

## **Communicating with Your Symptoms**

Your body doesn't speak English, but it does communicate to you constantly through your emotions and sensations. By entering into a "dialogue" with your body, and any symptoms you have, you can learn to understand the "messages" it is trying to send you.

This dialog can help you understand and respond to the messages from your body that is almost always trying to tell you about your limiting beliefs or suppressed emotions. By understanding and responding to these beliefs and feelings you can release and heal virtually any symptom or dis-ease.

Your body knows how to be healthy, and you can help it be healthier and happier if you will learn to listen to it and work with it.

1. Begin by breathing deeply several times and allow yourself to relax as much as you can. As you are breathing and relaxing, pay attention to your body. Notice what you are feeling, and notice, even if you have discomfort in some areas of your body, notice how good it feels to relax and pay attention to your body.
2. Now, imagine the future that you really want... a future with you living a truly healthy and happy life. See your wonderful future with as much passion, desire and enthusiasm as you can feel...
3. Then focus your attention on the pain or illness or symptom that you have and honestly feel the sadness, frustration, pain and anger that you feel because of this symptom or disease. Measure on a scale of 1 to 10 how intense the pain or sensations are. Notice the shape, color and texture of this energy in your body. Let this energy become an image or a thing. Be genuinely curious and explorer whatever image comes, whether it seems right to you or not. Notice what the image is... Get to know it. Observe it in as much detail as possible. What features draw your attention? What qualities does this image convey to you? What feelings do you have as you observe the image?
4. Now honestly feel how you feel about this disease or pain or symptom... and express your real feelings, honestly, and forcefully, directly toward the image. Be particularly honest with the taboo feelings of anger, hate, hurt, fear, betrayal, etc. Tell the image what you want, honestly and forcefully. Like "I want you to get the hell out of my body!"
5. Listen and observe carefully to how the image responds. Notice even the subtle responses and changes.
6. Now switch and become the image. Many people resist this step because they may have spent years or decades hating and fighting and avoiding this energy, but the more you can own this symptom, the faster you can heal it. Most people are surprised to find that when they become the energy or the symptom there is actually a very real "fit", and amazing understandings can come quite easily. What does it feel like to be the image, energy, illness or symptom? How do you feel about being told to leave? How do you, as the

image, feel about the person whose body you are in? What do you, as the image, really feel and want? What do you want your host to do?

7. After a while, you can switch back to yourself and see what you have learned. You may already know these answers, or you can ask: Why are you here? What do you want from me? How do you function in me? What do you need from me? What are you trying to tell me or do for me? You may want to become the energy to answer those questions.
8. Becoming yourself again... look at the image to see how it has changed. How is it different? It virtually always changes, sometimes dramatically, sometimes subtly... What have you learned that you didn't know before? What does it want? Are you willing to make the changes that are being asked of you?
9. Alternate back and forth, being yourself and communicating with the image, and then being the image and responding. See if you can develop a dialog and ultimately work out a partnership where you both win... perhaps if you agree to pay more attention and respond to your body, then the pain can go away, and your body can agree to give you gentler messages.
10. Additional insights can be achieved by lifting above, or stepping outside these two roles and seeing or sensing what a wise observer might understand about you and this symptom in this situation. What payoffs or benefits do you see yourself getting from having this illness or symptom? Are you willing to give up the payoffs?
11. To complete, notice how the symptom has changed... and remember, every bit of change counts.
12. Then spend a few minutes envisioning and feeling yourself vividly and passionately living your awesome, healthy, happy and successful future. Gradually bring yourself back to here and now, and make some notes about the differences you feel and what you have learned.

**Ti Caine C.H.T. – Hypnotherapist – Healer – Life Coach**

**ticaine@futurevisioning.com 818-995-0011 [www.futurevisioning.com](http://www.futurevisioning.com)**