Healing Thyself:

Common Sense Body Wisdom

By Karen D. McDonald



It is only natural, if you have an ache or pain you want instant relief. The common response is to take something, and the fastest working pain reliever is guaranteed to become a household word in a very short time. What if the symptom, the pain, is a warning transmitted to signal deepening, unconscious emotional trauma.

According to the ancient and venerable science of Yoga, the human body consists of three distinct, connected parts. They are described as the gross, subtle, and causal bodies. We are most familiar with the gross, which in itself consists of two sheaths or layers. The first is known as the food sheath, and is composed of solids, liquid, and gas. When someone tells you that "you are what you eat," it is the dense matter of the physical body or the food sheath that is being referred to. The lesser known of the two sheaths is the vital or energy sheath. Perhaps you have heard it referred to as the etheric or astral double.

It is a little known fact that during sleep, while the food sheath is nestled snuggly under the blankets, the vital sheath separates to recharge itself much as a battery is recharged. Positive therapeutic work can be done on the astral level, but for our purpose it is most important to know that our emotions are housed within the vital or energy sheath.

The evolution of human nature would not be possible without emotion. We experience emotion through our relationships. The people to whom we relate, whether we realize it or not, also serve as mirrors. Unfortunately, we do not always like what we see. How often have you remarked that someone is a "pain in the neck?" That 'pain' has originated in the vital body where the emotions are housed, therefore the vitality of that specific area is affected.

The problem does not just go away, rather it usually worsens with time. Holistic health practitioners long ago recognized the compelling reality of a body-mind-spirit link.

Strong believers in self-reliance may find liberating information in all of this: When you've got a minor body problem, go to your emotional storage chest rather than your medicine chest. You carry within you the knowledge of the cause of your imbalance or illness. We humans, capable of wondrous things, are not very trusting of our 'equipment.' We are comparable to the gadget which has so many uses, but we somehow never took time to read the manual. If you are ready to gain a greater understanding of the body human, there are more manuals now than ever before. If you feel more comfortable with traditional methods of healing, this is fine too. It is most important that you not ignore the hints that the body provides, at any stage in the development of an illness.

There are certain people who have maintained a strong connection to the Earth, and the body as a product and dependent of the Earth. Always there have been the wise women. They are the country women, the 'uneducated' women who birthed the babies and healed the sick with roots and herbs. They were dethroned and home and herbal cures lost credibility as the male medical establishment gained ground. Their simple wisdom survives but is often classified within the category of 'old wives tale,' or merely regarded as superstition.

Have you heard: "Tears suppressed, a cold manifests." Whether this simple phrase was first uttered by a Native American shaman or an African healer is irrelevant. One does not need a college degree to be able to trace physical suffering back to emotional malaise. The next time you 'catch a cold' ask yourself if there might be some sadness that you need to purge from your system. Tears are very cleansing.

We possess the power to break patterns of chronic health annoyances. If we would only begin to ask, "Why have I created this problem, and what is it trying to tell me?" The trick is, once you face the "Why?", you have brought needed information up from the subconscious mind into the light of day. And guess what? You don't need the symptom any longer, it having served its purpose. Repeated problems with sore throats, back aches, headaches for which your doctor can find no justification may indicate a condition present in your emotional life that needs resolution.

Many value illness to some degree: You can escape responsibility and get attention at the same time! Childish you say? Right you are. Your option is a practical, mature, empowering means of resolving subconscious stress and body distress. It may not work as quickly as Excedrin, but it's a lot more potent.

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