

Emotional Hygiene

Support-Relief-Resilience-Skillful response-

Trapped emotion

Unprocessed emotion

The dance of support and relief

Being emotionally savvy is the greatest skill for success in an matter.

Are you clear about what you are feeling and emoting? A 40 year study by Berkely determined that our emotional intelligence is 4 times more important than our IQ in determining overall success in life. So, It's EQ over IQ not the other way around.

Emotional Support is the defining quality of personal success in any matter.

How does this emotional support happen? Will it occur if you are more powerful, successful and/or sexy? Are such qualities related to genuine emotional success?

These are the questions we will explore in this writing. Together let's dive deep into our individual and personal emotional feeling.

Emotinoal feeling is both a phsycial and psychological sensation that is sometimes joined together.

As we recognize the true roots of mind/body wellness we discover a relationship with emotional and physical feeling.

This is where it all starts-The journey within our own bodies to discover what is going on within.

“The kingdom of heaven is within you.”

J.C.

I think Jesus meant that as we improve in ‘embodiment’ we also improve in our emotional coherence which eventually leads us into the transcendental/omni awareness present when we go through the portals within and wind up ‘non local’ in our presence.

Letting time pass without any notice nor concern

Enjoying the passage of time

Invite them come to you and remain separate from their decision to do so or not.

People will use your emotional starvation against you and trap you by pretending to be in a win/win with you when really most people are so in survival mode that every action they make is a deceptive ploy to trap you into their purpose.

Emotional Riches

Emotional Clusterfuck

Emotional Purging

Emotional Fighting...the mutual dynamicself reinvention...meissner all magnetic fields tranfiguratoin.

Dominate?

Retarded and submitted

I’m the only one that’s not the master

Realizing emotional support

Catharsis

Transformation

Purposeful negotiation

Feeling peace of mind without thinking

Responsible thinking

Recovering from emotional woundedness

Permanent chip on your shoulder?

The blame game

The gain game

The whos' right game

The might is right game

The art of dialogue-How to really listen. Listening from different centers/

Be determined to Outlisten...Meaning listen until they are heard and understood.

What is down time?

What is the ultimate emotional support?

Letting yourself be loved. Eclipsing the status quo and dis-eased familial patterns.

Give and take, back and forth, concessions, losses, clear needs

Diseased Anger is a tragic expression of an unmet need

Everything we do is for an emotional return

Do not become overly concerned with controlling or dominating. True leadership and authority that can enforce is given not taken. Once it is given only then can we 'take control.' Attempting to do so before it is given is not sustainable.

The Talent List: I can and I enjoy: _____

I enjoy merging with nature's nourishing

Emotional blackout

You have issues in your tissues:

Do you simply have a comment on everything? Why? How could that be true?
Learn to listen more than you speak and speak concisely.

I would like to know in what ways you are apparently broken? In what ways are you apparently helpless? Can you trust and reveal these parts of you?

Write about it here

In what ways and in what types of circumstances do you and do you not listen?

In what ways and in what types of circumstances do you and do you not trust?

In what ways and in what types of circumstances do you and do you not follow directions?

In what ways and in what types of circumstances do you and not honor the intelligence, blessings and gifts of others?

If, in fact, you would like to live healthy and free then to discover what is polluting your methods is important. And right now, right here you can split from the world and go on a better, safer, stronger path. Note: Just by the fact that we are aging means that there are issues we cannot address. Now, it is your turn to 'come clean.' Bonding between human beings happens just this way.

- **Emotional Support...**Who approves with Grace?
- **Stuffing Emotions** and not having the courage to say what you are feeling appropriately.
- **Emotional Transparency**

-In what ways are you genuinely limited?

- **Emotional Catharsis**

Emotional sickness

Staying with the discomfort of doing what you don't want to do when you don't want to do it-Process-Set boundaries

Confessions

Getting help. It does take a sacrifice on their part; accept the willing sacrifice. Living the 'connected' life.

- Emotional Response

The need to do it differently.

- Emotions and bio chemistry. We are what we eat.
- Emotional surgery
- Emotional shock
- Emotional separateness
- Emotional Discovery
- Holding a grudge. Resentment. Being violent against the exposer.
- Learning how to feel the distress and keep doing the right thing

Holding emotions

Emotional Responsibility

Emotional accountability and restitution

Emotional hiding behind substances

attempting to protect yourself through hiding

- Non violent communication
- Violent communication
- Progressive relaxation techniques
- Meditation techniques
- Quick sync: Tense and release, inner radar, making the body heavier, sensory scanning for merging,

Not having proper boundaries means that you cannot keep others out while you focus on what is good for you to focus on.

FEELING PEACE OF MIND WITHOUT ANY THOUGHT 'TAKE NO THOUGHT'

- Taking the time making the time
- Quote list: Endless repetition, Great Contact, Don't fool yourself the way is in training,

There are issues in your tissues

Your biology reflects your biography. Where in your body to you feel your emotional issues?

Take a deep breath. A 1935 movie. In a movie I watched last night made in 1935 last night one person suggested to another for them to '**take a deep breath**' so that they could release stress, settle down, calm down and regain their composure. Good Advice. The simple act of breathing deep and making our breathing pattern slow and steady is a core exercise for us all to practice. Can we invest the time to really calm down or should we just keep going at full speed all the time. The answer we give here says much about what direction we are headed in.

When asked to write about emotions I do find myself at a loss. So many emotions and too much lack of peace and trust. So much inner and outer conflict that it seems quite the accomplishment just to get some peace and I'm sure that is the way for emotional healing yet I think about it much more than I feel it.

These are the tools for emotionally maturing that I use:

How can you have a commentary or a proposal for how you are going to solve the problem all the time. Watching the democratic and republican debates I am just taken back that a whole world participates in a set of people talking about solutions only; hardly saying I don't know, we need something we don't have...etc.

IF YOU DON'T HAVE AN UNRESOLVABLE PROBLEM THEN YOU CANNOT EXPERIENCE AS GREAT SOLUTION.

Embrace with guidance the navigating of your skills; emotional and physical. By learning and doing new things that are out of our comfort zone we are engaging the greatest way for making new and healthy connections in our brain/neurology. It is the key to brain fitness.

Living with feeling as a major navigator and helping us to make decisions instead of just thinking about it.

Questions:

How do I find emotional support?

- **How do I set boundaries without losing balance or endangering myself?**
- **When I feel threatened how do I maintain composure and enforce proper boundaries?**
- **How do I express negative emotions without making things worse?**

It seems like I don't want to make anyone angry with me and I feel that if I do I could be hurt in one way or another. Yet, I also realize that I need to protect my 'agenda.'

I could talk from my head and give all sorts of answers as if I knew them but the truth is that I'm emotionally starved. This 'emotional starvation' seems to be the root of all our problems.

Points about my emotional state:

It seems that I compromise myself by getting into relationships where I can get something then compromising myself because of the feeling that I must do so to

get 'the sale' 'the discounted price' 'the grace' etc. It seems that all this is a kind of manipulation for me not to have to be responsible for myself.

The article below gives some great tips to practice. I, for one, seem like I do not have another choice other than following some good advice and guidance because obviously I simply cannot do this without following guidance.

Please buy a card deck of all emotions

Mix them together on a table from time to time and notice what emotions stick out as you look around.

Here is a brief summary that is at the end of the first article:

Every minute, every one of us is alive with needs and values, seeking expression. You love to live in harmony with your values, and you love to contribute to others' experience of harmony, when you can do so with no element of coercion involved. Moment by moment, with honesty and empathy, you can meet your needs, and bring your values to life. Practicing these 10 Steps you truly can transform anger into compassionate connections.

Here are a few articles I found on the net.

http://www.naturalchild.org/marshall_rosenberg/ten_steps.html

The 10 Steps

When we feel angry, three things are happening.

- 1) We are upset because we are not getting our needs met.
- 2) We are blaming someone or something else for not getting what we want.

3) We are about to speak or act in such a way that will almost guarantee we will not get what we need, or that we will later regret.

When we are angry, we focus almost completely on what we don't want and our thinking is caught up in images of the wrongness of others that are involved. We have lost sight of what we really do want and need.

Using the following steps you will learn how to change this pattern and connect with the life-serving purpose of anger. You will discover where anger comes from and learn how to express it in ways that meet both your needs and the needs of others. Use these steps for re-focusing your attention during an angry conflict and learn to create outcomes that are satisfying for everyone involved.

Step 1:

Think of anger as a red light on your dashboard.

*Every minute, every one of us
is alive with needs and values,
seeking expression.*

The Emotional Education, Disclosure, Detox and Linkage.

Able
Absolved
Abundant
Accelerated
Acceptable
Accepted
Accepting
Accomplished
Accountable
Achieving
Active
Adaptable

Adequate
Admirable
Admired
Adored
Affluent
Agreeable
Agreeable
Alert
Ambitious
Amenable
Amused
Appreciated
Approving
Assertive
Assured
At ease
Attached
Attentive
Attractive
Authentic
Awake
Aware
Awesome
Balanced
Beautiful
Believing
Blessed
Blissful
Bonded
Brave
Bright
Brilliant
Calm
Capable
Captivated
Cared For
Careful
Caring
Cautious
Centered
Certain
Cheerful
Cherished
Clean
Clear
Collected
Comfortable
Comforted

Committed
Compassionate
Complete
Composed
Comprehending
Confident
Congruent
Connected
Conscious
Constant
Content
Cooperative
Courageous
Credible
Daring
Decisive
Defended
Delighted
Dependable
Desirable
Dignified
Discerning
Disciplined
Distinguished
Dutiful
Dynamic
Eager
Easy-going
Ecstatic
Edified
Efficient
Elated
Elegant
Elevated
Emancipated
Empowered
Encouraged
Energetic
Energized
Enthusiastic
Euphoric
Exceptional
Excited
Exhilarated
Experienced
Expressive
Exuberant
Faith

Fantastic
Favored
Firm
Flexible
Flowing
Focused
Forceful
Forgiven
Fortified
Fortunate
Free
Friendly
Fulfilled
Gentle
Genuine
Gifted
Glowing
Good-natured
Graceful
Gracious
Gratified
Grounded
Growing
Guarded
Happy
Harmonious
Healed
Helpful
Heroic
High
Honest
Honorable
Honored
Hopeful
Humble
Humorous
Important
In control
Included
Independent
Infatuated
Influential
Innocent
Inspired
Intelligent
Interested
Invigorated
Invincible

Invited
Jovial
Joyful
Jubilant
Judicious
Kind
Learning
Liberated
Light
Lighthearted
Loose
Loved
Loyal
Lucky
Magnetic
Marvelous
Masterful
Mature
Meek
Merciful
Methodical
Mindful
Modest
Motivated
Neat
Noble
Non-judgmental
Observant
Open
Open Hearted
Organized
Outgoing
Pacified
Pampered
Pardoned
Passionate
Patient
Peaceful
Perfect
Persevering
Pleasant
Pleased
Popular
Positive
Powerful
Praised
Precious
Prepared

Present
Productive
Proficient
Progressive
Prosperous
Protected
Prudent
Punctual
Purified
Purposeful
Qualified
Quick
Radiant
Rational
Reasonable
Reassured
Receptive
Recognized
Redeemed
Regenerated
Relaxed
Release
Reliable
Relief
Relieved
Remembered
Replenished
Resolute
Respected
Respectful
Responsive
Restored
Revitalized
Rewarded
Rooted
Satisfied
Secure
Selfless
Self Reliant
Sensational
Sensible
Sensitive
Serene
Settled
Sharing
Simple
Skillful
Smooth

Soothed
Spirited
Splendid
Stable
Steadfast
Strengthened
Strong
Successful
Supported
Sustained
Tactful
Teachable
Temperate
Tenacious
Tender
Thankful
Thoughtful
Thrilled
Tolerant
Tranquil
Triumphant
Trust
Trusting
Unbiased
Understanding
Understood
Undisturbed
Unhurried
Unique
United
Unselfish
Upheld
Valiant
Valuable
Valued
Virile
Vital
Warm
Wealthy
Willing
Wise
Wonderful
Worthwhile
Worthy
Yielding
Zealous

abandoned

[acceptance](#)

adoration

affection

Aggravated

agitated

agressive

alert

amazed

[ambitious](#)

amused

[anger, anger2](#)

animosity

annoyed

[anticipation, anticipation2](#)

[anxiousness](#)

appreciative

apprehensive

ardent

aroused

ashamed

astonished

[attraction \(sexual\)](#)

attraction (intellectual)

attraction (spiritual)

awed

betrayed

bewildered

bitter

bliss

blue

boastful

bored

breathless

bubbly

calamitous

calm

camaraderie

cautious

cheerful

cocky

cold

collected

comfortable

compassionate

concerned

confident

confused

contempt

content

courageous

cowardly

crafty

cranky

crazy

cruelty
crummy
crushed
curious
cynic
dark
dejected
delighted
delirious
denial
depression
desire
despair
determined
devastated
disappointed
discouraged
disgust
disheartened
dismal
dispirited
distracted
distressed
dopey
down
dreadful
dreary

fear,

flabbergasted

fight or flight mode

foolish

frazzled

frustrated, fulfillment, furious, gay, giddy, gleeful, gloomy, goofy, grateful, gratified, greedy, grey, grief, grouchy, grudging, guilty, hateful, heartbroken, homesick, hopeful, hopeless, horrified, hostile, humiliated, humored, hurt, hyper, hysterical, indignation, infatuation, infuriated, inner peace, innocent, insane, insecure, inspired, interest, intimidated, invidious, irate, irritability, irritated, jaded, jealousy, joy, jubilant, kind, lazy, left out, liberated, lively, loathsome, lonely, longing, love, lovesick, loyal, lust, mad, mean, melancholic, mellow, mercy, merry, mildness, miserable, morbid, mourning, needed, needy, nervous, obscene, obsessed, offended, optimistic, outraged, overwhelmed, pacified, pain, pampered, panicky, paranoia, passion, passionate, pathetic, patient, peaceful, persevering, perturbation, pessimistic, petrified, pity, playful, pleasant, pleased, pleasure, popular, positive possessive, poetic, powerful, praised, precious, prepared, pride, provoked, proud, puzzled, rage, regretful, relief, resentment, resignation, resolved, sad, satisfied, scared, scorn, selfish, sensual, sensitive, sexy, shame, sheepish, shocked, shy, sincerity, solemn, somber, sorrow, sorry, spirited, stressed, strong, submissive, superior, surprised, sweet, sympathetic, temperamental, tense, terrified, threatened, thrilled, tired, tranquil, troubled, trust, tormented, uncertainty, uneasiness, unhappy, upset, vengeful, vicious, warm, weary, worn-out, worried, worthless, wrathful, yearning, zesty

If you cannot listen to and honor other people you will be forced too.

Being socially skillful naturally flows from being personally, emotionally skillful with ourselves. This requires Great emotional: support, catharsis and reinterpretation of dis-eased emotional feelings towards ourselves, our families and society. Only through taking time today in this meticulous adventure can tomorrow be as successful as we dream.

“What happened to the person who’s dreams all suddenly came true? He or She lived happily ever after.

Evidence for entrainment by external fields

The Schumann oscillations propagate for long distances and readily penetrate through the walls of buildings and into the human body. Schumann frequencies have considerable overlap with biomagnetic fields such as those produced by

Fig. 7.4 The Schumann resonance is a unique electromagnetic phenomenon created by the sum of the lightning activity around the world. Electromagnetic pulses from lightning travel around the earth, bouncing back and forth between the ionosphere and the earth's surface. At any given point on the earth, the Schumann resonance shows up as electric and magnetic micropulsations in the range of 1-40 Hz. The frequency and strength of the signals depend on the distribution of global thunderstorm activity, local meteorological conditions and the conductivity of the earth's surface at the point of observation. Bursts of Schumann pulses are easier to detect in fair weather, and occur more often during the day than at night. These terrestrial factors are, in turn, influenced by more distant extraterrestrial factors, such as solar and lunar position, sun spots, planetary positions, etc. (See Pressman 1970, Dubrov 1978.) (After Bentov 1976, Fig. 16, p. 145, with kind permission from Integral Publishing.)

Fig. 7.4 The Schumann resonance is a unique electromagnetic phenomenon created by the sum of the lightning activity around the world. Electromagnetic pulses from lightning travel around the earth, bouncing back and forth between the ionosphere and the earth's surface. At any given point on the earth, the Schumann resonance shows up as electric and magnetic micropulsations in the range of 1-40 Hz. The frequency and strength of the signals depend on the distribution of global thunderstorm activity, local meteorological conditions and the conductivity of the earth's surface at the point of observation. Bursts of Schumann pulses are easier to detect in fair weather, and occur more often during the day than at night. These terrestrial factors are, in turn, influenced by more distant extraterrestrial factors, such as solar and lunar position, sun spots, planetary positions, etc. (See Pressman 1970, Dubrov 1978.) (After Bentov 1976, Fig. 16, p. 145, with kind permission from Integral Publishing.)

lightning

lightning

ionosphere

atmosphere

the heart and brain, but the Schumann resonance is thousands of times stronger. The similarity of a train of Schumann signals and an alpha brain wave are shown in Figure 7.5.

A number of biologists have concluded that the frequency overlap of Schumann resonances and biological fields is not accidental, but is the culmination of a close interplay between geomagnetic and biomagnetic fields over evolutionary time (e.g. Dircnfeld 1983). Hence researchers have examined interactions between external fields and biological rhythms.

Organisms are capable of sensing the intensity, polarity, and direction of the geomagnetic field (Gould 1984). There is evidence that geomagnetic rhythms serve as a time cue in the organization of physiological rhythms (e.g. Wever 1968, Gauguelin 1974, Cremer-Bartels et al 1984), although this continues to be controversial. A variety of behavioral disturbances in the human population are statistically related to disturbances in the earth's electromagnetic field or to man-made interferences:

the heart and brain, but the Schumann resonance is thousands of times stronger. The similarity of a train of Schumann signals and an alpha brain wave are shown in Figure 7.5.

A number of biologists have concluded that the frequency overlap of Schumann resonances and biological fields is not accidental, but is the culmination of a close interplay between geomagnetic and biomagnetic fields over evolutionary time (e.g. Dircnfeld 1983). Hence researchers have examined interactions between external fields and biological rhythms.

Organisms are capable of sensing the intensity, polarity, and direction of the geomagnetic field (Gould 1984). There is evidence that geomagnetic rhythms serve as a time cue in the organization of physiological rhythms (e.g. Wever 1968, Gauguelin 1974, Cremer-Bartels et al 1984), although this continues to be controversial. A variety of behavioral disturbances in the human population are statistically related to disturbances in the earth's electromagnetic field or to man-made interferences:

- Friedman et al (1965) documented a relationship between increased geomagnetic activity and the rate of admission of patients to 35 psychiatric facilities.
- Venkatraman (1976) and Rajaram & Mitra (1981) reported an association between changes in the geomagnetic field due to magnetic storms and frequency of seizures in epileptic patients.
- Perry et al (1981) correlated suicide locations in the West Midlands, England, with high magnetic field strengths due to 50 Hz power lines.

Many studies have demonstrated the probable entrainment of brain waves by external rhythms of natural and artificial origin:

■# Reiter (1953) measured reaction time, an important factor in traffic safety. Upon entering a cubicle at a traffic exhibition, visitors were asked to press a key. When a light came on, they were to release pressure on the key. Their reaction time (i.e. the time between 'light on' and 'key release') was recorded for many thousands of visitors over a 2-month period. At the same time, the ELF micropulsations (Schumann resonances) were monitored. The micropulsations slow when a thunderstorm is approaching, and Reiter found that the subjects were slower to respond during such periods. When the micropulsations speeded up, into the range of alpha brain wave activity, reaction times were faster.

- Rights were not granted to include this figure in electronic media
Please refer to the printed publication.

Rights were not granted to include this figure in electronic media
Please refer to the printed publication.

Fig. 7.5 A Schumann signal and an alpha brainwave. After Konig HL 1974a ELF and VLF signal properties: physical characteristics. In: Persinger MA (ed) ELF and VLF electromagnetic field effects. Plenum Press, New York, with permission.

of the earth's field. Under these controlled conditions, the effects of the fields on reaction time were comparable to those obtained during the exhibition. Moreover, subjects in the laboratory experiments repeatedly complained about headaches, tightness in the chest, and sweating of the palms after several minutes of exposure to 3 cycle/second fields. When the headaches faded away, there was often a feeling of fatigue. These symptoms resemble the so-called 'weather sensitivity' complaints that some people have before the arrival of a thunderstorm.

^ Hamer (1968, 1969) pulsed subjects with low intensity artificial electric fields from metal plates on each side of their heads. Fields of 8-10 Hz speeded up reaction time, while slower oscillations of 2-3 Hz slowed down reaction times significantly. Similar results were reported by Friedman and colleagues in 1967.

In 1977, Beatty reported studies on the practical significance of brain wave entrainment for people such as air traffic controllers, who need to maintain an alert state for long periods. Subjects monitored a simulated radar screen, watching for certain targets to appear. In agreement with the findings of Reiter and Hamer, slower brain waves were correlated with slower reaction times and poorer performance in the task.

#■ Over many years, Wever (1968) and colleagues at the Max Planck Institute in Germany observed hundreds of subjects who lived in two underground rooms that were shielded from external rhythms of light, temperature, sound, pressure, etc. One room also had an electromagnetic shield around it, consisting of a mesh of steel rods and plates that reduced the influence of geomagnetic rhythms by 99%. The rhythms of body temperature, sleep-waking, urinary excretion, and other physiological activities were monitored. All subjects developed longer and irregular or desynchronized or chaotic physiological rhythms. Those in the magnetically shielded room developed significantly longer and more irregular physiological rhythms. In some experiments, artificial electric and magnetic rhythms were pulsed into the shielding. Only one field had any effect: a very weak 10 Hz electric field. This field dramatically restored normal patterns to the biorhythm measurements.

Each of these important but seldom cited studies concluded that biological rhythms can be entrained with natural and artificial ELF electric fields. Entrainment of brain waves can set the overall speed of responsiveness of the nervous system to stimulation. This is called reaction time, and is an easily measured parameter of consciousness. The results support Becker's contention

that the pulsing DC electrical system (brain waves) set the tone of the entire nervous system.

These studies do not mean that when a thunderstorm approaches, everyone will get drowsy and react slowly, and accidents will happen. Instead, they suggest that there is a statistically greater chance of slower reactions and more frequent accidents under these conditions. Geomagnetic pulsations do not affect everyone the same way. However, there is evidence that geomagnetic pulsations strongly entrain brain waves during meditation and other practices in which one 'quiets the mind' to allow the 'free-run' periods to be dominated by geophysical rhythms.

Mechanism of entrainment

The internal pathways involved in the body's responses to external magnetic rhythms are shown in Figure 7.6. The pineal gland is the primary magnetoreceptor. Between 20 and 30% of pineal cells are magnetically sensitive. Exposure of animals to magnetic fields of various intensities alters the secretion of melatonin, the electrical properties of pineal cells, and their microscopic structure (reviewed by Sandyk 1995). In addition, various animal tissues contain particles of organic magnetite. Two separate research groups have now recorded magnetically influenced impulses in single neurons connecting magnetite-bearing tissues with the brain (reviewed by Kobayashi & Kirschvink 1995).

The question of whether living systems are sensitive to the earth's magnetic field has been bitterly controversial for more than a century. There are now a number of plausible and well-documented mechanisms for such interactions, and abundant evidence that they take place. Moreover, Becker's research has shown how geomagnetic entrainment of the brain waves can affect the entire nervous system at a very high level of control (i.e. the perineural DC system that extends throughout the body and has roles in regulating injury repair).

In terms of an energetic paradigm for bodywork and movement therapies, there is no need for us to hypothesize that geomagnetic fields, modified by terrestrial and extraterrestrial events, entrain brain waves. Scientists from around the world have already done so, and continue to build solid supporting evidence.

The next chapter explores how these concepts may apply in the therapeutic setting.

The Earth's magnetic field

The Earth's magnetic field

Schumann resonance

Projected biomagnetic field

Schumann resonance

Projected biomagnetic field

i

Injury repair

i

Injury repair

Fig. 7.6 A summary of the pathways involved in magnetoreception, the regulation of brain waves and therapeutic emissions from the hands of therapists. Micropulsations of the geomagnetic field, caused by the Schumann resonance, are detected by the pineal and magnetite-bearing tissues associated with the brain. During the Tree-run' period, when the

Fig. 7.6 A summary of the pathways involved in magnetoreception, the regulation of brain waves and therapeutic emissions from the hands of therapists. Micropulsations of the geomagnetic field, caused by the Schumann resonance, are detected by the pineal and magnetite-bearing tissues associated with the brain. During the Tree-run' period, when the

brainwaves are not being entrained by the thalamus, the Schumann resonance can take over as the pacemaker, particularly if the individual is in a relaxed or meditative state (Schumann signals are thousands of times stronger than brainwaves). The brainwaves regulate the overall tone of the nervous system and the state of consciousness. The electrical currents of the brainwaves are conducted throughout the body by the perineural and vascular systems. The biomagnetic field projected from the hands can be much stronger than the brainwaves (Seto et al 1992) indicating that an amplification of at least 1000 times takes place somewhere in the body. Alternatively, the body may simply act as an effective antenna or channel for the Schumann micropulsations.

The projected fields scan or sweep through the frequencies medical researchers are finding useful for 'jump-starting' injury repair in a variety of tissues (see Table 7.1). (Portions of this illustration are after Becker 1990b, with kind permission from Robert O. Becker, M.D.)

Table 7.1 Healing effects of specific frequencies (frequency windows of specificity) (from Siskin & Walker 1995)

Frequency

Effects

2 Hz

Nerve regeneration, neurite outgrowth from cultured ganglia

7 Hz

Bone growth

10 Hz

Ligament healing

15, 20, and 72 Hz

Decreased skin necrosis, stimulation of capillary formation and fibroblast proliferation

25 and 50 Hz

Synergistic effects with nerve growth factor

<http://www.professional-counselling.com/list-of-human-emotions-and-feelings.html>

<https://www.youtube.com/watch?v=9J11XEXFHog>

The physical responses to emotion.

Your body shows you your emotional experience; pay attention.

Get out of your head; bring it down. Settle down, grounding,

Earth negative electric charge.

Learn their language: What are they concerned about. How do they respond to: Anxiety? Thrashing about?

It seems that emotional distress is a leading cause of bad behavior.

Are you ever wrong or bad? Did you ever do anything wrong or bad? I did. It seems that the only way to nearly begin self transformation is in this bubble bursting recognition.

Make the time/take the time, create the safe space,

Anesthesia and surgery

Anesthesia through self control and/or the creation of a supportive atmosphere through the right: People, places and things.

Emotional Exchange-

Fast and furious because many are just trying to find a way to control and use the other person so we need to be very aware and self sourcing. Self sourcing because if we think someone else has something to give us that can solve our personal problem then we are more likely to just become food for their purpose.

Take time to feel and think about the other person's experience.

Facial recognition: Really pay attention. Can you recognize the emotional experience others are going through?

Feeling better and better and better is the only success in life. Notice I did not say thinking better, nor doing better...Feeling better is first and foremost then the other two are naturally fueled. So, I leave us with this question to discuss. How can we feel better? Seems simple yet it significantly eludes me to this day.

Grace is a wonderful reality told to us by the wisest of people. Can you and I improve the feeling and ability grace? Yes, we can-by getting help and by practice. It can and does get better so let's just keep going ok? OK.

you are not allowed to express anger inappropriately. You are allowed to express it appropriately.

Healthy positive emotion vs unhealthy positive emotion

Safely communicating emotion

Meditation is the last frontier of science. Dr. Eric Kandel

I've set up an email with great resources

Personaltransformationabc@gmail.com

The password is-

Passwordabc

If you go to this email you will see a link to a lot of healing stuff. I hope this helps.

The fundamental problem in addiction is the destructive nature of the substance abuse and the inability to stop. The frontal regions of brain control behaviors including planning and organization, motivation for goal directed activity, weighing consequences of future actions and impulse inhibition, known collectively as executive functions. The PFC projects to ACC and OFC, with all 3 projecting to the VS, a dopamine rich area important for expression of behaviors. Frontal cortical damage occurs with binge drinking intoxication. Dysfunction in specific regions of brain contributes to an imbalance between craving-limbic drive and frontal cortical attention and executive functions, particularly reflection and inhibitory control. PFC, ACC and OFC all contribute to executive functions and inhibition of impulses. Impulsive behaviors result from impaired executive functions since they include actions that are poorly conceived, prematurely expressed, unduly risky or inappropriate to the situation, which often result in undesirable consequences. Thus, addiction is likely due in part to increased impulsiveness from the loss of frontal cortical inhibition of impulses and increased limbic drive.

The discovery of a key role of the frontal cortex in addiction provides new approaches to therapy. Adolescent age and genetics are clear risk factors for neurodegeneration that could inform strategies to reduce drinking in high-risk populations and thereby prevent the progressive neurodegeneration and impulsive-addictive changes. Further, existing therapies for addiction involve frontal cortical activation. Naltrexone, a pharmacotherapy for alcoholism, increases OFC activity. Abstinence from alcohol induces brain regrowth and return of some cognitive abilities. Addiction therapies focused on enhancing abstinent brain activity and growth could become new approaches to treating addiction. In any case, there is substantial evidence that addiction is related to loss of frontal lobe function and increased impulsivity.

[Go to:](#)

Acknowledgments

The authors wish to thank the National Institute of Alcohol Abuse and Alcoholism, the UNC-Bowles Center for Alcohol Studies and the UNC-Biomedical Research Imaging Center for support.

Magic luck ease comes with purification of dis-ease and being connected and allowing Great Connections to function through you.

Gestalt-Strong emotions...Blaming...putting them on the spot. Fritz Pearls.
Ridiculed...flippant but all for the purpose of making the person face their 'silly'
beliefs/behaviors.

Maslow

Freud

Developmental Psychology

Developmental psychologists would engage a child with a book and then make observations based on how the child interacts with the object.

Biological

Psychoanalysis-Analyzing unconscious associations and motivations

Humanistic

Rational emotive-Logic analysis of self talk and speech. Based just in thoughts.
What are you really saying?