, we see PTG clearly revealed.
<Research Presentation>
How Do Radioactive Materials Move?
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Large quantities of radioactive materials have been released by the severe accident of March, 2011 at the Fukushima Daiichi Nuclear Power Plant and these materials have been deposited in the mountains and city areas. It is thought that these radioactive materials will finally be transferred to rivers unless land areas are decontaminated.
We measured radium concentrations of collected samples of river water soils and sediments in the basin of the Abukuma River water system.
In particular, in City A city where some branches joined the Abukuma River., we investigated radioactive contamination of soil at about 300 places in the city and also air radiation dose at the same places for two years. Some results for City will be presented.
Furthermore, we will report details of a GPS mapping of the air radiation dose in the forest of Fukushima City Kotori-no -mori Sanctuary where decontamination work has not been done yet, and we will influence on wildlife.

<Research Presentation>
Approach to the Energy Field for Use in Nursing
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Taking a medical approach to the energy field which surrounds a human body has already been done overseas, and it defined in nursing diagnosis as "a breakdown of the flow of the energy which surrounds a person's actual existence which produces the sum of the body, the heart, and a soul out of condition." In this presentation, some results on the energy field which surrounds the human body are introduced when using "a healing touch" developed as a nursing continuing education program of an American holistic nurses' association. The "healing touch" is based on the NANDA nursing diagnosis. The possibility to use "healing touch" as a part of nursing care in Japan is considered.

<Research Presentation>
The Reason Why We are Born
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Through my research based on the character of memory in the womb, as a result of reflecting upon the meaning of birth or the reason why we are born. I came to the conclusion that human beings are born in order to help each other and therefore, the place, time and parents can be considered to be chosen by the child bore. Even abortion, still birth or other birth disorders can be considered to be the choice of the human being to be born.
Based on this idea, it seems that we are born in the world in the best timing and condition to achieve the above mentioned purpose.

<General Presentation>
Child-Rearing for Deep Roots Growth
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The author would like to advocate “child rearing for deep roots growth” to mothers because as children grow and become adults, the world seems less joyful. “Child rearing for deep roots growth” means to develop children’s zest for living and their feeling of existence. It should be prevented that they will grow into weak adults. Human beings are natural organisms: humans with deep roots are raised by mothers love because of a natural maternal instinct. The author would like to suggest how to deal with mothers and to face children. Growing children’s roots results in their high abilities and personalities.
March 16: Lecture Hall C (Place C: A-208)

<Workshop>

MORININARU Death Work Ver.2 : Your Encounter with Death

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"MORININARU" is a movement to promote planting trees and also becoming a forest itself to protect the global environment and the offspring. It is different from the Afforested Burial in that it is not just planting trees instead of tombstones. It is a method to remind us that we have been protected by the environment, before we talk about the protection of the environment, and it can be said to be a method to re-subjectify the environment that has been objectified. Also at the same time, we could know that doing something worthy for others will also be our great pleasure. Thus, the MORININARU movement will not only promote the practice of peaceful coexistence with nature, but also self-awareness and self-transcendence, inspiring a spirit of altruism, and a virtuous way of life. Nowadays, it is very rare that we think about the death of ourselves deeply. In such a world where we are estranged from the idea of "death", "MORININARU" will also be able to give us an opportunity to regain a connection. In this workshop, we will be experiencing a pseudo-death of ourselves providing an opportunity to re-capture the world. By regaining the circulation of life and the death and releasing life by rethinking about the death, high integrity will be implemented. In this way, "MORININARU" can be described as a spiritual movement imparting a new framework for individual consciousness and religious thought, through its practice (Green Burial).

March 17: Lecture Hall A(Place C: A-202)

<Lecture of Organizer of the Symposium>

On The Problem of Free Will – From Different Viewpoints

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Knowledge relevant to the free will problem is discussed from different viewpoints in order to obtain a synoptic view. 1) Mathematical logics. “The human mind is infinitely superior to a Turing machine working by an algorithm,” (from Gödel’s incompleteness theorem). 2) Neurophysiology. In intentional/spontaneous actions, “readiness discharge” arises in advance by hundreds ms of the “intention.” 3) Physical determinism. The contribution of quantum effects is indispensable to the expression of an intention or free will. 4) Theological determinism. A human being should have a divine nature so that there is free will. 5) Infinite set theory. The characteristics of an infinite set, like "a set of portions exceeds the whole" correspond with the characteristics of God in the Greek Orthodox Church.

<President Lecture>

The Worldview of E. Schrödinger: Anti-Copernican Turn II

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In this lecture, the author tries to make a phenomenological analysis of a philosophical, autobiographical work written by the great physicist E. Schrödinger. Citing several phrases of Vedanta philosophy, he insists that your "self" and my "self", both of them, are the same "Self", because there is only one self in the world. Based on the author's own phenomenologically oriented developmental studies, it is suggested that Schrödinger's worldview might be interpreted as a result of the effort to settle the paradoxical structure of experiencing the human world: In ordinary daily-life my "self" is implicitly felt as "one of the selves", but in the reflective, or phenomenological, attitude, it appears as the "one and only self" in the world.

<Mini Symposium> Present Death Education and Future Healing Possibilities

"Circulation Theory of Five Elements" and "Dietary Vegan"

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Now we demonstrate the interconnectedness between the circulation theory of five elements and dietary vegan. The circulation theory can be illustrated by the fact that 98% of human body components are constantly replaced
by another according to the radioisotope analysis. On the basis of that, we review a case of dietary vegan who leaves out meat and oil completely and sticks to 70% hulled rice, miso soup and vegetables pickled in rice-bran paste, who was cured from ovary cancer in the terminal stage. By following the same diet, there have been other cases of people cured from various incurable diseases such as leukemia, connective tissue disease and esophageal cancer and so on. Finally, we present that this diet based on the circulation theory of five elements can be effective in the prevention of disease.

**Current State of Death Education in Japan**

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The view of life and death used to be talked about in homes and local communities through daily life. However, it is getting more difficult for children to understand what life and death is like due to the lack of direct experiences, caused by the thinness of human relationships among local communities and by the increase in the number of people dying in the hospitals and nuclear families, and so on. In this paper, we present how life and death is currently taught to children in homes and schools.

**Healing life by way of Dietary Vegan and Tanto-ko**

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Diet is an important factor in the nourishment of our body, however, we have to bear in mind that it might cause poisonous effects as well as beneficial ones. Whether people can live a healthy and whole life or not depends on how we can eliminate toxics accumulated in our body and mind caused by various stresses. Now we review the practical methods to heal internally by way of Dietary Vegan and Qigong moving meditation called Tanto-ko, which help us not to take in toxics but also to eliminate the accumulated ones. This is made possible by feeling the life energy force, which vibrates and circulates thought out the body. Then we can realize that our body is part of nature experientially.

**iRest Yoga nidra, Experiencing Five Elements and Samkhya Philosophy**

Miho NAGAKUSA  
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The origin of “five elements” can be traced back to ancient Samkhya philosophy. Here, every changing phenomenon such as body, mind and emotions is regarded as part of nature, comprised of the combination of five elements earth, water, fire, air and space. On the other hand, it considers our unchanging pure awareness as a true nature, which is witnessing all of the ever-changing nature. It is ascertained that acquiring discriminative wisdom will liberate us from sufferings. Buddha grasped this philosophy thoroughly and integrated it into his teachings. You can experience this philosophy through iRest.

**March 17: Lecture Hall B (Place B:A-201)**

<Research Presentation>

**An Evaluation on the Safety of introducing Spiritual Healing into Integrative Medicine Including EEG (Electroencephalography), Psychological, and Immunological Data during ThetaHealing® Session**

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Support for psychological therapies which have the aim of bringing about remission of diseases by changing patients' subconscious belief system is still very low in Japan, and this also applies to the therapies of energy healing and spiritual healing. We gave an overview of ThetaHealing® which combines such therapies at the last ISLIS symposium. EEG (electroencephalography), psychological (POMS), and immunological data of subjects during ThetaHealing® sessions were included in that interim report. This time, we would like to show more data which supports the safety in considering the introduction of ThetaHealing® into integrative medicine.
Hemodynamic Effect of Bio-Field Therapy on the Frontal Cerebral Cortex in a Study using a Wearable Optical Topography

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The purpose of this study was to estimate the hemodynamic effect of biofield therapy using wearable optical topography, which is a lightweight instrument with 22 channels of NIRS. In this investigation, we investigated the effects of OPT (Okada Purifying Therapy) as the biofield therapy. We examined the hemodynamic activities of biofield therapy using a cross design between OPT and placebo sessions. In the OPT session, participants rested for 5 minutes while sitting on a chair and practiced OPT for 5 minutes. In the placebo session, participants sat on the chair, but did not practice OPT. There were 14 participants: 9 healthy men and 5 healthy women (mean age 44.1 years, SD = 11.3). The oxy-hemoglobin, the deoxy-hemoglobin and the total hemoglobin in the cerebral cortex were estimated by the 22-channel wearable optical topography. As a result, oxy-hemoglobin tended to increase during the OPT session, whereas deoxy-hemoglobin tended to decrease during the OPT session.

Seasonal Variation of Electrical Potential of the Left Palm

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Methods to check the status of the human body by AMI or neurometer measurements based on the idea of a Ryodoraku diagnosis have been proposed, and they contribute greatly to examinations or treatments of the body. These methods measure the electrical conductivity of acupuncture points on the hands and feet, but no attention has been given to the circadian and seasonal variation of the measured values. In this study, we measured the electrical potential of the middle of the left palm (around the Laogong acupuncture point), and from the magnitude of the seasonal variation of the values, we considered the variation factors. As a result, we identified a characteristic seasonal variation of electrical potential that could not be explained by the variation of temperature and pressure only, and we considered that another factor than temperature and pressure might be present.

A Case of Significant Improvement of Eating Disorder by Multimodal Treatment of Chinese Qigong Meditation, Bloodletting, and Hypnotherapy

Yoshito SATA¹,², Tsutomu KAMEI¹,³,⁴ and Yoko KOIBAYASHI⁵
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To report a case of significant improvement of eating disorder without any drugs, but just by multimodal treatment of Chinese Qigong meditation, Bloodletting, and Hypnotherapy.

The Effect of Laughter Action on Recovering Loaded Stress

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Laughter has been demonstrated to improve mental and physical health, and leads persons to recover from a stressful state. However, whether these effects are due to emotion or the company of other laughing persons or to laughter action regardless of emotion has not been proved yet. The present study aimed at clarifying the effect of laughter action itself. Sixty university students (21 men and 39 women, aged 20±0.45 years) were randomly
allocated into three groups: laughter action group, light exercises group, and rest group. Stress recovery rate was compared among the three groups after doing a 15 minute mental arithmetic exercise as loaded stress. In terms of both physiological and psychological parameters, the rate of recovery was best in the laughter action group followed by the light exercise group and last, the rest group. This difference was statistically significant in ANOVA. Thus, the effect of laughter action itself regardless of emotion was shown in the present study. The present study, however, could not confirm or deny that the change of emotion evoked by the laughter action accelerated the rate of recovery found in the laughter action group. The mechanism of laughter in its ability to improve mental and physical health is still inside a black box.

March 17: Lecture Hall C (Place C: A-208)

Qi Rebound Reading Clarifies Accumulated Feelings in the Body

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We can feel Qi rebound when Qi is released from an object and causes resonance with something being imaged. On the other hand, we cannot feel Qi rebound when there is no resonance. Qi rebound reading is a method seeking what the object contains through Qi resonance. In this presentation, participants will be told how to read accumulated feelings by using this method. Accumulated feelings with no release often cause symptoms such as pain. People do not usually notice these accumulated feelings, but Qi rebound reading clarifies them.