

The Endorphin Energy Connection

Have you ever been on a great run, or worked out and felt like you had so much energy you could fly? That is the wonderful juice our body creates called endorphins. The most commonly known way to create endorphins is through exercise. But, as we understand the mind/body connection, we can entertain some other amazing avenues to enjoy this empowering feeling. Candace Pert, Ph.D., who wrote the book, **Molecules of Emotion**, relays an experience in a guided visualization enabling her to release endorphins. In her book she states that she was put into a pleasant relaxed state by a therapist and asked which is the most potent of the endorphins and where is it most highly concentrated? She replied, "it is the beta endorphin, which is found most abundantly in the pituitary gland." With the coaching from the therapist she visualized bringing the pituitary into a sharp visual focus. "I visualized the beta endorphin, all thirty-one of its amino acids strung together in a bead chain and stored tightly in tiny, balloon like pouches at the ends of the cell axons, ready for launch." As the therapist continued to talk, she mentally instructed her to release the endorphins out of her pituitary and into the bloodstream. Dr. Pert stated that she did exactly as she was directed, and felt an "instantaneous rush, a feeling that accompanied what I knew was the outpouring of endorphins from my pituitary as they began swimming and binding receptors all over my body and brain to work their magical effects." As we understand how to access the natural flow of endorphins, the need to get this feeling from artificial substances such as drugs and alcohol can be replaced.