

## Butterflies Can Smile

Article summary: For those who are trapped in a spiral of stress, anxiety, depression, or negative habits then the solution is to undergo a process to develop a new way to be. Learning is making new connections in the hypothalamus and manufacturing new peptide chains with new feelings; remembering and living in the past is maintaining the old connections and therefore if you do not change what you have got you will continue to get what you already have.

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Science is a product of conjecture about reality and its purpose is to rigorously disprove any hypothesis it comes up with. As science investigates it strips away the beliefs and gets to the core with hard and fast sustainable and testable ideas that stand up to rigorous and provable criteria. It knows that 90% of the new knowledge it postulates today is going to be built upon and amended or disproved within the next few years; and that is the way it ought to be for knowledge is a journey not a destination. Knowledge is a means of growth.

As long as we choose our future based on what we know we will always get what we know.

Through rigorous examination and repeatable tests we can now, thanks to scientific processes, begin the journey to discover, who we are and how we create consciousness, and our paradigm of the world.

Where does consciousness come from and what is it? Here is some science stuff. What can not be refuted is that we are made from atoms. Now an atom has a nucleus around which orbit electrons. The space between the nucleus and the electron is a vacuum; or at least our current technology can not detect anything. This provides the calculation that an atom is 99.99% vacuum. Which means that we are 99.99% vacuum. (Plimmer & King, 2004)

Now our atoms make up our cells of which there are probably over 50 trillion cells in the human body. (Lipton, 2005) Except for the cells in your brain which scientist now believe can be replaced under the right conditions, 50,000,000 of the cells in your body will have died and been replaced with others, all while you have been reading this last sentence. Every cell, except the red blood cell, has a nucleus and D.N.A. and it is the manipulation of the cell that creates the feelings and moods that we experience.

The hypothalamus in the brain is the source of the changes. Consider the hypothalamus to be a small factory buried inside your brain, and in the factory is assembled certain chemicals that match all the emotions that you experience. These chemicals are called peptides, (or neuropeptides); these are small chain amino acid sequences. (Pert 1997)

The hypothalamus role is to control the body functions like heart rate, blood pressure, stress hormones, sex hormones and so forth. It regulates your immune system and the key elements of the autonomic nervous system. It does this by responding to your thoughts by manufacturing a specific peptide to correlate to the emotion that you attach to your thought so that your body functions can feel what you instruct it to feel through your thought process.

So there is a peptide chemical chain for anger, sadness, victimisation, lust and all the other emotions you generate with your thoughts; there is a chemical equivalent for every emotional state that we experience. The moment we have a thought which triggers an emotion the hypothalamus will immediately assemble the appropriate peptide and release it into the blood stream. The moment it gets into the bloodstream it then finds its way to the different centres, different parts of our body, (i.e. autonomic nervous system and immune system) and each peptide seeks out a cell. Now each cell can have over 1,000 receptor sites; these are like a spike on the cell. The peptides seek out and find cell receptors that it can link to, and they then attach to the cell, and lock on to the cell sending a signal into the cell, this changes the structure of the cell and the cell responds with a feeling (a chemical reaction) which emulates the emotion from your thought.

We are a chemical entity and we respond to chemical stimulus. That is how we work; this is how our bodies are wired. The stimulus is propagated by an external feedback which can be generated by what we eat, drink; the substances we put into our bodies, and or it can be motivated by pure thought; you are that powerful.

For those who are trapped in a spiral of stress, anxiety, depression, or negative habits then the solution is to undergo a process to develop a new way to be. Learning is making new connections in the hypothalamus and manufacturing new peptide chains with new feelings; remembering and living in the past is maintaining the old connections and therefore if you do not change what you have got you will continue to get what you already have.

Sounds easy? The problem comes when you become immersed in the feelings of certain experiences because those experiences become the means of your thinking. When that happens, you are only living from the past because by definition a feeling is associated with some past event. So if we determine our future based on feelings then we are trying to create a future situation from a past situation. Therefore by recreating the future based on the past we tend to recreate more of what we already have; it can go by a different name, but it is the same.

If you are wired into victimisation, insecurity, suffering or any other addiction then your feelings become your measure of reality. Your future thinking becomes based on

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how you are wired and therefore you will recreate your addiction in your life because it is the only thing you know. Addiction! Yes addiction. My definition of addiction is something that you can not give up; and you can not give something up if you do not know how.

In order to create a new future you have to leave feelings of the past behind. You have to learn to abandon the way in which feelings are your means of thinking, and when you are able to do that you will break the association in the neurological network that are attached to that thinking and those feelings. Then you will be able to focus on your dreams that you have no experience of because you have no emotions to associate to them.

Your experiences colour what you know, so it is difficult to objectively appraise anything because our appraisal of everything has to do with our previous experiences and emotions. Every experience has an emotional weighting attached.

By generating negative feelings in the body through negative thoughts (i.e. victimisation, depression) you record this feeling in the cells of your body through release of peptides made by the hypothalamus. Your body does not have judgement and does not recognise right from wrong, your body responds to external stimulus it receives, the external environment; this can be through your mouth, your skin, the air you breathe and or through your thoughts; it can be through the people you associate with, parents, teachers, friends; it can be through the media or anything external to your body. If you reinforce this stimulus your body accepts that it needs it and will send messages to the brain to continue sending the chemical agent to enable it to continue feeling whatever it is feeling. For example you may feel infatuated or in love with a particular person, this situation will generate a peptide in your hypothalamus to equate to the feeling, and it will enable your body to experience that feeling every time you invoke a thought relative to the person or an external event triggers the feeling, like you see the person or read about the person.

The brain will instigate memory which will regurgitate a thought which will activate an emotion which will then authorise the hypothalamus to make the appropriate peptide which it will do, and then the brain will release the peptide automatically into the body reinforcing your instructions. We are a chemical entity and work through messages and signals sent via a chemical network. You are not controlled or protected by God, you are responsible for you.

Why does your brain respond to your thoughts; because your brain does not know the difference between what it sees and what it remembers? (The same areas of the brain light up and respond when you see something and when you think you see something. Consequently your brain will react in the same way and try and give the body what it wants. The cells in your body are sustained by a constant feeding of chemicals from the brain. (DVD - What the Bleep? Down the Rabbit Hole, 2006)

Your mind creates your body and it all starts in the cell. What is a cell? Well each eukaryote (a cell containing a nucleus) possess the functional equivalent of the bodies nervous system, digestive system, respiratory system, excretory system, endocrine

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system, muscle and skeletal systems, circulatory system, integument (skin), reproductive system and an immune system. Remember you have approximately 50 trillion cells in your body with this awesome power, minus the red blood cells which do not.

Who gives the cell the orders? The Neuronet is based on experiences that have been filed in the subconscious memory by connecting them to emotions which have generated their own peptides in the hypothalamus. To change your body image you have to change your Neuronet; this will change your attitude and the way you interact with the environment.

If you partake in alcohol or drugs or poor eating habits then your own ability to make you own internal endorphins declines and the receptors on your cells start to become sub-sensitive. By continually repeating the stimulus to your cells with your current life-style choices and the same attitude (peptides) time and time again, when the cells divide, that is when it produces a daughter cell and the old cell dies, that daughter cell will have more receptor sites for those particular emotional neuropeptides and less receptor sites for vitamins, nutrients and fluid exchange or release of waste products or toxins. If your cells can not function at a healthy level by disposing of toxins or taking on vitamins, then disease will be the outcome.

Another consequent of abusing our cells is that cells that do not operate well contribute to aging. We actually make a peptide called sadness which mixes with the normal peptide protein amino acid chain and that becomes a cheaper grade of protein, a weaker protein. This protein is used by our cells, and as cells reproduce identical copies of themselves then die, it is natural that this cycle of cell replacement will lead to weaker and weaker cells. The human body ages because the proteins that we produced when we were young are now a cheaper grade of protein as we get older and take on more negative thoughts, poor eating habits and abuse our bodies with substances like drugs and alcohol. This degrading of our cells is a product of our own personal attitude. Genetics do not cause disease it is the environment that stimulates the genetics that cause disease.

So if we change our attitudes we will change the effects neurochemically which means we would change our effects biologically, which means that we would change the effects of the receptor sites on our cells, which means we would change the response from the D.N.A. within the cells, which means we would change the make up of the protein chain which means we would change the health of the physical body, which means we would change our life.

So our attitude has an affect on the cellular level of the body.

To change means a chemical change, a chemical withdrawal and that is why many of us find it hard to change because the body produces a chemical need in us which is past driven and future inhibiting.

Unless you are truly enlightened you have a chemical addiction and it depends how strong or negative that addiction is, as to your attitude and health.

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Mindforlife.co.uk can teach you techniques and strategies to reduce and eliminate your negative, addictive thoughts and feelings to change your life. We do this by working with all our clients on a holistic basis. We use meditation, check food intolerance, vitamin & mineral deficiencies, educate on how the mind works providing techniques and strategies that contribute to weight loss, elimination of stress and anxiety, and elimination of destructive addictions. We help you to see that butterflies do smile.

I aspire not to be  
What you would have me be.  
I aspire not to be  
What you desire me be.  
I aspire not to be  
What you would want me be.  
I aspire not to be  
That which you design me be.  
I aspire not to be  
Whatever you would dream me be.  
For I aspire to be me.  
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