

Richard Moat: Proof That it is Your Emotions and Not Your Thoughts or Behaviours that Have the Greatest Influence Over Your Success, Happiness and Health



Richard has devoted 30 years of practice and research to develop the Body Mind Detective Agency and Motivational Medicine. He specialises in mind-body connection and emotional and physical health. Find out how healing emotional scars from your past can help you create a compelling future.

TOP EMBODIMENT TIP: In order for you to feel better, you have to get better at feeling.

Physical & Emotional Health: Our Thoughts, Attitudes & Feelings Play a Leading Role in the Quality of Our Health.

- Examining our emotions helps us resolve things we haven't dealt with in the past to create a compelling future.
- Healing emotional scars from the past helps us live a fulfilled, successful, happy, healthy life in the present.
- We can feel resistance to examining our emotions from the past and in expressing them to others.
- When we bury the past, our body keeps score and we feel it physically and physiologically.
- The blockages are from blocked energy in our body and manifest as illness or disease.

Life Theme: Every Ailment or Disease Has a Collection of 'Life Themes'.

- The life themes can be responsible for the symptoms.
- They are predictable emotional scars and wounds from the past that manifest today in physical symptoms.
- We can trace emergence and timing of illness back to their triggers and discover what the triggers were about.
- If we are willing to work with them, we can clear up the emotional causes of whatever is troubling us physically.
- Our bodies let us know when we are acting out of integrity with how we are supposed to act.

External Factors: We Get Hooked into Habits that Don't Serve Us but Do Distract Us from Emotional Pain.

- We use medication or self medication as a way to stop feeling pain or try to fix our symptoms.

Next steps: What Do You Want to Do About Your Emotional Scars?

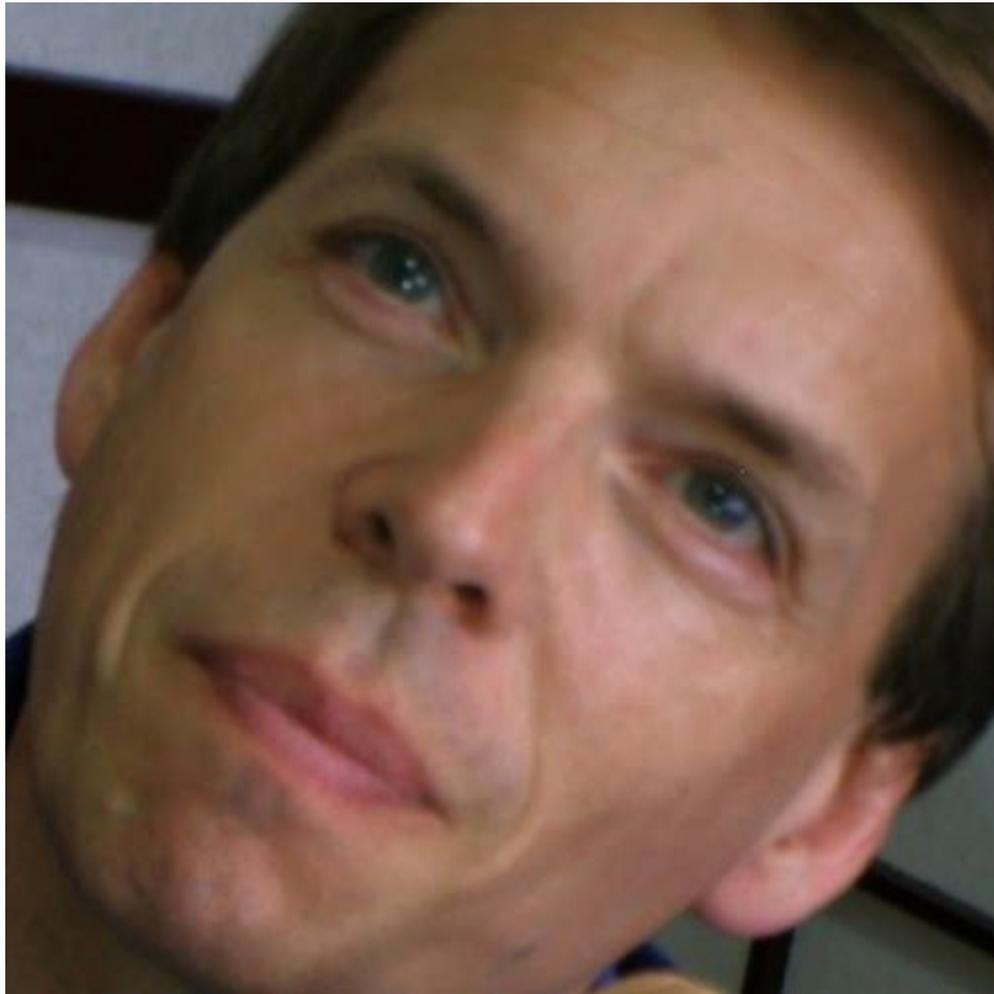
- Work through fear of the unknown with a coach or therapist or self-help resources to change your behaviours.
- Learn to speak out loud or write down the truth about how you are feeling.
- When the opportunity presents itself safely, take the opportunity to examine those emotional scars.
- Use the 'SWAB' process (Speak/Whisper/Announce/Breathe) to dissipate the intensity of fears.

Resources:

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Richard Moat





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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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