

# Thought, Emotion, and Body Healing Wisdom

Life Empowering Chapters From  
“UNDERSTANDING GRIEF AND HEALING”

Concise Information Including a Worksheet for  
Reprogramming Thoughts and Releasing Emotion



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## Thought, Emotion, and Body Healing Wisdom



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### Mindfulness

1. Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations without judgment. It is moment to moment awareness and includes:
  - a. Consciously observing unwanted thoughts rather than fighting to suppress them, which may cause and escalate anxiety.
  - b. Not regretting the past or worrying about the future, which may cause suffering and disease. Worrying is like praying for the bad things you are thinking about.
  - c. Letting go of resistance to anything happening. "To offer no resistance to life is to be in a state of grace, ease, and lightness. This state is then no longer dependent upon things being a certain way, good or bad." – Eckhart Tolle
  - d. Replacing unconstructive thoughts that do not serve us like, "I died when my loved one died," with ones to support our well-being such as, "I will live in honor of my loved one who died."
  - e. Experiencing joy rather than experiencing the negative.
2. Grievors may not readily discover information on how mindfulness can help with healing from grief for reasons including:
  - a. Most mindfulness experts discuss mindfulness as it relates to all areas of life including grief, so they do not come up when searching with the term grief.
  - b. Mindfulness information may be thought of as only a spiritual concept.
  - c. Mindfulness information may not be written in a way easy to comprehend.
3. Mindfulness is a basic concept, but it may be challenging to implement if you do not understand key concepts about the mind, thought, and emotion.
4. The act of becoming conscious begins to change the brain.
5. Most experts believe life is best lived by being conscious in the present moment.
6. Once the benefits of mindfulness are actualized, few ever go back to living most of their life unconsciously.
7. While being mindful, it is important to address any repressed trauma that comes up to avoid retraumatizing. Key indicators include tensing, sweating, hyperventilating, being startled, dissociation, flashbacks, intrusive thoughts, and becoming pale.

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## Thought

1. **The Mind** generates thoughts in a conscious and subconscious way. The brain is the physical tissue.
  - a. Understanding how your mind works empowers you to create your best life instead of being in the bondage of your thoughts. We can't control everything that happens to us, but we can control how we choose to explain and respond to it. Distorted thought causes unnecessary suffering.
  - b. Unimaginable experiences may be part of life and not a punishment or curse to damage or destroy life .
  - c. Remembering bad stuff was useful to the survival of our ancestors but does not serve us when it triggers unnecessary upset.
  - d. Humans and brains are hardwired to continually identify the bad stuff unless we take charge responsibility to improve that focus. It is important to stay informed, but it may help to be strategic about news to avoid unconstructive programming.
  - e. Experts on thoughts
    - **Alfred Adler, MD, PhD, Psychiatry:** Most people are not aware of their self-serving biases, unexamined assumptions, implicit cultural practices, inner demons, and all the self-sabotaging habits they have picked up over the years. They do not realize the extent of influence their bad companies have on them – such as sharing and supporting toxic ideas. They also do not understand that building new habits takes consistency and small steps. Worse still, some are driven by misguided ambitions for wealth, power, fame, or advancing some toxic ideology, often at the expense of ruining relationships and their own integrity, the true sources of self-esteem and meaning.
    - **Gregg Braden, Visionary, Best-selling Author:** Conscious choice of words and word patterns help us to think and feel differently in times of crisis, trauma, loss, and need.
    - **Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author:** How do we move to a greater level of consciousness? Simply by not reacting to our environment by learning how to pause, self-regulate, and

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wait for the chemicals to settle down before we act. This is how we outgrow victimization, judgment, competition, or the need to gossip or misrepresent someone else.

- **John Cacioppo, PhD:** The brain reacts more strongly to stimuli it deems negative. There is a greater surge in electrical activity. Thus, our attitudes are more heavily influenced by downbeat news than good news. Our capacity to weigh negative input, so heavily most likely evolved for a good reason—to keep us out of harm's way.
  - **Juliane Taylor Shore, MA, LPC S, LMFT S, SEP, Mental Health Counseling:** Rigid adaptive childhood thought programs became engrained when we had to survive something and feel tight in the body. What was adaptive as a child may not serve us as an adult. When we are conscious as a wise adult, we can choose more relational, reflective, and compassionate thought programs concerned with connecting and loving. These are relaxed in the body.
  - **Loretta Breuning, PhD:** Our brain evolved to scan for problems to promote survival. There's a simple way to rewire this natural negativity. You can train your brain to look for positives the way it already looks for negatives. Any positives, no matter how small, will build the pathway that seeks and expects positives.
  - **Paul T. P. Wong, PhD, CPsych, Psychology:** True freedom means having the courage to take a stand against desires, instincts, and habits for what is right, good, and meaningful, consistent with one's ideals or highest calling.
2. **Conscious** part of the mind, also called the thinking brain, is the state or quality of awareness or being aware of an external object or something within oneself.
- a. When conscious, energy vibration can be raised by focusing on it.
  - b. Highlights
    - Choice
    - Creative
    - Desire
    - Easy to change

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- Free will
  - Inspired
  - Thinking
- b. The conscious mind will readily respond to thoughts about creating what we desire.
- c. We can choose constructive or unconstructive thoughts, expanding or limiting potential. “I miss my loved one” may be considered a negative thought, but it is constructive because it is true.
- d. Viktor Frankl, MD, PhD, Neurology, Psychiatry, said, “Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.”
3. **Subconscious** part of the mind, also called the default mode network, reptilian brain, survival brain, is the part of the mind not currently in focal awareness. It is like a supercomputer keeping track of everything.
- a. Highlights
- Automatic
  - Comfort zone
  - Conditioned
  - Cravings
  - Efficient
  - Habitual
  - Learning
  - Mindset
  - Powerful
  - Reactive
  - Reacts stronger to negative
  - Repeated is belief and can be powerful
  - Resistant to change, so must be very motivated
  - Robotic
- b. You can be mindfully conscious of thoughts while your subconscious mind engages programs, also called:

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- Adaptive strategies
  - Conditioning or conditioned tendency
  - Default practices
  - Habits
  - Ingrained thoughts
  - Patterns
  - Shaping
  - Thought narrative
- c. The subconscious part of the mind runs programs like walking, driving, and how we respond to situations we have dealt with often. The subconscious mind of a child observes and records significant amounts of information about how the world works as their conscious mind develops. This is how family legacy is passed down.
- d. The subconscious mind continually creates programs on how we think and behave based on the information it is given. Our unique conditioned tendencies come from our environment and may include:
- Parents
  - Siblings
  - Family
  - Friends
  - Community
  - Institutions
  - School
  - Work
  - Society
  - Church
- e. The more we think and/or do the same thing, by influence or choice, the stronger it becomes a habit. A habit is a redundant set of automatic, recurring, repetitive, unconscious thoughts, behaviors, and emotions acquired through repetition.
- f. Once a learned skill becomes automatic it is in our subconscious mind for life to be activated by influence or choice.

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- g. The powerful subconscious mind vigorously works efficiently to keep our programmed habits going, so we do not waste energy constantly relearning. Therefore, it may be challenging to change traits like people-pleasing, enabling, denial, and selfishness.
- h. If you do not consciously choose your thoughts, your subconscious mind will immediately take over and produce your programmed thoughts.
  - It will bring forward the thoughts triggered based on what is happening, or the thoughts you think about most often.
  - You do not have to believe everything you think.
- i. Significant subconscious programming is dedicated to spotting the bad stuff and that drives much of how we respond to what happens in our life.
- j. Although it is helpful to remember experiences to avoid like burning our hand on the stove, so we do not do it again, bad memories engraved in our subconscious mind may be a problem when keeping us stressed.
- k. We can have unnecessary irrational subconscious programs that do not support our well-being. Examples include:
  - Assuming we know all the details
  - Distorting truths
  - Judging
  - Limiting beliefs
  - Looking at anything as all or nothing
  - Only looking at the negative and none of the positive
- l. A subconscious mind program may be "triggered" whenever an event similar to a past event occurs. Past symptoms related to the initial event may be re-experienced and include flashbacks. Therefore, we may overreact when the event is even much less significant than the initial event. Any of the senses and emotions may be involved. It may help to put the reaction into a realistic perspective just by understanding what is happening. Observing someone's grief can trigger your own grief.
- m. Habits may feel difficult to change because our subconscious mind wants to keep giving us what we have programmed. Some may feel unable or unwilling to

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change. Therefore, after we attend a great class or read an excellent self-help book, we do not make the changes and why without understanding the subconscious mind positive thinking is so challenging.

- n. We can proactively generate pleasurable feelings like being kind. Noticing, savoring, and extending pleasurable experiences like watching a sunset may help to strengthen that program in the subconscious mind making it easier to recall with future similar pleasurable experiences.
- o. When we repeatedly think of a specific thought, it becomes a belief. Establishing a behavior that supports a belief we want to change supports creating the new belief.
- p. Being distracted by unconstructive thoughts, which may generate emotional pain, may minimize your ability to heal and focus on what you desire in life.
- q. It is easier to change a subconscious pattern when we come from a place of self-love to avoid triggering negative thought patterns about success. Self-compassion is more motivating than self-criticism.
- r. A profound event like a birth or a death can influence significant shifts in our subconscious mind, so it is critical at these times to only focus on thoughts that will create programs you desire. Therefore, grievers need to be mindful of their thoughts. This is how someone grieving can quickly move into the depths of despair after the death of a loved one. This is why world-renowned Tony Robbins, Self-help Life Coach, Motivational Speaker, Peak Performance Strategist, Best-selling Author, creates emotionally intense events.
- s. The subconscious mind does not know the difference between what is vividly imagined and what is real.
- t. Conscious and unconscious thought can work at the same time as in consciously thinking about a goal while unconsciously walking or driving.
- u. Not understanding subconscious programming, a person may move through life feeling unable to change any part, and therefore some people live robotically and do not change. This is why some grievers do not heal.

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4. **Demonstration** showing thought is a choice:
  - a. For several minutes, think about something frustrating or someone who hurt you.
    - Consciously notice your thoughts.
    - What emotions are you feeling?
    - Notice the chemicals in your body. It is not healthy for prolonged exposure to them.
  - b. For several minutes, think about a person or pet you dearly love.
    - Consciously notice your thoughts.
    - What emotions are you feeling?
    - Notice the chemicals in your body. They are like natural medicine.
  - c. Try to think about a frustrating and loving thought at the same time. Imagine thinking a hundred thoughts at once! It is impossible to have two thoughts at the same time.
  - d. If you are conscious about your thoughts, you can control them and change unconstructive thoughts to constructive ones.
5. **Genes** are regulated on or off more by thought than heredity.
  - a. We are more a product of our thoughts than our genes.
  - b. You are not a victim of what you have inherited.
  - c. Those not understanding this may give up changing their lives because they do not think they can.
  - d. “I was born this way,” is a limiting belief that may not be true. In their book “Words Can Change Your Brain, Andrew Newberg, MD, Neuroscience and brain and Mark Waldman, Communication, Spirituality, and Brain Expert say, “A single word has the power to influence the expression of genes that regulate physical and emotional stress.”
6. **Conflict** may be easier to resolve when acted out thought patterns are understood.
  - a. When in conflict with someone, it is helpful to understand the other person may be operating from subconscious patterns.
  - b. You can help them understand this or change the way you communicate with them, so it does not trigger a programmed response that negatively affects you. Examples include:

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- If someone is very defensive, realize they may have been regularly attacked in their past. Instead of saying something like, “Why did you do that?” say something like, “Would you be willing not to do that?”
- If someone is easily distressed when they can’t reach you, they might have been betrayed in the past. Instead of saying something like, “You are too sensitive,” say something like, “I don’t want you to worry, so I’ll try to get back to you promptly.”
- An affirmation can be created, in which you say to the other person. Instead of responding in a way that triggers defensiveness in the other person, say something each time like, “You are never wrong. Your feelings are important. We can figure this out.” The other person may quickly become calm, and in a space where they can problem-solve easier.

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### Reprogramming Thought

1. **Stop unconstructive thoughts** and actions not wanted by consciously not thinking or doing them.
  - a. Change does not happen just because it is wanted. You can think greater than your habits. If it is thought it will be difficult, it will.
  - b. Researchers say a habit can be changed on average in 66 days with a range of 18 to 254 days.
  - c. It may be easier to focus on creating a new constructive thought program, rather than try to focus on stopping an unconstructive one we no longer want. Focus on the positive things we will gain, rather than the negative things that will stop.
  - d. When creating a new habit, make it easy, pleasurable, and attractive like planning to exercise with a friend.
  - e. Letting go of fear in your subconscious mind enables you to have more energy to focus on what you desire because it does not have to spend so much time monitoring for threats.
  - f. Unconstructive thought patterns about anything including grief food, smoking, alcohol, finances, sex, and success can be stopped and new constructive thought patterns engrained. You first must recognize and agree a thought does not serve you.
  - g. No matter how unconstructive your thoughts have been or for how long, you can always change them to thoughts you desire to feel better. You can train your attention. Practice builds ability.
    - Recognize that we often surrender to subconscious patterns because they feel so strong and are so familiar to us. We know painful habits over unknown joyful ones.
    - It may feel more difficult to go through positive change than to replace unconstructive patterns, but most feel once they make the change it was harder to be miserable.
    - Live the life you want rather than the one you were programmed. Take your power back from your unconscious mind.

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- Extended and unnecessary suffering occurs when it is not known how to be in control of our mind.
- h. Thoughts are easier to control if they are believed.
- For example, believing it is impossible to forgive someone who hurt you may make it difficult to discontinue thoughts about what they did.
  - Unconstructive thoughts can be changed when an individual adopts new positive information.
- i. Allow yourself to choose and experience joy when grieving, especially as the waves of grief periodically subside.
- j. Common **idle times** when subconscious unconstructive thoughts kick in.
- Brushing teeth
  - Cleaning
  - Cooking
  - Driving
  - Exercising
  - Project
  - Shopping
  - Showering
  - Waiting
  - Yardwork
- k. Use reminders to review your thoughts and identify the programs you want to change.
- Alarm on phone or watch
  - Calendar reminders
  - Item on finger or wrist
  - Jewelry, pin, or button
  - Sticky notes
  - Tattoo temporary
- l. A thought habit will fade and rarely be triggered if you discontinue allowing it to happen.

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- The technique to accomplish this involves mindfully and repetitively identifying unconstructive thoughts and quickly moving your focus to a new thought, which works even better if an action is involved.
- Forethought and preparation are critical, but your happiness depends on it. This is how you make actual changes happen in your life.
- The time it takes to suppress undesired thoughts may vary.

2. **Program constructive thoughts** by consciously thinking and acting in constructive ways, which include:

- a. **Mind and body** technique use. See the “Mind and Body Techniques” section of this document.
- b. **Affirmations** are a popular easy technique in which positive statements in the present tense that help challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can make positive changes. Science, Religion, and Spirituality say the same thing with different wording. Steps to use affirmations to get what you want in life by Dee Wallace, Author of "Conscious Creation" include:
  - Decide what you want using positive affirmations
  - Commit to doing whatever needs to be done to achieve what you want
  - Consciously feel love, excitement, and passion about what you want
  - Ask the universe to partner with you
  - Act

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Unconstructive thought	Constructive thought
External	Internal
Fear	Love
Ego	Spirit
Victimizing	Empowering
Judgmental	Compassionate
Demanding	Grateful
Deficiency	Recognition
Questionable	Truthful
Disabling	Healing

Unconstructive Thought	Constructive Affirmation
This shouldn't have happened.	I embrace the mystery and impermanence of life knowing love goes on forever.
I wish I died instead.	I honor life and it supports me in every possible way as I am always learning.
I feel so guilty.	I never intended harm but am sorry and forgive myself if I did.
I am a failure.	I fully and completely love and accept myself and efforts to change are working.
I will never be happy again.	I am grateful and powerful in the present moment and I release regret and worry.
I'm not going to take care of myself.	Wellness is my natural state and I lovingly listen to my body's messages.
Why are people mean and petty?	I forgive perceived wrongs as I can never fully know another's experiences or fears.
I will never trust again.	I will take time to get to know people, trust my intuition and allow for trust to build.
I don't want to go on.	I have faith in the process of life and welcome love and miracles.

c. **Gratitude** list creation and reading of what you are thankful for or what you love. You can't feel gratitude and a painful feeling at the same time. Gratitude category possibilities include:

- General
- Accomplishments
- Favorite memories
- Health

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- Loving family and friends
  - Spiritual
  - Spouse or partner
- d. **Reading, learning, listening, and watching** information interesting and enjoyable. Examples include:
- Books digital, hardcopy, and recorded
  - Classes, workshops, and conferences in-person or online
  - Movies and documentaries
  - Music
  - Online search for free resources
  - Television shows
- e. **Reparenting** focus can replace thought programs about what you did not have as a child, with thought programs full of the attention, caring, and love that can be had now in the present moment.
- f. **Kindness** random or planned acts. Examples include:
- Encourage others
  - Give attention to children
  - Give others the right of way
  - Give thoughtful gifts like flowers
  - Give to charity or someone in need
  - Help a friend move
  - Help people
  - Leave surprises for strangers
  - Offer your seat to the elderly or disabled
  - Pay for the person behind you in line
  - Pick up public trash
  - Say hello and have a great day
  - Send letters
  - Smile
  - Tell someone their best qualities

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- Tell someone you are thinking of them
  - Tip well when deserved
  - Volunteer
- g. **Life action planning**, which uses the logical and creative parts of your brain. Use the “Life Action Planning Worksheet” form and instructions. Concentrate on what you have that you love and what you want, rather than what you do not. Engage in a passion for creating a new business or charity. Areas to focus on include:
- Organization and productivity
  - Life Mystery, God, Religion, Spirituality
  - Critical tasks completed
  - Emotional well-being
  - Physical health
  - Finances
  - Loving relationships
  - Fun and pleasure
  - Career and helping others
  - Dreams achieved

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### Emotion

“Feel the feeling but do not become the emotion, Witness it. Allow it. Release it.” - Bruce Lipton, PhD, Neurobiology

1. All emotions are necessary.
  - a. The range of emotions we can experience is referred to in different ways including:
    - Positive to negative
    - Enjoyable to terrible
    - Good to bad
    - High energy to low energy
    - Light to dark
    - Pleasant to awful
    - Pleasurable to painful
  - b. Feelings are not a problem to be eliminated.
    - We feel better after negative emotions are expressed.
    - They are not meant to be controlled, disputed, minimized, or ignored. Our inherent ability to feel can get reprogrammed, lost, and forgotten.
    - Feeling is healing.
    - Honor emotions as important messengers. Befriending painful emotions may help us heal.
  - c. Each emotion had a specific job and tell us what we need.
    - Negative emotions alert us to pay attention to our environment and what to avoid.
    - Positive emotions focus on love, opportunity, and what we are ready for.
  - d. The way all emotions are important as guides include:
    - Acting
    - Communicating
    - Deciding
    - Empathizing
    - Healing
    - Learning

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- Loving
2. Allow feelings, but do not get addicted or stuck holding on to them. When we avoid feelings, they may not go away. It can be self-sabotaging to suppress undesirable sensations.
  3. Thought creates emotion. If we can't think greater than how we feel, we can't change. How we feel affects what happens to us, so it is valuable to focus on what we want. Emotion can be a reaction or come from intention.
  4. Allow emotion energy to move through you in doses if needed to avoid becoming overwhelmed.
  5. It is impossible to have two emotions at the same time.
  6. When feeling and releasing emotion, the process is more efficient when not trying to also intellectualize the process by thinking. Whatever is happening does not need a mind engaged in it.
  7. It may help to schedule times to grieve, preferably with support, so it does not overtake us when we need to be focusing on something else like parenting or a job activity.
  8. Reasons negative emotions may be avoided include:
    - a. Comfort zone in avoiding them
    - b. Denial of the truth
    - c. Fearing being judged
    - d. Fearing conflict
    - e. Fearing feeling worse
    - f. Fearing the unknown if they are felt
    - g. Not feeling safe to feel them
    - h. Not wanting to feel them
    - i. Not wanting to make someone else feel bad
    - j. Not wanting to think about what caused them
    - k. Seems counterintuitive and illogical to feel them
    - l. Thinking they will lower our self-esteem
    - m. Thinking they will make us look weak
    - n. Thinking they will never go away if felt

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9. Experiences that remind us of past similar events may trigger related emotions that may be similar in intensity as when they originally occurred, especially if they were never voiced.
10. When emotions bothering a person related to a loss are expressed, it may be easier to talk about that loss.
  - a. There is a difference between releasing emotion and being in a thought loop about traumatic events.
  - b. There is a difference between positive thinking and denial.
11. Trusting to feel and release suppressed painful emotion for relief and healing can be a powerful experience leading to improved physical health as the body is a channel for emotion rather than a container.
12. With continued practice, you can realize how natural it feels to release emotions and how much better you feel. Without understanding subconscious thought, a person can continually play unconstructive thought patterns. This would require them to constantly release negative emotions.
13. Avoidance or denial of emotions is common and may be life-limiting.
14. Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author defines a memory without emotion as wisdom.
15. Emotion energy can be contagious, so be careful about who you are spending a great deal of time with.
16. A person can sense another person's emotion five times more by touch than facial expression.

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## The Body

“The truth about our childhood is stored up in our body, and although we can repress it, we can never alter it. Our intellect can be deceived, our feelings manipulated, conceptions confused, and our body tricked with medication. But someday our body will present its bill, for it is as incorruptible as a child, who, still whole in spirit, will accept no compromises or excuses, and it will not stop tormenting us until we stop evading the truth.” - Alice Miller, PhD, Psychology, Philosophy, Sociology

1. **Mind-body connection** is proven by experts only in the decade following 2007.
  - a. Whatever is done to support one, positively affects the other.
  - b. The mind and body connected holds everything that has ever happened to a person and informs us based on that information.
2. **Thought** causes a chemical reaction that causes a physical response. Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author says the body does not know the difference between an experience actually happening and just thinking about that same experience.
  - a. Positive constructive thoughts and emotions make you feel good and release healthy chemicals in the body.
    - Studies show these chemicals shut off the part of the brain that generates fear and anxiety, so we can feel love.
    - We can imagine wonderful possibilities since we are not using all our energy trying to endure life.
  - b. Negative unconstructive thoughts may create painful emotions, which then release chemicals affecting the body and some are only meant for stressful situations like true fight or flight for survival.
    - They are not meant to be felt continually.
    - Energy used for fear, stress, and fight or flight response takes away from energy that can be used for the immune system.
3. **Emotion** in the body is created from thought.
  - a. Positive thoughts
    - Relaxed in the body
    - Release healing chemicals, which are like natural medicine.

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- b. Negative thoughts
    - Tight in the body
    - Release chemicals needed for temporary fight or flight like when being chased but are not meant to be generated through the body for long periods of time. They can work against our body's natural capacity to maintain and work towards health, making it work harder.
    - Adults replace about 60 billion cells daily and can choose what kind of chemicals they marinate in.
4. **The body** can affect **emotion** and determine **thoughts**.
- a. Individually and collectively focusing mainly on thinking, logic, and analysis limits direct felt experience and aliveness.
  - b. Each unique person has the physical part of the body and sacred vital life energy.
  - c. The body is a source to experience everything.
  - d. Using the body can affect behavior, perception, and interaction.
  - e. The unspoken voice of the body knows what it needs and will send messages like illness if we are unbalanced and need to pay attention to something.
  - f. Body technique use is calming, which can make mindfulness easier. When regularly used, positive results are easier to access when experiencing painful emotions.
  - g. Habits can involve the body with an addictive chemical component like caffeine, sugar, alcohol, or drugs.
    - Experts feel the healthiest way to break this dependency is to taper off the chemical rather than abruptly quitting.
    - This is why starting a diet by immediately cutting out everything unhealthy fails.
    - Seeking medical and professional expertise is recommended.
5. **Grief, trauma, and healing** involve the mind and body.
- a. The body's vital life energy can be suppressed or fragmented when traumatized.
  - b. Disconnection from the relationship with the body happens when it is seen as an alarm not trusted rather than a healer.

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- c. Those with childhood stress and adverse experiences who do not heal have much higher rates of every known disease.
- d. When the senses of the body are ignored or diminished, it is difficult to feel fully alive.
- e. When given attention, the body will tell what is being ignored and what traumatic subconscious programs are being acted out.
- f. When grieving, it contributes to healing to allow body sensations and not disconnect from the body. Drop in the body to see what it says. Example body sensations include:

- Aching
- Breathing hard
- Burning
- Clenching
- Cold
- Crying
- Discomfort
- Dizzy
- Flushing
- Fluttering
- Goosebumps
- Headache
- Heart racing
- Hot
- Laughing
- Nausea
- Pain
- Pleasure
- Pounding
- Pressure
- Scratching
- Shaking
- Shivering
- Sobbing
- Stiffness
- Sweating
- Tensing
- Throbbing
- Tightening
- Tingling
- Trembling
- Twitching
- Yawning

### 6. **Crying** is a normal and natural part of grieving for women and men.

- a. German Society of Ophthalmology scientific study
  - The average woman cries 30 - 64 times a year for about 6 minutes, turning into sobbing in 65% of cases
  - The average man cries 6 - 17 times a year for about 2 - 4 minutes, turning into sobbing in 6% of cases
  - Until adolescence, no difference between the sexes was found.
- b. Benefits of crying when compelled include:
  - Antibodies are released
  - Irritants are removed

## Thought, Emotion, and Body Healing Wisdom

- Lubricates the eyes
  - Mood is improved
  - Nervous system relaxation response in the body is activated
  - Physical state of balance is restored
  - Stress hormones causing physical ailment such as cortisol are reduced
- c. For women and men, tears are a mark of power, not weakness.
7. **Brain health** as described by Daniel G Amen, MD, Psychiatry, Neuroscience, Best-selling Author, leads to a sharper mind more in control of destiny. The brain is an important part of the body. It is never too late to change the brain and heal the mind. His suggestions include:
- a. Not using the term mental illness
  - b. Loving and caring for the brain
  - c. Preventing or treating 11 major risk factors including blood flow, retirement/aging, inflammation, genetics, head trauma, toxins, mental health, immunity/infections, neurohormone deficiencies, diabetes, and sleep issues
  - d. Using the least toxic most effective treatments and being mindful of thoughts
  - e. Involving the entire family for support
  - f. Starting today

## Thought, Emotion, and Body Healing Wisdom

### Intuition and Inspiration

“Manifestation can only be truly effective when it arises out of the Being state of consciousness.”

- Eckhart Tolle

1. Experts agree we all have natural instincts we often ignore or are not in touch with for reasons including:
  - a. Desiring to follow someone else's advice
  - b. Fearing failure, judgment, suffering
  - c. Flooded with negative emotion
  - d. Not trusting ourselves
  - e. Not wanting to believe something negative
  - f. Over analyzing
  - g. Wanting absolute assurance of what to do
  - h. Wanting to understand why
2. Individuals experience intuition in different ways and tuning in is a skill that can be learned.
3. Intuition is a receptive mode, not an analytical one.
4. Being mindful in the present moment is where the greatest intuition and inspiration yearnings and knowing may be received. Focusing on the present moment sharpens intuition and inspiration to support you in making heartfelt decisions best for you.
5. True intuition and inspiration happen in an immediate calm, decisive, and impersonal, neutral inner voice that guides you.
  - a. It is factual, has no emotional charge, and is not forced. Fear is highly charged.
  - b. The logical mind is slow and complex.
  - c. You may feel excited about what may happen, but be careful not to overdramatize your feelings, which can hinder true intuition.
  - d. Following our intuition is energizing and feels good.
  - e. Excessive absorptions of others' energy reduce and block our intuition and ability to maintain focus.
6. The subconscious mind has an intelligence to it and can read energy helping us to make intuitive decisions in our best interest rather than relying only on rational thought. Trust your heart over your thinking.
7. We can learn by pain or intuition.

## Thought, Emotion, and Body Healing Wisdom

8. Names for different beliefs of where intuition and inspiration come from include:
  - a. **Religious:** God, Angels, Divine Guidance, Guiding light, Holy Spirit, Mind of God
  - b. **Spiritual:** co-creation, infinite, innate guide, The Law of Attraction, matrix of all mind, source, spiritual vast web, we are all one
  - c. **Scientific:** Collective/super/global/universal consciousness, cosmic collective, energetic connectivity, greater mind, nonlocal mind, quantum field, unifying field, your heart
9. Ask one question for guidance. Be patient, detached from what the answer will be, and open to an intuitive response. If it does not feel right to act, do not.
10. If intuition feels off, let it go until it is clear.
11. Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author, and other experts say to naturally co-create with the universe, set a clear intention of what you want, generate related emotion, and let go of how our creation shows up. You must remain in this energy and meditation is a great way to accomplish this. Trust a greater mind is organizing our creation in a way right for us by allowing it to unfold in a new and different way than what we had planned or anticipated. The moment we start to feel frustrated, impatient, angry, or resentful, however, we have disconnected from the energy of our future, and more than likely it is because we are trying to force, control, predict or manipulate outcomes.
12. Those mindful of their thoughts and tuned in to their intuition report amazing incidents of synchronicity and coincidence.
  - a. Synchronicity is a concept, first introduced by analytical psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship yet seem meaningfully related.
  - b. Coincidence is a remarkable concurrence of events or circumstances without apparent causal connection.

# Thought, Emotion, and Body Healing Wisdom

## Thought and Emotion Worksheet

The worksheet is after the instructions.

It can help plan to stop unconstructive subconscious thought and program thought you desire. It will give you a structured way to release emotions troubling you as they surface. Making yourself think about unconstructive thoughts not troubling you will cause unnecessary negative emotion.

### 1. Part 1: Changing Subconscious Thought

a. The top section lists important reminders to remember when changing a thought pattern.

- It is easier to make changes from a place of self-love rather than berating yourself for needing improvement.
- Idle time is when we are most vulnerable to unconstructive thought loops.
- Use reminders to check in on what you have been thinking. When you feel bad, pay attention to your thoughts.
- You are in control of your thoughts. You can think and/or do anything you choose to stop an unwanted unconstructive thought.
- Because you understand how thoughts work, you can stop unconstructive thought patterns when you mindfully notice what is happening. If you do not start unconstructive thought programs, you do not have to spend time in the future stopping them.

b. Under “From **unconstructive thought**,” note disempowering, limiting, self-defeating thought programs you want to change because they are not serving you.

Example unconstructive types of thought includes:

- External
- Fear
- Ego
- Victimizing
- Judgmental
- Demanding

## Thought, Emotion, and Body Healing Wisdom

- Deficiency
  - Questionable
  - Disabling
- c. It may help to note the source of your thinking pattern when it is not yourself.
- d. Under “To **constructive thought** and action,” note how you will reframe or replace the unconstructive thought.
- e. If new constructive information is needed because changing the thought does not seem possible, identify how you will obtain new constructive information and learn until you find the information you agree will work for you. For example, if you do not believe you can forgive, it may be difficult or impossible to stop related unconstructive thoughts. Ways to learn include:
- Books
  - Classes
  - Online search
  - Coaching for life challenges
  - Therapy for mental illness
- f. Decide what constructive thought and/or action will be used. Examples described in the “Thought” section under the “Change unconstructive thought” section include:
- Affirmations
  - Gratitude lists
  - Reading, learning, listening, and watching information interesting and enjoyable
  - Reparenting
  - Mind and body techniques
  - Kindness acts
  - Life action planning
- g. When you have old unconstructive thoughts, do not fight them. Let them come as you consciously recognize them as a habit from your subconscious mind. As soon as possible, focus on the constructive thought and action you noted to replace the unconstructive thought or use one of the other ways to refocus.

## Thought, Emotion, and Body Healing Wisdom

h. As you patiently continue this practice, the old unconstructive thought programs will fade and then stop. If they are triggered, you know how not to revive them by moving your attention to what you do want.

- It will be easier to operate from your conscious mind where you are more creative and inspired.
- The more diligent you are at this practice, the more efficiently it will work.
- You may go through a period of time feeling scatterbrained with your thoughts as your subconscious mind works hard to produce the thoughts and behaviors you want to change, but this will fade as you replace negative programs with the ones you desire.

### 2. Part 2: Releasing Emotion

a. Identify and write down the names of relationships with those alive or dead that trouble you and you feel suppressed emotion. Only note and address relationships troubling you. Thoughts and emotions in your subconscious mind not troubling you may be reignited if you unnecessarily revive those programs.

b. Write down specific names.

- |           |            |                    |
|-----------|------------|--------------------|
| • Self    | • Pet      | • Coworker         |
| • Family  | • Friend   | • Acquaintance     |
| • Parent  | • Neighbor | • Service Provider |
| • Sibling | • Boss     | • Other            |
| • Child   |            |                    |

c. For each relationship, starting with those troubling you the most, write sentences on a blank piece of paper in all the noted statement formats. Common example emotions are listed to guide you but use the wording for any emotion that comes up.

- Negative Emotion
- Positive Emotion
- Apologize
- Forgive

## Thought, Emotion, and Body Healing Wisdom

- d. Using judgment words will not support making you feel better. Although you may empathize, you can't know another person's complete life experience, including what caused them pain and suffering.
- e. Release all types of emotions.
  - You can release emotion to feel better, including apologizing and forgiving those who are deceased.
  - If someone hurt you, apologize for anything you did to hurt them back may elevate your healing.
- f. It may be even more healing to tell your statements to someone you trust who is a good listener and who is not judgmental.
- g. It may help to tell your statements to the person they are written about unless you feel it will not be well received. Releasing emotion is for your healing.
- h. Go through the same process for each relationship that troubles you.
- i. Release your emotions by writing them until the format becomes a habit.
- j. When you feel ready, you can express your feelings as they occur without writing them down. You may even wrap the negative emotions in your love because as painful as they are, you know their purpose is to heal you.

# Thought and Emotion Worksheet

A tool for learning resilience.

## Part 1: Changing subconscious thought

Thought creates emotion affecting the body. Body sensations are meant to be felt and may trigger thought. When conscious, thoughts can be chosen, and those not wanted or allowed will stop. Subconscious programs are instantaneous, so plan desired thoughts and actions to be programmed.

**Self-love:** Self-compassion about current thought and behavior can make implementing change easier

**Idle time:** Brushing teeth, Cleaning, Cooking, Driving, Exercise, Showering, Waiting, Yardwork

**Reminders:** Alarm, Calendar, Item on finger/wrist, Jewelry/pin/button, Sticky notes, Tattoo temporary

**Action:** Affirmations, Gratitude lists, Kindness acts, Mind/Body techniques, Reading, Learning

Plan: Life mystery, Tasks, Emotion, Physical, Financial, Relationships, Fun, Career, Dreams

**Stop new:** Do not allow future new unconstructive thought patterns to begin to become a habit

From <b>unconstructive thought</b> Can you prove the thought is true? Source if helpful: Parent Family Friend Work Society	To <b>constructive thought</b> and/or action Is new information helpful to you needed? Practice and Patience

# Thought and Emotion Worksheet

A tool for learning resilience.

## Part 2: Releasing emotion

Humans are wired to feel and express emotions about truthful facts without judgment, which can inhibit healing. We are not meant to dwell on thoughts that cause painful emotions. Expression can be just to the self, but when made to another or others healing can be greater.

Note relationships with those alive or dead, (**self**, family, parent, sibling, child, pet, friend, neighbor, boss, coworker, acquaintance, service provider, other) where related emotion has been suppressed.

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For each relationship, write sentences on a piece of paper in all the noted statement formats. Apologizing is healing, even when Humans are wired to express themselves in a healthy way, and **sharing** with someone you trust may accelerate healing.

**Example Judgment Words** These do not contribute to and may stifle healing if dwelled upon.  
Always Bad Beautiful Best Catastrophic Conniving Corrupt Cruel Deranged Disaster Disgusting Evil Failure Good Hateful Ignorant Jerk Malicious Manipulative Mean Never Nice Perfect Reckless Selfish Shameless Spiteful Stupid Terrible Ugly Unstable Valuable Worst Worthless

All emotions are important guiding and informing us, including painful ones. Example emotions are listed below to help you but write any emotion you feel as they come up during your writing session. In a separate writing session, you can invoke the voice of the deceased by **channeling** how you feel they would express themselves if they were honest.

### **Statement Formats**

#### **Negative Emotion**

I feel/felt (**emotion**) when/about (fact without judgment) because I wanted (positive fact).

Examples: *Anger Betrayed Confused Fear Hate Hurt Lonely Sad Shame Unprotected*

#### **Positive Emotion**

I feel/felt (**emotion**) when/about (fact without judgment).

Examples: *Grateful Happy Inspired Love Proud Supported Valued Strong*

#### **Apologize**

I feel/felt (**emotion**) when/about (fact without judgment) because I wanted (positive fact) and I apologize. It can add to healing to apologize when applicable even though being initially hurt.

Examples: *Sorry Regret Remorse Guilt Shame*

#### **Forgive**

I forgive you for (fact without judgment.) **OR**

I forgive you for (fact without judgment) because I feel (**emotion**) about (fact without judgment.)

Examples: *Sympathy Compassion Empathy*

## Thought, Emotion, and Body Healing Wisdom

### Experts Referenced and Recommended

After years of research, key areas diverse prominent grief and healing experts listed below mostly agree but also disagree is concisely summarized. Education, which may include eBooks, Kindle, Audible, hardcopy books, textbooks, online searches, scholar.google.com, articles, recordings, webinars, videos, workshops, classes, conferences, and in-person training from these top experts was referenced and is highly recommended.

#### 1. Grief

- Alan D Wolfelt PhD, Psychology, Social Science, Center for Loss and Life Transition Founder and Director
- Albert Wong, PhD, Clinical and Somatic Psychology
- Alfred Adler, MD, PhD, Psychology, Psychiatry
- Alice Miller, PhD, Psychology, Philosophy, Sociology
- Alta Starr, Somatic Coach, Bodyworker, Complementary and Alternative Healing
- Alyssa A Rheingold PhD, Psychiatry
- Angelica Singh, MA, Psychology
- Annah Elizabeth, The Five Facets Philosophy on Healing™ Founder and Creator
- Arielle Schwartz, PhD, Psychology
- Asha Clinton, MSW, PhD, Psychotherapy, AIT Institute Founder and President
- Basia Mosinski, MB MFA, Mind, Body, and Spiritual Alignment Coach
- Bernadette Pleasant, The Emotional Institute LLC Founder and CEO
- Bessel van der Kolk, MD, Psychiatry, The Trauma Center Founder
- Carl Gustav Jung, PhD, Psychiatry, Psychology
- Carla Stumpf-Patton, EdD, LMHC, NCC, FT, CCTP
- Charles Jacob, PhD, Psychology
- Christine Page, MD, Holistic Practice, Best-selling Author
- Colin Murray Parkes, PhD, Psychiatry
- Dale G Larson, PhD, Psychology
- Darcy Harris, PhD, Psychology, Thanatology, Health Science
- Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, FACN, Health Science
- David Berceles, PhD, Social Work

## Thought, Emotion, and Body Healing Wisdom

- David D Burns, PhD, Psychiatry
- David Kessler, MS Health Care Administration, Bioethics
- Deborah Rozman, PhD, Psychology
- Dennis Klass, PhD, Psychology
- Diane Poole Heller, PhD, Psychology
- Edith Marie Steffens, PsychD, Psychotherapeutic and Counseling Psychology
- Eleanor Haley, MS, Counseling Psychology
- Elizabeth Kübler-Ross, PhD, Psychiatry
- Gabor Maté, MD, Family Practice, Addiction, Psychology
- George Bonanno, PhD, Psychology
- Glen Lord, BS, The Grief Toolbox Founder
- Gloria Horsley PhD, and Heidi Horsley, PsyD, Psychology, Open to Hope
- Grief Recovery Institute
- Henk Schut, PhD, Psychology
- Ina Krause, Administrator, Collective Trauma Summit
- J William Worden, PhD, ABPP, Psychology
- Jeff Brown, JD, Law, MA, Psychology
- Jill Bolte Taylor, PhD, Neuroanatomist
- John A Powell, PhD, Law, BA, Psychology
- John Bowlby, PhD, Psychology, Psychiatry
- Joshua Black, PhD, Psychology
- Joshua Gordon, MD, PhD, Psychiatry, Neuroscience
- Judith Blackstone, PhD, Psychology, Eastern Religion
- Judith Herman, MD, Psychiatry
- Justin Yopp, PhD, Clinical Psychology
- Karine Bell, Somatic Therapist, Mindfulness and Trauma Educator
- Ken Druck, PhD, Clinical Psychology
- Kenneth J Doka, PhD, Sociology
- Laney Rosenzweig, Licensed Marriage and Family Therapist
- Laurence Heller, PhD, Clinical Psychology

## Thought, Emotion, and Body Healing Wisdom

- Laurie Burke, PhD, Psychology
- Ligia M Houben, MA, FT, FAAGC, CPC, CHT, Psychology, Coaching
- Lissa Rankin, MD, Whole Health Medicine
- Litsa Williams, MA, LCSW-C, Clinical Social Work
- Margaret Stroebe, PhD, Psychology
- Marian Krawczyk, David Clark, and Naomi Richards, University of Glasgow End of Life Studies Group, University of Glasgow
- Mark Keep, MD, Cardiology, Addiction Medicine, Complicated Grief
- Mark Wolynn, MFA, Psychology, Family Constellation Institute Director, Author
- Michael F Roizen, MD, Internal Medicine
- Michael Ungar, PhD, Psychology
- Mitch Carmody, GSP, CCP, Grief Educator, Motivational Speaker, Author
- Nadine Burke Harris, MD, Pediatrics, CA Surgeon General, ACEs Author
- Pat Ogden, PhD, Psychology
- Peter A Levine, PhD, Biophysics, Psychology, Somatic Experiencing Founder
- Phyllis Kosminsky, PhD, Social Welfare
- Raja Selvam, PhD, Clinical Psychology
- Ram Dass, PhD, Psychology, Spiritual Teacher
- Richard Strozzi-Heckler, PhD, Psychology, Strozzi Institute Founder
- Robert Kastenbaum, PhD, Psychology, Gerontology
- Robert A Neimeyer, PhD, Psychology, Portland Institute for Loss and Transition Director and Faculty
- Robin Chodak, Certified Grief, Life, and Spiritual Coach, Master NLP Practitioner and Reiki Practitioner, Best-selling Author
- Ronald Ruden, MD, PhD, Organic Chemistry
- Ronnie Janoff-Bulman, PhD, Psychology
- Ruth Buczynski, PhD, Psychology, National Institute for the Clinical Application of Behavioral Medicine President and Faculty
- Sharon Ehlers, Award-Winning Author, Speaker, Reiki Master, Certified Master Grief Coach, Advanced Certified Grief Recovery Specialist®, Death Midwife

## Thought, Emotion, and Body Healing Wisdom

- Shelby Forsythia, Author, Podcaster, Certified Grief Recovery Specialist®, Reiki Level II Practitioner, Intuitive Grief Guide
- Sigmund Freud, MD, PhD, Neurology
- Stephen Porges, PhD, Psychiatry, Neurobiologist
- Stephen Rollnick, PhD, Psychology
- Steven Jenkinson MTS, MSW, Orphan Wisdom School Creator
- Sue E Morris, PsyD, Clinical Psychology
- Tanya Lord, MPH, PhD, Clinical and Population Health Research
- Taruno Steffensen, LADC, CSAT, SEP
- Ted Rynearson, MD, Psychiatry, FAPA, FACP, FRANZCP
- Terri Daniel, DMin, CT, CCT, Afterlife Conference
- Thomas Attig, PhD, Philosophy
- Thomas Hübl, Academy of Inner Science Founder
- William R Miller, PhD, Psychology

### 2. Mindfulness and Meditation

- David A Treleaven, PhD, Psychology
- Heather Stang, MA, Thanatology
- Jon Kabat-Zinn, PhD, Molecular Biology, Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society Creator
- Kain Ramsey, International Best-selling Multidisciplinary Trainer Including NLP

### 3. Thought and Emotion

- Amanda Blake, PhD, Management, Certified Master Somatic Leadership Coach
- Andrew Newberg, MD, Neuroscience
- Annie Hopper, Neuro Specialist, Dynamic Neural Retraining System Founder
- Bruce H Lipton, PhD, Neurobiology
- Bruce Perry, MD, PhD, Psychiatrist
- Byron Katie, Speaker, Best-selling Author
- Daniel G Amen, MD, Psychiatry, Neuroscience, Best-selling Author
- Daniel Levitin, PhD, Psychology, Neuroscience
- Daniel Siegel, MD, Neuropsychiatry

## Thought, Emotion, and Body Healing Wisdom

- Darren R Weissman, PhD, Chiropractic
- Dawson Church, PhD, Natural Medicine
- Deborah Rozman, PhD, Psychology
- Eckhart Tolle, Spiritual Teacher, Best-selling Author
- Elizabeth Stanley, PhD, International Security, Veteran, Speaker, Author
- Emiliya Zhivotovskaya, PhD, Mind-body Connection, MA, Positive Psychology
- Evan van Driel, BSc, ND, Naturopathic Medicine, Neurology
- Gabrielle Bernstein, Speaker, Life Coach, and Best-selling Author
- Gregg Braden, Scientist, Visionary, Speaker, Best-selling Author
- Joan Borysenko, PhD, Medical Science, Psychology
- Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author
- Juliane Taylor Shore, MA, LPC S, LMFT S, SEP, Mental Health Counseling
- Ligia M Houben, MA, FT, FAAGC, CPC, CHT, Psychology, Coaching
- Linda Graham, MA, Clinical Psychology
- Louise Hay, American Motivational Author
- Martin Seligman, PhD, Positive Psychology
- Melissa Grill-Petersen, DC, MS, BCHH, Chiropractic, Holistic Health
- Nauman Naeem, MD, Pulmonary, Critical Care
- Paul T P Wong, PhD, CPsych, Psychology
- Rick Hanson, PhD, Neuro Psychology
- Tania Singer, PhD, Psychology, Social Neuroscience
- Terry Real, LICSW, Family Therapist, The Relational Life Institute Founder, Author
- Tom Moorcroft, DO, Osteopath, Integrative Medicine
- Viktor Frankl, MD, PhD, Neurology, Psychiatry
- Wayne W Dyer, PhD, Educational Counseling
- Wendy A Suzuki, PhD, Neuroscience, Psychology

### 4. Definitions

- Wikipedia
- Experts