

Title: Speaking in Tongues, or Glossolalia, consciousness states, and the mind/body benefits of fluent spiritual speech: Extending the purpose of linguistic experience.

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Please note: This paper is in progress - comments are welcome!

Abstract:

"[The Scribble Hypothesis](#)" and "[A Theory of Marks and Mind](#)" (Sheridan, 2002, 2005, www.marksandmind.org) connect the co-development of mark-making and speech, identifying them as defining behaviors in humans. This paper explores spiritual speech as part of that linguistic continuum. Across cultures, prayer exists and persists. We theorize that prayerful speech evolved as a linguistic strategy for communication in situations requiring especially synchronous, low-energy brain states. Brain scans show that children who have trouble reading, writing and speaking over-use their brains. Like other efficient systems, brains are designed to conserve energy. To not know why one feels a certain way, to be helpless to analyze or to communicate wastes energy, while promoting negative feelings which may interrupt or even block linguistic production. Efficient brains do not struggle with word-production or image-making. Communicative fluency frees the hand and the tongue. Can prayerful speech open closed communication pathways? Does the especially fluent prayerful speech called glossolalia (or "speaking in tongues") confer extra body/brain advantages? Prayerful speech focuses attention while achieving positive (happy, peaceful, joyful) feelings. We theorize that such focused, attentive, positive feelings coincide with and are evidence of healthy brain states. Fluency in mark-making and in speech are desirable neurologically not only because they conserve energy, but because they occasion "clarified" or "transparent" quantum events, experienced on conscious levels as healing states of mind like peace, joy and enlightenment. The fields of cognitive science, quantum physics, medicine, and neurotheology provide support for the functional relationships between quantum events including minimal energy brain states, visual and verbal fluencies (and thus of a whole language education which includes a full range of marks and speech sounds), clarified or enlightened consciousness states, and powerfully therapeutic, systemic health or well-being.

Key words:

literacy; fluency; dysfluency; drawing; writing; speech; deficit; block; therapeutic; prayer; quantum; brain; energy; language; consciousness; spiritual; meditate; glossolalia; wellness; health; trance; draw; write; marks; linguistic; synchronous; conserve; fluency; tongues; attention; enlightenment; physics; well-being; speaking in tongues

Discussion:

Brain research and medical research are admitting a spiritual component. Should a threefold mind/body/soul model inform language education? Children require a range of marks, images and sounds to communicate. Does the speech called prayer (as spiritual, soul- speech) play a role in children's development? Where trauma is involved, may fluent prayer-speech (as with scribbling and drawing) ease or unlock a child's blockages in connection with feeling, speaking, writing, calculia, reading? Prayerful sound can achieve brain states characterized by high synchrony and low (theta or hypnagogic) hertz levels, reducing stress, pain, high blood pressure, erratic heart beat, even healing disease. The enhanced verbal fluency of fervent prayer may have therapeutic value, because, like other meditative, spiritual practices, it protects the human brain and body from disruptive illness, while promoting an emotional sense of wholeness and well-being.

Inter-disciplinary research suggests that the goal of the emotional catharsis achieved through meditative practice, including meditative sound is deeply relaxed, resolved, restorative body/brain states. Glossolalia, or "speaking in tongues," is a meditative/spiritual speech- sound, which is connected with such states. Glossolalia occurs across religions and cultures. Some researchers dismiss it as a non-language, a babbling, a regression to baby talk. Others, including those who have experienced it, state that speaking in tongues is significant linguistic behavior. Stuttering, along with expert language skills and an especially high number of dopamine receptors may connect genetically, suggesting the pleasure/health benefits - not of stuttering - but of hyper-fluency. As hyper-fluent speech, glossolalia may reward the speaker neurochemically with elevated (ecstatic, mystical, transcendent) brain states as an emotional dividend for achieving especially healthy, sound-induced body/brain states.

Like other fluencies (ease in drawing, writing, mathematical notation, musical composition), speech fluency determines how easily and fully a person communicates, with important psycho-somatic consequences. Across dynamic systems (including our bodies and our linguistic brains), the issue of orderly and efficient, or "fluent" behavior versus disorderly, inefficient, or "dysfluent" behavior influences outcomes. As especially fluent speech, does glossolalia as speech- sound delivered at a certain frequency confer special body/brain rewards in terms of health and a sense of well-being?

The Questions: Can a very specific kind of speech remediate language-related delays, blocks, deficits or damage? Does the "cure" depend upon order versus disorder? Does order as it relates to human mental and physical health, including literacy and speech, depend upon correct frequencies or rates of energetic oscillation? In fact, how do energy and matter related in this instance?

The Research Areas:**Bibliography- in progress**

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