

„Heal your emotions” – Marta Pyrchala

This is a piece of a chapter of the book: “Heal your emotions” by Marta Pyrchala

LOVE AND GRATITUDE

Man is a being of power. Electrical impulses are rushing to the nerve fibers, natural "wiring" of the body. When current flows through such wire, it produces electromagnetic field around it.

It has been proven that human bodies produce the electromagnetic field. Hence man is surrounded by it.

It has also been found that whether or not we are healthy depends, among other things, on what this field is. Electromagnetic field brings harmonious physiological regulation, which, in turn, becomes essential for good health. Disharmonious field is a symptom of something being wrong with the body.

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The largest field is produced by the heart. It turns out that **if a person feels love, the heart’s magnetic field grows. This, in turn, leads to the amplification and regulation of the entire body’s field.** Hence the feeling of love brings health through regulation of the electromagnetic field.

What is more, the feeling of love causes increased production of endorphins, which:

- Improve mood
- Have strong analgesic effect
- Have anti-inflammatory property (useful in all kinds of infections)
- Intensively stimulate the immune system (especially beta-endorphins).

Love yourself and you will be healthy.

Exercise

Enter into a state of relaxation. Think about yourself and your body. Feel the love for yourself. If you cannot do it at the moment,

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remember the feeling of love that you once had. Allow it to fulfill your mind. Then move it to another part of your body - from the tips of your toes to the top of your head. Send love, feelings / words of gratitude, respect, recognition and acceptance to every part of you and your body.

Repeat this exercise every day.

GRATITUDE – LOVING LIFE

He, who does not love himself, is ill. He, who does not love life, dies of disease. In order to be healthy, love not only yourself, but also your life. How? Perform the exercises with gratitude.

Exercise

Buy a notebook and write down the exercises.

Step 1. *Write down everything good that happened to you in life - any, even the slightest thing. Write until there's nothing else that comes*

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to your mind.

Step 2. is a daily exercise, carried out in the evening.

Write down every nice thing that happened to you today – e.g. beautiful singing of a bird outside the window, helping someone else or simply s smile.

Appreciate all the nice little events and enjoy them.

With this simple exercise, you will begin to like your life and notice the good things. It will also be easier for you to see interesting opportunities and seize them more often, so that your life will become better and richer.

In addition, your notebook will serve as a nice cure for any blues days you might encounter. Anyone, who regularly writes in their notebook,

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builds a positive attitude, optimism and self-confidence.

Visualization – understanding yourself

Enter into a state of relaxation. Imagine that you are surrounded by nature. This can be a beach, a forest glade or meadow. You are there alone and you feel safe.

Someone will come to you in a moment. This will be a negative emotion of your choice - fear, hatred, negative thinking, anxiety. It will come to you in some kind of physical form. Talk to it, and find out what role it plays in your life, and why it appeared within you in the first place. It will also teach you how to get rid of it from your life.

Here comes your weakness. Treat it with due respect and understanding. Remember - it is a source of valuable information about your life situations and solutions to many of your problems. Talk to it calmly.

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Once you feel that you know everything you need, find a magic wand in your hands. Say goodbye to the negative trait and touch it with the wand. Under its influence, you'll see that your trait decreases and begins to disappear. Feel it disappear also from within you.

Come out of the state of relaxation with a sense of being released from a particular trait.

Visualization – freeing yourself from negative traits

Enter into a state of relaxation. Find yourself out in nature. You feel safe and peaceful. You see the fire in front of you. Pull out from your body, life and mind everything that is associated with the negative feature that you want to free yourself from. Throw it into the fire and watch it burn. At the same time, feel how each of these problems disappears from your life, and that you are freeing yourself from it once and for all.

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Visualization – positive feeling and behavior

If any situation raises negative emotions, thoughts or behavior inside of you, relive it again in the state of relaxation, but this time behave as you think it appropriate. Feel and think whatever you want.

To properly perform this exercise, first think about what and how you want to feel and think in a given situation, as well as how to behave.

Repeat this visualization until you change your attitude towards the situation and begin to relive it in reality as you actually want it.

This visualization can also be used to modify different kinds of behavior.

Vizualisation – building positive personality

Freeing yourself from negative traits is not everything. It is equally important to develop

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their opposite characteristics. Lack of growth of such qualities can result in returning to the undesired defect.

As you know, positive attitude, emotions, beliefs, ideas and thoughts have a beneficial effect on health. Therefore, it is important to develop them.

For the development of positive qualities within yourself you can use a number of methods. The most important, most effective and simplest of these are visualizations and affirmations.

Visualization – development of positive traits

Enter into a state of relaxation. You are surrounded by nature. You see the fire in front of you. Throw into it everything that is related to the negative trait of your choice.

See the table next to you. On top of it is a glass with a strange drink in it. It is full of your vices’

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reverse qualities. For example, if you were freeing yourself from grief, there would be joy inside the glass. Drink the liquid slowly, feeling how it gradually fills your body with the chosen positive trait.

Visualization – shaping yourself

Choose a trait, emotion, belief, method of action or thought that you want to get rid of, and its opposite – the one that you would like to learn. Consider how this negative trait affects you and what might change for the better when you get rid of it. How will your life change if you develop the reverse positive trait within yourself?

Enter into a state of relaxation. Imagine yourself with a defect of your choice. How do you behave? How do you feel? How does it affect your life? Decide to make a change. Let the image of you burdened with this defect disappear.

Imagine yourself freed from this vice. If it was

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pessimism, imagine yourself being an optimist. How do you feel and act as an optimist? How positive thinking affects your life?

Feel optimistic. Enjoy life. See and hear how your joy fills others with happiness. Hear them congratulate you on your change. Feel them hug you. See the happiness on their faces.

Stay in this state as long as you want, imagining these scenes with all the details.

Remember that using this visualization can only affect your character, but not the body.