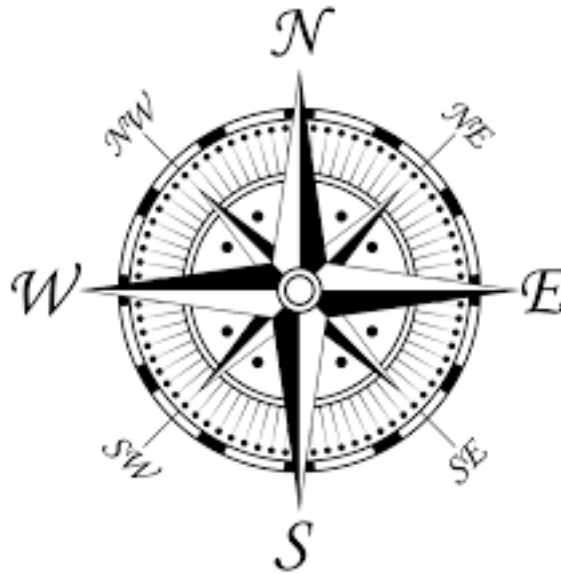


Thoughts affect subtle muscle movements.



Attach a paperclip to a thin cotton thread. With your elbow resting on the table hold the cotton thread so the paperclip is dangling above the center of the compass. Keep your arm very still and imagine the paperclip swinging from W-E, N-S, Clockwise or Anticlockwise. Notice how the paperclip does just what you imagine. This isn't magic, your thoughts create subtle movements in your muscles without you being consciously aware. Now you may begin to realise how your thoughts create tension headaches, IBS and other physical sensations around your body.

How we think determines how we feel.

Imagine standing in your own kitchen.
On the work surface in front of you is a chopping board.
On the chopping board is a bright yellow lemon.
You can see the exact shape and the dimples in the skin.
You can imagine the waxy texture of it.
In your hand is a knife.
You cut into the lemon, slicing it in half.
You can smell the citrus tang.
You take one half and slice it in half again.
You can feel the juice on your fingers, sticky.
You pick up one of those pieces and bite into it, tasting the sharpness.
Your mouth is watering yet this is all just a picture in your mind.

Our sub-conscious doesn't know the difference between imagination and reality.