



## Talk Yourself Well

*If we practice and eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless.*

Mahatma Gandhi

When you think about all the commonly used expressions that refer to the body, it's no surprise that there is a direct link between how you think and how your body feels. It's no coincidence! The habitual language you choose sends repeated messages to your body.

Your unconscious mind not only runs your body but also stores old memories, beliefs and feelings. The body hears what you say and produces symptoms according to your requests! Listen more carefully to the words people use to describe events. There's a surprising correlation between their choice of words and the ailments they suffer.

*'That makes me sick!!'* (linked to ulcers)  
*'I made a rash decision'* (skin rashes)  
*'It's doing my head in'* (headaches)  
*'I can't stand it anymore!'* (back problems)  
*'It breaks my heart'* (circulation problems)  
*'What a pain in the neck!'* (neck problems)  
*'I can't let go, I must hold on'* (constipation)

Such organ language metaphorically describes inner tensions, conflicts, and deep seated issues that may need to be addressed. Although it may be a question of the 'chicken or the egg', the new science of *Psycho Neuro Immunology* takes this relationship very seriously. The fact that research now proves there is brain tissue present throughout the body, means memory and thinking power reside outside the brain.

*You respond to what you perceive,  
And as you perceive,  
So shall you behave.*

A Course in Miracles

In '*Change Your Brain, Change Your Life*', Dr. Daniel Amen talks about the link between stressful thinking and chemical changes in the brain. SPECT Scans of the brain show that habitual 'automatic negative thinking' (ANT) can lead to ominous changes in the deep limbic system of the brain. Dr. Amen recommends



killing those ANTs if you want to improve your health and well being. Luckily, NLP already provides just the tools to help.



**Step 1:** First notice what kind of habitual thoughts are running through your mind. Each thought stimulates different chemicals to be released into your body. Positive thoughts release healthy healing chemicals which cool your limbic system. Negative thoughts release the chemicals that heat up your limbic system and cause ill health. There are no neutral thoughts or neutral chemicals. Every thought has impact. Your body is like the ultimate lie detector, responding to every thought you think, whether or not it is ever expressed.

**Step 2:** Notice that your negative thoughts are not always true or correct. The only reason you believe their slander is because they've been repeated so frequently in your mind. But you have a choice: continue to let these ANTs destroy your peace of mind and wreck your health, or change your thoughts. Make the commitment to 'kill those ANTs', get rid of the negative thoughts that are polluting your system.

**Step 3:** ANT Extermination! Stop! Don't even THINK that thought! But how do you interrupt repetitive thoughts that keep multiplying? Outwit them by exposing their faulty logic. Listen for Meta Model 'violations' and challenge the assumptions:

**What is being generalized?** Always? Never? All? Every time? Everyone? No one? Forever? Everything? Find the exceptions that prove this wrong.

**What rules are being decreed?** Should it be? Must you? Do you Have to? What would happen if you didn't? What really ought to be?

**What sounds like mind reading?** The truth is that you don't know what someone else thinks or feels. You can't predict anything. Things could turn out much better than you imagine. How often have your predictions been wrong?

**What is being deleted?** Are you focusing only on the bad aspects and deleting everything else? What would happen if you chose a positive perspective – or at least one that is more objective? What's the full story?

**What is being equated?** Does what has happened really mean what you think? People and life are complicated. It's inaccurate to label someone as stupid,



arrogant, malicious, a failure, or a jerk. No matter what you think you are, you are always more than that. Expand your view.

**What really caused this?** Whenever you blame someone else or anything outside of yourself for causing the situation, you throw away your power and make yourself a helpless victim. Who was at fault? How did you contribute? Where is your responsibility? If you want to change anything, you must step back into your power.

Your real power lies in your ability to govern your own thoughts and choose your responses. Tune into the thoughts going through your head, especially any organ language. Take your awareness to the parts of the body that relate to these thoughts and check out what needs to be dealt with. Tackle the inner source of stress directly and you can positively improve your health and well being.

*Even a fish could stay out of trouble if it would just learn to keep its mouth shut.*  
*proverb*

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