

Understanding the Power of Thought

Statements summarized from "The Field" by Lynne McTaggart

- Cells have memory and research has shown that cells communicate with each other
- The chemicals created by our thoughts are discharged throughout our body and our cells
- The cells of the body can be influenced by the quality of the donor's thought processes and emotional states.
- A single thought has tremendous power
- Research has shown that various types of illnesses may result from the suppression of negative thoughts.
- Numerous studies have been done with placebos that affirm that the way people respond to thought.
- The word placebo was coined in the Middle Ages by doctors who realized that their patients mere belief in a treatment was often enough to cure them.
- One study cited in Lynne McTaggart's book was done in the 1950's by a Dr. Bruno Klopfer. He was using an experimental drug with a cancer patient. The patient had only been given a few weeks to live. After taking the experimental drug the patient made a miraculous recovery. A few months later the experimental drug was reported useless. The patient immediately took a downhill turn and his tumors reappeared. Dr. Klopfer then decided to use a placebo drug but told his patient that the drug was more powerful than the first drug. The tumors immediately disappeared again. A few months later his patient read the latest experimental drug was proven ineffective. Two days later his patient was dead.
- A second placebo study cited people receiving placebo cream for pain. A measurement was done on the regions of the brain that are associated with pain and were found to have less activity after the use of the placebo cream. The conclusion was that the placebo effect does not interfere with the body's ability to sense pain, but instead, affects how the brain modulates its interpretation of the body's signals. In other words, our beliefs.
- An additional discovery was that placebos not only alter brain function, but can also trigger the creation of brain chemicals. Patients can heal themselves via the placebo effect.
- Brain chemicals called "peptides" are also found in the body and certain organs such as the gut have special receptors for peptides.

- Brain peptides are known to be associated with mood.
- Female Biologist Candace Pert offers a scientific explanation of how sickness and disease might be intimately related: “Neuropeptides and their receptors, the biochemicals of emotion, are messengers carrying information to link the major systems of the body into one unit we call the body-mind connection. The traditional separation of mental processes, including emotions, from the body, is no longer valid.
- The most important implication of her findings is the power it appears to offer people to influence their own health through the mind.
- On a conscious level people can increase or decrease body temperature, oxygen and heart rate. With techniques used by yogis for a millennia.
- On an unconscious level meditation techniques can affect blood pressure and awareness of pain.
- Thoughts and beliefs are so powerful and they have such great influence on our health, how do we change them?
- Journaling, meditation, exercise, and talking can all help the process downloading thoughts and changing them.

Understanding the Power of Connection

- The brain has its own set of vibrations which it uses to communicate to itself and the rest of the body.
- Research has shown that the brainwaves help produce an alpha or healing state. Healers who do healing touch resonate with the patient in this frequency.
- The EMF (Electromagnetic Field) encircling the earth has a vibrational frequency.
- The brainwaves of a person in the Alpha State will resonate in sympathy with the Earth’s EMF, thus amplifying the vibration.
- The discovery of millions of crystals in the cells of the brain suggests that similar to a radio receiver, the brain may be able to tune in to the surrounding Earth EMF.
- The crystals provide the vibrating link between the Earth’s EMF and the Alpha brain states.

- Just as the transmitted radio waves from a radio are tuned to a certain frequency, the transmission of waves from the brain to the rest of the body achieve its own particular resonant frequency conducive to optimal health.
- Evidence has shown that the brain can transmit the correct frequencies to ALL body cells to keep them resonating optimally.
- Healing Energy is carried through the body in many ways; blood, proteins, nerves, fascia and water.
- Everyone may have specific frequencies for tuning in to the Earth's EMF at certain frequencies.
- Therefore, the cells must be tuned in to the frequency necessary to sustain life.
- Maintenance and restoration of the body's own energy field appears to be crucial to health.
- Distortion of this field could result in failure of the body's cells to develop properly.

Conclusion

- The cycle-thoughts-beliefs-intention-chemical release-cell programming -action- can only be changed by changing the beginning of the cycle-thoughts-to enable the higher vibration connection to happen.