



# Carol Macrae ~ mind-body-magic

## change your mind - change your life!



### *Stress & The Mind-Body Connection*

When we die, our blood becomes more acidic, giving micro-organisms the message to start breaking down tissue.

When we have a lot of stress in our life, with each stressful situation our body responds by putting out all sorts of hormones, such as adrenaline, cortisone, nor adrenaline, etc. This also makes our blood become more acidic. This is a normal, temporary state, which our body soon levels out.

Over a period of time, if we continually live through lots of stress, or continually re-hash stressful situations from our past, our body responds by putting out those chemicals every time we undergo that stress or memory of it. Our sub-conscious does not know the difference in a stressful, threatening situation that is occurring now, and one that happened 20 years ago. It still responds the same. Perceived danger or stress = chemicals = long term changes in our blood chemistry = blood becomes more acidic = the micro-organisms in our body get the message to start breaking down tissue.

What this leads to is dis-ease (or diseases) such as cancer, arthritis, tendonitis, heart disease, diabetes, etc. Our immune system is depressed. All types of degenerative illnesses occur in varying degrees!

Dr Bruce Lipton is a Quantum Physicist and lecturer at Harvard University. In his video presentation "The Biology of Belief", he explains how our beliefs and thought affect our genetics.

He mentions the same chemicals as above, and tells how it elicits the "Fight of Flight" mechanism in our system, sending blood to the extremities and away from the core (our organs such as our heart, digestive system, etc). This response also sends blood to the back part of the brain (responsible for re-acting, anger, violence and other such emotions) and away from the frontal lobe (responsible for thinking and intelligence).

Experiments have consistently shown that mice kept in stressful situations not only develop higher rates of disease, but their babies also have enlarged rear lobes of the brain, and less intelligence). This explains why many families who live in poverty, where the women believes she lives under constant stress, especially throughout pregnancy, have babies who are below average weight and below average intelligence. These children often grow up angry, with violent tendencies.

The experiments were actually able to show genetic changes in cells, all due to the beliefs and thoughts of the person. Our thoughts actually affect our DNA! Every cell in the body responds to stress.

He says that the situation may not even be real, that the person just has to believe that they are under threat, or that their life is terrible or stressful, and the body still reacts in the same way.

On a personal basis, it is really up to us to decide if we want to choose peace and love over being right, to choose to forgive and move on, over continuing to be a victim who is justified in anger, hatred and resentment.

Many pioneers in mind-body medicine, such as Louise L. Hay have correlated the connection between our body and our emotions. She has many books explaining the connection between our thoughts and our body, and has even been able to work out what the emotional issues are behind illness in each different part of the body. In her books "You Can Heal Your Life" and "Heal Your Body", she suggests affirmations to help you to change your sub-conscious thought patterns.

It is believed that mental and emotional issues in our lives create energy blocks in our system, and slows down our energy vibrational rate. If this is not dealt with, it will eventually manifest in our bodies as disease, illness or injury. This is the science of Metaphysics- that we are more than just the physical body!

This also helps to explain how alternate therapies such as Reiki work to add energy to the system, increase the rate of vibration, smooth out the blockages and heal on an energy level, so the body can then heal itself. "This is not 'mumbo-jumbo', it's science", says Dr Lipton.

### *Chakras and the Human Aura*

The human energy system is created by the Chakras and the Aura. The word chakra is a Sanskrit word which means spinning vortex or wheel. It is believed that we have 7 main chakras in our body, which collect and distribute vital energy known as Chi, Ki, Prana, etc, to our aura or energy layers of our body. This energy is found in every living thing, including the air that we breathe and the food that we eat.

Our mental and emotional issues cause blockages in our energy flow, and initially form in the outer layers of our aura. If we don't heal the situation, the blockage moves in further, till it manifests as dis-ease in the human body, also causing the chakras to be out of balance. When the chakras are balanced, energy blocks are dissolved, the aura is smooth and flowing resulting in a good health.

When our energy is high, our immune system works well, preventing illness. We are in harmony with life, and are balanced mentally, physically, emotionally and spiritually.

Yoga, Tai Chi, deep breathing and things such as Reiki are all means for increasing your flow of energy, and smoothing out the blockages and energy disturbances, which may eventually cause dis-ease in the body.

As our life constantly delivers challenges and changes to us, it is recommended that we put these practices into our daily habits, to increase our well-being and give us a more positive approach to our work and our lifestyle.

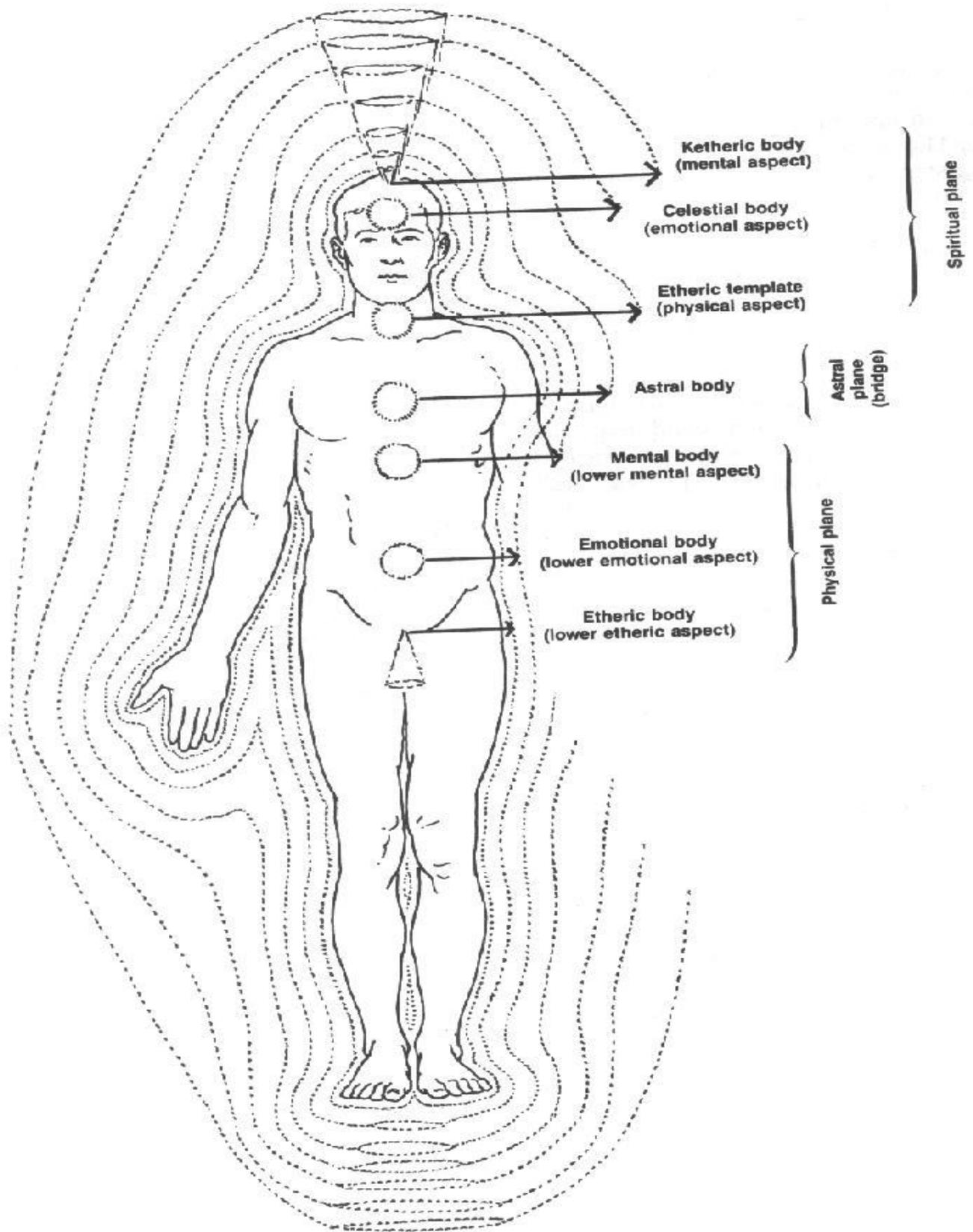
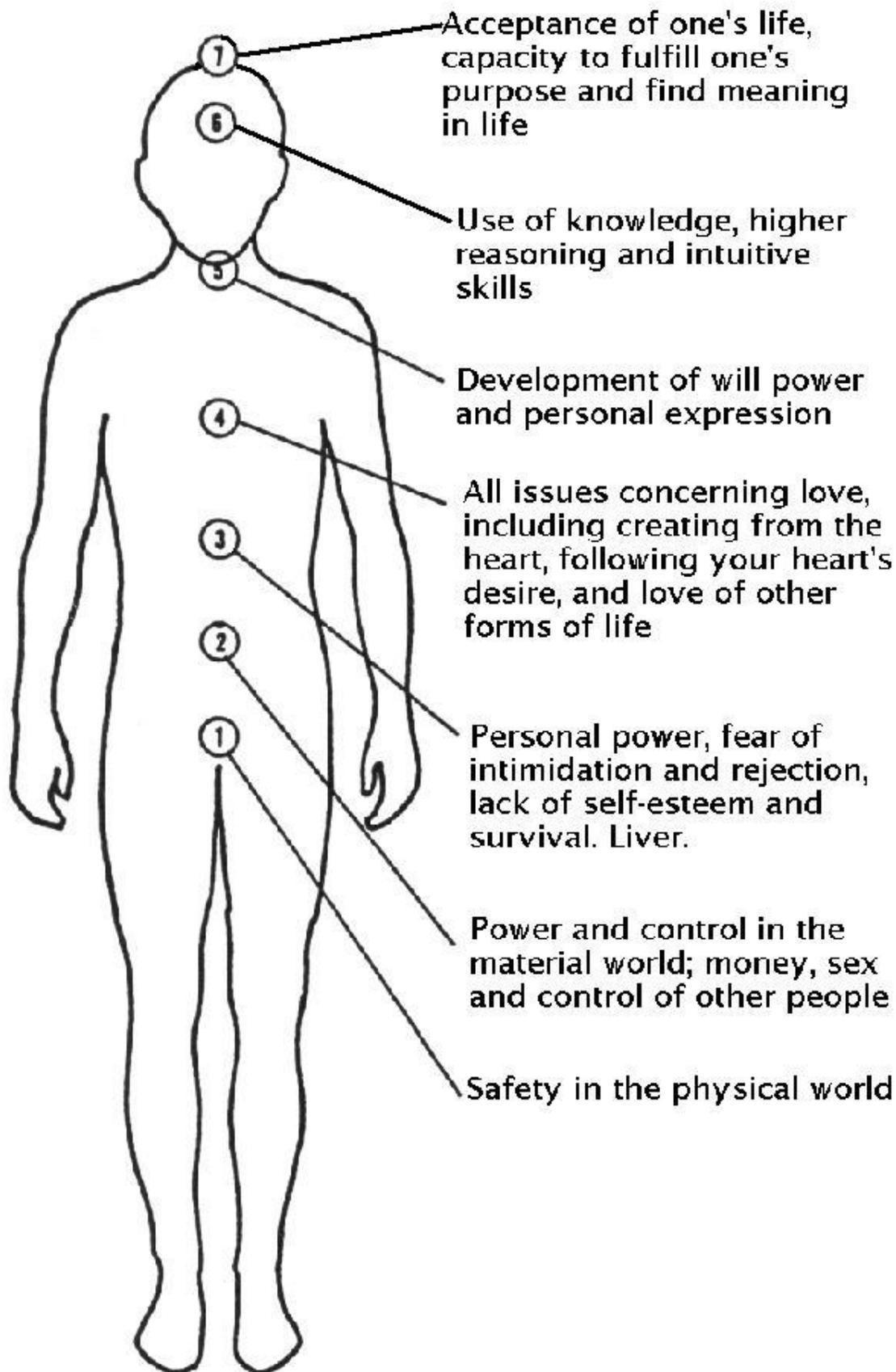


Figure 7-4: The Seven Layer Auric Body System (Diagnostic View)

## The Major Issues of Each Chakra Centre



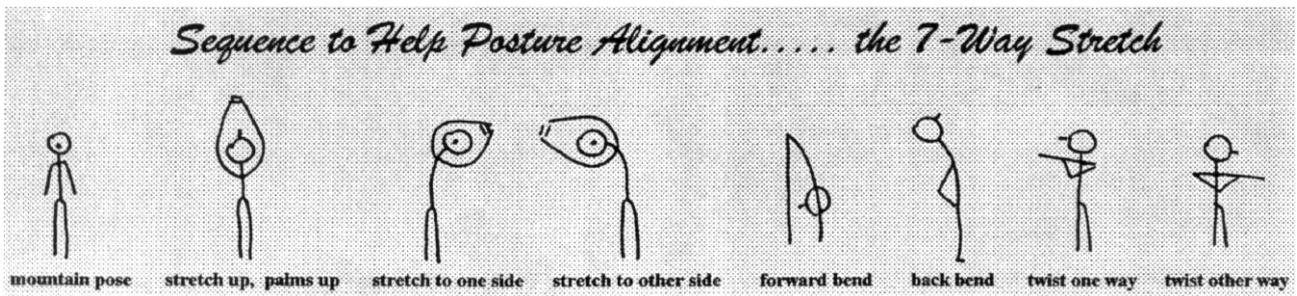
# Breathing and Exercise Techniques for Reducing Stress Yoga



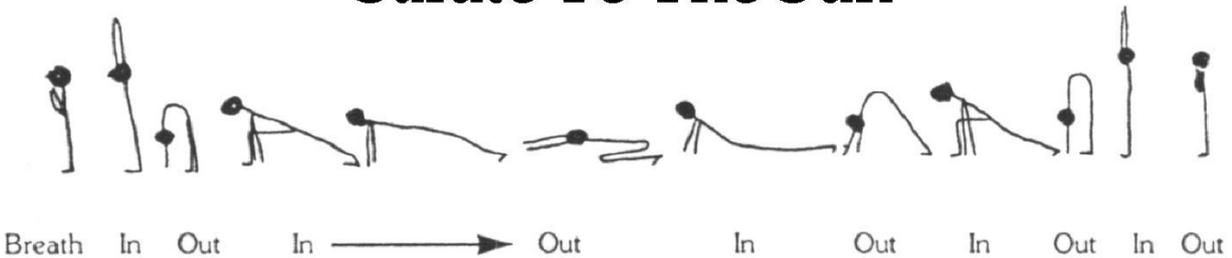
Yoga has been practiced in one form or another for over 5,000 years. It has been a means for finding peace and tranquillity, as well as training the body and mind.

It has finally made it's way the west, and is fast becoming an accepted form of exercise an stress management, and a way of life for many.

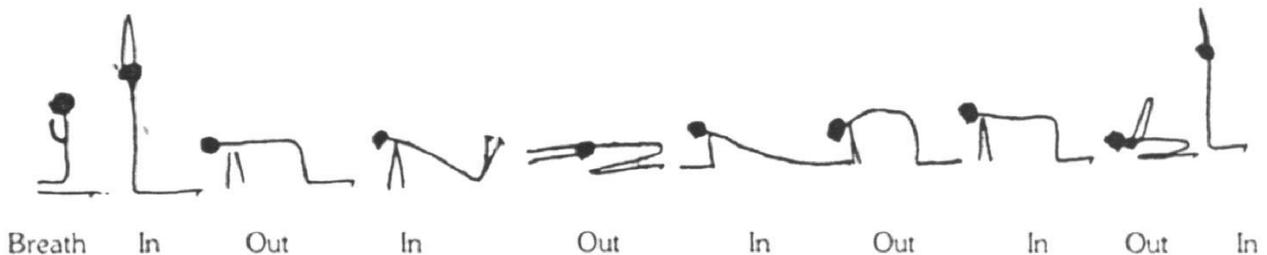
## The Seven Way Yoga Stretch



## Salute To The Sun



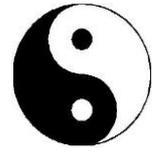
## Kneeling Variation of Salute to the Sun



Kneeling - Stretch - Cat - Knees back to kneeling bridge - Child pose - Sphinx - Step knees up to cat - exhale - inhale - Yoga Mudra - Kneeling Stretch.



# Tai Chi The Lotus



- **The Sun Rises**

Standing with feet shoulder width apart, knees soft, allow the arms to float upwards, then return down again.

- **Turtle Treads Water**

As hands come down to waist height, rotate the wrists and pull arms in towards body. Circle arms out and around to front, shoulder height, rotate wrists, and part the waters as you bring hands back around (as in breast stroke).

- **Snow Rabbit Digs the Earth**

Lower arms and bring wrists together, then raise arms up and down with the breath. Slowly guide hands up the body, rotate wrists over and lower hands with palms facing upwards.

- **Fair Maiden Gathers the Spring Water**

Separate hands to the side and scoop up the water, lifting it up to head height.

- **And Sprinkles it over the Lotus Blossom**

Sprinkle the water as you separate hands

- **The Sun Shines Down**

Make wide half circle as you lift arms and hands towards the sky, joining in the centre. Clench hands together and lower to chest height.

- **And the Lotus Flowers Open to Greet the Day**

Raise hands together, then separate, and lower down in a semi-circle

- **Push the Wind (with right hand)**

Right hand up, left hand flat at right angles, push across the body

- **Push the Wind (with left hand)**

Left hand up, right hand flat at right angles, push across the body

- **Press the sky**

Two hands together, palms facing up, push towards the sky

- **Press the Earth**

Turn hands over to face the earth, push towards the ground as you bend the knees

- **White Crane spreads his wings (left)**

Bring hands closer together, then lift left hand as you simultaneously lower right hand

- **White Crane spreads his wings (right)**

Bring hands closer together, then lift right hand as you simultaneously lower left hand

- **Snow Rabbit digs the Earth (as above)**

- **The Sun Sets**

**For more information, downloads, workshops and appointments contact Carol Macrae on 0413346637, or check online at [www.carolmacrae.com](http://www.carolmacrae.com)**