

A FREE GUIDE

The Language Shift

HOW YOUR WORDS REWIRE YOUR BRAIN, BODY & BELIEFS

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PLANET OF PEACE ENERGY HEALING

A free guide to help you begin speaking the life you want to live.

Welcome!

If you are reading this guide, something inside you is already ready for change.

Many people believe transformation begins with major life events, dramatic decisions, or years of effort. In reality, transformation often begins with something far more subtle:

The words we say.

Before a belief changes, before a habit shifts, and before a new reality becomes visible, a quiet change happens inside the nervous system. The body begins responding differently to the language we use.

This guide is an introduction to one of the most powerful discoveries I have witnessed in my work at **Planet of Peace Energy Healing**:

YOUR BODY IS ALWAYS LISTENING TO YOUR WORDS.

- Every sentence you speak creates a chemical response.
- Every thought sends signals through the nervous system.
- Every belief shapes the pathways your brain strengthens.

When we learn to shift our language gently and consciously, we begin creating new neural pathways that support growth, safety, possibility, and empowerment.

This short guide will help you experience that shift for yourself.

With ease and grace,

Sheila Marina

The Moment Something New Appears

Have you ever heard an idea for the first time and felt your body react instantly?

- Sometimes it feels like a spark.
- Sometimes like curiosity.
- Sometimes like resistance or tension.



This reaction happens before logic has time to form an opinion.

When the brain encounters new information, it automatically searches for a reference point — something familiar to compare it to. If it finds a match, the information feels comfortable. If it does not find a match, the nervous system briefly enters a state of alert.

THIS IS NOT A PROBLEM. THIS IS HOW GROWTH BEGINS.

In that moment, one of two things typically happens:

- The mind opens with curiosity.
- The mind protects with resistance.

This is often described as the difference between a **growth mindset** and a **fixed mindset**.

But there is another layer that many people overlook:

The body always reacts first.

Before we form opinions, the nervous system sends signals throughout the body:

- Muscles may tighten
- Breathing may change
- The chest may feel open or closed
- The body may feel lighter or heavier

These reactions are not random. They are information.

They are the body deciding whether something feels safe, familiar, or possible.

The moment new information arrives is the moment a new neural pathway can begin.

Your Body Knows the Difference

The terms **growth mindset** and **fixed mindset** are often discussed as mental concepts. But long before the mind forms a belief, the body has already responded.

A **fixed mindset** often feels like contraction:

- Tight shoulders
- Shallow breathing
- A sense of pressure or urgency
- Thoughts like *"I can't", "This won't work", "I'm not ready"*

A **growth mindset** often feels like expansion:

- A deeper breath
- A softening in the chest
- A sense of curiosity
- Thoughts like *"Maybe", "I could learn this", "What if?"*

Neither response is wrong. Both are protective.
Both are trying to keep you safe.

THE FIXED MINDSET PROTECTS WHAT IS FAMILIAR.
THE GROWTH MINDSET EXPLORES WHAT IS POSSIBLE.

The shift from one to the other rarely begins with force or willpower.
It begins with language.

The words we choose quietly signal the nervous system:
Are we in danger? Or are we safe to grow?

And this brings us to one of the most powerful discoveries of all:
Your words create chemistry in your body.

Your Words Create a Chemical Response

Every sentence you speak sends signals through the nervous system.

THIS IS NOT METAPHORICAL — IT IS BIOLOGICAL.

The brain continuously scans your thoughts and language to determine whether you are safe or under threat. Based on the words you use, it releases different chemicals into the body.

Consider the difference between these two statements:

“I don’t want to be late.”

“I want to arrive on time.”

They describe the same situation.

But the body hears them very differently.

When the brain hears *“I don’t want...”*, it must first imagine the unwanted outcome. This activates the body’s stress response, releasing stress hormones that prepare the body for urgency and pressure.

When the brain hears *“I want...”*, it imagines the desired outcome. This activates the brain’s reward and motivation systems, releasing feel-good chemicals that support focus, calm, and forward movement.

Your nervous system does not respond only to events.

It responds to **the language you use about events.**

- Words can signal danger.
- Words can signal possibility.
- Words can signal safety.

When we gently shift our language, we begin shifting the chemistry of the body — and the pathways the brain strengthens.

And this is where real change begins.

A Gentle Practice You Can Try Today

You don't need years of practice to begin experiencing the power of language.

You can feel the shift in minutes.

This simple exercise invites you to notice how your body responds when you change the way you speak to yourself.

01 NOTICE YOUR DEFAULT LANGUAGE

For a moment, think of something in your life that feels stressful or challenging.

Now notice the language that naturally appears in your mind.

You may hear phrases like:

- *"I don't want to mess this up."*
- *"I hope this doesn't go badly."*
- *"I don't want to feel this way anymore."*

There is nothing wrong with these thoughts. They are incredibly human. But they are focused on what you want to avoid.

02 GENTLY REFRAME THE SENTENCE

Now, take the same situation and rewrite the sentence using what you want instead.

For example:

- *"I don't want to be late" becomes "I want to arrive on time."*
- *"I don't want to feel stressed" becomes "I want to feel calm and supported."*
- *"I don't want to fail" becomes "I want to learn and grow."*

03 PAUSE AND NOTICE THE BODY

This step is the most important.

Close your eyes for a moment and repeat the new sentence slowly.

Then ask yourself:

- Did my breathing change?
- Do my shoulders feel different?
- Do I feel more open or more tense?
- Did my mood shift, even slightly?

You are not trying to force a result.

You are simply noticing.

This is how new neural pathways begin — quietly, gently, and with awareness.

Learning to Listen to the Body

Your body is constantly giving you feedback.

Most of us were simply never taught how to listen.

Somatic noticing means becoming aware of physical sensations without trying to change them. It is the practice of observing the body with curiosity instead of judgment.

This skill becomes incredibly powerful when paired with conscious language.

A One-Minute Practice

Take a slow breath and read the following sentence silently:

“I don’t want things to stay the same.”

Pause and notice your body.

- Where do you feel tension?
- What happens to your breath?
- Do you feel urgency, pressure, or heaviness?

Now read this sentence slowly:

“I am open to positive change.”

Pause again and notice.

- Does your breathing feel different?
- Do your shoulders soften?
- Do you feel even a small sense of possibility?

There is no right or wrong response.

The goal is not perfection.

The goal is **awareness**.

The more often you notice these subtle shifts, the easier it becomes to choose language that supports safety, growth, and possibility.

And as this awareness grows, your beliefs begin to change.

How New Beliefs Take Root

When you begin using growth-based language, something subtle starts happening beneath the surface.

NEW IDEAS DO NOT APPEAR FULLY FORMED. THEY GROW.

One way to visualize this process is as a tree.

The Seed — A New Core Belief

Every change begins with a small seed.

- A sentence.
- A realization.
- A moment of possibility.

It might sound like:

- “Maybe I can learn this.”
- “Maybe change is possible.”
- “Maybe I am capable.”

This small shift plants the seed of a new core belief.

The Roots — Safety in the Nervous System

As you repeat growth-based language and notice how your body responds, the nervous system begins to feel safer exploring this new idea.

The seed starts to form roots.

The belief begins to feel more familiar.

- More possible.
- More stable.

The Trunk — A Stronger Identity

With repetition, the new belief becomes part of how you see yourself.

Instead of *hoping* change is possible, you begin to expect it.

This is the trunk of the tree — the strengthening identity that supports new choices and new actions.

The Branches and Leaves — Daily Thoughts & Habits

From this stronger belief, new thoughts naturally appear:

- New habits feel easier
- New choices feel safer
- New possibilities feel available

Each small positive thought becomes like a leaf on the tree.

Unique. Growing. Expanding.

And just like a real tree, this process happens gradually, gently, and with time.



A Gentle Challenge

You now have everything you need to try a simple experiment.

For the next 24 hours, notice how often your language focuses on what you don't want.

This is not about judgment.

This is about awareness.

01 NOTICE THE PATTERN

Throughout your day, listen for phrases like:

- "I don't want..."
- "I hope this doesn't..."
- "I can't..."
- "This is stressful..."
- "This always happens to me..."

These patterns are incredibly common. Most of us learned them without realizing it.

Simply notice them.

02 PAUSE AND REFRAME

When you catch one of these sentences, gently pause and ask:

"What do I want instead?"

Then rewrite the sentence in growth-based language.

For example:

- *"I don't want to feel overwhelmed."* **becomes** *"I want to feel supported and capable."*
- *"I can't do this."* **becomes** *"I am learning how to do this."*
- *"This is stressful."* **becomes** *"I am finding a calmer way to handle this."*

You are not pretending.

You are redirecting your nervous system toward possibility.

03 NOTICE THE BODY AGAIN

Throughout the day, observe:

- Does your breathing feel different?
- Do you feel calmer or more open?
- Do challenges feel slightly more manageable?

Even a small shift matters.

Each reframe plants another seed in your Belief Tree.

And with repetition, those seeds grow.

You Don't Have to Do This Alone

If this guide resonated with you, it means your nervous system is already responding to new possibilities.

The **Language Shift** is only the beginning.

At **Planet of Peace Energy Healing**, my work focuses on helping people gently release old emotional patterns, strengthen empowering beliefs, and create a calmer, more supportive inner world.

Using energy healing and belief-based approaches, I work with clients to:

- Release emotional patterns that no longer serve them
- Strengthen supportive and empowering beliefs
- Reduce stress and emotional overwhelm
- Create a greater sense of inner calm and clarity
- Support the nervous system in feeling safe to grow

Sessions are available virtually and in person.

If you feel ready to continue this journey, you are warmly invited to take the next step.

Book a session:

planetofpeace.setmore.com

About the Author

Sheila Marina is an Energy Healer and the founder of Planet of Peace Energy Healing. Since opening her practice in 2020, she has helped clients around the world experience emotional release, greater clarity, and a gentler path forward.

Her work blends energy healing, belief work, and nervous system awareness to support meaningful and lasting change.

With ease and grace, your next chapter can begin today.