

# IF YOU WANT TO IMPROVE YOUR WELLBEING

ELEVATE YOUR THOUGHTS AND EMOTIONS



RUTH LITTLER

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## Have You Ever Said Any of These?

- No Matter what I do, I never get ahead.
- I am overwhelmed. I don't know what to do.
- I am sick of being sick.
- I am lonely.
- Same old, another year nothing changes only the number of candles
- There's got to be more to life.

## What You Need to Know if You Don't Do Anything

Before I unpack the specifics, I want you to consider the results of doing nothing for a moment. Ignoring a problem does not make it go away. It makes the problem worse!

How bad could it get? Suppose you ignore feeling stressed, overwhelmed, exhausted, lonely and burdened. In that case, these are the long-term results that can occur.:

- Accelerated ageing.
- Burn Out
- Depression
- Heart Disease
- Impaired mental function
- Lack of peace
- Increased loneliness
- Weakened Immunity

**First Note** any symptoms like exhaustion or anxiety may indicate an illness and require a medical review. This information, though evidence-based, does not replace a medical

diagnosis or treatment.

## Why This Information Will Change Your Life

Australian statistics show that highly stressed people experience physical and psychological symptoms such as sleeplessness, anxiety, and depression.<sup>1</sup> Stress levels have increased globally. One in two Australians has a chronic disease. Many factors lead to chronic illness; however, doctors are alerting us that chronic stress causes disease.<sup>2</sup>

I too experienced Burnout which led to chronic illness for over ten years. I was not at optimum health I felt worn out a lot and although I got my work done, I worked back a lot or started work early just to get things done. I kept going to doctors who treated my symptoms never the cause. I heard if you don't improve come back so I did like a revolving door spending money, feeling sick and never getting to the root cause. Six years ago I couldn't hide the illness anymore, my hair fell out, I had psoriasis that was painful and bled, high blood sugar levels. I asked a Medical Specialist what was causing my illness, but he didn't speak, he turned to his computer printed off information on stress management and gave it to me. I went to my car and burst into tears. I hated feeling powerless. I shouted I will never be powerless again I am going to reclaim my health.

So I researched resilience science, stress transformation, epigenetics, new biology, nutrition and Biblical scriptures. I discovered I was constantly changing things in my outside world to make me feel better. However, when I looked inside me I realised. that I was striving and striving till I was exhausted all because deep down I did not think I was good enough adding to the fatigue.

I found I had a huge amount of depleting emotions like anger, bitterness, resentment, guilt and shame that I didn't even know I was carrying around for years. I discovered that these depleting emotions underlie disease and turn off the lights on genes which impacts health. I also discovered elevated thinking (positively) and emotions (replenishing ) restore health. If you want to improve your well-being, elevate your thoughts and emotions.

## Take Stock. Rate your satisfaction in all areas of life.

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**Self-awareness is the key to transformation.** You may feel depleted and even know what is distressing you, but are you aware of which other areas in your life are compounding the energy drain?

When we focus on getting relief for just one symptom without addressing the root cause, for example, exhaustion by having a short break from work, it will return again and again. Although the wellness wheel shows compartments, we are not fragmented but whole--body, emotions, mind, and spirit. Our body parts work as one. We are one with God. Scientist Gregg Braden states in his book *The Divine Matrix*; that new DNA evidence suggests that we're the result of an intentional act of creation with the ability to self-heal. We are all spiritual beings even if people do not believe in the existence of a God. The more we see ourselves as a whole, we see that the body works together to restore itself.

Regardless of the issue, you are facing, take a 360-Wellbeing view.

When you feel stressed, overwhelmed, discouraged or miserable, **rate all the areas of your life 1 to 10.** (10 being joyful, full of vitality, and one being lackluster, feeling flat). Then reflect on what you want.

Feel the emotion you will have as if it already happened. (e.g., happy, joy, excitement)

Jacqui,\* a Health Executive, took stock of the areas of her life that were not satisfying, she said she hated her job because she felt unappreciated, overworked and overwhelmed. She worked long hours but never finished her work. However, as we talked, she became aware that she was angry with her husband, who she felt was disconnected from her. They experienced financial pressure due to having a massive mortgage and private school fees for three teenagers. Jacqui felt trapped as she could not leave or change her job for economic reasons.

When Jacqui became aware that she had not felt appreciated or valued for most of her life, she understood her subconscious programs impacted her life. She also became aware that accumulated anger, guilt and resentment kept her exhausted and unhappy. Jaquie then took action to upgrade her life by elevating her thoughts and emotions to connect to her aspirations and dreams and got her zing back in life.

## Why We Need To Elevate Our Thoughts

Imagine when we wake up, we think thoughts like this are not fair, or things are not going to get better. Our thoughts will create the emotions that match the thoughts: anger, bitterness, depression, hopelessness or sadness. Then more thoughts will occur, to match the emotions making us feel more angry, bitter or depressed. The same thing happens daily, which hardwires the brain in the same pattern over and over again.<sup>3</sup>

Now, imagine if you woke up because you were looking forward to something pleasant. The emotions that match the thoughts would be joyful, happier and replenishing. You would have more energy and light.

When we change our thoughts and feelings, wellbeing increases, epigenetic change occurs on the inside, and it begins to alter your outer presentation.

Dr Joe Dispenza

When we think positive thoughts, elevated emotions match the thoughts. If repeated

consistently, there is a new story being hardwired in our brain, DNA and our inside world.

## Here Are Some Ways to Elevate Your Thoughts

The following Biblical scriptures alert us to be careful; of how we think as it shapes our lives (Proverbs 4.23) In addition we are told to transform our minds and to capture our thinking (2 Corinthians 5.10).

- If you are feeling angry because someone is late for their appointment, You may be thinking that the person is not valuing you or your time. Your anger rises until you catch what you are thinking. Now you wonder what could be keeping the person from this appointment. Now you may feel concerned about the person, or you just get on doing something else. Are you still angry or are you calmer?
- Become aware and notice the words that you say and use both out loud and silently to yourself. WORDS HAVE POWER. THOUGHTS HAVE POWER.
- If you worry about worst-case scenarios, instead of saying "*What if it happens*", *one way to change this is to say, what if something wonderful happens?*"
- Ask powerful questions if you cannot get ahead or if you want to do something your heart desires and you don't. Ask What am I thinking about myself,? Do I fear disapproval or rejection from important people in my life?
- NOW, consider the implications of any of your beliefs when you feel anger, revenge or sadness or if you blame or criticise someone. Are these beliefs serving you now? Is it serving your children or grandchildren as they learn by watching us?

## HOW DO WE THINK OF OURSELVES?

“ What sort of relationship are you having with your body when you hate yourself and think poorly about yourself? What messages are you giving to your cells? If you believe you are sick your cells are listening.”

Louise Hay

Dr Bruce Lipton,<sup>4</sup> a Cellular Biologist, states many of our beliefs (thinking) that propel our lives are faulty and self-limiting. He goes on to say, “Your genes do not dictate your life; you can change your life when you change your beliefs.”<sup>3</sup> For example, if we do not have enough money to pay the bills, it does not mean we will not have enough money forever. Beliefs can make us sick or thrive.

Your beliefs are like filters on a camera, changing how you see the world. And your biology adapts to these beliefs. When we truly recognise that our beliefs are that powerful, we hold the key to freedom.

Dr Bruce Lipton

## Our Thoughts Can Change Our DNA

Doctor Bruce Lipton in his book, *The Biology of Beliefs, Unleashing the Power of Consciousness, Matter & Miracles* states, “*Our beliefs act as a filter between the natural environment and our biology. If we use dark filters, it turns everything black and makes our bodies susceptible to disease. This causes our bodies to shut down as we go into a protective mode. When we see everything black, our bodies become susceptible to disease. Genes that express themselves to keep the body functioning will go out.*”

Dr. Bruce Lipton, who is a Cellular Biologist says, “*If we see the world with rose-coloured glasses, our cells flourish.*”<sup>5</sup>

Heart Math researchers show that intentional positive thought can influence *physical aspects of DNA strands.*

## Elevate Your Emotions

Sometimes we are not aware of what we feel. It may be because it is hard to identify when there is a mix of feelings. We may have learned to suppress our emotions, especially if we were criticised or hurt physically, for showing our feelings.

Even if we cannot express emotions verbally, we can sense changes like a lump in the throat, a knot, or butterflies in the



stomach. Emotions are giving you messages about how you feel. When unexpressed, they are lodged in the body and can cause symptoms of dysfunction. Even if we don't express our emotions, it doesn't mean our bodies are not reacting to our feelings or thoughts. Think about the tension in your shoulders and neck, and migraines. If these emotions accumulate, they impact the function of the organs and make us sick.

For example, when we are angry, adrenalin and cortisol are released. It takes 12 hours for cortisol to leave the body. Circulating adrenalin increases blood pressure, and circulating stress hormones increase blood sugar levels, muscle weakness and mood swings.

It is essential to know what we feel to address what needs to change, e.g., why are we bitter, resentful, fearful, anxious? These emotions are not wrong, but they do deplete our energy and keep us disconnected from ourselves and others. Whereas joy, gratitude, happiness, excitement, calmness, courage, and gladness connect us to people and increase energy and well-being.

Emotions such as frustration, anxiety, anger, and fear are depleting negative or survival emotions. They drain energy and, if long-lasting, reduce our quality of life. Heart rhythms are affected and are incoherent. Replenishing emotions such as love, compassion, appreciation, and joy increase energy and vitality, and the heart rhythms are coherent. If we stay in an emotion too long, it becomes part of our personality. Sunshine personalities are described as a breath of fresh air, having high energy and joy. Compare that to the person who is a complainer, criticiser or provoker. How do they get described? <sup>4</sup>

Over 1400 biochemical changes are set in motion by our changing emotions, among these biochemical changes in the release of hormones. Two of the hormones produced are cortisol, "the stress hormone," and DHEA, "the vitality hormone" once made in the body for hours and have a long-lasting effect. Depleting emotions increase cortisol production, and renewing emotions increases DHEA.

Science of the Heart Dr Rolin McCraty PhD<sup>4</sup>

## Depleting Emotions Can Destroy Health

The longer we stay in depleting emotions, the more energy is depleted, and we are in a survival state. These emotions generate more negative thoughts, and it keeps us stuck in a low vibration attracting more experiences in life like the thoughts that match the emotion increasing the feeling of stress.

### Anger

When we are angry, Adrenaline and Cortisol are released into the body. Circulating adrenaline



increases blood pressure and circulating stress hormones raise blood sugar levels, muscle weakness and impact mood swings. Have you ever felt churned up after an argument or some event that you have experienced?

Anger is not wrong. When we are angry at someone, it tells us when our boundaries have been violated, or that we are feeling controlled, abused or not valued.

Remember, it is the accumulation of anger, constant stress, and the feeling of being condemned, picked on and criticised that destroys health or ultimately leads to real outward rage. Did you know it takes 12 hours for Cortisol (stress hormone) to leave the body?

We know what anger looks like; clenched fists, intimidating posture, and tensed body language or even raised voice, yelling and screaming. However, when someone constantly focuses on negative experiences, complains, criticises, blames, shames, is impatient, irritable, resentful, bitter or hostile, these are all signs of internal anger being displayed outwardly.

Unexpressed anger accumulates and, if not expressed, impacts health too. Symptoms can include chronic pain, stomach, and joint pain, rapid heart rate, high blood pressure, reduced immunity, migraines, low vision and even some cancers.

The longer we stay angry, the longer the Cortisol keeps circulating in the body.

Recall the biblical scriptures Ephesians 4: 31, written around 60 AD, so profoundly states,

*"Let all bitterness, wrath, anger, clamour (outrage) and slander be removed, along with all malice."*

### **Bitterness and/or Resentment**

Bitterness and Resentment are linked to anger and outrage and can be taken into every relationship. Bitterness affects the body's functions including metabolism, breathing, heart rate and even the overall immune system.

### **Anxiety and Fear**

A perceived threat will activate the **Sympathetic Nervous System** for fight, flight or freeze. Stress hormones are immediately released into the body. If the perceived threat continues or becomes frequent, the body will stay in survival mode for extended lengths of time. That is when something has to give and often stomach, and bowel upsets flare up and continue to worsen.

The stress hormones circulate throughout the body's organs: and adrenaline, cortisol and many other stress hormones are released into the bloodstream remember, it takes more than twelve hours for these hormones to leave the body.<sup>4</sup>

This can lead to a higher incidence of heart rate rhythm disturbances, stomach or irritable bowel symptoms, mood swings, emotional outbursts or Post-Traumatic Stress.

## **Guilt**

Intense guilt can cause emotional and physical pain, headaches, and aches in almost any area of the body. Sometimes, people feel guilty whether they did something wrong or not. Guilt can eat people up from the inside out as they judge themselves. This can lead to self-rejection and self-hatred and always self-judgement.

## **Shame**

According to The National Foundation for Cancer Research, shame is a big trigger of the central stress response system. The feeling of shame results in biochemical changes that increase inflammation and decrease immunity.

Research clearly states that there is a direct correlation between shame to cancer progression, diabetes, heart disease and numerous other chronic illnesses.<sup>6</sup>

## **Elevated Emotions Build Health and Repair DNA**

Emotions produce a vibration that affects our health and the people around us. The vibrations attract *like* vibrations; if we are angry, we attract more things to be angry about. Our thoughts create the chemicals that match our thoughts.<sup>3</sup>

Then we think more thoughts that match the feeling. This means we bathe in the emotional chemical that floods the body.<sup>4</sup>

HeartMath researchers show, that if we have positive thoughts and replenishing emotions like appreciation, compassion, joy, love, gratitude, forgiveness and peace, more light is given off, and the organs vibrate more effectively. We also create a state of coherence where the body and mind align with emotions and all organs work together for optimum performance

and can influence the body at the cellular level by unwinding and influencing DNA repair.<sup>4</sup>

The Mayo Clinic writes forgiveness results in lower blood pressure, fewer symptoms of depression a stronger immune system, improved health and better self-esteem.

Prayer and meditation increase calmness, focus and feelings of peace. Self-compassion soothes the body and mind and puts the brakes on the stress response.

As soon as we feel gratitude, and laugh, we sleep better have lower stress levels and have a better metabolism.

Regenerating or replenishing emotions (elevated emotions) activates the **Parasympathetic Nervous System** and puts the brakes on the stress response, decreasing the stress hormones and increasing the release of oxytocin, DHEA (vitality hormone) and an overall feeling of ease. This process allows DNA to continuously heal from the inside out and helps us to live longer happier and healthier lives.<sup>6</sup>

It gives us a space to pause before reacting, which helps us maintain better relationships.

\*HeartMath® has validated tools for self-regulation One of their many tools is [The Quick Coherence Technique](#) which helps bring the mind, body and emotions in alignment creating a state of coherence for micro recovery optimum performance, and inner calmness, This is when the person chooses to think of someone or something they appreciate ( any elevated emotion) and reexperience the feeling while doing a heart focused breathing technique.

This is an evidence-based self-regulating exercise <sup>4</sup> that increases calmness and gratitude, higher productivity, clarity and high focus and puts the brakes on the stress response. It improves the flow of energy throughout the day and helps you feel great.

## Here are more ways to elevate your emotions

- What are the things you do in your day to increase your replenishing (happy, elevated) emotions and your vibration?
- Ask powerful questions” What do you need to let go of? What or who needs to be forgiven? How often do we fly off the handle?, what lesson am I learning from this challenge?
- Overturn the internal criticiser in you with self-compassion and curiosity.
- Plan to increase your laughter, vitality, and joy every day.
- Seek professional medical help and a 24 Hour Help Line for Anxiety, Depression or

## Post Traumatic Stress

- Use this powerful self-regulating HeartMath technique daily for 60 seconds 3-6 times a day.
  1. **Heart Focused Breathing.**  
Focus on the area of your heart, you can keep your eyes open, (Heart-focused breathing). Imagine your breath coming in and out of the heart area.
  2. Add [The Quick Coherence Technique](#) Now think of a regenerative feeling like appreciation for someone or something that gives you a good feeling. Now focus on the feeling while you breathe slowly and deeply, 5 in and 5 out for 60 seconds. This is a powerful technique as the beat-to-beat heart rhythm is changed to a nice sine wave instead of looking like an earthquake graph when we feel anger and frustration.

Follow this guide to elevate your thoughts and emotions. The benefits are an increase in energy, focus, and clarity, making better decisions feeling fantastic and maintaining a higher vibration for optimum health, preventing illness and improving the quality of relationships and joy in living.<sup>4</sup>

If you want to identify the #1 thing holding you back, want to learn two 60-second techniques to master your emotions and have a default setting button you can press anytime to feel great now, I invite you to book a complimentary call with me on Zoom. [Click here](#).

\*HeartMath®'s a registered trademark of Quantum Intech

## About the Author

Ruth Littler is an accredited Counsellor, HeartMath Certified Coach and Trainer, Facilitator of Personal Growth Programs and a Registered Nurse. Ruth is an International Best Selling Author of 'Live From the Inside Out. Heal and Reclaim Your Health.



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