

July 2, 1969

Dr. Robert Ornstein  
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Dear Bob,

I have recently re-read your find proposal when we discussed another report, seemingly related - that of Barbara Brown on the "Recognition of Aspects of Consciousness Through Association with EEG Alpha Activity Represented by a Light Signal." Her report, and your studies highlight the important changes occurring in the CNS as a result of internal cues. What may be useful is the description (in both reports) of enhanced alpha amplitudes, synchrony (perhaps) and percent time (even with EO) accompanied by pleasant sensations and "reduced" awareness - the latter clear in Brown's study and implied (perhaps, again) in the "focussed" attention in yours.

The suggestions for period analysis in your study will probably answer some of your questions, although the qualitative changes which are described as "synchrony" will probably be as important. A quantitative method to evaluate synchrony might be derived from cross-power spectra or correlational analyses.

If you do not know of Brown's work, I suggest you write to her (V.A. Hospital, Sepulveda, California). But I presume you do, already.

Good luck!

Sincerely yours,

Max Fink, M.D.  
Professor of Psychiatry

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