

Playing in the Unified Field – Raising & Becoming Conscious, Creative Human Beings

Interview with Carla Hannaford, Ph.D.

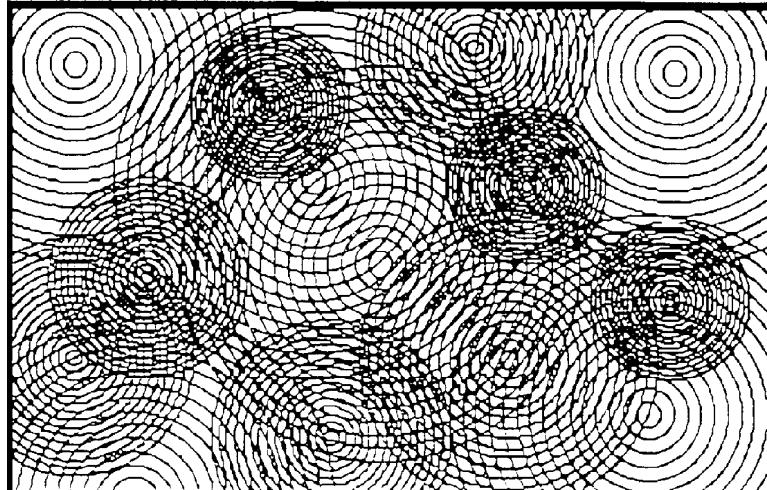
With compliments: Carla Hannaford, Ph.D. and Great River Books



Interviewer: Today, I'm with Carla Hannaford. Carla is an internationally recognized science educator & author, and she's going to be talking about her new book ----- *Playing in the Unified Field – Raising & Becoming Conscious Creative Human Beings*. It is full of fascinating science to make us all much more aware of our enormous potential as human beings. Carla, first of all, let me congratulate you on your forth book. It's really a wonderful book. But can you tell us what you mean by the "Unified Field"? What is the "Unified Feld"?

Carla: There's been study on this for actually almost a hundred years and we're starting to understand it. We're understanding that we are vibrational beings from

more than at the cellular...beyond the cellular, the atomic, the sub-atomic level, we start to look at who we really are - we realize that we are vibrational interference patterns, rather than matter. We both emit and receive vibration waves



you know and that we live in a sea of vibration. And within the unified field, we're finding, these vibrations affect us from our environment. We know that we have more than five or six senses we have nineteen senses that Rivlin and Gravell from Princeton University have discovered we have receptor sites for. We're able to take in all these vibrational senses within our body. And we also impact the vibrational field around us, and between us with other people. Within this field,

Figure: Vibrational interference patterns

we're all inter-connected, there's this wonderful interconnection that happens; and that connection I think it's really paramount right now. As we're looking at how to live a lives - we are far more powerful than we thought we were, and our ability to impact our environment, impact our reality really. In a way, the book really talks a lot about the fact that we produce our own reality, and that we live in this playground that is the earth... you know...in these bodies that we have at the moment, for the process of learning, and we draw to us the lessons, the situations...to the vibrational field that will cause us grow the most and that we are masters of our reality, and it's really exciting when we start to look at that because I think in many ways, with a system that has talked about victimizations as such, we felt un-empowered. And right now when I look at the research, one of the things we're looking at is very high-level of depression among people worldwide, and a sense of hopelessness and helplessness. But when we can start to look at who we really truly are from a scientific perspective, and looking through the eyes of the current scientists, both in quantum mechanics and people like William Tiller who's looking at beyond quantum mechanics into reciprocal space-time and deltrons, we're able to see that we really are powerful beings, and that we have all this incredible potential to live our lives fully and passionately they way we will want to. And we do that through this unified field that is interrelated with everything else.

Interviewer: Tell us about the electro-mechanic waves that are coming from our hearts and our brains. To live this compelling evidence that we don't end at our skin, that we have the capacity to influence one another in subtle ways.

Carla: Its' very interesting. Again, the Heartmath Institute has been doing this research for a long time and Rolan McCraty is one of the researchers on this. What they discovered is when they put EKGs on people and EEGs on a group of people, when one person became coherent -- came to that heart rate variability pattern that was coherent, it affected the heart rate variability pattern of everybody else that was within at least a six-foot radius of that person, which is pretty remarkable. What else is very important to realize is that it not only affected the coherent pattern within the heart, it affected the coherent pattern in the brain....so that the brain became more coherent, so that it could really understand the situation and grow from that. This is the other thing we've discovered: In the 1960s, Dr. Armour from Yale University who is a cardiac anatomist wrote a very long article in *Scientific American* saying this is very interesting but there're at least 80% more fibres going from the heart to the brain than the other way around. And he speculated at that time that the heart controlled the brain, and not the other way around, and of course

biologist said “no...no...it’s just a pump” In the 1970s, there were two major research papers that came out showing that the heart itself produces two very potent hormones - one is Atro natriuretic factor which controls actually a lot of the hormonal function within the brain, and keeps it very harmonious within the body; and the other was Cardiac Andregeneric factor which controls dopamine and adrenalin levels... and so here’s the heart controlling the brain and controlling how we respond our environment. So, when we’re coherent when the heart’s coherent, so is the brain – and, as we’ve discovered so are those around us. Now on a practical level, I see this...you know, I work with a lot of schools and educators and children but also I noticed this is when I would read to children. If I was absolutely present reading to that group of children, they were there. They were absolutely there watching every second listening to everything I did, but if I’m reading to them and my focus is on...oh after this, I’d better go to the grocery store and I have a grocery list...and I’m doing this and that...the kids are off the wall they are obnoxious and they’re not present. If I’m coherent they’re going to be coherent...and they’re mirroring me. This is the other thing we know: there are mirroring neurons in the brain. Our children, and not only our children – but the people around us will do what we do, rather than what we say. And so the kind of thing that we can do in our environment is be very coherent and ...you know we’re coherent so that the people around us are coherent -- makes life a lot easier. We also gain a lot of coherence when we play, when we’re absolutely in a moment and again play is about being in the moment...being passionately aware, emotionally aware of our environment and...it’s so important. In our culture we say this: “Oh I’ve been there, done that.” That is a stupid statement, really, because, I’ve never been here before, I’ve never done this before, I will never be here again, like this. Everything is, is an adventure, every bit of our life is an adventure. Now there are times in our life when we are really challenged...when we really are challenged are times we’ll probably going to grow the most, and so that they can be some the most exciting and momentous adventure in our lives.

Interviewer: Throughout the book you use the term “coherence” very frequently. What do you mean by “coherence”?

Carla: OK coherence is.....they’ve used the term coherence with regards to light..arh...if you take a beam of light and from a light bulb just like this light here...arum...it’s incoherent. The photons of light that are moving kind of not together, and it gives us light, and it gives us a little heat. But you’re able to take those photons of light and get them so they are moving exactly in-synch with each

other, we called that coherence. And we form what we called a powerful lazar. They know this in the steel industry that you can take actually 25-watt light bulb, get the photons in a coherent pattern and it will cut through a block of steel, a small block of steel with light, which is pretty amazing. So now they're using this term the Heartmath Institute, coming out of Boulder Creek, California, they've done a lot of research on the heart. And they're using the R lead on an EKG to check what they called heart-rate variability patterns. And they find that when we're under stress, that heart variability pattern is very incoherent -- is like the regular light bulb, where the photons of light are not moving in-synch of each other. But when we're in joy, when we're in the moment, in the present moment, really being appreciative and grateful, and just being aware of our environment in that present moment...I talk about this almost in a child-like way - if you look at children that are uninhibited and the unadulterated (you know when we control them), when they're really seeing their world – they're absolutely present. They're in the wonderment of this planet that we're on, of the beings that they meet, they're absolutely present. They're absolutely coherent. When we are coherent, we start producing very high levels of dopamine, and dopamine is probably THE important chemical on the brain for learning, and so we learned at warp speed, we're able to take in from the environment, that we start to understand it, that we remember the things about it and then put them together into a coherent pattern or pattern within our brains that allows us to take that information and then build on it and create new ideas and new concepts and it's very exciting.

Interviewer: Can you tell us about the research that's been done on intention, about how our thoughts, our minds can impact the physical world and make changes?

Carla: A lot of scientists started working with it. One of them that is very renowned, was William Tiller. And he worked with a group of scientists, where they would set up an intention. So something really simple like, changing the PH of water, now that isn't simple if you have had chemistry you know it takes a bit and they wanted to change the PH of water from 7 to a PH of 9, now that's alkaline, and it would take a lot of alkaline solutions to change the PH of water from 7 to 9. OK, but they were going to do this with intention so these people worked at becoming very coherent, and then setting an intention and they're setting an intention on a silicon disc in what we called it an Elmer Green box, it's a box that blocks out other vibrational fields. So that the box is opened there, setting the intention and there were for meditators not...and or intentionators -- people that were setting this intention. One of whom is William Tiller's wife, Jean, and she's not the chemist, she doesn't know

these things, but she does know, as she was growing up in Iowa in a farm about the fact that she would make lye soap with her grandmother. And that lye is very alkaline so she would focus on that, and they focus this intention on this - fold up the Elmer Green box around this disc, send this off to Princeton University. And there, they would put a test tube with water and a PH meter in. And within a couple days, the PH of that water, having had no other influences change, the PH of lye. Now, they did this over and over and over again they had to do it as a scientific method kind of thing they had to get replicability. Now they've done this also with changing the DNA in pigs, in fruit flies and changing the structure, the DNA structure just using intentionality. Now William Tiller talks about this - he calls our intentions, our dreams, our wishes, what we believe about the world, he calls them Deltrons. And what he's been looking at is what we have – we're living in what we believe is this vibrational system that we have is electrical, because we see it as atoms which are positive and negative like the protons and the electrons. You know, so that's more electrical, but there's another field that we live within and lives within us that is magnetic. So you heard of the electro-magnetic fields so this is a magnetic field and it's within us – it's what he called reciprocal space, so it's within, it's not separated, it's not...you know...beyond. But he said that it's out of that reciprocal space, that we're able to, with our intentionality, change the vibrational patterns, slow them down, our bodies' tissues – everything that makes us up – our cells and our atoms are actually patterns of movement of vibration rather than things. And Einstein said matter is nothing more than energy vibrating the frequencies slow enough that we perceived it with our senses. And what we looking at is that the physical structure of our body is a very slow vibration, and so what William Tiller is saying is that out of this very energetic reciprocal space that is magnetic, through our intentionality, we are able to slow that down, and bring it into physical being, into particle, into an electric system where we're atomic. When we start to think about that - it's years for me to try to get my mind around this and I don't know that it's still...you know... that I'm understanding this completely at depth, but what we're doing is we're actually seeing the manifestation of this in the research in what's happening with this current scientists as they're setting intention and having the outcome, come into physical reality. It's fascinating. We need to (I think) realize that we are far more than we think we are. And in this time when there's a lot going-on, we have the capabilities to really live deeply and explore all the potentials that we are, and science is giving us the answers to this. Lynne McTaggart's book on intention experiment is very interesting. She talks directly about only viable research has occurred in the realm of intention and it's fascinating. We really are much more than we thought we have been.

Interviewer: Carla, thank you so much for coming today and talking about your new book. It called *Playing in the Unified Field – Raising & Becoming Conscious Creative Human Beings*. It is a wonderful book, full of fascinating information and I'm sure lots of people are going to get a lot out of reading this book, just as I have. Thank you Carla.

