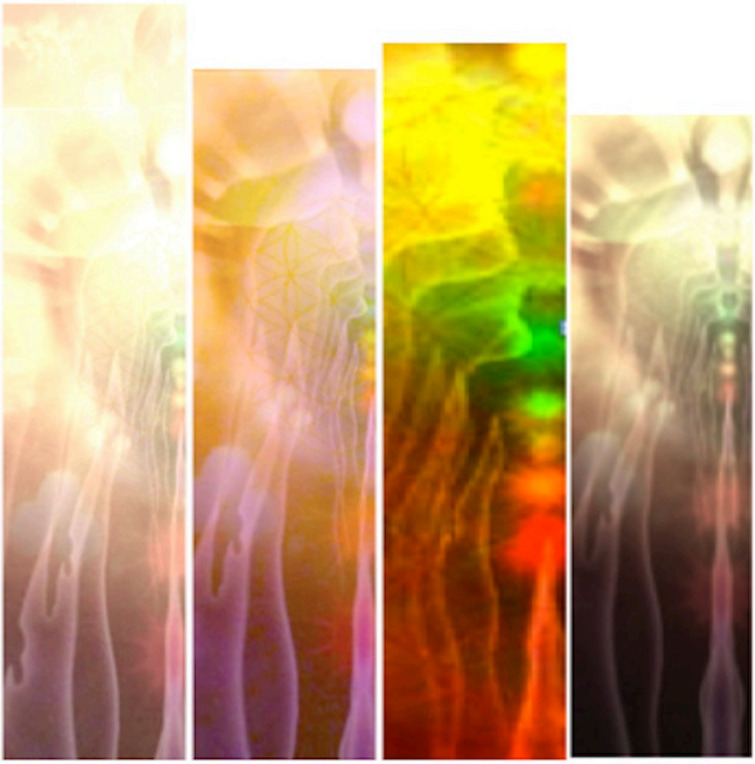
ANATOMY
Of the Human Energy Field



Energy Field Alignment
a Handbook for Healers

By Carol Lamb

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PREFACE

This handbook is written from a metaphysical perspective founded in ancient wisdom and based upon the belief that the origin of consciousness is spiritual; a multidimensional path of evolutionary experience. The principles of healing reflect this journey and are presented in a manner accessible to both lay practitioners and trained therapists.

We explore the anatomy of the physical body and the subtle energy systems, explaining the interface linking chakras and meridians to the cellular matrix. This handbook offers guidelines through which causative factors can be identified and traced as subtle energy body mapping, drawing upon anatomy, physiology, technology and body therapy.

An introduction to cellular memory and body/mind consciousness equips therapists to practice energy field alignment with confidence. Guidelines are offered concerning personal and environmental alignment techniques with insights into risk assessment to ensure confident self-help and aftercare.

The Emerald Alignment is the core teaching of the Quantum Light programme. It can be practised in its simplest form by people of all ages and abilities or integrated into a therapeutic practice with an understanding of the alchemical action of transmutation at the molecular level. Received as channelled teaching in the 1980s as part of planetary initiation, the alignment process has been taught to thousands of people with

testimonials attesting to its effectiveness as a means of transmuting negative energy patterns.

The new science of epigenetics and the significance of perception and belief in attaining and sustaining optimum health, along with the difference between affirmation and belief, are explored and explained. Through a deeper understanding of the energetic interface beyond the brain, we begin to see the significance of perception and belief in shaping our choices and their direct impact upon physiology and health.

The principle of alignment to a divine matrix rests in spiritual awareness rather than religious belief and sits comfortably with all spiritual doctrines. This handbook includes a brief introduction to the 12 planes of consciousness as structured, interactive, energetic fields governing the four lower bodies of terrestrial experience, the three higher levels of spiritual awakening and the five which connect beyond the terrestrial fields.

The hope is that this handbook will encourage further investigation of the true nature and complexity of the human condition. For those wishing to undertake therapist training through the Academy of Spiritual Sciences, the Quantum Light Programme welcomes applications from all regardless of academic history or qualification. Our aim is to teach the 'doctors of the soul', providing personal tuition online through Foundation, Intermediate and Advanced level supported by multimedia teaching aids.

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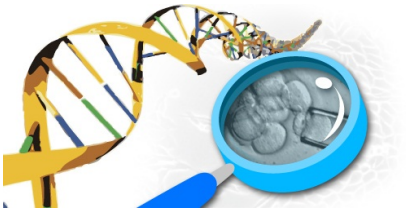
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CHAPTER 10

EPIGENETICS

Quantum Physics – The new science

A marriage of neuroscience, cellular biology and energy medicine.



Watson and Crick were awarded the Nobel Prize in the fields of molecular genetics and biochemistry after identifying the double helix structure of DNA in 1953.

Hailed as the 'molecule of life', DNA is present in the cells of all living organisms, the hereditary material regarded as the individual coded blueprint within the cells. Following conception, the DNA molecule produces the complete genetic code unique to the individual, instructing the cells to divide and replicate. This process continues throughout life.



DNA is housed within the cells of the body; however, only 2% of DNA controls replication. The remaining 98% 'non-coding' DNA was previously referred to by scientists as 'junk DNA', an example of an assumption of scientific knowledge.

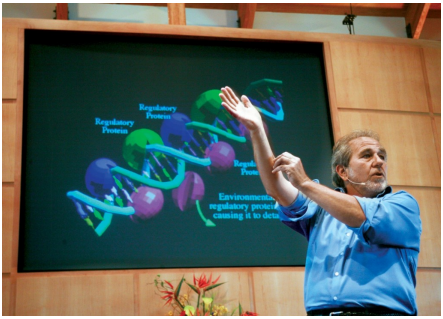
Recent results suggest that most of the vast quantities of non-coding DNA within the genome have associated biochemical activities; these include gene regulation, control of replication and epigenetic inheritance. It was previously believed that genes were solely responsible for determining potential by instructing physiology, thereby dictating health or disease.

Epigenetics is the study of how external environmental factors switch genes on and off – 'how cells read genes' as opposed to the role of DNA sequencing. (Epi – meaning over or above; genetics – referring to hereditary factors.)

Spiritual Science

Through the discoveries of epigenetics, science is beginning to understand the influence of intention. This coupled with an understanding of the subtle energy field systems brings the recognition that consciousness originates as spirit which manifests in the material world in accordance with our choices and beliefs.

It is the nature of science to cling to traditional, proven beliefs. It rightly demands evidence in order to accept new radical theories. Since quantum science confounds the principles on which physical science rests, it is inevitable that progress will be slow. However, we are entering a new paradigm, where spiritual scientists are free to explore the interface between the material and the ethereal dimension. The pioneers in this field inevitably find themselves subject to ridicule and condemnation. However, it is impossible to disbelieve a theory which has been repeatedly proven. There is no way back for we cannot return to the 'flat earth' theory in an age of space exploration.

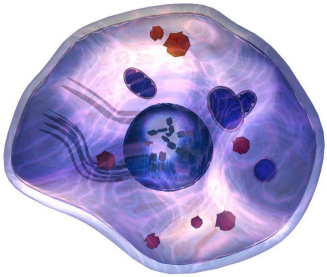


Bruce Lipton is a developmental biologist who after years as an atheist came to believe that the way cells function

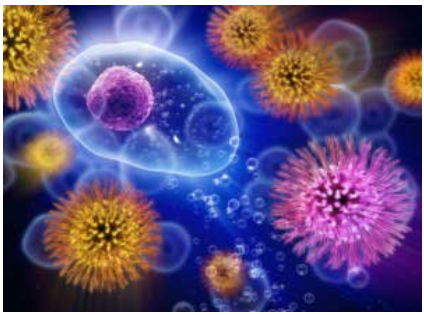
demonstrates the existence of God. Lipton's groundbreaking research into cellular biology proved that cells are programmed by environment. His research showed that cellular function could be dictated by changing the environment within the petri dish in the laboratory. This was a heretical view since the prevailing belief was that cells were pre-programmed from birth to act in a predictable manner. In conflict with the prevailing medical model, i.e. 'the body as a chemical machine controlled by genes', he no longer felt able to teach medical students and resigned his Chair at the University of Wisconsin to focus on research.

Since 1993 he has promoted the new science of epigenetics globally. An inspirational teacher, he has compared the cell membrane to an information computer chip; the cell genes are the hard drive with all their potential. If the cell membrane is seen as the keyboard, we are tapping out commands through our thoughts and beliefs and the cell responds appropriately. A renowned speaker and supporter of alternative healing methods, he has stated: 'If a science is based on the way life really works, that science would be good for use in medical practice. But if you base your science on wrong information, then that science could be detrimental to medical practice.'

Brain, Biology and Belief



Science increasingly corroborates direct human experience. Biology teaches us that the body is composed of atoms and molecules, while ancient wisdom shows us the complex structure of the subtle energy systems and how these interface with the physical body. Anatomy and Physiology, once the province of biology, are now linked to quantum science through advanced technology and neuroscience. The latest research into brain chemistry demonstrates the process through which the brain communicates with the body systems via the cellular system.



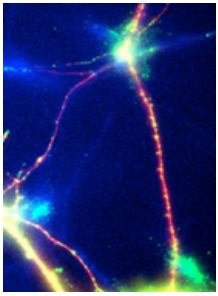
Quantum science is beginning to demonstrate the manner in which biophotons, emitted by the human body, can be released through mental intention, modulating fundamental processes within cell-to-cell communication and DNA.

Medical science has not yet understood or therefore fully accepted the link between brain chemistry and consciousness; in time, the crystalline subtle energy networks that unlock the coded messaging system of the cells, will become evident.

MESSENGER MOLECULES

The molecular language of communication between Mind, Body and Spirit

The groundbreaking discovery in the early 1970s by Dr Candace Pert, a neuroscientist and psychopharmacologist, changed the medical perception of the role and function of the brain.



Amino acid chain molecules are the basic unit of life. Protein molecules called neuropeptides, discovered by Dr Pert, are the brain's chemical messengers, which send instructions to the cells of the body. These biochemicals regulate almost all life processes at the cellular level. Cells are responsible for activating the body systems; neuropeptides are the trigger which activate the cells.

Question: What activates the peptide?

Neuropeptides are called messenger molecules because they send messages from the brain to cell membranes. Receptor sites on the cell surface are constantly opening and closing. Each cell has thousands of receptor sites (the brain has millions), each acting like a specific 'lock'; neuropeptides are the individual 'keys' which open the lock. The receptor cell responds only to the designated neuropeptide, rather like entering a password to open a computer file. We are making choices moment to moment to select the neuropeptide, which acts on existing beliefs or changes them.

Neuropeptide Formula

Thought process is based on belief

Thoughts trigger peptide response

Beliefs trigger Emotions

Emotions trigger response

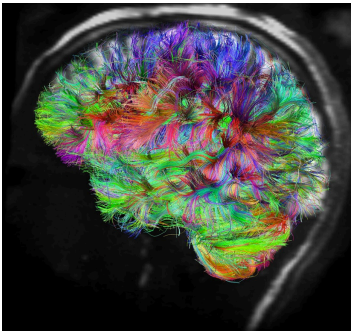
The peptide relevant to the Belief and the Emotion is released

BIOLOGY AND BELIEF

Beliefs are based in experience

Perpetuated or changed by our choices

Neuropeptides are emotion specific, acting as a point of transformative change. We choose moment to moment whether to act upon the existing emotion and belief or to change it. All body systems rely on neuropeptide information based upon the emotions. The mental/emotional state is co-dependent and therefore brings a physiological response.



Candace Pert stated that rather than the 'lock and key' concept which has been proposed, we might imagine the receptor cell and the neuropeptide having to sing the same note at the same time to release the potential for change. Neuropeptide response is generated in keeping with the status quo; in health, positive feelings elicit positive neuropeptide response – in disorder and disease the opposite applies.

Mental Health issues

In depression or where there is disordered thought process, there is a belief that nothing can change, creating a repetitive cycle.

Emotional stress

Prolonged emotional stress erodes self-confidence, decision-making is deferred, opportunity is lost. For as long as the negative belief cycle exists, it is perpetuated by the self-selection of neuropeptides, which support the belief, a self-fulfilling prophecy. As we shift our perception and our position, we make positive life-affirming choices reflected in the physiology.

Electrical Impulses and Chemical Cascade

Thoughts are electrical impulses (energy) that travel at lightening speed via neural pathways. Thoughts trigger the neuropeptide chemical cascade throughout the body. Specific emotions are associated with a particular neuropeptide, reflecting our mood and personality traits. Neurological pathways, the conduits which carry the light impulse to the cellular membrane, are affected positively or adversely by neuropeptides.

Neuropeptides shaping Neural Pathways

If we repeatedly experience a particular emotion, e.g. anger or resentment, the cellular structure becomes prone

to responding to this habitual patterning. Cells then increase their capacity to accommodate the need. This response lies at the root of addictive patterns of behaviour.

Positive feelings enhance Positive choices

The cellular membrane resonates with neuropeptides of a higher frequency, retaining its plasticity.





"You're literally thinking with your body and the words you say .... which actually affects the neural networks forming in your brain."

Dr Candace Pert

We are in a very real sense the architects of our own construction or destruction

Perhaps Buddha said it best:

"We are what we think.

All that we are arises with our thoughts.

With our thoughts, we make the world."

Intention And Belief

The idea that positive thinking brings about positive results is not new. All doctors can tell of patients who unexpectedly failed to survive while others inexplicably overcame impossible odds to recover and go on to live fulfilled lives. The new buzzword 'intentionality' reminds us that our positive intentions are directly linked to the genetic switches, which affirm life.



Professor Stephen Hawking, widely considered the most brilliant scientist alive, has brought his theories of black holes and quantum gravity to the general public for some 50 years. Diagnosed with motor neurone syndrome at age 21, as his intellectual brilliance increased, his body began to fail.

He confounded a medical prognosis of only two years to live but his health deteriorated rapidly over the years, with loss of speech and ultimately a tracheotomy left him totally dependent upon voice technology. He continued his research, writing and teaching to become one of the most recognisable people on the planet. His discovery of Hawking radiation would come to unify relativity theory, quantum theory and thermodynamics.

He states that he is not religious, saying, *'The universe is governed by the laws of science. The laws may have been decreed by God, but God does not intervene to break the laws.'*



May 2007: Professor Hawking experiencing zero gravity 32,000 feet above Earth

Stephen Hawking married twice and has five children. Now 72 years old, he has been on full - ventilation for the past three years but remains at the forefront of scientific research and says of his disability, 'This has not prevented me from leading a full and active life'.

Epigenetics and Pain

Childbirth

The belief, that childbirth is painful, is culturally imprinted from birth and few would argue that the anatomical changes required to deliver a child could result in a pain

free labour. Experience, however, repeatedly shows that the attitude of the mother is a critical factor. With mothers now offered personal choice in how to give birth we see diverse demands based upon beliefs. Some women opt for epidurals and even elective Caesarean sections as a means of limiting or avoiding pain, while growing numbers request a natural birth with minimal or no drug intervention.

The role of endorphins in pain relief has long been accepted. A positive focus and expectation produces the brain chemicals which help control pain. In the optimum scenario, these are released as a natural process in accordance with pain levels, exerting a tonic effect on all the organs and a euphoric effect upon the emotions. At the moment of birth the brain floods the body of the mother with endorphins, creating the euphoric effect everyone who has experienced or witnessed a birth recognises. In natural childbirth the focus remains upon the expectation of meeting the child, with the contractions seen as the means by which this can occur, as opposed to the anticipated 'pain of labour', something which must be borne or avoided.

Quotes from mothers who prepared positively for the birth of their child, believing that a virtually pain free labour was possible:

'I honestly didn't find my labour a painful experience…the stronger my contractions got, the less they were a problem, because it was a productive feeling. Every one was a step closer to my baby. As soon as it was over, I thought, "When can I do it again?"

'I just concentrated really hard and talked to my little boy,'

'It was intense but, by the end, I was totally euphoric between contractions. I don't remember pushing - suddenly he was just there.'

'If you accept it as part of the package, it's easier to focus on the goal instead.'

Pregnant with twins, a mother insisted on another home birth against the advice of her doctor. (Twin births are considered high risk.) The twin boys were born in her dining room after a drug-free labour that lasted just four hours.

Epigenetics and Self-Esteem

Fat and Fearful

Emotions of guilt and fear are health eroding. When we are exposed to a barrage of judgmental criticism or cultural expectations we cannot meet, the consequent negative chemicals respond releasing adrenaline, which suppresses immune response, causing weakness in specific organs. Conversely, if we are admired and complimented we receive the positive neuropeptide cascade, which floods the organs and body systems.

Can you be fat and healthy?



A report issued in 1983 by the Royal College of Physicians was based on research amongst rural Black South African women. Researchers were perplexed. The group of overweight women did not have the health problems, high blood pressure, diabetes, etc, normally associated with obesity in the West. Even taking other factors into account, a diet high in unrefined foods and their active life styles, which involved manual labour, did not seem to account for the discrepancy.

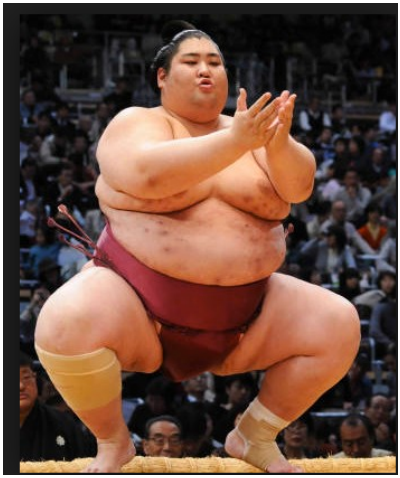
Factors identified

The culture of this group values large women who are considered sexually attractive and desirable. Large women are complimented and pursued by potential partners, not in spite of but because of their large bodies. The weight demonstrates that you do not have Aids and are wealthy enough to eat well, therefore likely to be a fertile wife. With each compliment, the neuropeptides flood the woman's body enhancing her self-esteem. In the West, 'overweight' women in a thin-obsessed culture are the butt of jokes and abuse as they strive and often fail to

meet the impossible standard of perceived beauty. The body attempts to meet the stress response, adapting to provide an ever- increasing availability of neuropeptides, which perpetuate the negative belief.

Sumo Wrestlers

Sumo wrestlers are renowned for their large bulk, a requirement of the sport. Many large, high fat meals are consumed daily with breakfast avoided; wrestlers eat and rest throughout the day. This is the opposite of the advice for healthy living given in the West, i.e. regular daily exercise, breakfast, with minimal food intake during the day and one early evening meal.



Despite their morbid obesity, wrestlers commonly have normal health indicators, which indeed they require to sustain the demanding life-style. Sumo is an ancient art of wrestling dating back centuries.

Wrestlers are culturally revered and respected, holding positions of great status within their communities and nationally. Interestingly, the normal health indicators are often reduced when the career is over unless the acclamation is sustained.