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**CONNECT THE DOTS**  
**Emotions and Disease;**  
**The Mind-Body Connection**

*An educational, eye-opening resource intended to provide you with a much needed, but highly underrated perspective about health conditions. This resource includes two self-accountability worksheets to assist you to take action where your health and well-being is concerned. Diligent, daily use of these worksheets has the potential to positively impact your health. To enhance your results, consider recruiting the help of Holistic Coach, Cathrine Silver. Cathy will customize a program just for you.*

## **CONNECT THE DOTS**

### **Emotions and Disease; the Mind-Body Connection**

*“A successful therapy requires harmony of the physical and psychological functions in order to achieve a restoration of the body in its entirety.”*

*- Dr. Max Gerson, MD*

Two-year- old Tony, witnesses his brother—Gary—10 months younger than himself get “run over by the neighbor lady” and killed in front of the family home. His family never spoke of the event again. He doesn’t even know where he is buried. Does this trauma have anything to do with his rectal cancer 64 years later?

As a young girl, Joan found herself lost in a central market in downtown LA. She still remembers the visual of her mother running toward her—“hands outstretched and crying when she saw me”. At 7, she explains, I experienced the trauma of attempted abduction—at 8 I blamed myself for the death of the family dog because he ran out the door and was hit by a car and killed—or the near drowning sev-

eral years later—or a dozen other severely traumatic events which took place. Could these early childhood events have caused her weight problem, her recurring cancer, diabetes and arthritis?

Aaron is a young man, 23 years old. During an initial phone conversation, his mother explained that it had been a minor accident involving her son; an automobile had turned and hit him on a sidewalk unexpectedly and completely out of the blue. The event had quickly turned into a five-year nightmare. The diagnosis from the medical community was: CRPS or Complex regional pain syndrome (CRPS), a chronic pain condition in which high levels of nerve impulses are sent to an affected site.

Upon receiving his decoding history form an image of Vietnam, land mine, and feelings of abandonment were the notes I wrote at the top of his paperwork. Past life residual? Cellular memory? It didn't matter to me. During our first session, he announced he didn't believe in reincarnation. We went another direction. The second session, I told him I understood his belief, but I needed to share what information I had intuitively received, so I shared. Aaron paused on the other end of the phone. I felt a disbelief, and then he answered, "I kept asking my mother about the draft when I was five years old. You are spot on."

I believed the "minor" accident had suddenly triggered a trauma that this young man carried with him, back to this other life as Aaron, to be addressed in a way that the mind-body connection could be healed, even from another life. Unfortunately, his family's

strong beliefs prevented his exploration and ultimate re-write of that traumatic experience that had been unleashed in that moment. The past and the future lined up in a synchronicity that only a Universal Intelligence could understand—and made sense; we are entangled with what the physicists call “the field” where everything is known. Even though his conscious mind had no recollection, his subconscious, DNA and cellular structure did. And he gave himself messages as a child.

It all comes down to our choices and how open we are to our stories that may lie beneath the surface. Healing comes in many different ways. However, I am convinced the Universe is always giving us answers, the question becomes, are we willing to look beyond the confines of our box? The truth is the truth whether we accept it or not. And, we do not know, what we do not know. Read on . . .

Unlike a broken arm, leg, collar bone or visible gaping wound bleeding profusely, and clearly glaring at us in living color demanding to be stitched or dressed, our emotional wounds are much more subtle, but nonetheless visible if we're aware. They surround and call us daily. Is our migraine headache or asthma attack our body's way of bringing our attention to some painful event that gets stuffed and packed away from our consciousness—ignored but not forgotten until it surfaces years later unable to be ignored this time as fibromyalgia, ulcers, or a bone spur? What about Mother's cancer or Father's heart attack or the neighbor's obesity? We operate in our daily existence as if everything is okay, ignoring our angers and fears, frustrations—and outdated beliefs about ourselves or the way we

live our life. We scratch our heads when we see road rage or view the behavior in the bully at school or *in our workplace*. But what underlies all of these behaviors? What do we carry with us from our lineage or our ancestors that affects us today? Our childhood? Our DNA? Our e-motions? *Nobody is free of wounds*. Where is the thread? The body, like everything else in life, is a mirror of our inner thoughts and beliefs. Our body is always talking to us; will we only take the time to listen—especially when it is screaming at us for help!

For over 4,000 years, traditional Chinese medicine has been a *system based on the notion of harmony and balance*. The ancient doctors of India were great sages, and their cardinal belief was that the body is created out of consciousness. Theirs was a medicine of consciousness, and their way of treating disease pierced the body's matter *and went deeper into the core of mind*. The definition of health recorded in the constitution of the World Health Organization is: "Health is a complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

If we hypothesis that wellness is our systems' indicator of being in balance, free from dis-ease and in a state of harmony, then the opposite must also be true. When we develop a disease, logically, does it not make sense to address this imbalance in all areas of our life? For, no matter how much we may try or deny, we are a meld of physical, mental, emotional—and spiritual realms which make up our wholeness and existence here on the Earth Plane and our corporeal physicality. If we are eternal soul-caring multi-dimensional beings, and not just mechanical objects to be repaired like an auto in a me-

chanics repair shop, then reasonably, we must begin to consider, address and honor all aspects of our being at the deeper levels of who we are. Isn't it time we honor this wisdom and bring these ancient concepts and new theories of thought and practice into our modern-day facilities and begin to understand what the deeper messages that are being brought forth by our body? I believe the time is right—the time has come. Emotion and disease are linked and explicable to our wellness and health.

This in fact, is not new information. Mind-body medicine is acknowledged in many circles. Emotions and the correlation to our balance or imbalance have been researched for many years. The bigger question is why do we need to be convinced that this is an area so vital for our health and well-being? Remember back to when you were a child. If you skinned your knee and needed a Band-Aid, that certainly helped, but the hug you received, and when someone took the time to ask what happened felt so much better than just the iodine and plastic strip that got stuck to our skin. What about our first or second psychology class where we were told about Harlow's Rhesus monkey experiments? Harlow's controversial experiments demonstrated the importance of care giving and companionship in social and cognitive development; *early mind-body experiments for sure.*

Innately, we know we are a composite and meld of such vast grandness. Yet, just like the immense iceberg adrift in the swirling cold seas, could we have—on first glance—missed the enormous portion underneath? Are we only observing and treating the tip of the iceberg? Do our physical systems represent what we see on top of the

water only? What about the bigger portion underneath—those conflicts of unseen emotions swirling and running below the surface from which there is no escape until they are addressed and healed as well.

If we agree that emotions influence us every day, then we must also acknowledge that there can be no separation in our mind-body-emotional connection. It is safe to assume that using techniques to gain awareness, unlearn and rewrite outdated beliefs and burdens we have held about ourselves and others would be helpful and healing. *A change in self* includes adopting new attitudes, point of views or habits which trigger unhealthy responses and is a positive step to discovering that the iceberg under the water is connected to the tiny portion we see--us. What are we waiting for and who do we think will change the situation? What long-lost disappointment, sense of atonement or guilt do we need to reconcile before we can enter present time?

Real time Harvard research concludes that anger can bring on a heart attack or stroke. As an institution respected for its innovative and progressive thinking, Harvard medical school now offers courses in mind-body medicine. Their conclusion: “The efficacy of these practices for improving disease severity in clinical settings and improving stress coping, *emotional* self-regulation and *well-being in general is the subject of increasing research validation.*”

*Clinical professor of medicine at the University of California, San Francisco, Dean Ornish agrees, “A wide body of evidence has shown clearly that our emotions often play a role in illness. Chronic*

anger, hostility and depression significantly increase the risk of coronary heart disease. Chronic emotional stress shortens telomeres, the ends of our chromosomes that control how long we live. In fact, support groups prolong survival in women with metastatic breast cancer.”

To empower is not to blame. It's not all in our genes. For example, meditation beneficially changes gene expression. Positive emotions don't always override our genes, but they can play an important role. We're not victims; our genes are a predisposition, but our genes are not our fate states Ornish. For over 35 years, Dr. Dean Ornish's series of scientific research studies have been empowering the way millions of people think about the simple lifestyle choices they make each day in dynamic relation to their health & wellbeing. From being a revolutionary thought leader, a powerful professor, a beloved author and respected advisor to some of the world's most powerful leaders, Dr. Ornish is resoundingly recognized as a leader in health, healthcare and medicine. Instead of trying to motivate patients with “fear of dying”, Ornish reframes the issue. He inspires a new vision of the “joy of Living—convincing them they can feel better, not just live longer.

Another outspoken leader in the field of emotions and disease is Dr. Bernie Siegel. Concurring, Dr. Siegel states, “70% of High School students have considered suicide. If you ask them to write a note on ‘why you ought to commit suicide or why you are worth loving’, they will write 3-5 pages on why I ought to be dead and a few paragraphs

*on why I am worth loving.*” Bernie Siegel, MD believes “part of healing others is helping them to love themselves. It isn’t about being perfect. It’s about self-esteem, self-worth and self-love. Once that transition happens, people begin to take care of themselves. You can turn charcoal into a diamond,” he says.

In *The Biology of Belief*, respected cell biologist and former medical school professor Bruce Lipton, MD brings critical new information about understanding disease: “We stick to the physical world of Newton and ignore the invisible quantum world of Einstein, in which matter is actually made up of energy and there are no absolutes. *The Universe is one indivisible dynamic whole in which energy and matter are so deeply entangled it is impossible to consider them as independent elements.*”

For example, he continues, “Imagine a swirling dust devil cutting across the desert’s floor. Now remove the sand and dirt from the funnel cloud. What you have left is an invisible, tornado-like vortex.”

Could we see disease, just like the dust and dirt particles in the dust devil? Is the swirling invisible tornado-like vortex our e-motions experienced like the atoms and particles which collectively make us up? And doesn’t this mean they can’t be ignored as part of the disease process cutting across our physical body—or more importantly as part of the “invisible” and necessary healing process? After all, everything is entangled. “The emperor has no clothes”. And, because we cannot “see” these things—just like germs many years ago—does not mean they don’t exist or hold a key in our healing.

“In seeking knowledge of how the body’s mechanisms are “controlled,” researchers have focused their attention on investigating a large variety of physical signals, classified into discrete chemical families, including hormones, cytokines, growth factors, tumor suppressors, messengers and ions. *However, because of their Newtonian materialistic bias, conventional researchers have completely ignored the role that energy plays in health and disease.*” (Bruce Lipton, MD – *Biology of Belief* p.102)

As a doctoral student studying evolutionary biology, wildlife ecology and environmental economics, Wallace J. Nichols, PhD was told to “keep the fuzzy stuff out of your science” by his academic advisors. “Emotion wasn’t rational. It wasn’t quantifiable. It wasn’t science,” they counseled. However today, cognitive neuroscientists have now begun to understand how our emotions drive virtually every decision we make, including our choices in the breakfast we choose, who we sit next to at a dinner party and how sound, sight and smell affect our mood. They are using sophisticated tools to observe and measure the effects of music, art, prejudice, love, trauma, addiction, creativity, childhood, and meditation; signals on how we interact with our world. Most of all how we are shaped into an understanding between our minds and our emotions and our interaction with our inner and outer world—our harmony or lack of it—and the problems it may create in our physical body.

New York Times best seller *Mindbody Prescription* has helped over 500,000 readers. Dr. John E. Sarno’s book presents the most complete work on the vital connection between mental and bodily health.

In his text he reveals how many painful conditions are rooted in repressed emotions.

Two other important contributors in the mind-body connection are Drs. R.G. Hamer, MD and French oncologist Claude Sabbat. From very personal stories and experiences they learned about the relationship emotion and disease play first hand. After their trauma, and experiences, they began to incorporate and practice how this relationship of emotions and beliefs within the psyche, the brain, the body and our spirit play a part in our dis-ease process.

The reason is quite simple according to Professor Enrique Bouron, an expert in the area of decoding the biology and how it effects and influences our wellness. He postulates it this way: “The disease is the perfect biological solution to the (emotional) conflict and it’s also the undercover message to the patient that says he is suffering a particular condition or conflict”. This therapy, he states, does not replace current modalities and care but acts to complement to them. Medical schools and Universities teach the “What” and the “How” but not the “Why” and “What for”. We must consider, he argues, the deeper reason and logic to the disease.

Bouron argues, that perhaps the answer has been there all along, and we’ve never bothered to look or make the (emotional) link. Our belief system, he says (we all have belief systems, even the most rational and scientific human) is based upon our perception of the Universe. Our Universe has the exact shape of our belief systems pens Bouron—moment by moment based on our own perception. “Our belief systems are based on our interpretation of the Universe

around us”. Through our words and thoughts we define our universe: “We identify it, conceptualize it, evaluate and judge it. From our words we have created a universe of our own, based on our awareness. In our worlds, there is faith, hope, fear, resentment, passion, charity, compassion, guilt, resignation, helplessness, frustration, anger, disappointment, desire, possession, and feelings of abandonment, lack of recognition— on and on. All our creations.”

All laws in the universe are working, beyond the Newtonian understanding where our comfort and answers have resided, in the land of matter and form. Biology he contends, isn’t less precise than mathematics; we don’t know all its equations. It seems incredible for us to match mathematics, biology, chemistry and physics with the noun of love, he contends. Yet, the love of the universe doesn’t judge and therefore doesn’t exist in the universe of our duality of right and wrong or reward and punishment. Love isn’t faith; it’s certainty. As the great master Pythagoras said, “The Universe is mathematical. Everything is created in a mathematical harmony and using the creative energy: Love. Has the time come to understand ourselves, but this time without judgment?”

Bouron then poses an even bigger question: why are we here? Why are we doctors? Why are we lawyers? Why are we accountants? *Is it our vocation . . . or our conflicts that we are trying to solve?* Maybe we have a mission? A purpose? Or is it only because we have to make a living? Why do we always react in the same way? What are the triggers or buttons that set me off? What is the clamping of the disc between lumbar 4 and 5 telling me? What do I have to learn to overcome? Why do I lead an orderly life, healthy with no

vices . . . and suddenly have pancreatic cancer? Why can't I carry my pregnancy to term or why can't I get pregnant? Why do all the women in my family have recurring breast cancer? Or how about the child who wets his bed?

The answers are there, in our real universe, the only real one—the one of our energies in movement, our “e-motions.” Dr. Hamer summarizes it this way: *“Through the millennia, humanity has more or less consciously known that all diseases ultimately have a psychic origin and it became a “scientific” asset firmly anchored in the inheritance of universal knowledge; it is only modern medicine that has turned our animated beings into a bag full of chemical formulas.” R.G. Hamer, MD*

Suzie Tucker, author of, *Gather Enough Fireflies*, a leader in the self-growth and life guidance paradigm, surmises that *our old and past beliefs about ourselves and others obstruct our life*. Yet, she writes, “Being in present time allows access to life-force—and outlet. We release ourselves for the old and stale stories into the ongoing flow of life-force. There, we can ride the energy of forward movement. We can be alert for obstacles and opportunities, seeing people and things for what they are, not as reflections or projections of stagnant images. When we are fully present to the present, we can handle things lightly as they come; even heavy experience is lighter when we are present to it. Negotiating the present from elsewhere is like reaching for something on the tippy-top shelf without a ladder. We cannot quite see what's up there; the reaching up is fatiguing; our grip is tenuous; our balance is threatened; we are not at ease and we are not prepared, whether the top shelf turns out to hold

something nutritious and refreshing or something debilitating, even destructive.

There are conundrums we find ourselves in when we seek to erase pain or circumvent it. We become absorbed in navigating perilous paradoxes; what we want at odds with what we feel is permitted. Sometimes a sense of over-entitlement compensates, but of course, that gives up so much integrity, self-respect, respect from others, balanced engagement with the world. This is the world of paradox; the perfect storm.

Susie writes, “If we are open and look for how the relationship between the person and the problem is tethered - where is the (k)not – we can begin to imagine how that relationship might be interrupted in a good way. Somewhere near the source of the problem is the resource that can help to initiate a new refreshed sense of well-being. A glimpse of this larger image changes something, immediately loosens some tension, widens and softens our gaze. Suddenly, we are not only staring at the problem; right beside it, in the larger landscape, is the resolution. Maybe a breath is in order. Our compass has been slightly recalibrated.”

The bottom line is we must be open to new ways. Humanity is ready. There is less satisfaction now than ever before with modern medicine. When we begin to embrace and accept that many things lie outside of our “known” realm, I believe a truth is realized and alchemy is formed. That simple magic formula of transmuting common substances with little value (those undefined and poorly understood emotions such as love or hate for example) into a substance

of great value—true wellness. The secret is combining the two. One is not less than the other, but together, they form the bridge to honor the wholeness and totality of the human being.

I bring up science—because the argument is so often made that there is no proof of holistic-alternative ways. But, we know that is not so. Perhaps, not in the way science likes it. Just like Bruce Lipton’s example of the dust devil with no dirt and sand. The swirling vortex of energy in the world of quantum still exists as does the whistle that only a dog can hear. Does this mean there is no whistle because we did not hear it or no vortex because we can’t see it? No. Perhaps the undetectable defies our traditional scientific theory? In spite of a traditional well-substantiated explanation of some aspect of the natural world that is acquired through the scientific method and repeatedly tested and confirmed through observation and experimentation, we must ask, what happens when it cannot be seen or tested, as in the case of miracles or what our medical community refers to as spontaneous remission? The question is, are we brave enough to step into a new world of inclusion rather than exclusion? Materials scientist Rustum Roy, PhD illustrates the resistance to change clearly when he writes:

“As Scientists, we know that our truth may always be improved upon or incorporated into a larger truth with some new discovery. Indeed, every topflight scientist hopes to achieve exactly that: to replace or improve a major paradigm by their new insight.

“In the late 1940’s, my department head in geosciences at Penn State warned me not to be misled by the American geological establishment. This entire body, he warned me, had rejected Alfred Wegener’s nearly 20-year proposal of continental drift. With all the fervor of Southern preachers, the gurus of American geosciences derided Wegener’s view as absurd. Yet, slowly but surely, over a decade or two, their views were totally washed away by the mea culpa, one “certainly correct” theory was abandoned and another one installed! Scientific “truth” changes and true scientists worldwide celebrate its ability to do so.”

**Well•ness (noun) mental and physical soundness** is collaboration between our humanness and spirit. Healing is bigger than addressing the body mechanics. Body, Mind and Spirit together create health. We cannot have one without considering all three parts of US! Modern medicine has separated us into just the physical for the most part—forgetting mind (greater universal intelligence) and spirit. We cannot be healthy unless all three pieces work in unison together.

For a moment, picture yourself in a grand symphony hall—and close your eyes. The constellation of all elements in a great orchestra must function at a high level to produce a world-class performance. It is the entire group which makes up the sum of its parts; not just

the conductor's ability, or budget of the organization, but also the musicians refined artistic freedom and trust for fellow musicians—their harmony. This in turn creates the energy, luster, richness and the magical essence of coherence and vibrancy which will be instantaneously felt at an invisible level. This refined clarity and balance creates the sheer sound of joy and will be transmitted deeply to the audience's experience. Even years later, we can all think of a time when a piece of music moved us—where we were—who we were with, and how we felt in the moment; elicited by the e-motion carried by the sound bound forever in time and memory.

The same thing is true for us and our health. A trauma or conflict remembered and stored deeply in the knowing field of our cells, DNA—memory and history. It's all there. However, in our current health-care system, almost no time is spent discussing daily diet, lifestyle and our mind-body connection despite evidence to support alternative modalities. We must not wait for the obvious to unfold while many perish. It is our job to inspire them. It is our job to love them. It is our job to see the mind-body-spirit connection. Then change happens. It is not in books, lab tests and chemicals—it's within us!

“Blessed are the Humans who look for unseen things that are intuitive but not yet accepted into the reality of life. They will be rewarded with knowledge and wisdom, and will become the forerunners of the newest sciences on the planet.”

--Lee Carroll



Cathrine Silver, HC, AADP, is a Certified Holistic Health Coach in private practice in Lauderdale by the Sea, Florida. She works collaboratively with clients on their desires regarding disease, relationships, spirituality, and loss. Suffering through her own loss in 2005, Cathrine motivates and empowers others to be the heroes in their own lives, becoming fully responsible for their own happiness, joy and well-being.

Cathrine holds a degree in Speech Communication from the University of Washington, is a graduate of the Institute for Integrative Nutrition and holds certifications in Reiki, Matrix Energetics, Hypnosis, Biological Decoding and Grief

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Decoding Our Lives Podcast - coming soon!