

COMFORT

Comfort plays a subtle but essential role in manifestation—not by driving action as desire does, but by regulating emotional and physiological states that support clarity, intuition, and aligned action. Comfort reduces internal resistance, making it easier to receive and act on insight, and to stay emotionally aligned with a desired reality.

1. Enhances the Parasympathetic Nervous System

- Comfort activates the parasympathetic nervous system (“rest and digest”), promoting a receptive mental state.
- Study: Porges’ Polyvagal Theory (1995) explains how feelings of safety and comfort allow for social engagement, creativity, and openness—key ingredients in aligned manifestation.
- Result: When the body feels safe, the mind is more open to inspiration and intuition.

2. Increases Self-Trust and Intuition

- Comfort in one’s body and emotions creates internal coherence, which has been linked to heightened intuition and perception.
- Study: The HeartMath Institute (McCraty et al., 2009) found that heart-brain coherence, which arises during states of calm and comfort, enhances intuitive ability and decision-making.
- Result: Comfort allows people to access non-linear insight, often associated with synchronicity or “flow.”



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3. Supports Neuroplasticity and Identity Shifts

- A comforted, safe nervous system supports neuroplasticity, allowing people to integrate new beliefs and identities aligned with their desires.
- Study: Davidson & McEwen (2012) show that emotionally positive environments promote flexible, adaptive brain changes.
- Result: Comfort increases one's ability to "become" the version of themselves who has already manifested the goal.

Comfort-Based Visualization and Performance

A study from the University of Chicago (Ranganathan et al., 2004) examined how mentally rehearsing physical actions in a relaxed, calm state improved muscle strength nearly as much as physical training.

- Participants who imagined doing a bicep curl in a calm, focused state increased strength by 13.5%, compared to 30% in the physical training group.
- Insight: Relaxed, comfort-based visualization activated real neurological pathways, manifesting tangible change.

Comfort is not passivity—it's emotional safety and nervous system regulation, both of which allow us to stay present, open, and in alignment with what we are manifesting. While desire initiates action, comfort creates the fertile ground for insight, intuition, and integration to flourish.



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Do you want to enhance your life but feel stuck or uncertain about your next step? Claim your complimentary 1-hour, one-on-one session with Dr. Esmaili today, and gain the personalized insights you need to move forward with confidence.

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