

The Mind Body Connection Made Simple

**How Our Emotions Unconsciously
Rule Our Behavior**

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Janus Center for Personal Growth

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Much of this publication is based on standard techniques common but not limited to hypnosis, hypnotherapy, neuro linguistic programming (NLP), and Time Line Therapy ©. The information is by nature anecdotal in that it is based on personal experiences of the author as a private practitioner. The author has made every effort to explain each technique with complete accuracy and efficacy; he assumes no liability for errors or omissions. The author also disclaims any personal liability, loss, or risk incurred as a result of using the techniques in this publication.

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Hypnosis, hypnotherapy, NLP, and Time Line Therapy© are powerful modalities that can affect substantial change in a very short time. They are however not a panacea. In the author's opinion, there is no one therapy that does everything for everyone. So consider this when applying these tools. For most people, most of the time, the techniques in this publication and others by The Janus Center for Personal Growth, work with speed and ease. We hope you enjoy the results.

The Mind Body Connection Made Simple

How Our Emotions Unconsciously Rule Our Behavior

“Soul and body, I suggest, react sympathetically upon each other.”
- Aristotle

The paradigm that mind and body are separate is shifting. In Aristotle’s time, medicine treated the person along with the symptoms. Modern Western medicine changed that view to believe that what happened in the realm of body (soma) was the purview of physicians while the mind (psych) was the responsibility of psychologists and psychiatrists. Rather than just meaning, mind-body, “psychosomatic” gained a reputation as an undesirable state, and held that meaning for many years. Now, more and more physicians are realizing the mind has a direct impact on the body.

Clemson University reports that medical research estimates *as much as 90% of illness and disease is stress related*. In the same study Clemson quotes the **Centers for Disease Control** (CDC) in Atlanta, GA as saying, “Eighty-three percent of all deaths for adults between the age of 21 and 65 are related to lifestyle.” Unmanaged stress is increasingly a characteristic of many Americans today.

Science is now legitimizing beliefs that have been held for ages – that the mind and body are one. There is a constant exchange of information in endless feedback loops between what is happening with soma/body and psycho/mind.

Simple exercises can demonstrate the power of the mind to create physical effects. For example read the following and then do the exercise. Notice what response you get.

Close your eyes and imagine in one hand you are holding a juicy, ripe, ready-to-squeeze lemon. “Feel” the texture of the skin in your hands. “Squeeze” the skin and sense the juice-filled fruit underneath. Move it up to your nose and smell the tartness, the ripeness, the sourness of this fruit. Next, in your other hand imagine holding a paring knife. Cut a small incision in the skin of the lemon. “See” the spray as it squirts out of the cut. “Smell” the juice as it reaches your nose.” “Feel” the stickiness of the juice as it covers your fingers. Now, quickly bring the lemon to your mouth where it’s cut and suck hard on it.

Did you notice a sour sensation in your mouth? Did you notice an increase in salivation? Did you pucker?

You can very easily make a fist; blink at will, or cross your arms or legs. Can you just as easily dilate the tiny vessels in your face, increase production of white blood cells, or cause the vessels in your hands to constrict? Consciously you can not. Unconsciously you can. When you think of something really embarrassing, you blush. Through guided visualization or self-hypnosis many people can increase the activity of their immune system. And if you concentrate hard enough on something that scares you, your hands and feet will get cold from constriction of your blood vessels.

You cannot consciously create these physiological changes. Yet, your unconscious will produce them in a moment, given the right focus.

Conscious vs. Unconscious

The conscious mind is that part of you that you are aware of **right now**. Everything else is unconscious.

Your unconscious mind is responsible for the millions of chemical, neural, and biological reactions that take place each second to keep you alive. It beats your heart over 100,000 times daily. It causes you to breathe over 15,000 times daily. It runs your memory, stores your emotions, and is responsible for the “gut feelings” you occasionally get when making a decision.

The conscious mind is the home of logic and reason. The unconscious is emotional and irrational. If you pit the two against each other, emotion almost always wins. People often find themselves trying to apply logic to their emotions, and it just does not work. Many clients have reported a feeling of, “Every time I try to do something I wind up doing something less desirable; and the feeling of trying so hard is exhausting...” In understanding the difference, we can begin to bring these two, often opposing forces, into alignment.

My eighth grade world-cultures teacher had a sign on his wall, “When emotions are involved, brains go out the window.”

The converse of this is also a simple truth: we can not logic emotions.

Some of the prime directives of the unconscious mind are:

- *Preserves the body – maintains the integrity of the body*
- Stores memories
- Organizes memories – gestalt (an organized string of emotions)
- Represses memories with unresolved negative emotion
- Presents repressed memories for resolution
- Runs the body – has a blueprint of now and of perfect health
- Is symbolic
- Takes everything personally
- Works on the principle of least effort
- Does not process negatives
- Is about seven years old in maturity

Here's another short exercise to give you an idea of the brilliance and intelligence of your unconscious mind. This exercise is only three questions. When I've asked it in classrooms, I have the students raise their hands; so I'll word it the same way here, if you'd like to play along.

*Raise your hand if you have ever had a bad gut feeling about a person, place or event.
Leave your hand up if you have ever gone against your gut feeling.
Leave your hand up if, when you've gone against your gut feeling it worked out great -- every time.*

In classrooms, speeches, and seminars every hand comes down on the last question.

The Connection of Gut Feelings

Why do we feel the feelings in our gut? Candace Pert, Ph.D. extensively researched and wrote about the molecules which create our feelings. These molecules are called neurotransmitters (more specifically neuropeptides.) Her book, Molecules of Emotion, clearly and concisely explains how these molecules create the feelings we have in our bodies. One of the biggest revelations of Molecules of Emotion is that neuropeptides are not just in the brain and central nervous system, as originally thought. Neuropeptides are free-floating throughout your entire body. Every cell in your body is bathed in neuropeptides. The surface of your immune cells, white blood cells, T Cells, etc. have the same receptors for neuropeptides of emotion as the receptors in your brain. Dr. Pert's research provides some of the hard scientific evidence of mind-body connection. The new paradigm is to think of the two as one unit; not as separate entities.

One of the theories of "gut feelings" is that roughly 80% of our immune system is located in our intestines. Food absorption takes place here so we need extra immune system functions. When we get a "gut feeling" we viscerally sense many billions of

immune cells being activated by neuropeptides. But, we still can't explain the intelligence that creates this - at least not (yet) with science.

Why is that?

Somehow there is intelligence beyond the scope of what we can measure. Deepak Chopra talks about this intelligence in [Quantum Healing](#). He essentially explains that, while we can watch DNA replicate and repair itself; we have no idea what the intelligence is that causes it to "know" how to do this. Molecular biology can only explain this intelligence to a certain extent. Quantum physics and now quantum biology take the explanation to new depths of understanding. But still, the big question remains: how does a molecule "know" to repair itself? That question goes far beyond the scope of this report. If you are interested in pursuing information on this, read Deepak Chopra or other research in the field of quantum biology and quantum physics.

For now, let us agree there is *some sort* of "intelligence" that guides the system. The intricate, well - calculated workings of a living cell can not be random. The complexity of life is coordinated within DNA with a precision that surpasses the capability of our most advanced computers.

The Immune System Connection

One of the important conclusions of the discovery of free-floating neuropeptides is this: when you are happy, so is your immune system. And when you are depressed, your immune system is down also. Have you noticed that people get sick more often when they are down or depressed? Have you noticed that when you are feeling great emotionally, others around you may be sick – and you are not?

Is it the flu virus which makes us sick or is it a depressed, over-stressed immune system which is too weak to fight off the infection which causes the disease state? The new science of psycho-neuro-immunology (PNI) is working to research, document, and explain the mysterious connection of mind-body, and how it affects our health.

[Psychology Today](#), Nov-Dec, 2001 reported research by Sheldon Cohen, Ph.D. of Carnegie Mellon University in Pittsburgh. Dr. Cohen specializes in how stress affects human health. He and his colleagues surveyed 256 volunteers about stress factors in their lives then infected them with a cold virus. Findings showed that people who suffered long-term stress were twice as likely to come down with a cold. "The longer the stressful event has gone on, the greater the effect it seems to have," Cohen said.

The article in [Psychology Today](#) also reports that researchers in Germany have shown that even short term stress, such as final exams for college students, can reduce the amount of Immunoglobulin A (IgA), an immune system chemical that acts as the body's first line of defense.

From *Ivanhoe Newswire* (www.ivanhoe.com/newsalert) comes a summary of a report from the *Archives of General Psychiatry*, 2003; 60:1009-1004. Participants in a study who had more depressive symptoms had higher levels of interleukin 6 (IL-6), a pro-inflammatory response. A wide variety of diseases are associated with this response.

From *Fox News*, March 30, 2004: A report in the *American Journal of Nursing* says that patients who are constantly poked, prodded and kept awake really are *sick and tired*. The lack of sleep is weakening patients' immune systems and causing more illness.

Mental stress and the connection to our bodies and our health is a well documented fact. We are connected in a psycho-somatic way. Our body constantly responds to the messages of our mind. And our minds are more stressed than ever before. The information available on this subject is nearly limitless.

At the time of this report a Google search of “stress+health” returned over 5.4 million articles.

The mind and body are connected in an intricate and intimate way. Science is proving what philosophers and poets have known for ages – the mind and body are one. And to treat one without consideration of the other is to act in a way that is fundamentally contrary to the very design of the human being.

Everything Starts as a Thought

According to Dr. A. M. Krasner, founder of the American Board of Hypnotherapy and author of *The Wizard Within*, “The body is a robot to the mind.” Remember the “lemon exercise” on page one? What caused your salivary glands to fire up? There was no lemon juice, was there?

Everything starts in the mind. ***Consider the next sentence you say out loud.***

The entire sentence has been completed at some level below awareness, hasn't it? Your body coordinated dozens of muscles including your tongue, vocal cords and facial muscles for the appropriate expression before you uttered one sound. Your diaphragm constricted to suck air into your lungs and the whole miracle of speech occurred. And it happened so fast you couldn't be aware of it consciously, even if you tried. Try doing something as simple as speaking *consciously*.

In hypnosis, when we are dealing directly with the unconscious mind, it is possible for the average person to experience extraordinary effects of suggestion. Perfectly healthy limbs can be made to feel as if they cannot move. An arm can become so stiff it feels like steel and will not bend. Hands can be put into motion and the harder the client tries to stop them the more they move. If all these can be done to a healthy body, is it possible that suggestions can be made to a person with disease to help the body heal?

The answer is yes. The American Medical Association approved hypnotherapy as a viable modality in 1958. Anesthesiologists have been using suggestions for clients to: go under more easily, bleed less, and wake up faster for many years. And they do. Hypnotherapy has been used for painless childbirth and dentistry. Many cancer treatment centers around the world now use hypnosis and guided imagery to help patients overcome the effects of radiation and chemotherapy. Many surgical centers routinely use hypnosis for pain control post-surgery. Many of these same patients have also learned to increase their immune system function with hypnotherapy.

Thoughts, Images, and Emotions

In his book Deep Healing, Emmett Miller, MD explains the difference between a thought, image and emotion. A thought is an electrical impulse between neurons in the brain. We have nearly 100,000 thoughts per day according to some estimates. Thoughts are mostly unconscious. They are fleeting and gone before we are even aware. When enough neurons fire in sequence, the thought becomes an image. And if we hold the image for an adequate time, neurotransmitters are released that create the emotion appropriate to the image.

Once again, explore your own mind with this simple exercise.

*Very quickly, now – think of someone you love and **right now check to see what time it is.***

Now, close your eyes, think of someone you love approaching you from across the room. You see them getting closer. You hear their steps and their voice. They are now close enough that you can smell their cologne or perfume; you can feel their presence as they reach out and embrace you...

Chances are good you got an image on the first step and then your focus went to checking the time. On the second part of the exercise you most likely “felt” the emotions of your loved one coming near you.

You held the image long enough the second time for the appropriate emotions to be created and attached. The emotions are chemical (neuropeptides) and arrive after the image has been held. Interestingly, these same emotions take some time to wear off, or, more accurately; to be reabsorbed by the body. This explains why you can feel the emotions of a movie, sporting event or other emotionally charged experience for some time after the event is concluded.

“Our modern understanding of the brain tells us that it does its work through the secretion of neurotransmitters and hormones, chemical substances that act as messengers carrying information and inducing changes in other neurons and other organs of the body. This leads to the rather startling realization that the brain is actually

an *endocrine gland*, and what we call ‘reality’ is dependent upon its secretions and electrical fields. Because these chemicals and electrical fields are continually being changed by our thoughts, beliefs, and images; it is scientifically accurate to say that each of us ‘creates our own reality.’

More specifically, our nervous system creates our reality, and if we know how to guide the functioning of our nervous system, we can consciously and intentionally bring about desirable changes. The basic means by which this can be accomplished is through the use of a very fundamental property of the human mind called Selective Awareness.”

- Dr. Emmett Miller in Deep Healing

A simple examination of Selective Awareness is this: try not to think of a puppy. Whatever you do now, don't think of a cute little puppy lying at your feet... on its back... with its tail wagging and its little belly going up and down. Don't think of a puppy.

OK, that’s relatively silly. Here’s the real lesson. To know that you are not thinking of the puppy; you need to “check” and find if the puppy is there. So you once again think of the puppy. Your mind does not accept negations. The lesson here is – what do you tell yourself on a daily basis?

Do you say, “Look out for this or that – don’t do something – be careful not to mess up...” you get the idea now, don’t you? Talk to yourself in terms of what you want not in terms of what you want to avoid.

Dr. Miller’s understanding of the chain of thought – image – emotion helps us to identify a window of opportunity where we can grab an image before the emotions attach. Selective awareness is the ability to focus, by choice, on a given object, idea, or image. If it is possible to interrupt a negative thought after it has become an image, but before the emotion attaches; then it is possible to not feel the emotion of that image. It is possible to train the mind to stop producing negative thoughts simply by not allowing them to “root.”

An Exercise in Interrupting Images

We call this exercise ZOOM Your Way to Success. It is one of the most popular activities in our seminars.

If you were to stop now and think of a time when you were highly motivated or excited, do you have a picture in your mind? Chances are that you do. And that picture, its location, size, color scheme, is as unique to you as your fingerprint.

Now, here's something you probably have not thought about. What would happen if you were to move that picture all the way across the room, put it up against the ceiling and make it small and dark like a postage stamp? Go ahead, give it a try. Let your imagination move the picture to the position just described. Once it's there ask yourself: "What happened to the motivation? Where is the emotion now that the picture is the size of a stamp on the far wall of the room?"

If you are like most people, the feelings in the picture diminished substantially. And they may have disappeared altogether. Interesting, but how can I use this in daily life?

Next try this exercise: Have the picture zoom into you as quickly as you can. When it reaches your nose find yourself in the picture again looking through your own eyes, seeing what you saw, hearing what you heard, and really feeling the emotions of motivation or excitement (or whatever other positive emotions are there). Take 2 deep breaths while in the picture then zoom it out to the far side of the wall again. Repeat this process 5 to 7 times and notice how the positive emotions get stronger and more intense with each "zoom in."

Have you ever had to get "fired up" for a sales call or presentation? Have you ever wanted to change your mood in an instant? Now you have a tool to do just that. With practice it becomes easier, faster and more automatic.

What about negative memories and emotions? When you think about those do you have a picture? You bet you do. Take that picture now and zoom it all the way across the room. Make it small and dark like a postage stamp. Could you zoom it out further; perhaps to the building next door? Could you zoom it out several blocks? This time, just leave the picture there. It's OK. Just leave it there and notice what happens to the emotions as you recall the negative event now. They are lessened and may be gone, aren't they?

For a much more detailed examination of ZOOM©, download **ZOOM© A Powerful Technique to Change Your Thoughts Instantly.**

How Does This Affect Us and What Can We Do About It?

It is easy to believe that emotions such as love, joy, bliss, and motivation are “good.” But are there really any “bad” emotions? Is there a reason for anger, sadness, guilt, hurt, fear, or resentment? Rather than attempting to pass judgment on a “negative” emotion let’s see if we can understand one of the purposes they serve.

Have you had an experience when an old memory pops up to your awareness? Usually two things happen; first, you get an understanding of why this memory came to you. There is something going on in your life that triggered the related memory and you usually get some amount of insight from it. Second, and more important; once you get the “ah-ha,” the emotional charge to that memory is gone. The memory no longer bothers you. Recall that one of the Prime Directives of the Unconscious mind is to present old memories for resolution and you’ll start to understand the mechanics at work here.

Once we get the lesson, the emotional charge is gone. Now for the big insight –

It is not the memory that bothers you; it is the emotion attached to the memory that drains your energy.

Consider this theory for a moment. We have a limited amount of mental energy to use daily. This is evidenced by the fact that we have had days when we were simply too tired to think. We can tap into unlimited sources through prayer, yoga, meditation, a long walk, or whatever it is we do to recharge. But the daily amount of energy is finite.

If a portion of our energy is being used to hold down and divert old memories with unresolved negative emotions, it is that portion of energy that our unconscious mind can not use to heal our disease, make clear decisions, sleep easily, be happy, etc.

*What happens with your understanding if you think of this relatively complicated idea simply as **supply and demand**? We only have so much to use – if a large portion is going to where it should not be, then we have that much less to use productively.*

Old anger, sadness, fear, guilt, and hurt drain our resources and limit our ability to live our lives easily and happily. Old, ineffective patterns based on negative emotions affect everything we do. Consider the following report from the American Heart Association:

Circulation: Journal of the American Heart Association released a study in May, 2000 which linked anger and fatal heart disease. Study participants were shown to be nearly 3 times more likely to die of a heart attack if they rated high on a standard anger scale. ([Download our FREE Special Report: Heart Disease and Anger for more information.](#))

Anger is, without a doubt, a killer. And everyday events, when filtered through an unconscious mind that is being overburdened by old negative emotions, cause us even more stress.

The National Sleep Foundation (NSF) sponsored a survey in 1997 and found the cost of sleeplessness to U.S. employers could be more than 18 billion dollars in lost productivity, based on projections derived from the findings by Louis Harris & Associates, Inc., who conducted the survey.

Surprisingly, 42 percent of employees who have difficulty sleeping say they have suffered nighttime pain, such as headache, backache and muscle aches, and four in 10 workers who experienced pain and sleeplessness believe the pain was due to the physical or mental stress of their job. The leading reasons cited for sleeplessness were *stress* (34%) and *anxiety/worrying* (14%).

The responsibility to protect ourselves from stress overload has never been more important. The necessity to understand and begin to manage our own psycho-somatic health has never been more profound.

What Can You Do About It

Twenty-five years ago if someone needed knee surgery the process left long scars and recuperation took weeks. Now, with arthroscopic surgery, patients are up and walking in days, with barely noticeable scars.

There are new technologies in dealing with emotions. The old paradigm of having to spend weeks, months, or even years “on the couch” are no longer true in many cases. NLP techniques, when utilized by a trained practitioner, can make changes in the unconscious mind quickly, painlessly, and permanently.

Time Line Therapy™ actually focuses on disconnecting and destroying the chain of negative emotions from their root cause. Time Line Therapy™ is not concerned with the content of events, only with the emotion attached to the event. Once we find the first event of the negative emotion, the client can effectively eliminate that emotion from their memory. The change is fast and permanent.

Traditional talk therapy focuses more on the significant events in the client’s life and attempts to draw understanding or closure. Talk therapy is necessary in some cases. And in many others, NLP, Time Line Therapy™, and hypnotherapy prove to be faster and more comfortable for the client.

Time Line Therapy™ theorizes the root cause (first event of the emotion) is most important. When the unconscious mind gets the lesson (the “ah-ha”) it can let go of the emotion since it no longer needs it. The result is that the client can then let go of all the negative emotion from that original point to the present time, effectively clearing the gestalt and starting a new chain, free from the past. Behavior changes instantly. As

Tony Robbins, the prominent motivational trainer says, “The past does not equal the future.”

Imagine how you would be different now if you had no anger, sadness, or guilt in your past memories. Imagine if you had the lessons from all those events, without the burden of the emotion, how you could respond differently to whatever life throws your way.

I have had first-hand experience of the benefits of Line Therapy™, NLP and hypnotherapy. It is largely because of the results I experienced that I offer seminars and have a private practice.

The truth I have come to realize is that freedom comes from having our minds fully integrated at the conscious and unconscious levels. When those two parts communicate easily and effectively life becomes better – in all areas. No one can make us angry or guilty or hurt or sad. These are choices; and just because we chose them in the past, does not mean we need to continue to choose them in the present.

To change tomorrow – change *how* you think today.

Our seminars and workshops offer many tools for participants to begin the journey to self-discovery and self-mastery. Private practice does the rest. To adequately clear out the past, you need to be guided through the process by a well-trained practitioner.

More information is available on Time Line Therapy™, NLP, and hypnotherapy at

www.JanusCenter.com

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