

## **The Body-to-Mind/Mind-to-Body Paradigm**

***Getting to Know the Reciprocal Body/Brain Experience To Conquer The Anxiety Demon, and Become The Ruler of Your Own Personal World***

***Taken from the text of The Fix Your Anxiety Handbook***  
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For the better part of a century, in the physical/emotional/intellectual arenas, the debate has raged, surrounding one of those chicken-and-egg discussions. The central theme is whether biology or environment (nature versus nurture) has a more significant effect on the thoughts and actions of human beings. In this chapter, I am going to present what I call the body-to-mind/mind-to-body paradigm, and how your body and your mind work synergistically when the *anxiety demon* rears its ugly head.

I use the term “*body-to-mind/mind-to-body*” simply to illustrate the reciprocal nature, that back-and-forth communicative environment, that exists between your body and your mind. It is one that never stops, and understanding this shared metaphysical relationship will help you gain a clearer understanding about where your anxiety comes from, and what you can do to help reduce, and possibly alleviate it.

Your body and your mind are in constant communication, and this must be so for your life to continue. This process occurs even while you are sleeping. I have made internal balance an essential theme of everything I teach. For this life-energizing process to occur, that communication between the biological and psychological parts of who you are is the key factor that makes the whole circular life-sustaining event happen. So, how does this relate to the anxiety

demon?

In Chapter 1, of *The Fix Your Anxiety Handbook*, I introduced the notion that anxiety has a strong physical component associated with it, and that we need to pay more attention to the physical influencers, as well as what we are thinking and feeling. Anxiety should always be described as a physical and intellectual/emotional condition. To do otherwise would place you at risk of not addressing one of the very important causes of this life-altering condition.

There is no real division between the mind and the body. The reason for this is that the network of communication between the mind and the body is dynamic and never ending. One simply cannot live without the other. Likewise, anxiety exists in the framework of the communicative exercises between your body and your mind. Though it is best to treat anxiety on the physical level first, your anxiety will always be a product of your body and your mind. What your body feels will be processed by your mind. The stress also being processed in your brain will be felt by your body.

The mind-body relationship is a marvelous friendship that, at optimal levels, can provide the impetus for everything wonderful in your life. However, for this remarkable friendship to exist, it is important to learn how to create a healthy synergistic relationship between these two life sustaining best friends.

One of the most important first steps in understanding, and eventually treating your anxiety is to learn how to interpret the information relevant to this ominous condition. As you start experiencing your anxiety symptoms, your physical processes immediately begin to accelerate. When this happens, it

interferes with your mind's ability to accurately interpret information, since the brain, being part of your body, is receiving a physical assault. So, that part of your body, your brain, now under physical assault, is somehow supposed to interpret information efficiently and effectively.

Your first order of business is to slow yourself down just a bit. If your initial reaction to this advice is that's very difficult to do when the anxiety sets in, you're right. However, in this case, I'm only talking about hitting that proverbial pause button long enough to be able to say to yourself, "I am not going crazy. This is physical, and that is what's affecting my ability to think rationally, and respond effectively."

Doing this helps you to understand that this is not a purely psychological condition. It's getting your mind focused on something other than your mind so that you can see that it's not all mental, and the starting point is addressing what's happening with your body. There is a marvelous sense of freedom that comes with realizing that you are not insane.

As you become more proficient at slowing down just enough to give your brain a moment to make that statement, you can realize that your anxiety had a strong physical component all along. You actually knew it was there, since escaping from your body was beginning to look like a viable option. However, what you probably did not understand was how much of your anxiety is physical. Address that part of the condition first, with some assistance, can help you begin to initiate your own treatment program.

The body-to-mind/mind-to-body paradigm can provide you with insights

about the wonderful communication system between your body and your mind. Anxiety short-circuits that marvelous neurological wiring system, and has you convinced that insanity now rules your world. Understanding this relationship can help you gain a clear understanding of the need to address anxiety on the physical (first), emotional, and intellectual levels. When you do, you will be taking an important first step away from the anxiety demon. You will begin to understand that you are not insane, and you can become the ruler of your own personal world.

The Fix Yourself Empowerment Series - <https://www.faustruggiero.com/>