

**Minnesota Coaching Association, Virtual Call Notes for January 17, 2008**  
**The Importance of the Coherence of Body, Emotions, & Language: The Science behind the Ontological Coaching Model by Carol Harris-Fike, Professional Coach**

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As a professional coach, you may wonder about the science behind all of the new and not so new ideas we experience in the ontological coaching process. The brain/body researchers have been exceedingly busy lately proving what many have thought and practiced for thousands of years. During this virtual call we will interact with some of their findings. The following is a summary of the key ideas for this call.

**The Body is a Collective Consciousness of a Community of Cells:**

Bruce Lipton, cellular biologist, has discovered some amazing things while searching for answers to questions such as: *What controls life? How does life work? What is the brain of the cell? How much of life is growth vs. protection?* Lipton says that the 50 trillion cells in our bodies work cooperatively as a community to make life happen for each of us, (Lipton, 2006). The cell membrane allows signals to enter our cells when there is a like vibration within the cell. These signals are what we think of as senses from without and chemicals from within our bodies, but more than that they are our perceptions (or misperceptions). The signals that enter the cells can be harmonious or disharmonious with what is good for our bodies; constructive or destructive. When the signals enter our cells, protein is changed and affects our body functions, our emotions, and even our thoughts. If we bring our perceptions (these signals) into our consciousness, we can choose to accept them, ground them (find what is really real), and/or change them to something that is good for us. We are what we believe; we are what we think... We can choose to spend most of our life in growth, which is what life is about... or in protection where the body shuts down many functions necessary for growth, including the immune system. Our perceptions of the environment control our lives. *The body, emotions, and language (including thoughts) are connected physiologically.*

**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). 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 this molecule IS the emotion...not the cause of the emotion.

**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 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 (Pert, 2006). Vincent Van Gogh demonstrated 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" (Pert, 2005) we have choices and can change how we move, think, and feel.

**Body Movements Shift Emotions:**

Emotions can be shifted by shifting the body position. Movement of the body changes vibrations within the body which then can change what chemicals are attracted (drawn into) which cells. Most emotional feelings are not moved into our consciousness, but may be felt within the body as pleasure or pain. Those emotions that do move into our consciousness may change based on our body position.

### **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, based on our perceptions or misperceptions, and they are expressed 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 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 attached to memories; the stronger the emotion, the stronger the memory. We can also bury memories and emotions, literally storing them in different parts of our bodies, and they will affect our perceptions which affect our decisions, behavior, and even our health. Pert calls our body our subconscious mind (Pert, 2005). If we bring memories gently to the surface, re-experience them and check for their truth, we are allowed to reintegrate disowned parts of self and let go of traumatic patterns. We become “whole” by letting ligands (chemicals) and receptors (connectors on each cell) 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.

### **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 been that the physical universe is “real” and consciousness is a secondary phenomenon. The relatively new Quantum Physics Theories say there is no one, indisputable reality. Each of us resonates what we know to be “true”. Tai Chi Master B.K. Fanzis says: “We become what we practice.” Ontological coaching principles teach us that we can become observers of our body, emotion, and language and adjust any of the three which then affects the others to realize a shift in 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. “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. There is a cohesiveness of our bodies, emotions, and language (including our thoughts). They are inseparable and we can more easily become what we want by working in all three domains. 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.

### **References:**

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### **Additional Resources for Further Study of the Body, Emotion, and Language:**

- **Brothers, Chalmers; *Language & the Pursuit of Happiness*; 2005**
- **Harris-Fike, Carol; [chfcoaching.com](http://chfcoaching.com)**
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- **Senge, Peter, et al; *Presence: Human Purpose & the Field of the Future*; 2005**