

The Key

What makes us tick? That is a question that I have been fascinated with all my life, and I know I am not alone in this quandary. Dr. Bruce Lipton, author of **The Biology of Belief**, among other scholarly endeavours, has been researching quantum physics and understanding how our cells process information. He discovered that a membrane around our cells controls the physiology and behaviour of each of the cells; essentially turning on and off our genes based on the environmental cues. What we believe to be true has the power to affect us negatively or positively in our cells and in our lives. This is where the term Epigenetics was born. It is the place where science and spirituality merge. This is an important discovery, as it has potential to affect change in the lives of many people who are in ill health and who struggle to function effectively in our society.

According to studies, anyone who has had several Adverse Childhood Experiences (ACE's), such as neglect or abuse, carries the weight of toxic stress, inter-generational transference, and reduction of executive functioning skills. There is also evidence that adults who experienced ACE's are at risk for depression, anxiety, ADHD, Post Traumatic Stress Disorder, Inflammation, Heart Disease, and a variety of other ailments. Certain populations, such as Aboriginals are at higher risk due to Colonization and the determinants of health. Stress becomes the norm on a daily basis for many living on impoverished First Nations. This can lead to many undesirable ailments, including toxic stress.

Toxic stress becomes a genetic marker on the DNA waiting to be turned on and off. When it's turned on, the brain releases chemicals in the body and there is a physiological response. Where there is stress, there are blockages in the natural chain of physiological events. The reduction in the level of executive functioning skills stems from this; an inability to concentrate or focus, poor impulse control, inability to set goals or follow rules, inability for delayed gratification, and emotional dysregulation. The inability to function optimally, creates more stress in a vicious cycle.

As the brain is the target of the stress, stress hormones release and chronic/toxic stress creates a burnout of neurons. The "shrinking" neurons are an adaptive response in the hippocampus and the prefrontal cortex. Observations are memory deficit, bad habits, compulsive, reward seeking behaviour, and addiction. This downward spiral of behaviours is accompanied by thoughts and feelings of low self-esteem, low self-worth, hopelessness, despair, and more negative energy being poured into the process.

Studies have also shown that having at least one nurturing caregiver in childhood to facilitate the serve and return reactions, (positive energy flow) which foster feelings of love, happiness and security, can buffer the toxicity. This reduces the chance of having stress, anxiety, and decreased executive functioning skills. The brain has been shown to be very malleable and have plasticity, in that it can revive itself and correct and create new neural pathways, in nurturing relationships. Even though our brain plasticity is more prevalent as children, still as adults, these nurturing,

relationships still have a positive effect on us. As human beings, young and old, we naturally gravitate to things that make us feel good.

Often, when we are not feeling well, this brings us to the point of seeking medical attention and subsequently being prescribed a pill to alleviate symptoms. Dr Lipton asserts that “If you understand Epigenetics, you do not need pharmaceutical companies.” I also resonate with that statement. All too often we fall blindly into the psychology being fed to us by these companies, through media or other means. We are told there is something wrong with us, something that needs to be fixed. Then we are shown the magic pill that will supposedly provide the solution to whatever ails us. Subsequently, we may indeed recover from whatever affliction we had, or at least have diminished symptoms, as long as we believe that the pill works. Dr. Lipton also refers to the placebo effect in studies showing success in the same manner. He states that our beliefs have the power to cause illness and alternatively, to heal us and bring us to a higher state of consciousness. If we believe the pill works, then it will, if we don’t believe it, then it won’t. The ramifications are that through our beliefs, we can effectively heal ourselves and other generations without any harmful side effects (as pharmaceutical drugs are known to have).

With the power of intention and focused energy in a loving and healing way, outcomes can be influenced for children to allow them to have an equal opportunity to thrive in society. Having a nurturing relationship does not necessarily mean having a parental relationship. I would posit that a therapeutic relationship can also be nurturing. It is about the power of intention and belief. Where energy goes, energy flows; providing an avenue of positive energy to nurture children would literally be lifechanging for many of them. They would have less toxic stress, better executive functioning skills, lower mental and physical health problems, less interaction with the justice system, better community cohesiveness, and the ability to nurture the next generation- stopping the inter-generational transference of trauma that has been marked on the DNA of ancestors and previously passed down.

Knowing that everything is energy and everything has its own vibration, utilizing Sound Healing Therapy to affect positive change for children and adults is obviously beneficial. Individuals making appointments for Sound Therapy would have the belief (at least in part) that the sessions will be successful, creating a positive energy flow for healing to take place within the body and the mind. This has also been shown to be true, for example, when we are on the way to see the doctor, we may begin to feel better- this is the power of positive energy we are putting into our thoughts. Directing positive, loving energy, along with the power of belief creates new neural pathways in the brain and allows all to become aligned and in homeostasis.

Dr. Lipton’s ground breaking work, as well as other studies in sound therapy, are only the tip of the iceberg, but it is an eye -opening place to begin. Further research can only lead to more positive outcomes and successful children and adults. The use of Sound Healing Therapy, although already in practice, is not wide spread. This is something I hope that with the help of others, we can change. Our increasing knowledge of the power of belief and vibrational energy, along with an undying curiosity holds the promise of new discoveries and has truly amazing potential for humanity!