

CHANGING OUR THOUGHTS AND EMOTIONS

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The interconnection between unresolved negative emotions and disease is undeniable. Scientific research has shown that negative thoughts, beliefs, attitudes and emotions weaken the nervous and immune systems and can lead to disease, while positive emotions release endorphins in our bodies, which lead to health, happiness and wellbeing.

I have spent many years researching how our thoughts and emotions affect our bodies, and how we can best deal with these. This research gave birth to my best selling book, *The Secret Language of Your Body, The Essential Guide to Health and Wellness*.

In the book I explain that our bodies have a secret language in which they communicate with us. From my experience the body will do whatever you ask. If you constantly say that you can't handle things, your hands will become stiff and clenched and you won't be able to handle anything new. If you say 'my boss is a pain in the neck,' you will manifest neck problems. When you think, 'oh what a headache this will be,' your body is listening. Because it is good at taking direction it immediately starts building tension in your head, so that you can feel your head ache.

People who are consciously aware of their emotions have a choice to transform these through deep breathing, visualization, altering focus of attention, relaxation, change of posture, movement and creativity.

EMOTIONAL RELEASE PROCESS

Place your hands on the part of the body where you feel the negative emotion most intensely. Breathe into that area for a few moments, and allow any emotion to rise to the surface with little resistance. Then relax your hands.

Repeat this statement with feelings and a strong intention to heal.

The Healing Intelligence of my body, using the orange-red flame of purification please dissolve all destructive, limiting, stagnant, _____ (put in the emotion you are working with.) emotions from my cellular memories, mind and energy field. Help me to release limited points of view and let go of all hardness in my mind, body and emotions.

Work with me to release patterns of strain, struggle, effort and resistance. Dissolve all blockages in my mind, body and emotions which obstruct my flow of energy and circulation. Thank you.

Repeat the word clear, while focusing on clearing stress and heaviness from your body.

Allow the orange-red flame to move through your body, mind, emotions and energy field. Observe as it dissolves all negative thoughts, words, feelings, memories and images associated with a particular person, place or experience that has bound you.

For more information about Inna Segal's book *The Secret Language of Your Body* and her workshops please visit www.innasegal.com