

MICHAEL SCHWARTZ

# PHYSICS OF THE PSYCHOLOGICAL BODY

*Understand the connection  
between the mind and body*

A large, stylized handwritten signature in white ink, appearing to read 'MS', is positioned in the bottom right corner of the cover.

# **PHYSICS OF THE PSYCHOLOGICAL BODY**

**“UNDERSTAND THE CONNECTION BETWEEN THE  
MIND AND BODY”**

MICHAEL SCHWARTZ

Physics Of The Psychological Body:

Understand the connection between the mind and body

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*First Edition*

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# PREFACE

I was inspired to write this book after meeting some old high school friends. We went to the bar and played a couple games of pool and talked about life. One of my old friends was talking about how his mother controls his life, how he wants to be in a band, and so forth. He did not address any resolutions to these conflicting circumstances in his environment but instead continued to complain. Your life is determined by how you live it, perceive it and respond to it.

Michael

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Schwartz

Let me just say that the information in this book are thoughts and opinions of myself and information I've gathered throughout my incarnation either from perception, experience and conversation. I am not a therapist, counselor physicist or any derivative of the 3.

I wrote this book. The Physics of the Psychological Body was written without a ghostwriter, impressive words, or award-winning writers. In fact, it was written in just two hours.

Forgive me in advance for its simplicity. I hope to help people grow with this small booklet.

# INTRODUCTION

In *The Physics Of The Psychological Body: Understanding The Connection Between The Mind and Body*, I want to simplify the conceptual understanding of how your thoughts and actions affect your environment.

It's an easy and simple concept to grasp but If you truly want to understand this concept you need to be open minded and willing to listen to external input and base your own conclusion on it.

In case you don't know anything about my story, I'll reveal that when I was young I wanted to understand human psychology. Like , "Why do people do the things they do?, What's the stimulus that causes it?, etc:"

I became a verified and trained active listener on a site called 7Cups.com. Which partakes in "Active Listening".

**Active Listening:** Active listening is a great way to care and support another person. At first, you will likely find it to be a bit challenging. In normal relationships, we tend to take turns talking and sharing. With active listening, you are focused primarily on the other person. Your careful listening helps the other person to feel heard, valued, and understood. Keep in mind that active

listening is not counseling or advice giving. You shouldn't try to solve their problems.



## CHAPTER 1

# OPEN YOUR MIND

Our planet Earth is filled with wonders of joy and life. Yet most of us are so focused on spending hours for dollars, living pay check to pay check, working most of our lives that we forget some of the most simple fundamental concepts of living life. Like for example when you inhale you are consciously taking in what your body needs.

In addition for the remainder of this book I'll be addressing just some key points to keep this as simple and effective as possible.

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Your conscious mind makes the decision if outside influences enable you or disable you.

When you exhale you're unconsciously taking out what your body does not need.

Your unconscious mind makes the decision of staying there on that path, or going another path.

Both you're conscious mind and your unconscious mind affect and effect your physical body.

**NOTE:** Your state of being refers to your conscious mind and unconscious mind, so it could be either.

You're creation within creation.

What's creation? Light/Energy/Life

### **5 Laws of Creation:**

- 1) You Exist!
- 2) The all is the one. The one are the all.
- 3) What you put out is what you get back.
- 4) Change is the only constant.
- 5) Everything is here and now.

Before we discuss the 3 aspects of You, you must remember the energetic coordinate grids.

X = Horizontal (Sense of Being)

Y = Vertical (Sense of Being)

Z = Diameter (Energy Field, Emission, and Sense of Being)

### **3 ASPECTS OF YOU: = (Sense of Being)**

- 1) Higher Self: Conceives (Spiritual Self)
- 2) Physical Personality Mind: Perceives (Mental Self)
- 3) Physical Brain: Receives (Physical Self)

## **How Sense of Being Affects The Physical Body!**

You're sense of being should not be of one aspect, but a aspect of a whole.

You can tell yourself many things. However thou must never force thy self. As self is the ultimate goal.

The amount of weight has added to these concepts affects your physical body in the sense most strongly given off.

Once you've realized that, and not a sense of realization in visioning, and seeing it, but feeling and expressing this energy as well. Once you've done this then comes the sense of realization.

If to much weight is added on one side, or your sense of awareness is focused on one or two aspects. It then could lead to discomfort of the physical body, when this is done resistance is added upon the physical body, and then can lead up to you being put out of alignment with your physical body, and can lead onto further problems

Feeling and occurring on your physical body. At some point you should clearly see this in your incarnation if not and further becomes a problem. Remember the 4th Law of Creation, "Change is the only constant". So change how you present yourself, how you feel not internally and externally, but as a whole.

Maybe instead of writing with one hand, switch hands and start using the other. Learn how it functions. It's not just of the matter of getting used to it, but it's also a matter of how you interpret and put aspects around you together in a way that's more convenient to you, both physiologically and consciously, but most importantly don't ever forget that 4th Law, as your....

### **Sense of Being Includes:**

consciousnesses	survival	awareness
character	strength	balance
flexibility	portability	posture
breathing	emotion	feeling
taste	love	experience
presentment	presence	proportion
intuition	consideration	empathy
sympathy	understanding	health
hearing	appearance	overall build
overall build	restfulness	visualization
healing		pain

You're physiological self correlates with your higher self.

Pain is the result of resistance of your natural self.

Your physical body should not be in alignment with yourself, but yourself in alignment of your physical body spiritually. As your physical personality mind is not designed to interpret how things happen. It only determines how things happened.

I'm saying this spiritually so you can understand the construct of this illustration as there's only 3 aspects of you.

There's only your physical, mental, and spiritual self, as mentioned above.

What you consume is the weight added to your body on whatever way you may perceive/present it at that time, and during the time it's inside you. This is then exited in other ways like urination, vomiting, etc: Take in what you need, take out what you don't. What you put out is what you get back (3rd law of creation)

Sleep is determined on how the conscious mind is in the state of relaxation. If this is not in alignment with your state of being then comes conflictions with your physical alignment/state of being. Sleep is the state of which the mental and physical body is in the state of relaxation.

Emotions are not aspects of the mental or physical self, but emissions of your spiritual self.

So what do you wanna do in life?

It's the matter of what you choose to do in creation. Ying or Yang? The choice is your's in this incarnation.

You are the source!

So express what means the deepest to you and the results will show, just be you.

Don't ever force yourself on one sense more than another, as this causes yourself to go out of alignment both physiologically and consciously.

Not everyone will be at the same frequency of awareness as you. Not everyone will be at the same frequency of emotional vibration as you. It's apart of life, but a quest you chose upon incarnation to test on how these actions affect you in the now.

Remember emotional expressions/emissions are aspects of your true core self they are representations of your physical self. This is the central power structure, or control point of the physical body. So if you want to be incredibly powerful and spiritual you must embrace this aspect of your true core self.

### **In conclusion...**

“Knowing is not enough we must apply. Willing is not enough we must do.” ~ Bruce Lee

So be the change you wanna see in the world and always remember, "People are made to be Loved and Things are made

to be Used. There is so much conclusion in this World because  
People are being Used and Things are being Loved!"

A handwritten signature in black ink, consisting of stylized, overlapping loops and curves, likely representing the initials 'MB'.

Michael Schwartz is an entrepreneur, investor, philanthropist, graphic designer, software developer, etc:.

He's the developer of several open source applications such as CamDesk which now has over 1,000,000 downloads and rising.

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