



Our Issues Land in Our Tissues

Written by **Linda Mitchell, CPC**

Is there a particular part of your body that's chronically bothersome? Are there a few areas that always ache, irritate or give you trouble despite non-specific diagnostic results? Your body is calling out to you - it has a message and it's trying to get your attention!

Our bodies hold immense amounts of valuable information if you're ready to listen. The body speaks its own language; constantly sending messages and nudging you to its truth. The body never lies. It holds so much wisdom and intelligence yet it's a resource that's often overlooked or underappreciated.

As a bodyworker and coach, I've spent the last 20 years listening to the wisdom and information of other's bodies and teaching them how to discern the valuable knowledge held inside in order to heal old physical and emotional wounds. When we listen deeply, we find a treasure trove of precise healing directives.

When this idea of listening to the body is first introduced, people either raise their eyebrows in intrigue or furrow them in dismissiveness. It's a new concept for many and let's face it, humans often disregard things they don't understand.

But for those willing to learn to listen to the wisdom of their bodies, it's a welcome wakeup call to better health and deep healing. Each body part has its own meaning and holds different issues. Your body knows best and once you tune in, it becomes a trusted compass for optimal health so you can live with more ease, joy and peace.

Many eastern and ancient traditions revere the body as a sacred temple but here in the west, we limit ourselves to consulting the brain for



catalyzing information. That's not wrong – it's just woefully incomplete.

Our bodies hold all sorts of important insights and intelligence and is a bountiful and accurate resource. From decades of doing in person bodywork and long-distance healing, I've seen very specific patterns emerge. Let's examine some of the most obvious places where our issues land in our tissues.

Ever wonder why people hold so much tension in their shoulders? Those who have boulders in their shoulders are people who constantly remind themselves of all their

obligations and all the things they should do. To these people I say; stop 'shoulding' on yourself! Do you often take on other's duties and responsibilities or feel unduly obligated to a situation or person? Over time your shoulders will feel like they're holding the weight of the world. It's the shoulders that are burdened under our sense of obligation and responsibility.

Is your neck often tight, tense or stiff? The neck reflects lack of choice. When we feel out of control, feel like others are controlling us or we have a strong desire to always be in control, it's the neck that begins to absorb this stress and tension.

Each body part holds its own story. Those who prefer everything to be just right and delight in structure and order or have tendencies towards perfectionism often display right shoulder issues. Show me someone who's left shoulder is chronically irritated or always higher than the other and I'll show you someone who feels they rarely get what they want.

Experiencing lots of accidents, injuries or issues on the left side of your body? Our left is our feminine side. It's all about receiving and reflections of future. Ask yourself two things. First, how comfortable are you receiving help? Do you struggle to receive compliments gracefully and really prefer to be the one giving versus receiving gifts? Second, how are you feeling about the future? Do you typically worry or fear future conditions? These issues land in the left side of the body.

In contrast, the right side of the body represents our masculine side, linear thinking and thoughts about the past. Issues like fear of repeating the past or dealing with difficult male relationships will land

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in the right side of the body. What the specific issue is, determines where on the right side of the body it will present.

What about your legs? While different regions exhibit different issues, they are largely about moving forward. If we're in a place where we're fearful about moving forward in our personal or professional lives, often these issues will land in the lower limbs.

The knees hold so much detailed and site-specific information that they deserve their own dissertation; but in general, fear of commitment, reluctance to allow yourself pleasure and specific relationship issues, land in our knees.

The lower back holds issues of safety, security, stability and conflict with authority. Recall times when your low back was painful and reflect on what was happening in your life personally and professionally. It's likely you had financial woes or your life lacked the security you desired.

Issues in the lungs often center around grief and unexpressed emotion. Every organ and body part represent a different issue. Elbows reflect flexibility issues. Foot issues represent questioning or conflict with our foundational beliefs. TMJ reveals unexpressed emotion or resentment. Even facial creases have meaning. Look at your friends and family...anyone have that cute dimple in their chin? Warning - they're the people who always need to be right.

This just scratches the surface; the body is a vessel of valuable information! When we learn to appreciate and properly assimilate its wisdom and messages, we can properly identify root causes which then help us clear out old emotions and more rapidly heal physical symptoms.

Our bodies are the outer representation of our inner landscape. Our thoughts, beliefs, emotions and unresolved issues land in our tissues. The good news is, by listening to, discerning and honoring the messages from the body, we can heal old patterns, wounds and issues.

About The Author

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Linda Mitchell, CPC, is a board-certified coach, speaker, reinvention expert and LMT. She empowers people who are stuck, overwhelmed or ready for change to release the struggle, gain clarity, balance and radiant health as they move through life's challenges and transitions and step into their highest purpose.

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