

Professional Massage Therapist  
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# Colleen's E-Words



Monday, January 17, 2011



Welcoming Possibilities

**The Human  
Body  
e pluribus Unum  
Out of one, many**

## GENESIS

**“When we say  
we’ve changed our  
minds,  
We make a state-  
ment of  
fact.**

**Our minds and bod-  
ies change  
*Electromagnetically,  
Biochemically,  
And structurally*  
Each time we  
change a belief.**

**Welcome to crea-  
tion and evolution.”**



*Who's in Charge, anyway?*

*Page One*

**Are we victims of our genes? Does something switch certain aspects of the DNA and we “get” cancer? If our cells give birth to new cells on an ongoing basis, why do we not grow perfect or at least grow young?**

I have been contemplating these questions, which set up an electromagnetic field that attracted some very interesting information.

I will give my resources so that you can discover for yourself the latest findings based on the past 60 years' of research. These articles are way too short and too simplistic to answer the questions that are sure to be raised.

In the box to the left, the quote by Barry Kaufman

of The Option Institute sums up very nicely what is actual truth.

CAVEAT: The science of conventional medicine will continue to reassure you that none of what I'm about to write actually exists. That's because today's biology textbooks and mass media describe the body and its component cells as machines made of biochemical building blocks. This perception has programmed the general public to accept the belief in genetic determinism, which is the notion that genes control physical and behavioral traits. This perpetuates the belief that we are victims of our heredity.

This is also quite comfortable for the pharmaceutical industry and its

mass marketing. The dogma in that regard is, “It's true because we say it is.”

GOING FORWARD: Spontaneous remission / placebo effect/ nocebo effect. Everyday, thousands of patients are told, “all the tests are back and the scans concur. . . I am sorry; there is nothing else we can do.” *Some* of those with terminal illnesses who express a more unusual and happier option – experience something called spontaneous remission. One day they are terminally ill and the next they are not. Unable to explain this puzzling yet recurrent reality, convention doctors in such cases prefer to conclude that their diagnoses were simply incor-

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Outsmarting Your Karma  
and Other PreOrdained Con-  
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*Who's in Charge, anyway?*

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rect.

There are also people who regularly walk across hot coals and do not suffer ill effects. People have been noted to lift cars in an effort to release loved ones. Some religious groups drink poison; others allow themselves to be bitten by poisonous snakes – without suffering ill effects.

Further, a person suffering from *multiple personality disorders* [DID, Dissociative Identity Disorder] will lose his/her own ego identify and take on the unique personality and behavioral traits of a completely different person. One identity may be allergic to cats and another identity takes a different eye color, etc. Each individ-

ual persona comes with its own unique brain programming.

All of the above-mentioned phenomena have become the study of a new field of science called *psychoneuroimmunology*, which means the science of how the mind controls the brain, which in turn controls the immune system.

The paradigm-shattering implications of this new science are simply this: While the immune system is the guardian of our internal environment, the mind controls the immune system, which means the mind shapes the character of our health.

IS THIS MORE “NEW-AGE FLUFF”? **No.**

ENTER THE HUMAN

GENOME PROJECT. Ironically, the Human Genome Project (HGP) was to once and for all prove that we are victims of our heredity. The search to identify every gene with the expectation that there would be over 100,000 produced excitement about “finally” being able to *program* our DNA to invite the highest and best life. Not to mention the possibilities for the investors who now hold the patent on each gene. *Surprisingly*, the HGP revealed that humans have nearly the same number of genes as lowly animals, a finding that inadvertently reveals a fundamental myth-perception underlying “genetic determinism.”

The books named herein are published by HAY HOUSE. Please visit [www.Hayhouse.com](http://www.Hayhouse.com) for other inspirational and health-conscious books.

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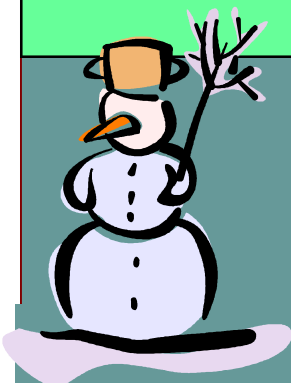
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So, if genes do not control life, *what does?*

Evolving, new-edge science reveals that our power to control our lives originates from our minds and is not preprogrammed into our genes. “Mind” includes conscious beliefs, subconscious beliefs, and the beliefs of the collective conscious. In fact, it is now known that approximately 5% of all of what affects our body is genetic and 95% is mind.

HOW? The key is in our cells. We have the perception that we are each a singular, individual entity. In reality, each of us is a community of 50 trillion cells. Unfathomable? *The total number of cells in a human body is greater than the total number of humans on 7000*

*earths!* Nearly every cell in your body has its own nervous, digestive, respiratory, musculoskeletal, reproductive, and even immune systems. Because these cells represent the equivalent of a miniature human, conversely, every human is the equivalent of a colossal cell!

In their book, Spontaneous Evolution, Our Positive Future (And a Way To Get There From Here), Dr. Bruce Lipton and Steve Bhaerman, political philosopher, explain how it is that our mind represents a government that coordinates and integrates the functions of the body's massive cellular civilization. They also uncover “*the real secret of life*” by explaining the mechanical

nature of a cell. [1] Proteins provide the structure and function of biological organisms; [2] Environmental signals cause proteins to change shape; the resulting movements create the functions of life; [3] protein *perception* switches in the cell membrane respond to environmental signals by regulating cell functions and behavior. WHAT IS THE NATURE OF DISEASE? There are really only two sources of disease: either the proteins are defective or the signals are distorted.

About 5% of the world's population is born with birth defects, which means they have mutated genes that code for dysfunctional proteins. However, 95% of the

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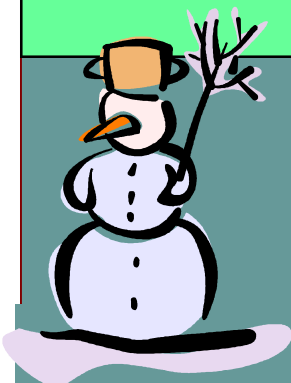
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human population ar-  
rives on this planet with  
a perfectly functional set  
of gene blueprints.

There are three primary  
situations in which sig-  
nals contribute to dys-  
function and dis-ease.

[1] Trauma. E.g., if you  
twist or misalign your  
spine and physically im-  
pede the transmission of  
the nervous system's  
signals, it may result in a  
distortion of the infor-  
mation being exchanged  
between the brain and  
the body's cells, tissues,  
and organs. [2] Toxicity.  
Toxins and poisons in  
our system represent  
inappropriate chemistry  
that can distort the sig-  
nal's information on its  
path between the nerv-  
ous system and the tar-  
geted cells and tissues.

Altered signals, derived

from either of these  
causes, can inhibit or  
modify normal behav-  
iors and lead to the ex-  
pression of dis-ease. [3]  
The action of thought.  
Mind-related illnesses  
do not require that there  
be anything physically  
wrong with the body at  
the outset of the dis-ease.  
Health is predicated  
upon the nervous sys-  
tem's ability to accu-  
rately perceive environ-  
mental information and  
selectively engage ap-  
propriate, life-sustaining  
behaviors. If a mind  
misinterprets environ-  
mental signals and gen-  
erates an inappropriate  
response, survival is  
threatened because the  
body's behaviors be-  
come out of synch with  
the environment.

Cells, tissues and organs

do not question informa-  
tion sent by the nervous  
system. Rather, they re-  
spond with equal fervor  
to accurate life-affirming  
perceptions and to self-  
destructive mispercep-  
tions. Consequently, the  
nature of our percep-  
tions greatly influences  
the fate of our lives.

When cells give birth to  
fresh new cells, the envi-  
ronment created by one  
of the three foremen-  
tioned entrains the new  
cell accordingly. This is  
no different than indi-  
viduals born into an en-  
vironment of impover-  
ishment. The solution is  
also the same: CHANG-  
ING YOUR MIND IS A  
LIFE-CHANGING  
EVENT for all 50-trillion  
of you! Please realize this is a  
very simplistic "brief". The two  
books mentioned below are in-  
depth with suggested resolutions.

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