

What Is Your Illness Trying To Tell You?

Guided Journey - Get In Touch With The Wisdom Of Your Body

By Renata Ururahy



The Messages Behind Your Des-Ease Process

In this investigation I will help you get in touch with your symptoms, so you can better listen to the messages they are trying to tell you. This observation can ignite a beautiful healing process, and become an opportunity for you to process deep emotions and charged past experiences.

When you can see clearly what is blocking the healing systems of your body, you are better able to shift and release it. A des-ease process can become an opportunity for true healing and growth.

1. Connect to your body through the observation of your breath.

Find a comfortable position. If it feels comfortable to you, close your eyes, and bring your attention to the movement your breath creates in your body. Allow this connection to your body to deepen with every breath.

2. Observe the sensations in the area of your body where you are experiencing discomfort.

Bring your attention to the area of your body where you are experiencing discomfort. Watch that area closely with a sense of curiosity. Notice the quality of the sensations present there. Here are some suggestions in what you can notice:

- Is that area cold or hot?
- Is there a sense of tension and constriction, or is it expansive and open?
- What is the quality of the energy flow there? Is the area dense? Is it airy, or is it more fluid? Is there a lot of energy moving there, or is there a restriction of movement in the area?
- Does it feel congested, or clear?

3. Explore those sensations further?

Continue to observe that area of your body, deepening your connection and awareness of it. Here are some suggestions in what you can explore:

- If you could give a color to the discomfort in the area, what color would it be? What is the first color that comes to your mind? What is the density of that color? What is the texture of that color?
- Are there any emotions present in that area of your body? Look closely.
- Are there any images that show up for you when you observe that area? Any memories that come to your mind, or any symbols that area is offering you?
- Continue to observe that area with a sense of non-judgment and acceptance.

4. What message does that part of your body have for you?

Staying connected to that area of your body, explore the messages it might have for you. Here are some questions you can ask the area of your body you have been observing:

- Do you have a message for me? Is there something you would like to tell me?
- "What do you need from me?"; "Is there something I can do for you?"
- "Is there a lesson here I need to learn?"

5. Generate genuine gratitude for that part of your body.

Thank that area of your body. Generate genuine gratitude for it, for everything it has done for you, for everything it allows you to do and be. Allow that gratitude to expand through that entire area of your body.

Take three deep breaths, bringing fresh oxygen into that area of your body. Allow the exhales to be cleansing, as you relax to the best of your ability with each exhale.