

ARTICLE: Emotional Influence

How our emotions influence our lives

People stress over many things. These 'stressors' often show as negative emotions, mental anguish, physical limitations, or low energy - like your 'batteries' need charging.

Often it can be a combination of all of these body systems being in 'stress' that can cause this "not well" feeling. The feeling of "I am just not myself at the moment" which over time can seem to become more 'infused' into our being. Over time these 'stressors' become harder for the individual to resolve without specialist help.

We, each of us have an innate ability to recuperate but sometimes there can be limitations to this recuperation. Suppression of the expression of who we are and how we feel, can exist in any part of the "what makes us function as human beings", the mind the body and the emotions.

NT Kinesiology can then assist with the recuperation process, helping people to resolve these 'stressors' that present 'challenges' to their well-being.

"Feelings buried alive, never die...."

Being well and happy is an expression of who we are and how we feel. Life's problems can happen at any time and we call on our life's resources to help solve these problems. Thus our emotions, beliefs, fears, behaviour patterns, genetics, and our physical structure all play a part in handling these life issues. If any of these life support systems can't cope then illness our symptoms of illness may develop.

Finding the emotional, mental and physical imbalances you may be holding within is the challenge. As an NT Kinesiologist I am able to access specific references to these imbalances that are often held in the subconscious and can be accessed through a person's neurology.

Understanding this neurology can often indicate the cause of a problem and then the most appropriate solution can be found to bring the body/mind into balance, increasing the quality and expression of the person's own individual spirit.