HOW YOUR BIOLOGY AND BIOGRAPHY AFFECTS YOUR PSYCHOLOGY

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We are beings in constant flux with our environment. People and experiences come and go, and we wonder why thoughts, emotions and memories recur in our lives - long after they are gone. We are more than our bodies. We are more than our thoughts. We are a field of energy that communicates with everything and everyone around. This conversation occurs outside the context of our conscious mind. What would you do if you knew that you could change that conversation?

Well...you can. What if I told you that you are a biographical expression of your biology and psychology? Would that make sense to you? Would you believe it? Or would you try and alter your story so it’s more interesting, entertaining or something other than your reality.

It’s inescapable. You can run to the farthest reaches of the world in an attempt to forget the person who hurt you, dive deep into the mire of work and technology to mask the pain that haunts you daily or sink into an abyss of alcohol or drugs to avoid facing what makes you vulnerable.

OR

You can step back and examine your biography and realize that you are in the process of writing your story and the endings and choices can be changed. WHAT?!?! Is that really true?

Some people believe in Destiny. Others believe in a God that controls and constructs everything, including every detail of your life. Others feel that this same God gives you free will to alter your decisions for your highest and best good or lesson. And that’s really what we are talking about.

The lessons that you have “signed up” for in this life are the chapters in your biology and psychology that reflect your stories. These lessons, thoughts, words, emotions all reflect an energetic vibration that, when examined, could represent the bookends of your existence.

The mind-boggling part is that YOU have a huge choice in how you want to express that. Expressing your biology and psychology in a manner that you feel comfortable with may mean having to go to the deep, dark recesses of your soul and examining the “stuff” that is there, the “shadow” side of you. In examining the hidden parts, you
are able to bring light, healing and awareness to what needs to be healed, loved let go or forgiven.

And it’s not always pretty. Being frank with yourself, your past, your familial history is not a walk in the park. It requires personal responsibility and a desire to heal and return to wholeness. It requires forgiving others for what they may have done and forgiving yourself for who you are.

These are lessons and experiences that are necessary to help shape you into the radiant being that you are. And you truly do embody that essence that makes you unique and special. That is...if you believe it. The invitation to step into it is and has always been there.

*What can you do biologically to affect your biography?*

Let’s begin looking at your biology. While many processes occur without your attention, control and decisions, there are many that do take place that have an impact in your daily life.

Take for instance - DIET.

When you choose to eat consciously and pay attention to what you eat - you bring foods that have higher vibrations into your energy field. This reflects as a radiant form of energy that feeds your cells and nourishes your body. You reflect great health, active energy and clarity of thought and actions.

When you choose to eat unconsciously or are unaware of the proper food choices, you succumb to your body’s desire for foods that fill rather than foods that nourish, thus increasing your chances for obesity, heart disease or diabetes. You radiate fatigue, cloudiness of thought, emotional highs and lows and sluggish behavior.

How about HEALTH.

When you have a chronic condition that causes inflammation or pain in your body, you tend to resonate at a lower vibration - not being fully optimal in your health. This expresses itself as fatigue, irritability, mood swings and other maladies.

When you choose to take control of your body and it’s processes and do what you can to bring yourself back to optimal fullness, the whole expression changes. You radiate calm and peace, a glow as your body comes back to life and elasticity in your organs,
bones, and skin.

Don’t forget about ENVIRONMENT

Your environment has a big influence on how your biography is experienced. As a matter of fact, your culture, race, location of upbringing is etched in the story of your personality. It is what makes you who you are.

Unless.....

You choose to change your world. If the environment you live in or are around is toxic to your biological system, and it is within your means - then you may want to consider relocating. Why? Areas that are surrounded by nuclear radiation plants, toxic waste disposal and sewage facilities create an energy of stagnation and despondence. This may be reflected biographically as depression, chronic illnesses or other conditions.

What is important to realize is that at some point - you have a choice. I’ll leave this parting thought with a great lyric from The The:

“If you can’t change, change yourself.
And if you can’t change yourself, change your world...”

How Does Your Psychology Affect Your Biography?

The study of the human mind and how our behaviors, emotions and thoughts affect our world has been a long-standing dance since the dawn of time as man’s naturally curious nature is etched at the tender age of 2-3 with one question: “Why?”

Why do we behave the way we do? Why is the world constructed the way it is? Why do human beings treat each other the way they do? These questions probe at the basis of our existence, yet many people cannot fathom even trying to answer these questions when at the most simple question directed to them goes unanswered: “What do YOU want?”

Your psychology is expressed through your biography through your belief systems, emotional and mental states of mind, values, opinions, chemical and neurological make-ups, experiences, goals and dreams. Let’s examine a few of these in a more concrete manner.

MENTAL HEALTH - Knock, Knock!! Who’s in there?

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There are certain processes that you may have been born with that are beyond your control, and there are others that develop through experiences that are not dealt with in a healthy manner. Developmental and genetic conditions affect your outlook on life, possibly requiring you to take medications to bring balance and sanity.

Experiential and environmental triggers occur through upbringing, culture, beliefs and interactions. The reminder of an experience is enough to start the cascade of emotions that can affect how you feel, behave and present yourself.

If your mental health exists in a paradigm that does not support how you want to live, then taking stock and asking yourself “What kind of life would I like to live?” is a very important question. There are many resources from traditional psychiatrists and psychologists to energy practitioners and psychotherapists that can help you.

Choosing to keep your mental health in a state that does not support your overall growth stunts you and keeps you in a resentful and bitter state. This will cloud your perception of the world and people. This makes interactions very difficult and sometimes volatile. Who suffers in the end is usually YOU because you have to bear the brunt of your mental health. And yes...it is quite possible that you may have no choice but to take medications. There is healing in that too for balance is necessary for peace of mind, heart and spirit.

What about ATTITUDE?

“Our attitude toward life determines life's attitude towards us.” John N. Mitchell

Your attitude is one of your most significant contributions to how you express yourself psychologically. At the heart of your attitude towards life is the fundamental question of “Do I like myself?” It’s astonishing how many people choose others over themselves and justify why to make themselves feel better. And then they are surprised as to why people don’t always reciprocate the same behavior.

At the heart of your attitude and how you behave is self-respect and self-responsibility. If you create an “attitude of gratitude” that encourages you to be grateful for what you have, this is expressed in the world as kindness, compassion and awareness. In embodying this kind of attitude, you place a personal responsibility to generate gratitude within for what you have and to be respectful of what you contribute. This awareness can create a domino effect around you.

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If you have an attitude that the world “owes you something” and “it’s about me not them” kind of mentality, you will see the replication of this thinking as situations are created that perpetuate this belief. You may experience a victim mentality and feel that events and memories occur without your control. You may easily find fault in others, judge quickly and be defensive when the tables are turned “against you.” This is expressed as blaming, playing small, avoidance of responsibility, depression and negative self talk.

**Enter the Realm of the Human Energy Field**

Ben: Now, the Force is what gives a Jedi his power. It’s an energy field created by all living things. It surrounds us, it penetrates us, it binds the galaxy together.”

*Star Wars, 1977*

You may be wondering how the human energy field affects your biography. This is a fascinating subject that has spawned hundreds of different modalities with the intent to work on the energy field.

The energy field has many names from Prana, Chi, Life Force Energy, God, Astral Light...etc. What you may not realize about the human energy field is that it is a dynamic, layered, communicative and responsive state of existence that radiates in the present, past and future. That means whatever information is in your energy field from your past will dictate the state of your present and dictate the possible outcome of your future.

Here’s an example of this point:

Sara is a 25-year old, single mother who was sexually abused as a child and has had multiple partners that have been abusive, neglectful and unfaithful. Her past story of having been abused affects her current circumstances in the choices of partners that she attracts and engages with. Should Sara continue to follow this path, her future will be expressed in more abusive and negative relationships. This kind of pathway not only affects Sara but also her children who can potentially model their lives based on their environmental education.

However, this is where changing something in the human energy field can make a difference. The human energy field is composed of 4 layers: the physical, emotional, mental and spiritual layer. Each layer is approximately 1-2 feet in distance from one another with the physical layer being the densest and closest to the body and slowest to change.

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The body of work that we use does not really cover the Etheric layer as this is a combined area between the Physical and Emotional Layer. When an experience, belief or memory is released in the Physical Layer of the Human Energy Field, this energy is taken out into the Emotional, Mental and Spiritual Layers to remove the fragments of information. Sometimes, it is effective in 1 powerful session. Other times, it may take extra work to remove the different layers that are compounded and then integrated into the cellular matrix. This is where various energy modalities come in.

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Being able to work on the different layers of the Human Energy Field is important if you are looking for deep healing and repatterning of your existence. The reason that multiple layers exist is that we are multi-dimensional beings existing in various levels and planes. In releasing patterns, beliefs, memories and information through the different layers of the energy field, one finds their life begin to change. It may start as a different way of thinking or feeling. And then bigger changes occur. Patterns are altered, relationships are healed, chronic conditions are alleviated and awareness increases.

So let us revisit our previous story with Sara. At some point in her existence, Sara finally got fed up with being abused, left behind and feeling hurt. She decided to begin making subtle changes. First, she changed how she ate and what she put into her body. She realized that she had depressive tendencies and decided to seek medical treatment. She also realized that she created some of her own undoing and took her friend’s advice and decided to seek energy clearing.

In her 1st IET session, Sara became unglued and could not stop crying as the practitioner began removing the energetic components of memories, experiences and thoughts through her physical, emotional, mental and spiritual layer. It took nearly 3 sessions before Sara could calm down and not cry. She continued the work and was able to work on manifesting BIG changes in her life.

How does that biographical expression look now in a past, present and future context?

Since Sara decided to take self-responsibility and action, her field began to change with the initial thought of “I need to do something different in my life.” Her commitment to seek healing and change created a pathway to let go of memories, experiences, traumas, feelings and thoughts first through the physical layer, then out through the emotional, mental and spiritual layer. In letting go and healing the past, Sara is able to forgive others in her present state, find peace within herself and a new commitment to put herself first. This is expressed in her future as a happy attitude that attracts the right kind of partner, better relationships with family and children and even opportunities for better education, career and environment.

After her multiple energy sessions and being on the right kinds of medications, supplement. diet and exercise, Sara radiates great health now and is confident within herself. This biography is expressed as one of inner peace, self-love, respect and compassion. Sara was able to change her biography by taking the necessary measures to heal her wounded heart. And it began with a plea for help. Most great self-adventures begin that way it seems.

**Be as Dynamic as Your Field and Manifest the Life of Your Dreams!**

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Now that you are aware of what the human energy field is and how the different layers communicate to one another, please note that you have this ability to begin enacting changes in your own life. In wanting to radiate an image of success, beauty, confidence, abundance and health, you must be the co-creator with Great Spirit and choose how you want to express your biography into the world.

If you are unsure or do not know where to start, then invite a few moments of stillness into your heart and your world. In the silence, you can ask and then simply wait for the answer to come. If you doubt whether you can hear, see or sense the answer, then know that you are always connected to Great Spirit, even if you are unsure. However, if you are needing deeper insight, you can also contact other energy and light practitioners who can assist you in greater clarity.

And remember, you are an expression of your thoughts, feelings, memories and more. Choose wisely or your emotions and life will choose for you! May you be blessed always!

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