

The Importance of Positive Emotion

The link between mental, emotional and physical health has been gaining credibility for at least the last 30 years. Our bodies, minds and spirits are dependent upon one another. Our *emotional health* absolutely affects our physical health

Our bodies require that we have positive energy flowing in order to stay balanced. If we allow negative emotions to invade our minds and spirits, it will disrupt the positive energy necessary for wellness in our bodies.

Modern medicine may be able to cure our physical illnesses, but healing only comes when we look at the underlying causes. What we have inside of us, inside of our minds, in our energy field, affects our bodies, and if we don't address that principle, we can never achieve healing. We may eliminate physical symptoms for a time but you are covering up something that goes deeper than your body. It is only a matter of time before new symptoms, new illnesses, and new injuries arise.

When you disregard, or ignore your negative emotions or negative patterns from the past it can eventually surface as an illness. Everything may appear to be going fine on the surface, but your body may be reminding you that you need to process and release the negative energy before your body can be truly healthy. The healing process, for diseases opens up when we look inside ourselves and discover what is at the root of our illness. Then, we can begin the journey to making our mind, body, and spirit well. Uncovering the truths we have buried in our body can even help traditional medical treatments work better.

So, what are some things we can do to keep our bodies in balance and force negative emotions out and away?

1. Exercise is one way to deal with emotions and stress. When we exercise at least three times/week our endorphin levels are raised and we feel better. It may also be a way for us to deal and get rid of bad feelings.

2. Avoid the "blame game". Take responsibility for your thoughts and actions, look at problems with perspective and logic. Think about how you can resolve negative situations and "deal" with them. Don't let *problems fester* as a wound that may fester and get infected.

3. Practice some form of meditation or yoga. To me, this is equally important as exercise for getting rid of the toxic thoughts and emotions. Concentrate on your breathing, relaxing and focusing.

4. Eat healthy foods. Avoid foods that are high on the glycemic index as they add to your toxic feelings.

5. Have a good support system. It helps to talk things out and also helps you to gain insight.

6. If things are not resolving, seek a professional's help. Don't let things stay negative and ignore them.

7. Every now and then, pamper yourself. Have a spa day; go to a movie or something of your choice. Forget about everything for a few hours.