Selye’s General Adaptation Syndrome updated to emphasize the mind-modulating role of the limbic-hypothalamic system on the autonomic, endocrine, and immune systems. The state-dependent memory and learning theory of therapeutic hypnosis is illustrated by the limbic system “filter” (square box) surrounding the hypothalamus.

Illustration: Aline LaPierre for The Psychobiology of Mind-Body Healing by Ernest Laurence Rossi
FIGURE 5
Mind modulation of the endocrine system, with three examples at the cellular level of the still theoretical “mind/gene connection.”

FIGURE 4
Mind modulation of the autonomic nervous system and its two branches, the sympathetic (activating) and the parasympathetic (relaxing), down to the cellular level.

Illustration: Aline LaPierre for *The Psychobiology of Mind-Body Healing* by Ernest Laurence Rossi
**Figure 6**

Mind modulation of the immune system: some of the neurotransmitters of the autonomic nervous system and hormones of the endocrine system that communicate with the immune system, and the immunotransmitters that “talk back.”

Illustration: Aline LaPierre

for *The Psychobiology of Mind-Body Healing* by Ernest Laurence Rossi
FIGURE 7
The nodal or focal areas of the neuropeptide communication system. The central role of the endorphin neuropeptide in mind/body regulation is emphasized.

Illustration: Aline LaPierre
for The Psychobiology of Mind-Body Healing by Ernest Laurence Rossi