

Presidential Address

PSYCHONEUROIMMUNOLOGY: *From Biochemistry to Energy Medicine*

Leonard A. Wisneski, M.D., F.A.C.P.

ABSTRACT

Psychoneuroimmunology is the scientific basis of holism. This new discipline is an exploration of the interconnections between the central and autonomic nervous systems, the immune system and the endocrine system. Exploring hormonal and chemical intercellular communication reveals a vast framework for further scientific research. A new family of relaxation hormones have been discovered which lends a biochemical basis for many of the therapies in mind-body medicine. The physiologic effects of emotional stress and, on the other hand, meditation have profound effects in health and illness. The author's view that the pineal gland, not the pituitary, is the master gland will develop the concept of the pineal gland as an energy-biochemical transducer. A synthesis of ancient energy systems provides the basis of a unified energy field theory of physiology and healing. The discipline of energy medicine therefore rests on a scientific and experiential basis.

KEYWORDS: Psychoneuroimmunology, energy medicine, limbic system, pineal gland, melatonin, anandamide, chronobiology, chakra, sephiroth

It is a great honor and privilege to be here at this excellent conference and to be serving as President of this organization. It is also a great honor to finally feel fully free to actualize every aspect of my nature. I am dedicating my lecture to the ancestors represented by Kimba's playing of the ancient digeridoo and that is embodied in our Father on Father's Day, Elmer Green. Thank you for inspiring all of us over these years.

All of our hard work is about our soul mission, which is creating a sense of freedom for the children of the world. In this way, they can avoid the scars of discarding the dysfunctional parts of our own cultururation process and learn that life is a celebratory dance. My lovely daughter Hope, who is here today, represents that and is carrying the light of all the children of the world.

Today I am going to speak about psychoneuroimmuno-endo-gastro-cardiology. After that, energy medicine will be a simple concept. This is a momentous time in the evolution of the art and science of medical practice. Medical practice is not reserved for physicians or healers with any credentials. It is reserved for every human being who can manifest a smile on their face emanating from the purity of their hearts. We have that capability and we are all physicians in that light.

Psychoneuroimmunology integrates several physiologic systems. In the past few months a new field called cardioneuroimmunology has shown an interaction between newly discovered hormones produced in the heart and neuropeptides in the brain and the immune system. Finally, biochemically, the dance of light is coming into basic science.

The abdominal brain, or the enteric plexus of the gut, produces many neuropeptides, some of which regulate immune function. Twenty percent of our immune system is contained in the abdominal brain, which essentially is the lower instinctual brain, which controls gut feelings. Edgar Cayce first spoke of the abdominal brain years ago. Michael Gershon at Columbia, who has done years of research on this subject, recently wrote a book called *The Second Brain*.¹

All resonance comes from silence, which is at the beginning and end of each musical note. I would like to concentrate on the silence. I will be constructing

a strand of pearls with many medical concepts. Do not let your left brain focus on each pearl. Instead, concentrate on the strand of pearls, which is the great Tao. From the great Tao everything emerges. In the words of Swami Yogananda the strand is this:

My silence, like an expanding sphere spreads everywhere. My silence spreads like a radio song, above, beneath, left and right, within and without. My silence spreads like a wildfire of bliss; the dark thickets of sorrow and the tall oaks of pride are all burning-up. My silence, like the ether passes through everything, carrying the songs of earth, atoms and stars into the halls of his infinite mansion.²

I call the emerging new field Integral Medicine in honor of the highly respected Yogi, Aurobindo. We are now integrative, utilizing the best of alternative and conventional methodologies to search for the truth. When one infuses the soul, when one infuses synthesis, the sum is greater than the parts. Integral Medicine is new because of the technology we now have combined with concepts quite ancient. Finally, the golden thread between the past and the future will be joined.

The brain is a digital and an analog computer. That is why we have so many problems dealing with this planet. First, we have the brain. The cerebral cortex, or the neo-cortex, which represents human development resembles a digital computer. The cortex interfaces with the lower mammalian brain, the limbic system, which controls feelings and emotions. The interface is a very tricky one, and it is a one-way communication, because unfortunately when you enter digitalized information into an analog system, one has difficulty recapturing the data for information flow between the neo-cortex and the mammalian cortex. Biofeedback and many of the “holistic” interventions are concerned with healing through the release of traumatic memories held in the limbic system.

The road we are on is a narrow precipice insofar as conventional medicine is concerned. I will be presenting validated research, that when pieced together, will gently lead the conventional mind to what the truth will be, is, and always has been. When I was a medical student studying medical anthropology, I did not understand why I was not taught anything about the healing process or love or mixing my humanity with someone else's. When observing the medical

practices of indigenous cultures that inherently involve philosophical and religious belief systems, I realized that Western medicine is the aberration.

Neuropeptides are a fascinating subject. The brain not only reacts to but, produces almost all the hormones that are secreted by the various endocrine organs. This information revolutionized classical endocrinology less than a decade ago. Insulin and numerous other hormones are all released in the brain and produce behavioral effects. This endocrine symphony of our energy-biochemical transduction, working in a rhythmic orchestration, is the key to optimal vitality of the physical being.

Most of our nervous system is autonomic and automatic, taking care of much of our physiology. Our problem is that we are being bombarded with all these energies and things are expanding at a dramatic rate. We are stuck in these Neanderthal bodies, so we invoke the sympathetic or stress response for the silliest reasons; not expressing our truth, not saying "I am a little overwhelmed, I need space right now," not buying that answering machine, not resolving conflicts, or agreeing to mutually disagree. We become as stressed as if we are being chased by a dinosaur. We need to change that.

Research shows that the autonomic system is "hard wired," innervating the thymus, spleen, and lymph tissue in the gut. There are receptors for autonomic neurotransmitters on lymphocytes. As an endocrinologist, I was reeling in holistic heaven for several years when I learned that there are neuropeptide receptors on the lymphocytes. There are receptors for beta-endorphin, the analgesic hormone that is secreted in the brain, the enkephalins, another set of pain-relieving hormones produced in the spinal cord, and somatostatin, released by the hypothalamus, that retards the release of growth hormone in the brain. These neuropeptide receptors on lymphocytes facilitate neural control of immune function. Therefore, our thoughts and feelings can affect our health.

Hormones not only regulate the physiology of the body, but also are transmitters that can be viewed as behavioral molecules. The receptors on lymphocytes respond to these transmitters. If you have a smile in your heart and on your face every one of your lymphocytes are shining! Hormones alter NK activity, pokeweed mitogen and phytohaemagglutinin responses. If you are feeling down, your lymphocytes are feeling down, too. If, as the Chinese say, wind heat comes

along in the form of air conditioning or a virus, guess who is going to get it, the sad lymphocytes or the happy ones? The answer is obvious.

When I spoke to the American Physiologic Society about psychoneuroimmunology, some of the participants were thinking of becoming cab drivers and opening-up restaurants, others saw it as a challenge. It reminds me of the adage, “Is the cup half-full or half-empty?” One’s fear level in these times of change is a fascinating human phenomenon.

To add to the absolute integral confusion of modern physiology, the lymphocytes secrete neuropeptides. What is a lymphocyte doing secreting a pituitary hormone? It seems as though God had intended something that the classical endocrinologist did not. We should rewrite all of the textbooks or forget them and have fun! The new field of psychoendocrinology suggests that if one has a thought they wish to remember, they will produce anti-diuretic hormone (ADH). The anti-diuretic hormone will alert the hippocampus in the limbic system and say, “Hey guy, magnetize me because this is a thought we have to remember.” So, the limbic system is processing information—it resembles digital tape that records when ADH is released.

Ed Blaylock in Texas has demonstrated a feedback loop between the immune system and the endocrine system. It has been demonstrated that lymphocytes secrete ACTH. Research has shown that if the pituitary of the rat is removed and the rat is injected with a bacterium, over time the ACTH levels return to nearly the same level as in the rat that has an intact pituitary. This indicates that lymphocytes are producing ACTH. So, the field commanders are not entrained as rapidly but they do the job.

Many classical scientists are not aware of this incredible intercellular communication. If you look at the brain, “As above so below,” every potential molecule can be produced by any neuron and any cell. It is merely a question of intent. We must believe in it without fear. As Hippocrates said:

This is a great error of our day in the treatment of the human body that physicians separate the soul from the body.

What kind of memories do we have that are creating trauma? One person walks into a home with a fire in the fireplace and it invokes warmth and the

lymphocytes are feeling soothed and ready to eliminate any invaders. Another person sees that fireplace and has an incredible stress-response, becomes very anxious and needs to leave the house. With guidance, whether it is biofeedback, massage therapy, craniosacral therapy, or any therapy that allows one to become relaxed enough to reach the alpha-theta brainwave interface, one is able to receive information from the analog computer in the limbic system to the neo-cortex and have a breakthrough realization. There is an analytical realization of what caused the trauma, such as when I was three years old my house burned down and I watched everything that was valuable to me burn. The repressed memory created the stress reaction to the fire. Suddenly, the patient, an eighty year-old woman, might cry uncontrollably and have an incredible release. The therapist must be strong enough to hold that space with the patient and in many situations the fear disappears. There are many variants of that type of therapy at this conference.

Melatonin is a relaxation hormone that acts on the benzodiazapiene receptor. This is also the receptor for librium. I do not believe that God, in his/her infinite wisdom, created a benzodiazapiene receptor, a drug receptor waiting millions and millions of years until a pharmaceutical company invented the drug librium. Every drug receptor has a natural ligand. Those who feel that herbs are non-pharmacologic entities need to think differently, because every endogenous ligand for a receptor is produced by the body or is found in our immediate, natural environment. The National Cancer Institute is now sending teams to investigate these herbs from indigenous populations around the world.

Calcitonin is a thyroid gland hormone that inhibits bone reabsorption and thus enhances bone deposition. It is used to prevent or treat osteoporosis because it prevents calcium release from bones. It is my contention that calcitonin is one of the major anti-aging hormones. Calcitonin is also an analgesic peptide that is released in the peri-aqueductal grey area of the brain. There is evidence that calcitonin may be an effective therapy in the management of pain, be it from that of headache, bone pain, cancer or in rheumatologic conditions such as reflex sympathetic dystrophy.

Another interesting "relaxation" analgesic neuropeptide is anandamide. About a decade ago, William DeVane, a neurophysiologist from the Weizman Institute

in Israel, was visiting and meditating at the Aurobindo Ashram in India. During the meditation, he foresaw that he would discover a hormone that acted on the marijuana, or tetrahydrocannabinol receptor. He came out of his meditation saying, "I am going to find Ananda," which means bliss. He thought that the new molecule would be a peptide, so he called it "Anandamide." (the amide of bliss). He then extracted anandamide from pig brain pituitary and hypothalamic tissue. Anandamide is currently being researched as an analgesic and neuropeptide of deep relaxation. *So, we now have biochemical verification for energetic phenomena that can be communicated to the conventional world.* When one goes into a deeply meditative state, at the alpha-theta interface, I predict that anandamide levels will rise. Two case reports have shown that melatonin from the pineal gland increases in this state. Consider the implications of a family of relaxation hormones that can now be studied. We can finally proclaim to everyone the inherent truth of the importance of the benefits of the therapies which we witness on a daily basis. The wish to communicate these observations is screaming from our souls in these times when there is so much pain and suffering around us. We need to observe our boundaries, obviously, but this is the TIME that we must proclaim our truth. And God has given us the tools to accomplish this.

The pineal gland is a window to the biosphere that looks like a beautiful little cumulus cloud. Some amphibians have a lens as part of the gland. The pineal has been called the third eye, the translator of light in the ancient texts. What does modern research say? At the last Endocrine Society meeting, there were only a few out of hundreds of abstracts for the pineal gland. The pineal research scientists have been doing research over the past fifteen years, but this information is not in mainstream medicine.

There is a host of hormones that are produced by the pineal gland. Focus has been placed on melatonin because of its ability to induce relaxation and sleep. It also enhances natural killer cell activity and causes platelet anti-aggregation. This translates to the strengthening of both our immune and circulatory systems. So, I am saying that we can now show physiologically why we become healthier from meditating. We have finally been given the tools to show conventional medicine how much of the previously intuited physiology actually works. We have been using the inside of the willow bark to treat fevers for hundreds of years. Why did we need to wait until 1970's to discover the

prostaglandin systems in order to accept fully the efficacy of aspirin because we finally discovered its underlying mechanism of action? Why not start relying on a collection of empirical evidence to verify natural truth and then perform scientific research around that? Fantastic, theoretical hypotheses that do not come from a true source of meditation and contemplation could be very skewed. Do we need to spend millions of dollars attempting to verify something that is found not to be the truth ten years later? Over the past thirty years I have been watching what was told to me in medical school as a valuable truth be thrown out the next decade and come back as ultimate truth the next decade, only to be thrown out again. The whole galaxy, solar system, everything we know relies on natural truth, which does not vary.

There is an incredibly complex interaction between the pineal gland and various structures in the brain. Timed release of pineal hormones appropriately tunes or modulates cells, tissues, and their processes to optimize the phases of circadian rhythms and their related responses. What are we saying? What are circadian rhythms? What is time? What is happening?

I think everyone will agree that we really are in deep space. So, if we are in deep space and we have this construct called “time,” what is space and what is time? It is wonderful to be here, but when one looks at the night sky and considers all of the astronomical discoveries of planets, one might start getting the idea in one’s 3-D mundane ego mind that maybe there is something more than this planet with the backdrop of the sky being a beautiful celestial landscape for us. Now, if we realize that concept, we can move to the next idea that time is nothing more than an attempt to make sense of the rotation of a little planet around the sun, and the rotation of a planet around its own axis. Our yearly rhythms, our circadian rhythms, our ultra-circadian rhythms and the field of chronobiology, the field of measuring energetics, are highly accepted in conventional medicine because we know that all hormones are secreted in an oscillatory pattern. We also know that when moving from cephalad to caudad that the pineal and the pituitary have a much higher frequency than the gonads, which vibrate a bit slower.

In the ancient texts showing the flowers that represent the chakras, the number of petals increases with higher chakras. From the Ayurvedic/Chinese Medicine perspective, we can see that prana/chi is divided into smaller quanta, smaller

photons of energy with higher frequencies. The higher the frequency, the more petals there are and the lower the frequency, the less petals. This is one of the first findings that dovetail with chronobiology and some of the ancient energetic literature fits perfectly with this model.

The pineal gland is an external/internal environmental transducer. This is the master gland that regulates you, the ocean within you, all of the hormones within you, and relates you to the outside energy world. Light, a concentration of various molecules in an osmotic solution (that could be compared to the salinity of the ocean), thermal and magnetic energy, gravity and sound all affect the pineal gland. The pineal gland has a deep circuitry connecting many structures of the brain that entrains the entire physiology and modulates the orchestration of the endocrine symphony.

The hypothalamus releases corticotrophin-releasing hormone, which induces the pituitary gland to secrete ACTH. The pituitary is the short-order cook of the endocrine system. Each peptide released from the pituitary goes to a particular endocrine gland and to many other cells. So, we have a completely befuddled mystical, wonderful realization of how everything works. That is the only conclusion that can be reached by assembling the plethora of research that has been performed in the past 15-20 years. The pineal gland is therefore both the master gland and the third eye.

Light therapy is being used in places that have long winter nights, such as Helsinki. Restaurants have tables with artificial lights. Customers walk out knowing that their belly is happy and their entire beings are happy because they have been exposed to full-spectrum light.

Mind over matter, mind over medicine is more of an understanding that we are energy fields interacting with other fields. Meditation causes melatonin production and alpha coherence, the alpha coherence brings you into sacred space. The physical body is nothing more than a biofeedback machine for the soul. Perhaps sometime in the past we were dancing on the planet as these little phantom angelic beings whispering through trees, enjoying ourselves, and for whatever reasons we gained these solid 3-dimensional forms. These forms, in my mind, are a spacesuit that adapts one's being to another vibration. In this way we can have sensory experi-

ences and interact with one another to finally learn the lesson that all physical beings, according to Einstein, are waveforms and we are all emanations of the same field. Until we really get that we are going to keep taking notes.

Edgar Mitchell, an astronaut who traveled to the moon, related that he was sitting on a rock on the moon with his hand on his chin looking at the earth and he thought, “My God, the United States just disappeared. And, twenty minutes later, there goes China. I do not see any boundaries, I do not see borders, I do not see border guards. I see that is my home and there are millions of beings who cannot even share the resources, get along, or understand the feeling I have had for the past month. I have been with God in sacred space and this is the most blissful experience anyone can have. I will dedicate the rest of my life to show humanity that this is the truth!” (*with apologies, as these statements have been paraphrased*). This was the birth of the Institute of Noetic Sciences.

We have a pineal antenna that connects our artistic and creative right brain with our immediate and cosmic environment which then communicates with the logical left brain. It is important to have a left brain if we are going to make up a construct of time. It is good to have sequencing and a rational order and be able to analyze input that one is getting during meditation, contemplation, or every day life. However, in our current culture, with the information technology, the left brains are much more dominantly developed than they need to be. It is all about what I call learning how to dance on the corpus collosum (the structure which unites the left with the right cerebral hemisphere). Then you have harmony going into the limbic system and a release of repressed traumas. This release of repressed traumas frees creative energy to sing and dance and to optimize one’s vitality. In this place you realize that if you are a good person it does not necessarily mean that your life goes perfectly. It means that one can have incredibly harsh ego lessons and deep pain that one needs to experience in order to learn that you can eventually actualize Ananda.

From time immemorial, different cultures all share the same concept—sacred space, ether, the Tao, shakti, shekinah, baraka, nirvana—are true, real, not illusion. Sri Aurobindo describes the layers of consciousness, from everyday consciousness to much higher levels of awareness. Several times I have experi-

enced different states of awareness and different ways of walking around on this planet. That is the key to a rich life, to realize and consciously identify with our souls.

We truly are eternal souls. This body is a temporary vehicle and there is nothing to fear. Nothing. Sing and dance along the way, cry, grieve, but let it be transient, let it wash through you as you erase the repressed traumas that you've been holding on to. Having these outer experiences, is not about being punished, it is all about healing. It is about doing time on planet earth in order to learn how to be fully present in love.

The Chinese symbol of chi represents life energy. There also is wei chi, a coarse energy which circulates on the outside of the body and is protective during the awakened state. It is the energetic equivalent of the immune system. If some emotional or physical harsh trauma to the body occurs, the imprinted energy goes to the corresponding organ and reverberates in that area of the energy field during the night hours while we sleep. According to traditional Chinese medicine, during sleep, the wei chi becomes yin. The yang changes to yin at night and goes into the organ for processing. It is part of the body clock and circulation of energy and trauma of the day is stored in the tissues, perhaps in the fascia. Perhaps the limbic system houses repressed memories in the body. Through some magical switch this repressed energy in the tissues, held by the fascia, that incredibly endless web of connective tissue, can be released from the limbic system through diverse therapies such as bodywork, acupuncture, or biofeedback. Bodywork can facilitate this release and the optimal situation is bodywork followed by movement re-education. When one can correct posture, he/she can walk in different ways. They can carry themselves as empowered human beings but one has to work on both aspects as a cohesive unit (mind and body).

There is a type of chi called yuan chi which represents the energy we brought onto the planet. That is, it represents ancestral energy or the very energy of the soul. Yuan chi is the energy of the soul circulating in the curious meridians. This energy is housed in the extra-ordinary, or "curious" meridians. The chi in the principle (more superficial) meridians contains chi from the food we eat and the air we breathe, *i.e.*, from our environmental surroundings. The zuan chi is the soul energy. This energy comes in and develops an energetic tree-

trunk (the curious meridian, chong mo), this beautiful tree trunk conducts energy through your spinal canal and the branches of the tree form the principle meridians. The core meridian, chong mo, is the entrance to help treat endocrine disorders. This is dealing in sacred territory and one needs to have great reverence when locating points on curious meridians. The principle meridians are composed of the energy from food and from the air we breathe. In other words, the principle meridians in most people on the planet have everyday energies that are taken in from the planet. When you meditate, melatonin and anandamide levels in all probability increase. As one starts clearing the blockages and repressed traumas surface and dissipate, one can imagine the curious meridians infusing and releasing its sacred (soul) energy into the corresponding principle meridians, as the soul energy reservoir.

It is my contention that progressively higher states of awareness represent the stages of infusion of this sacred energy into the principle meridians. This corresponds to increasingly higher states of awareness and increasing levels of health and vitality. That reservoir becomes more and more filled as one allows more of the sacred energies into the body. Eventually when yuan chi exceeds planetary chi the state of samadhi or enlightenment is at hand. That is why the yogis are able to accomplish such incredible feats—they are nourished and sustained by cosmic prana, they are living corporeal, temporary physical beings surviving on nothing but prana.

A perception, sudden as is blinking, that subject and object are one will lead us to a deeply mysterious, wordless understanding and by this understanding you will awaken to the truth. —Hang Pao

I had the great honor of serving as a panelist on the NIH consensus panel on acupuncture. An article summarizing the findings appeared in the November 1998 issue of the *Journal of the American Medical Association*.³ One of the questions discussed was: “Does an organized energetic system that has clinical applications exist in the human body? Although biochemical and physiologic studies have provided insight into some of the biologic effects of acupuncture, acupuncture practice is based on a very different model of energy balance. This theory might or might not prove new insights to medical research but it deserves further attention because of its potential for elucidating the basis for acupuncture.” In other words, it was a screaming call under the auspices of the NIH consensus panel on acupuncture to conduct research into energy, physiologic models of human physiology.

The following is a mere introduction into one proposed model of Human Energy Physiology. The chakras open as if they are delicate flowers, like little lotus blossoms. Ancient literature speculates that the energy of the chakras connect with the nervous system and interact richly with the endocrine glands. The chakra energy interacts with the nervous and endocrine system energy. Thus there is energy-hormonal transduction; an energy biochemical transducer is what energy medicine is about.

There was a display at the National Library of Medicine honoring Paracelsus, a physician who wrote treatises speaking about energy medicine five centuries ago. Few in conventional medicine have really understood what he had to say, which is:

The spirit is the master, the imagination is the instrument, the body is the plastic material. The moral atmosphere surrounding the patient can have a strong influence on the course of his disease. It is not the curse or the blessing that works, but the idea. The imagination produces the effect. To think is to act on the plane of thought and if the thought is intense enough, it may produce an effect on the physical plane.

According to Joseph Campbell:

This is an essential experience of any mystical realization, you die to your flesh and are born into your spirit. You identify yourself with the consciousness and life of which your body is but the vehicle. You die to the vehicle and become identified in your consciousness with that of which the vehicle is the carrier, that is the God.

Dr. Maurice Mussat is a French physician who developed the mathematical formulation and interpretation of the energetics of acupuncture based on ancient Taoist manuscripts. This form of acupuncture, French Energetics, is the basis upon which many U.S. physicians are taught this art. Dr. Mussat interpreted Jesuit parchments from second century B.C. Taoists. So, the Jesuits were the first to go to China and translate the Taoist manuscripts. That is why the manuscripts contain Latin, French, and Hebrew.

There is a secret code of how the universe works. The I Ching holds more information than predicting the future. The information contained in these hexagrams may very well contain the keys to the energetics of life itself.

While studying acupuncture, I had the great honor of spending four days with Dr. Mussat, one of the most incredible living masters of our day. He spoke about Taoist Cosmology. Having been a student of Kabbalah for about 20-25 years, I told Dr. Mussat that this resembles Kabbalistic cosmology. He replied, "But of course, there were Jews in China at that time!" On one of these ancient Taoist manuscripts was found the Kabbalistic Tree of Life. Dr. Mussat has recently developed a mathematical model of the energetics of genetics. Dr. Mussat is now teaching the leading scientists this information at several universities. This information is the energetic DNA code which arose from ancient Taoist manuscripts and that is now being studied and verified by geneticists. We now have the technology to understand what the Taoists knew long ago. Not only was this code based on the I Ching, but it involves a binary code. I have spent much time in contemplation and amazement at the extent and sophistication of this knowledge which appears to have been waiting until now to be understood.

The Kabbalistic Tree of Life is a beautiful example of a model of energy physiology (Figure 1). The tree is made up of ten sephirot, or vessels. Kether is the Godhead, representing divine will, and representing celestial energy coming through the pineal gland. Chokhmah is the Akashic records, which is all the knowledge there was, there is, and will be. It comes from another Universe, another place and relates to the right brain. Binah is the condensation of that energy into analytical thought processes, ruled by the left brain. This is the level of thought: The Da'at is the sudden flash of intuitive realization, and whoever gets this flash, do not be foolish enough to call it your own, because it comes from another place. It is the inspiration that helps solidify a part of what is in Chokhmah and brings it into Binah in order to have knowledge with profound understanding of the genesis of wisdom. This is the seat of our creativity.

At the level of the emotional field, Chesed is divine mercy. It is the earth mother, it is the full, nurturing goddess in full acceptance. We need a counterbalance and that is Gevurah, or judgement. An eye for an eye and a tooth for a tooth—judgement. According to the Buddhists it is the middle path that we want. It is the balance between the two—or the middle path.

The next level down is Tiferet, or beauty. This is the goal as we evolve as a species—to place our energetic center in Tiferet. Netzach, the warrior, can

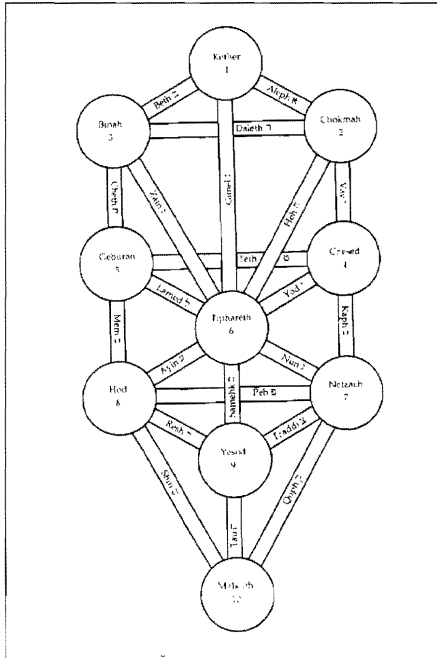


Figure 1. *Tree of Life.*

interact by literally striking forth or by being so full of one's own thoughts that one keeps interjecting into a conversation without any reception. This is the level below Tiferet. The counter-balance of Netzach is Hod. Hod is total receptivity. Somewhere in between is what we need. So, this is our action in the world. That is the level we seek. Above that and in the center is Tiferet, or beauty, which is Harmony. Below that is Yesod and that represents the foundation or the mirror from the ancestors to the descendants. Malkhut, or kingship, is our operating blueprint for being on planet earth, which is the receptor of the above nine Sephirot.

The sephirot on the right side of the tree are expansive. The Akashic records, action, mercy, this is yang. This is plus, this is one. This is the proton. It is considered to be yang, male energy. Please remember that men and women have a mixture of both male (yang) and female (yin) energy. The left side of the tree is Yin, is contraction, negative, zero.

The first chakra, the root chakra, corresponds to the kidney hormones. These hormones regulate the aldosterone system and the adrenal glands, which help us survive on the planet earth. The first chakra corresponds to Malkhut. In terms of the second chakra, what are the hormones that link our ancestors with our descendants? Our transmission of yuan chi is found in the ova and sperm, the gonads.

The third chakra is in between Netzach and Hod and this is where most of us live in everyday life. The third chakra is represented by the digestive hormones. It is a dance between attacking or feeling like you are being

attacked or victimized. It is really a difficult place to balance and most of us try to balance on that but cannot. One has to eventually get off the planet because it is a constant struggle to maintain our body in homeostasis. Our body will become destroyed with all of the repressed trauma that occurs. That is what creates illness. Or, we finally learn to have the courage to release all those sanskaras and repressed traumas and move toward the balance of Tiferet, which is the fourth chakra. This chakra represents the heart and the thymus, which symbolizes realizing that we are breathing through our hearts, living in our hearts, being one with everyone around us, and speaking our truth, no matter what the consequences. That is living in Tiferet, that is the goal.

The fifth chakra is another difficult place on which to balance. It represents mercy (Chesed) and judgment (Gevurah). The fifth chakra corresponds to the thyroid gland. The sixth chakra Chokhmah and Binah, the ajna center, is related to clairaudience and clairvoyance. The corresponding gland is the pituitary. The seventh chakra is the pineal gland, or divinity.

One can integrate the Taoist energy systems, Ayurveda, Huna medicine Tibetan systems, etc.—everything folds around this beautiful Kabbalistic Tree, which is the origin. This constitutes our unified energy field. It is nothing more than an overlay. It is a beautiful interaction between the energetics and the biochemistry that does not subtract from Western physiology. Western physiology is beautiful, it is real and true. We are complementing it to expand our consciousness, live in a different way and appreciate the full scope of health and healing. Not one conventional physician would argue with the idea that if we could live with less fear, or possibly no fear, it would be wonderful way to exist on this planet. As the Native Americans would say, we should walk in beauty.

So, we are in a new paradigm, where energy and mass, West and East are meeting, $E = mc^2$: Einstein meets the Celestial Energies.

Great men are they who see that spiritual force is stronger than any material force, that thoughts rule the world. —Ralph Waldo Emerson

We are striving to learn the truth, the natural truth, the truth of our inherent

beingness. It is within our understanding and realization and courage to know that we are divine beings having a human experience.

• • •

CORRESPONDENCE: Len Wisneski, M.D. • 5618 Shields Drive • Bethesda, MD 20817

REFERENCES AND NOTES

1. Michael Gershon, *The Second Brain* (Harper Collins, New York, NY, 1998).
2. Swami Yogananda, *Meditation on Silence from Metaphysical Meditations* (Self-Realization Fellowship, Los Angeles, CA, 1976), p. 53.
3. NIH Consensus Development Panel on Acupuncture, *Journal of the American Medical Association* **280**,17 (November 4, 1998), pp. 1518-1524.

Q & A

Thank you very much, Len, what a wonderful synthesis of East and West and North and South and Energy and Mass.

I have two questions. My own naturopath/homeopath who's been having miracles in his office says that the difference between somebody who can slough off cancer or hepatitis C or lupus is the condition of their pineal gland. Now, in some of my readings and even speaking with some people that I respect, they tell me that the pineal shrivels in an adult and sometimes can't be reactivated and I just wondered if you'd speak to that.

First, it is my contention that for the healing process the pineal is a servo mechanism for the soul, just as the rest of the body is. The thing that determines healing is (1) the soul's shift in intent—when there is a shift in intent there is not only a transformation in the physiology and pathophysiology but there is a transformation in the way that person lives his/her life. If one did personality inventories one could see some remarkable shifts in people who've had "spontaneous" remissions. (2) Actually, the pineal gland is thought to calcify in some individuals. It remains quite functional although there is a decline in hormone secretion with aging. (Interestingly, the thymus gland gets replaced by fatty tissue as one gets older. On chest X-Rays, it disappears after childhood. It was thought that it shriveled and was not effective. Actually, if one performs CT-scans one will see that it does not shrink and is fully functional. It needs to be functional for a fully operative immune system).

My other question is about the Peyer's patches and their part in the immune system.

The Peyer's patches are part of the immune system and their function is not fully known. It is thought to have to do with humoral immunity. That is the training of

B cells, which respond to invaders such as bacteria and yeast. I think Edgar Cayce had a lot more to say about that.

*I want to tell you that Bessel Vander Koak, a physician, said that repressed trauma is at the basis of all mind/body/soul problems and illness is all about trauma. The next issue of **Bridges** will be about Post Traumatic Stress Disorder and some of the energetic methods that are used to treat it. I do urge everyone to take trauma history, if someone comes for an auto accident see what happened before and try to use your methods to process all the repressed trauma. I think the energetic systems work a lot better if that repressed trauma is out of the system.*

You mentioned briefly about the Chinese model, I was wondering if you could comment on the kundalini energy model having to do with living on Prana and becoming a breatharian. I've met people who after a dramatic kundalini rising experience suddenly found themselves not needing food and just being able to live that way. Others have spoken of periodic dripping of nectar (to use a religious term) down into their throat and that that seems to take the place of food. So, I was wondering if you could comment on what you think is happening, physiologically in this kind of scenario.

The bladder meridian is essentially the fuse-box, if you remember, Joseph Helms mentioned about the Shu-Mu system, this is direct input to the organs. Down here at bladder 23 and governor vessel 4 this area in Chinese medicine is called the Ming Men. The Ming Men houses the Chi through life. The Ming Men is your essential vitality. Some people are born with a large dose of it. They live for 89 years no matter how many burgers they eat, whereas others if they even sniff meat or if there is a wind that blows, they will get very ill. This is the amount of Chi you come in with which is karmically determined and possibly soul determined. However, during the process of becoming more aware, the locks of the different chakras are broken. What that means is that the meridian system involved with each of those chakras are flooded with Yuan Chi which replaces the "planetary" Chi. Then there is an alteration in physiology to the extent that if the awakening is premature and forced, sometimes pathological conditions can arise when one is not fully ready to house the information.

Because of those changes in the body, the meridians are just going full-blast and then you do not need the food.

One may not need food, when I say if it is premature, like if it is not a yogi or someone in training for thirty years, you do not approach the Kabbalah as a child. One does not approach the Kabbalah until one really gets the signal to do so and that is somewhere around the age of 30-35. If one awakens energies that should not be awakened prematurely they may be able to sustain themselves without food but it can be very dangerous to one's corporeal being.

As an endocrinologist have you ever heard of glands I believe described to antomoglies, hedarian glands behind the eyes. I think they are found in birds, but I am not sure if they have correlates in the human.

No. If you have anything on it, I'd love to see it.

Len, thanks for that wonderful talk. You mentioned very briefly about the energetic DNA code. I was wondering if you could expand on that just a little bit. I believe the reference was the ancient Taoist energetic DNA code.

There are only four nucleic acids that make-up the whole code in a long strand that vibrates. Each cell, each tissue has a harmonious resonance, the tissues have different resonances. Given that resonance with outside entrainment, if it is harmonic and the energy is coming through the chakra, that is translated into cellular products. Proteins, RNA, etc. optimize harmonious vitality of that particular organ system or tissue.

Yesterday when you were referred to as Rabbi I got the goose bump approval that seemed to verify that name and today I wanted to congratulate you on fully demonstrating how much you deserve the title of Rabbi.

Thanks, it is an archetype I tend to use once in a while.

With the correction that he is Taoist/Hindu Rabbi. (Laughter)

I would not limit it just to Taoist/Hindu.

I just wanted to make the observation that the acronym for Complementary and Alternative Medicine is CAM which sounds like, "I can" or possibility. As we move into integral medicine, the acronym for that would be I AM.

We want to thank you very much, Len, for your very heartfelt address. You have all of our lymphocytes pretty exhilarated and thank you !

∞ ∞ ∞