

# Life's Insane, Train Your Brain: Controlling The Physiology Of Your Emotions

by Marilyn Michael

Do you have a lot of negative thoughts or frustration? The problem isn't necessarily that what is going through your head is negative; the problem is what the "stuff" or physiology of your negative emotions is doing to your body and your responses to life.

Thoughts and emotions are made up of electrical and chemical reactions within your brain and body. These reactions are the "stuff" of mental activity, and they are what the mind-body connection is all about. What the electrical and chemical activity of thoughts and emotions does to how you feel and how you respond to life is important. What that activity does to your body, though, is of critical importance to your

health, especially if you are living with a disease.

Focusing on lessening the amount of mental activity rather than concern over what, specifically, you are thinking or feeling emotional about can offer a simpler and yet very smart way of improving yourself and your life.

## The Ordinary Life

Many people don't feel their lives are out of the ordinary, yet wonder why they feel so frustrated and why can't they seem to control negative feelings. A person may not be sick but his or

her brain must deal with immense amounts of information daily. Some of that information is designed to stimulate guilt or fear or inadequacy. Feel guilty, feel afraid, or feel inadequate messages come at people all the time. The chemistry of those thoughts and emotions takes a daily toll on the body and causes people to respond in unhealthy ways.

The central nervous system (the brain, spine and nerves) is a key part of the complex machine that is an individual. The busy, often frantic lives of people living in today's modern world create heavy traffic in the central nervous system, in the form of electrical impulses that propel chemicals, called neurochemicals, from cell to cell throughout the brain. This electrical and chemical chain reaction travels down into the body to direct how people respond internally and externally.

This frantic activity is wearing enough on the cells of the central nervous system but it doesn't stop there. The electrical and chemical hopscotch from cell-to-cell occurs on every cell of the body. As famed neurological researcher Candice Pert commented, "Even your big toe knows you are angry." This is because the cells of the big toe and every other part of the body "soak up" some of the neurochemicals, the

chemicals of thought and emotion.

## Limitation of Traditional Therapies

If you often feel stressed or frustrated, understanding of how thoughts and emotions move throughout your body may enable you to understand why you may need a different approach than just talking about your problems. Most current therapies are focused on the content of thoughts and emotions. People talk over their problems with a psychologist or a counselor. These professionals help examine the roots of a problem, suggest new ways of responding to a problem, or help in reframing ways of thinking about a problem. There are many theories, models, and methods that make up the field of psychology; so many that sorting out the best type of help can, itself, be stressing.

To help think about what psychology does in a more workable way, you can distill it down to the basic things all those theories, models, and methods are designed to do. People seeking help from a therapeutic professional do so to improve:

- What the activity of their minds is doing to their responses to life situations.
- What the activity of their minds is doing to their bodies.

To distill this further, it is because the activity of the mind is doing something to the body (making it feel uncomfortable or bad), that people respond in ineffective or inappropriate ways. So, a prime focus of ways of helping people improve must be one of improving what the activity of their minds is doing to their bodies.

This way of thinking about emotion, as an eruption in the body that wears on the body or stimulates unhealthy responses to life, is rarely talked about directly, and should be.

Prescribing drugs is a common way psychology uses to help people control the eruption of their emotions. Many people, though, want to feel better emotionally but don't want to take drugs.

A second common way of help is counseling. The things that counselors and therapists do are directed at the events of life that stimulate the emotional eruptions. People, though, have new perceptions and events occur continuously. Talking through or analyzing each one feels to many people like a seemingly endless task. Also, if a person suffers physical problems, they do not have the luxury of time to psychologically work through the issues of their lives. The eruptions of emotions speeds deterioration of the body.

## A New Method Of Help

There is another way for people to lessen the damage all the mental activity and its resulting stress is doing to their bodies and how they respond to life. People can learn to effectively slow down their brains and diminish the physiology of their emotions. There are new methods of help emerging that can teach people in a very effective and more basic way to concentrate, relax, and train their

brains. They can learn to effectively slow down the eruptions of emotions naturally.

An approach called NEURO-THERAPY Training can enable people to become their own therapists. It is a new way of help that teaches people about the eruption of emotions and what they do to health. It gives people training in dramatically quieting the electrical and chemical eruptions that cause their negative emotions and their stress, which result in unhealthy ways of responding.

Most people could benefit from a reduction of the amount of brain activity and the reduction in stress and emotions that result. Learning a way of effectively concentrating is a key.

Slowing the brain and clearing the physiology or the electrical and chemical activity of thoughts and emotions from the body is a new way of finding the psychological help one desires. New ways of help like NEURO-THERAPY Training teach people mental training tools and make people their own therapists. Regularly training their brains can improve people's responses to any learning or counseling, lessen the need for drugs and improve mind body interaction in healthy ways.

Marilyn Michael administers the North American Institute of NEURO-THERAPY in Seattle, certifying NEURO-THERAPY Specialists regionally and via distance learning. NEURO-THERAPY Training is based around the mental training technique *Subverbal Shifting*. For information on therapy sessions or the certification program: call (206) 322-0633, or visit [www.TherapyoftheFuture.com](http://www.TherapyoftheFuture.com)

## The Primordial Soup

*From the primordial soup of the dark come the seeds that germinate when the light comes*

*From the womb of the dark comes all new life*

*From the fallow time comes the harvest*

*From the intense internal comes outer worldly action*

*From the quiet comes the soul's music*

*From the emptiness comes future bounty*

*From the honoring of the cycle comes ease of transition*

*From the storm springs the peaceful day*

*From the questioning comes strong, clear certainty*

*From the experience of being lost comes the reality of being found*

## Her Last Breath

*It was so amazing  
Watching and waiting  
As her breath slowed  
and slowed  
Her oxygen mask  
accentuating each  
labored breath  
Each so clearly defined  
Like pieces of life joined  
together*

*As I sat next to her  
Listening, watching  
and waiting  
Thinking about it all  
All of the drama  
How none of it  
mattered anymore*

*All that was left was this  
Labored breathing  
And our feelings of love  
for each other*

*Until the third day  
When she hesitated,  
breathed and stopped  
As I held my own breath  
She just stopped  
And it all came to a  
quiet end.*

—Teresa Maria Verde

—Oceana del Fuego

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