

Discover Great Health

ENTANGLEMENT AND THE DANCE OF LIFE

“When people are engaged in a deep conversation, they begin to fall into a dance. They synchronize their movements, their postures, their vocal pitches, their speaking rates, even the length of pauses between respirations. What they discovered is that even their physiology can be linked and entrained.”
(The Energetic Heart, J.J. McRaty).

People are intricately connected to each other just by being in deep conversation. Whether we are in a conversation with someone in person, on the phone, or in our minds, we are connecting to that person and affecting ourselves, as well as the person on whom we have focused our attention.

HOW WE FEEL AFFECTS THOSE AROUND US ATTITUDE IS EVERYTHING

Whether in conversation with yourself or another, what is your attitude when thinking or speaking to that person? With whatever attitude you approach them, the other person will respond accordingly.

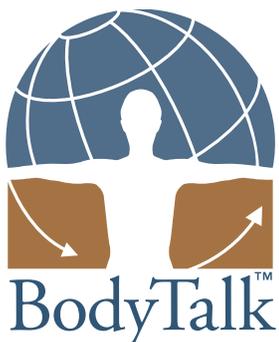
Your mind is a strong force in your life. Your body follows where your mind leads. Others follow where your emotions and attitudes lead. Do you think in terms of arguments or sickness? Do you think in terms of health? What do you ask and what do you expect?

When we engage in a conversation with a positive attitude—even though it may be not a pleasant topic. By shifting our attitude to one of reconciliation or resolution, the conversation can have a dramatically different outcome.

WHEN YOU SHIFT, EVERYONE SHIFTS WITH YOU

Think about it: If we adopt positive attitudes, then the way we approach any conversation is different, the way the other person responds to us is different, and the way we respond to them is different. Thus our relationships can be different. They can be whole and well balanced. And we can heal.

The views expressed in this article are educational in nature and reflect the personal and clinical experiences of the author.



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