“Sometimes the function of illness is deeper than having something wrong and getting rid of it. To catch a glimpse of the forces of the psyche and the unconscious motivation behind the illness can be astounding”.

Brugh Joy, M.D.,

The Anatomy and Physiology of the Mind-Body Connection
Uncovering the Healing Power of illness
“We must no more ask whether the soul and body are one than ask whether the wax and the figure impressed on it are one.”

-Aristotle

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**The Energetic Elements of Health**

*a Working Definition*

- **Movement**
  - Physical: Biochemical, Neurological Pathways
  - Energetic: Chi Flow
  - Psyche: Emotions, Self Expression, Relationship

- **Center**
  - Physical: Grounded, NS Perceives Safety
  - Energetic: Hara, Tan Tien in Belly
  - Psyche: Strong Sense of Self, Truth, Boundary
To give vent now and then to his feelings, whether of pleasure or discontent, is a great ease to a man's heart.  

-Francesco Guicciardini

“One’s suffering disappears when one lets oneself go, when one yields – even to sadness.”  

-Antoine de Saint-Exupéry, 1929  
Translated from French by Curtis Cete

3 Levels of Body-Mind Connection
1. Neurochemical
2. Structural / Energetic
3. Symbolic
1. Neurochemical

- Molecular / Cellular Level
- Stress (fight/flight/freeze) Response
- Psychoneuroimmunology
- Emotions and illness
- The Stress Vaccine

### Effects of Stress on the Body

- ↑ Alertness
- ↑ Sleep
- ↑ Heart Rate
- ↑ BP Pressure
- ↑ Cholesterol
- ↑ Muscle Tension
- ↑ Adrenal Stress
- ↑ Respiration Rate
- ↑ Stomach Acid
- ↑ Digestion
- ↓ Immunity
- ↓ Inflammation
- ↓ Ungrounded

Source: Roberto Osti / The Scientific American
“Intense grief can cause a host of symptoms that raise heart risks, including higher heart rate, blood pressure, stress hormone levels and blood clotting.”


2. Structural / Energetic

- The Body is a Sculpture of the Character/Personality
- The Body Postures our Mood
- The Tissues Manage our Emotional Energy

How does your body posture the stories of your life?
Get Yourself

BACK TO COOL

Breath
Tension
Center

3. Symbolic

- The Body as Symbol of The Psyche
- The Unconscious Psyche’s Expression of Life/Soul Issues
- Symptoms as Messengers
- Illness as Metaphor
“There is more wisdom in your body than in your deepest philosophies.”

-Friedrich Nietzsche
“Healing is remembering who you really are”

-Barbara Brennan