

BEVERLY A. RUBIK

PROFESSIONAL BACKGROUND

Education:

1979 Ph.D., Biophysics, Phi Beta Kappa, University of California, Berkeley, California.
Dissertation: *A Systems Approach to Bacterial Chemotaxis*

1972 B.S. Chemistry, summa cum laude, minor in Physics, Illinois Institute of Technology, Chicago, Illinois

Professional Positions:

2008-present Adjunct professor, Integrative Health Studies, California Institute of Integral Studies, San Francisco, California

2007-present Adjunct faculty member, Mind-Body Medicine and Integrative Health, Saybrook University, San Francisco, California

2007-present Part-time Holistic Health Consultant, Health Medicine Center, Walnut Creek, California

2000-present Core faculty member, Ph.D. in Interdisciplinary Studies and Master of Arts Programs, Union Institute & University, Cincinnati, Ohio, and Montpelier, Vermont, Academic Centers.

2000-2006 Project Director, Institute for Frontier Science, Oakland, California, in consortium with Department of Psychology, University of Arizona, Tucson (consortium funded by US National Institutes of Health center grant).

1999-2002 Visiting Assistant Professor, University of Arizona, College of Medicine, Program in Integrative Medicine under Dr. Andrew Weil, Tucson, Arizona

1996-present Founder and President, Institute for Frontier Science, a 501(c)3 nonprofit corporation for education and research, Oakland, California

Professional Associations:

American Association for the Advancement of Science
Bioelectromagnetics Society
International Society for the Study of Subtle Energies and Energy Medicine
Society for Anthropology of Consciousness
Society for Scientific Exploration

Community, Civic, and Professional Services:

2010 iRenew BioEnergy Solutions, Boca Raton, Florida; conducted research on consumer health product.

2010 Spiritual Studies Institute, Escondido, California; conducted collaborative research on spiritual healing.

2010 Inner Peace Music, San Anselmo, California. Conducted research on psycho-physiology of humans listening to music to assess stress reduction.

2009-present Member, Scientific Advisory Board, Nura Health Care Technologies, Seattle, Washington.

2009-2010 Philip Stein, consulting scientist Miami, Florida; conducted research on frequency imbued wellness products; advised on technical issues.

2008-2009 Wellcorps International, Inc., International Advisory Council, consulting scientist, San Francisco, California; conducted clinical research on nutritional products.

2007-2009 Executive board member, Health Medicine Forum, Walnut Creek, California.

2006-2007 Nonprofit organizations: National Association of Nutrition Professionals; and Teleosis Institute, Berkeley, California; advised on drinking water and related health issues.

2006 Bioponic Phytoceuticals, Kihei, Hawaii; provided assistance on patent application for herbal-based consumer health products.

2006 Pet Parent Network, Monterey, California; designed and conducted pilot research study on canine nutrition and dietary supplementation.

2004-2005 Optimal Performance Institute, Sunnyvale, California; lectured on health and wellness with psychophysiological assessment of participants.

2004-2005 Taro Dream, Inc., consulting scientist, Kamuela, Hawaii; advised on probiotic content of fermented food products.

2002-2004 Taught free yoga and qigong classes and workshops to patients and the elderly in Larkspur and Oakland, California.

2002-2003 Gave free consultations to Blue Planet Village on drinking water issues.

2002 American Medical Students Association, Washington, D.C. Developed medical school curriculum for Bioenergetic Medicine funded by the US National Institutes of Health (NIH).

2000-2008 Clarus Transphase Scientific, Inc., Scientific Advisory Board, San Rafael, California; consulted on consumer health care products and electromagnetic effects in biology and health; conducted basic science and clinical studies on consumer products imbued with subtle energies.

1997-ongoing Presented numerous free lectures to the public hosted by various nonprofit organizations throughout the San Francisco Bay Area, including Friendly Favors, Walnut Creek, California; Health Medicine Forum, Lafayette, California; Parapsychology Research Group, San Francisco, California; Mind-Being Foundation, Palo Alto, California; Institute of Noetic Sciences, Petaluma, California; IONS Diablo-Walnut Creek Chapter, Walnut Creek, California; California Society for Psychical Research, Berkeley, California; New Frontiers of the Gold Country,

Nevada City, California; Northbrae Community Church, Berkeley, California; San Francisco Tesla Society; National Association of Nutritional Professionals, Berkeley, California; The Taoist Center, Oakland, California; and Teleosis Institute, Berkeley, California.

1996-present Senior Scientist, Institute for Frontier Science, a 501c3 nonprofit corporation, on scientific research and project management.

1996-present Holistic health consultant/educator to individual clients on enhanced self-care including nutrition and mind-body fitness; blood, biofield, heart rate variability, vascular stiffness, ergometer, and stress testing.

Awards, Recognitions, and Service to Peers and Nonprofits:

2010-present Representative, Faculty Council, Union Institute & University, Cincinnati, Ohio

2010-present Board Member, Source for Educational Empowerment and Community Development, Albuquerque, New Mexico

2010-present Honorary Board Member, Weston A. Price Foundation, Washington, D.C.

2009-present Board Member, International Society for the Study of Subtle Energies and Energy Medicine

2009 Alyce and Elmer Green Award for Innovation in Science, International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM)

2008 Integrity in Science Award, Weston A. Price Foundation

2008-2009 Member, Editorial Board, *ReVision Journal*

2006-2007 Member, Annual Program Committee, International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM)

2006-present Member, Editorial Board, *Integrative Medicine Insights*

2005-2010 Member, Scientific Advisory Board, Global Health Institute, New York, New York

2005 Scientist of the Year Award, 8th World Qigong Congress, San Francisco, California

2004-present Professional listing in *Who's Who in the World*

2003-2006 Member, Honorary Editorial Board, *Evidence-Based Integrative Medicine* (journal)

2002-2006 Member, Steering Committee, Center for Frontier Medicine in Biofield Science, University of Arizona, Tucson, Arizona

2002-present Member, Editorial Board, *Journal of Alternative and Complementary Medicine*

2002 Roger Callahan Award, Association for Comprehensive Energy Psychology

2001-2004 Member, International Advisory Board, The International Joseph H. Navach Project, Human Energy Systems Laboratory, University of Arizona, Tucson, Arizona

2001-2004 Founding Member, Institutional Review Board, Union Institute & University, Cincinnati, Ohio

2000-2001 Member, Board of Advisors, Lightbridge Productions, "Healing Quest," San Francisco, California

1998-present Member, Scientific Advisory Board, Health Medicine Forum, Walnut Creek, California

1994-ongoing Listed in *The World Who's Who of Women*

1994-present Member, Journal Advisory Board, *Subtle Energies and Energy Medicine*

1994-present Listed in *Who's Who in Science and Engineering*

1992-present Listed in *Who's Who in Science and Theology*

SCHOLARLY ACTIVITIES

Scholarship of Discovery:

Rubik, B (textbook chapter, drafted 2010; in press) The Power of “Magnetized Water.” In: *Brazilian Psychiatric Hospitals Treating Body, Soul, and Spirit: A New Model of Psychiatric Care*. Bragdon, Emma (editor).

Rubik, B (2008) Ethical Concerns in Human Manipulation. In: *The Meaning of Life in the 21st Century*. Johnson, Don Hanlon (ed.). New York: iUniverse, Inc., 2008.

Rubik, B. (2008) (essay). In Awe and Gratitude for the Body. In: *Originally Blessed: The 25th Anniversary of Matthew Fox’s Original Blessing*. Henry, Matthew (editor). Golden, CO: Creation Spirituality Communities, pp. 88-91.

Rubik, B. (2007) (Textbook chapter #11). Qigong for Health and Wellness. In: Volume 2, *Psychology, Spirituality, and Healthcare* of 3-volume series. Serlin, Ilene (editor), *Whole Person Healthcare*. Westport, CT: Greenwood Publishing Group (Praeger), pp. 211-234.

Rubik, B. (2007). Ethical and Other Concerns in Human Manipulation Research and Development, Proceedings of the International Conference on Science and Religion in an Age of Crisis, Yoko Civilization Research Institute, Tokyo, Japan (bilingual publication in Japanese and in English).

Rubik, B. (2002) Can Science Offer Us Hope for the Future? Essay in: Warnstrom, Ingemar (ed.) *The First Book of Hope*. Malmö, Sweden: Bohlin Grafiska, p. 17-21.

Rubik, B. (2001) Complementary and Alternative Medicine: The Paradigm Shift Underway in Science and Medicine. *Network*, 17(1), March 2001, p. 4-8.

Rubik, B. (2000). Subtle Energies in Biology and Medicine. In Akutsu, Jun (ed.), *Shocking Science*_Tokyo: Tokuma Press, p. 57-70 (in Japanese).

Interdisciplinary Scholarship:

Union Institute & University Faculty Development Grants

2010 Union Faculty Development Grant for presentation of original research paper at International Water Conference, Mt. Snow, Vermont, Oct 2010; 2007 Union Faculty Development Grant for presentation of paper on the biofield at International Society for Neurofeedback and Research, San Diego, California; 2006 Union Faculty Development Grant for presentation of original research paper on qigong at Complementary and Alternative Medicine Expo, Los Angeles, California; 2005 Union Faculty Development Grant for presentation of original research paper on Reiki at International Society for the Study of Subtle Energies and Energy Medicine, Boulder, Colorado; 2004 Union Faculty Development Grant for presentation of original research paper on Reiki at International Society for the Study of Subtle Energies and Energy Medicine, Colorado Springs, Colorado; 2002 Union Faculty Development Research Grant, Union Institute & University, Cincinnati, Ohio; research project on drinking waters.

Other Grants

2010 Grant from Spiritual Studies Institute, San Diego, California, to support evidence-based spirituality research project on spiritual healing; 2009-2011 Grant from Weston A. Price Foundation, Washington, D.C., to support research projects on blood testing in relation to diet

and nutrition; 2007-09 Neurotek, Inc., Goshen, Kentucky; support for research project on 40 Hz brainwave emission, neurofeedback, and the inner experience of maximizing 40 Hz brainwave; 2007-2009 Anodos Foundation, Cambria, California, grants for collaborative research toward the development of appropriate scientific methodology to study subtle interactions between mind and matter; 2003 Institute for Frontier Science, Oakland, California. Lifebridge Foundation grant for general operating expenses for research programs; 2002-2000, Institute for Frontier Science, Oakland, California. National Institutes of Health (NIH) Center Grant, for establishing the Center for Frontier Medicine in Biofield Science at University of Arizona, Tucson, and at Institute for Frontier Science, Oakland, California, for conducting scientific and medical research on biofield science including therapeutic touch, qigong, Joh Rei, and related modalities, and training scientists in research; 2001 Institute for Frontier Science, Oakland, California. Grants from Ideas One, Inc., the Silicon Valley Community Foundation, and the Joseph Carley Foundation for research equipment and general operating expenses; 1997-2007 Institute for Frontier Science, Oakland, California. Annual grants from Jeanne Rich Foundation for purchase of research equipment and general operating expenses.

Journals – Scientific

Rubik B. (2011) Neurofeedback-enhanced gamma brainwaves from the prefrontal cortical region of meditators and non-meditators and associated subjective experiences. *Journal of Alternative and Complementary Medicine* 17(2), pp. 109-115.

Breus M.J., & Rubik B. (2010) A randomized, double-blind, placebo-controlled, crossover evaluation of Natural Frequency Technology and Sleep Natural Frequency Technology on sleep in normal subjects with un-refreshing sleep. *Sleep Diag & Ther* 5(5), p. 27-29.

Rubik B. (2009) Pilot research study: live blood analysis of adults comparing the Weston A. Price Foundation diet and the conventional modern diet. *Wise Traditions in Food, Farming, and the Healing Arts* Vol 10(4), pp. 35-43.

Rubik B. Measurement of the Human Biofield (Textbook chapter #20) (2009). In: Freeman LW, (editor) *Mosby's Complementary and Alternative Medicine: A Research Based Approach*. St. Louis, MO: Mosby (Elsevier, Inc.), 555-573.

Rubik, B.; Brooks Audrey; and Schwartz, Gary (2006). *In Vitro* Effect of Reiki Treatment on Bacterial Cultures: Role of Experimental Context and Practitioner Wellbeing. *Journal of Alt. & Compl. Med* 2006;12(1):7-13.

Rubik, B., and Brooks, Audrey (2005). Digital Electrophotographic Assessment of the Fingertips of Subjects Practicing Qigong. *Evidence-Based Integrative Medical Journal* 2005;2(4):245-252.

Rubik, B.; Brooks, Audrey; and Schwartz, Gary (2004). The Effects of Reiki on Bacterial Culture Growth in Relation to Psycho-Social Context (abstract). Proceedings of the annual conference of the International Society for the Study of Subtle Energies and Energy Medicine, June 2004, Colorado Springs, Colorado.

Rubik, B. (2004) The Human Biofield and a Pilot Study on Qigong. In: Joaquim Fernandes (ed.) Proceedings of the International Forum on Science, Religion, and Consciousness. Porto, Portugal.

Rubik, B. (2004) Changes in biofield emission parameters of chronically ill subjects following qigong. In: R.I. Heinze (ed.). Proceedings of the 20th International Conference on the Study of Shamanism and Alternative Modes of Healing, Santa Sabina Center, Dominican University, San Raphael, California, September 1-3, 2002. Berkeley, CA: Independent Scholars of Asia, Inc.

Rubik, B., and Brooks, A.J. Digital Electrophotographic Assessment of the Fingertips of Subjects Practicing Qigong. Submitted to *Journal of Alternative and Complementary Medicine*, July 2004.

Rubik, B. (2003) The Biofield Hypothesis (abstract). Proceedings of the Quantum Mind Conference, University of Arizona, Consciousness Studies Program, Tucson, March 2003.

Rubik, B. (2002). The Biofield Hypothesis: Its Biophysical Basis and Role in Medicine. *Journal of Alternative and Complementary Medicine*, December 2002, 8(6), 703-718.

Rubik, B. (2002) Sympathetic Resonance Technology: Scientific Foundation and Summary of Biological and Clinical Studies. *Journal of Alternative and Complementary Medicine*, December 2002, 8(6), 823-856.

Rubik, B. (2002) Scientific Analysis of the Human Aura. In: Heinze, R.I. (ed.) Proceedings of the 19th International Conference on the Study of Shamanism and Alternative Modes of Healing, Santa Sabina Center, Dominican University, San Raphael, California, September 1-3, 2002. Berkeley, CA: Independent Scholars of Asia, Inc., 104-125.

Professional Presentations (Since 2000)

2011 Invited Presentation, "Studies and Observations on Frequency-treated Water, Electrolyzed Water, and Human Blood" International Water Conference. Mt. Snow, Vermont, October; Paper, "Effects on Human Blood of the Traditional Indigenous Diet Compared to the Conventional Modern Diet," Foundation for Mind-Being Research. Los Altos, California, Feb.

2010 Keynote Lecture, "Intelligent Energy: Going Beyond Mechanical Concepts of Energy to Understand Life". Cosmos and Consciousness Conference VIII: Life Energy in Science, Medicine, and Healing, Rangeley, Maine, August; Keynote Lecture, "The Biofield: Quintessence of Life", International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), Westminster, Colorado, June; Keynote Lecture, "Research on the LENS (Low Energy Neurofeedback System)", 2010 LENS Conference, Los Gatos, California, May; Paper, "Neurofeedback-Enhanced Gamma Brainwaves from the Prefrontal Cortex and Associated Subjective Experiences" Annual Conference of the Society for Anthropology of Consciousness, American Anthropological Association, University of California, Berkeley, California, March.

2009 Lecture, "Live Blood Analysis of Persons on the Weston A. Price Diet: A Pilot Study," Annual Conference of the Weston A. Price Foundation, Schaumburg, Illinois, November; Paper, "Biological and Healing Effects of Sacred Geometry," 26th Annual International Conference on the Study of Shamanism and Alternate Modes of Healing, San Rafael, California, September; Lecture, "Healing Research and the Human Energy Field", Assisi Institute, Brattleboro, Vermont, August; Lecture: "New Research Methodology for the Study of Subtle Energies and Energy Medicine." Annual Conference of the International Society for the Study of Subtle Energies and Energy Medicine, Denver, Colorado, June; Keynote lecture, "Transforming Illness and Maximizing Well Being: Role of the Human Biofield," Association for

Comprehensive Energy Psychology. Annual Conference, Orlando, Florida, May; aught Course on 40 Hz Neurofeedback, American Psychiatry Association, Annual Conference, San Francisco, California, May; Research Grand Rounds: "Research on the Human Biofield: Theory, Measurement, and Relevance to Qigong". Oregon College of Oriental Medicine, Portland, Oregon, April; Lecture: "Do High Frequency Brainwaves from the Forehead Region Correlate with Higher Consciousness? Foundation for Mind-Being Research, Los Altos, California, January.

2008 Two Invited Lectures: "Heart Rate Variability: A New Vital Sign;" and "The Human Biofield in Health and Healing," Wise Traditions 2008, 9th Annual Conference of the Weston A. Price Foundation, Burlingame, California, November; Lecture, "Research Project on Higher Consciousness: What Inner States Do People Experience when Emitting High Frequency Brainwaves from the Prefrontal Cortex?" Annual Taoist Gathering, Oakland, California, October; Research Paper, "Do Gamma Brainwaves Correlate with Higher Consciousness?" 25th Annual International Conference on the Study of Shamanism and Alternate Modes of Healing, San Rafael, California, September; Invited presentation, "Fields as Bridges Between Mind and Matter," Assisi Institute Conference, Brattleboro, Vermont, August; Research Paper, "The Perceived Experience Associated with Emission of 40 Hz Brainwaves," Annual conference, Society for Scientific Exploration, Boulder, Colorado, June; Workshop, "Intent, Emotion, and the Memory of Water," Annual Conference, International Society for Subtle Energies & Energy Medicine, Boulder, Colorado, June; Invited presentation, "Healing and the Biofield," Assisi Institute Conference, Brattleboro, Vermont, May.

2007 Lecture, "The Biofield: Flame of Life," Taoist Gathering, Oakland, California, October; Invited presentation, "The Biofield: The Flame of Life and a Key Link Between Science and Spirit," Second Annual Conference on the Convergence of Science and Spirituality, Iliff School of Theology, Denver, Colorado, September; Workshop, "Frontiers of Holistic Health Testing for Optimal Wellness," Health Medicine Forum, Lafayette, California, September; Paper, "Polycontrast Inteferece Photography of the Human Energy Field in Health and Disease—a Pilot Study," 24th Annual International Conference on the Study of Shamanism and Alternate Modes of Healing, San Rafael, California, September; Invited panel presentation, "The Biofield: Frequency Interventions," International Society of Neurofeedback and Research, San Diego, California, September; Invited presentation, "Healing and Mystical States: Evidence and Anecdotes," Assisi Conference on Fields of Healing: Wisdom and the new Sciences, Assisi, Italy, July; Guest Faculty Member, Presentations on Human Bioenergetics, Saybrook University, Residential Conference, San Francisco, California, June; Invited lecturer, "Polycontrast Interference Photography of Humans in Health and Disease," Annual conference, Society for Scientific Exploration, Michigan State University, East Lansing, Michigan, May; Two Lectures, "Some Remarkable Anecdotes on Healers and Their Intervention" and "Polycontrast Interference Photography (PIP) of the Human Energy Field," Winter Brain Conference, Palm Springs, California, January; Lecture, "Frontiers of Drinking Water and Health," National Association of Nutrition Professionals, Berkeley, California, January.

2006 Keynote presentation, "How Mind-Body Science is Changing Medicine and Healing the Rift between Science and Spirit," International Conference on the Convergence of Science and Spirituality: Healing the Earth and Healing the Self, Iliff School of Theology and the Bhaktivedanta Research Institute, Denver, Colorado; Presentation, "Measuring Energy Flow Before and After Qigong using the EMAS (Electro-Meridian Assessment System)," 9th World Qigong Congress, CAM Expo West, Los Angeles, California; Lecture, "Parallels Between Science and Taoism," Taoist Center Gathering, Oakland, California; Lecture, "The Measurement of Subtle Energies in Biology and Medicine," Foundation for Mind-Being

Research, Palo Alto, California; Lecture, "Frontiers of Subtle Energy Research: Where East Meets West," International Society for Subtle Energies & Energy Medicine, Boulder, Colorado; Invited presentations on Reiki and Biofield Measurements, Biofield Science Conference hosted by National Center for Complementary and Alternative Medicine, National Institutes of Health, Bethesda, Maryland; "Frontiers of Water Research and Health," Public lecture series to the San Francisco Bay Area Community, Institute for Frontier Science, Emeryville, California; Lecture, "Water, the Matrix of Life: What to Drink for Health and Ecological Living," Teleosis Institute, Berkeley, California; Lectures on Subtle Energy, Qigong, and Water, Winter Brain Conference, Palm Springs, California; Invited Presentations on Biofield Research to the National Center for Complementary and Alternative Medicine, National Institutes of Health (NIH), Bethesda, Maryland;

2005 Keynote presentation on Yoga Research, Holistic Health Conference, Kawakami Yoga Ashram, Tokyo, Japan; Invited speaker, "Ethical and Other Concerns in Human Manipulation Research and Development," International Conference on Science and Religion in an Age of Crisis, Yoko Civilization Research Institute, Awaji, Japan; Invited speaker & panelist, Health Medicine Forum, Orinda, California; Contributed paper, "*In Vitro* Effect of Reiki Treatment on Bacterial Cultures," Healing Research Symposium, International Society for the Study of Subtle Energies and Energy Medicine, Colorado Springs, Colorado; Invited presentations on phototherapy and on qigong at Whole Person Healing Symposium, Bethesda, Maryland; Lecture & workshops on energy medicine, Winter Brain Meeting, Palm Springs, California.

2004 Keynote presentation on feminine contributions in frontier science, United States Psychotronics Association, Annual Conference, Columbus, Ohio; Presentation, Healing Research Symposium, International Society for the Study of Subtle Energies and Energy Medicine, Annual Symposium, Colorado Springs, Colorado.

2003 Presentation, Digital Electrophotography of Chronically Ill Subjects Pre- and Post-Qigong, 19th Annual International Conference on the Study of Shamanism and Alternate Modes of Healing, San Raphael, California; Invited presentation, International Forum on Science, Religion, and Consciousness, University of Fernando Pessoa, Porto, Portugal; Contributed paper, Changes in Heart Rate Variability and the Autonomic Nervous System Following Yoga, Annual Meeting of the Society for Scientific Exploration, Kalispell, Montana; Invited speaker on Heart Rate Variability: The Next Vital Sign, Chicago Medical Society Annual Conference, Chicago, Illinois; Workshop, Exploring the Science of Body Energy Therapies, Department of Holistic Health Education, San Francisco State University, San Francisco, California, Speaker on biofield hypothesis at Quantum Mind Conference, University of Arizona, Tucson, Arizona; Invited speaker on heart rate variability following complementary medical interventions, Future Health's Winter Brain Conference, Palm Springs, California.

2002 Keynote speaker, Non-linear Systems Dynamics in Living Systems, International Conference on Seeds of Wholeness, Hilversum, The Netherlands; Invited speaker on Scientific Assessment of the Human Energy field in Subjects Practicing Dayan Qigong, 5th World Congress on Qigong, San Francisco, California; Invited speaker on subtle energy research in acupuncture, Annual Meeting, California Society for Oriental Medicine and Acupuncture, San Francisco, California; Invited speaker on Leadership and the New Science, Summer Leadership Conference, Southern Oregon State University, Ashland, Oregon; Invited speaker on biofield research, Annual Conference, Association for Applied Psychophysiology and Biofeedback, Las Vegas, Nevada; Presentation, "Scientific Analysis of the Human Aura," 19th Annual International Conference on the Study of Shamanism and Alternate Modes of Healing, San Raphael, California.

2001 Colloquium speaker on research on energy medicine, Panum Institute, University of Copenhagen Medical School, Copenhagen, Denmark; Keynote speaker on mind-body-spirit in medicine, Spirituality, Health, and Healing Conference, University of Arizona, Tucson, Arizona; Invited speaker on qigong research methodology, 4th World Qigong Congress, San Francisco, California; Invited speaker, Society for Orthomolecular Medicine, Annual Conference, San Francisco, California.

Scholarship of Engagement, Service, and Social Action:

Dialogue participant with Native Americans and Western scientists, Source for Educational Empowerment and Community Development, Albuquerque, New Mexico, Summer 2010.

Lectures to the San Francisco Bay Area Community on health and wellness; Rossmoor Retirement Community, Walnut Creek, California; Health Medicine Forum, Walnut Creek, California; Institute for Frontier Science, Oakland, California, 2002-present.

Taught 200 hours Yoga Teacher Training, 2002, Dharma Yoga Institute, Larkspur, California; taught free yoga classes and workshops in Oakland and Larkspur, California, to patients and the elderly, 2002-2005.

Free consultation to Blue Planet Village, Inc., on drinking water issues, 2002-2003.

Member, Union Institute & University's Institutional Review Board (IRB), 2001-2004; 2010-2013; helped develop the first Institutional Review Board (IRB) for Union Institute, 2001-2003.

Member, Union Institute Faculty Development Committee, 2000-2001.

Presented numerous free lectures to the public hosted by various nonprofit organizations throughout California, including Northbrae Community Church, Berkeley, California; Teleosis Institute, Berkeley, California; National Association of Nutritional Practitioners, Berkeley, California; Parapsychology Research Group, San Francisco, California; Mind-Being Foundation, Palo Alto, California; Institute of Noetic Sciences, Petaluma, California; California Society for Psychical Research, Berkeley, California; New Frontiers of the Gold Country, Nevada City, California; 1997-present.

Serve on numerous advisory boards and peer-reviewed professional journal editorial boards as listed under section, "Awards, Service, and Recognitions"; ongoing.

Scholarship of Teaching and Student Guidance (Since 2000):

Mentored doctoral students as core professor and/or as reader of doctoral students' dissertations in Pre-Cohort PhD and Psy D programs at Union Inst. and University, Cincinnati, Ohio; and in PhD in Psychology Program (including Integrative Health and Mind-Body Medicine) at Saybrook University, San Francisco, California.

Developed and taught the following Union Institute & University Doctoral Seminars: "Science and Consciousness," Pre-Cohort PhD program, convened 2000, 2001, 2002, 2004; "Art, Science, and Creativity," Pre-Cohort Ph.D. program, co-convened 2005 with Dr. Susan Amussen, Padua, Italy; "Conducting Human Subject Research," Pre-Cohort PhD program, convened Spring 2006; "Quantitative Research Design," Pre-Cohort PhD program, convened

Fall 2006; "Research Design: Qualitative, Quantitative, and Mixed Methods," Pre-Cohort PhD program, convened Spring 2008; PSY 733, "Quantitative Research Methodology," PsyD Program, convened 2009, 2010, 2011 (online course); RMTTH 705, "Research Methodology I: The Logic of Inquiry," Cohort PhD program, convened twice in 2010 (residential and online); RMTTH 707, "Research Methodology II: Qualitative Methodology," Cohort PhD program, convened once in 2010 (residential and online); RMTTH 710, "Research Methodology II: Qualitative, Quantitative, and Mixed Methodologies," developed by Dr. Rubik for Cohort PhD Program, convened 2010 and 2011 (residential and online).

Developed and taught one master's level course in mind-body health and healing at California Inst. of Integral Studies, San Francisco, California, 2008-present.

Developed course learning guide for doctoral level course in energy medicine for the Mind-Body Medicine College at Saybrook University, San Francisco, California, 2009; taught this course once in 2011.

Taught doctoral level courses via distance learning: (1) neuroscience: psychology and the brain; (2) mind-body interventions in health and medicine; and (3) grantwriting for National Institutes of Health; and (4) research methodology at Saybrook University, San Francisco, California, 2007-2009.

AREAS OF INTEREST AND SPECIALIZATION

- Biological science with a concentration in biophysics, physiology, mind-body interactions, bioelectromagnetics, bioenergetics, whole living systems dynamics
- Foundations of science; new paradigms of inquiry and research methodology, including frontier science and exploratory studies
- Dynamical systems theory ("chaos" theory) and its applications
- Consciousness studies; science and consciousness; mind-body science; subtle energies and their applications in health and healing; evidence-based spirituality
- Basic and clinical research and education in alternative, complementary, and integrative health care and wellness
- Integrative health practices, holistic health assessment, anti-aging, and enhanced self-care
- East-West and indigenous (i.e., multicultural) perspectives on consciousness, health, healing, and the mind-body; yoga; dance; qigong
- Health and wellness: foundations, paradigms, cross-cultural aspects, research, education, and practice

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