Mind-Body Connection and Thought Patterns

So let's talk about the second shift So let's talk about the second shift which is we need to understand how our which is we need to understand how our illness thought patterns are being illness thought patterns are being formed so that we can resolve them. And formed so that we can resolve them. And this is important and we start this is important and we start um um um we start with the following statement we start with the following statement that our body responds to what we think that our body responds to what we think about. Again our body responds to what about. Again our body responds to what we think about. It's such an obvious we think about. It's such an obvious thing. I shouldn't really have to say thing. I shouldn't really have to say it. But what I've learned from again it. But what I've learned from again working with people that many of us just working with people that many of us just don't really think about it in this way, don't really think about it in this way, but it it becomes very clear when we but it it becomes very clear when we look a little closer into this look a little closer into this phenomena. Right? When you watch a scary phenomena. Right? When you watch a scary movie, for example, I tend to avoid movie, for example, I tend to avoid those, but when you watch a scary movie, those, but when you watch a scary movie, because you like that, your heart starts because you like that, your heart starts racing. Your body is responding even racing. Your body is responding even though you're in the comfort and safety though you're in the comfort and safety of your own home, right? you're not of your own home, right? you're not you're not out there experiencing this you're not out there experiencing this horror. And that's because your body is horror. And that's because your body is responding to the mental images that responding to the mental images that you're viewing, right? The movie that you're viewing, right? The movie that you're watching. But it doesn't have to you're watching. But it doesn't have to be an external stimuli that activate be an external stimuli that activate this kind of biology or experience this kind of biology or experience within our body. For example, when you within our body. For example, when you think about your favorite food, your think about your favorite food, your mouth begins to water, right? That is mouth begins to water, right? That is your body responding to your your body responding to your imagination, to your mental imagery, if imagination, to your mental imagery, if you will. So what does that tell us? It you will. So what does that tell us? It tells us that our mental imagery, our tells us that our mental imagery, our imagination, our thoughts, perceptions imagination, our thoughts, perceptions and beliefs, they can cause an and beliefs, they can cause an immediate effect within our body. I mean right effect within our body. I mean right away. And that's the mind body away. And that's the mind body connection in a nutshell. Right?

connection in a nutshell. Right? Something happens in our mind and we Something happens in our mind and we have a physical experience as a result have a physical experience as a result of that. Now, when it comes to cancer, of that. Now, when it comes to cancer, there are nearly always habitual mental there are nearly always habitual mental patterns that we're running that are patterns that we're running that are causing us to stress that are causing us to stress that are unintentionally unintentionally unintentionally diminishing or hurting the functioning diminishing or hurting the functioning of our immune system and that are of our immune system and that are actually letting actually letting cancer thrive because they render the cancer thrive because they render the body vulnerable. Our biology doesn't body vulnerable. Our biology doesn't work in an optimal fashion, right? So work in an optimal fashion, right? So then illness can more readily develop.

then illness can more readily develop. So the body is vulnerable and we can So the body is vulnerable and we can quickly take a deeper look at how this quickly take a deeper look at how this actually works. Now I will say that you actually works. Now I will say that you have a conscious mind. We all do, right?

have a conscious mind. We all do, right?

Subconscious Mind, Beliefs, and Biology

But we have a conscious mind. Let's say But we have a conscious mind. Let's say it this way. We have a conscious mind it this way. We have a conscious mind that is logical and rational which is that is logical and rational which is our thinking mind. And it's the part of our thinking mind. And it's the part of our mind that listens to me right now our mind that listens to me right now analyzing critiquing my words. uh to analyzing critiquing my words. uh to simplify

things, let's say that the simplify things, let's say that the conscious mind is responsible for conscious mind is responsible for thinking.

thinking. thinking. Now we have a subconscious mind as well Now we have a subconscious mind as well and the subconscious mind is our and the subconscious mind is our emotional mind and it is far more emotional mind and it is far more powerful. Our subconscious mind runs powerful. Our subconscious mind runs most of our bodily functions. For most of our bodily functions. For example, right now your digestion is example, right now your digestion is going on, your body temperature is going on, your body temperature is regulated, your breathing, your your regulated, your breathing, your your heart is beating. In other words, your heart is beating. In other words, your subconscious mind is responsible for subconscious mind is responsible for functioning. Okay? To understand just functioning. Okay? To understand just how much more powerful the subconscious how much more powerful the subconscious mind, the emotional mind is in mind, the emotional mind is in comparison to the conscious mind, it's comparison to the conscious mind, it's helpful to understand that it processes helpful to understand that it processes 11 million bits of information per 11 million bits of information per second compared to only 40 bits per second compared to only 40 bits per second of the conscious mind. If that's second of the conscious mind. If that's not impressive, let's do the math here not impressive, let's do the math here and you will realize that your and you will realize that your subconscious mind is 275,000 subconscious mind is 275,000 times faster than your conscious mind.

times faster than your conscious mind. But, But, But, and this is an important but, as and this is an important but, as powerful as the subconscious mind is, it powerful as the subconscious mind is, it has one big flaw that we're going to has one big flaw that we're going to take or use to our advantage. Okay? And take or use to our advantage. Okay? And that flaw is that it's entirely literal.

that flaw is that it's entirely literal. In other words, your subconscious mind, In other words, your subconscious mind, as powerful as it is, it cannot tell the as powerful as it is, it cannot tell the difference between actual events that difference between actual events that are happening in front of us to events are happening in front of us to events that you and me vividly imagine.

that you and me vividly imagine. It cannot tell the difference. Hence the It cannot tell the difference. Hence the us thinking about our favorite food and us thinking about our favorite food and boom, the the body is responding. Okay?

boom, the the body is responding. Okay? And and this is a point worth And and this is a point worth remembering because this flaw is really remembering because this flaw is really the key to hacking our biology and the key to hacking our biology and getting better treatment outcomes. The getting better treatment outcomes. The subconscious mind subconscious mind is is is is you know it allows us this this access you know it allows us this this access point and it's worth remembering that it point and it's worth remembering that it has massive influence over our biology.

has massive influence over our biology. Breathing, heartbeat as I mentioned, Breathing, heartbeat as I mentioned, digestion, body temperature, all of digestion, body temperature, all of these processes take place without our these processes take place without our conscious participation.

conscious participation. And more importantly to our point, the And more importantly to our point, the subconscious mind also has influence in subconscious mind also has influence in part over the functioning of our immune part over the functioning of our immune system. So it's not that it's the only system. So it's not that it's the only part that governs our immune system, but part that governs our immune system, but it's got influence over it. And this is it's got influence over it. And this is what we're going to what we're going to utilize to our advantage. Okay, this utilize to our advantage.

How Early Beliefs Shape Illness

Okay, this flowing design, if you will, is how we flowing design, if you will, is how we intentionally engage and support the intentionally engage and support the healing response within our body. That's healing response within

our body. That's how we activate it. The subconscious how we activate it. The subconscious mind operates on beliefs.

mind operates on beliefs. In other words, your beliefs over time In other words, your beliefs over time harden into conditions, if that's a good harden into conditions, if that's a good way to put it. And what we know with way to put it. And what we know with absolute certainty and I need you to to absolute certainty and I need you to to stay with me on this. What we know with stay with me on this. What we know with absolute certainty is that most of the absolute certainty is that most of the beliefs that we're having all of us that beliefs that we're having all of us that we're carrying around uh they were we're carrying around uh they were installed in our mind when we were very installed in our mind when we were very very young which means that they are very young which means that they are likely and this is not a judgment of who likely and this is not a judgment of who we are but they're likely we are but they're likely uh for the most part distorted uh for the most part distorted entirely wrong or not entirely true. And entirely wrong or not entirely true. And that's because it's not because we are that's because it's not because we are not smart enough or anything like that, not smart enough or anything like that, but it's because when we were very but it's because when we were very young, our mental and emotional or young, our mental and emotional or psychological faculties, they were not psychological faculties, they were not yet fully developed. So, we couldn't yet fully developed. So, we couldn't really exercise a lot of judgment around really exercise a lot of judgment around it.

it. it. But here's the thing, your subconscious But here's the thing, your subconscious mind um it doesn't know that and it mind um it doesn't know that and it doesn't care. It doesn't know that these doesn't care. It doesn't know that these beliefs or perceptions are distorted and beliefs or perceptions are distorted and wrong. And it doesn't care if it believe wrong. And it doesn't care if it believe things deeply. It will proceed to act on things deeply. It will proceed to act on these beliefs as if they are real. Which these beliefs as if they are real. Which means for us specifically that perhaps means for us specifically that perhaps distorted beliefs bring about distorted distorted beliefs bring about distorted conditions in our case illness. Now conditions in our case illness. Now based on my experience again 25 years I based on my experience again 25 years I can tell you that can tell you that many cancer patients actually have very many cancer patients actually have very specific beliefs that create what I call specific beliefs that create what I call illness thought patterns. So illness illness thought patterns. So illness thought form and illness paradigm and thought form and illness paradigm and unless these thought paradigms are unless these thought paradigms are reversed they will continue to diminish reversed they will continue to diminish the functioning of our immune system and the functioning of our immune system and render our body vulnerable. they will render our body vulnerable. they will promote disharmony within our body. So promote disharmony within our body. So let's look a little deeper at these let's look a little deeper at these illness thought patterns and how they illness thought patterns and how they form because we want to understand this.

form because we want to understand this. We want to really know what we need to We want to really know what we need to do here. So let's say this earlier in do here. So let's say this earlier in life when you were again very very young life when you were again very very young you received all kind of statements you received all kind of statements suggestions from figures of authority in suggestions from figures of authority in your life. It could be your parents or your life. It could be your parents or your caretakers. If we talk about your caretakers. If we talk about family, you receive suggestions like family, you receive suggestions like perhaps uh well our family always gets perhaps uh well our family always gets sick or illness runs in our family or sick or illness runs in our family or my grandmother had cancer and her my grandmother had cancer and her grandmother had cancer and then when I grandmother had cancer and then when I had cancer it just felt like it was my had cancer it just felt like it was my turn. Something to this extent something turn. Something to this extent something quite basic what I call family quite basic what I call family mythology. Now these suggestions mythology. Now these suggestions they came from people that we relied on they came from people that we relied on for you know for staying alive. So we for you know for staying alive. So we just accepted them um without question just accepted them um without question and those suggestion and they got and those suggestion and they got componented over the years because we componented over the years because we like people like to tell the same like people like to tell the same stories the same family mythology over stories the same family mythology over the years they hardened into beliefs and the years they hardened into beliefs and these beliefs began to shape these beliefs began to shape our reality because they our internal our reality because they our internal reality because they started impacting reality because they started impacting or altering our biochemistry. Okay, they or altering our biochemistry. Okay, they either set us uh set up a cascade of either set us uh set up a cascade of hormones that created abundant of health hormones that

created abundant of health for us or they set up a cascade of for us or they set up a cascade of hormones that created additional stress hormones that created additional stress and further suppressed our immune and further suppressed our immune function. So eventually we reached the function. So eventually we reached the point where our immune system can no point where our immune system can no longer maintain optimal health and that longer maintain optimal health and that have allowed illness to more readily have allowed illness to more readily develop. Does that make sense? Hopefully develop. Does that make sense? Hopefully that that makes sense to you. So here's that that makes sense to you. So here's the bottom line. The bottom line is the bottom line. The bottom line is this. There are habitual thought this.

Martha's Story of Emotional Suppression and Healing

There are habitual thought patterns that got installed in your patterns that got installed in your mind, in your subconscious mind when you mind, in your subconscious mind when you were very young. They programmed you were very young. They programmed you without your knowledge or consent, if without your knowledge or consent, if you will, uh for expressing health in a you will, uh for expressing health in a certain way. And if you don't uh certain way. And if you don't uh reprogram these thought patterns from reprogram these thought patterns from ill health back to health, then your ill health back to health, then your subconscious mind will continue subconscious mind will continue sabotaging our biology, our progress, sabotaging our biology, our progress, our immune system and our potential for our immune system and our potential for healing and recovery. There is no in healing and recovery. There is no in between for the mind. Either our between for the mind. Either our subconscious mind is working to promote subconscious mind is working to promote health or it works to diminish it. And health or it works to diminish it. And if it's working to diminish it, you want if it's working to diminish it, you want to do something about it right away so to do something about it right away so that you can give yourself every that you can give yourself every possible edge and advantage possible edge and advantage to overcome this illness. Right? And to overcome this illness. Right? And someone who did just that, I want to someone who did just that, I want to share a past client's story. Um, and share a past client's story. Um, and this past client is Martha who at 63 was this past client is Martha who at 63 was diagnosed with lung cancer. And Martha diagnosed with lung cancer. And Martha was a very active person all her life was a very active person all her life with big social circle. But now with with big social circle. But now with this diagnosis and so much has changed this diagnosis and so much has changed with an oxygen tank attached to her hip, with an oxygen tank attached to her hip, she had to slow down. Her mobility was she had to slow down. Her mobility was severely restricted as a result of that severely restricted as a result of that and even standing for long periods of and even standing for long periods of time became difficult which meant that time became difficult which meant that she wasn't really able to host her she wasn't really able to host her family as much as she wanted. And that family as much as she wanted. And that create that had an impact and mentally create that had an impact and mentally and emotionally the change in her and emotionally the change in her identity from an active and independent identity from an active and independent person who's the head of her family to person who's the head of her family to now being a cancer patient uh this kind now being a cancer patient uh this kind of change was extremely hard for her to of change was extremely hard for her to process and certainly to accept.

process and certainly to accept. Now if we look back into Martha's Now if we look back into Martha's childhood it was complicated. Martha childhood it was complicated. Martha grew up in a very religious home and grew up in a very religious home and this is not a criticism of religion this is not a criticism of religion obviously but in her words it was an obviously but in her words it was an atmosphere uh that was full of tension.

atmosphere uh that was full of tension. It was strict. It was rigid. It was It was strict. It was rigid. It was doineering. And from a very young age doineering. And from a very young age Martha said that she learned that Martha said that she learned that bottling her emotions is safer than bottling her emotions is safer than expressing them. And maybe it resonates expressing them. And maybe it resonates with some of you. Martha never heard the with some of you. Martha never heard the word I love you. It was just not word I love you. It was just not spoken, not expressed. She never felt spoken, not expressed. She never felt safe enough to cry. And over the years, safe enough to cry. And over the years, her grief accumulated like dust in a her grief accumulated like dust in a locked room until one day her lungs locked room until one day her lungs collapsed under the weight of it all.

collapsed under the weight of it all. Now in many um ancient traditions the Now in many um ancient traditions the

lung is considered to be the home of lung is considered to be the home of unspoken sorrow, grief and for Martha unspoken sorrow, grief and for Martha every breath expressed that it be every every breath expressed that it be every breath became a struggle under the breath became a struggle under the weight of her unprocessed pain and weight of her unprocessed pain and unexpressed pain suppressed emotions unexpressed pain suppressed emotions when we began working together.

when we began working together. Obviously, she didn't know what to Obviously, she didn't know what to expect, but something somewhere inside expect, but something somewhere inside her, something said or whispered, "It is her, something said or whispered, "It is time. Time to speak what had been time. Time to speak what had been silenced.

silenced. silenced. Time to feel what had been buried. Time Time to feel what had been buried. Time to let the body exhale all that it's to let the body exhale all that it's been holding, all those suppressed been holding, all those suppressed emotions for decades." And maybe that emotions for decades." And maybe that resonate resonate resonate with some of you as well. Session by with some of you as well. Session by session, Martha began to session, Martha began to speak and release words that she had speak and release words that she had never really been able to reach before.

never really been able to reach before. She let herself be seen for the first She let herself be seen for the first time in decades. And she was finally time in decades. And she was finally ready to release this unheard cry of her ready to release this unheard cry of her mind and heart. In other words, her mind and heart. In other words, her grief. And she cried and she raged.

grief. And she cried and she raged. She remembered. And then she breathed. She remembered. And then she breathed. and not just air but life. It really I and not just air but life. It really I know it sounds poetic but it's really know it sounds poetic but it's really the best way to describe it. And as the the best way to describe it. And as the suppressed cry of her heart found its suppressed cry of her heart found its voice, something began to shift within voice, something began to shift within her because healing didn't just happen her because healing didn't just happen in her body. It happened in her story.

in her body. It happened in her story. Again, this refers right back to uh Again, this refers right back to uh shift number one that that we have to shift number one that that we have to shift our view of cancer from a failure shift our view of cancer from a failure of a specific part of the body to a of a specific part of the body to a whole person event. So healing didn't whole person event. So healing didn't just happen in her body, it happened in just happen in her body, it happened in her story as well. And Martha began to her story as well. And Martha began to realize, she discovered that healing realize, she discovered that healing isn't always just about fighting the isn't always just about fighting the disease, it's sometime about listening disease, it's sometime about listening to the message beneath it. And she was to the message beneath it. And she was able to do that. And once she did, the able to do that. And once she did, the path forward opened like a long awaited path forward opened like a long awaited breath. And I'm happy to report that breath. And I'm happy to report that she's still going strong at the time of she's still going strong at the time of this recording. So, this is a really this recording. So, this is a really good thing. But speaking of suppressed good thing.

Transition to the Third Shift

But speaking of suppressed emotions, let's talk about the third emotions, let's talk about the third shift or getting into the into the thick shift or getting into the into the thick of it as we like to say, addressing the of it as we like to say, addressing the root cause, not just trimming the root cause, not just trimming the leaves.