

NLP and the Living Matrix

By Arielle Essex

Informational Medicine

Working as a Healer and NLP Specialist for the last 25 years, it's not often I come across something as exciting as the cutting-edge approach of 'informational medicine'. The concept of the body as a 'living matrix' has opened new connections in my mind about how to make sense of recent scientific research, how to encourage healing, and how NLP fits into this picture.

My recent participation in '**The Living Matrix movie**' allowed me to share my personal journey of healing a brain tumour. I hoped my story would inspire others about how NLP can make such things possible. To my surprise, the movie also produced an unexpected and pleasing side effect. It pointed out undeniable connections between current scientific discoveries and healing that rattle even the most sceptical people. Plus, this solid foundation of research more than validates the use of NLP approaches for healing.
(www.thelivingmatrixmovie.com)



The Miracle of the Body

Just how do the 70 trillion cells that make up the body cooperate so well? Like a vast orchestra of complex instruments playing beautiful music, the cells of our bodies coordinate their activities throughout this incredible system. Human life begins with the joining of a tiny

egg and sperm. The study of morphogenesis struggles to answer the question: just how do all the cells that grow and develop decide what kind of instrument to become and what music to play? How do they work together so compatibly?

Genes: A Blind Alley

Newspapers would have us believe that Genetic Science has all the answers, but molecular biologist Dr. Bruce Lipton has shown that genes are merely the

reproductive organs of the cell. Rather than DNA pre-determining destiny, or causing disease, genes merely hold information.

Genes do nothing until they are switched on. The presence of one gene does not conduct the orchestra. Ninety five percent of all Cancer has no hereditary connection. Breast Cancer usually involves over 189 genetic errors. More importantly, it's the spaces between the genes, or the 'regulatory sequences', that are responsible for switching the genes on and off. So what governs these regulatory sequences?

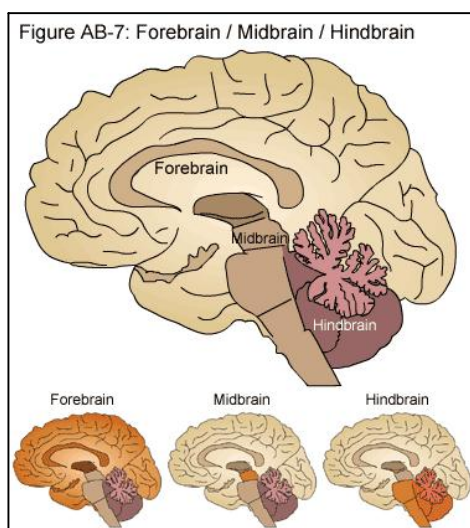
Scientist John Cairns experimented with a colony of e-coli that had no genes for creating the enzyme lactase that breaks down milk sugar. When this colony was immersed in milk, with nothing else to eat, the genes immediately began to mutate to create lactase, so that the e-coli could digest the milk sugar! Even though they did not have the necessary genes, these cells 'learned' what to do to survive, providing impressive evidence that genes are not the sole governing information regulators for cells.



E-Coli Bacteria

The Environment Rules

Dr. Bruce Lipton has long maintained that genes change according to environmental influence. He says the membrane between the cell and the outside fluids is what governs these regulatory sequences. The receptors in the membrane of the cell not only control the cell, but alter how the whole genome gets expressed. So the environment outside the cell determines the content of the fluids inside the cell. Rather like the way we respond to stimuli from our environment and then choose how to react to that sensory information.



For example, when a pregnant mother experiences fear, her body cells flood with adrenalin. The consequence for her unborn baby is that the baby's hindbrain (that governs balance and coordination for fight/flight) develops more than the forebrain (which governs cognitive, sensory and motor function). Hence an environment of fear may yield a culture of warriors.

The Map Is Not the Territory

What's important to note is that it is the mother's perception of what she fears, or her beliefs, that cause this effect. So what will happen if she questions that perception?

What if she increases her powers of observation and awareness? Could a more

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balanced sense of reality be gained? What if she challenges what her experience means? Reframing the imagined consequences, connecting to a different outcome or a higher value, chunking the experience down to specific parts or aspects, reconnecting with positive intentions or accessing deeper truths could lead to a completely different and healthier response.

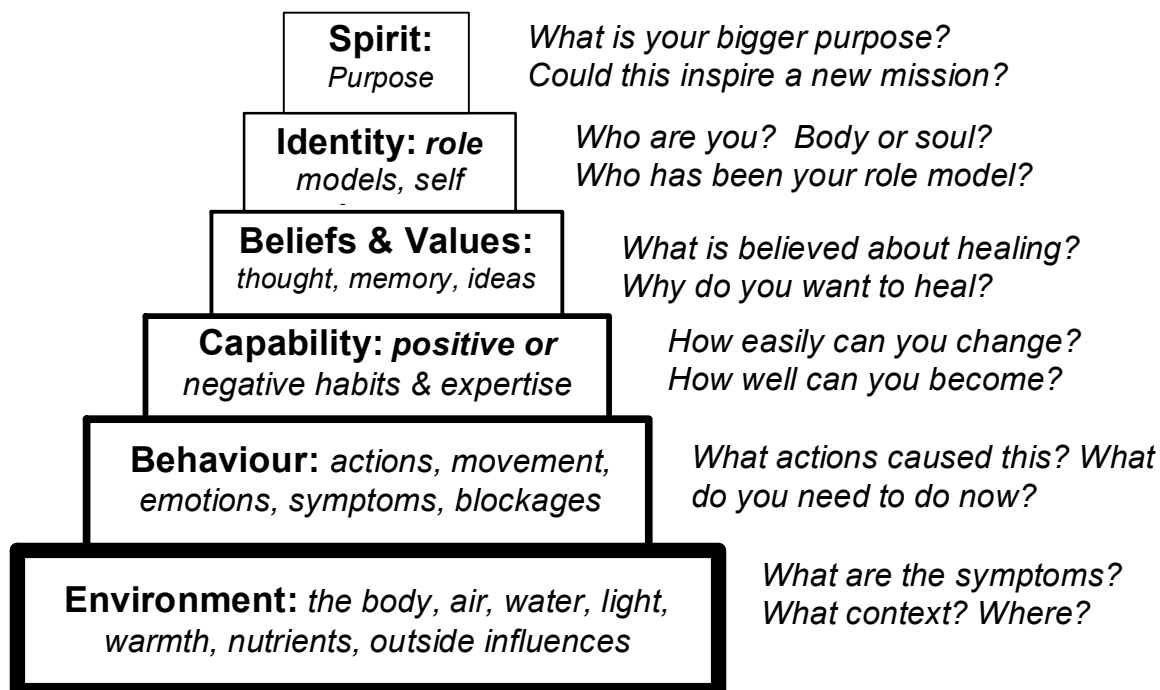
Russian Dolls

The Neuro Logical Levels model, adapted from Gregory Bateson by Robert Dilts, does a brilliant job of describing how different levels of our inner worlds nestle within each other, like a set of Russian dolls.



Being able to make these distinctions can help locate the possible causes that contributed to a healing issue. Moving from Environment to Spirit, a hierarchy seems to be implied, but in reality the levels are not separate.

The Neuro Logical Levels Model

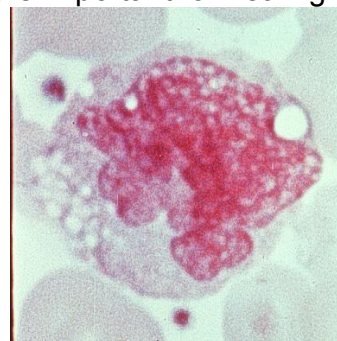


The Immune System Is Eavesdropping

Neurophysicist Candace Pert discovered that brain cells communicate with each other by secreting neuropeptides. Curiously, when one brain cell secretes a neuropeptide, the receptor cells for that neuropeptide on other brain cells do the

same - almost simultaneously. So nerve transmission is not electrical as previously believed. In fact, the speed that a message would take, using the electrical synapses to reach different parts of the body, is much too slow. Plus different nerve pathways travel at different speeds.

The interesting question is what makes the first brain cell secrete the neuropeptide? The surprising answer is: 'thought'. Every thought, notion or idea stimulates a secretion of neuropeptide. What's even more important for healing is that Candace Pert discovered the same receptors exist in the immune system, on the white blood cells called monocytes. These white blood cells are all over the body, picking up the neuropeptides. So we have thinking immune systems that are eavesdropping on us. This may explain why visualization techniques work so well. Imagining positive pictures of healing metaphors, mantras, colour, light and peace work wonders, because the body is listening.



Candace Pert also discovered that other organs all over the body have the same receptor sites for neuropeptides. This means that we have a thinking body. The mind does not live in the brain alone. The entire body is capable of processing and responding to creative thought.

A Monocyte

The Microcosm Is the Macrocosm

Looking deeper into the microcosm of each cell will reveal numerous kinds of organelles, each busy with a different purpose. But all are made of molecules containing similar elements: mostly oxygen, hydrogen, nitrogen, and carbon. Each element contains trillions of atoms, enveloped by the Quantum Electro Dynamic Field (QED). This Field used to be thought of as empty space, but in fact, it is anything but empty! This is the Field of probability: energy waiting to happen. The Field is the ultimate 'environment'.

Random Events?

In order to make the best use of all this information for healing, we need to understand what makes stupid atoms choose to join up and create molecules? How do dumb molecules know how to create complicated cell structures? Back in the Stone Age thinking of the 20th Century, it used to be believed that the Universe developed via random events. Atoms bumped into each other and presto! A molecule formed.

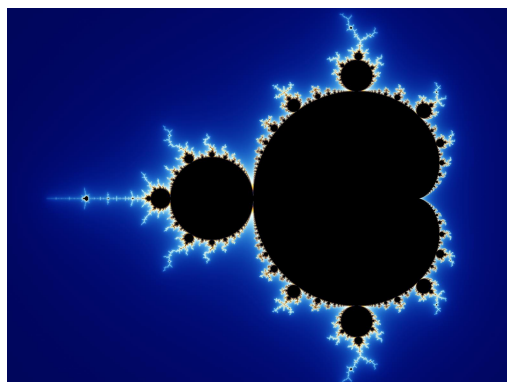
When scientists managed to grow some amino acids in a test tube, they took this as proof that life had originated by chance, out of some kind of Primordial Soup. But guesstimates about the age of the Universe do not allow enough time for even one cell to have developed in this random way. Plus the study of



epigenetics tells us that new species are springing into being all the time, as genes mutate according to changes in their environment. Astrophysicist Fred Hoyle said, 'to believe natural processes assembled a living cell is like believing a tornado could pass through a junkyard containing bits and pieces of an airplane and leave behind a Boeing 747 in its wake, fully assembled and ready to fly.'

Self Organizing

Rather than random events, the accepted understanding now is that everything in the universe operates according to self organizing principles based on simple equations. Mathematician Benoit Mandelbrot, the father of fractal geometry, defined how a complex structure can arise from a simple definition. His equation, called the Mandelbrot set, seems to describe how chemical interactions, cell structures, plant growth, cloud formation and every organism can self organise with infinite complexity.



Mandelbrot fractal

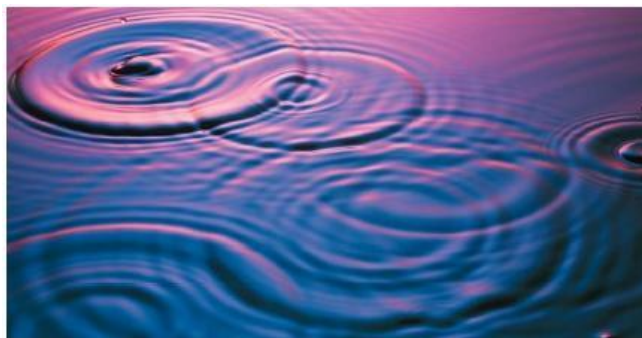
Depending on the starting point, the process will continue to unfold in somewhat predictable patterns. Yet no two results will be ever be the same. Because it's impossible to identify the starting point, it's also impossible to predict the outcome with certainty. Hence the famous quote from the pioneer of chaos theory, Edward Lorenz "Does the flap of a butterfly's wings in Brazil set off a tornado in Texas?" Even the tiniest change can affect what develops later on.

If our body cells self-organise, and our body cells reflect thoughts, then it stands to reason that our thinking may also follow mathematical pathways. Often one thought will yield other thoughts, which result in states, which lead to expressions or actions, which then multiply the thoughts to others, etc.

As the body knows how to heal a cut finger or a cold, it must also know how to correct aberrations in the complicated molecular structures throughout the system. In fact, the body does a great job most of the time, except when it seems to forget how. At times like that, if we knew how to re-install the right instructions, or 'information', as well as turn around the thinking that is associated with the cell structure, then healing could occur with ease.

What is Information?

The Quantum Vacuum of the Field could be described as a vast interconnecting network of lightwaves. Where two waves meet or intersect, they form interference patterns, similar to what happens when you throw pebbles into a pond. If you could freeze the pond at that instant, you could tell exactly where the pebbles once hit the water. These patterns therefore store 'information'. Similarly, light waves store information in the Field when particle energy fields intersect each other.



Despite masses of research into mapping areas of the brain, no biochemical structure for holding memory has ever been found. In fact, Karl Pribram's experiments with rats learning a maze illustrated how removing most of the rat's brain tissue made no difference to the rat's ability to remember the way through.

The Brain is a Mobile Phone!

However, different areas of the brain do relate to specific types of experience. For example, by stimulating an area named 'the God Spot' in the hippocampus part of the brain, people have transcendent experiences. But instead of being a storage library of memories, it would be more accurate to view the brain as being a receiver and interpreter, rather like a mobile phone picking up messages. The brain has the apparatus for tuning into and interpreting the information stored in the Field. Just like a phone, how well each area of the brain works will affect how well that type of information can be accessed and received.



Start with the Right Intention

It's now thought that the Field holds the musical score: the blueprint of the body, including all the organizing principles, rules, patterns, resonance and memory. So, starting with a positive intention and an appropriate outcome, does more than mere goal setting. The intention primes the Field and shapes the perceptions. From the tiniest fractals, the chemistry starts working towards the desired result.

No one can afford the luxury of negative thinking. Indulging in negative thinking and emotions multiplies dis-ease by sending energy in the wrong direction. Instead it's better to move away from polarized perceptions of good and bad, to let go of measuring progress, and to keep correcting the direction of mind and feelings. Like becoming a virtuoso of any musical instrument, lots of practice and patience is

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required. As 'A Course in Miracles' says, 'infinite patience produces immediate results'.

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Bio

Arielle is a Master Practitioner & Trainer of NLP, Cranial Osteopath and Health Specialist. The personal experience of healing her own brain tumour provided many insights, as well as motivation to share what she learned. Her first book 'Compassionate Coaching' outlines the techniques which helped her heal. Arielle regularly teaches 'Practical Miracle Healing' Workshops. She recently appeared in the Living Matrix Movie. More on this topic in Download books available via website. www.practicalmiracles.com

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