



“What Do Your Symptoms Tell You?”

Our bodies communicate to us clearly and specifically, if we are willing to listen.

Shakti Gawain

Whenever people have problems, accidents or symptoms, there's a temptation to ask 'Why me?' in a voice of outraged innocence. What is the reason behind this event? But does this wanting to know the cause come from the desire to put the blame elsewhere? Or does it originate from a genuine desire to understand yourself and reconnect with your power?

If the motivation is simply to displace the guilt, then answering the question is pointless. In fact, there are situations where such questions might be better left unanswered. When undesirable events happen there are 3 choices:

1. Find someone or something else to blame. This relieves you of responsibility, so you don't have to do anything, change anything or own up to a mistake. You can gloat in the aura of being an innocent victim and claim on your insurance. Whoever carries the guilt must make amends, so they feel indebted, which gives you a subtle form of control. You gain instant points. Unfortunately, although you might enjoy these secondary gains, you throw away your power in the process.

2. Pretend that you don't know the cause. It is so mysterious or complicated that no one will ever figure it out. In fact, you'd prefer not to know because that would mean having to deal with some onerous situation. This current issue is a smokescreen that obscures a much bigger problem that lurks behind. Not facing that might be the most elegant or polite way to handle what seems insolvable. However, once again, choosing the secondary gains means no power.

3. Get insight from the problem about what needs to change. Even if there's clearly been an accident, bad luck, or a pandemic affecting thousands, you can learn from understanding the dynamics

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at play. Using the details of the event and reading the symptoms can provide the clues to discovering how underlying inner beliefs or values have contributed. Here you step into your power and have every opportunity to grow and change.

So, how can you discover the meaning behind a problem? In fact, it is not rocket science. First look at what you have been stopped from doing. It could be one particular activity, or all activities. With a serious illness, everything in life grinds to a halt. Whatever you can no longer do is probably an important part of the issue. Ask yourself why you really don't want to be doing that. Maybe your whole life needs to shift? Make a list of all the possible reasons and inner conflicts you feel about the activity. And who might be the target of this message?

When you love a particular sport or some other activity and can no longer do it, this might not make sense. But could there be a hidden reason why you wanted to pull back, have a rest or give that up? Perhaps part of you wants to learn flexibility or it's just time to do something different? The answer might be in the next step.

Observe what happens next, instead of what you used to do. Are you receiving care, attention, sympathy, or some other type of reward? Could it be that you felt an underlying need to be taken care of or nurtured? Or are you stoically carrying on, struggling to do everything as usual, but in so much pain or discomfort that all the enjoyment has evaporated? What might you be trying to prove? What are you getting? In what ways are you gaining something? What new opportunities open up? How does this disability cause you to grow or develop in other ways?

If you have bodily symptoms, think about which part of the body is affected. Focus on that part of the body and brainstorm all the functions and metaphorical meanings this part might have for you. Whilst knowledge of anatomy helps here, most people know that the stomach digests food, lungs take in air, feet move you forward etc. Take a moment to write down all the associations you have for that body part.

Then step back and think laterally: do you have issues that might relate to this? For example, problems in the stomach might relate to not being able to digest what's happening in your life. A stomach ulcer (inflamed) might indicate anger to do with a current event that is

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indigestible. Taking in air means life or death. Could a lung problem be saying that there's a part of you that's fed up and not fully participating in life, or inflated with outrage over someone's abuse of power?

When your feet or legs don't want to move forward, notice which foot is affected. Right sided problems usually have more to do with career and work choices, whilst left sided problems have more to do with relationships. Follow these clues to ask yourself more pointed questions about the steps you don't want to take, or wish you hadn't taken.

Please remember to look for such interpretations only when there are opportunities to rectify matters, and when the people concerned are open, willing and curious. There's no value in pursuing the search unless it will lead to resolution. The risk is that some people may confuse taking responsibility with blame. If they turn such questions into blaming themselves on top of feeling ill, that's simply not helpful at all.

Good for the body is the work of the body, good for the soul the work of the soul, and good for either the work of the other.

Henry David Thoreau

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P.S. If you are interested in interpreting the symptoms of your body, there are many books available on the market to assist you in identifying the meanings behind symptoms. Debbie Shapiro (Your Body Speaks Your Mind) and Louise Hay (You Can Heal Your Life) are some of the best.

OR come along to the **Practical Miracles** Trainings and learn more about how to do this more thoroughly.

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