

ROSHI

Neuro-activation Therapy

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ROSHI Reduction in Disorders

- **Brain Fog/Dementia**
- **Head Injury**
- **Autism**
- **Epilepsy**
- **Depression**
- **Anxiety**
- **Chronic or Explosive Anger**
- **Addiction**
- **Bi-polar**
- **Post Traumatic Stress**
- **Asberger's Disorder**
- **Chronic Fatigue Syndrome**
- **Stroke**
- **Tremor**

ROSHI Enhancement of Peak Performance

And Spiritual Awareness

The research findings include:

- **Increased happiness**
- **Reduced stress**
- **Increased intelligence (often 12-20 IQ points)**
- **Increased creativity**
- **Improved memory**
- **Improved health**
- **Lowered high blood pressure**
- **Improved relationships**
- **Increased energy**
- **Reduced insomnia**
- **Reversal of biological brain aging**
- **Lower crime and improved quality of life in society through the resonant field**
- **Reduced psychosomatic disease**

And as we added (slightly tongue in cheek) to our client form: May cause sudden and profound loss of denial.

ROSHI Neuro-Therapy System

Comprehensive Adaptive Re-normalization of EEG

Recent developments in brain scanning technology have allowed the understanding of the electromagnetic functioning of the brain as it relates both to health and to dysfunction. Perhaps you have heard of theta, delta, alpha and beta brainwaves. Many common difficulties arise when there are consistent specific high amplitude brainwave frequencies rather than a highly flexible non-reactive system. Study of the brainwave activity of Zen masters and TM practitioners has shown that their brainwave patterns contain a fully flexible spectrum of frequencies ranging from delta (0-4 Hz) to Beta (14-40 Hz or higher) all at low amplitudes until there is a specific need such as increased beta for external oriented cognitive functioning.

The ROSHI also helps the brain to produce brainwave coherence in all frequencies, indicating the brain is working in a more orderly and coordinated way. When the brain comes into communication with itself holistically it can self-correct and/or compensate. Studies have shown that areas of the brain not normally used for a mental task can “take over” when the brain recognizes a deficit in a malfunctioning area such as that caused by a stroke or head injury. This recognition seems to take place when a coherent state is offered through the ROSHI. The re-normalization of the brainwave patterns has also corrected chemical imbalances and has proven to be long lasting and perhaps permanent.

ROSHI Neurodynamic Activation

ROSHI is an innovative technology being used by practitioners specializing in EEG biofeedback training (also called “neurofeedback”) to treat different health and mental health problems, including chronic fatigue, high blood pressure, chronic pain, ADHD, depressed mood, anxiety, substance use disorders, autism spectrum disorders, insomnia, PTSD and other brain based difficulties. (ROSHI Anthology 2014)

Compelling case reports support that ROSHI training speeds up recovery following stroke and traumatic brain injury and may slow down the rate of age-related cognitive decline. (ROSHI Anthology 2014). Practitioners who use the ROSHI type of Neurofeedback include MDs (psychiatrists and neurologists), PhD psychologists, and clinicians with a Master’s degree in counseling psychology who specialize in EEG biofeedback. In addition to its clinical applications, the ROSHI is also used to enhance benefits of meditation by permitting the users to deepen their capacity to achieve a clear, relaxed state of mind.

Along with Hammond’s research on depression, and Ibric’s with chronic pain, ADD, and stroke, among the most promising applications for the ROSHI are in helping to treat fibromyalgia, anxiety, stroke, headaches, epilepsy, bipolar disorder, age-related cognitive slowing, and brain injuries. Numerous peer-reviewed journal articles and chapters have commented on research findings and clinical applications.

ROSHI practitioners universally report that sessions on the ROSHI have helped brain-injured patients function at levels that they thought they never would regain. The treatment appears to “wake up” the brain. Many patients who were incapacitated and unemployed because of brain injuries have had life

changing results from treatment. Before treatment, each of these individuals had given up on ever working again. Yet, after ROSHI therapy, all have returned to work. One brain-injured patient, unemployed at the start of treatment, started his own company after several months of ROSHI work. His business is now so successful that he has had to hire several new employees and buy more equipment. If he had not had ROSHI treatment, he would still be sitting at home each day, as he was before his sessions.

The pROSHI or Neurodynamic Activator employs both light and electromagnetic stimulation over the full spectrum of brain frequencies (i.e. between 0 and 40 Hz). The concept entails provoking the brain into brief alternating states of entrainment and dis-entrainment until the brain achieves a steady-state response. The ROSHI has been used to enhance performance in elite athletes including Olympic athletes, ice skaters, swimmers, professional baseball players, martial artists, and other competitive athletes. The ROSHI is also used by individuals interested in deepening their meditation practice.

What the ROSHI Does

Brainwave entrainment enhances mental clarity and improves cognitive functioning.

Light and Sound machines, using LED's installed in goggles, work to entrain the brain so that it boosts certain frequencies. They work according to a proven phenomenon of the brain, called "frequency following" or entrainment. When the eyes, and thus the brain, "see" a light flashing at, say, 10 flashes per second (10 Hz), brainwaves tend to follow that frequency. Thus, in response to the light, the brain exhibits more 10 Hz brainwave activity. This is called entrainment because the brain entrains with or follows the frequency of the light and can thus "learn" to produce more of this frequency range.

Many brain disorders or problems are marked by too much and or too little of certain brainwaves. For instance, most patients with attention deficit disorder (ADD) have excess "slow" brainwaves, in the realm of 1-10 hz. People with depression and brain injury also tend to show surplus slow waves. Anxiety, on the other hand, is often marked by an excess of "high" brainwaves, especially those between 20 and 30 hz. So, to treat ADD, for instance, the goggles on Light and Sound machines may flash 13-18 times per second (13-18 Hz) to entrain the brain, thus creating more of the higher frequency activity that helps people concentrate better.

As the relationships between brainwave frequency patterns and behavioral and mental problems were being realized, traditional bio-feedback practitioners were designing systems that were based on diagnosing a specific problem or problems and then creating programs (called protocols) to enhance or diminish certain brainwave outcomes and even had these "protocols" named after themselves. Chuck Davis, on the other hand, felt there was really too much to know to make these kinds of decisions for other people's brains and called himself an "agnostic", someone who could not know. Chuck was brilliant, humble, and caring.

However, Chuck did believe in the "Purusha", the authentic original expression of the Soul in the individual and created the ROSHI to pull off the disturbances in this field caused by damage, trauma, or deactivation (from such things as stroke, anesthesia, or concussion). He believed in and trusted the Self of his clients. He stated that a coherent brain would "know" about unhelpful anomalies and have the opportunity to correct them when the ROSHI created a fluid and flexible state. The ROSHI is thus

sometimes called a dis-entrainment system, that is. it is focused on allowing the natural high functioning state to return by simply offering a non-chaotic flexible pattern.

Chuck believed the beneficial “unifying” effects of ROSHI on brain coherence were analogous to enhanced mental clarity and self-awareness achieved by adept meditation practitioners, hence the name ROSHI (literally - respected teacher). The ultimate goal of the ROSHI is to train the mind to hold this clear state in the same way that a meditation master trains the mind through years of skillful practice.

The ROSHI system also offers electromagnetic stimulation during a training session. This is done through the “Mag-Stims” which are placed on top of the head to stimulate primarily the pineal gland. Increased blood flow to the brain during sessions also helps activate the many functional organs of the brain and re-normalizes the functions of other glands such as the “master gland” the pituitary. Epigenetic studies are showing that this can assist in DNA repair and activation as well. Activation of all parts of the brain during sessions also increases synaptic connections and glial cells.

The mechanism of action by which ROSHI is believed to improve baseline psychological functioning and ameliorate mental health problems involves normalizing, stabilizing, and improving brain electrical activity, manifesting as enhanced mental clarity and peak performance. The ROSHI introduces complex information into the brain in the form of rapidly changing light patterns until the user achieves his or her optimal “state” of dynamic synchronous coordination and normalization between different brain regions, resulting in enhanced psychological functioning and symptom amelioration. Amazingly although the lights seem bright at first (even though the eyes are closed), when you go into a coherent state they seem to disappear and you may think they have gone off, only to open your eyes to be surprised that they are still flashing.

The essential concept underlying the ROSHI training process is that when the brain is forced to analyze an infinitely novel and unique signal introduced as light via LED glasses, the brain will learn how to run its own error-correcting routine and will subsequently undergo a process of dynamic reorganization (i.e. in response to the information in the LED signal), until it reaches a new, more optimal state of dynamic activity corresponding to greater inter-hemispheric coherence. With ongoing training, there is a consolidation of inter-hemispheric coherence and a new “optimal” state of dynamic brain activity manifesting as the alleviation of target symptoms. These improvements are documented by before and after

Certified ROSHI practitioners have reported that the use of the ROSHI results in rapid gains in cognitive clarity that can be sustained with consistent training and can become habituated as the new normal. Sustained changes in neural connectivity following ROSHI training have been confirmed by quantitative electroencephalographic mapping (QEEG) (Ibric, Hudspeth & Dragomirescu 2009). Research findings suggest that beneficial changes in dynamic brain activity achieved with the ROSHI system take place over time, as homeodynamic re-normalization of brain activity occurs in each unique user in response to patterned energy and information delivered to the brain.

History of the ROSHI

Charles Jefferson Davis, affectionately known as Chuck, was born an engineer. At an early age, he spent his time taking things apart to see how they worked. As a boy, he rigged the household phone to talk to people around the world without the help of the phone company. He worked for companies such as NASA's JPL (Jet Propulsion Laboratory), Lockheed, and others. He was a brilliant engineer that some called the "Black Einstein." At some point in his life, he decided to focus his efforts on creating something that would make a more direct positive difference in people's lives. And those of us who were fortunate enough to know Chuck, fell in love with him and carry him in our hearts now after his passing.

As the inventor of the ROSHI I & II and the pROSHI, he has helped thousands unscramble the anomalies of their brains over the years. This non-drug, non-invasive procedure that he eventually called the Neurodynamic Activator® far exceeded the capabilities of any instrumentation of its kind, and it came along well before its time.

As a young man, Chuck Davis always found the brain fascinating, but his first loves were music and math. After working as a professional saxophone player for many years, Chuck ended up at the Motown record label, where he worked as a recording engineer. There he helped produce the Grammy nominated album, *Walkin' in Rhythm* by the Blackbyrds.

After his successful career at Motown, Chuck moved to California. He returned to the field he'd trained for in graduate school, working in R&D for Jet Propulsion Labs (JPL) in Pasadena, and for the aerospace giant, TRW. Successful in his career as a rocket scientist, Chuck's ongoing fascination with brain function drove him to investigate neurofeedback. He was also friends with Robert Monroe of the Monroe Institute who was working with brainwave frequencies using sound (Hemi-Sync). He was meeting some of the leaders in Transcendental Meditation and he told me he didn't have time and didn't want others to need the time to meditate for years to achieve optimum states and wanted to make something available for himself and others that would speed up the process dramatically.

Chuck met Hershel Toomin Ph.D. in Los Angeles and began working with Toomin designing EEG biofeedback devices. But Chuck had a dream for his own machine. He began writing the code for his first neurofeedback system. Three years later, after countless hours of work, he created the prototype for the ROSHI. Neurofeedback practitioners began hearing about the ROSHI. One of the early converts was Victoria Ibric, M.D., trained as a physician in her native Romania, Victoria also earned a PhD. in Immunology and Health Psychology. She moved to Los Angeles, after being invited to conduct research at USC's Cancer Research Laboratory and then moved into neurology and neurofeedback.

When Victoria first met Chuck Davis, she was skeptical about the ROSHI. Swallowing her doubts, she tried it, first on herself, and then on a few carefully selected patients. Impressed with the results, she began incorporating the ROSHI into her burgeoning private neurofeedback practice in Pasadena, California. To her surprise, Victoria found that patients who had previously trained on conventional neurofeedback devices made much faster progress when she began using the ROSHI with them. The changes the ROSHI triggered in her patients were so profound that Victoria purchased several of the new systems and began using them with almost everyone who saw her for treatment. This led, eventually, to her clinical case studies and research on the ROSHI system, which Ibric presented at conferences and had published in biofeedback journals.

Another early ROSHI adopter, Cory Hammond, Ph.D., reported similar benefits. A Professor of Rehabilitation Medicine at the University of Utah School of Medicine, Hammond found that the ROSHI helped patients who he hadn't been able to reach with other modalities. Soon he began seriously investigating the system and conducting research on the ROSHI's abilities.

Cory Hammond found, for instance, that the ROSHI treatment helped patients who were referred to him with what is called "treatment resistant depression". These patients had previously had the finest medical care, including multiple trials on antidepressants, but were still depressed. When these "hopeless cases" came to see Hammond, he initially gave them the MMPI, the "gold standard" of psychological tests. Then, after having 10-15 ROSHI sessions, he administered the test to each patient again. The results showed significant reductions in the MMPI's depression and anxiety scales among others. Other ROSHI pioneers, including Elsa Baehr at Northwestern University, contributed to the "buzz" about the new neurofeedback system.

Propelled by the research studies and clinical trials conducted by Victoria Ibric and Cory Hammond, word about the ROSHI began reaching other healthcare professionals. Today, scores of healthcare professionals are using the ROSHI neurofeedback system throughout the world. Many report that patients travel long distances to have ROSHI treatment at their offices. Because of Chuck Davis and pioneer researchers and clinicians like Victoria Ibric, M.D. and Cory Hammond, Ph.D., patients with brain injuries, ADD, depression, anxiety, and other disorders have a much better chance for recovery than they once did.

Some of the above is an edited reposting of:

from: <https://www.psychologytoday.com/us/blog/integrative-mental-health-care/202006/the-ROSHI-innovative-approach-brainwave-entrainment> – Credit belongs to www.psychologytoday.com and James Lake, M.D.

Personal Note: Peta Amber Lynne, ROSHI practitioner in Ajijic, Mexico

My daughter had a hypoxic brain injury in 2010. She was in a paralytic coma, and I was in the hospital room with her continuously for 76 days. She was on a ventilator to breathe and a feeding tube. The doctors wanted to "unplug" her as they said she would be "locked in". She had brain capacity in the frontal awareness area but on the MRI the whole back area of the motor cortex as well as the visual cortex showed only black, dead tissue. Thus, they thought she would never be able to move or see. If kept alive she would be "warehoused". I didn't go for it for a minute.

I was so fortunate to have been using the ROSHI with clients. First, I put the magstims on her right wrist as directed by Marie Green, a coma specialist. This was to avoid increased blood flow to a swollen brain from the lights yet stimulate the central motor nerve that runs from the wrist to the brainstem. Soon, however, I could use the ROSHI light glasses. I continued to use the ROSHI for many hours a day as well as holosync, Mozart, hemi-sync, and music her friends sent. The doctors thought I was in radical denial. However, today Tiara is happily married, has a wonderful son, sees normally, and is only limited by difficulty walking. I believe all of this is due to the ROSHI's stimulation of synaptic regrowth and its activation of Tiara's divine mental template. Thanks to God, always.

I was first introduced to the ROSHI when my friend, Lee Hayden, had a stroke and became aphasic, losing almost all access to his vocabulary although he “knew” what he wanted to say. We were told that a man named Michael Currier had a neurofeedback system in Santa Rosa that was helping people with stroke recovery. We went to see Michael and after one session, Lee walked out of there speaking normally. (This is not always possible, but sometimes an area of the brain has gone “off-line” and will simply go back to its appropriate tasks). As I learned more about the ROSHI and its use with ADHD as well as other syndromes, I decided to get one as my son and his wife were about to put my grandson on a drug that had been implicated in teenage suicides.

I used it with my grandson to his benefit and then with a friend in Port Townsend, WA. that had incredibly severe fibromyalgia and chronic fatigue for fifteen years. After two weeks she was pain free and popping out of bed at seven in the morning. She became a ROSHI provider. While I was there, I used the ROSHI with a number of clients including a thirty-year-old woman who had cerebral palsy. She had never spoken. After a few sessions she began to speak, saying first, “Goodnight, Grandma” and putting the family in shock. She progressed from what her grandmother described as the level of a frustrated animal to a well-behaved five-year-old. She was not completely healed, but finally, she could express her needs.

I experienced story after story. I worked with a ten-year-old autistic boy who looked into his mother’s eyes for the first time after his ROSHI session. A man with fibromyalgia from the early age of twelve who went from disability to riding his bike 12 miles a day within a few months’ time. Migraines and seizures stopping. I worked with women in a clinic for anger management and one-by-one they got their children back. And on it goes. I did not plan to be a ROSHI Provider but with about one in five people who used it having an experience of “getting their life back” I couldn’t quit making it available. I am hoping to be able to provide this service here and be of assistance to those in need. No one turned away.

Worldwide ROSHI PRACTITIONER LIST: <https://roshi.com/providers/>

More Resources and References

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