

YOUR WISH IS MY COMMAND

Linda M. McCarthy Ph.D

Chapter 2- 'The Wellness Code'

Can negative thoughts, feelings and emotions play a significant role in our physiology, or are they just words that have no genuine importance? Let's take a look at the meaning of the word 'emotion' in the dictionary.

The word emotion is derived from the Latin term '*emotus*' or '*emovere*': to move outward. When the ability to skillfully channel emotions are developed, this enables us to move effortlessly through life with little discord. However, what if a person is not skilled in understanding the possible consequences of continual pessimism? At what point does a negative emotion become so toxic to the body that it begins to affect overall health?

Until I began my journey to understand the mind body connection, I had a limited understanding between the direct correlation of a negative thought or emotion, and the physiological response that occurred in the body at that moment. I grew up overhearing others complain about a situation or person causing them to experience: "*A pain in their neck*"; "*thorn in their side*"; or feeling "*broken hearted*." These comments were metaphoric expressions of course, but they also represented a reflection of an actual physical sensation. I assumed they were just common terminologies used to convey emotional discomfort. After all, how could a thought or a feeling affect our physical health? They were only fleeting aphorisms and we could change them at will, or could we?

Basically there are two types of thoughts, supportive and non-supportive. Your self concept is based on how you speak to yourself, consciously and subconsciously. I often convey to clients: "*Be careful what you are thinking, your cells are listening*," because in

a sense the receptors on the cells act as antennas, or ears, and they are vibrationally eavesdropping on our thoughts. When we find ourselves in a toxic environment, or experience negativity for extended periods of time, on a conscious level we convince ourselves that all is well, and the situation is under control. However subconsciously, if we do not *believe* what we are thinking, our cells will respond accordingly. If the belief continues for an extended period of time, the cells and the DNA will adapt and change according to the environment. These changes eventually manifest into physical and mental disease in the body. As signals are sent from the environment, positive or negative, the cells respond in like. I compare the cellular response in our body to a genie in a bottle: “Your *wish is my command*.” I would like to share a very personal story in which this theory applies.

A very close friend of mine Laurel was diagnosed with pancreatic cancer a few years ago. She was informed by the medical community that her tumor was too large, discovered too late, and regrettably, there was nothing they could do for her. She was told to go home, get her affairs in order, call Hospice, and make any other arrangements necessary for her inevitable demise. Fortunately, Laurel LOVED life, so she relentlessly pursued doctor after doctor until she found one who agreed to administer chemotherapy and radiation in an attempt to shrink the size of the tumor, thus allowing for its removal in surgery. In the meantime, Laurel continued to enjoy her wonderful life, even purchasing a brand new sports car right before surgery as a gift to expedite her recuperation after the procedure. She expected a positive outcome and was excited to drive the car that awaited her after recovery. Believing the physician’s protocol would work since the tumor had shrunk significantly, Laurel had the surgery and the operation was a complete success. She was

cancer free and even complied with the physician's request for additional chemotherapy treatments to ensure total elimination of any rogue malignant cells. What puzzled both Laurel and I was that she always appeared to be optimistic, helping others in need, and never revealing anything but the positive side of her personality. So why would such an outgoing person develop cancer? Where did the toxic emotions come into play?

A few months later, Laurel was invited to a holiday party. She overheard physicians discussing the high recurrence rate of pancreatic cancer, as it had the lowest survivability of any cancer with long term prognosis dismal at best. Those words were seared into her subconscious. Laurel attempted to put those 'toxic' words out of her thoughts, but unbeknownst to her; they were already imprinted into her mind. I equate it to an emotional abscess, continuously oozing the fear of inevitable demise to her cells. In speaking to her, I could tell by the tone in her voice that her optimism had turned to uncertainty.

It was approximately six months later; (on Mother's day) that Laurel called to share with me the cancer had returned, and far more aggressive than the previous occurrence. She was once again given the prognosis of death, but this time she surrendered to the diagnosis, and planned for her inevitable departure. Saddened by the news, I asked her if she every truly believed she was cancer free. Laurel told me that the conversation that she overheard was life altering, shattering her new found beliefs. She began to fear the return of the cancer, and subconsciously her body began to act as such. What she didn't understand was the program of past images were held in her subconscious mind, and regarded the events as such, so her body responded accordingly even though she was perfectly healthy at the time. I was still pondering the underlying causation that became the catalyst for the occurrence and resurgence of the disease in such a positive person.

Before her final weeks, Laurel and I spoke candidly about her past, and she unearthed feelings of anger, hurt, resentment, and regret that she had been suppressing for a long time. This side of Laurel had never been revealed to me. For years she had been silently seething about family issues. She was afraid to rock the boat, so she buried those feelings under false smiles, pretending they no longer mattered. However, subconsciously, she was storing irritation in her cells, and what appeared to be a calm demeanor was actually harboring turmoil on the inside. It was only a matter of time before her body could no longer protect itself, and the assault on her defense system became overwhelming. You see, cells are either in growth or protection mode until their resistance ceases. That is when disease appears. It was in the finality of her life that she was able to understand how the quiet cycle of anger, hurt, rage, all these years of pent up emotions, and self doubt would soon take her life. She died at home surrounded by family and friends.

Laurel's death was a turning point for me. I experienced first hand the effects of toxic emotions on a healthy body, and the devastation that transpired. I began to explore the relationship between organs in the body, and the emotional aspects related to them. Was there a direct correlation between emotions and our body?

Depending on the sources (and there are a myriad of opinions and views), various neurologists speculate that we receive anywhere between 12,357 to 60,000 thoughts per day. The data is based upon the neurological function of the individual. But even more staggering is the information that Princeton Anomalies Research Program or (PEARS), has been collecting on this research for over twenty three years. PEARS suggest that if we have one thought every fifteen seconds, and sleep for approximately eight hours every evening, that would amount to 240 thoughts per minute, 14,400 per hour, or 230,000 per day. Fortunately,

most are not conscious thoughts, but rather subconscious ones, which do not continuously interfere with our daily activities. Nevertheless, subconscious thoughts are vital, and a number of scientists believe these thoughts are of greater importance in our daily lives than conscious ones. According to P.E.A.R.S, we are only cognizant of approximately five percent of conscious thoughts. The remainders are subconscious and continually downloading, running silently in the background of our mind.

My view is that most of us are unaware of the important role that our thoughts, feelings, and emotions play in determining the decisions we choose everyday, particularly the ones that arise from the subconscious. And even more importantly, how negative or toxic emotions can wreak havoc not only on our mind, but our body and spirit as well, creating illness, and disease.

There are numerous variations of toxic emotions and here are a few:

1. Hurt: Victimization, offended
2. Sadness: Self Pity, sorrow, depression
3. Hopelessness: Lonely, despair
4. Shame: Embarrassment, disgrace
5. Fear: Anxiety, panic, dread
6. Anger: Resentment
7. Hate: vengeful
8. Jealousy: Envy, possessiveness
9. Greed: self indulgence
10. Guilt: Self-blame, self reproach

Do you recognize yourself in any of these variations? We all have been there at certain times in our life, but the key is to manage our reaction to them and not stay in that mode.

All of these emotions, to any degree, have the potential to cause a disruption in your body, because as they expand, they begin to create a life of their own, shifting actual reality into one of vulnerability, separateness, and solitude. By ignoring them, these emotions are forced deeper into the cells of our body, silently waiting to erupt when the environment becomes too toxic or overwhelmed.

Most everyone has heard of the placebo effect, that is when a patient is given a sugar pill assuming it is a pharmaceutical drug, thus the patient reacts according to the ‘belief’ that the pill has the ability to heal, and they do. There have been numerous studies on the placebo effect, including one in 2002 by Dr. Irving Kirsch, a psychology professor at the University of Connecticut. Dr. Kirsch found that approximately eighty percent of the effects of antidepressants measured in the lab were attributed to the placebo effect.

Conversely, negative beliefs have the ability to trigger a Nocebo (Latin translation-*I will harm*) effect. The nocebo effect is a term to describe an ill effect caused by a suggestion or belief that something is harmful. In 2003, the Discovery Channel aired a program called ‘Placebo, Mind over Medicine’. One segment featured Dr. Clifton Meador, a physician who had been haunted by the nocebo effect for twenty nine years. He treated a patient, Sam Londe in 1974 for cancer of the esophagus, informing him that his prognosis was grim, and the disease has a very high mortality rate. A few weeks later, Mr. Londe died; however, the autopsy revealed that his esophagus was fine. He had a few spots on his liver, and one on his lung, but certainly not enough to cause his demise. Dr. Meador said that the patient died *with* cancer but not *from* cancer and had he not given that terminal prognosis,

would Sam Londe still be alive? Was the implication of inevitable death the basis for his demise, since clearly the cancer was not the causation? You see, our biology adapts to our beliefs and that is the source to understanding the powerful influence of our mind and creation. We can choose to live in fear, or love. One allows our cells to be more susceptible to disease, the other to well-being. The proverbial glass half full or half empty theory is not just an aphorism; it is the recipe to a healthy, productive life. Choose to live in love rather than fear. The acronym for fear is: False Expectations Appearing Real.

Louise Hay, a skilled motivator, founder of Hay House Publishing and author of “You Can Heal Your Life”, believes that each organ holds cellular emotions. The pancreas for example was related to “*Not enjoying the sweetness of life*”, as well as “*anger associated with sadness*”. Both of those explanations described Laurel’s emotional state for most of her adult life.

Dr. Candice Pert, a former Chief of Brain Biochemistry at the NIH for thirteen years, feels that there is a definite connection between emotions and our health. Dr. Pert stated that emotions are not fully expressed until they reach consciousness. Until then, they are stored in the body and there is overwhelming evidence that unexpressed emotions cause illness.

In working with clients in my practice, I have learned that is that there is never a ‘one size fits all’ protocol for everyone. However, there are four important starting points that I would like to share with you.

Number One is to recognize that you are NOT a victim and powerless to your circumstances. If you are unhappy with the circumstances in your life, change your course! Only YOU can create your life. When you are able to make that shift, you then begin to rewrite the story of your life. Don’t allow others to decide your future for you.

Number Two- Everything that enters our life, good or bad, is only because of our perception of the situation. What that means is, whatever we experience in life is only based on what we perceive as truth. If you change your perception, you change the way you see the world. Here is an example of what I mean:

Not long ago, I saw a beautiful sunset and I was in awe of the beauty. My neighbor saw the exact same sunset as toxic, caused by the refraction of the light on the pollution to create the amazing colors. Same situation, very different perceptions, and our body responded accordingly.

Number Three: Write it down. Some people love to journal; others may take notes on a pad, but when you physically write your issues down, you begin the process of releasing the emotions from your body. This means physically hand writing, not typing on a computer, because you can't express your true emotions on a key pad.

Number Four: You must BELIEVE that you are deserving, and in doing so, the power of beliefs within you will begin to rearrange your life. Don't allow the beliefs of others to control your reality. You see, reality is nothing more than the imagination claiming its beliefs to be factual. Trust your inner wisdom, for it has always been there.

I teach clients to reframe their thoughts in order to change their perception. This process allows each client to understand the core of their perceptions, how they developed them, and more significantly, how to transform those beliefs.

Mahatma Gandhi wrote:

Your beliefs become your thoughts-

Your thoughts become your words-

Your words become your actions-

Your actions become your habits-

Your habits become your value-

Your value becomes your destiny...

What beliefs are you selecting, that will ultimately determine your destiny?