

Chapter 1

Solving The Mind/Body Mystery – And The Magic That Occurs When You Do



Mind Over Matter

The united force of your body, mind and spirit continually seeks to provide you with nourishment, vitality and happiness. The body uses food, water and air to renew and sustain itself. The mind chooses a task that keeps it creative and active. The spirit looks for ways to expand by generating waves of love, peace and freedom and to share happiness with the world as a means of gaining fulfillment.

A delicious meal prepared by a loving parent or spouse can nourish your mind, body and spirit alike. Enjoying one's food can be a spiritual experience, just as much as it can be a physical and a mental one. Being totally 'present' while eating not only triggers powerful pleasure hormones but also provides a sense of union between you, the food you eat and the process of eating. Enjoying the company of a dear friend or family member at the meal further enhances your sense of joy and satisfaction just as a beautiful piece of music soothes not only the spirit but also relaxes the mind and body.

Everything that you do and experience – physically, mentally and emotionally – has a profound bearing on your entire being. Each one of your thoughts, feelings and emotions causes profound changes in your body, mind and spirit. Think of the consoling and loving words you once received from a dear friend while you felt desolate and low... did you feel encouraged and uplifted by your friend's presence and words? Did you notice how your body, perhaps bent over, tired and uptight, suddenly began to feel more relaxed and energized? The depressed look on your face turned into a grateful smile and you said, "Thank you, I feel so much better now." On the other hand, can you think of an instance in your life when you received a very distressing phone call, such as a loved one being involved in an accident? The fear that gripped you at that moment had a paralyzing effect on you. But, seconds later, a friend brought you the blessed information that your loved one had escaped unscathed and was well and healthy. Quite immediately, the state of shock ceased and was replaced by a deep sense of peace, joy and relaxation, and your physical strength returned. The sudden good news elevated your feelings and brought the smile back to your face. One split second was enough to trigger a profound internal transformation that changed everything from within you. For a brief moment you experienced a state of utter illness and despair, followed by another moment of perfect health. Unwittingly, you discovered the ultimate causes of illness and wellness.

A German professor of medicine, Dr. Ryke Geerd Hamer, was able to prove that every physical illness, such as cancer, is triggered or preceded by the effects of an unresolved conflict in the life of a patient. After 20 years of research and therapy with over 31,000 patients, Dr. Hamer finally established firmly, logically and empirically, how biological conflict-shock results in a cold cancerous or necrotic phase and how, if the conflict is resolved, the cancerous or necrotic process is reversed to repair the damage and return the individual to health. According to Dr. Hamer, disease,

or what he calls “the meaningful biological program of nature,” is divided into five biological events, all of which can be identified, measured and observed. These events are part of a system that makes possible a definite (not just statistically probable) prediction of disease progression and development.

A biological conflict-shock – called a DHS (Dirk Hamer Syndrome) causes the appearance of a focus of activity in the brain – called an HH (Hamerschenherd). An HH is composed of a set of concentric rings that can be seen in a computerized tomography scan (CT) centered on a precise point of the brain. The location of the focus depends on the nature of the shock-conflict or conflict contents. As soon as the HH appears, the organ controlled by that specific brain center registers a functional transformation. This transformation can manifest as a growth, as tissue loss or as a loss of function.

The resolution of the conflict would naturally remove these concentric rings in the brain and stop or reverse the symptomatic occurrence of what we generally refer to as ‘disease’. This is not difficult to understand. For example, the calm and reassuring words and loving care by a friend can trigger such powerful biochemical responses in your body that your posture changes, your physical expression relaxes and your mood improves. Research informs us that all of our thoughts, feelings, emotions, desires, intentions, beliefs, realizations and recognitions are instantly translated into *neuropeptides* or *neurotransmitters* in the brain. These hormones serve as chemical messengers of information. The messages they deliver determine how your body functions.

Scientists have already located over a hundred different *neuropeptides*, and many more are believed to exist. A nerve cell or neuron produces and uses these peptides to transmit information to another neuron. This form of transmission, which is often referred to as ‘firing’, magically occurs in each of the millions of neurons in our brain, and at the exact same moment. Immediately after the transmission ends, the peptides are neutralized by enzymes, erasing all physical evidence of that thought or feeling. Yet you have stored the information in the memory bank of your consciousness. If need be, you will be able to recall or remember it.

This simple example shows that your brain is not the ultimate authority of your body. How do the millions of neurons know which type of neurotransmitter they need to make for each specific thought, right at the moment of its occurrence? What causes their simultaneous ‘firing’ throughout the brain? And more astonishing, how does one neuron know what the other neuron thinks when there is no direct physical connection between the two? This mystery is now becoming increasingly perplexing. In recent years, scientists have discovered that these chemical messengers are not only made by brain cells, but also by all the other cells in the body. This raises the question whether we think only with our brain cells or also with other cells in the body. There is indeed enough scientific evidence to show that skin cells, liver cells, heart cells, immune cells, etc. all have the same remarkable ability to think, emote and make decisions as brain cells.

The cells of our body are equipped with receptor sites for these *peptides*, which explains why every cell knows what every other cell does or thinks. There cannot be any secrets between cells. Every instruction given or received somewhere is felt as an instruction everywhere. By utilizing these biochemical pathways, the body can translate a strong emotion of fear into chemical messages that order your adrenal glands to trigger the secretion of the stress hormones *adrenalin* and *cortisol*. Once these hormones are released into your bloodstream in sufficient amounts, your heart starts pounding and the blood vessels that supply your muscles with blood begin to dilate. This preprogrammed defence strategy of the body makes it physically possible for you to run away from a perilous situation or to avoid, for example, being run over by a car. However, this effect, known as the *fight or flight response*, constricts important blood vessels in the body, such as the major arteries in the internal organs, and elevates the blood pressure. If such stress responses occur

on a regular basis, they can impair digestive and eliminative functions and cause considerable damage to the entire body.

Most people assume that only the adrenal glands can secrete *adrenalin*, but this is not so. Each cell in the body produces this stress hormone, although in proportionally lesser quantities. After the initial burst of energy and physical strength resulting from an adrenalin shot, all the cells in your body may suddenly turn ‘jittery’ and your body starts shaking. You may feel as if you have lost all your energy in the process. Without your conscious control you have actually practiced ‘mind over matter’.

Testing Your Mind/Body Response

At this point, I recommend you learn a simple muscle test derived from the healing method of *Behavioral Kinesiology*. This test will demonstrate to you that at each moment your thoughts, intentions, desires, etc. exert total control over your body. I will refer to this test several times in this book whenever it may be useful to find out whether a particular food, medicine, beauty product, situation, environment, or even a particular desire is conducive to your health or not.

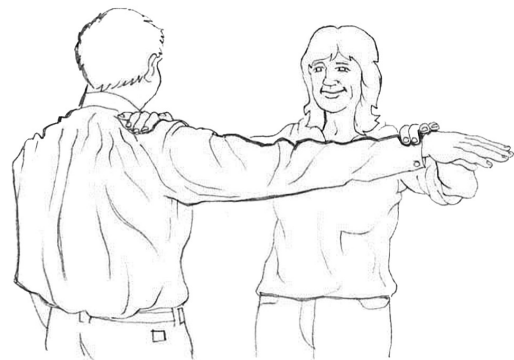
Everyone practices ‘mind over body’ at all times. However, most of us do it unconsciously. The main purpose of this test is to bring this intimate relationship of the mind and body to the surface of your awareness and truly experience it in a very concrete and conscious way. Whenever you apply the muscle test, you will reawaken the inner wisdom of your body and strengthen your natural instincts, trust and intuition. Eventually, you won’t need to apply the test anymore to know what is and what isn’t beneficial for you. To conduct the test, find yourself a partner. Follow these simple steps for muscle testing:

1. Both of you need to stand. Your left arm should hang down relaxed by your side, while your right arm is extended in a horizontal position, with your elbow stretched. (If you are left-handed, use your left arm for testing)

2. Next, ask your partner to stand in front of you. Look at a neutral place, such as a door or a wall, and try not to think of anything or anyone. Ask your partner to place his/her right hand on your right shoulder to keep your body posture in a stable position, and his/her left hand on top of your right arm, just over your wrist (see **illustration 1 of 2 on the right**).

3. Now, ask your partner to press down on your arm, while you try to resist the pressure. Instruct your partner to do this quickly and firmly, but not in a jerky manner, and not longer than about three seconds. The idea is to maintain the pressure only as long as it takes him/her to notice your arm’s strength of resistance. Pressing longer will make the muscle weak and produce a faulty test result.

4. Your arm muscle should be testing strong in this neutral state. (Please note that a particularly negative thought, an expectation, physical illness, or being under the influence of shock, alcohol, or drugs may substantially distort the outcome of this muscle test)



5. Next, keep your right arm outstretched, while you try to think of a situation, person, past experience, etc. that would make you feel angry, nervous, or uncomfortable in some way. At the same time, repeat Step 3. You will notice you are not able to resist the pressure applied to your arm, and your arm muscle will immediately give in and become weak. (see illustration 2)

Then try to think of someone you love or care about and ask your partner to test your arm muscle once more. Your arm muscle will be strong again.

You may repeat Step 5 of the test while listening to hard rock music, watching a violent movie, or looking at fluorescent light. To test whether a particular shampoo, toothpaste, medical drug or food item is suitable for you, place any of these items into one of your hands while you ask your partner to test the muscle of your other arm. Note: If you are left-handed, it is better to test your left arm and place the tested item in your right hand. If these items are not available, merely think of them as he tests you on these products, one at a time.

It may be necessary for you to experiment with this technique on each other for a while before it becomes second nature to you. It is necessary to have an open and unbiased mind when you conduct the test. Don't try to influence or manipulate the outcome in any way, for this may lead to false results. Remember that every thought influences the body in a specific way. Ask any questions you may have that can be answered with a 'yes' or with a 'no'. This may even concern important decisions you need to make, journeys to take, or foods to eat, etc. Once again: to test food items, it may be enough to just look at or think of the food while applying the test.

If you don't have a partner to test you, you may use your whole body as a testing device. Stand in a relaxed manner and repeatedly say the word 'yes' to yourself. This should move or swing your body forward. Now repeat the word 'no' and you find your whole body moving backward. Thus, by asking a question or holding a food or substance close to your chest, you will either swing forward or backward, depending on the body's response to it.

The body's own biofeedback system always works – it never lies. The muscles will respond to a particular stimulation either with weakness or with strength, so long as the test is conducted properly. If even a so-called 'health food' contains something that your body cannot process or digest properly, this feedback system will immediately inform you about it, simply by receiving the appropriate messages from your body cells. A fearful thought, disruptive noise from the street, or the picture on the television news of a killed person is transmitted to your body cells, too. Your body's response is completely accurate and reflects the exact quality of the information passed on to you. However, the way you perceive a situation, challenge or threat may not be as clear to you at all times. Be aware that subconscious desires or aversions can change testing results.

Generally speaking, the cells in your body can detect the frequencies of incoming substances and check whether they are useful or harmful for you at any given time. A cola soft drink gives off different frequencies than an apple. The concentrated phosphoric acid, artificial flavors and sweeteners, large quantities of refined sugar (mostly fructose corn syrup) and other chemicals contained in cola soft drinks are very destructive for biological life forms. So the body's cells will consider them to be poisonous and go into a stress response. Their energy production, measured by the amount of ATP molecules they make, begins to drop abruptly as a result of this response. This practically means that the tissues in the body get increasingly cut off from the routes of energy supply and, hence, become weakened. In practical terms, this situation forces all the organs, glands, blood vessels, nerves and muscles to subsist on minimal energy, which *jeopardizes* the normal functioning of the body. Obviously, the weakening of the arm muscle during the muscle testing procedure occurs in direct response to a perceived external or internal threat or conflict.

Note: You can obtain more detailed information on the procedure from a good book on applied

kinesiology. Some circles of kinesiology practitioners are of the opinion that the arm-muscle test is not accurate and cannot be used as a tool for measuring the mind-body response. This would, however, imply that the arm muscles are not directly influenced by the frequencies of information we generate or are exposed to. In other words, the arm muscles would not be included in the internal network of communication. This defies the very principles of physiology and mind/body medicine. Inaccuracies occur only when the rules of the test are not followed exactly and when hidden desires manipulate the results. Eventually, you want to rely only on what your heart tells you. Concentrating on your heart while asking a particular question will usually generate some feeling, some ‘knowingness’, or even a verbal answer. The first response or impulse tends to be the one to go by.

Stress – And A Shrinking Thymus

The thymus gland, which regulates the activation of *T-cells* (circulating immune cells, also called white blood cells), is the first organ that is affected by stress. *T-cells* help the body to identify and remove cancer cells and other invading agents. The weakening influence on the thymus gland may be caused by such factors as news of negative events, dehydration or the consumption of nutritionally poor and processed foods or beverages. All of these reduce *T-cell* activation by thymus hormones and leave the body without sufficient defenses against the spread of cancer cells and other causes of disease.

The thymus gland shrinks when it is exposed to stress. It is well known that following a serious injury, surgery or sudden illness, millions of white blood cells are destroyed, and the thymus gland shrivels up to half of its normal size. Looking at the video footage of Adolf Hitler, a child abuser or a wanted terrorist may be enough to stress your thymus gland significantly. The next time you read a magazine or watch a movie, ask a friend to test your arm muscles while you view the different pictures. You will find that some of these pictures make your muscles strong, whereas others make them weak. (Of course, if you were completely infused with love and compassion versus fear and judgment, you would not suffer such a stress response at all.¹)

Your thymus gland has to deal with massive amounts of negative influences, considering the almost daily exposure to radio, television, newspapers, junk food, chemicals in foods and beverages, indoor and outdoor pollution, and people with negative attitudes etc. that you encounter. Even advertisements that show people smoking cigarettes or drinking alcoholic beverages have a weakening effect on your thymus.

Most people are not aware of how much of their life energy is drained by exposing themselves to stressful situations. Regularly spending time in unhealthy environments like smoke-filled rooms or experiencing energy-depleting influences such as driving at night or eating while tired can simply overwhelm the body. When there is no energy left to function normally, one becomes nervous or begins to panic. The most common expression you hear people say when this happens is: “I feel so tense today” or “I am utterly stressed out”. Stress is nothing but an experience of constant exhaustion of the thymus gland caused by negative or weakening influences in life. Stress ceases to affect us when we stop exposing ourselves to such influences and corrects the damage that has been caused by them in the past. You can positively strengthen and recharge your thymus

¹ To learn how to develop such a life, please refer to the book *Lifting the Veil of Duality* and the method of *Sacred Santémomy* by the author.