

Short Communication

Copyright © All rights are reserved by Viviana Siddhi

“How Emotions Effect Health?”

Viviana Siddhi*

Slovenian-Born Artist, NGO Mandala Transformation, USA

*Corresponding author: Viviana Siddhi, Slovenian-Born Artist with American Citizenship, NGO Mandala Transformation, Inc., California, USA.

Received Date: November 19, 2019
Published Date: November 27, 2019

Short Communication

Emotions are an example of informed power. They are natural and basic to all. Some emotions effect your body-mind-spirit, bringing you quality energy with which to get things done. Other times, your feelings tend to cause harm to your body. You may find yourself wondering just what you must do to get out of their influence. It's like spinning your wheels in mud. At some point, you must confront and deal with them in a way that is energetically advantageous for you and anyone else concerned. Emotions work on your mind and body.

It's easy to fall into negative mood. And this shower of high-speed electrical and biochemical activity can throw a lot of weight in how your life goes. For example: A coworker says something critical and you feel hurt. You might have different opinion than majority of people and you get depressed, etc.

“By seeing your feelings as energy, force, and information capable of fueling your everyday endeavors and development (or not), you can begin to better regulate and benefit from them. You can also learn to use your positive energy sources to reverse a mood that has become detri-mental, enhancing those that are functional. With a little practice, you can soon start to disengage damaging moods within yourself – and even with your partner – within seconds and get back the clarity and fluidity you want” [1].

Emotions affect the operation of your body and mind. Because this influence extends over your whole life being of body-mind-spirit it is important to identify downward moods when you get into them (Figure 1).

“According to doctors Alan Rozanski, James A. Blumenthal, and Jay Kaplan, extensive evidence from animal studies (especially the cynomolgus monkey) reveals that chronic psychosocial stress can lead to a host of severe physical maladies, running from reproductive issues to heart disease” [2].

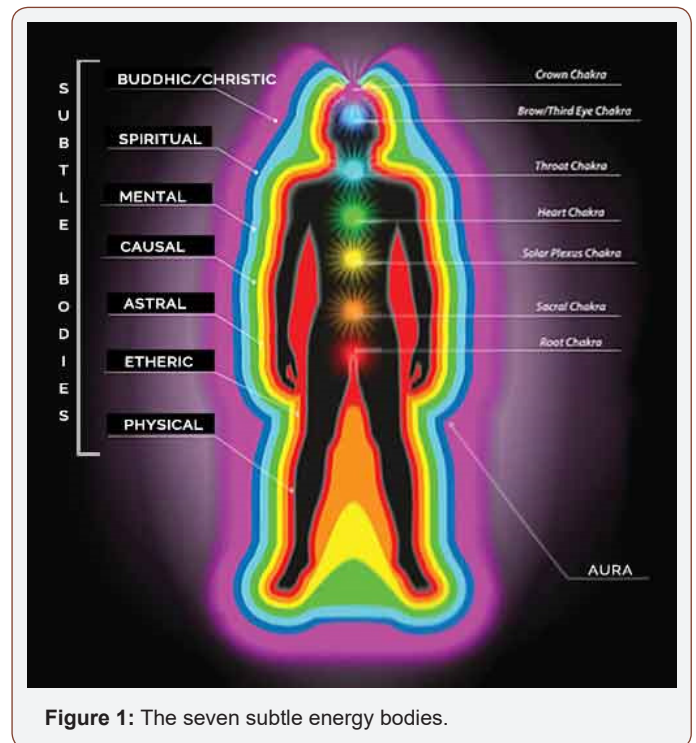


Figure 1: The seven subtle energy bodies.

Joy affects the heart, keeping it strong and warm. It also maintains balance in the small intestines, decreasing tension and increasing the flow of blood and energy. A balanced amount of joy, influenced by the ebb and flow of certain hormones in the blood, will optimize your focus, memory, and self-esteem, and help keep your body-mind-spirit flowing. This activity is especially important as you age because these hormones will start to register lower on your dipstick over time. When balanced, joy streams relaxed and calm yet vibrant and stimulating energy through you.

Joy can lead to hyper-excited behavior, resulting in rocky thinking, poor decision-making, and potentially harmful activity. Balancing involves making yourself aware and having some calming

energy techniques at hand. Little joy or a sudden drop from higher joy can spiral into downward moods and depression, fatigue and insomnia, as well as other physical and psychological problems.

When we practice meditation as quite observation of your spiritual mind, your whole mind becomes clearer and happier, and your body stronger and healthier.

Grief affects the lungs and large intestine. Fear affects your kidneys and bladder. Anger can have adverse effects on the liver and gallbladder, causing gas, digestion, as well as disrupting energy circulation throughout the body.

If you are so sad and angry that you are in a self-destructive mood, you can use the energies of art and your natural environment to lift you up. As your good energy goes up, your negative mood goes away. This is the energy loop that you want to restore positivity and check negativity at the door.

Certain pieces of art – music, painting, photography, film can help you forecast the type of energy you will need in the coming days. Art can help you to become more self-aware. Use the art to tell you what energy you need to stay in balance. Color works to reverse harmful aggression. White, blue, green, red, yellow, etc. carry the energies of archetypal, primordial forces, five basic kinds of qi. As such, they can also be directed in sequence to other parts of the body that need healing and harmony, rather than to the particular organs to which these colors belong. For example, one might send the five colors of light to a wound to help it heal more quickly or to inflamed bronchi to aid in recovery from bronchitis.

We must learn to accept uncertainty and replace it with a positive thinking and a good faith. “So instead of tilting at windmills, anxiety experts like Robert Leahy suggest taking a hint from the well-worn Serenity Prayer, which aspires to “the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference” [3].

Spiritual growth can only be reached through direct life experience.

“Belief – An opinion or judgment in which a person is fully persuaded

Faith – Belief + Action + Confidence

Suppose I am standing on a cliff and I wish to jump off. I believe if I try, I can do it. But I am afraid of jumping. It reveals that though I believe it can be done, I don't have faith in myself. Also, if I don't jump, I can't blame for missing the adventure I might have experienced. I must have faith and jump to explore what is there for me” [4].

There are many self-healing methods such as qigong, reiki, yoga, etc.

“Qigong has been known by many names throughout Chinese history. In ancient times, it was called *tug u na xin* “expelling the old energy, drawing in the new, *xing qi* “moving the qi”, *yang sheng* “nourishing the forces of life, *nei gong* “inner achievement”, or most

commonly as *dao-yin* “leading and guiding the energy”. *Dao-yin* can also be translated as “guiding the qi and extending the limbs”, thus referring to two of the primary components of self- healing: breathing and exercise” [5].

When the breath or energy of the individual is congested and stagnant, the muscles and bones are contracted and don't flex well. Singing and dancing are improving deep breathing and ensure that it moves throughout the body in a harmonious fashion.

Judgments are unhealthy. The first half of the expression, “self”, indicates that esteem is derived from one's inner being. Yet most people seek a sense of worthiness from things that lie outside of themselves. This is not a healthy place to be, and it is a self-defeating exercise. The simple truth is that others can't judge you. People have opinions of you; that is entirely natural, however, no one can judge you unless you confer upon him or her such power of being your judge. With a healthier measure of self-esteem, we might more easily tolerate others' opinions without elevating their beliefs into constructed judgments and objective truths.

Majority of people have a hard time to move from the individualistic competition of being right into the collaborative effort to empathize and connect. The success of this new approach is showing the superiority of the quantum principles: inseparability seeking rapprochement fares far better than separateness seeking to win.

“Even if you disagree with the vast majority of what you are hearing from the other person, you can ordinarily find some small content that you can acknowledge. We typically marginalize, if not ignore, this small part because our default position is grounded in the right-versus-wrong battle, recalling our cultural mandate to be right, our thoughts seek to refute rather than confirm. Even though we say we care about each other, we don't act caringly. If you need to “win”, that means the other person, we don't act caringly. If you need to “win” that means the other person must “lose” [6].

We shouldn't ignore our needs otherwise we can find ourselves in depression and anxiety. The key to health is to learn how to deeply listen to the body and to take time to give ourselves what we need. Give yourself creative freedom to imagine a variety of possibilities for what you believe your purpose to be currently and ask yourself some clarifying questions: What are talents and skills that I have? What talents do I want to develop? What do I feel I'm particularly good at? What gives me so much joy that it doesn't feel like work? What does the world, my community, or my family and friends need that overlaps with my talents?

“Listen to your body wisdom as your first resource and respect it. Your sensations, your feelings, and the discernment of your own mind and soul. This is a minute-by-minute process and can liberate you to walk your path with gratitude, love and joy.

Understand that your symptoms are the key information that unlocks your transformation from chronic body depletion into vitality, repletion, and wholeness. Use your discernment to choose

people, practitioners, and treatments that can support you to feel healthy and whole. Find deep sleep and restoration.

Let your body move, play, and find pleasure, so that its flexible, strong, and resilient” [7].

When one thinks of psychic energy one also thinks of various ramifications of the prana in us. We are full of energy, biological muscular, chemical, electrical nervous and psychic change. Yoga helps in locating these energies. Identifying the sites, managing the energy, mobilizing the energy and transmitting this energy. Breathing is a great source of energy. We have various breathing techniques called Pranayama.

“Human beings are unique not solely because millions of years of evolution have enabled them to stand upright but because of their sensibilities and sensitivities, their ability to feel the pain of others as their own, their ability to comprehend and respond to moral values, their ability to ponder the experience of the race and their ability to convert not just their food but also their hopes into vital energy” [8].

“How we deplete this “vital energy”?

- negative thoughts and emotions (stress, worry, fear, etc.)
- alcohol and drugs
- eating cooked foods
- misuse of the sex energy.

How do we replace this vital energy?

- purify our bodies (allows the nerves and vital energies to flow)
- gradually eat more and more raw foods
- drink pure water that has oxygen in it but with no short-circuiting inorganic minerals in it, or poisons such as chlorine and sodium fluoride

- drink fresh, organic, fruit and vegetable juices and eat fresh, organic produce
- breathe deeply of fresh clean air
- exercise enough to get our hearts beating faster and our lungs breathing more
- have happy, joyous, and loving thoughts and feelings
- be outdoors and in the sunshine
- practice spiritual exercises” [9].

Acknowledgement

None.

Conflict of Interest

No conflict of interest.

References

1. Joseph Cardillo (1951) Body Intelligence. Atria Books, USA, p.124.
2. Joseph Cardillo (1951) Body Intelligence. Atria Books, USA, p.125.
3. Taylor Clark (1979) Nerve. Little Brown and Company, USA, p.276.
4. Ameya Agrawal (2015) A Leap Within. Kalpaz Publications, India, p. 72.
5. Kenneth S.Cohen (1952) Qigong. Ballantine Books, USA, p.13.
6. Mel Schwartz (2017) The Possibility Principle. Sounds True, USA, p.133.
7. Rachel Carlton Abrams (2016) Body Wise. Rodale, USA, p.200.
8. Hansa Jayadeva Yogendra, Armaiti N Desai (2011) Heart Care. Yoga Institute, India, p. 13.
9. Richard Anderson (2001) Cleanse & Purify Thyself. Christobe Publishing, USA, pp. 260-261.