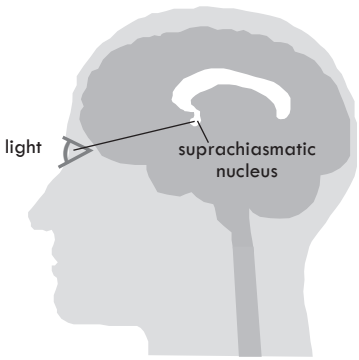
The inner ear also tracks the zero gravity state of the earth's core, so that as the earth spins, we don't fall over.[11] Up-and-down movements, such as in the sun salutations, are stimulating for the cochlea, and thus for our sense of balance. The suprachiasmatic nucleus in the hypothalamus is the pacemaker of our sleep-wake cycle, the circadian rhythm, and tracks the movements of the moon and sun, so that we live by a roughly twenty-four-hour-a-day cycle. To be able to coordinate the almost infinite number of interactions we have with the world around us that occur twenty-four hours a day, for our whole lives, is nothing short of miraculous. This is perhaps why Buckminster Fuller exclaimed, "I am a verb, not a noun!"[12]



The suprachiasmatic nucleus sits above the hypothalamus near where the optic nerves cross. It is responsible for controlling the circadian rhythms and regulates many of the body's twenty-four-hour cycles.

Although we are a bundle of processes that participate in the activities of the universe, we somehow feel that we are separate and discrete individuals and that the processes we experience are limited only to us. This is the great illusion of separateness. In actuality, we are a thriving mass of wholeness, interconnected, influential, and capable of instigating change.

Our nervous systems and minds are responsive, reactive, and receptive. Our cells are the biological basis for interconnectedness. They track the movement of the earth and heavens, and help us keep our balance within it.

THE AUTONOMIC NERVOUS SYSTEM: SYMPATHETIC, PARASYMPATHETIC/ VAGUS NERVE

While the functions of the central nervous system oversee both higher-order brain functions and brain stem functions, the properties of the autonomic nervous system are largely survival functions and have been evolving within us for 320 million years. Our brain stem, where our survival functions are housed, literally links us to millions of years of survival-based evolution, and the remnants of those survival traits are still very much within us. While the impulse to survive shows itself through our heartbeat, our digestion of food, our sexual reproduction, and our ability to sense and respond to danger, the higher-order functions reflect the impulse we have to socialize, love, listen, be heard, plan, dream, imagine, and create.

The autonomic nervous system regulates our survival functions. These happen within us automatically, without our having to think about them. Can you imagine going through the day having to consciously beat your heart sixty-five to seventy-two times per minute when you are doing nothing, then consciously beat it faster when you got up to exercise? And at the same time, what if you had to remember to inhale and exhale while you were keeping your heart beating? And on top of that,