

Dedicated to  
Health Medicine:  
Integrative, Holistic,  
Person-centered,  
Preventive Care



**The Health Medicine Forum**  
1620 Riviera Avenue, Walnut Creek, CA 94596  
[www.healthmedicine.org](http://www.healthmedicine.org)  
925-210-7414

More info  
on the back

**November  
16, 17, 18**

**Friday evening:  
7 - 9:30pm**

**Saturday:  
10 to 6pm**

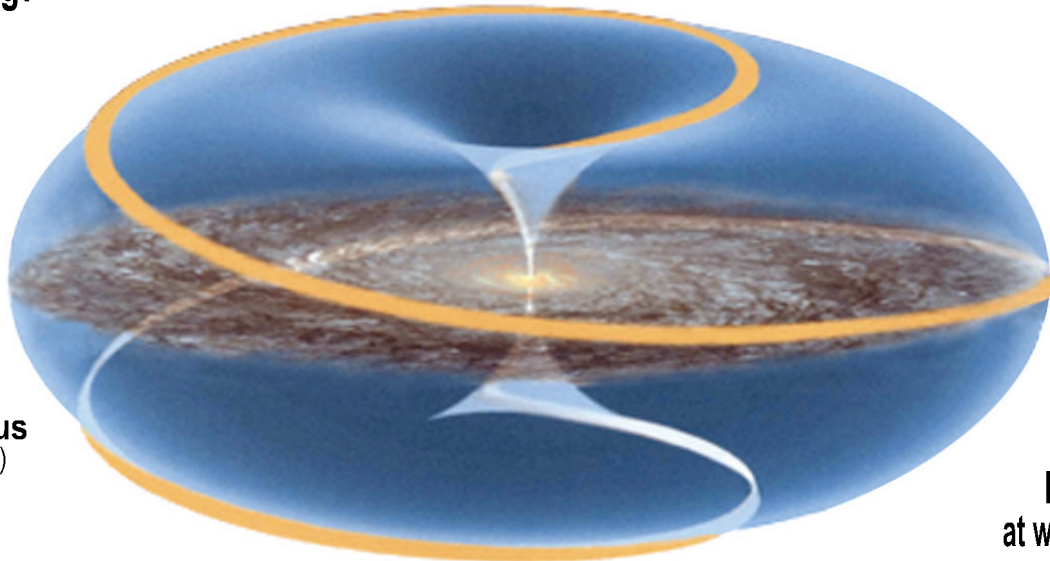
**Sunday:  
10 to 6pm**

**John Muir  
Medical Center,  
Concord Campus**  
(formerly Mt. Diablo)

2540 East Street,  
Concord, CA 94520

*Presented by Arthur M. Young's Theory of Process  
The Reflexive Universe*

Witness the leading candidate metatheory reconciling science  
with spirit via an organizing toroidal, holographic, fractal, self-reflective process.



**\$90**  
Register by  
Nov. 12\*

**\$100**  
All 3 days,  
after Nov. 12

**\$15**  
Friday

**\$50**  
Saturday

**\$50**  
Sunday

Reduced rates  
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# Science & Spirit

classical  
quantum physics,  
biology, ecology,  
astrology

## Presenters



**Michael Buchele, MD** is Board Certified in Emergency Medicine and Internal Medicine. He worked with Arthur Young for 19 years.



**Bob Whitehouse, Ed.D.** is a licensed psychologist, emeritus professor of psychology, and B.C.I.A. Senior Fellow certificant in biofeedback

*Our goal is that  
participants from  
all disciplines  
walk away with a  
profound sense of  
our evolutionary  
developmental  
potentials, that  
there resides purpose  
in the universe  
each of us.*

## Fri., Nov. 16

How the universe and self reflexive consciousness have evolved utilizing holographic and fractal dynamics and the mathematics of the Torus.

## Sat., Nov. 17

Discussion of the Theory of BioProcess (ToBP): how each individual cell develops and how tissues organize as a consequence of ToP dynamics.

## Sun., Nov. 18

A look at the toroidal nature of the heart and resonance and coherence and coherence energy patterns, shown with Spectral Heart Rate Variability and the HeartMath work.

**A complete agenda is on the back**

\*Pre-registration discount: If payment is received by Monday, Nov. 12.  
Mail check to "HMF," address above. Refund available, see website.

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**Hotels:** FREE shuttle. Mention "John Muir" for a possible discount

Concord Hilton: 925-827-2000  
Crowne Plaza: 825-7700

## Friday evening • 7 to 9:30pm

An Introduction to the THEORY OF PROCESS (ToP): The leading candidate for a metatheory that reconciles science (including classical and quantum physics and the life sciences) with the spiritual realms, via a holographic and fractal self-reflexive process. Extensions of this will include Dr. Mike Buchele on Dr. Frank Barr's BioProcess work, and Dr. Bob Whitehouse's work with Heart Rate Variability.

- A. Arthur and Ruth Young and their journey from science to the metaphysical in the discovery of the ToP
- B. Reconciling Science with Spirit, through the arc of process, and through the mathematics of the Torus
- C. The primacy of Light (the Photon) as fundamental to the nature of consciousness, and the evidence for "God as Light"
- D. The 4 Levels of "reality" and the 7 Stages of Process in the evolution of matter and consciousness
- E. The Grid of these 7 stages, via the process of unfolding principles, and the loss and the regaining

- of freedom. In human experience these are the 4 Levels of Being (Spirit, Emotion/Soul, Mind, and Body) and the 7 stages of development or Becoming.
- F. The Cycles of Learning and Application
- G. The necessity of mistakes and their role in evolution: why there must be a physical plane for Spirit/"God" to learn and evolve
- H. The real meaning of the "virgin birth" as a turning point, and its role in the evolution of reflexive consciousness
- I. A brief outline of the next two days of our workshop

## Saturday • 10 to 6pm

### Morning Session • 10 to 1pm

- I. A brief review/recapitulation of the "essentials" of ToP
- II. A deeper exploration of ToP
- A. The "Rosetta Stone of Meaning": unifying physics, astrology, and psychology
- B. The descent of Spirit into matter, via a loss of freedom; followed by the ascent and regaining of freedom with the development of life and consciousness
- C. How determinism is absolutely necessary for free will
- D. What is the true nature of control?
- E. The "truth" in "myth"
- F. The primacy of "purpose"
- G. Soul and Spirit; Mind and Matter: how they are distinct and different
- H. How Science and Spirit can at last be reunited, paving the way for the next stage of human evolution
- I. How the anthropological and archeological history

(herstory) of humankind, as well as our individual psychological development, matches the stages of ToP

J. Where is our society today, and what is the roadmap of our future evolution as predicted by ToP?

K. How the "turn" involves "pulling oneself up by the bootstraps," followed by the tapping of our collective and individual creative genius to find and fulfill our life's purpose

L. The ToP as the ultimate learning system and teaching tool: the "law of sevens"

### Lunch Break • 1 to 2pm

### Afternoon Session • 2 to 6pm

III. Frank Barr, MD's investigation and applications of ToP, leading to his discovery of his Theory of BioProcess (ToBP)

A. A brief review of Bruce Lipton, PhD's work to overthrow the "central dogma" of the "primacy of DNA," confirmed by the findings of the Genome Project.

B. Frank Barr's realization and development of a "process" view of cellular dynamics, predicted by an understanding of the ToP: the discovery of ToBP and the properties of the amazing Melanin molecule

B. "As below, so above": how an understanding of the evolutionary development of the cell leads to an understanding of the unfolding of embryological development via BioProcess predictions

C. Vertebrate Central Nervous System (CNS) development, from Hemichordates to Humans, unfolding per BioProcess predictions

D. The 7 Stages of human CNS development mapped out from the brainstem through the Right and Left cerebral hemispheres

E. Origins of brain wave rhythms: the digital neuronal and the analog glial systems

F. The 7 distinct types of psychopathology, and how the ToBP suggests potential therapies to help treat them

G. How an understanding of the implications of ToBP will revolutionize future medical education

## Sunday • 10 to 6pm

### Morning Session • 10 to 1pm

- I. A brief review/recapitulation of the "essentials" of ToP/ToBP
- II. Applications of ToP/ToBP for biofeedback, psychotherapy, healing, optimum functioning, and the future realization of our human potential
- A. EEG Training for reorganizing and optimizing bodily and mental function
- B. Spectral Heart Rate Variability and spectral analysis for resonance, health, and the opening of intuition

C. Optimal breathing (attaining proper ETCO2) and developing optimal Heart Rate Variability

D. The "Quantum Holographic Information Field" which Karl Pribram says we access in "Low Frequency Heart Rate Coherence": how these resonant effects are non-local

E. The 7 stages of development and the mythic themes in our individual and collective lives

F. Sacred Geometry and ToP: From point to solid and beyond

### Lunch Break • 1 to 2pm

### Afternoon Session • 2 to 6pm

E. Demonstrations of Spectral Heart Rate Variability, Wild Divine, HeartMath's emWave, BetterBreathing, and other Biofeedback techniques with attendee volunteers

F. Guided imagery exercises, demonstrating measurable physiological effects

G. Deep understanding leads to prediction: how you can apply ToP in your own life and practice

H. Final questions, discussion, and wrap up

For more conference information, go to: [www.HealthMedicine.org](http://www.HealthMedicine.org)

For more information, articles, videos, and books by and about Arthur Young and his Theory of Process, go to: [www.ArthurYoung.com](http://www.ArthurYoung.com)