

***Becoming Who You Want to Be: The Science Behind the Importance of the Coherence of Body, Emotions, & Language* by Carol Harris-Fike, Professional Coach**

Whether you are intentionally using the Law of Attraction or doing other practices around setting goals and working to make them real in your life, you may wonder about the science behind all of these new and old ideas. The brain/body researchers have been exceedingly busy lately and this paper will share some of their findings.

Emotions Exist as a Physical Component of the Body:

Antonio Damasio, brain researcher, says: "Emotions are not the intangible and vaporous qualities that many presume them to be. Brain systems work together to give us emotions just as they do with sight and smell," (Damasio, 2003). Candace Pert continues to research molecules of emotion which are now known to be everywhere in the body, not just the brain (Pert, 2006). Ligands (from the Latin *ligare: to bind*) include hormones, peptides, and neurotransmitters. They are responsible for 98 percent of all data transfer in body and brain, much more than thought in earlier brain research. (2% takes place at the synapse between neurons.) Specific drugs, both legal and illegal, have the same chemical equivalents as the natural hormones, peptides, or neurotransmitters. These ligands connect to thousands of receptors on every cell. There is a vibratory attraction or cellular resonance that draws the ligands to the receptors when they are vibrating at the same frequency. This vibration is the emotion and when the ligands and receptors connect we sometimes feel the emotion (experience it in our consciousness) as determined by the molecules. However, we can *intend* to bring the emotion to our consciousness... or not. Thus, molecules of emotion, the connected ligands and receptors, are the link between the physical body and the non-physical consciousness. These molecules affect all animal body functions; i.e. respiration, digestion, cell behavior. Even the tiny mosquito has these same kinds of molecules! Molecules of emotion provide communication between cells *within* the body as well as *between* different animal bodies. They do this by forming an electrical current as they connect which can be measured and even felt... within and between bodies. Most astounding is the fact that these molecules ARE the emotions...not the cause of emotions.

Synchronicities are Created by Vibrations:

The electrical current created by the vibrations set up in our bodies at the connection of the ligands and receptors are is part of what allows synchronicities to happen. Whether the vibrations are expanding from cells within our bodies or outside of our bodies, the Law of Entrainment takes effect. The law states that there is an attraction between like vibrations. Another part of the explanation is the life energy *Chi* that is in and around our bodies. Chi also can be felt in and around our bodies and is part of this mystery of attraction and many forms of healing. So synchronicities, the coincidences of events in space and time that are more than just chance, happen because of like attracting like. This is a pulsing, electrical, measurable, informational phenomenon (Pert, 2006). This also adds to an understanding of the Law of Attraction (*The Secret*, 2006). However, if you are not paying attention in the moment, you may miss many synchronicities.

Emotions are a Key to Change:

You can not learn without emotions. They influence what we think... say... write by determining the path of brain cell activation. They have the same effect on cells as specific drugs. Emotions are the key to how energy heals, how the mind becomes matter, how we can create our own reality, how transformation happens, and how we link to the Divine. Emotions can trigger altered states of consciousness. Receptors will diminish over time if the amount and intensity of connections decreases. "...our physical body can be changed by the emotions we experience," (Pert, 2006). Through the work of Daniel Goleman, teachers now understand the importance of emotional and social intelligence in working with students of all ages (Goleman, 2006). Vincent Van Gogh demonstrates his understanding of emotions: "Let's not forget that little emotions are great captains of our lives and we obey them without realizing it." We now know that we can understand what is going on in our bodies and make even subtle shifts to dramatically affect our lives. *Because* we are "flickering flames" that can make choices in how we move, what we feel, and what we think about, our destiny is within our control.

Body Movements Shift Emotions:

Communication studies have proven over and over that 90% of communication between humans is non-verbal. Your presence is seen and felt before what you are saying registers with another person (Heller, 2005). Presence is the expression of the whole person... a thought... a feeling... a posture. Martha Graham once said: "Movements never lie." But more than that, emotions can be shifted by shifting the body position. Try this: Curl your upper body down, lean forward, look down to the floor, and draw your arms into your body. Now say: "I love my job!!!" Can you really say it from this position with expression, feeling it with true joy? Switch to an up and open position. Bring your arms out to your sides, lift your head, lean slightly back, and say: "I hate my job!" Can you say it without a smile? It is hard to do because you are shifting your body to an uplifting and open position which shifts your emotions.

Mind/Body Connection is Essential:

Stuart Heller (Heller, 2005) has taught us about the connection of moving, feeling, and thinking... that they cannot be disconnected. The Newfield Network BEL Model (Newfield, 2006) teaches about the connection of the body, emotions, and language. You can affect any of them by starting with one of the others. So you can shift the body position which will alter an emotion, which then changes your thoughts (or words). Or you can think a different thought (use an affirmation); alter an emotion which then shifts your body. Finally, you can release an emotion which shifts the body position and then alters your thoughts. In 1643, Master Samurai Miyamoto Musashi wrote in *A Book of Five Rings*: "To realize the principle within your own heart, do not just read, memorize or imitate. Instead, study hard to absorb these things into your body."

Habits & Beliefs are a Bureaucracy:

We develop habits and beliefs in the way we hold and move in our bodies, the thoughts we think, and thus the emotions we experience. We hold onto these habits until we observe things differently and thus allow our body, emotions, or language to change and form new habits. Julio Olalla, founder of Newfield Network, writes: "... the kind of individual and collective 'observer' we are defines, to an important degree, how we go about living and taking action. Different individuals, different organizations, different cultures bring forth a different world and act in different ways. Transformational learning is a shift in our coherence that allows the emergence of a new observer, one who is able to embrace the mystery of life, aware of the power and limits of conceptual learning, and capable of foreseeing new actions and producing unprecedented results (Olalla, 2004)." Ontological coaching distinctions support individuals or organizations in becoming different observers through asking challenging questions that focus partially on grounding judgments held by an individual or group which allows them to see things in a new light. "We only see what we want to believe," (Pert, 2005). Practices are created with clients to change habits allowing the body, emotions, and language to shift. As we become different observers, we change how we move, feel, and communicate *because* our beliefs about something or someone have changed. Anais Nin said: "We don't see things as they are... we seem them as we are."

Memories are Stored All over the Body:

Memories are stored at the level of the receptor and are all over the body not just in the brain. Emotions are therefore attached to memories and the stronger the emotion, the stronger the memory. Think 911 and you will probably recall where you were when it happened in great detail. "We're constantly resonating what we already know to be true. Your experience of so-called reality is filtered through your memories... Attention is important for creating reality... manifestation can be learned," (Pert, 2006). We can also bury memories and emotions and they will affect our perceptions, decisions, behavior, and even our health. Pert calls our body our unconscious mind because of the fact that emotions and memories are stored all over the body (Pert, 2005). She also believes that if we bring memories gently to the surface, re-experience them and check for their truth, we are allowing the reintegration of disowned parts of self and letting go of traumatic patterns. We become "whole" by letting ligands and receptors smoothly coordinate all of our functions (Pert, 2006). Newfield Network ontological coaches call this a "breakthrough" that allows us to shift the observer we are and become who we want to be.

Multiple Personalities Live within Us:

Frank Putman at the National Institute for Mental Health has reported research on people with MPD (multiple personality disorder). People with MPD don't know when they switch personalities and do so more dramatically than the rest of us. In those with MPD, blood types will change, an allergy may appear, eye glasses may be needed, and appetites and dependencies will change as they shift between personalities. Body or movement habits and beliefs switch from one personality to another in all of us. How can this be? The structures of the body are not fixed... consciousness creates reality and consciousness shifts as we shift our body (movement), emotions, and/or language. Candace Pert explains this phenomenon with a lovely quote: "The body is more like a flickering flame than a hunk of meat," (Pert, 2005). She believes we all have multiple personalities and can learn to integrate those with our higher self being in charge. It is what she believes we are saying when we strive to become "whole" (Pert, 2006).

Eastern Thought + Western Thought = Quantum Physics:

Eastern thought has long held that consciousness is followed by manifestation in the physical: spirit and mind come before the tangible. Western thought has focused on the physical universe as "real" and consciousness as a secondary phenomenon. The relatively new Quantum Physics Theory says there is no one, indisputable reality. Each of us resonates what we know to be "true". Tai Chi Master B.K. Fantzis says: "We become what we practice." Ontological coaching principles teach us that as observers of our body, emotion, and language, we can adjust any one of the three which then affects the others causing us to shift who we are in this world.

Psychosomatic Network is Vital:

"Psyche" means the mind and "soma" is the body, so the psychosomatic network or psychosomatic healing is based on linking the mind and body. The molecules of emotion are the linking elements. According to Pert, the symptoms are in the body AND the mind. "We have a huge say in how life goes. If you have uplifting thoughts, you are building a very different brain than if you have negative ones. Change your mind, change your pain," (Pert, 2006). Bonnie Poole, Tai Chi Instructor and Respiration Therapist, says: "When we release and let go of the tension, a great feeling of expansion and freedom takes place." If we release in the physical, we increase in fluid movement, vitality, and longevity. In the emotional realm, if we release fear, anger, greed, we have the freedom to act in a new way. Finally, if we release in the mental realm, we allow more creativity and clarity of expression. Poole quotes Master Qian Zhac Hong: "If it's not more comfortable, more relaxed, and more joyful, you are practicing wrong."

Summary:

The brain/body researchers are providing scientific evidence of what many people have understood... some for thousands of years. We create our own reality and thus have great effect on what we become as we live this life. We are constantly vibrating and attracting our life to us as we shift our bodies, our emotions, and our language. If we do not practice ways to shift, we continue to attract what we always have. What do you want to become?

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