

Exploring the Power of You by Cynthia Samuels

There is more to the human body than meets the eye. We readily accept our physical anatomy because it can be easily experienced by our somatic senses of sight, sound, touch, taste, and smell. But we have another body, a "Subtle Body" of energy that co-exists with the temporal material of our being. This energetic body is not as easily detected for many humans, it truly lives up to its' name: subtle. Although ever-present, without tuning into it you will not experience what this field of energy has to offer you. Stop for a moment to consider a radio. You appreciate its appearance, you know it is always receiving signals, and yet unless you adjust to a certain frequency and turn up the volume, you don't hear or feel what it is producing. The Subtle Body is kind of like that radio for human beings. Luckily for us, one of the gateways into our "Subtle Body" is through the "Chakras". It goes without saying that our somatic senses are rooted in physical science and that our Subtle Bodies and Chakras are rooted in Metaphysics; this begs the question, what would happen if we teamed the two systems up through conscious intention and focus that energy towards a receiver, imagine the possibilities.

Consider the journey of the electron. Science has proven that we are made up of atoms which, in turn, are made up of subatomic particles. The atoms themselves consist of neutrons, protons, and electrons within or around a nucleus. Each particle has its own charge: neutrons are neutral or have no charge, protons have a positive charge, and electrons, the smallest of these particles, have a negative charge. The electrons appear to be spinning around the outside of the atom as if in orbit being held in place by an electrical force. These orbital-looking routes are shells around the nucleus which the electrons can move or shift between producing what is called radiant energy. The old saying opposites attract is directly related to the activity of the charge or force between the electrons and protons. Acting according to the laws of our physical world: opposite charges attract and similar charges repel. An electric charge exists when a particle is attracted to an oppositely charged particle. With the protons in the nucleus of the atom, most electrons will stay in the innermost shells where the attraction is greatest. Available space can get filled up pretty fast, pushing the excess electrons to the outer shells and forcing some out of orbit completely. When the electron either shifts within shells or leaves completely, a photon is created.

According to the Encyclopedia Britannica, a photon is "also called light quantum, minute energy packet of electromagnetic radiation. Considered among the subatomic particles, photons are bosons [meaning it carries energy and has a whole integer spin], having no electrical charge or rest mass and one unit of spin; they are field particles that are thought to be the carriers of the electromagnetic field." This electromagnetic field includes electromagnetic radiation such as light making photons the basic units of light. As it continues, the electron spins out of orbit, out of its original atom, and out of the entire molecule. This changes the charge of the molecule and an ion is formed. If the electron attaches to another shell of another molecule... bingo! Another ion is created. This process is called ionization. All of this is happening because of an electric field that has been created by two biological entities with two different charges thereby creating a bioelectric field. What else can electricity do? Electricity can also produce magnetism. The spin of electrons around the atom's nucleus or through any conductor generates a magnetic field in its

surrounding space. This law applies to the electrons moving through our body's cells, molecules, nerves, organs, muscles, and especially our heart. This is called our Biomagnetic Field. Together, electricity and magnetism form our Electromagnetic Field.

Through extensive studies, scientists have found the human body to emit light, sound and heat, have electrical and electromagnetic fields as well as have its own gravitational field. But their studies of our body's magnetic properties are still developing. In 1992, Magnetite, a magnetically sensitive iron and oxygen compound, was discovered in the human brain; concentrated in the cerebellum and brainstem. It is located in a nerve complex in front of the Pituitary Gland. The magnetite's positioning is very interesting, as this gland is a key Endocrine Gland. The pituitary acts as a storehouse of hormones that works in conjunction with the hypothalamus as the 'on switch' for a myriad of our physical actions and activities telling our body what hormones we need when. Simply put, it is the Master Gland of the Endocrine System. The pituitary works in partnership with a smaller yet very important gland called the Pineal Gland. This smaller gland is shrouded in mysticism and plays an important role in neurochemical production.

A light-sensitive gland, the Pineal Gland is primarily associated with the production of a serotonin derived hormone called melatonin. Melatonin is most commonly known for sleep regulation; it is made at night with the pineal ending production at dawn. After production ceases, this gland continues to work, serving as an electromagnetic sensor. Additionally, it has the ability to produce neurohormones and is able to shut down excess hormone production initiated by the pituitary after said hormones are no longer needed by the body. It has, in essence, closed down the pituitary's 'on switch' thus the partnership exists.

The Pineal gland's mystical aspect is revealed within its neurochemical production. Well known neurohormones like melatonin, thyroxine, and prolactin are readily accepted as part of the neural physical remedies for conditions we are used to hearing about like insomnia and hypothyroidism. Certainly, if you mention our own brains producing hormones containing hallucinogenic properties, it would raise an eyebrow or two. But that is exactly what scientists are finding to be the case with the Pineal gland. These findings are based on the fact that neurochemicals such as Pinoline and DMT are being produced by this gland and are encoded within us. These neurochemicals induce a raised state of consciousness and this state of mind has been embraced by other cultures outside of traditional western ideology for centuries.

Many cultures possess knowledge of the subtle energy systems. There are as many cultures who believe in these systems as there are systems to be embraced. The Pueblo People of the South Western United States are one of these cultures. They have a Chakra system in which the Chakra Centers relate to the polar axis of the earth. The origin of this system's inception was handed down generationally through verbal history. The First People of Creation were given Chakras as Spiritual Reminders: Remember, You Have a Spiritual Connection to the Creator and a Spiritual Connection to the Earth. For The First People, they believed in five Chakras Centers and that the energy to these vibratory centers all flowed down from above. Life on earth was different in those days, as was the earth's polarity. The poles had not shifted to their current positions of today.

The First Chakra is at the top of the head, where the soul enters the body at birth and exits the body upon death. It is most open at birth and hardens as one ages. As this Chakra closes over time, the original connection to Universal Consciousness is lost.

The Second Chakra corresponds with the brain. It assists with understanding the Creator's plan for one's life and how to carry out that plan. The physical functions of the brain are held secondary to that of the Creator.

The Third Chakra resides in the throat. This vibratory center is considered their connection to the "Breath of Life". It is here The People are able to commune with the Creator through sound, whether it be with prayer, chanting, or praise. With their conscious intentions and actions, this Chakra gives them the ability to reach from the physical plane to Universal Consciousness.

Below the throat is the Fourth Chakra, the heart. The Heart Center represents the duality of nature and life. It is said that if you are of "One Heart", one purpose, and one ideal, you are a person of True Intent. You have "Two Hearts" if your thoughts and actions are not at one with The Universe. Those of "Two Hearts" were said to have been those who originally transported physical ills to human beings.

Moving downward to the final center is the Fifth Chakra located at the Solar Plexus. It can be thought of as the cardinal center of spiritual thought, the fundamental. It is called "Throne of the Creator". It is from here a person's spiritual life is directed.

The First People were very in touch with the Creator and did not need as many Chakra centers as the Chakras systems of the modern era have in order to be able to make connections with Source. Most other Chakra systems have the First Chakra at the base (Root) and bring the energy up from the base. Then the energy is raised upward to the Seventh Chakra (Crown) at the top of the head, making it the exact opposite initial flow. Regardless of how the energy flows, one thing is clear: the center of the body is a key component to sending and receiving energy, very similar to how an electromagnetic field was created by electrons being sent and received on a molecular level.

The organ responsible for generating the largest electromagnetic field is also coincidentally located in the center of the body, that organ is the heart. According to Hindu yoga tradition, the Heart Chakra is associated with unconditional love, compassion and is a bridge between the lower and upper Chakras. The Tibetan Buddhists believe it represents the Seat of Consciousness. But how can these ideas and concepts be explained or supported by Western science? Let us examine the Institute of Heart Math's findings in their study titled, Exploring the Role of the Heart in Human Performance. The Institute found that the heart's electrical field is sixty times greater in amplitude than the electrical activity generated by the brain, it is the most powerful source of electromagnetic energy in the human body and produces the largest rhythmic electromagnetic field of the body organs. When measured by a superconducting quantum interference device (SQUID) its magnetic field was one hundred times greater than that produced by the brain and was measured up to three feet away from the heart. As the heart beats, it secretes a number of hormones,

thus making it part of the endocrine system as well as the center of the circulatory system. With each contraction, patterns of heart rhythms, hormonal pulses and nerve impulses are being launched through the entire body. When these pressure waves generated by the heart, commonly known as our pulse, reach the brain, it changes the brain and the scalp's electrical activity for no explainable biological reason. This suggests an energetic interaction and communication exists between the heart and the brain.

From all the scientific data available to us coupled with anthropological ideologies, I believe we have been given an internal communication system capable of outward communication if we choose to be its co-creator. We have been given the biological makeup. We have free will to choose how to focus our mind. This is how we make miracles happen.

There is no doubt that most people believe that our brain is responsible for our intelligence. Yet, our hearts' brain is far more capable of far-reaching intuitive action. Serena Roney Dougal's research on the 'Psychophysiology of the Chakras' explores the relationships between Chakras and various endocrine gland's neurohormones. Using the Hindu seven Chakra system for her example, the pineal itself correlates with the Seventh Chakra said to be a Link to Oneness. The neurohormone Thyroxine is linked to the Fifth Chakra of the throat interrelated with our intelligence and brain function. While Prolactin is connected to the Fourth Chakra, the heart, representing unconditional love. She also stresses the need for self-development and evolution with use of the Chakras. With all of this complexity; electricity, light, magnetism and sound, our conscious recognition and engagement is the key to coherence. Nothing can bring this concept home better than the Visible Light Radiated from the Heart with Heart Rhythm Meditation experiment performed by Puran Bair in 1997 at the University of Kassel in Witzenhausen, Germany.

The goal of the experiment was to prove the ability of the heart to produce visible light using three types of independent meditations and to measure the light produced with a Photomultiplier Tube in a Dark Chamber. After ten hours of testing, it was deemed a failure due to inconsistent results. That night the equipment technician's son became very ill. Early the next morning, Puran Bair awoke with an insight for the child's need for light as a remedy to his ailment. He voiced his belief to the boy's father and the experiment began again with a different and simplified approach; that being the intention of healing the child. The intention of the meditator was to send the light to the child on the exhalation coming from his heart. During the experiment's half hour duration, the meditator's resting photon emission count increased from 20 photons per second up to 100,000 photons per second! To give context to this accomplishment, it only takes 1,000 photons per second to stimulate the eyes and create visible sensations. This experiment's success gave birth to the Heart Rhythm Meditation.

Being aware of this knowledge brings great potential for creative or destructive endeavors. It is an even greater responsibility. Through unification of the power of our heart and mind guided by the use of our will, we enter the world of Quantum Reality. Its possibilities are unfathomable! Our intentions must be pure, for we have access to a limitless source of Divine Power. We need to first know ourselves as the manifestation of Love and Light for this is the substratum of our Being. Then, humbly embrace the vast

nature of our Creative Oneness. We are One with the Universe and the Universe is One with Us. Treat every living being with respect, kindness, compassion, humility, integrity and love. Our Light is for our connection, use it with Sacred Intent.