

Self-Discovery and Healing Through Photography Program

Instructions

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Introduction

The emphasis of this study is on self-discovery. Photography is used as a medium to express and explore our inner-self and to connect us to the world around us.

We usually render in art what we relate to the most. We will explore the relationship of photography to issues of ourselves, our relationships to others, and the world around us. These issues are a part of us and will be present in our creative artwork.

If you don't know anything about photography, you can use a cell phone to take photos or you can sketch, paint, draw, arrange music, or any form of artwork that calls to you. If you want to advance your photography skills and/or learn astronomy, Dr. Allocca can provide further instruction. The focus of this program is to find expression for your authentic spiritual self.

The journey will follow the path of the Ancient Wheel of Four Directions, a living tool as we travel to each direction. The attributes of the Ancient Wheel of Four Directions varies from culture to culture. Some common thoughts are the principle that life is a circle and that the four directions stand for North, South, East and West with Mother Earth being below and Father Sky being above. The Wheel can be seen as a mirror that lets us see inside ourselves and our society in order to develop, realize, and become our potential. As we grow, we change like the seasons, passing through the sections of the circle, learning from each direction.

Brainicity™ Brain Biofield Enhancement is an optional part of this journey. Brainicity™ generates a unique waveform with a specific number of harmonics. This special waveform at different frequencies are fed into the brain via headphones.

This course can be taken at the student's own pace.

Step 1 - Brainicity™ Brain Biofield Enhancement

This step is optional.

Benefits

- Create Greater Relaxation
- Improve Mental Focus
- Increase Cognitive Function
- Get Better Sleep
- Enhance Performance

What is Brainicity™? (Summary)

Biofield: The heart produces electromagnetic signals, which is called electrocardiography (ECG) or the heart biofield. The brain produces electromagnetic signals, which is called electroencephalography (EEG) or the brain biofield. Brainicity™ uses integrated harmonic wave audio patterns to facilitate multiple brain biofield resonances.

Summary: Brainicity™ generates a unique waveform with a specific number of harmonics. This special waveform at different frequencies are fed into the brain via headphones to produce interpreted frequencies that are within the brains biofields of delta, theta, and alpha range.

In a clinical study, the Brainicity™ system caused an immediate increase in alpha brain waves and relaxation.

Just sit back and relax.

It is important to use stereo earphones or headphones to complete the effect.

Choose one of the Brainicity™ selections that appeal to you and listen to it in a single session with headphones or earphones only. Speakers will not be as effective.

Step 2 - Textbook

A. Purchase the book "Self-Discovery and Healing Through Photography" by Dr. John A. Allocca in print format from Amazon.com. The ebook is contained on the USB drive.

<https://www.amazon.com/dp/B09NGXSQRS>

Dr. John A. Allocca, Copyright 2021
ISBN 9798783108730
164 - 6" x 9" pages

Everyone wants inner peace. It is the lack of inner peace that causes hatred and violence. For thousands of years various disciplines have structured long studies, mentoring, and meditations of some sort to achieve the goal of inner peace. Most of these disciplines are found in eastern cultures. The fast-paced western society has shown little interest in them, with some small exceptions. What is the solution? The solution or part of the solution is to develop a methodology that comprises of technology and some aspects of the various disciplines that will be useful and of interest to people in western society.

Almost everyone in western society has a cell phone with a camera, which makes photography easy. Photography is a tool used in this methodology to to explore what people feel inside. Any camera or cell phone can be used. What are you called to photograph? What emotions does the photograph bring to the surface? How does it make you feel? This book will help to guide you through this process. This book contains two of Dr. Allocca's personal journeys: 2009 and 2018. A 2019 addendum has been added to the book.

Dr. Allocca is a medical research scientist and biophysicist with many years of personal experience in photography and with some knowledge of Buddhism, Shamanism, Yoga, self-discovery, and personal growth.

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Addendum 2019
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Addendum 2021

All of the photos and diagrams in this book are in full color.

Step 3 - Journal

Purchase a blank journal. Keep a journal of every thought along this journey.

If you have any questions, contact Dr. Allocca by Email

Step 4 - Reading Assignment 1

Read the following chapters in the book, ask questions, and take notes:

- Awakening
- Consciousness
- What is Consciousness?
- Mindfulness and Ego Control Battles
- Introduction to Buddhism

Step 5 - Journey Background

Read the following chapters in the book, ask questions, and take notes:

- The Journey Started in Sedona
- The Journey of the Ancient Wheel of Four Directions
- Dr. Allocca's Journey of the East 2009
- Dr. Allocca's Journey of the South 2009
- Dr. Allocca's Journey of the West 2009
- Dr. Allocca's Journey of the North 2009
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- Dr. Allocca's Journey of the West 2018
- Dr. Allocca's Journey of the North 2018
- Dr. Allocca's Journey 2019
- Dr. Allocca's Journey 2020

Step 6 - Your Personal Journey - East

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 1 - Beginning with a Camera
Your Personal Journey Guidance - Part 2 - Beginning Assignments
Your Personal Journey Guidance - Part 3 - East
- B. Begin your journey in the East.

Step 7 - Your Personal Journey - South

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 4 - South
- B. Begin your journey in the South.

Step 8 - Your Personal Journey - West

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 5 - West
- B. Begin your journey in the West.

Step 9 - Your Personal Journey - North

- A. Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 6 - North
- B. Begin your journey in the North.

Step 10 - Your Personal Journey - Journey Reflection

- Read the following chapters in the book, ask questions, and take notes:
Your Personal Journey Guidance - Part 7 - Journey Reflection