

Accessing and Opening to the Meaning of Physical Symptoms:

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-defense 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-centered 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 far 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 is 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.

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 could have remained in my minds eye, lying down in my soft mental state, but chose to sketch it out on paper instead. 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.

All of these methods and tools as well as others are utilized in the process of INOWT Meditation. If you have any questions or would like to book an Initial session to explore the meaning of your visual symptoms or other physical symptoms, feel free to email me. Sessions are booked and priced according to the principles of “Investment Options”.
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