



Is the Body Listening?

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Imagine for a moment that the body and mind are connected. That the body responds, at a physiological level, to everything the mind says and thinks. That a purpose of the body is to mirror and manifest our language and thoughts. How would health and disease be affected? The observation of many practitioners and the current research demonstrates that there is no separation between the body and the mind. In fact, the mind not only impacts health, it is the master controller. This article looks at the energetic aspects of language, both spoken and internal, and its impact and correlation to health and disease.

There are three layers of language. The spoken language, internal mind chatter or thoughts and unconscious thought. Spoken language is the communication that people have with others. It is what is verbalized, the external communication. Internal mind chatter or thoughts is the communication that people have with themselves. What they keep in, their inner communication. Unconscious thought is the foundation, belief system and intention that underlies a person's thought pattern. Unconscious thought is often expressed through dreams or is brought more to the surface through meditation. When looking at how language impacts a person's health it is important to acknowledge and address all layers of language. Looking and listening for the words, the energy they create and the alignment of one's language between and within the different layers.

The law of attraction and recent books such as 'The Secret' focuses on how the words that we speak influence what we manifest in our life. When you repeat the phrase, 'I am sad' for even a couple a minutes notice how the body shifts, contracts and mirrors that emotion. Likewise, repeat the phrase, 'I am strong and confident' and observe how your body automatically follows the words by straightening the posture and breathing deeper. Your physiological response is even greater if you say the words (outer expression) and think the words (inner expression). Your body is listening all day long. The words that you speak, the thoughts that you keep to yourself all impact your physiology.

Research shows that the mind doesn't separate between an event that you observe and an event that you experience first hand. Have you ever watched an IMAX film of a rollercoaster and felt your stomach churn or your heart rate increase as you go up and down the rollercoaster. The understanding of anticipatory anxiety is that a person's physiology changes in response to their internal mind chatter or thoughts. A person can go into shock by hearing and thinking bad news, regardless of whether their thoughts are based on reality or not. A 'good' movie is viewed as one that can make people feel they are there – that is, that it elicits the same physiological response that one would expect if they were experiencing the event instead of just watching it on a screen.

Increases in heart rate and respiration, dilation or contraction of the pupils, flushing of the skin and increased perspiration, digestive disturbances and postural changes are obvious physiological responses associated with thoughts. Most of these changes are due to the body being in a hyper-sympathetic mode. Language that is more subtle and repetitive and the everyday language that is spoken affects health at a deeper level. For example, when people say 'they are stuck', 'they have no support', 'they feel suffocated', 'they have no control', 'they are exhausted', 'they don't have any time to breathe' the body contracts, the



flow of energy is impeded, they many find their energy is down, there is a change to their health. Internal thoughts determine a person's expectations. They influence a person's willingness to make change, to explore new adventures and to engage or disengage with their external world. When a person constantly thinks that they are not good enough, that they aren't loved, that it is not safe to take chances they will be more contracted. A person whose thoughts are about how grateful they are about their life, who sees situations as new adventures and who likes who they are will be more relaxed and their energy will flow more freely.

Everything is energy. Energy is the common language or framework for understanding every aspect of a person, how all aspects are related and how a person relates to others and their environment. The Traditional Chinese Medicine principles of excess and deficiency, internal and external and YIN and YANG and the principles of the Ayurvedic five elements (ether, air, fire, water, earth) are energetic concepts that are helpful in understanding the energetics of language.

Words such as 'too much', 'overwhelmed', 'excess' or language that is spoken with intensity, force or loudness all indicate a state of excess. Excess manifests as intensity, forceful movements, loud and full voice, heavy breathing, pains that are worse pressure, or an increase in weight or size. A thick coat on the tongue and a rapid strong pulse indicate a state of excess. On a structural level excess can show up as stiffness, heaviness, growths or an increase in size of a particular part of the body, mass or cyst.

Words such as 'weakness', 'not strong enough', 'not able', tired, or language that is soft, weak and irregular indicates a state of deficiency. Deficiency is a lack of energy. It often manifest in a chronic state. As disease progresses the body becomes more deficient – energy, blood or fluids start to decrease. Signs of a deficiency state include frail, weakness and loss of strength, weak movements, pale skin, shallow breathing, pain relieved by pressure, spontaneous sweating or incontinence. Deficiency causes a breakdown in tissues, organs, muscles and structure. The tongue will be pale and thin and the pulses will feel weak.

Internal language is about self and relates to a person's thoughts and internal mind chatter. It affects a person on a deeper level. It represents more the medial or core aspects of the body, such as the spine, bones, organs and structures located in the centre of the body. External language is more about a person's environment, the people, places and events that impact a person. It is reflected more in a person's spoken language. The external aspect of a person relates to lateral organs, structures and aspects of the body, such as the limbs.

The concept of Yin Yang is based on Traditional Chinese Medicine. It is based on the flow of energy between two extremes. Yin Yang is a continuum without borders or boundaries. Everything can be explained based on its share of Yin Yang energies at any given point in time. Yin Yang is an expression of the quality of an energy.



YANG ENERGY	YIN ENERGY
top-down	bottom-up
front of the body - right side	front of the body - left side
back of the body - left side	back of the body - right side
left hemisphere	right hemisphere
superficial aspects of the body	deeper aspects and organs in the body
Organs: gallbladder, stomach, small intestines, large intestines, urinary bladder and triple burner	Organs: heart, lungs, spleen, liver and kidneys
breath - exhalation	breath - inhalation
masculine	feminine
impulse to be, to act and to do.	impulse to receive from others.
Purpose: To receive, break down and absorb, transport and excrete what you take in.	Purpose: To produce, transform, regulate, store the energy, spirit, fluids and blood.
Characteristics: motion, outgoing, dynamic, transforming, giving, responsible, expressive, steady, logical, aggressive, action-oriented, contraction, physicalization and materialism.	Characteristics: yielding, nourishing, maintenance, intuitive, receptive, creative, listening, gentle, expansion, dephysicalization and spiritualism.
hot	cold
push, extensor muscles	pull, flexor muscles
often associated with acute illnesses.	often associated with chronic illnesses.

The charts below look at the elemental aspect of a person according to the five elements – ether, air, fire, water and earth.



Elemental Aspect of the Structural Body

	ETHER	AIR	FIRE	WATER	EARTH
Overall	hair	skin	muscles	flesh / fat	bone
Positive pole	head, ears	shoulders, lungs	eyes, forehead	chest, breast	neck
Neutral pole	sacrum	kidneys	solar plexus	Pelvis	colon
Negative pole	arch of foot	ankles, calves	thighs	feet	knees
Body Type	overall appearance	light, thin, wiry & underweight	moderate, lean & muscular	moderate to stout, padded look, easy to gain weight	moderate to heavy build, square, firm structure
Chakra	throat	heart	solar plexus	sacral	root

Elemental Aspect of the Inner Body

	ETHER	AIR	FIRE	WATER	EARTH
Overall	lengthening	speed of response	shaking	flowing movement	contraction
Governs	sleep	thirst	hunger	luster	laziness
Organs	space	chest cavity, lungs	stomach, liver, spleen, heart, gallbladder	bladder, secretory glands	bone, colon & kidneys
Glands	thyroid	thymus	pancreas	ovaries & testis	adrenals
Tissues	cavities	nerves	ligaments, muscles	fat, menstrual tissue	blood, tendons
Fluid	ovum, semen, CSF	tears, breath	enzymes, hormones	lymph, plasma, sweat	blood
Body Systems	joints, spinal column	nervous system, circulation & respiration	digestion, metabolism	endocrine, lymphatic & reproductive	skeletal, elimination & immune



Elemental Aspect of the Emotions

	ETHER	AIR	FIRE	WATER	EARTH
Overall	freedom of expression	gentleness	warmth	nurturing	secure
Governs	openness, inner self, expression	lightness, diversity & movement	sense of power, motivating	adaptability & cleansing	safety, basic existence & survival
Balanced	identity, humble, pride	honest, integrity & charity	enthusiastic, forgiving, courage	receptive compassionate	protective, supporting
Yang	arrogant, shameless	impatient, illusions	resentful, judging, anger	compulsive, passionate, lust	invulnerable, defensive, paranoid
Yin	worthless, shamed, grief	jealous, hopeless, desire	controlled by others, frustration, competitive	dependency, needy, attachment	no boundaries, anxious, fear

Elemental Aspect of the Mind

	ETHER	AIR	FIRE	WATER	EARTH
Overall	stillness	mental activity	intelligence	creativity	structure
Quality	tranquility, peace, neutrality	many thoughts & ideas, thinks before acting	enthusiastic, willful, focused, perceptive	sensitive, patient, fluid	steady, enduring, routine
Attributes	universal love, spaciousness & harmony	attention, honesty & thought	insight, power, quickness, motivated, inspirational	intuition, receptivity, nurturing	support, stability, practical, discrimination, slow & steady



When looking to understand the energetics of a specific aspect of the body, look at what that body part is used for. For example, the arms, both literally and energetically are used to give and receive, to nurture and embrace life and to push and to pull. The hips and legs are used to move forward, to determine direction and pace of one's life. When a person talks about being unsure of what to do in their life, or unsure of the path they are on, you will often find a corresponding physical manifestation.

Understanding the energetics of language is about seeing the link between a person's words to how their language is being manifested in the body. For example, 'no support' indicates a lack or a deficiency in earth, as support is an earth quality. Earth is manifested in the bones, colon, knees, adrenals and blood. The deficiency of earth will show up in different parts of the body depending what aspect of a person's life is lacking support. For example, if the person's thoughts were about not having the support to be themselves it might manifest as weakness in the spine, especially the lumbar and sacrum area as that aspect of the body holds the essence of self. If the lack of support was in how they were moving forward in life, it might manifest as weakness in the hips or knees. Also, it is naive of us to expect that thoughts and language are a one way street. Notice what happens when you internally rotate your feet and fold in your shoulders – notice the change in affect – most people will notice that their affect becomes more flat, sad or weaker.

The body isn't only listening, it is filtering and mirroring our thoughts and language. There is an unlimited capacity for language and thoughts. And each aspect of language has a specific energetic pattern. The body and language are one in the same. When the body shifts, language follows, and when language shifts, the body follows. Being able to hear the link between language and health is a wonderful tool for practitioners to better understand the logic of health and disease. It also provides a wonderful way to assist patients in improving their health and impact their ability to heal, just by changing their language.