

IDEAS AND ILLNESS

by Serge Kahili King

Here is a brief reference list of typical beliefs that tend to be reflected in particular areas of the body. When there is a mental/emotional conflict connected to these beliefs, the result can be physical tension, pain and/or illness in the related area. Resolve the conflict and the problem will resolve itself. Conflicts are resolved by changing beliefs.

REGION I - Head, neck, shoulders, arms, hands.

Beliefs having to do with the communication of thoughts and feelings, including criticism of others and self-criticism., self-achievement, recognition and competence.

REGION II - Chest, breasts, heart, lungs, diaphragm, upper back.

Beliefs having to do with identity, self worth, rejection, compassion or the lack of it, assertiveness, pride or humility.

REGION III - Abdomen and internal organs, pelvic area, sexual organs, lower back.

Beliefs having to do with security, nurturing, sharing in a physical or material sense, affection or the lack of it, material support and possessiveness.

REGION IV - Legs, knees, ankles, feet.

Beliefs having to do with one's position in life, career or social status, self-sufficiency, progress, change, uncertainty.

TYPICAL CONFLICTS

DEFEND/DON'T DEFEND: Basically from beliefs that it is wrong to assert yourself, to show any hostility, to stand up for your rights.

RETREAT/DON'T RETREAT: Basically from beliefs that avoiding difficulties is safer, but wrong.

ACT/DON'T ACT: From beliefs that certain activities are wrong, coupled with a strong desire to carry them out.

MUST ACT/CAN'T ACT: Beliefs that one is in a hopeless situation with no way out, that one is totally helpless and frustrated by others or circumstances.

REST-DON'T REST: From beliefs that it is wrong or dangerous to relax and play, because life (time) is too short, rest is wasteful, or out of fear of not attaining goals.