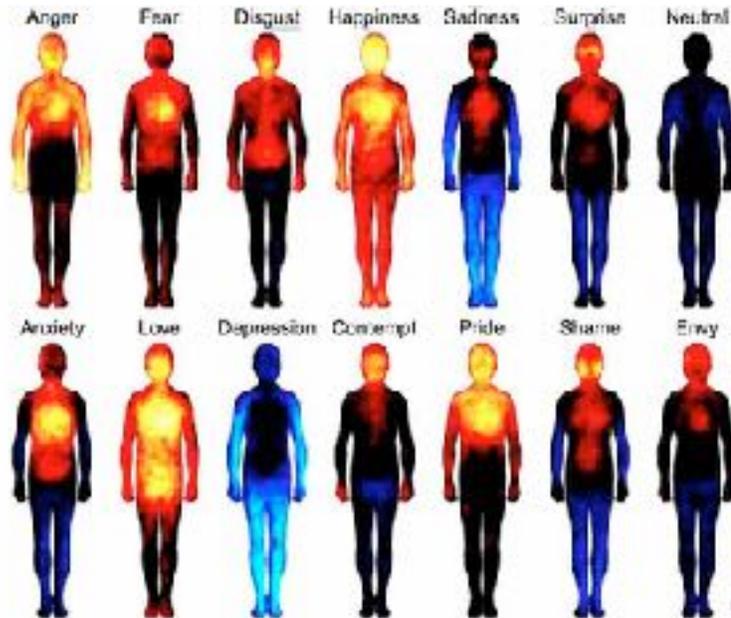


INNER CIRCLE Insights

Posture Affects Emotion... Emotion Affects Posture

Nowhere is the correlation between body, mind and emotion more apparent than in someone's body posture.

Some of the ways you walk or stand are dictated by genetics but they are also greatly affected by how you feel; emotions of the present and deep-seated emotions of the past.



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Take a moment to become more aware of your posture; is your head forward, are your shoulders slouched, is your lower back curved, is one shoulder higher than the other? Now that you have become more aware of your posture, explore your feelings, and with each awareness you will discover an important key to aligning yourself from the inside out.

Children are the perfect example of how posture and emotions are connected. Those of you that are parents or are involved in a child's life should take time to notice and then consider what their body structure is expressing. For example, during Chris's young development his mother was extremely anxious about the possible loss of their house and the ability to provide the things that were needed for him. This non-verbal message of pain and anxiety by Chris's mother was not about him, but about her; Chris unfortunately did not know this and began to experience free-floating anxiety attacks. These attacks could not be helped or explained so they were medicated. This helped to control the attacks but what wasn't noticed was the posture being demonstrated, among others, of rounded shoulders, tight chest, forward head and scoliosis. As new stresses were added to this established struggle, Chris's posture became more obvious and debilitating later in life.

This is just one example; think about someone who is told they are inadequate 10 times a day. How would they appear? Or maybe someone is abused; physically or mentally? Whatever the emotion, your nervous system is the messenger of your mind. It prepares and organizes your movements, postures and reactions while your emotions interconnect your mind and body. Just as the mind needs to be aligned with the body, the body needs to be aligned with itself.

Professionally yours,
Timothy M. Alloway M.S.P.T.

For an appointment please call (215) 860-3623

*"The Natural Force Within Each of Us
is the Greatest Healer of Disease" – Hippocrates*