

EMOTIONS AND YOUR HEALTH: HOW THEY CAN CAUSE “DIS” – EASE, AND WHAT YOU CAN DO ABOUT IT

Some thoughts on healing on a cold and wintry day in New York City. Hoping that these can be of use, and perhaps will inspire you to find guidance on healing from the inside out.

All healing is really about emotional healing. It's literally, an “inside job.” That's why I call it healing from the inside out.

Repressed emotions can cause “dis” – ease. How this “dis”-ease manifests in each of us is completely individualized. Releasing emotions can heal disease. Even cancer. Even diseases that Western medicine deems incurable.

Perhaps these notions seem presumptuous, yet they have been well-documented by the investigative tools of Western science and are also found within the tenets of global healing traditions worldwide. Details are beyond the scope of this essay, but can be found in my previous article series “The Power of the Mind.”¹

Anger, fear and sadness: these are three primary emotions that may be causes of “dis”-ease. They are normal and natural feelings, and we all experience them as natural aspects of our wonderful humanness. But when these feelings remain internalized, without avenues for expression and release, they can create a vibrational state in our bodymind that disrupts our “natural homeostatic balance.”

This imbalance can express itself in bodymind symptoms. I use the term “bodymind” because these symptoms can express themselves in physical symptoms, or as emotional symptoms, or both. When symptoms become “loud” enough, we may have a label for them in Western medicine, called a “disease.”

Where do these repressed emotions come from?

This depends on your world view.

First, they may come from experiences that we've had in this lifetime that were traumatic. Most often, in early childhood, this occurs after we lose the wonderful state of “self-consciousness” and become aware and attuned and sensitive to the experiences around us. We may have experiences that are painful emotionally, and one natural response may be to protect ourselves and internalize these emotions.

Another source of repressed emotions may be past life experiences. If this concept is a challenge for you to ponder, I ask you to suspend any disbelief and read on. There exists a wide body of research supporting the veracity of this phenomenon, conducted by reputable scientists, most notably physicists and engineers. Again, details are beyond the scope here, but please write for details if you're interested to know more.)

Past life experiences that were traumatic and were not healed during a past (or past) incarnation(s) may have been carried with us as we entered our present bodymind in this lifetime. Interestingly, this world view, of past lives, is shared by most global healing traditions. These healing traditions accommodate and utilize the notion in their understanding and treatment of health and illness.

How to release emotions to enable healing

Again, all healing is completely unique and individualized for each and every one of us. We may begin at any “level” of our bodymind. We can start with the physical body, we can start with the mental-emotional body. However, there is really no distinction between the two.

There are many, many ways to enable healing. I will briefly summarize some of these.

Some tools and techniques are “passive”, others “active.” Passive approaches are those that are done to you, such as acupuncture, massage, et al. Active ones are those that you can do yourself, completely on your own, such as pranayama, or breathing exercises. Active techniques can be truly empowering, but passive ones are most useful too. Sometimes it’s helpful to have an experience to shift our bodymind state without having to put forth a lot of effort.

First, about breath and food

Breath is the fuel and life force for our bodymind. Western science has well-documented the relationship between respiration and physical and emotional health. Interestingly, this is an inherent tenet of global healing traditions. Most familiar in the West are traditional Chinese medicine and Ayurveda, two systems that have found footing on our shores. Qi, and prana, are considered life force in traditional Chinese medicine and Ayurveda, respectively. Simply, without breath, we do not exist. Compromised breathing can cause illness; optimized breathing can enable healing. Learning natural breathing as well as specialized breathing techniques can affect our bodymind, our emotional state and can be a conduit to emotional healing.

Food is medicine for our bodymind. All foods have effects on our emotional states. These effects are unique to each of us. Hippocrates, considered one of the founding fathers of Western medicine, wrote of these notions. He believed that ‘food should be thy medicine and thy medicine food,’ and also taught that it is ‘more important to know the patient that has the disease than to know what disease the patient has.’ This link between food and feelings, and the uniqueness of effect for each and every one of us is found in essentially all non-Western healing traditions.

Next, about particular therapies

Bodymind therapies: there are many approaches. Energy medicine techniques; energy psychology techniques; body-centered therapies such as Rolfing; Ayurvedic treatments and bodywork; Chinese medicine approaches including acupuncture; manual therapies such as chiropractic and osteopathy, vibrational medicine such as flower essences; herbal therapies; homeopathy; the various techniques of yoga traditions; past-life therapy; breathwork therapy; creative self-expressive therapies; writing or journaling therapies; movement therapies; to name more than a few. Some of these require a practitioner, some of these you can do on your own.

Some final suggestions: Be gentle and patient with yourself. The greatest healer lies within you, not within the office of any practitioner or scope of any technique or system. Healing is a journey of exploration and growth; a journey that will only and always lead to a greater sense of well being.

In time to come, I will share some of my personal experiences with “dis”-ease, experiences that have taught me more about healing, and also further describe some of the approaches mentioned above.

References

1. Muehsam, P.A. “What’s Missing from Western Medicine; The Power of the Mind.”

Part 1:

<http://www.theepochtimes.com/news/6-7-17/43996.html>

Part 2:

<http://www.theepochtimes.com/news/6-7-24/44225.html>

Part 3:

<http://www.theepochtimes.com/news/6-7-17/43996.html>

Part 4:

<http://www.theepochtimes.com/news/6-8-7/44663.html>

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Part 1:

<http://www.theepochtimes.com/n2/content/view/28777/>

Part 2:

<http://www.theepochtimes.com/n2/content/view/29130/>