

Emotions, Behavior and Body Chemistry

Maurizio Mingardi
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Your Body Remembers

Emotions Change Your Behavior & Body Chemistry

The Origin of Disease

- **FORMATION OF CELLULAR MEMORIES**
 - To a degree, different organs are more affected by some types of emotions
- Traumatic or Continuous or repeated exposure to situations creates beliefs in our heart,
 - Thoughts produce emotions, repeated emotions produce beliefs and feelings.
 - Beliefs and Feelings impact our body, behavior and health – **Eph.4:26-27**
 - Once beliefs are formed it is difficult to change them

Logos: Your Feelings Drive Your Behavior

Trying to change your behavior never produces permanent results –

- **THE KEY: CHANGE YOUR BELIEFS – REPENT**
 - Transform your beliefs and you transform the energy
- When you feel Frustrated, Intimidated, Lonely, Resentful, Rejected, Angry, Sad, Depleted, it comes from your beliefs and will produce actions and physical results
 - YOU NEED GOD'S WISDOM TO RESOLVE THESE FEELINGS
 - YOU NEED GOD'S POWER TO HEAL THESE MEMORIES

Logos: Thoughts and Will Power will always loose to Feelings

Healing Strategy

Start with Your Problems, Tests, Temptations, Hardships

Do not Ignore Your Emotions and Attitudes

- The stress and hardship is the pain generated from internal conflict
- Emotions & Feelings are important – They reflect your BELIEFS
 - As soon as you realize they are there get to the root to resolve issues – otherwise the problem will not be resolved
- **HOMEWORK: MAKE A LIST**
 - What ACTIVATING SITUATION started it
 - What LOGOS (thoughts or words) made you feel that way? A-B-C of self-talk
- If you don't stop your feelings they will become behaviour and affect your health

Steps to Resolve Past Issues - **Jam.1:2-8**

DON'T RUSH IT, LET GO OR RELEASE NEGATIVE EMOTIONS –

- Conscious decision: I am willing to change, to identify my destructive beliefs
 - *Logos: I want life more than I want to be right*
- Stop criticizing, complaining, blaming others and being negative – **Philp.4:8-9**
- Clear your heart - **Jam.1:19-20**
- Get to JOY & PATIENCE or hopeful or cheerful endurance (the ability to stand under stress or pressure) - Walking in the Spirit - **Gal.5:16-18**
- Ensuring and knowing (experiencing) your inheritance – **Eph.1:18-23**
 - *Logos: The Fruit of the Spirit is the source of Health. Gal.5:22-25*

Questions to Consider

1. How do emotions affect your behavior and body chemistry?
2. In what conditions do emotions produce powerful change?
3. What is involved in true repentance?
4. Why does true repentance always produce behavioral change?
5. Explain what is the meaning of "cellular memory"?
6. Why is it important to release negative emotions?
7. How can you release negative emotions?
8. Explain the Healing Strategy given above?
9. How is the fruit of the Spirit related to healing?