



CHRONIC CONDITIONS & PAIN

BODY DYSFUNCTION

Our inner flow becomes blocked, stagnant, sluggish congested.
Much of our energy can be frozen (reduced), so less connected to our inner intelligence.
Increased pressures in body. Our emotional feeling awareness is reduced.

Chronic body tension and recurring symptoms.

The emotion pain and tension that we dissociated from as children, creates ongoing inner pressures.
This pressure emerges as symptoms (tightness), when we get triggered by current life stressors.

***No awareness, means that no release will happen,
so no restoration of flow, no rest.
Instead, we continually avoid tension, ignore deeper self,
and regard stress as normal.***

Flow within our nervous system has become fragmented.

Our electrical wiring within our system has ongoing gaps in connection.
Less clarity of internal communication, due to interplay of numbness and incoherence.
Mental unrest ensues, resulting in ongoing stress, irritation, frustration.

Less grounding and building of substance occurred through our live experiences.

Less of our energy got contained within our body-mind system.
Communication and circulation within body, and cleansing of body is less.
There is minimal ability of body to restore flow. To presence and ground self in life.

***Body gets weighed down by built up tensions.
Less fluidity and flexibility.
Energy slows down, with less of our willpower into life.***

***Re-activation of old programs, patterns.
Less updates happening.
Less possibilities of reconnection to source,
or restoration of flow.***



BODY'S PAIN SIGNALS

Increasing tension due to an increasing pressure in the body, causes pain. Therefore, pain is your system's intelligence, that is trying to relay information to you of the need for change:

*** *That our energy is becoming more and more stuck.***

This is because of a building of internal tension.

That can't be released naturally due to our limited developmental capacities.

Limited ability to fully relax more, breath properly.

*** *To attempt to get us to start releasing this pressure,***

and use the natural resource of our breath,

to process our emerging emotions in our daily experiences.

*** *To wake up and realize*** that this resulting, persistent, holding of body tension, is:

* keeping us stuck in resistance to life.

* not allowing our body's energy, to stay flowing, and therefore, strong and healthy.

* not allowing the body to change or correct [heal] to get our energy to move, expand.

*** *To wake up to our innate power of shifting our awareness*** for change to happen:

* by starting to work towards improving our 'undeveloped' impulses,

* by noticing more of the restlessness of our system and our conflicts in our mind.

* to ultimately shift our awareness of self, and re-align to our flow.