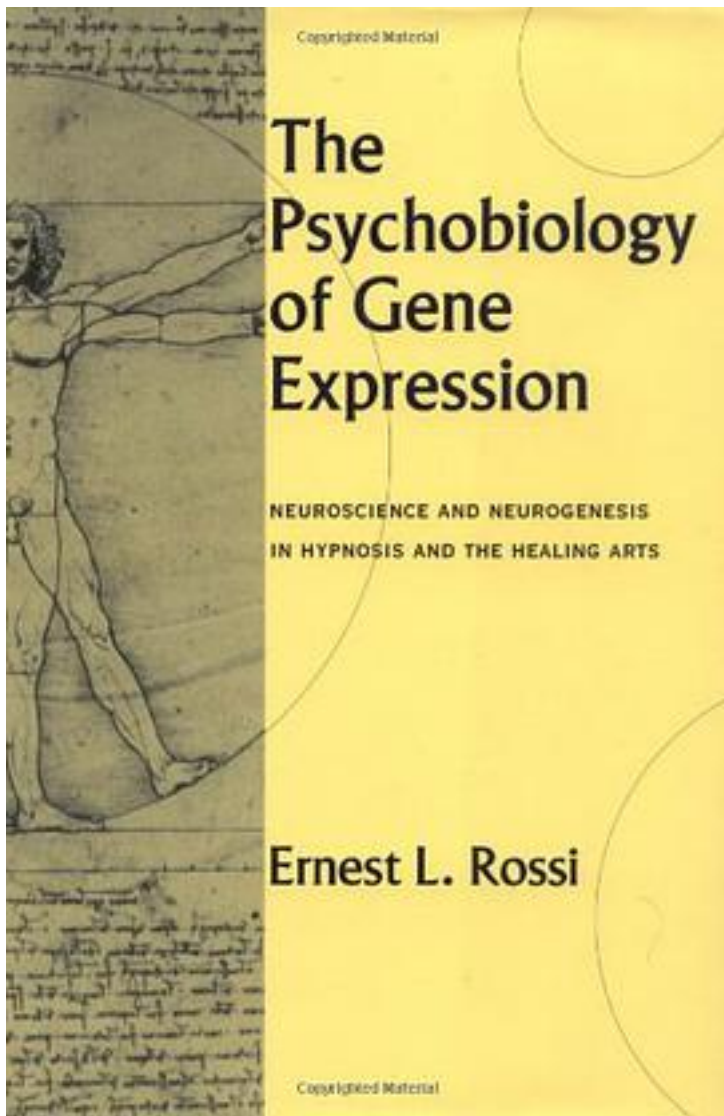


The Psychobiology of Gene Expression



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The new understanding of the relationship between gene expression and human experience emerging from the Human Genome Project is setting the stage for an expansion of understanding of life. The new neuroscience discoveries about enriching life experiences, neurogenesis and gene expression are poised to expand our understanding of psychotherapy and the holistic healing arts. We are just beginning to learn how the brain, the body and our genes interact in ordinary everyday life to create our lives. This text introduces the new science of psychosocial genomics and explores how it will change our understanding of the pathways of communication among mind, body and spirit. Integrating modern molecular medicine with traditional holistic healing art and spiritual rites, this text documents new approaches to optimize creativity in psychotherapy and therapeutic hypnosis with both individuals and groups. "The Psychobiology of Gene Expression" illustrates, step-by-step, how to facilitate the natural four-stage creative process that operates on all levels from mind to molecule. The text also demonstrates how we can use our consciousness and our perception of free will to co-create ourselves in co-operation with nature. It proposes practical approaches, and the arts of daily living that are experienced by everyone.

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