



"Fight or Flight" (fear) vs. "Rest and Digest" (peace), Love thy neighbour, Optimism/Faith

page: 1



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posted on Jul, 15 2015 @ 03:01 AM

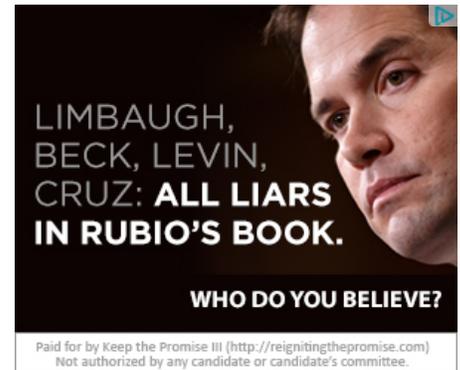


The basic instincts are "fight or flight". The "flight" is the fear and the "fight" is the anger which is a response to fear. The "fight of flight" instinct produces stress hormones called cortisol which damages brain cells and the normal functioning of the brain including decision-making, language processing, and communication. The other instinct is "Rest and Digest" which releases hormones of happiness and love which is good for relaxing and improving the immune system. The more a person focuses on peace instead of fear, the more hormones of peace will be released instead of the stress hormones, and this will make it easier and easier for the brain to stay more optimistic and peaceful.

Many different religions and spiritual paths focuses on the importance of Love and Peace, but how can a person love their neighbour if they are in fight-or-flight mode rather than in the peaceful rest-and-digest mode? How can a person love their neighbour if they see them as someone to be in fight-or-flight mode with... if they see them as a threat? This is where hope, faith, optimism are important. Focusing on peaceful things not only releases peaceful hormones, but it also influences perception (optimism), just like the stress hormones due to all of the focus on fear and worry influences perception (pessimism).

Having Faith rather than doubt and focusing on Gratitude rather than lack, goes back to the heart of instinct, which is, "fight or flight" (fear) or "Rest and Digest" (peace). The choice is to focus on Peace or fear, to feel Safe or not. Not only does this benefit self, but it benefits others, also. When a person is not in condemn-and-attack mode ("fight or flight") against their neighbour, then a person is able to love them.

Interesting quotes by researchers on this topic:



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...choose your words wisely and speak them slowly. This will allow you to interrupt the brain's propensity to be negative, and as recent research has shown, the mere repetition of positive words like love, peace, and compassion will turn on specific genes that lower your physical and emotional stress. You'll feel better, you'll live longer, and you'll build deeper and more trusting relationships with others—at home and at work.

...when you generate a minimum of five positive thoughts to each negative one, you'll experience "an optimal range of human functioning."

- Words Can Change Your Brain - Psychology Today

Interesting Bible quote which relates to this topic:

There is no fear in love; but perfect love casteth out fear... - 1 John 4:18

edit on 15-7-2015 by arpgme because: (no reason given)

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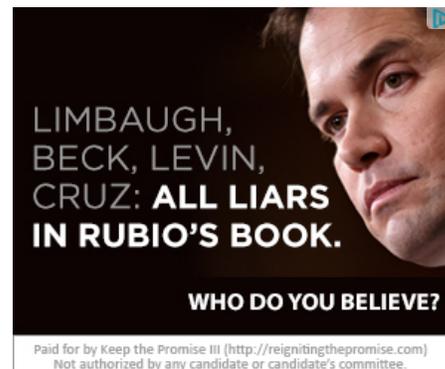
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