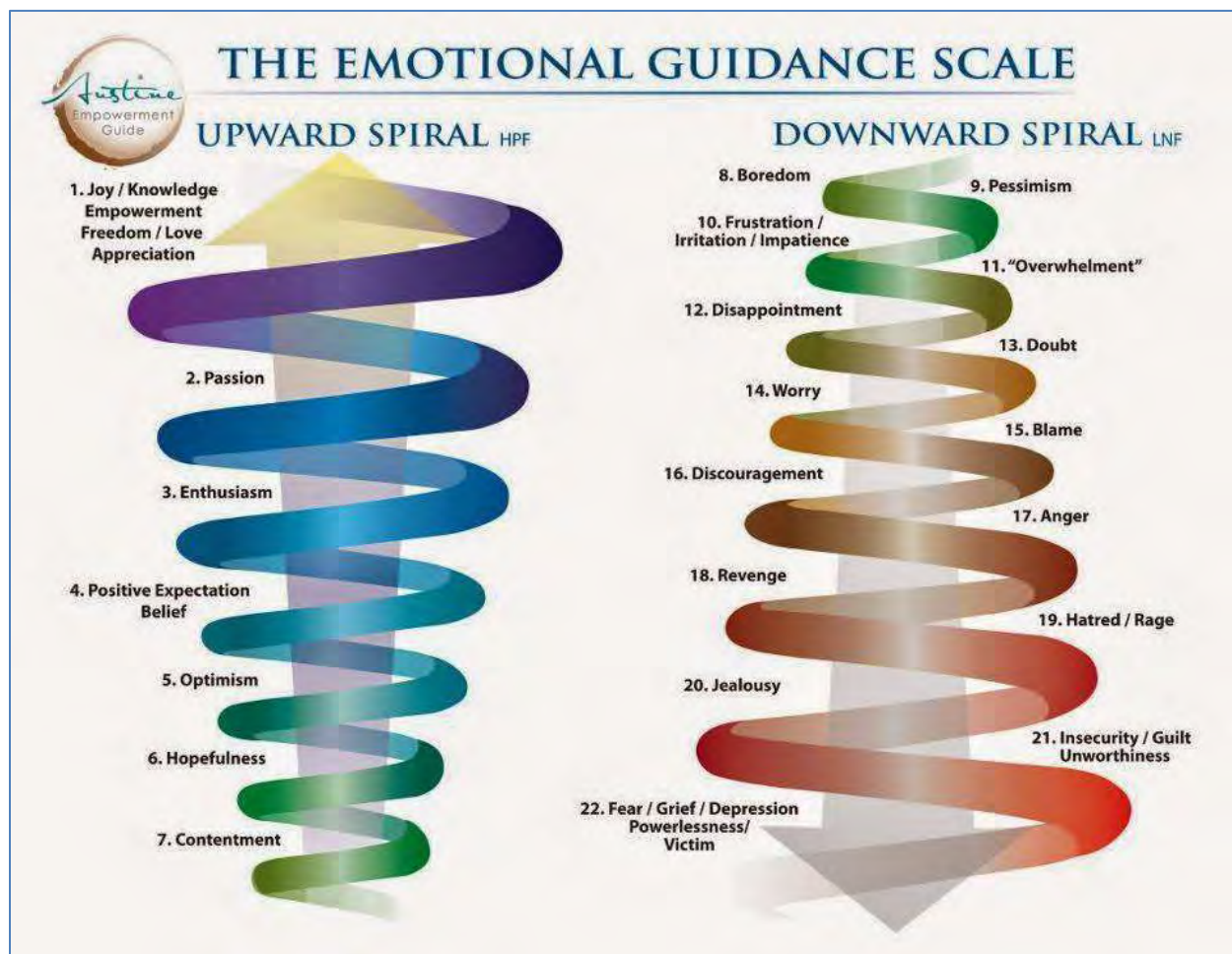


## Our attitudes have influences on both body and spiritual life

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Divine Principle talks about health, physical and spiritual. Regarding attitudes they have influences on both body and spiritual life. The spiritual body can be severely disturbed by negative activities, the culture of complaint, negative and critical thoughts, even negative environments. Then as we find there are psychoneurobiological problems which can wreak havoc with the physical body. From a couple of studies, we find negative emotions produce neurochemicals which in turn affect brain, central nervous system and body. Here's a synopsis.

"The brain is the key organ of the response to stress because it determines what is threatening and, therefore, potentially stressful, as well as the physiological and behavioral responses which can be either adaptive or damaging. Stress involves two-way communication between the brain and the cardiovascular, immune, and other systems via neural and endocrine mechanisms. Beyond the "flight-or-fight" response to acute stress, there are events in daily life that produce a type of chronic stress and lead over time to wear and tear on the body."

The brain is a target of stress, and the hippocampus was the first brain region, besides the hypothalamus, to be recognized as a target of glucocorticoids. Stress and stress hormones produce both adaptive and maladaptive effects on this brain region and can continue throughout the life course. Early life events influence life-long patterns of emotionality and stress responsiveness and alter the rate of brain and body aging. The hippocampus, amygdala, and prefrontal cortex undergo stress-induced structural remodeling; damaging changes.

Behaviors and emotions are modulated by neurotransmitters generated in the brain stem (Pons) and serotonin, norepinephrine, and dopamine systems establish pathways throughout the brain and it is these when out of balance, caused by negative thinking or by negative environments, which cause dysfunctional changes.

Behavioral interventions such as regular physical activity and social support can reduce the chronic stress burden and benefit brain and body health and resilience. A re-orientation of negative thoughts is also efficacious.