

BODY/POSTURE CONNECTING TO EMOTION QUOTES

“Our body is a computer read out of frozen thought.
Our body is a snap shot of our personal history.” - D. Chopra

“Our posture is an environmental statement. It portrays significant aspects of our history, present tone and is a prediction of future response.”
— Bernard, Lake, M.D.

“Often the body speaks clearly that which the tongue refuses to utter.”
- Mabel Todd, The Thinking Body

“Changing the attitudes of the body is an effective way to change the mental attitude.” - Mabel Todd, The Thinking Body

“For every feeling (or every thought supported by a feeling) there is a corresponding muscular occurrence.” - Mabel Todd, The Thinking Body