



## **Spirit to Spirit Clairvoyant Communication November, 2008**

Hello! Have you ever wondered what impact your thoughts have on your body? You've heard the expression "change your thoughts, change your life." It seems like a simple statement, but your body must become involved in the thought change as well. How is your body affected?

Joe Dispenza, a brain researcher featured on "What the Bleep Do We Know?" - a film about quantum physics and the spiritual world, explains that there are actual chemicals that are released by the brain that physically affect us. We can eventually get addicted to these chemicals and the thoughts that produce them. The challenge in changing our thoughts is not just in using our will to change but also overcoming withdrawal symptoms from our bodies (as if we are giving up caffeine or other drugs)!

Dispenza says the following: "Essentially, when we have happy, inspiring, or positive thoughts, our brain manufactures chemicals that make us feel joyful, inspired or uplifted. For example, when we look forward to a pleasurable experience, the brain immediately makes a chemical neurotransmitter called dopamine, which turns the brain and body on in anticipation of that experience, and we feel excited. If we have thoughts of hate, anger, or insecurity, the brain produces chemicals that the body responds to in a comparable way, and we feel hateful, angry or unworthy.

When the body responds to a thought by having a feeling, the brain, which constantly monitors the status of the body, notices that the body is feeling a certain way. In response to that bodily feeling, the brain generates thoughts that produce corresponding chemical messengers, so that we begin to think the way we are feeling. Thinking creates feeling, and then feeling creates thinking, in a continuous biological feedback loop. This cycle eventually creates a particular state in the body - what we call a state of being - that determines the general nature of how we feel and behave. "

Meditation can help you gain control over these thoughts by quieting the mind and giving the body a break from the chemical / thoughts onslaught. You begin to become aware of the "loop" that is happening between your thoughts and how your body is feeling and that is the first step in breaking this circuit.

Peace and Light,  
Tori Quisling