

I.Nside-O.W.T

5 Steps to Healing from the INside-OWT[©]

Hints for Processing Physical Symptoms



5 Step Process of INside-OWT for Spontaneous Insight & Self-Healing

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Introduction

The acronym I.N.O.W.T. is pronounced IN-OWT or In-Out or INside-OWT.

(INside-OWT) is a play on words that exemplifies the important shift of information coming from the outside in, to one of trusting inner information and knowledge (inner knowing) and moving the information outward. We are living in the information age and changing our focus from the outside to the inside is an important shift. With the advance of the internet we now have *too much* outside information that will inevitably overwhelm us if we cannot trust our own inner guidance.

Turning inward is one of the worlds' best, most natural and soothing medicines. IN-OWT is a way to be most present - a way to transcend the time-space reality and access the wave-function, the aspect of our mind that identifies with oneness, unity and unconditional love.

Awareness Paths:

Some forms of awareness paths or meditation encourage people to use it as a way of detaching from our busy life. Often we dismiss thoughts or body sensations to follow our breath or repeat a mantra. This type of meditation/prayer is classified as passive and directed i.e.) its' purpose comes from an external or 'outward' expectation. IN-OWT, on the other hand is an active and non-directed form of awareness.

In passive/directed awareness/meditation/prayer there is a pre-determined outcome (outward/external expectation). For example, finding a place of inner peace or being healed from disease. While these goals seem worthwhile, when you direct your awareness to a predetermined outcome, (ie) outer developed expectation, you limit the possibilities by attempting to tell the Universe, God or Creation what to do.

(Passive/Directed) Meditation	(Active/Non-Directed) Meditation
<ul style="list-style-type: none"> - just sitting - concentrating & repeating (chant/mantra) - turning off - externally directed - imagery is given - a way of detachment - a way of emptying 	<ul style="list-style-type: none"> - surrendering to experience - letting go - opening up - inner directed - imagery arises spontaneously - a way of surrender/connection - a way of achieving depth

(Taken from Wrestling with the Prophets (Harper, 1990) by Matthew Fox.)

Directed Awareness/Meditation/Prayer lacks a key aspect or concept necessary for transformation and healing, namely; trust. Trust is necessary to be engaged within creation and the evolutionary system that has an energetic blueprint of meaning and purpose for you and your soul.

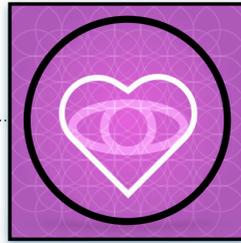
Trust, what the 'T' in INside-OWT stands for is what enables one to truly surrender, let go, and open to what is truly possible - which is never anything we can think of from our limited beliefs, constructs or education from our current cultural reality.

With IN-OWT, it can be helpful to choose a focus – anger toward my mother for example, but one must remain open to the process and the outcome for true insight and transformation to arise. The process of IN-OWT teaches people to accept, honour and trust their experiences and their unique way of connecting to the creative source of life.

The Acronym of I.N.side O.W.T.



Immerse
yourself within
your Inner Being



Notice
what comes up



Own
what is presented



Willingness
to play & accept the
metaphorical process



Trust
you are guided
and safe

Immersion:



Immersion is setting your intention to immerse yourself within your inner being. *(Please listen to the Immersion Audio recording to help you get started)*

Using breath as way of making space within and focusing our attention on our heart centre, or truth in the middle of our chest is a powerful way – but not the only way to begin. You can also start with a focus, on an image or word that seems to keep popping into your awareness, an emotional feeling or physical issue for example. Whatever holds or draws your attention. Nightmares and reoccurring dreams can be resolved with the same process – recalling part of a dream is enough to start from. *See the Starters Guide at the on page 10)*

Notice:



Notice what is in your present awareness and ‘follow the energy trail.’ The ‘energy trail is any images, internal sounds or words, body sensations, memories, external ‘distractions’ or sounds that seem to draw your attention. Thoughts that also support and bring insight to these sensations are also part of the ‘energy trail’. Thoughts that are ‘judgments’ are distractions from it.

As one follows their energy trail, **trusting, honouring and accepting** what it presents, it flows like an internal movie. Aspects of oneself, often called our ‘inner voices’ which people can and do name for themselves naturally emerge: inner child or child-self, one’s mental or critical self, ‘head’

or ‘brain’, one’s guiding light or spirit and many others. (Personal terms derived from the clients own understanding occur spontaneously when needed and are preferred to those predetermined by psychological or medical definitions). The soul searchers internal-frame-of-reference is what determines healing.

Within the minds-eye, colours, strange images, body twinges, aches and inner voices of wisdom can be sensed. As the movie unfolds within our minds’ eye, – the ‘story’ of our identity unfolds and the meaning of each life experience can be witnessed, new truths and understandings integrated. The body feels the energetic shift through emotions and/or body sensations. In every case, when one approaches the feeling of fear and the unknown is faced with courage and trust as opposed to resistance or judgment, an insight, revelation, change in perspective or ‘surprising gift’ is inevitably received.

Own it:



To own your experience means to to accept and acknowledge whatever the energy trail presents to you despite how our logical mind wants to dismiss, judge, avoid it or discount it. By staying with the energy trail you show **courage** to move beyond what you previously thought possible.

Willingness to Play.



The ‘energy trail’ is open to suggestion, questions and games. It is not bound by the same rules of logic that we have been *taught* that the material world is. During our immersion into Self, it is natural for images and thoughts to emerge that do not necessarily make sense to our rational mind, but rest assured, images are metaphorical, not literal which means they are NOT rational or linear.

As you start the process, it is helpful to know your left-brain or conscious mind will tend to judge, avoid and ‘push away’ what seems to it as unacceptable or scary. The key is to accept, honour and trust whatever comes to you by

checking in with your heart centre and or third eye, which are the keys to bridging our emotions and thoughts.

Trust:



There are no right/wrong or inappropriate ‘answers.’ Your images will tell you the truth about your belief systems and your feelings that need realignment. When you extend yourself with the certainty that everything is okay even when you do not have ‘proof’ you recognize that you are safe.

During this process we are tapping into a storehouse of information - an energetic map, that tells you what is ‘right’ for you based on the energetic resonance you feel within your heart and/or third eye. We ‘know’ what is right for us, we just have to listen instead of ignore or avoid the messages.

Common Blocks to setting an Intention and immersing oneself within

1. We are currently so busy in life with external demands that our nervous system cannot balance itself. With too many demands or stressors, our nervous system stays in fight, flight or frozen mode with an inability to stop and tune inward.
2. We are unfamiliar with our inner world and need a skilled coach.
3. We don’t know what we want.
4. We set our focus or intention for a session from our personality/ego instead of soul.
5. We find it difficult to FEEL.
6. The habit of the mind – to control and to be fearful, to judge and analyze needs extra support to let go of its habits and to feel safe.
7. We judge the process and try to imbed logical rules to it, thus creating a self-fulfilling prophecy that the process will not or cannot work for us. i.e) We cannot believe or do not have faith.

Accessing the Meaning of Physical Symptoms through the process of INSIDE-OWT: Written by Summer Bozohora

Health is commonly defined in our culture as the absence of symptoms or the elimination or control of disease. Healing moves us from attempting to cure or control through war and fear (conquering disease and fighting infection) to understanding.

The mental thoughts and feelings that precipitate the most disease in the body are criticism, anger, resentment, guilt, shame, grief and fear. Being able to energetically forgive, let go, and redirect anger into a form that enables you to stand up for yourself and create healthy boundaries in relation to others (changing your perception of yourself and your world (inner and outer) is much of the healing work.

The deep understanding of symptoms meaning is most easily accessed when the symptoms are 'obvious' or aggravated. I.e) when the energy behind physical symptoms are readily present because the self-defence mechanisms of the ego or child-self are lowered and open to transformation. Symptoms 'talk' both through physical symptoms, but also through feeling, sound and metaphor in images, dreams and symbols.

Even though we may lack understanding or ignore these messages, they will stay ever present in us until we heed or begin to hear or 'see' their messages. Symptoms are persistent friends. They always stay with you no matter how badly you judge them, avoid them ignore them, they persist. They want to be loved and they want the message and meaning of what they are imparting to you to be re-integrated so you can be a more soul-filled, heart-centred being.

There are several 'helpful hints' that apply to the seeking the meaning of symptoms. Taken and Adapted from the Book: The Body's Messages by Michael J. Lincoln. PhD.

- 1) First, it is better not to focus the physical mechanics of the symptoms. This is because physical mechanics takes us into analyzing the symptom with our rational left-brain that cannot make the deep connections required for healing. This is also because it is not the real basis of the problem. It is fine to acknowledge and sometimes helpful to understand the bodies process but more helpful if we engage this knowledge in a symbolic and metaphorical way rather than a causal one.

- 2) Secondly it is helpful to work out the exact point in time when each symptom appeared. Look into the life situation., along with the thoughts, feelings, fantasies, dreams events and issues that were operating at the time. It also helps to look in to the preceding period that led up to larger events. The events that precipitated the major illnesses or accidents can usually be found to have gotten to a critical point 6-12 months prior.
- 3) Thirdly, it is useful to pay attention to the language that is reflective and symbolic of what is being manifested. For example idioms we use have deep significance such as something “is getting under my skin” or “I feel stuck between a rock and a hard place”. Or “I can’t keep my head above water” etc.
- 4) Finally, asking “what the symptom stops you from doing and what it has you doing that you would rather not. These questions lead directly to the illnesses central theme.
- 5) To really be able to access the symbolic and metaphorical meaning there are various resources that may help trigger your Aha’s If you know which body part I as affected, you can research myths or body postures in yoga to help define and get a body-felt sense of the situation.
- 6) Relaxation key. Using relaxing music, candles, the bath or Yoga or other gentle exercising is excellent. Body work such as Rosen Method, Myofacial Release, Craniosacral Therapy and Chi Nei Tsang also get the body’s energy ignited for ease in accessing image-energy.
- 7) Breathe. Breath is key to allow the meaning to be imparted. Deep Belly Breathing makes space (circulates blood and oxygen flow throughout the body and initiates the parasympathetic nervous system wherein true healing can take place.

Example of processing a Physical Symptom:

For example, I had been aware of my tight jaw for some time, but after the second bodyworker I went to mentioned it, I chose to process the message within it. One morning as I lay in bed half awake, I breathed into my tight jaw and explored the physical sensations, as I remained open to the experience, I was presented with an image of my upper and lower gums and teeth stuck together with some kind of gummy sticky glue. I could see in my minds eye that it was red in colour and how it squished together when I tried to move my jaw.

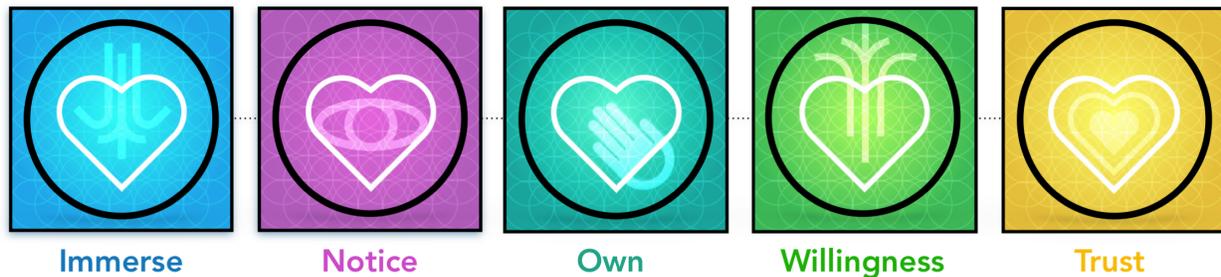
To process my image I chose to sketch it out on paper.

(The process of INside-OWT is not limited by inner processing, images, dreams or 'traditional meditation') Sketching, scribbling journalling, movement, painting, - any kind of creative process can be used to access the wave-function and apply the principles in the 5 step process of INside-OWT.

The resulting image turned out to look more like my jaw was on fire. While I drew the word RESIDUE came to mind and still in a soft mental state I considered why my drawing looked more like fire than the original glue like substance and my AHA came to me. The residue was red, hot, anger and resentment I had toward my husband when our daughter was born two years prior. I had felt abandoned at the time and had been angrily observing and nit-picking his every house cleaning habit since. When I recognized the reason for my negative behavior and feelings, I was able to recognize them as feelings from the past I was dragging into the present. With the recognition came a feeling of relief and I decided to stop nit-picking. Almost as soon as I made the decision, my husband began to participate freely in our household chores.

Just as in this short, simple example, as we shift our awareness through the process of INside-OWT, our inner energetic reality moves toward ease, trust and inner peace. Without the distortions, negative energies, and often manipulations that we create to force our bodies or other people to be a certain way, the world around us responds immediately, just like my husband did. We all want to live in a state of grace and ease. Others want to be around you and can feel the ease, even if they can't explain or are aware of why.

INSide-OWT Starters Guide:



As we use the principles in the process of I.N.O.W.T we approach any aspect of ourselves – a difficult emotion, situation, illness, or symptom like a friend, with quiet presence, openness, acceptance, honour and respect. We listen and observe.

Below are ALL possible starting places for an INSide-OWT Journey. Whatever draws your attention most strongly is a good place to start. Breathe & bring your awareness to the energy/feeling/images & observe.

- ✓ **Sounds** (inner or external) eg. Inner ear clicking, birds, washing machine, music. Let it remind your of an internal ‘pattern
- ✓ **Images internal or external.** eg. I kept dreaming of Lions and seeing them in my bathtub tiles/magazine images.
- ✓ **Symptoms & Illnesses** Anything. eg. *Migraine Headaches, Colds, Back Pain, Blood Pressure. Jaw stiffness* etc.
- ✓ **Statements** Positive Affirmations, Idioms, sayings’, or words that draw your attention repeatedly.
- ✓ **Memories** - Flashbacks
- ✓ **Body Sensations**— aches, dizziness, nausea, stiffness, etc.
- ✓ **Smells** that invoke a memory or feeling
- ✓ **Dreams.** Any portion of a dream one image or feeling is sufficient.
- ✓ **Human Need List**
- ✓ **Feelings List**
- ✓ **Arguments, annoyances and avoidances**
- ✓ **Images, Feelings or Memories of God, Spirit Guides, Pets, Family Members** - Ancestors or those still living.