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Your Pain is Telling You Something

By: Heather Step

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The other day I woke up with a very stiff neck. I was in such pain I could hardly get out of bed. I had to do it backwards! The instinctual reaction to pain is to grab the nearest medication, but I was willing to try something different. I needed to “listen” to what that stiffness was trying to tell me.

Stiffness represents being unable to change, being rigid or inflexible. By using EFT (Emotional Freedom Techniques), I was able to “tap” on certain spots on my body while saying “Even though I’m feeling so rigid and inflexible, I deeply and completely love and accept myself.” It was just amazing. I was able to move my neck. I could actually feel it loosening up. (If you’d like more information on EFT and where these spots are, go to <http://healwithheather.com/eft.htm>)

Emotions have energy. When these emotions are not dealt with they become embodied, or manifested through our physical body. It's rather an uncomfortable thought to think we are the author of our own illness, that we can no longer avoid the conflicts of life by being sick. However, there is also power in this idea: that we do have the power to change the energy of our emotions through EFT.

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I have found this book to be very useful: "The Healing Power of Illness" is written by Dethlefsen, T and Dahlke, R. Their basic premise is: when you are healthy your body is in balance. Illness is when your body is out of balance because something is significantly wrong, and your physical body is trying to right itself again.

Thus the presenting symptom is not the enemy: it is there to teach us something. It wants your attention and it will disturb your life to the extent that you have to pay it notice.

This symptom is much like Jung's shadow: all the unacceptable parts of yourself are shoved away, to be manifest in some physical form.

The real danger of ignoring what your body is saying is:

- Refusing to get to grips with all the parts of ourselves, including the ones we do not want to acknowledge will ensure that we never get what we hope for.
- Refusing to live this unacceptable part out will mean that it manifests in some way in our being

How do we figure out what the "teacher" is saying to us?

- Quiet yourself and ask. You can make use of asking the question with your normal writing hand: "What is my body saying to me?" then switch to your non-dominant hand for the answer. Or else close your eyes and try and tune into the message you are getting.

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- Refer to a reference book for help. "The Healing Power of Illness" is a big help. Another one is: "Your body speaks your mind" by Debbie Shapiro. Also: "Heal Your Body" by Louise Hay.

No matter what all these books say, however, listening to your intuition and your gut feel will be an overriding help.

Now that you've figured out what is wrong, you can use EFT to deal with the problem.

Here is an example: Headaches.

Our head is our most sensitive alarm system. It is the quickest to react with pain. They can arise for many reasons unique in each person, but often when you are feeling very pressured and stretched yourself. However the key to understanding how the headache is alerting you to an imbalance in your body comes from realigning your head with your body and heart:

The **HEAD** represents reason and intellect. It thinks. If this part is overemphasized we are perfectionists and too rational. Modern culture often promotes this.

The **HEART** represents emotion. It feels. If this part is overemphasized we lose contact with reality.

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Headaches are the result of a “top-heaviness” whereby the head’s thinking pushes on with little respect for what your body and heart can cope with. This also happens when we worry.

Releasing the tension also comes with letting go.

Other factors here are unexpressed feelings, overload and a lack of control. Another thing to think about is posture: if inadequate it physically splits your mind and body. (Think about how you are sitting in front of the computer right now!)

Keeping a diary is a helpful idea to find what may trigger your headaches. If your headaches are nutritionally caused you may find that chocolates and caffeine are the culprits. You can also write down what is upsetting you at the time when your headache strikes.

Let’s use EFT to deal with the above information:

- Even though I haven’t been listening to my body, I deeply and completely accept myself.
- Even though this problem has escalated and disrupted my life, and I still didn’t listen..
- Even though I wanted to shut out these unacceptable parts of myself...

For headaches

- Even though I’ve been stretching my body to the limit, I deeply and completely love and accept myself.

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- Even though I've allowed my mind to take the lead over my heart and become unbalanced....
- Even though I haven't been expressing myself as I needed to..
- Even though I haven't paid attention to triggers that may set these headaches off..

Now: positive choice:

- Even though I've been ignoring my body, I choose to listen to it.
- Even though I don't want to accept what my symptom is saying, I choose to listen and learn from what it is trying to teach me.
- Even though I want to keep all the parts of myself separate, I choose to integrate and heal myself.

For headaches:

- Even though I've split my head and my heart, I choose to let them work together
- Even though I stretch myself to the limit without care for my body, I choose to slow down.
- Even though I eat too many chocolates that cause my headaches, I choose to cut down.
- Even though I keep things inside, I choose to deal with these things that are overloading me, one baby step at a time.

In conclusion: LOVE YOUR SYMPTOM! It is a teacher. It will disappear when it is of no consequence, and it is loved and accepted. Resist it and it will get worse.

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