

Chapter One Hormones and the Ancient Nectar of the Gods

Ancient science can be assumed to have begun with the development of weapons along with studies of how to use them. History books describe the teaching of the manual of arms and various battle formations and tactics, but they ignore the studies about increasing the inner power of the individual soldier to move and respond faster. I did considerable reading between the lines when I was researching what was known of the highly successful Mithraic soldiers and their secret underground practices and jumped to a conclusion that they had learned how to deliberately increase their steroids. They could then be compared with modern athletes who have researched how to increase their powers with pharmaceutical steroids.

Only recently has the concept that an individual can increase personal powers through a consumed chemical become even a possibility. Prior to the knowledge of the power of hormones, the power and skills of athletes and soldiers were considered to be based primarily upon genes and training as well as what was often called luck or Divine intervention. Modern science, however, has not yet explored how individuals can generate and control their own hormones, but rather has concentrated on changing their inner powers with pharmaceutical drugs.¹

The ancient science that correlates with modern endocrinology² is still ignored and even suppressed because the ancient science has been labeled as pantheistic. This is because both the sources and effects of the inner powers were described with allegorical gods, while the hormones were described as inner mystical nectar and not as biochemicals. The ancient and modern sciences dealing with inner powers can be initially assessed by comparing their basic descriptions of the inner controls of an individual which, upon close examination, make the same statement.

Modern: Reproduction and behavior in a human is largely controlled by two classes of hormones, steroids and neuropeptides.³

Ancient: Reproduction and behavior in a human is largely controlled by two forms of the power of Love expressed in Greece with the allegorical gods, *Eros* and *Aphrodite*.⁴

Eros and the steroids are described with nearly the same characteristics, the chief being of course, sexual drive. *Aphrodite* and the neuropeptides are described as being the source of socially interactive forces, and the neuropeptide oxytocin is rapidly gaining a reputation as the loving, trusting and cuddling hormone, which is the early concept of *Aphrodite*.

It was not until modern endocrinology started describing the powers of hormones in anthropomorphic terms that the two sciences could be directly compared. Both sciences differ greatly from the

¹ See Cooper et al., *The Biochemical Basis of Neuropharmacology*

² Endocrinology includes the study of hormones.

³ See Adkins-Regan's *Hormones and Animal Social Behavior*

⁴ See Lucretius' "On the Nature of Things," and Plotinus' *The Enneads*

physically oriented, classical physics view of the world in their acceptance of metaphysical powers within individuals. Both the ancient science and its modern counterpart agree that the inner hormones can be controlled to varying degrees both from within and without. The ancient science suffered from the lack of present day knowledge of physiology and directed its energies to studying the inner control of hormones and their effects. Modern endocrinology suffers from the loss of the ancient methods of inner control and instead studies how to control the inner powers of the human body through externally administered drugs.

In the modern West, the only popular and readily available references to the ancient awakening of the inner powers are in the Bible where soldiers are told that they should prepare for battle by girding⁵ on their swords and armor and then girding their loins with the obvious intention or need of obtaining increased speed, strength, awareness, and creativity. There are no extant Western writings as to how to gird the loins, yet many people have the inherent feeling that it is related to the tightening of the groin experienced when stepping into a cold shower or facing some physical threat. Fortunately, India did retain records of how to produce inner hormones⁶ by girding the loins with a practice called *bandha* which has the same meaning as “girding”. Ancient Indian science also studied and described the gain in individual powers with *bandha*.

Proving the Ancient Claims

It seemed obvious to me that to prove if there were any truth in the ancient claims, the first step would be to determine if the inner girding or *bandha* could produce increased outer physical powers that would be useful to a soldier. Accordingly, I set up a controlled experiment comparing how fast individuals could physically respond to a sound. I had three volunteer groups. The first was a group of adult yoga students who had been taught how to gird, the second was an untrained group of adults, and the third was a group of children.

The three groups were tested by measuring the time it took them to respond to a sudden, unexpected sound by raising their arms and clapping their hands. The response time of the adult students was then compared with that of equal-sized groups of “ungirded” adults as well as 12–13 year-olds who would normally be expected to respond much faster than either group of adults. The result was startling, since the average “girded” adult responded 2 times faster than the average ungirded adult and 1.4 times faster than the average ungirded youngster.⁷

I was well aware that the girding might not have produced modern warriors and that the subjects’ response times might be slower than that of a trained boxer or fencer, but it did prove that girding could do at least part of what was claimed by the ancients. That proof also allowed me to accept the detailed writings of Sanskrit as being based upon truth and worth the effort to extract their teachings. It also increased my interest in describing the ancient claims in terms of modern science. The Greek root for the word hormone provided an excellent start, since it comes from *orme* which means “an impulse or urge.” I related this meaning to the words *ambrosia* in Greek and *amrita* in Sanskrit, both of which meant “to enliven” and were used to describe the inner nectar that “urged” the inner gods to do the bidding of our hearts.

⁵ Hebrew: *azar*, “to compass, to bind about”

⁶ Called by various names described later

⁷ See Appendix or *The Golden Triangle*.

I certainly liked the description given by the Greek philosopher Plato and other philosophers that it is through Love that an individual gains control of his or her world. This Love was not the same as desire, but rather in the nature of a goal or purpose in life which was administered by the two inner gods of Love, *Eros* and *Aphrodite*, who can be directly compared to the two main divisions of hormones, steroids and neuropeptides.

Technology and our modern industrial world was built on centralized outer controls, but I believe that in creating an external uniform society and world, we have gone too far in ignoring the inner source of power within individuals. Certainly there is rising social unrest and a breakdown of bonding between individuals⁸ which is, after all, the root of society. Modern society controls us by teaching constant judgment of self and others which overloads the body with the stress hormones, instead of encouraging the acceptance and trust of our own friends which increases the neuropeptides such as oxytocin.

Suppressing the Inner Powers

If the ancient method of girding the loins to awaken the inner powers of individuals is as effective as it appears, why did the knowledge of it disappear off the face of the earth? The early Mithraic soldiers⁹ kept the nature of *haoma* highly secret, which makes good sense since they surely did not want their future opponents to learn of it and use it against them on the battlefield. Plato, who certainly knew about *ambrosia*, stated that rulers would not want their subjects to develop powers as great as their own and hence he predicted that future rulers would suppress information about increasing inner powers.¹⁰ This can be construed that rulers did not want their subjects to know of the power of Love, and so knowledge and control of the heart and breasts (of both men and women) became the first organs of the body to be suppressed.

How this suppression took place is worthy of a book of its own because of the variety and effectiveness of the methods used, but in brief, sometime after the fifth century the ancient model of the inner powers of the body was drastically changed. (Chapter Three gives a detailed view of the old model.) The nature of the heart in the sacred (sacral) region and the emotional reactions of the breasts were declared to be in the beating heart in the chest. The sacral and perineal regions of the body were then declared to be filthy and needing to be kept under tight tension to avoid leaks. Men's breasts were defined as mistakes or the remnants of fetal development. Maturing children were taught that the breasts of young girls were extremely vulnerable to injury and must be protected at all times and never touched. (This is certainly not true and is now known to be detrimental for the development of the nipples). The nipples and breasts of boys were in general embarrassing as they were considered to be feminine and not at all masculine. Hence they were ignored and seldom touched to insure that they wouldn't grow or become more feminine. Children's gut feelings were ridiculed and particularly so since the feelings were often in opposition to imposed societal beliefs. The sensual feelings in the breasts were stated to be non-existent, and instead, feelings were stated to originate from the beating heart as were the yearnings in the guts. The ancient Greek word *stethos*, for the two breasts of either gender, is defined in the Greek dictionary as, "the seat of feeling and thought as we use heart."¹¹ In other words, the ancients were quite logical and scientific in ascribing feelings to the sensitive breasts instead of to the beating heart, which is not known to have any sensitivity to Love other than to the physical excitement or stress of the body.

⁸ See Putnam's *Bowling Alone*.

⁹ See Ulansey's *The Origins of the Mithraic Mysteries*

¹⁰ *Symposium*, paragraph 64

¹¹ *stethos* στήθος. See *Greek-English Lexicon*.

The obscuration of the ancient universal views of the body and its science was ensured by the burning of related Western writings that described the original terms and their functions. Extensive Eastern documents, such as the Sanskrit documents of India, were not burnt but suppressed just as effectively by creative academic translations undertaken around 1900 that were acknowledged to discourage the ancient science and religion.¹² There was the persisting belief that only royalty or the religiously inspired could have, at best, a limited access to any kind of higher or metaphysical powers. The commoners were just that, common, and when any ordinary person did become a hero, saint, or genius, it was explained as being directly controlled by heaven for the purpose of heaven.

That the suppression is actually continuing in full force is evidenced by the denial of the ancient universal model of the body and the lack of acceptance of the old descriptive anatomical names. Instead the body and brain are being described largely in mechanical or computer terminology by scientists (with the exception of a growing number of endocrinologists). The effects of shifting the location of the heart is well evidenced in the general population by the atrophy of the perineum, loss of vitality, reliance upon external drugs, the large market for pads for incontinence, as well as the speedy decay of the brain and body with age.¹³

A Modern Example of Inner Powers

Perhaps the best example and method I have to introduce the ancient science and its concepts is to use the personal story of the Nobel Laureate Otto Loewi who exemplified the reliance upon inner powers and whose resulting research brought a starting basis for accepting the scientific reality of the ancient nectar of the gods. Loewi was strongly motivated to research and discover how the organs of the body could communicate together because it could not be explained by the existing knowledge of his time.

Loewi related how he half-wakened from a dream¹⁴ with the feeling that he understood how organs communicated¹⁵ and wrote down a sketchy summary. The next morning after fully awakening, however, he had the very frustrating experience that his conscious brain was incapable of understanding the summary. Nevertheless, Loewi managed the next night to completely ignore his thoughts and instead opened to another vision. His dedication was rewarded with another dream, but this time before he could lose the message, he dashed into his laboratory to manifest the weird image of his dream. The experiment which he managed to contrive consisted of placing two beating frogs' hearts into two separate solutions and then noting the rate decrease in the faster beating heart when some of the solution from the slower beating heart's container was added to the faster heart's container. The result was extremely important to science since it equated a control and intelligence to an inert solution and dissolved chemical. Reviewers of his work are amazed at how he overcame many of the obstacles in making his experiment function (particularly at 3 a.m.). His final results, however, gave positive evidence that the organs of the body could be stimulated and controlled by an inner secreted biochemical instead of by only nerve or electrical impulses as previously commonly accepted. His experimental results also allowed each organ or center of the body to be considered as a separate life form, controlled by hormones generated under a central metaphysical control in the sacral heart, a basic concept of the early ancient science.

¹² *Rigveda Samhita*, Vol. 1, Chapter 4

¹³ See Peck et al., *Directing Life*, Chapter 13. Also see Resnick, et al. on Kegel *JAMA*, July 16, 2003

¹⁴ *The Science of Dreams*

¹⁵ *The Chemical Language of the Nervous System*

The Author's Fortunate Experience

In order to introduce my role in connecting Loewi's work with the ancient science, it is first important to note that the majority of scientists do not believe Loewi's story of getting knowledge through a dream nor do they believe the dream of the Noble Laureate Friedrich Kekule about a snake biting the end of its own tail which took organic chemistry to a new height. Scientists tend to state that it is only the outputs of the conscious brain, following lots of applied methodology, hard work and study, which produce progress in science. Certainly not lying in bed sleeping and dreaming!

I, however, found that many scientists are privately open to metaphysical sources of knowledge. One day at the lab while I was on a coffee break the conversation turned to Transcendental Meditation, then becoming popular. I stated that I had found something even more potent for kicking up my creative juices, but that it could not be discussed in polite society.

Imagine my surprise when word of that statement got around and one by one many of the staff "sneaked" into my office for a private disclosure. To get some work done I finally had to call a meeting in the auditorium and describe a few of my experiences. This, however, led to further demands until I was teaching evening classes through adult education programs. Since I was donating my time I felt that it was only fair that the students become guinea pigs or subjects in experiments investigating various ancient self-development practices. We did finally verify and modify the technique I had been using, which amounted to a relatively simple exercise that certainly reduced mental tensions and at the same time increased vitality and awareness. This exercise started with sitting in a chair, quieting the mind, and rocking slightly on a rolled cloth placed under the perineum. The breath was constricted to become a labored exhalation pressing down to the perineum while reaching for very pleasant feelings and listened for a ringing (tinnitus) centered between both ears.

I sent one of our resulting text books¹⁶ to the well-known Aurobindo Ashram in India asking for comments. This induced the head of the Ashram to visit and spend two days with me as he became interested in what we were doing. He wrote that we were working with the basics of "Tantra, Veda, everything."¹⁷ After visiting, he encouraged me to read the original Sanskrit writings and wrote an article later about his experiencing the universal nature of knowledge or *gnosis* in America.¹⁸

I was again surprised when I finally started to read the ancient Indian *RigVeda* in its original Sanskrit and found that the exercise developed for my classes was clearly outlined in the 28th chapter of the first book. (See Chapter Twelve.) It stated that to develop higher powers in the body one *begins* with quieting the mind, pressing the perineum, finding a good feeling, rocking and exhaling strongly in order to press out a juice (the juice called *soma* had been described earlier as *amrita*, meaning "nectar of vitalization"). It was at this time that I suddenly became convinced that *soma* and hormones were one and the same. The *RigVeda* text described that the perineum swells, the abdominal muscles churn, and fluids flow down as well as up. I then got the definite message that I was just beginning.

Shortly after that, I focused my efforts on translating other Sanskrit documents and studying related modern scientific documents. I had to ignore the existing Sanskrit translations since they were quite at variance from the literal Sanskrit.¹⁹

¹⁶ *American Meditation*

¹⁷ M.P. Pandit, *Service Letter*, No. 54

¹⁸ *Ibid*, No. 56

¹⁹ See the comparison of translations in Chapter 12.

I found support in my research in reading the nearly identical condemnations of “mystical” groups such as the Gnostics, Mithraics, Dionysians, Eleusinian, Alchemists, Tantriks, Arians, etc. Their detractors agreed that whatever these groups were doing was powerful (and threatening) and that it involved deviant and licentious sexual practices. There was also common agreement that the powers were related to some mystical fluid which was generally falsely assumed to be alcoholic or hallucinogenic.²⁰ I could now make an educated guess that the early groups were first stimulating the body through lower body motions and stimulating the mind with visions. This would cause in turn the production of hormones which would have included dopamine, endorphins, serotonin, prolactin, histamine, and cortisol which are known today to have very powerful controls on the body and mind as well as oxytocin known to increase union and bonding between people.

The strong and united defamation of these mystical groups and their members certainly indicated that they were conceived of as presenting a threat, but not a physical or violent threat to the underlying power of ruling institutions. The threat had to be that they were perceived as presenting evidence that rulers did not have a special Divine Right and covered their weakness with robes of state and their ignorance in Laws.

A Personal Testimony

I feel that I should conclude this chapter with my own experience, since I am eighty years old with a more active brain and body than I have had since childhood. I caution those of you who want to reverse the effects of aging that it may take months to finally awaken the old responses of the body, but I can also offer encouragement that there is no end to the awakening process. My wife and I are constantly stating that our present world together far surpasses any earlier time in our lives and that we have not yet found any leveling-off in the ever-increasing ecstasy, union, vitality, sexuality, and creativity within our world. With this awakening, we have also found the truth of the ancient statements that there is no death, only an unending opening to more.

Therefore, please accept that the following chapters are not only based upon careful scientific and literary methodology but also upon personal experience of their truths. However, they are by no means complete and each reader must add to what is presented herein with his or her own experiences.

²⁰ Peck et al., *Directing Life*, Chapter 16