

## THE MANCHESTER TRIAL ~ψ~

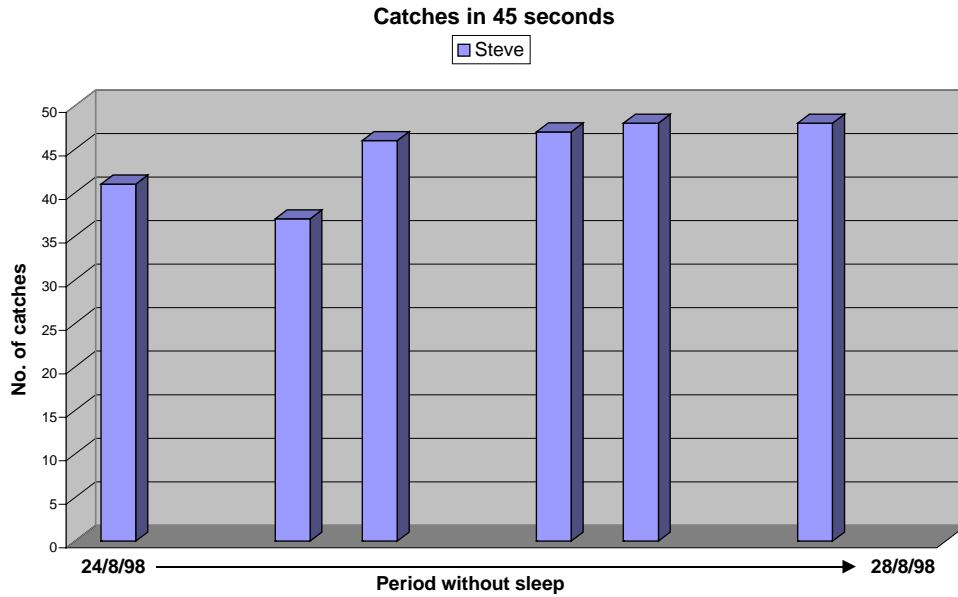
The experiments with consciousness and sleep deprivation continued over the next few years. Despite failing to achieve the sense of complete separation that occurred at Leicester, these yielded further experiences that supported the hypothesis that we have a functional split mind. During this time contact was made with other research institutes for it was hoped that many of these consciousness changes could be tested in a laboratory situation. Dave Collins from Manchester Metropolitan University expressed an interest. He had been intrigued by athletes who had achieved highly unusual and enhanced 'once in a lifetime' performances. What was particularly relevant to this enquiry was that the athletes described their mental state at these times in almost mystical language. They reported transcendent, fluid and flowing states. Could these be connected to the higher function that emerges when the right brain takes over from the left?

A meeting in early 1998 led to a series of experiments being designed to investigate physical and mental abilities over a five-day period of continuous waking consciousness. The two 'guinea pigs', Tony Wright and Steve Charter, had both been eating a predominantly raw diet for seven and four years respectively.

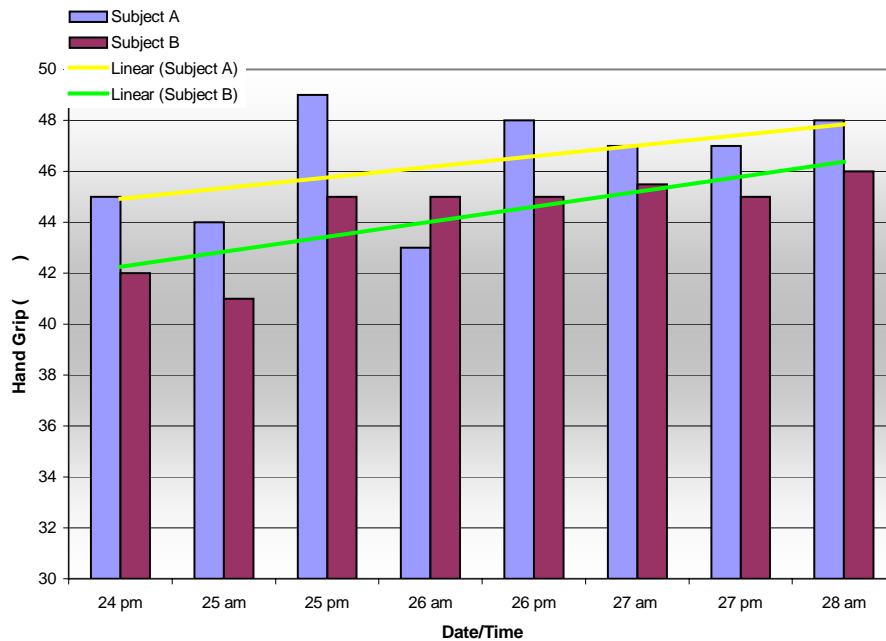
During the five-day experiment Tony and Steve were subjected to a series of trials every three hours. Stamina, physical abilities, co-ordination and mental responses were investigated and breath (gas analysis), heart rates and brain activity (EEG) were monitored. These trials were repeated around a 24-hour cycle and the heart monitors were worn continuously. Once every 24 hours brain activity was further checked using co-ordination trials. These tested the response to written instructions that appeared on a screen. For example the word 'green' would flash and the response would be to hit the green button.

Physical tests included jumps to measure height reached, and bouncing a ball against a wall, catching it alternately with each hand to measure co-ordination (this was timed). There were specific tests for left and right hands too. One involved putting pegs in a board; the task was timed for each hand. The results for all these tests were, from a standard viewpoint, unexpected. For instance, in the pegboard experiment initially the right hand was quicker but as the experiment proceeded the left hand improved its performance so that overall it actually achieved the faster times. Another test involved balancing on a 'see-saw' device. This was difficult and to begin with the plank just crashed from one side to the other. It took much effort to achieve any sort of balance at all but on the last day of the trial Tony just stood up and balanced perfectly – he felt something had clicked in, like a different mode of function, and achieving balance became effortless. This puzzled Professor Collins for, from his previous experience with the SAS, he had found that balance was one of the abilities that markedly decreased with tiredness.

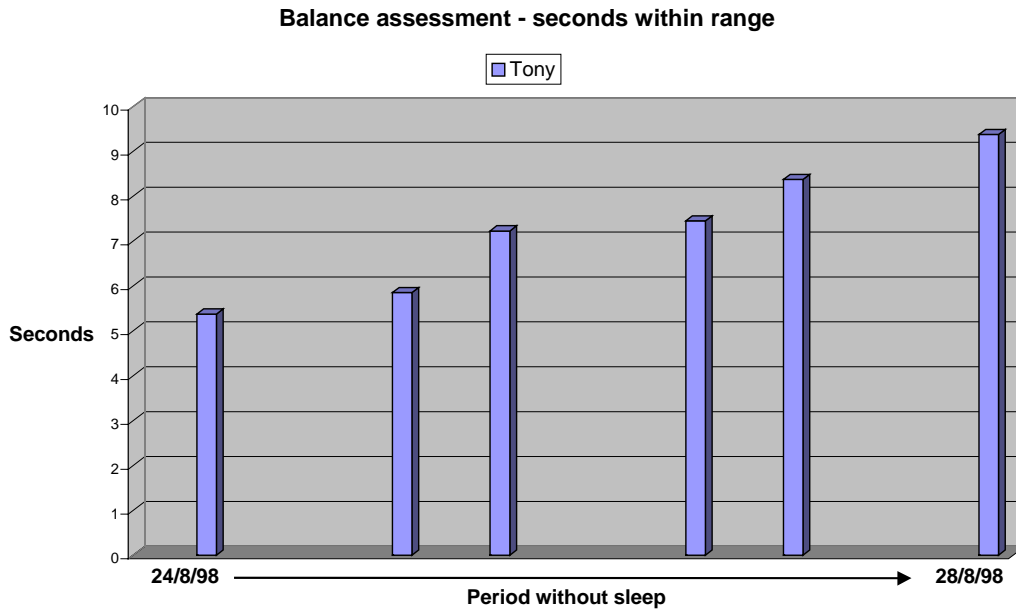
Unfortunately to date the EEG data has not been analysed. It would be extremely interesting to see whether the EEG picked up any progressive differences in left and right hemisphere activity over the experimental period. However, the overall results from the other tests show dexterity, strength and co-ordination increased rather than declined. It appeared that sleep deprivation in conjunction with a raw food diet was responsible for an unexpected and anomalous result.



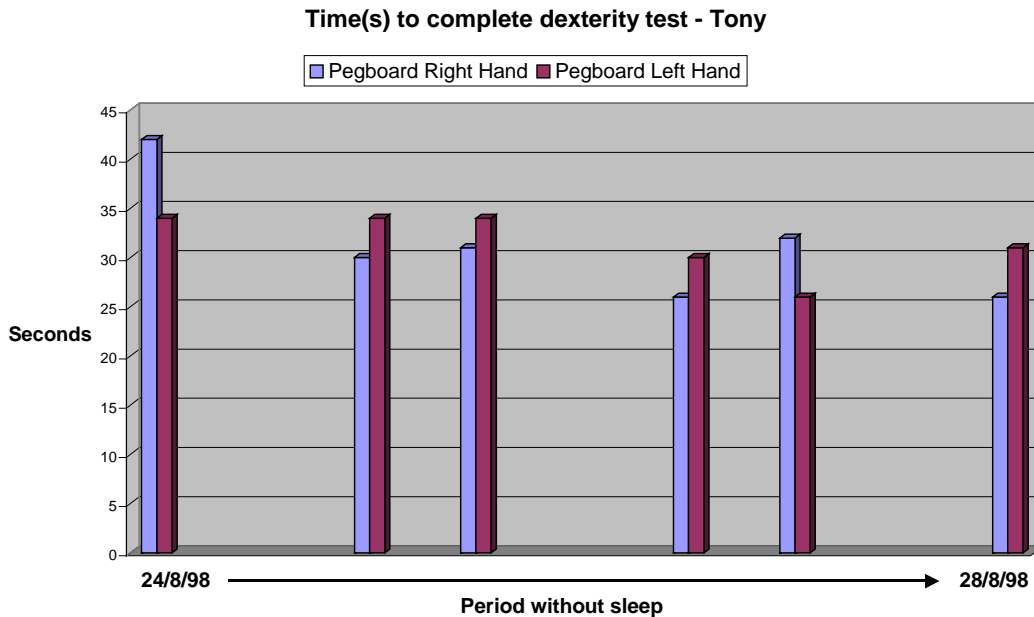
*Fig 1c: The first trial consisted of throwing a ball a measured distance against a wall and making catches. This tested balance, hand and eye co-ordination and speed. As with all the tests, they were carried out at regular intervals throughout the day and night. The graph shows the number of catches made in a specific time: With a lack of sleep dexterity actually increased.*



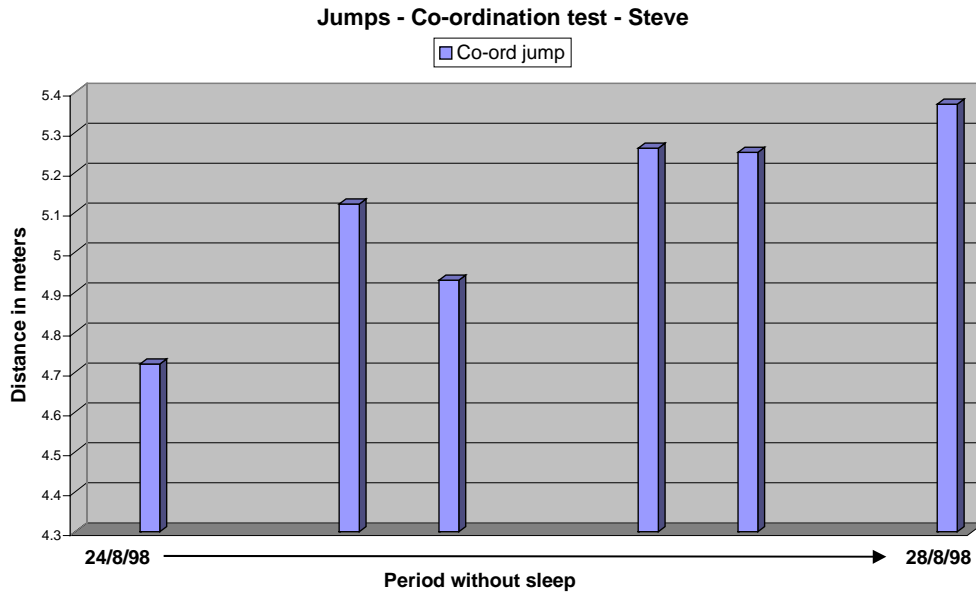
*Fig 1d: The second trial measured the strength of handgrip in the morning and evening over the five days with no sleep. Handgrip strength increased as the trial progressed.*



*Fig 1e: The third trial involved the subject standing on a seesaw device and trying to keep as near level as possible. The graph shows the average time per test the subject stayed within a specified range of balance. Again it can be seen that ability increased as the trial progressed.*



*Fig 1f: This graph shows the time taken by each hand to remove, turn upside down and return small wooden pegs to their respective holes. This trial tested dexterity, hand and eye co-ordination and concentration. It can be seen that the time taken to complete the task decreased with the numbers of days spent awake. It may be worth noting that this normally right handed subject showed an increasing degree of ambidexterity or even left hand superiority as the trail progressed. This accords with the observations by Dr A. Tomatis of the factory workers who became more ambidextrous as their fatigue levels increased.*



*Fig 1g: In the fifth trial the subjects were asked to make a hop, skip and jump from a standstill. The graph shows the distance in metres the subjects achieved. This again increased as the trial progressed. The results from all these trials were unexpected. With a lack of sleep strength, dexterity and co-ordination were expected to decline not increase!*