

*The Bio Self-Emergence Institute*

## **The Gift Of Free Will**

### **Part 1 of 4: The Wolf Effect**

*By Donna Harber, MSW, CBT*

Free will - the human gift of possibility. Science has repeatedly determined that the environment of a species (what is eaten, how travel is done, toxins, surrounding species, etc.) affects its DNA expression and its evolution. The human gift of free will can create the environment we live in and bring our internal environment predominantly under our own control – creating a setting conducive to meditation, a tool through which transformation can begin.

In 1995, Yellowstone National Park reintroduced wolves into the park. At that time, the elk in the park were forcing a number of plant species into extinction through overfeeding. Park officials were worried about permanent damage to the park ecosystem as the elk had no predators. It was hoped that the reintroduced wolves would reduce the elk population and curtail the plant extinction. In a study detailed in the October 2004 National Geographic, it was discovered that, although the elk population had not significantly changed, the threatened plant species had made significant recovery. A phenomenon known as the “wolf effect” was observed – the elk population had not decreased but their behavior changed, due to the element of fear added to the park environment by the wolf presence. Elk eating patterns changed – they fed in more protected areas and they moved more frequently along less vulnerable paths. Over time, these changes become genetically expressed in the elk.

As humans, we too are vulnerable to the wolf effect, to the presence of fear in our environment. Dr. Sonja Lupien’s research (McGill University) discovered four things that cause humans to signal stress and to change their behavior:

1. Novelty: We find ourselves in a situation that we have not experienced before.
2. Unpredictability: Something occurs that we had no way of anticipating.
3. Ego Threat: Our competence as a person is called into question.
4. Sense of Control: We feel that we have little or no control of a situation.

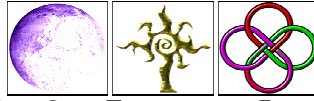
Our life experiences are recorded and signaled through our body via the third ventricle (brain, just below hypothalamus – referred to as the “inner room”). Every cell in our body is in communication with our third ventricle. All signaling to our body and brain move through this inner room. This signaling, responding to our outside and internal environments, determine how our own DNA is expressed.

Each of us can develop the abilities to maintain our aural field in order to affect what signals our being that is sent to our inner room. This determines our internal environment – which then dictates our DNA expression and behavior.

The following meditation will help heal our hypothalamus and prepare it to gain further control over our internal environment.

Here is a healing meditation that supports you in reducing the hypothalamus from signaling the body in the chronic stress response, to help heal the hypothalamus, and to prepare it to gain further control over your internal environment.

1. Sit in a straight-backed chair with your back supported, feet flat on the floor, arms uncrossed, and palms turned up.



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2. Begin a four-part breath: Exhale - blow all your air out of your lungs almost until it hurts. Pause (do not take in air for at least 5 seconds, preferably 10 seconds). This pause is the way we connect and wait for the flow.
3. Inhale - the breath of God, don't make your body inhale any special way just inhale and think, "I take in the breath of God. It fills my belly and aligns me to what is in body".
4. Pause, with your lungs full of air, wait in your fullness of being and communicate with what is.
5. Exhale - slowly release your breath saying, "I have experienced the one, I return to the one".

Do this patterning of breath three times. Now you are ready to begin the hypothalamus healing. From the center of your breath, say hello to your hypothalamus. Communicate with it about how magnificent you know it is, how powerful, how sensitive. Appreciate it for all it has done for you thus far. Tell it that life is changing and that some of the ways it has signaled in the past need updating. Wait. Focus on the four phases of breath. Exhale, pause, inhale, pause. Wait for any communication back from your hypothalamus. If you received any, respond to it.

Move your breath into the part of the hypothalamus that caps the brainstem. Ask, with each breath, that this area clear, particularly stimuli that leaves your stress response chronically on. Then visualize the thinnest purple scarf you have ever seen and let it float between the brainstem and the hypothalamus (do not worry about how it will get there, just ask). The pause in our breaths connects us to pure knowledge. Once the purple scarf is in place, sit and experience the calm, focusing on your breath.

Breathe your breath into the part of the hypothalamus that forms the inferolateral walls of the third ventricle. Say the words, "the universe likes you to be specific, but do not worry if you do not know what part of the brain this is". Allow the breath to clear any pictures (in the cerebral spinal fluid) of life circumstances that have caused your body create an internal environment that does not serve you. For some, it may be rush hour, because you hate feeling trapped. For others, it may be a look on someone's face, or a feeling of abandonment or loss and there will be millions of other pictures. Work with your breath in permission to clear the pictures. Sit and be with your breath and let it clear your pictures.

Breathe into the part of your hypothalamus that extends from the crossover point of the optic nerves. Sit and allow your breath to clear the space where the hypothalamus crosses over the optic nerve. Leaving everything intact, ask for a thin translucent gold membrane to line the crossover section. This will aid our spiritual sight to filter what triggers our body into the stress response.

Do this exercise once a week until you feel it sticks. Release judgment that it is better if it happens in one time. Look next month for an article to work on skills and abilities to not be affected by the unknown.

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