

The Amygdala

Click Your Way to Happiness

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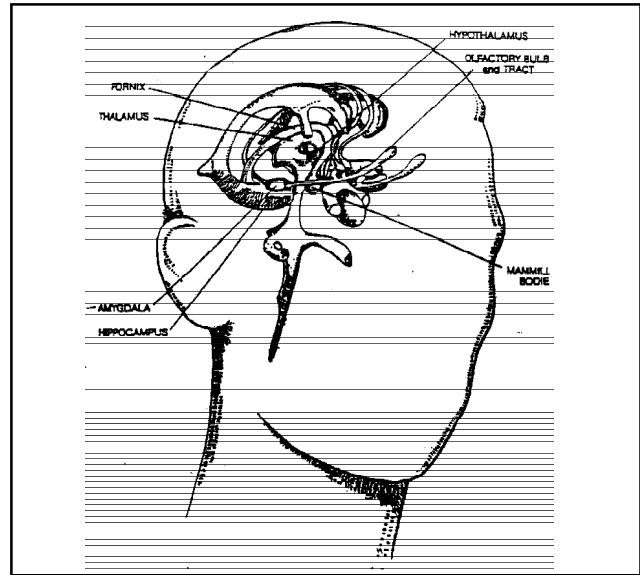
This is a reprint of an old newsletter article. Since I feel that understanding how the amygdala works is of extreme importance, I am running it again. By activating the anterior part of the amygdala gland we as humans can change the world, and bring peace and harmony into our souls.

Back in the time of ancient Egypt, Aromatherapy was a way of balancing the auric field with the physical. The sense of smell is depicted on the Egyptian walls by a woman smelling a lotus. This was secret knowledge. Only those trained in the temples were taught how to use this wisdom. They were known as the Sisters of the Emerald Fire because they had to keep the balance point of emerald green within their auric field. This knowledge of smell activating the higher consciousness is a way of developing the soul. Now, by studying research by T. D. A. Lingo, we understand that the olfactory bulbs stimulate the amygdala gland through smell and activate the frontal lobes of the brain - transcending space, time, energy and matter through consciousness.

We are entering a new era, where the magnetic fields of the Earth will be changed because of the Photon Belt. Now is the time that every human take charge of their own auric field or soul development and balance it through Aromatherapy. This knowledge must be given to the masses. It must not be regulated by laws and government regulations such as the FDA and FTC, or controlled by those that fear this information. Everyone must make peace within and balance their soul through understanding the knowledge of entering the limbic system through Aromatherapy. Aromatherapy is one of the easiest ways to bring about a balance of the physical body with the auric fields.

The limbic system consists of many glands. Not much research has been done on understanding the functioning of these glands. History has recorded that these glands can be activated by the smell of Essential oils. The Egyptians knew this. That is why the lotus blossom was used in many of the hieroglyphics.

A friend sent me a taped radio interview with T. D. A. Lingo, founder of the *Dormant Brain Research Center* in Denver, Co. T. D. A. Lingo is now deceased, but Neil Slade's web page at: (<http://www.h2net.net/p/nslade/music/flbook.html>), carries on his work.



T. D. A. Lingo was a member of general Patton's armored tank group in WWII, and was greatly disturbed by the acts of violence and homicide he witnessed. After the war, he studied at 4 universities, always asking the same question: "Why must mankind kill his brother?"

Finally, a professor in Chicago answered this question. He tapped on his forehead with his fingertips, and stated that the answer lies within the human brain, but that research to date had yielded no explanations. If Lingo wanted the answer, he would have to open his own research lab and find the answer himself.

After 15 years of studying brain research material, Lingo and his associates found that the anterior part of the amygdala gland is a gateway into the frontal lobes of the brain. By entering through this gateway, you can increase your consciousness and become more spiritually developed. You begin to use a larger percentage of the brain. Through his discoveries, Lingo felt that entering into this gateway enabled us to tap into a universal consciousness. In this way, those that learn to access the frontal lobes of their brain can bring about a peaceful harmony in the world.

When you are in the posterior amygdala, you deal with the traumas and dramas of life. If you can jump, or "click" forward into the anterior portion of the amygdala, you can reach euphoria. He calls this process, "clicking." As people learn to

control this function, they can actually feel and hear this click in their minds.

A simple way to locate the amygdala gland is by placing your thumbs in your ears, and then place your middle fingers near the inside corners of your eyes. The amygdala gland is found about 1" into the forehead where your index fingers fall. The frontal lobe of the brain can be located by placing your palm on your forehead. The entire area covered by your palm is where the frontal lobes are located.

On the tape, Lingo talks about three types of exercises: 1. Self-guided Imaging, 2. Closed focused Meditation, and 3. Self Trauma Drama.

The radio interview did not allow time for him to go into all the exercises, which is why you should visit the web page to learn more details. However, he did give one quick example on how to increase the energy flowing into the amygdala gland using the Self Guided Imaging technique. This imaging process will cause the ions in the cell walls to change from negative to positive charges. This causes the "click" forward. When done successfully, you will actually feel and hear this click inside your brain. The sensation will last for 2 to 5 seconds before you click back into your posterior, trauma consciousness. To achieve a universal consciousness and total love, you have to access the anterior portion of your brain through the gateway (the amygdala), into the frontal lobes. However, Lingo states that for humanity to deal with day-to-day life, like driving, working, shopping, etc., we must be in the posterior amygdala. With practice, you will be able to easily click back and forth.

A quick way to enter the gateway through the frontal lobes is to sit quietly, alone, and imagine an energy source coming from outside yourself—call this energy God, The Source, Light Energy, or whatever you like. See this energy entering your forehead like a laser beam and splitting in two. Guide each beam into each side of your forehead and see the beam enter the front (anterior) portion of both the right and left amygdala. Now visualize the energy increasing; 1 volt, 2 volts, three volts, etc. This simple exercise will cause the click forward and change the energy to allow you to use a larger percentage of your brain, and tap into the universal consciousness.

Lingo states that by applying what he calls "consciousness physics," we can save the world. The problems that we have with deforestation, overpopulation, air and water pollution, the greenhouse effect, etc., can all be resolved when humanity clicks into their frontal lobes and accesses the universal consciousness. He gives the acronym C-STEM (Consciousness creates Space, Time, Energy, and Matter). Throughout his 15 years of re-

search, Lingo found that those who learn to click into their frontal lobes become peaceful and harmonious and desire only to save the planet and experience pleasure.

Because we live in our posterior amygdala, dealing with trauma and drama, the human race is causing Mother Earth to die. If we can teach people how to click into their frontal lobes, Lingo feels that the planet could be saved.

This past week, since I have listened to the tape, I have been doing the exercises daily. When I click into the frontal lobe, I lose the tired feeling in my body and I feel like I could fly over the universe. One of the wonderful added advantages is that I have lost 4 pounds without changing my eating habits. When you try this, I would love you to send me information on your experiences. One thing that I have done differently, is that I apply one of the emotional oils from *Young Living* to the spot on my forehead where the amygdala lies. My favorite oils to use for this are *Awaken*, and *Motivation*.

Ever since I have been studying the oils, people have mentioned that the amygdala is affected by smell. It is time that we started using the appropriate blends and the exercises to stimulate consciousness. The Bible mentions in many places how oils were used to advance consciousness/spirituality. It is time that we begin to put this information into practice. Of course, we need to use pure Essential Oils, and allow the energy from the plants to guide us into the super knowledge that will save the planet.

How will you know when your advanced frontal lobes are on? Your amygdala is an automatic brain thermostat. It automatically tells you how much of your brain has been turned on by your emotions. Happy emotions indicate that your advanced frontal lobe circuits are connected. Miserable emotions indicate that you are in the posterior portion that deals with drama and trauma. We must overcome the fear and anger that is programmed daily into our lives. This is where the oils come in. All we have to do is smell an oil to turn on the amygdala glands. The names of the oils will help you select the proper constructive emotion that you need to deal with, such as: *Hope*, *Joy*, *Motivation*, *Forgiveness*, etc. Emotions are just like those indicator lights in your car: "Oil pressure," "Temperature," etc. When positive emotion is low, advanced brain function is low. Negative emotion (fear, anger, depression, boredom) is a warning signal. Positive emotion (happy) is a built-in reward mechanism to encourage you to keep your frontal lobe circuits open. This is nature's method for encouraging further evolution of mankind's consciousness.