

Heal Your Body, Heal Your Life

By Kathy Duncan

In massage school, we were taught that bad memories can create energy cysts within our body's cells that cause pain and blockage. We guard and nurture them as a part of our body and they will remain a part of us until we decide to let them go, or have them removed, so to speak.

The Body-Mind relationship is something often talked about, but when it comes to our own body, I think that a lot of people miss the message. The Body-Mind relationship is so interconnected, that a person can end up with serious low back pain simply by using the term "pain in my ass" too often. The truth is that your body believes what you say.

People talk about "smart phones," but have a hard time relating to the fact that mental suggestions can and do affect how your body feels on any given day. Your body is filled with "smart cells" that govern your posture and your ability to live your life.

If you have ever recognized a smell that reminded you of your childhood, like the smell of Grandma's house, this is a good memory that lives in your cells, only to be awakened by something familiar that brings up the memory. We have the ability to choose which memories we wish to keep, and which we will discard.

Bodywork is a valuable tool that can aid in removing some of this old stuff from your body which will allow healing to take place. When you carry fear, pain, repression, and other emotions, you cannot move forward with a healthy attitude. These emotions prevent you from creating and sharing new memories, as the old ones are blocking the freedom to go forward with a positive mindset.

There was a time in my life where I was having personal problems so I moved to a new state. Until then, I had been the General Manager of the Aspen Athletic Club for many years. I was confident and qualified for many new and different jobs, yet I couldn't even get the Christmas wreath-maker or overnight bakery job. My cells were filled with insecurity and sadness, and it showed. I changed my resume and my interview approach, but still had no luck. Once I got my emotions in check, I was hired as the General Manager of an Athletic Club again. That was good because I didn't really know how to make wreaths or donuts anyway.

We tend to carry our life baggage around like it were something that we need. Most people repeat the same behavior when forming relationships. We teach people how to treat us, and we carry old patterns around to the point where future abusers recognize it like brand name luggage! This is why carrying a clear, happy, and confident persona is important in forming new relationships with ourselves and others.

You can pretend to be confident and self assured, but if there is something else on your mind, (or being held in your body) it will show. Your body has an innate talent for telegraphing how it feels. Lack of confidence can show in stoop shoulders, and aggression can show in a protruding chest.

Stretching, meditating, and having bodywork often can aid in preventing the body from developing postural issues that stifle personal self-growth. When your body is clear and balanced, so then will be your life.

If this article describes you, I recommend finding a way to clear your body of postural inhibitions. Some suggestions would be to try breathing exercises, stretching, yoga classes, or massage therapy to clear blockages in your body, hence, your life.