

**The Psycho/Spiritual Correlates of Physical Disorder: An Expansion of Research in
Mind/Body Medicine, by Dorothy A. Martin-Neville, The Institute of Transpersonal
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In *Molecules of Emotion* Pert and colleagues revealed that peptides are messengers that interconnect the nervous, immune, and endocrine systems into one psychosomatic network (Pert, 1999). In addition, the work of Sperry and others has shown that cognitive events and beliefs have downward causal effects in the central nervous system and have effects on physiology and immune function. This research project explored these downward causal effects by assessing the possibility of specific psycho/spiritual beliefs having a correlation to specific physical disorders. Quantitative and qualitative methods were used in this research of fibromyalgia. The treatment group (26 participants) received eight weekly sessions of the W.I.S.E. Method approach to energy medicine, while a 45-minute relaxation tape was used with the control group (17 participants). All participants were called back in the 12th week to assess maintenance, regression, or improvement. Prior to the 1st, 4th, 8th, and 12th weeks' sessions, the participants completed questionnaires that include the FIQ, Pain Intensity, Pain Attention, Pain Catastrophizing, and the Unmitigated Communion Scale. Qualitative research consisted of one-hour semi-structured phenomenological interview sessions with 12 participants from the quantitative research to develop an understanding of the experience of living with fibromyalgia and responding to treatment. Quantitative research demonstrated that the treatment group consistently rated higher in improvement in function and lifestyle. Qualitative research demonstrated a consistent pattern of relationship in which participants had limited sense of self, with a controlling need to care for others even at the expense of self-care.

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