

Dr Candace Pert - Molecules of Emotion Article

Eastern philosophy would state that consciousness precedes reality. Western thought espouses the opposite view and has taught for hundreds of years that consciousness, thoughts and emotions are products of the physical brain and have little to do with the body or our health. How many times has the statement, "It's all in your head" been given when no logical answer makes sense, thus suggesting that whatever complaint is being reported by the patient is not real. Pert would say it's all in your "bodymind" and it's all important. She maintains that theories of psychosomatic illness must shift, as we uncover ever more scientific research validating that consciousness is a body-mind phenomenon

Dr. Pert's research provides scientific evidence that a biochemical basis for awareness and consciousness exists, that the mind and body are indeed one and that our emotions and feelings are the bridge that links the two. She explains, "The chemicals that are running our body and our brain are the same chemicals that are involved in emotion. And that says to me that we'd better pay more attention to emotions with respect to health."

Using Pert's research as a foundation, we now have a new scientific understanding of the power of our minds and our feelings to directly and profoundly affect our health and well-being. This new science explains that we are one system; the brain is integrated into the body at a molecular level and therefore neither can be treated separately without the other being directly affected. According to Pert, our bodies are in fact our subconscious minds:

"In the end I find I can't separate brain from body. Consciousness isn't just in the head. Nor is it a question of the power of the mind over the body...because they're flip sides of the same thing. Mind doesn't dominate body, it becomes body."

Electrochemical messages are passed between brain cells. Similar signals are passed to every cell in the body. Each is studded with "receptor sites," a kind of "mail box" for these electrochemical messengers.

The molecules of emotion, a kind of neuropeptide, change the chemistry and electricity of every cell in the body and mind. Feelings literally alter the electrical frequencies generated by our bodies producing a nonverbal communication.

Emotions, Dr. Pert explains, are not simply chemicals in the brain. They are electrochemical signals that carry emotional messages throughout the body. These signals, a mixture of peptides, have far reaching effects.

"As our feelings change, this mixture of peptides travels throughout your body and your brain. And they're literally changing the chemistry of every cell in your body – and sending out vibrations to other people."

"I've always kind of known that the energy you emanate from within attracts the situations and people that you need," Pert explains. "I've always known that but wasn't quite walking my talk. You would have thought I could have figured this out by now. But it's really only in the last few months since the book came out that I've been able to really live this."

I asked Pert to explain how emotions have such a powerful effect. "We're not just little hunks of meat. We're vibrating like a tuning fork — we send out a vibration to other people. We broadcast and receive. Thus the emotions orchestrate the interactions among all our organs and systems to control that."

As Pert explained in her earlier book, *Molecules of Emotion*, neurotransmitters called peptides carry emotional messages. These messages change the chemistry of our body's cells. This is all mainstream science, but it doesn't explain how one person's emotions can affect another person and the larger world. "You're still thinking about this as chemistry," Pert chides. "Of course it is chemistry, but it's also physics and vibrations." Neurotransmitters are chemicals, but they carry an electrical charge. The electrical signals in our brains and bodies affect the way cells interact and function.

"You have receptors on every cell in your body. They actually are little mini electrical pumps." When the receptor is activated by a matching "molecule of emotion" the receptor passes a charge into the cell changing the cell's electrical frequency as well as its chemistry. This leads to programmed cellular responses.

Pert says that just as our individual cells carry an electrical charge, so does the body as a whole. Like an electromagnet generating a field, Pert says that people have a positive charge above their heads and a negative charge below. "So we're actually sending out various electrical signals – vibrations."

"We're all familiar with one kind of vibration: When we talk, we send a vibration through the air that someone else perceives as sound. As I explain in the book, we're also sending out other kinds of vibrations. It's a basic law of physics that when you are close to an energy source it has a greater effect and that diminishes as you move further away. But when you are far away there is no effect."

"It is a whole new paradigm shift that basically leads you to realize you're not alone. You are connected to everybody else. Your emotions are key. And you are leaving a wake, changing the world around you in a huge way."