

The nervous system, peptide-receptor system, and immune system form a complex communication network that also brings all aspects of the human being together, rendering body, psyche, and Spirit mutually permeable (Sompayrac 2002). The nervous system constantly sends and receives information to and from every part of the system; the glands constantly produce hormones that move information to particular body sites; the meridian and chakra systems move electromagnetic energy throughout the body; other sites produce immune system parts such as T-Cells that travel where they are needed (Pert 1997). All of these systems function in response to the physical, spiritual, and psychological occurrences, both internal and external, that impact the individual (Oschman 2000). Candace Pert (American neuroscientist and pharmacologist) makes an excellent case for the idea that peptides are “molecules of emotion” in the sense that they transmit what we experience as emotion from particular parts of the spirit, psyche, or body to other parts (Pert 1997). Each type of ion gate on our cell membranes has its own specific vibration rate which makes it “leaky” (open up).

This has profound implications in that much of a cell’s activity is determined by messenger compounds sent to control ion type flow through the cell membrane. The immune, neurological, electromagnetic, and peptide-receptor systems of the body are intricate communication systems that transmit intellectual, emotional, intuitive, and sensate information everywhere and on every level (Oschman 2000). This accounts in part for trauma’s broad effect on parts of the human system that seem at first glance totally removed from the site or content of a particular traumatic occurrence. Healing also occurs throughout the human system through the movement of energy in, through, and out of it (Oschman 2003). The memories, cognitions, emotions, sensations, and intuitions human beings experience are themselves made of energy (Summers-Effler 2004; Oschman 2005). In Qigong, feelings are the voice that helps the body communicate with the mind. The uniting of the 3 dantiens (mind, heart, second brain in the guts....the enteric nervous system, the lower dantien) is a goal of the practice. When we learn to listen what our body is telling us, and we take action to correct pains and other alert signals, we are taking the steps needed to keep serious illness from gaining a foothold in our body.

Research studies have shown that acupuncture points are more electrically responsive than other areas of the skin (which have 20 to 30 times the electrical resistance). Studies have also indicated that acupuncture points have a higher concentration of receptors sensitive to mechanical stimulation. In energy psychology, a subset of acupuncture points is stimulated, usually by tapping them while mentally activating a dysfunctional emotional response. Tapping specific acupuncture points sends signals to the brain (Cho et al., 1998), and these signals appear to be similar to those produced by the more traditional use of needles. Various studies have demonstrated that the stimulation of selected acupuncture points modulates the activities of the limbic system and other brain structures that are involved in the experiences of fear and pain (Hui et al., 2000). EFT is a technique that uses meridian tapping to help the body-mind achieve goals for healing more quickly and hopefully completely by stimulating all the main meridian end points while repeating an affirmation. It has been found to be an effective technique for the removal

of emotional trauma, without making the person relive the event. The People I have taught this technique to have all gained positive results from using it.

Experiments have proved that a cell is programmable, and the programmer lies outside the cell, which in fact, is the environment itself. Biological behavior and gene activity are dynamically linked to information from the environment, which is then downloaded into the cell. In fact, the nucleus seems to be a “memory disk” containing DNA programs that encode the production of proteins. Data from the environment is inputted due to the receptor proteins (the cell’s “keyboard”) that stimulate effector proteins to act upon the genes to command the production of new proteins. This is an enlightening aspect. Contrary to what we thought so far, we are not victims of genetics, but “drivers of our own biology”. We can edit the data we enter in our own internal computers. Every electromagnetic frequency, food or drink consumed, thought or emotion will affect our cells either negatively or positively.

This breakthrough is fundamental in all healing because it recognizes that when we change our actions, environment, perception or beliefs we send totally different messages to our cells, resulting in a reprogramming of their expression, hence the affirmations in Qigong, EFT and other practices. Affirmations alone fail to complete their work, often due to other self-destructive programs running in our sub consciousness. The combination of body-mind work that we do in EFT and Qigong is cumulative and allows us to take more control over our health...we are the ones responsible for practicing 15 minutes a day or an hour a day. Those who practice an hour will notice changes faster than those that practice less. When we adopt a better diet, we notice changes in our health that are positive...we can still eat junk food, just cutting back is better.

It has also been found that when we do eat junk food, our attitude while we are eating it matters. If we are guilty and believe that this food will do us harm, we are programming this food with that negative energy ...if we eat a piece of cake and really enjoy it as we are eating, with no feelings of guilt, only joy, we actually make that cake better for our system and easier to digest. So, next time you want something devoid of nutrition, make sure you smile and enjoy every bit of it.