

# Mystical Experience Occasioned by Non-Medicinal Embodied Therapy and Integration Process for Mental Well-Being

**Bruce Wayne Meleski, PhD**

**Body Logic Institute**

**Austin, Texas**

## **Abstract**

Expansion of psychoactive hallucinogens in mental health continues to be a major trend. Several psychoactive molecules including psilocybin and MDMA continue to move through the FDA approval process with clinical trials (MAPS 2021). In the meantime, off-label ketamine medically supervised programs and indigenous plant ceremonies continue to expand (Fotiou 2020, Winkelman 2021). This study explores the potential benefits of High Intensity Embodied Stimulation (HIES) which is part of the Body Logic Program (10–12 sessions), and its ability to mimic psychoactive states of mind (Meleski 2020). The study employs a questionnaire of mystical experience, developed at Johns Hopkins, the Mystical Experience Questionnaire (MEQ), that assesses mystical experiences in seven domains. Fifty-six participants who finished the Body Logic Program, completed the questionnaire. Comparative data from Psilocybin participants, post psilocybin, as well as a placebo group (non-psilocybin) provide reference data (Griffiths et al., 2006, 2008). Results show that 51% of HIES participants report a strong or extreme mystical experience. Another 31% of HIES participants report a moderate strength of mystical experience. Results suggest that Body Logic Program can provide an efficacious system for mystical experience and body-mind integration.

Contact information:

Bruce Wayne Meleski, PhD

[drmel@bodylogicinstitute.com](mailto:drmel@bodylogicinstitute.com)

512 431 8531 – Please text to schedule session at conference

# THE BODY LOGIC PROGRAM

## Introduction

There may be benefits to the development of non-medicinal approaches that consistently mimic psychoactive states of mind. This outcome study explores a **High Intensity Embodied Stimulation (HIES) training of 12 sessions (Body Logic Program)** and its effectiveness to educe lucid visions similar to psychoactive hallucinations.

**The MIND** is a relational and embodied process that regulates the flow of energy and information. **EMBODIED** – “It’s already known and already experienced”. The flow of **ENERGY** creates focus, joy, and insight.

## Program Overview

When we create natural and **organic states of ultra-relaxation, a neurophysiological experience emerges**, and many clients report lucid visions and mystical types of experiences during this state (Meleski 2020). This study evaluates HIES and its ability to produce mystical experiences like those produced in medically supervised psilocybin research.

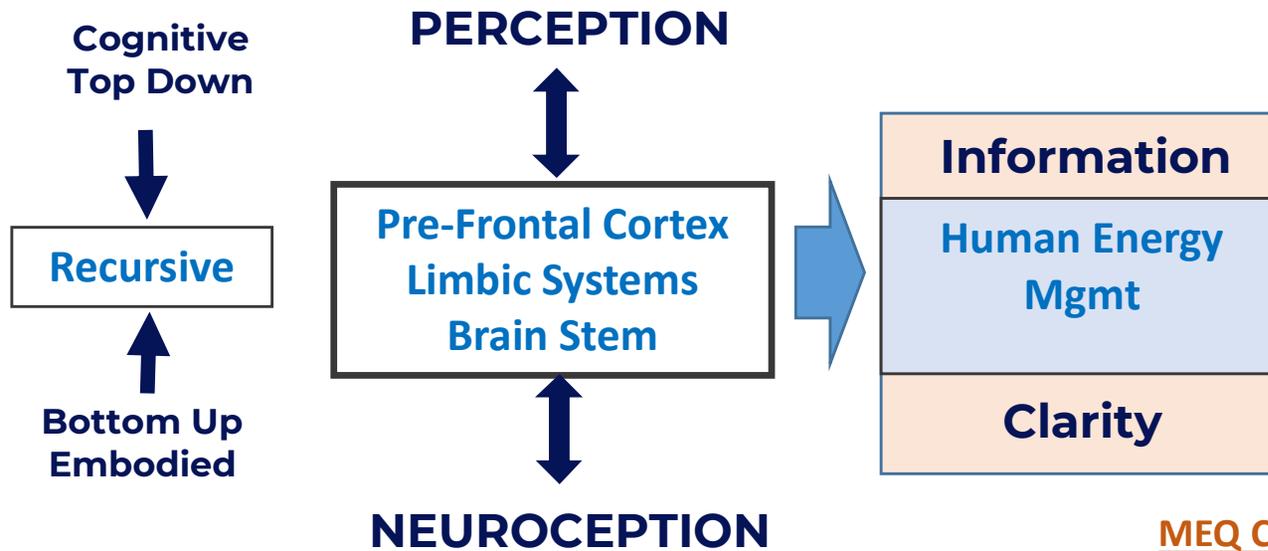
**High Intensity Embodied Stimulation (HIES)** initiates an integration process, primarily driven by ultra-relaxation and lucid visions. Integration Coaching uses a **Neuroception Training (NCT)** framework

Body Logic Program creates **an emergent process that lasts for up to six months** following completion. Recognition of a positive sense presence and a slow emotional trigger are the key changes recognized in behavior.

## Measurement for Mystical Experience

Johns Hopkins Psychedelic researchers created the Mystical Experience Questionnaire (MES) to assess the strength of psilocybin experience on research participants. The domains and scoring are listed below. In this study, we compare MEQ scores between HIES participants to psilocybin participants.

# HOW BODY-MIND ENERGY FLOWS



## Mind as Process

The mind is a relational and embodied process that regulates the flow of energy and information.

## Human Energy Management

High Intensity Embodied Stimulation (HIES), a type of bottom-up activation, sends afferent signaling to the brain to shift neuroception processing. This shift changes human energy management, a recognition of greater resilience, focus, and clarity.

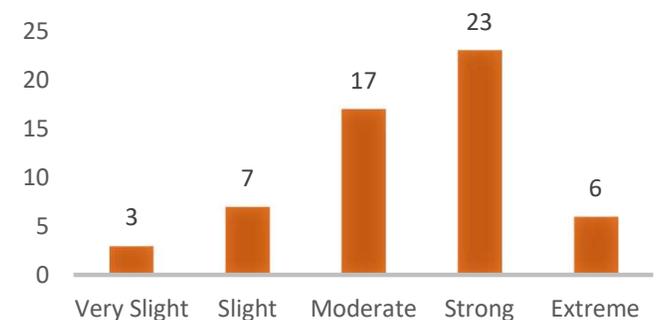
## Information – Focus - Clarity

Once your energy is balanced your mind will follow. All clients shift measurable energy prior to their awareness and recognition of positive sense presence and slow trigger.

Body Logic System creates an emergent process that lasts up to six months following completion. As awareness and recognition increase, perception of subconscious patterns enables higher consciousness.

MEQ Composite Score Below is a graph showing distribution of MEQ composite scores among HIES participants. The standard deviation is 5.25 greater in HIES group versus Psilocybin group. A segmentation analysis follows in the Table on the next page.

## COMPOSITE SCORE



# MYSTICAL EXPERIENCE FOR SEVEN DIMENSIONS?

## HIGH INTENSITY EMBODIED SEGMENTATION versus PSILOCYBIN

Domain	HIES n=56	Psilocybin n=36	%Diff	Extreme n=29	%Diff	Embodied Segmentation		Slight n=10	Placebo n=36	%Diff
						Strong n=46	%Diff			
<b>Internal Unity</b>	0.64 (.24)	0.73 (.05)	88%	0.79 (.18)	108%	0.71 (.17)	97%	0.29 (.19)	0.25 (.05)	115%
<b>External Unity</b>	0.59 (.23)	0.66 (.06)	90%	0.74 (.19)	112%	0.66 (.19)	100%	0.26 (.06)	0.21 (.05)	122%
<b>Sense of Sacredness</b>	0.68 (.24)	0.80 (.04)	85%	0.83 (.20)	104%	0.74 (.19)	93%	0.34 (.09)	0.36 (.05)	94%
<b>Noetic Knowledge</b>	0.66 (.23)	0.72 (.05)	92%	0.80 (.19)	112%	0.72 (.19)	101%	0.35 (.12)	0.30 (.05)	117%
<b>Transcendence</b>	0.65 (.22)	0.76 (.04)	86%	0.77 (.21)	102%	0.70 (.18)	93%	0.38 (.18)	0.27 (.05)	140%
<b>Deeply Felt Positive Mood</b>	0.69 (.22)	0.77 (.05)	89%	0.82 (.18)	106%	0.76 (.12)	99%	0.30 (.12)	0.38 (.04)	78%
<b>Ineffability &amp; paradoxicality</b>	0.69 (.25)	0.81 (.05)	85%	0.85 (.19)	104%	0.77 (.18)	95%	0.32 (.20)	0.29 (.05)	112%
<b>Composite Mean Score</b>	0.67 (.21)	0.76 (.04)	88%	0.81 (.17)	106%	0.74 (.15)	96%	0.34 (.08)	0.33 (.04)	110%

HIES Total (100%) has an 88% MEQ score compared to Psilocybin.

Extreme (51%) has a MEQ score 6% greater than Psilocybin.

Strong (82%) MEQ score at 96% aligns with Psilocybin, meaning a HIES mystical experience is similar to psilocybin for 80% of participants.

Slight (18%) MEQ score at 110% aligns with Placebo participants.

Distribution appears 82% with lucid visions / 18% for slight which approximates an 80/20 data set.

Standard deviation is 5.25 greater in HIES group versus Psilocybin group.

Ultra-relaxation state precedes lucid visions as one progresses through Body Logic Program.

Integration Coaching uses our Neuroception Training (NCT) framework.

# INTEGRATION TECHNIQUES & METHODS

## HIGH INTENSITY EMBODIED STIM (HIES)

HIES initiates a training technique that results in ultra-relaxation and lucid visions through high intensity vibration.

## ULTRA-RELAXATION

Ultra-relaxation begins the integration process by receiving more sensory input with less emotional/anxious response.

## LUCID VISIONS

Lucid visions, dreamlike experiences that expand in complexity as ultra-relaxation increases, providing experiences of fun, observation, authentic self, peace, and self-awareness.

## INEFFABLE

“too extreme to put into words” describes the ultra-relaxation experience.

## ESSENCE

“the intrinsic nature or quality of something abstract that determines its character.” Self-reflective lucid visions are the essence of your mind-body-spirit.

## NEUROCEPTION TRAINING (NCT)

Neuroception Training is the process of bringing subconscious patterns into conscious awareness. By targeting neurophysiology with HIES a fast shift toward greater resilience, focus, and clarity.

## AWARENESS

There are three types of awareness: physical for body sensations and fluid movement; internal for changes in emotional state; and external for heightened awareness of one’s environment.

## RECOGNITION

There are two types of recognition: positive sense presence that elicits a mood of peace and slow trigger, a result of reduced hyper-vigilance.

## EMERGENT

“in the process of coming into Being.” As an emergent process, Body Logic Program continues to expand for up to six months. Our integration canvas actions and additional HIES sessions strengthen the journey.

