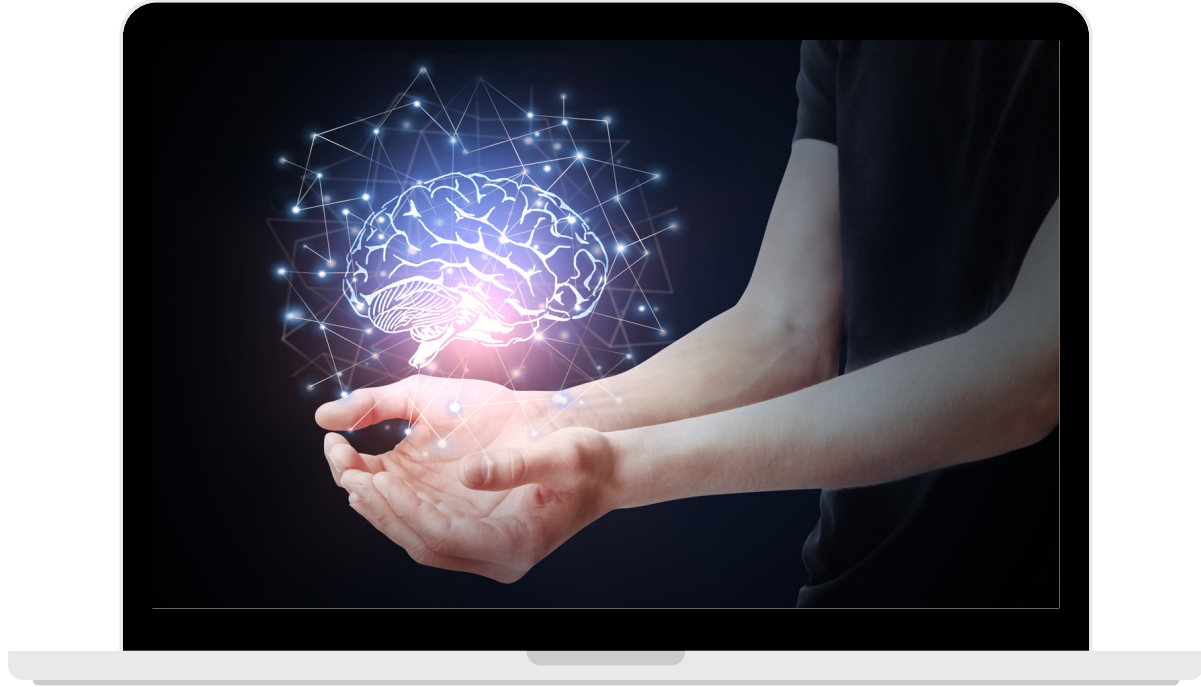


CONNECT TO YOURSELF AND LIVE THE LIFE  
OF YOUR DREAMS



HEAD TO HEART LEARNING PRESENTS:

UNDERSTANDING  
EMOTIONAL INTELLIGENCE

— + —

MINDBODY CONNECTION

---

[WWW.HEADTOHEART.CA](http://WWW.HEADTOHEART.CA)

---

# PUBLISHED BY:

Maureen Gaetz-Faubert  
Coaldale, Alberta

© 2021 Head to Heart Learning

All rights reserved.

May be shared with copyright.

Credit left intact.

[WWW.HEADTOHEART.CA](http://WWW.HEADTOHEART.CA)

# INSTRUCTOR



## MAUREEN GAETZ-FAUBERT

Emotional Intelligence Practitioner

Maureen is the founder of Head to Heart and is passionate about helping people who are ready to transform their lives. Maureen has spent numerous years learning, then creating programs about the connection of mind, body and emotions. As a result, Head to Heart Learning was created to offer people the ability to understand and connect to self, through a home study resource that allows them to work at their own pace.

## MIND/BODY CONNECTION GUIDE

*CREATE AWARENESS • UNDERSTAND PAIN • CREATE WHOLENESS*

There are many ways in which the mind and body connect. Biologically there are several connections: hormones, blood, neuro-connections, etc. The body also connects through thoughts and beliefs.

We have between 40,000 - 60,000 thoughts a day. Thoughts are random, some are negative, some are positive, and some can be very productive.

Thoughts create sensations in the body; this is when biological responses occur. For example, some thoughts can produce a stress response on the body, while others produce happiness, motivation and relaxation.

However, when you hold negative thoughts in your body, these thoughts manifest in the form of sensation or pain and could lead to dis-ease. Or you may experience a nagging feeling that something is just not right.

You do have the power of choice. The choice to continue to live as you have been or the choice to transform into what you have always desired.

When I connect to my

*Emotions*

I understand dis-ease.

## MIND/BODY CONNECTION GUIDE

# ACTIVITY

For one hour become aware of your thoughts. Record them in the chart using talley's. When completed, continue to the next activity where you will add up your thoughts from each category. This will help you identify your thinking process.

### THOUGHT CATEGORIES

#### Random

i.e. The sun is shining

- 
- 
- 
- 
- 
- 

#### Positive

i.e. I am happy

- 
- 
- 
- 
- 
- 

#### Negative

i.e. Judgement

- 
- 
- 
- 
- 
- 

#### Motivation

i.e. Creating

- 
- 
- 
- 
- 
-

# ACTIVITY

RECORD HOW MANY OF EACH THOUGHT YOU HAD IN AN HOUR.

**1** **Random** thoughts just come and go without much impact on the body. \_\_\_\_\_

**2** **Positive** thoughts do affect the body in many ways like supporting the immune system. \_\_\_\_\_

**3** **Negative** thoughts do affect the body in many ways. One is judgement. \_\_\_\_\_

**4** **Motivational** thoughts affect the body through doing or movement. \_\_\_\_\_

**5** Which thoughts felt good in your body?  
\_\_\_\_\_

**6** Which thoughts felt uncomfortable or caused issues in your body?  
\_\_\_\_\_

YOU NOW GET TO CHOOSE WHICH THOUGHT(S) YOU WANT TO CONNECT TO.

**REMEMBER: THEY WILL RESONATE IN YOUR BODY.**

## MIND/BODY CONNECTION GUIDE

*CREATE AWARENESS • UNDERSTAND PAIN • CREATE WHOLENESS*

Beliefs are another thing that is held in the body. Beliefs are formed in childhood and are created from experiences in relationships with your parents, friends, partners, etc. Additionally, beliefs are created through education by way of instructors, books and the careers that follow. Social media can also impact the way you understand and accept the beliefs you have formed.

Beliefs can be destructive or constructive. This depends on the circumstances in which you came to believe what you heard or were taught. Your perception of yourself and the world you live in will determine if your beliefs support your inner truth. When there is a disconnect between your beliefs and your inner peace, this is the time to discover how you can change that.



# ACTIVITY

## THE PROCESS OF CHANGING BELIEFS:

- 1 Take time to connect and recognize the beliefs that are not serving your highest and best interest. No judgement, no analyzation, just observe.

**What do you believe about yourself?** Write 5 sentences.

---

---

---

---

---

**What do you believe about your body?** Write 5 sentences.

---

---

---

---

---



# ACTIVITY

## THE PROCESS OF CHANGING BELIEFS:

- 2 Remember it's not your fault. You were not aware of what was happening. Now's the time to decide, are you ready for change?

**What would you like to believe about yourself instead?**

---

---

---

---

---

---

**What would you like to believe about your body instead?**

---

---

---

---

---

---

# ACTIVITY

## THE PROCESS OF CHANGING BELIEFS:

- 3** **Continue to write your change beliefs every day.** This will create a different mind-thought and different sensations in your body.

---

---

---

---

---

---

---

- 4** **Record the outcomes.** How is changing your beliefs affecting your body's sensations?

---

---

---

---

---

---

---

## MIND/BODY CONNECTION GUIDE

CREATE AWARENESS • UNDERSTAND PAIN • CREATE WHOLENESS

### ARE YOU LISTENING?

Your body gives you signals throughout a 24-hour day. These signals may be sensations, achiness, pain or discomfort. This is your body's way of telling you what it needs.

### DO YOU RESPOND?

**Your body could be telling you many things: When you don't pay attention, the body will let you know and sometimes it screams.**

### FATIGUE:

When your body is tired, you may feel pain or discomfort. Your mood becomes clouded, and your body slows down. It is telling you to stop and rest. Rest can be sitting, or from sitting to standing or having a nap.

"**Sleep** is an especially important and often underutilized component of brain functioning," said Lin Anderson, a psychotherapist at Family Addiction Specialist. "Adequate **sleep** will result in working more efficiently and effectively and subsequently being more **productive** and saving time in the long run."

### OVERWHELMED:

The feeling of being overwhelmed occurs when stimulation from social media, zoom calls, TV, and people causes the brain and, in turn, the body to become overstimulated. You may experience anxiety.

Continuing to push yourself while working on a project, determined to get it done, causes the body and brain to be less effective. In addition, research shows that productivity declines when you don't take breaks.

## MIND/BODY CONNECTION GUIDE

*CREATE AWARENESS • UNDERSTAND PAIN • CREATE WHOLENESS*

### **EMOTIONAL BLOCKS:**

A feeling or sensation about an emotion is the time to stop and listen to your body. For when you don't listen, the emotion(s) gets stuck in your body. As the emotion(s) remain there, your body begins a process of building resistance to understanding and change.

Ignored emotions accumulate in the body and will cause sensations, pain and could become a dis-ease. The body's response becomes commonplace; ignoring the body will turn into a habit. The habit of not acknowledging or uncovering these emotions will lead to a lifetime of unresolved issues and conditions.

Learning techniques of listening to or connecting to the body's messages will alleviate forcing yourself to live inside a body experiencing pain or dis-ease.

The process of understanding the messages in your body is through the connection with the heart and gut. This is because the heart and the gut speak more to your brain than in reverse.

“Unprocessed emotions of anger, grief, sadness, and shame are a serious threat to health and wellbeing. They cause the body to create and hold on to stress hormones that lead to cellular degeneration, inflammation, and all sort of physical ailments we associate with ageing.”  
Dr. Christiane Northrup



# ACTIVITY

## THE PROCESS OF CONNECTING TO YOUR BODY:

- 1 Quiet your mind and become curious.** Journal what you observed when you took the time to become curious.

---

---

---

---

---

---

---

- 2 Daily meditations keep you on track when connecting to your mind & body.** Journal what you felt during your meditation.

---

---

---

---

---

---

---

# ACTIVITY

## THE PROCESS:

- 3** **Pay attention to your body's sensations.** Journal what you observe and the sensations in your body.

---

---

---

---

---

---

---

- 4** **Ask your heart what your body needs right now.** Journal your answers. They will be immediate.

---

---

---

---

---

---

---



# Thank You

for taking the first steps in connecting to yourself and living the life of your dreams.

In this eBook, you learned about the power of choice, how your thoughts and beliefs affect your body. You became aware of the body's messages and gained an understanding of how emotional blocks cause sensations in your body. You participated in activities that created awareness that brought an understanding of the MindBody Connection.

To dig deeper and learn more about the MindBody Connection, please go to:

[HEADTOHEART.CA](http://HEADTOHEART.CA)