



## OUR SYMPTOMS SPEAK TO US

*Listen to Their Messages and Help Yourself Heal*

### **Headaches:**

- Are you resisting the flow of life or resisting dealing with a situation?
- What is it that makes you feel that your “head is about to explode?”

### **Neck Pain:**

- Are you carrying the weight of the “world” on your shoulders?
- Is there someone in your life that you feel is a “pain in the neck”?

### **Neck Crick:**

- Are you turning away from something/someone in your life?

### **Eyesight Issues:**

- What in your life do you not want to see? (Ex's: Someone you love suffering, something about yourself that you don't like to “look” at, or something you just can't bear to see)

### **Hearing Issues:**

- What don't you want to hear in your life?
- Who do you not want to listen to? “I turn a deaf ear to you.”
- Who are you a “sounding board for”?

### **Cracked/Loose Teeth or Dental Issues:**

- Why must I “grit my teeth and bear it?”

### **Biting your Tongue:**

- What do I have to “bite my tongue” about?

### **Thyroid issues/Tightness around the Throat:**

- What truth are you not speaking?
- What are you refraining from “saying” to someone?
- Are you feeling suffocated about something or someone in your life?

**Sore Throat:**

- Is there someone or something you did not say no to or did not speak your truth to?

**Shoulder/Arm/Elbow/Wrist Pain:**

- What are you shouldering that you do not want to?
- Who or what are you unable to embrace or reach out to?

**Heart Issues:**

- Are you unhappy with where your life is? Lack of joy in your life?
- Have you “hardened your heart” in order to get through something difficult in life?
- Do you love yourself?

**Racing Heart:**

- What are you running from or panicked about?

**Stomach Pain/Nausea:**

- What or who in your life is making you sick to your stomach?
- What is making you have “nervous butterflies?”
- Is there something in your life that you are having trouble digesting? (Ex’s: What your boss said about you or someone else; a traumatic event that you just could not “digest”; or a difficult situation that has been hard for you to understand and digest, etc.)

**Gallstones/Liver Issues:**

- Who or what are you angry and resentful towards? Yourself? Your spouse, your boss, or life in general?

**Diarrhea:**

- Has someone/or something scared the “crap” out of you?

**Constipation:**

- What are you holding onto? Old sadness, grief, etc? What can’t you let go of?

**Back Pain/Low Back Pain:**

- Are you feeling unsupported in your life? By someone? By God? By life itself?

**Leg/Hip/Knee/Foot:**

- What in your life are you not willing to move forward with?
- What in your life are you afraid to take the next step to do?
- Why are you afraid of moving forward?

**Hemorrhoids:**

- Is there something in my life that is feeling like a “pain in the \_\_\_”?

**Inflamed/Red or Hot Tissue (skin, etc):**

- What are you angry/inflamed about? Who/What?

**Burns:**

- What or who in your life are you hot and bothered by?
- Who or what are you angry with?
- What angers you that you have not expressed?

**Bladder Issues/UTI's:**

- What or who are you pissed off about in your life?

**Allergies/Sinus Issues:**

- What are you doing that you wanted to say no to but did not?

**Joint Pain/Stiffness/Fibromyalgia:**

- Are you feeling stuck in your life? Don't know how to move through a situation?

**Foot Odor:**

- Do you feel that there is someone who does not know what it feels like to be in your shoes?

**Colds/Viruses/Flu:**

- Are you resting and honoring yourself or are you plowing through not knowing how to say no to someone or say yes to yourself to give yourself rest?

*Please note that this is not an exhaustive list, but rather some general guidelines that you may use to help yourself deepen your awareness about why some symptoms may be appearing or chronically persisting. These are just some examples of more commonly seen messages that are brought forth by more common symptoms.*