

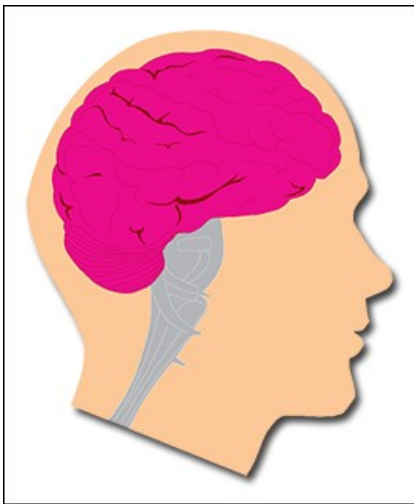
# CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



## Mind/Body/Spiritual Connection

There is an ever-growing understanding of the relationship between mind and body which now extends to the medical profession where we are witnessing a strong appreciation of the connection between physical and emotional well-being.



### ***The Truth of Age-Old Sayings***

Listening to, assessing, and then acting on internal information is important for managing one's personal health. Age-old sayings such as "*laughter is the best medicine*" and "*a happy heart is a healthy heart*" have a great deal of merit. Studies show that the way we perceive our outer reality is communicated at a cellular level—and then, as if by magic, is transformed into the language of affect and behavior which is recognized and interpreted by others. What is the message that our body-mind sends out to those in our world? Is it the message intended? Do our inner and outer realities match?

### ***Machine Model vs. Holistic Model***

Since the 16th century, man has viewed the world as a machine, and then has extended this view to the body as a well-functioning mechanism separated into parts, the entities of mind and body. This mechanistic view of life sets up a mental mindset about health and illness encouraging its control by scientific, external cures emanating from outside the body. This view, however, discounts the authority that each of us has over managing our own health and well-being. It turns it over to someone in a white coat. Somewhere, somehow, we have lost the desire or the responsibility to be our own best authority and along with it we learned to blame others for our own illness and/or suffering.

### ***Not-Okay Messages***

Pain and suffering are the body's ways of telling us that something is not okay. The body-mind is talking and we simply need to learn how to listen. Pain, suffering as well as depression can become factors for a creative transformational healing, not cure, that challenges one's present attachments to toxic core beliefs that negatively affect one's health. Energy is spent holding back and holding on rather than in experiencing our own true creative self.

### ***Why Not Try Something Different?***

If what you are thinking and doing is affecting your health, *why not try something different?* Sound too simple? Yet people *do* stay stuck or get locked into old behavior patterns and adhere to dysfunctional belief systems that can affect families over generations. Family myths, unspoken internalized beliefs, can adversely affect one's physical and emotional health. For example, "*The women in our family don't get divorced,*" "*smile at all costs,*" "*anger is not allowed,*" or "*I have to control my feelings if I want to be strong*" are all examples of negative beliefs that can mask our strengths and keep us feeling split. We

live in a world of quantum realities that talks about wholeness, oneness, potentiality, unity and a pulling together of fragmented parts. This holds true for our emotional health as well. After all, what is stress and anxiety but a sense of fragmentation or falling apart that can bring on more serious, life-threatening illness. It can pull us down until we feel depressed enough to finally look inside ourselves for answers.

### ***Grabbing Opportunities for Growth***

Illness forces us to suffer, but there are innumerable opportunities for insight about the meaning of one's condition and one's life. *One can only sweep so much dirt under the carpet before it comes out the other side.* When real symptoms show up in the body, they may signal an internal wisdom that is desperately trying to get heard. By using a holistic approach that combines both medical and therapeutic environments, one can learn to navigate the depths of one's intuitive wisdom. So if fear of change has become your unseen jailer, if you feel stuck, depressed, torn or conflicted, or you are aware of emotional or physical symptoms, perhaps it's time to learn new tools to unlock the meaning of these symptoms. You can discover the beauty of a dormant world within when you begin to release the need to stay anchored to the shore.

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