

Ninja Communications –The Art and Science of Influence

Emotional Causation and the Human Body

When your thoughts change, your body undergoes physical changes as well. If someone has persistent thoughts or a belief system, over time those thoughts will shape their physical health and can create disease in their body. If these same thoughts are positive and they have a disease, it can positively affect their health and they can be healed. Some well-known cancer centers recognize this, such as M.D. Anderson Cancer Center in Houston, they actually have a wing dedicated to “Laugh Therapy”, where patients are encouraged to watch comedies and meditate on happy thoughts, and this works to improve health. So, I encourage you to keep an open mind as we develop this concept. I’d like you to think about people you know and some of the conditions we will talk about and see if you can find a correlation between their disease and their emotions.

The most powerful disease forming thoughts are criticism, guilt, resentment, and anger. When these thoughts exist and persist in a person, it can most assuredly cause disease. Now it’s important to mention before we discuss any further that there are several variables that cause disease: toxic environments, toxic foods, risky behaviors, certain strong genetic traits, and lifestyle choices. We recognize these and other factors can contribute to disease, but for the purpose of our discussion, let’s focus on a few of the *emotions* that create some common problems we hear about on a daily basis.

Let’s start by giving some minor examples of conditions that you hear about on a daily basis, consider the circumstances and the emotions behind them. When you understand emotional causations, and adjust how you interact with the person in front of you, this can be a very powerful tool in your arsenal to influence that person. Now let’s consider some examples:

- *A coworker comes in and tells you they have a stiff neck.*
You may both conclude that they just “slept the wrong way” last night. In actuality, the neck represents flexibility, a stiff neck may mean that they refuse to see someone else’s point of view and that they were stubborn and inflexible in their thinking.
- *Your parent suddenly develops a pain in their hip.*
A hip problem could represent a fear of going forward in a major decision, or feeling there’s nothing to move forward to.
- *Your brother complains of a lower back problem.*
The lower back indicates fear of money or a lack of financial support.

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- *Your wife or husband suddenly develops sinus problems.*
This could indicate that someone close to them is irritating them, and they are denying their own power.
- *Your boss tells you he's having stomach problems.*
This indicates fear of the new, the inability to assimilate new ideas or circumstances.

This is only a partial list of common health issues that a person faces and the emotions that may be behind it.

Are you ready to learn more about what the physical body can tell about the hidden emotions of the people around you?

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