

Chapter 1 - The Body Antenna

Excerpt 5 from [The Sage Age – Blending Science with Intuitive Wisdom](#)

Multi-antenna Arrays

A vertical antenna is considered an omni-directional radiator. In other words, it transmits in all directions simultaneously. This radial pattern can be imagined by envisioning a straight pin at the internal center of a basketball. The straight pin, acting as the antenna, radiates waves from its center point toward both of its ends and then outward in a spherical pattern toward the walls of the basketball in every direction simultaneously. This is an example of an antenna radiating in free space. To imagine the radial pattern of a real land-based antenna, envision the basketball cut in half and sitting on the ground, effectively creating a dome over the antenna with a flat plane at its base. The waves from the antenna would then radiate in a half-spherical pattern. This omni-directional radiation is beneficial in the sense that a single broadcast signal can reach a wide audience. The drawback is that when such an antenna is used singularly, it cannot block interference by unwanted signals, thus lowering its effectiveness. Such an antenna also cannot direct its signal toward an intended area or region. To diminish these issues, vertical antennas can be configured in what is known as a multi-antenna array. These arrays can be grouped in specific configurations to control their radiation pattern and to block signals that may interfere with their transmission. Positioning of each antenna element is critical because the combined effect of all antennas transmitting together on the same frequency at the same time produces a new transmission pattern.

In an array, the pattern radiating from each antenna causes interference with all of the other patterns in the array. This interference can either be constructive or destructive. For example, in a constructive arrangement, the patterns can be combined so that the radiating signal appears to be coming from one very large antenna. If the patterns interfere in a destructive way, a chaotic transmission pattern is created. Think of the constructive array as an orchestra with each instrument playing a note that is in harmony with all the other instruments. This results in one unified sound from the orchestra as a whole. If any of the individual instruments are playing notes that are not harmonious, they create a destructive interference pattern and the whole-ness effect is lost.

Multi-antenna arrays are also effective in the reception of faint signals from distant locations. One prime example is the Very Large Array (VLA) antenna dishes in New Mexico which is used as an astronomical observatory by receiving weak radio signals from space. The 27 antennas can be arranged in such a way so that they act as one gigantic receiving dish antenna.

Now, consider a group of folks sitting together and all holding the same body shape while meditating. Collectively, they act as a multi-antenna array which is both broadcasting and receiving. If they are simultaneously holding the same focus and intent, the consolidated effect can

be quite powerful just as it is with an orchestra where all instruments are playing harmoniously with one another. Several examples include:

- Any type of group religious/spiritual service or ceremony,
- Buddhist monks sitting together and sounding OM,
- Pagans gathered in a circle (especially in the company of a standing grove of trees, which act as antennas themselves).

Many studies have been conducted showing evidence of the effectiveness of this type of group meditation. More on this can be found later in this chapter and in Chapter 4.

Another aspect of a multi-antenna array type affect is when folks gather to perform Tai Chi or other such meditative exercises. In China, folks regularly come together in public parks to exercise in group. One of the added benefits to such gatherings is that they are all in direct contact with the Earth. The ground around an antenna affects the radiation pattern in the area nearest to the antenna. This is called the near-field.

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