

What are the Issues in Your Tissues?

by Denise LaBarre

If you have aches and pains that seem to "come out of nowhere"; an illness that defies treatment; or symptoms that medicine can't explain, in my experience this usually means unresolved emotional issues have become physical issues. When medication, surgery, chiropractic, acupuncture, and massage, have not helped resolve a physical problem, it's time to look in the emotional realm for what might be stuck there.

If you're like most people, you spend most of your time in your head, cut off from your breath and feelings that got stuffed down in childhood. By the time you reach adulthood, you are so expert at "bucking up," "stuffing down," and generally repressing your feelings that you hardly know you're doing it. And that energy you stuff down compacts and compounds until you have physical symptoms: stress, skin eruptions, heart attack... the list goes on and on.

I wrote my book, *Issues in Your Tissues*, because I noticed I was saying the same things to people regardless of their age, education - even their level of health and fitness. Everyone who wound up on my table needed to open their breath. Everyone had lost at least partial contact with the wisdom in his/her body. But it's simple to reconnect with this internal wisdom because it's part of being human.

Your body is brilliant at telling you what is wrong and what it needs. You have simply stopped listening consistently. You were born completely in tune with your body - you laughed when you were happy, cried when you were sad, probably punched someone when you felt angry. But then what happened? You got in trouble for hitting; you were told to "suck it up," "don't be a cry baby," and told to be quiet and not make so much noise. You learned to stop listening internally and stifle your natural emotional reactions to fit in as part of the normal course of socialization. If you were abused, neglected, or had your boundaries violated in some way, even more you had to stuff down scary feelings you couldn't manage in order to survive.

Over the years you suppress more and more sadness, anger, - even joy - that didn't have an outlet, and that gradual shutting down of energy flow began to create physical symptoms like tension, pain and dis-ease. Stress is your body

saying "no" to something and contracting in response. Tension (contraction) held over time takes a toll on your energy reserves and your mood. Not every physical issue has emotional roots, but many of them do.

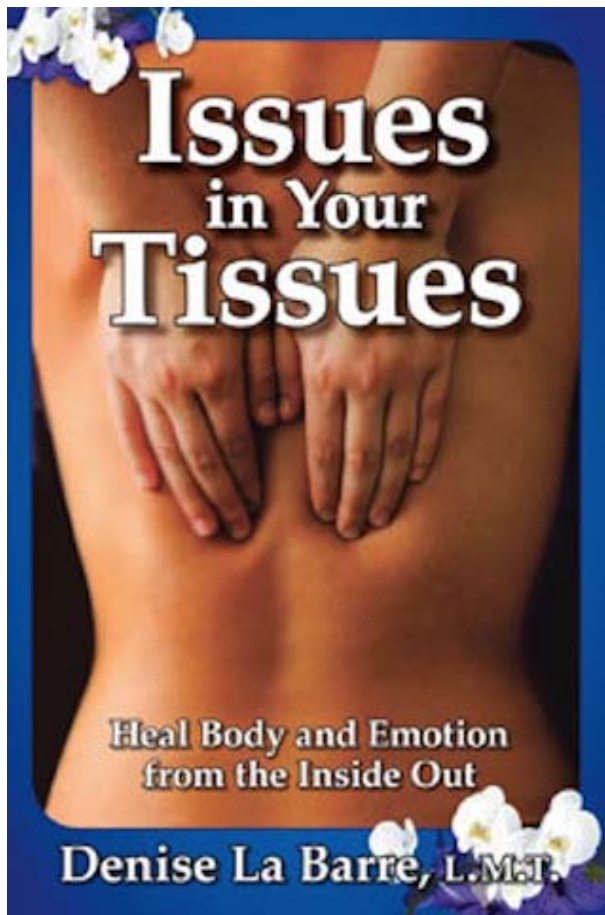
Fortunately help is here. That fully-aligned, radiant inner connection still exists in you. Even after years of shut-down accumulating layers of dis-ease, you can access it quickly and directly. You simply need to be re-minded to listen to your body and then practice. You don't need any special equipment and you can start right now, by taking a deeper breath and refocusing on the physical sensations your body is experiencing but you weren't paying attention to.

Right now, feel into your shoulders – are they tight? How about your hips, do they want to move? What else is your body trying to tell you right now? Do you need a drink of water? You don't want to wait until your body yanks your chain. Start paying attention *before* you are forced to by serious breakdown.

There are lots of ways to come back into your body - meditation, spending time in nature, getting a massage - most of them start with slowing down and breathing more fully. The mind needs a reason to stand down but once it understands it's in your overall best interest to and you experience the relief and good feeling of more balanced energy flowing through you, your body will let you know what you need.

In my role as Healing Catalyst, I help get you out of your head and back into your body with your breath. Then together, we go into your long-held emotional energy and you release the energetic blockages that have been manifesting as tension and your physical problems. Once the emotional knots are released, the body has clearance to heal itself – and it does. Sometimes you simply need permission or the right nudge.

You can get your own copy of my book, *Issues in Your Tissues: Heal Body and Emotion from the Inside Out* to start exploring ways you can come back into your body and heal. When you are on Maui, you can come see me for a private session. My approach is child-like and fun. You can't just think about this and get results, you have to be willing feel it from the inside. With that willingness, the healing can be simply a breath away.



Healing Catalyst, Denise LaBarre, has spent her life intuitively listening to bodies and helping people reconnect within to heal completely. You can read more in her book *Issues in Your Tissues: Heal Body and Emotion from the Inside Out* and go to her website: www.HealingCatalyst.com for more information about workshops and private sessions.