

Renewing the Mind Feelings

The Mind-Heart-Mouth Connection (Part 2: Feelings)

In coaching, this is where the rubber meets the road. Helping our clients understand the powerful roles feelings play in their health, relationships, and life as a whole is huge.

Our feelings can send us on a wild ride or paralyze us. They can take us to the heights of enthusiasm or the depths of despair. They influence every aspect of our life.

KEY: What we manifest in our life is directly tied to our predominant emotional state. **Fear and faith both attract.**

Feelings: What the Bible says

Scripture makes it clear that everything originates in the heart. Science has confirmed that.

*"Above all else, guard your **heart**, for everything you do flows from it." Prov. 4:23 NIV*

Feelings: The Science

Psychoneuroimmunology has shown that feelings also play a huge role in our health and longevity. A popular book title sums it up; "Feelings Buried Alive Never Die". Feelings often manifest in the form of physical symptoms and disease. It is estimated up to **90% of all physical problems have an emotional root.**

The heart is an afferent organ sending more messages to the brain than the brain to the heart.

A. Coherence- is the agreement between the mind and the heart.

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B. Neuropeptides: In her ground breaking book **"Molecules of Emotion" Candace Pert** explains the biochemical way our mind, heart, and bodies interact.

Experiments

- **Broken Heart Cytokines**
- **Karol Truman Feelings Buried Alive (experiment at death)**
- **Dawson**

Tool #1 - Think, Feel & Speak Your Way to Health & Prosperity Audios

Tool #2: - "Read Feelings Buried Alive Never Die"

Tool #3 - E-motions, the Power of the Heart movies

What is Coaching Success?

- Client understands the power of his/her feelings.
- Client becomes a way of predominant emotional states.
- Client begins to be more self-aware of his/her physical symptoms and the corresponding emotion that has not been properly processed.
- Client listens to Think Feel Speak audio course and journals.

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