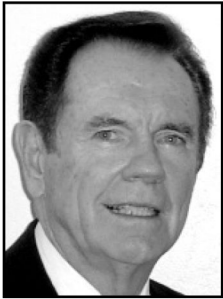


The Biology of Perception

by Sheldon C. Deal, N.M.D., D.C.



In the world in which we live, we have spirit and we have matter. The difference is that spirit is homogeneous, spirit is permanent, spirit is without change, there never was a time spirit did not exist, there will never be a time in the future when spirit will cease to exist, spirit is a permanent substance. Matter is made up of atomic structure, and because matter is made up of atomic structure, it is an ever-changing substance.

There are some schools of thought out there that would have us believe that the physical world is not real, that the physical world is an illusion, and it just appears that we are here, that we are not really here, it is just one big hallucination. That is not true; the physical world is very real. It is definitely real. We are here attending school, but it is an ever-changing world because that is the nature of atomic structure. Atoms make up molecules, molecules make up compounds, and everything of a matter nature vibrates at a certain rate of speed. So it is an ever-changing substance and it is true that physical structures do not last forever; that the strongest bridge or the tallest building, no matter how well they are constructed, will decay over a period of time. So the physical world does change but it is not because it is not real. It is definitely real. It is just the nature of things made up of an atomic structure that that is the case.

My favorite example is that when you examine the cadaver in the morgue there are no missing parts. You cannot say that that body is dead because a certain part is missing, because all the parts are there that are in the live body. What is missing is the spirit. The spirit has left the body and that is why that body is no longer alive. But the spirit is somewhere. The spirit does not just disappear; the spirit does not end; only the body ceases to be a vehicle for the spirit. So that is the basis of our philosophy, the spirit is constantly occupying bodies of a finer and finer nature, progressing on an evolutionary scale, and that is the whole name of the game, that we come here to attend another day in school, hopefully taking up where we left off last time and that progress is recorded as soul growth.

Now this body that we occupy as a means of transportation on this physical plane of existence is obviously made up of matter. The physics definition of matter is anything that occupies space and has weight. There is a famous experiment that was done in 1906 in Massachusetts General Hospital where Dr. McDougal put dying patients on a Libra scale and at the exact moment of death the weights that were used to counterbalance the body weight went crashing to the floor, proving that something that had weight had left the body. No matter how many times they repeated the experiment, it always happened the same way; at the exact moment of death the weights would go crashing to the floor. So the headlines at the time read, "Dr. McDougal Had Weighed the Soul." But he did not really weigh the soul because the soul is not matter, spirit is not matter. What ever left the body had to be matter. Only matter is subject to the law of gravity. That is why the weights went crashing to the floor. For years and years I told that story thinking that it was only the reporters who thought that Dr. McDougal had weighed the soul. But then Cindy found that article on Art Bell's web site and printed it out for me, and it turns out Dr. McDougal him-

self thought he had weighed the soul. But what he really weighed was the four (4) ethers that had left the body. The four (4) ethers are part of the physical world, each world has seven (7) subdivisions, solids, liquids, and gases, and the four ethers make up the (7) subdivisions of the physical world. So when the ethers, which make up a certain amount of weight, left at death, that is why the weights went crashing to the floor. So what he was really measuring was the etheric body. But he thought he was measuring the soul.

Some other things that have happened: Candace Pert, a PhD. in neurophysiology, and her associates did some experiments where they found out that the brain cells were communicating with each other by secreting a neuropeptide, and when the one brain cell secreted a neuropeptide, that same neuropeptide would be picked up by the receptor site of an adjacent brain cell and that is how the message would get from one nerve cell to another nerve cell. Now that was a new concept at the time, because prior to that we thought that such a transmission was of an electrical nature, and now we know that it is of a chemical nature. We now have a new explanation of how the nervous system works. What is so significant to our topic is that when they tried to figure out what made the first brain cell secrete the neuropeptide in the first place, it was a thought. When you have a thought, a notion, an idea, a hunch, that act is what causes the neuropeptide to be secreted in the first place. Then that creates the neuropeptide to be picked up by any other cell that has a receptor site that matches that neuropeptide. That was a fantastic breakthrough.

The next discovery was that they found that these exact same receptor site on a white blood cell called a monocyte, and a monocyte is one of the main white blood cells of your immune system. So now whatever the person is thinking, therefore creating neuropeptides, the immune system is eavesdropping on that dialogue. Because the white blood cells are picking up the exact same neuropeptides and so the immune system knows what you are thinking. So we have a thinking immune system. This would explain why psychoneuroimmunology works, why people have success when they practice visual imagery and there are certain clinics that teach visual imagery as a method of treating disease, and the percentage of results at those clinics is increasing more and more as we become more proficient at this process.

A friend of mine tore his Achilles' tendon and he was told that he would never heal if he did not have surgery on it, and if he did not have surgery, he would have a limp the rest of his life. He chose to practice visual imagery. He got out the anatomy books to help him visualize what an intact Achilles' tendon looks like. He practiced that visual imagery over and over and over again and he went on to a complete healing. This just happened to be someone we know whose name is Dr. Jerry Morantz. And he has absolutely no limp, a complete healing, and no surgery. It just was an example of what can be accomplished by practicing visual imagery to bring about the healing. Therefore, thoughts are very powerful. We will go on to describe how incredibly powerful they are even though our mind is in its infantile stages of development.

We have an immune system that is eavesdropping in on our internal dialogue, and the next discovery that Candace Pert and her as-

sociates made was that they found these same receptor sites on other organs of the body, such as kidney, lungs, heart, and intestines. So that means that the rest of the body is also eavesdropping in on our internal dialogue and knows what we are thinking.

The final discovery was that these other organs that have these receptor sites, heart, kidney, lungs, etc., were also secreting neuropeptides, just like the white blood cells were secreting neuropeptides. So what does all that mean? It means we have a thinking body. The mind is no longer confined to the brain. It has escaped and occupies our entire body. It was just an erroneous concept that we had in the first place. We just thought the mind was confined to the brain. Through our ignorance we thought that. Now we know that the thought process is a product of the whole body, and the immune system is scattered over the entire body. The entire body is capable of creative thoughts, and that being the case, it makes us all that much more aware of how powerful our thoughts are, why we need to be careful of what we think, because the rule is, "Think about what you want but make sure you want what you think about." We have all been guilty of that at one time or another, thinking thoughts that we really do not want. But that process is impartial. You attract to yourself that which you think about, whether it is good or not. So we are all on the same boat as far as being affected by our thoughts.

Now, some other research has been done which helps explain how this works, in physics. In Newtonian physics, named after Sir Isaac Newton, everything was viewed as particles and the particles made up everything. But then when they were able to break down the atoms into smaller things than electrons and neutrons and protons, they found out that the particle theory really did not hold up. So there became a new form of physics called Einsteinian physics, which is now superseded by quantum physics. Quantum physics is a fascinating study, and they have particle accelerators nowadays where they can actually break down the atom into smaller particles. Ten (10) years ago they thought atoms were made up of electrons with a nucleus that consisted of protons and neutrons. There were an equal number of protons to the electrons; therefore the atom would have a neutral charge to it. But when they put these atoms in a particle accelerator and bombarded the atoms with high energy, they found out that the neutrons and protons were actually made up of smaller particles called subatomic particles. These subatomic particles were so tiny that you could not see them, you could not weigh them, and you could not measure them. Well then you say, if that is so, how do you even know that they exist? Well, in the particle accelerator, where they are breaking up the atom into smaller particles, they have a viewing screen where they are watching what is going by. They are recording this on film, and although they could not see the particle itself (the subatomic particles) they could see the evidence of it going by because it would leave a streak of photons. Which means a streak of light would go by, that is how they knew subatomic particles existed and they were able to break down the protons and neutrons into something smaller called quarks. They found out the quarks are grouped into groups of three (3), and the quarks are named up quarks and down quarks. A proton has two (2) up and one (1) down, and a neutron has two (2) down and one (1) up. The fascinating thing about this – and this is what makes quantum physics so unusual – the particles were able to be identified with the investigator viewing the screen looking for them, but as soon as the investigator turns his or her attention away, they disappear! They only appear when you are looking for them!

The significance of that is horrendous. It means the investigation of quantum physics is influenced by the investigator. The investigator himself becomes a part of the investigation. His looking,

his intent, influences the result. So that takes it out of the previous definition of what comprises something scientific if you are influencing the results of the experiment. Well, in quantum physics you cannot help but influence the results of the experiment. The way that they are able to verify this, well, first of all it was discovered serendipitously, is that when they would view the film of what was recorded of these streaks of photons going across the viewing screen that is when they noticed that the screen went blank. By backtracking, it was at the same time that the investigator turned his attention away from the screen, and the subatomic particles only appeared when the investigator was looking for them.

The most significant point of this is, our minds, in looking for subatomic particles, make them appear, and the subatomic particles make up the neutrons, protons, electrons, which in turn makes up atoms, which makes up molecules, which makes up compounds. Do you see where I am going with that? We are creating with our minds. We are literally creating with our minds. All of this is on a very elementary scale, it is significant, it ties into our philosophy which says our mind is in its first stage of development but later we will be creating fully with our minds. Just like with the Lords of Minds are presently creating with their minds; we humans will have developed to that stage.

In quantum physics, a quantum unit of light is a photon, a quantum unit of electricity is an electron, a quantum unit of gravity is a graviton, and a quantum unit of your body is a thought.

So that is extremely significant, that in this infantile stage of the development of our minds, they are able to show already that the mind can make these subatomic particles appear. It is extremely significant in my opinion at the risk of forcing that on you. A historical point that relates to this concerns Charles Darwin's log book. He had a sailing ship called the Beagle. He sailed to the remote areas of the planet; he investigated nature that was developing on remote islands. When he went to the island of Patagonia and he dropped anchor in the bay, his men got in their life boats that they lowered over the sides of the sailing ship Beagle and they rowed to shore, there where natives who lived on the island who rode out in their dug out canoes to meet them. In communicating with the natives, the natives said, "How did you get here? We are familiar with these parts. We have never seen you before. We are familiar with all of the surrounding islands. Where did you come from? How did you get here?"

And Darwin's men said, "Well, we came on the Beagle." It turned out that the natives could not see the Beagle anchored in the bay because they had no concept that such a thing existed. It was beyond their imagination a sailing ship so big could bring these men from a distant place. It was not until Charles Darwin's men took these natives into their row boats and took them onto the deck of the Beagle and explained to them this was a "Big Canoe", that only then could they see it. So the moral of that story is all of our lives that we have been told that seeing is believing, and it is not true. It is the other way around. Believing is seeing. We only see what we believe. If we do not believe in it then we will never see it. And so that is another concept that we have learned about thoughts and our perceptions.

Another example of the power of thought is the power of intention. Intention is so powerful we need to be mindful about our own intention. Because again it goes back to the rule, Think about what you want and be sure you want what you think about. Let me give you some examples. In our home, we have three (3) cats, about two (2) cats too many. They are lovable, affectionate cats, and they love to be petted and they are constantly rubbing up against us

and they are constantly butting us with their heads because they want to be petted. But when we have company come, and one of Cindy's sisters is very allergic to cats, we gather up the cats and we lock them up in the laundry room. So when we get ready to lock up the cats in the laundry room, we go to approach the cat, like we would normally approach it, now the cat runs from us. We did not say to the cat, "Hey, I am going to lock you up in the laundry room." We did not speak to the cat, but because our intention was to take the cat and lock him up in the laundry room, evidently that intention transferred, because now the cats run from us.

I have heard stories about people who raise chickens. Every day they go out in the chicken pen to feed the chickens, gather eggs, and the chickens gather around them, and the chickens follow them to get the food. But should the person go out there with the intention of picking out a chicken out for Sunday dinner, the chickens run from them. The person does not do anything different than when he goes out to gather eggs. He did not physically do anything different and yet those chickens now run from him when his intention is to pick out a chicken for Sunday dinner. So intentions, therefore, are a very powerful force of thought and perception.

We live in this world that influences our intentions and our thoughts and it controls our perception of what is going on. Here is a truism for you; "Your perception determines your reality." However you perceive it, that is what is real to you. When someone else has a different perception, they see it differently. It is not a matter of one person being wrong and one person being right, the point is it is your perception that determines your reality.

Your perception influences your thoughts, your ideas, your morals, your standards, your job performance, your mental health, your relationships, and because there is a collective consciousness of the planet, if we have some erroneous perception of how it really is, it influences the development of the whole dang planet. If our perceptions are eschewed, then the evolutionary development is affected accordingly.

Our perception of how things are is literally affecting our biology. There are lots of examples of that. People can worry so much that they make themselves sick. Not because something physical happened to them. Not because they took in some toxic poison. Not because they had something physically harm them. Just their thoughts can make them sick. So their health was the result of those thoughts and when it happens collectively affecting the universal consciousness, then the development of our planet can be affected. Some metaphysical organizations teach that everything is karma; everything is due to the law of cause and effect. If something good happens to you it is because you set in motion a good cause earlier. If something bad happens to you it is because you set in effect earlier something that you did and that is the cause of the affect of that. What they do not take into account is epigenesis. Epigenesis means that we, as free-thinking individuals have the ability to come up with something new. Everything is not predestined. Everything is not due to cause and effect. We can institute epigenesis at any given moment; we can set something new into motion. And epigenesis basically falls into two (2) categories: we can think or we can have a perception that is constructive, which activates attraction. The best example of that is love; or we can have the perception of protection and activate repulsion, thus we become defensive. The best example of that is fear. So we can have attraction or we can have repulsion. Those are the two (2) main categories that we can generate.

I want to give you a quote. This is from Dr. Francis in Las Vegas, Nevada. He says, "Human nature is the epigenic rules that bias cultural evolution in any one given direction. It is the summation of individuals' most basic beliefs that determine our attitude toward each other. If our basic belief systems are reversed, then across evolutionary time the composite choices of many individuals determine the fate of the planet, the human species, culture and all other life as we know it towards eventual extinction." Of course the reason we talk about all of this, is so we do not follow in that track and rather get our heads screwed on straight. Another example of that is: worry is the misuse of imagination. We see the world not as it is (remember I said perception determines your reality), we see the world as we are. It can be no other way. You can not see the world differently than what you are. You have heard about so-and-so wearing rose colored glasses, well, the truth is we are all wearing glasses of some color. We all see the world according to our internal makeup. We cannot do otherwise. So the idea is to try to get a perspective that is correct, get a perspective that is constructive, get a perspective that is positive.

Perception controls your genes, via gene expression. Genes do not self-activate, they respond to our environment. The behavior of the cell is not preprogrammed. 95% of all cancer has no hereditary connection. Beliefs are altering our biology constantly. The DNA is only a blueprint so the cell can duplicate itself. Random mutation is an old theory from Darwin. Rather we adjust our genes to fit our environment through our perception of the environment. Our beliefs are the filters between our perception and our biology. Life has everything there is to offer but you only get and see what you perceive!