

## OUR INCREDIBLE CELLULAR COMMUNICATION SYSTEM

In the center of your brain is an amazing gland called the hypothalamus. It is the greatest chemical factory on the planet. Among its other functions, it produces peptides, which are short-chain amino acids, the building blocks of proteins: The type of peptide it produces is primarily determined by what you think and feel. The hypothalamus produces peptides that duplicate every emotion you experience, from anger, hate, sadness, frustration, and depression to joy, enthusiasm, and happiness.

The peptides are channeled to the pituitary gland and then into the bloodstream, where they visit all twenty to thirty trillion cells in your body (about ten thousand average-sized human cells can fit on the head of a pin). Every cell in your body has as many as millions of "receptors" on its face, and each cell has perhaps seventy different types of receptors. A receptor is a single molecule that may be "the most elegant, rare and complicated kind of molecule there is," says Candace Pert, Ph.D., in her wonderful book, *The Molecules of Emotion*.

In the early 1970s, Dr. Pert was the first scientist to prove the existence of these receptors with her discovery of the opiate receptor. She describes a molecule as "the tiniest possible piece of a substance that can still be identified as that substance" and says that the receptor molecules float on the cells oily outer membrane with roots "snaking back and forth across it several times and reaching deep into the interior of the cell." She goes on to say that "the life of a cell, what it is up to at any moment, is determined by which receptors are on its surface, and whether those receptors are occupied by ligands or not." A ligand is a small molecule that binds itself to a cellular receptor. There are three chemical types of ligands: neurotransmitters, steroids, and the ones we're most interested in right now, the peptides. According to Dr. Pert, as many as 95 percent of all ligands may be peptides.

The peptides dock onto the cells and create minute physiological phenomena that "at the cellular level can translate to large changes in behavior, physical activity, even mood," says Dr. Pert. She further states that these chemicals, the peptides, "play a wide role in regulating practically all life processes." **When the peptides dock onto the receptors, they take control of all the cell's activities, including, among other things, commanding whether it will divide or not and the composition of new cells. It's like the captain of a ship stepping on board and beginning to give orders.**

In the breakthrough 2004 film *What the Bleep Do We Know!?*, Dr. Joseph Dispenza explains that when a new cell is produced, it isn't always a clone of the old cell but *a cell that contains more receptors for whatever peptide it had received that caused it to split. If the cell received peptides produced by emotions of depression, the new cell will have more receptors for depression and fewer receptors to receive feel-good peptides.*

There is a constant two-way communication going on between our body and our brain. Do you remember the times when you thought of something dire that gave you a "sinking feeling" in your stomach area?

## Chapter 6: Believing A Cure Is Possible For You

That's the kind of communication that goes on between brain and body. Recent research has found that not only does your brain communicate with your cells, but your cells communicate with your brain and other parts of your body. In fact, the latest discoveries by scientists are revealing that we think with more than just our brain. We think with our body as well. In fact, it is not inaccurate to look at our entire body as being part of our brain. That may be a new and startling thought, but don't reject it. Many scientists now believe that we're actually a "bodybrain." [Ancient scientists believed that we're actually a "cosmic brain" within which the spirits of peptide receptors determine the course of stars and dreams. EoS]

The cell's receptors play a key part in our body's incredible communication system. Dr. Pert explains that the "receptors and their ligands have come to be seen as 'information molecules'—the basic units of a language used by cells throughout the organism to communicate across systems such as the endocrine, neurological, gastrointestinal, and even the immune system." [Ancient scientists believed that "the basic units of a language" were composed of seven "cosmic peptide ligands" that determine the complete state of creation. From this concept the word religion is derived as a means to maintain and restore the effectiveness of "the basic units of a language." EoS]

The impact of this information about how our thoughts and feelings create and condition our cells and how our cells communicate is staggering. Think about it...what are your cells' receptors communicating to the rest of your body right now? [Think about it...what are your astral receptors communicating to the rest of your universe right now? EoS]

You rely on cell division for the reproduction, growth, repair, and replacement of damaged, worn-out, or dead cells. An estimated 300 million cell divisions occur *every minute* to replace cells that die. Each day, 2 percent of our blood cells die and are replaced by fresh ones. Every two months, you have an entirely new blood supply. Given what I just wrote about peptides, receptors, and the role of your emotions and thoughts, you can see the chain of events that takes place as new cells are created according to what you think and feel. [We create ourselves by the subject of our thoughts and feelings. EoS]

If you feel depressed for an hour, you've produced approximately eighteen billion new cells that have more receptors calling out for depressed-type peptides and fewer calling out for feel-good peptides. **It's as if trillions and trillions of receptors are all cupping their little hands around their mouths like tiny megaphones shouting, "Send us more depression!"**

Thinking gloomy thoughts creates a body that is more able to feel gloominess than joyfulness. It also creates the *need* for more gloomy thoughts. You become addicted to gloominess. You know where that leads because you've been there: dependency. [Possibility Thinking, Positive Thinking, and other religious practices producing "Joy to the World," are the result of billions of years of organisms living and dying by what they think and say to themselves. EoS]

## DEPENDENCY AS THE CRAVING FOR AN EMOTION

The total number of receptors in your body is beyond imagining. You are, in truth, one vast receptor. What's more, taking the example of depression, you'll actually become addicted to that state because your body is demanding more of what it's been receiving. It has literally developed an appetite for depression. Thus, you can think of addiction as a craving for an emotion. I will repeat that because it is essential that you grasp this concept: *Addiction, any addiction, is a craving for an emotion.*

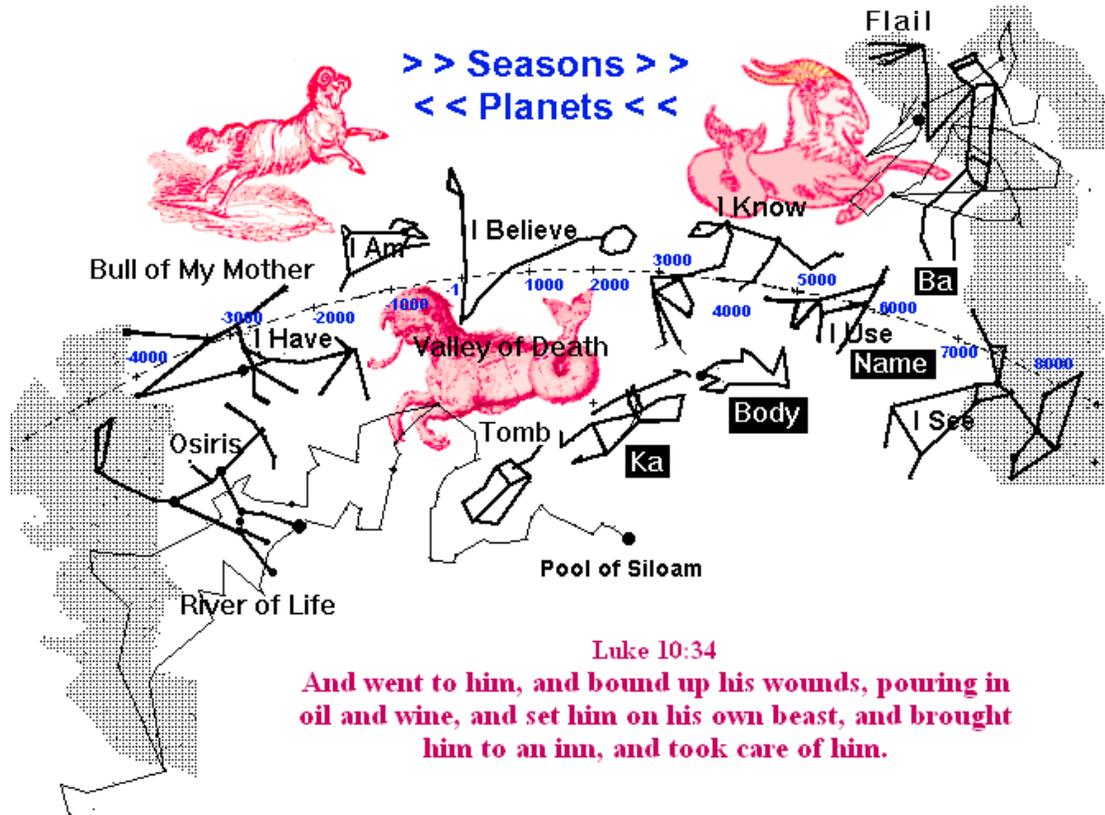
Whether you're addicted to sex, shoplifting, or any other compulsive activity, you're engaging in that activity to stimulate a chemical secretion that produces an effect in your brain that brings about the desired sensation, and you're addicted to that sensation. The more you engage in that type of behavior, the greater your desire for it will become. The same is true for anger. We become addicted to it because of the psychological and physiological effect it has upon us. It produces adrenalin, a powerful stimulant. *We actually become dependent on the emotion of anger for the stimulation it gives us, so we fight with our spouses, our friends, our fellow workers, and anyone else we can engage in a conflict.* The end result is Cause I, chemical imbalance, because of the overload of adrenalin and other chemicals we create with our anger.

It doesn't matter whether your craving is for emotions such as excitement, anger, depression, or joy, or whether it is for the feelings you get from using addictive drugs or alcohol; the bottom line is that whatever you crave is a result of your body brain wanting and demanding it. In the case of addictive drugs and alcohol, when our body doesn't get what we've conditioned it to receive, it puts up quite a fuss in the form of cravings and withdrawal symptoms. Sometimes the "fuss" is so intolerable that we relapse. *[If we crave the peptides of anger we cannot control the anger because to our body we are being deprived of a need that it has become dependent upon. Thus, anger can be a choice we cannot affect or change because the alternative is physical death. The solution is to "fool" the body into accepting alternative peptides until their "receptor molecules float on the cells oily outer membrane with roots 'snaking back and forth across it several times and reaching deep into the interior of the cell.'" Christmas and other holidays are created to overcome the dependency to peptides that split the mind body unity leading to depression. But, it is not the holiday that produces the affect, it is the belief for, or against, the holiday that determines whether The Key opens the Gate of Heaven or the Gate of Hades. Communication is The Key! EoS]*

The idea that you create yourself by what you think and feel is actually good news. Now that you know how your system functions, you can use your emotions and thoughts to create a body that's more receptive to feel-good states. There's only *one* way to do that—by feeling good. The way to create a body that's more susceptible to happiness and less susceptible to sadness is to be happy. I know that sounds simplistic, but it's true, and you can do it. I'll write more about that in Chapter Eight. (I've also written the book *Zen and the Art of Happiness*, which can help speed you on your way to a happy life.) *[Happiness is not an option because the rejection of it results in the rejection of life, and the body dies as the mind cries, "Why?" The Why? question is answered by realizing that happiness is Cosmic Intent. Nike's advice is best when it comes to choosing happiness; "Just do it!" EoS]*

Chapter 6: Believing A Cure Is Possible For You

Matthew 10:39 He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.



**Psalm 19:1-14**

The heavens declare the glory of God; and the firmament sheweth his handywork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard. Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun, which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race. His going forth is from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof.

The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple. The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

Moreover by them is thy servant warned: and in keeping of them there is great reward. Who can understand his errors? Cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. **Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.**