

# Mind Body Connection

The connection between your mind and body is very powerful and although it cannot be visually seen, the effects your mind can have on your physical body are profound. We can have an overall positive mental attitude and deal directly with our internal challenges and in turn create a healthy lifestyle or we can be in negative, have self destructive thoughts and not deal with our internal issues, possibly even cloak those issues with affirmations and positivity without finding the route and in turn we can create an unhealthy lifestyle. Why is this?

Our emotions and experiences are essentially energy and they can be stored in the cellular memory of our bodies. Have you ever experienced something in your life that left an emotional mark or pain in a certain area of your body? Almost as if you can still feel something that may have happened to you? It is likely because in that area of your body you still hold energy released from that experience that is remaining in that area. I came across an interesting chart that explores some possible areas that various emotions might affect the body.

When you have a pain, tightness or injuries in certain areas, it's often related to something emotionally you are feeling within yourself. At first glance it may not seem this way because we are usually very out of touch with ourselves and our emotions in this fast paced world, but it's often the truth. When I've had chronic pains in my back, knees, neck or shoulders, it wasn't exercise, physio or anything in a physical sense that healed it, it was when I dealt with the emotions behind it. I know this because I spent the time and money going to physio and even though I wanted and believed I would get better, something wasn't being addressed still. The more I addressed the unconscious thought pattern and emotions throughout my body, the more things loosened up and pain went away.

When you get sick or are feeling a lot of tightness and pain, often times our body is asking us to observe yourself and find peace once again within yourself and your environment. It's all a learning and growing process we don't have to judge nor fear.

## **You Have The Power**

Davis Suzuki wrote in 'The Sacred Balance', 'condensed molecules from breath exhaled from verbal expressions of anger, hatred, and jealousy, contain toxins. Accumulated over 1 hr, these toxins are

enough to kill 80 guinea pigs!' Can you now imagine the harm you are doing to your body when you stay within negative emotions or unprocessed emotional experience throughout the body?

Remember, you have all the power in you to get through anything life throws at you. Instead of labeling with perception the concepts of negative and positive as it relates to each experience you have in your life, try to see things from a big picture standpoint. Ask yourself, how can this help me to see or learn something? Can I use this to shift my perception? Clear some emotion within myself? Realize something within another and accept it? Whatever it may be, instead of simply reacting, slow things down and observe. You will find you have the tools to process emotions and illness quickly when you see them for what they are and explore why they came up. If you believe you will get sick all the time, and believe you have pain because it's all out of your control, you will continue to have it all in an uncontrollable manner until you realize the control you have over much of what we attract within the body.

Sources:

<http://www.collective-evolution.com/>

# Emotional Pain Chart

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

## Pain Areas and Probable Causes:

### Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

### Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

### Spine:

Represents the support of life.

**Upper:** Lack of emotional support. Feeling unloved. Holding back love.

**Middle:** Guilt. Stuck in the past. "Get off my back"

**Lower:** Fear of money. Lack of financial support.

### Elbows:

Represents changing directions & accepting new experiences.

### Wrists:

Represent movement and ease

### Hips:

Fear of going forward in major decisions. Nothing to move forward to.

### Knees:

Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

### Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

### Bunions:

Lack of joy in meeting experiences in life.

## How It Works:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Find  
Your  
Center

## Other Connections:

**Arthritis:** Feeling unloved. Criticism. Resentment.

**Bone Breaks/Fractures:** Rebelling against authority.

**Bursitis:** Repressed anger.

**Inflammation:** Fear. Seeing red. Inflamed thinking.

**Joint Pain:** Represent changes in direction in life and the ease of these movements.

**Loss of Balance:** Not centered. Scattered thinking.

**Sciatica:** Being hypocritical.

**Slipped Disc:** Indecisive. Feeling totally unsupported by life.

**Sprains:** Not wanting to move in a certain direction in life. Anger and resistance.

**Stiffness:** Rigid, stiff thinking.

**Weakness:** A need for mental rest.

