

Higher Level Health

It all starts in the mind.

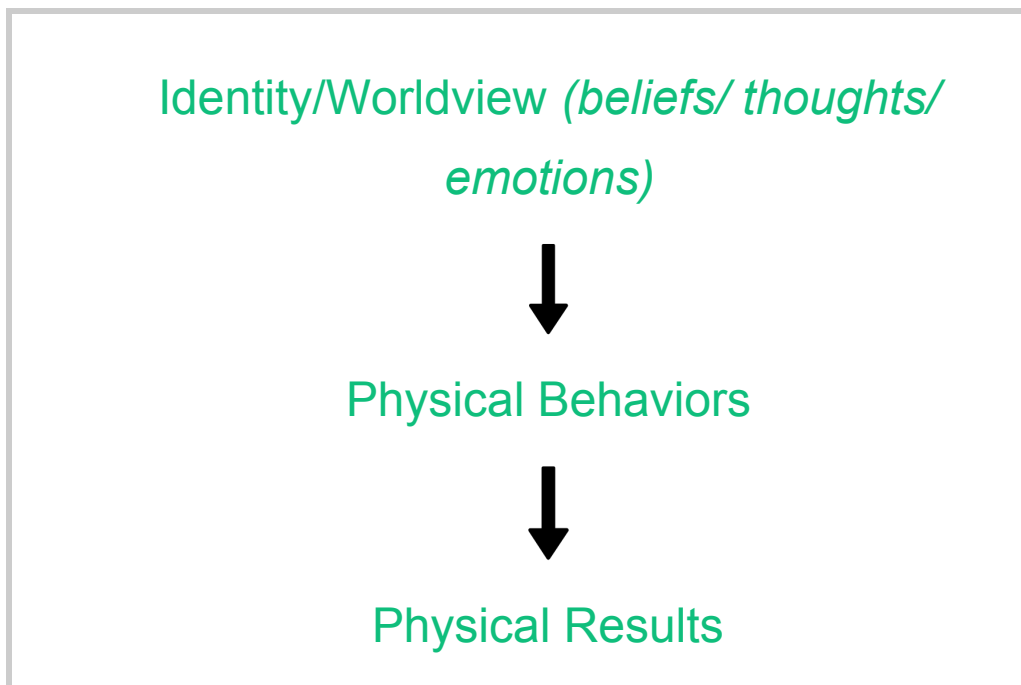
Chain Of Choice

The body that you see staring back at you in the mirror all begins in you mind. That is because the physical body is a result or effect of innumerable life processes. It exists in the **effective realm** of our life experience. You eat food and drink beverages that are digested and used to recreate your physical tissues everyday.

Outside of nourishment, your bodies movement is an effect as well is it not?

You think a thought and decide to move based on your motivations in the moment. Sometimes you may have an unconscious reaction to an experience you're having which may *appear* like less of a choice, but this reaction is still originating from your thoughts. So, your mental processes can be thought of as existing in the **causal realm** of your experience.

To get a better idea of how this life process works, observe the following graphic.



First, you hold a identity and worldview that defines yourself and the environment you experience around you. These definitions then color the experiences you have in each moment, filtering in some of the information you receive while filtering out the rest. From your interpretation, you have thoughts about the experience. Those thoughts then immediately elicit an emotional response. Then, based on your thoughts and emotions relating to the event, you make a decision on how you will respond.

The Space Between

The journey you are on to elevating your life is one of harnessing the immense power of this process--harnessing the power of your mind! To do that, you must become aware of and utilize the space between the *stimulus* and your *response* in life. This is where your gift of free will can be exerted to create an authentic expression of a life truly reflective of who you decide to be.



Expression or Depression

Knowing this, you are then left with one choice when presented with any circumstance that comes your way: *will we respond positively or negatively?* To live truly inspired and richly, remember:

Challenges will always arise, but it is your willingness to *respond from a positive place* rather than *react from a negative place* that dictates the quality of your life.

And this decision has far greater an effect than merely the quality of your life experience. It has a direct relationship to your physical health too. **Chronically negative mental dispositions disrupts the easy flow of our bodily systems creating dis-ease.** It's also been clearly shown that negative stress--known as *distress*--turns down your growth and repair processes in the body. It also *slows your metabolism*--contributing to weight gain--and *disrupts normal brain functioning*, especially the higher reasoning capacities of neocortex.

All of these effects are common in a person who chronically feels emotional depression. This state of being generally finds its source in a stifled human spirit. When a person does not feel that they are living freely with authenticity, self expression, and joy; depression will inevitably arise to varying degrees.

The weight you see around your waistline is no exception. Progressively through your life, you have decided to surrender your freedom, expression, and joy for other things. And it didn't even seem like a choice. With a family and career, the responsibilities that came with them seemed to almost *demand* you put your own needs in the backseat. But I am here to tell you:

You don't need to choose between your desires. You can have it all!

You don't need to surrender your own needs for the sake of those you care most for. In fact, by making yourself priority #1 again, *you will actually be positioned to serve them better.*

How would more energy affect your work performance?

How would more confidence affect your relationship to your clients?

Wouldn't you like to set the best example for your kids to thrive?

When you decide to take back control of your mind and prioritize yourself again--living in authenticity, expression, and joy--every aspect of your life will improve.

Behind Emotions

To do this, you must become keenly aware of and know how to use your emotions. **Every emotion you feel is an internal signal sharing how you are perceiving the current situation.** When you know how you feel, you can understand how you are seeing things. When you know how you are seeing things, you can guide your mind into a more empowered place that will yield a more preferred action and result in the moment.

So you can best know how to use your emotions to make better decisions, the chart below will share what thoughts are *always* at their source. The better you become at identifying the source of your thinking in the midst of an experience, the more power you will have in changing your mind and subsequent action.

Emotional Sources

Love is the *validation and appreciation of someone or something.*

Confidence is the *belief in your worthiness.*

Joy arises from the *present-moment appreciation of what you desire.*

Excitement is the *anticipation of what you desire likely happening.*

Hope is also the *anticipation of what you desire likely happening*, but implies a potential that it may not happen.

Fear is the belief in the *anticipation of what you do not desire likely happening or the likelihood of losing something highly valued.*

Sadness arises from the *belief that you already have lost something highly valued.*

Frustration or **anger** arises when you *feel something is unfair or unjust.*

Shame is the *belief in your unworthiness.*

Hate is the *invalidation and depreciation of someone or something.*

So, when you feel the disempowering/depressing emotions of hate, fear, anger, sadness, or shame, use the space between stimulus and response to find a thought that inspires their antithesis.

Ask yourself:

What am I invalidating right now to inspire the hate within me? What can I appreciate about the subject instead?

What am I anticipating is going to happen that I do not prefer? Can I see that this other more preferred outcome could just as likely happen?

When you find yourself being able to genuinely shift your perspective to the new, more empowered thoughts, your emotions will rise and you will naturally take inspired action.

Key Takeaway

- ❑ Take back control of your chain of choice by using the space between stimulus and response to be and act positively, from a place of self assertion and expression

For a more in-depth exploration of the human mind's need for maintenance and expression, please explore the spiritual, intellectual, and emotional pages at <http://www.sturdyroots.com/health/>