

Overstimulated Body, Overstimulated Mind and Overstimulated Emotions

Prologue

I heard the word 'overstimulated' from Matt Kahn.¹ Something in me liked the word 'overstimulated.' Playing with the word is what inspired this article.

Overstimulated Body

In a resting state (without caffeine and without a large amount of adrenalin), the primary way that our body is overstimulated is by the muscles being overly tight. Everybody has excessive tension in their muscles. Most people are not be aware of most of their muscle tension. By simply going to one yoga class, you quickly become aware of much more of the muscle tension that is always in your body.

Each person lives with a lot of muscle tension that creates an overstimulation of their body and an increased restlessness in their body, mind and emotions as a result of the excessive muscle tension.²

A temporary way to lessen muscle tension is to be in a jacuzzi or to be in a sauna. The heat will temporarily relax tight muscles. A person will be more relaxed (less stimulated) in their body, mind and emotions just from their muscles relaxing in the heat of the jacuzzi or in the sauna.

Overstimulated Mind

An overstimulated mind is easy for everyone to recognize. When our mind is overstimulated in thought, our peace is ruined. The more our mind is overstimulated, the farther we are from living as our True Nature; of living as peace, love, compassion and wisdom. The less our mind is overstimulated, the more possible it is to feel deep peace.

Overstimulated Emotions

Overstimulated emotions are easy for everyone to recognize. When our emotions are overstimulated, our peace is ruined. The more our emotions are overstimulated, the farther we are from living as our True Nature; of living as peace, love, compassion and wisdom. The less our emotions are overstimulated, the more possible it is to feel deep peace.

Overstimulation Of Our Body, Mind And Emotions and Being More Uncomfortable

There is a direct connection to our body being overstimulated, our mind being overstimulated, our emotions being overstimulated and for us to be more uncomfortable.

Checking For Overstimulation

I remember multiple times a day to check for overstimulation.

- ▶ Are there any places in my body that are overly tight? Can I relax those areas? How is my posture? Can I re-balance my body?
- ▶ How is my breathing? Into my belly? Relaxed?
- ▶ Is my mind thinking fast? Are my thoughts useful? Is my mind just mumbling along with a string of random or unrelated thoughts?
- ▶ Are my emotions overstimulated?

An overstimulated body, an overstimulated mind and overstimulated emotions become a self reinforcing activity; each helping to keep the other in a state of overstimulation.

Cilantro Snipping

Yesterday I was standing and separating cilantro leaves from the stems. I was going to be doing this for a few minutes. It was a perfect time to check for overstimulation. I noticed tension across the top of my shoulders that was unnecessary, so I relaxed the muscles across the top of my shoulders. I noticed that I was not standing equally on both feet, so I balanced my weight. My body shifted and relaxed in multiple places.

I noticed that I was hurrying to pull the cilantro leaves off, so I slowed the pace to where my fingers were not hurrying. I noticed my breath, and my breathing became a little slower and a little deeper.

My mind wasn't thinking of anything in particular. As my body relaxed from being overly tight, my emotional state felt more relaxed. The amount of overstimulation of my body, mind and emotions was at a low level. There was such a feeling of peace and appreciation for the moment.

Enriching Your Daily Moments

Just after finishing typing the above line, there was a pause. A slight tension in both shoulder joints was noticed, some tension in the left jaw and right foot. Other than that, my mind was quiet, my emotions felt good and my breathing was relaxed with my belly moving as I was breathing.

You can check for overstimulation of your body, mind and emotions throughout the day. Checking is not to criticize ourselves (there I am doing it *again*). Checking can be a kind way to find if you can have less overstimulation in that moment in your body, mind or emotions.

The more overstimulated our body, mind and emotions are, the more that we feel impoverished in the quality of our life. By checking multiple times a day and by your overstimulation gently decreasing, you'll find that your daily moments are becoming more rich.

Meditation and Slowing Down

Every spiritual path has some form of meditation or contemplation or saying a mantra or repeating the rosary as a central part of spiritual life. Each of these practices is to slow our body, mind and emotions. The less that we're overstimulated, the less that we're in the way of our True Self coming through. Conversely, the more tense our body, the more crowded our mind is in thought and the more stimulated our emotions are, the more that we feel stressed.

In sitting meditation, our body is slowed down by not moving. If we're in an upright and comfortable position our body remains relaxed and in an alert posture (upright, not lying down). Our mind begins to (eventually) slow down. Our emotions become settled; like muddy water in a glass becoming clearer and clearer as the muddy water remains still.

In this slowing down that naturally happens during meditation, what is prior to body, mind and emotions comes, more and more, into our awareness. As long as our body is tense and active, our mind is busy with thoughts and our emotions are heightened with feeling, then the part of us that is not body, mind or emotions remains primarily in the background; not connected with, not utilized.

You've probably noticed that intuitive aha moments happen when you're at your most relaxed times – waking from sleeping, just before going to sleep, in the shower or when you're not thinking about much of anything. You also may have noticed the opposite; that your intuitive aha's rarely or never happen when your body is overstimulated, when your mind is overstimulated and when your emotions are overstimulated.

In times of meditation and contemplation we are the opposite of overstimulated. We're understimulated compared to our usual amount of stimulation in our body, mind and emotions. It's in these times of understimulation (from our usual level) that more of who

we really are comes through. What all approaches to sitting meditation have in common is to eventually come to a slowing down of body, mind and emotions and to have more contact with our Natural State.

Understimulation (from our usual level in our body, mind and emotions) brings out more of our True Nature. Our usual activity level in our body, mind and emotions reinforces our usual personality-thought-emotional level of activity. Overstimulation of our body, mind and emotions brings a more narrow, reactive way of being.

Living A More Peaceful, Contented And Fulfilling Life

When we check for, and let go of, overstimulation in the easy moments of life, we gain more skill at living in a much more peaceful and fulfilling way; even as we separate cilantro leaves from the stems. Then when we get to the stressful times when our body is really overstimulated, our mind is thinking in almost uncontrollable ways and our emotions are rampant, we'll have a greater chance to get out of the overstimulation of our body, mind and emotions; and to live in the greater peace, love and presence that is always available.

For me, the simple check in any moment for overstimulation of my body (tension and restricted breathing pattern), overstimulation of my mind (thoughts rambling along and going on without usefulness) and overstimulation of emotions, helps me make a 'course correction' to come back to living in more peace, contentment and fulfillment.

May all beings live in peace.

Footnotes:

- 1 [Click here](#) to know about Matt Kahn. My view is that he has a noticeable degree of awakening. He's not the type of teacher that I'm attracted to and he's the perfect teacher for many people.
- 2 Muscles make up between 38% to 54% of the entire physical matter of a man's body. Muscles make up between 28% to 39% of the entire physical matter of a woman's body. That's a lot of physical matter that is potentially being overstimulated by having muscle tension. [Click here](#) to go to this reference on the internet.