



# BODYMIND PSYCHOLOGY

BY ROBERT KIRBY

**WE** are living in an advanced age where the misguided belief that our mind and body are separate entities has virtually vanished. On a practical level, how does this information improve the quality of your life? For starters it means taking 100 per cent responsibility for your physical, mental, emotional and spiritual health by realising that you choose either 'denial and pain' or 'truth and freedom' in all areas of your life.

Originally, Western medicine was founded on the premise that the mind and body do not influence each other. This is known as a Cartesian split. For this we have 17th century French philosopher and founding father of modern medicine, Rene Descartes, to thank. He captivated the world with his view that mind and matter were distinct and unaffected by one another. We now have mounting scientific evidence that Descartes was wrong about the split between body and mind. Candace Pert, the famous medical scientist from Georgetown University School of Medicine USA and author of *Molecules of Emotion* has proven conclusively that emotions link the mind and body. Technology has permitted scientists to examine the molecular basis of emotions and we now know that emotions are inseparable from our physiology; that virtually every illness is somehow connected to our psyche (the mind and soul).

Pert has proven that we have a bodywide network of information linking our biochemicals with our brain, conscious mind, unconscious mind and organs into a unified system. This communications system is not only holistic; it constitutes a Bodymind Psychology that seeks wellness and runs all of life. Therefore, the future research of medical science, psychology and psychosomatic medicine will become unified and teach humanity that we can tap into and increase Bodymind Psychology, which will keep us healthy and self-empowered.

While we are grateful for the technological advancements of western medicine, it is time for us to be the captain of our own ship and to steer that ship toward self-responsibility — especially in the specific area of physical and psychological health. We need to delve into self-reflection, asking, "What is the real cause of my illness/anxiety/depression/insomnia?" In doing this we not only become 100 per cent responsible for the cause of our problems, we also become 100 per cent responsible for our healing and complete recovery. If we, as a culture, continue to perceive illness as something to get rid of or cut out, instead of a journey into self-knowledge and wholeness, then the number of surgeries and amount of prescribed medication will continue to rise and the cost of medicine will cripple the economies of our future.

All outer physical and psychological symptoms are reflections of what is distorted or in conflict within the body. What we

are talking about here is a spiritual journey into wholeness that can only be achieved by seeking our inner truth and not denying or avoiding the pain within. It takes courage to achieve this. It is a choice each of us must make again and again during the course of our lives.

Nothing plunges us into fear and worry as quickly as illness or physical pain, especially if it is chronic. Many people seek expert advice from doctors, specialists or alternative practitioners. If the illness or pain subsides, we accept their diagnosis. If, on the other hand, the illness or pain does not heal, we are left with a dilemma. Do we increase the pain medication, seek a second or third opinion or switch modalities?

Evidence suggests that all illness and pain, at least to some extent, has unresolved emotional issues at the heart of its cause. If access to the soul and part of the mind is unconscious, the solution is thus an 'inner puzzle' to be solved, like a riddle. Perhaps we have patterns and modes of behaviour that are in conflict with our deepest beliefs. Or even more basic, maybe we are enraged because we are not living the life we were meant to live and our soul knows this.

## How do I solve the riddle?

John E. Sarno, MD, a New York physician and famous author of *Healing Back Pain* and *The Mindbody Prescription*, has cured thousands of people by simply exposing the unconscious rage of his patients. For the past 30 years, Dr Sarno has explored how most neck and back pain, migraine, repetitive stress injuries (RSI), whiplash, tendonitis and many other illnesses such as hypertension, chronic fatigue, skin disorders, heart disease, cancer, allergies, gastrointestinal disorders, circulation and immune disorders, to name a few, may be treated successfully and permanently without drugs, physiotherapy or surgery.

Dr Sarno believes that our widespread western illnesses are psychogenic; that is, they originate in the mind. Defence mechanisms cause the brain to divert people's attention to the body with severe pain or illness so they can avoid dealing with unconscious and repressed feelings. Dr Sarno has found that the cure takes place when his clients learn about and accept what is going on. This exposes the brain's strategy. The mystery is solved. Most of his patients are cured of the pain and illness within a short time. Others need some psychotherapy to come to terms with the repressed emotions.

Painful experiences in infancy and childhood that are not dealt with frequently leave residual rage in the unconscious. The resulting adult behaviours — perfectionism, people-pleasing, dependency, low self-esteem and guilt — all contribute to this rage. Also self-imposed pressures and the stresses of everyday life push the brain into a state of confrontation. To avoid

the emotional pain it perceives as too painful, the brain avoids the issue by creating physical pain or illness as a distraction.

The paradox of our psyche (the mind and soul) is that it is virtually one and the same and inseparable from our physical body. The physical body is the container for the mind and holds the clues to the history of our entire lives. Pert's discovery that emotions are converted into chemicals and stored in the body

Third, you can access the cause of emotional, mental and behavioural issues through chronic muscular tensions and memories held in the cells of your body. The body can reveal the emotional developmental needs that were not met in childhood. They have created gaps in your personality. These issues and more may be healed with the support of a psychotherapist or energy healer who understands characterology and the one-

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links directly with that of psychiatrist Wilhelm Reich. Dr Reich, author of *Character Analysis*, in the first half of the 20th century discovered that traumatic events from early life such as neglect, rejection and abuse are held by the body in the form of chronic muscular tension. These muscular tensions not only hold the molecules of emotions in place indefinitely, they virtually help shape the physical body and the characterology of each person.

Characterology includes personality, sexual identity, psyche and physical body. Bodymind Psychology is generated by a bioelectric energy field that moves throughout the body. This energy system is the key to great health. It shapes the physical body in the way we cope emotionally with life's experiences. All sensory information is processed by the brain as images. In other words, images shape the psyche and remain there forever. This is the basis for our belief system. If you take into consideration that the mother shapes the sexual identity of her son and the father shapes the sexual identity of his daughter, you now see the big picture of how your character was formed.

#### CHARACTEROLOGY COMPOSITE

Component	Shaped By:
Body	Energy
Psyche	Images
Male: Sexual Identity	Mother
Female: Sexual Identity	Father
Personality	All the above

The energy of life, better described as Bodymind Psychology, is the common thread that runs through all elements of your character. To the degree that this energy is free, you will be healthy in bodymind and spirit. To the degree that this energy is not free, your life will be challenged by problems on an emotional, physical and spiritual level. In addition it may affect your creative expression; in that it could block your ability to manifest excellence.

#### Journey into wholeness

It is now clear that your journey into wholeness requires courage. First, to let go of what mainstream medicine and psychology have taught us about healing. Second, if you are challenged with physical illness or chronic pain, accept that the cause is, to a large degree, repressed rage in your unconscious mind. You may consider getting help from a practitioner who is open to the true cause of your illness.

ness that exists between the body and mind. The paradox of life regarding healing, then, is that the body can be accessed through the mind and the mind can be accessed through the body — but in reality, they are one.

As people begin to take responsibility for their own journey into wholeness, they gain power and something wonderful happens. They develop an effortless curiosity and thirst for excellence. This begins to permeate their lives. Having the courage to look within generates the humility to learn from mistakes. They begin to embrace paradox and uncertainty and move forward in life with an unshakeable faith. Good things begin to happen! They feel worthy. As we perceive the interconnectedness of all things, the spiritual life begins to accelerate.

#### Where do I begin?

1. Begin with a radical 'letting go' of giving your power away to 'authorities'. Challenge the status quo again and again to become inspired.
  2. Energise your body with exercise. Exercise such as yoga, stretching, swimming and walking gives you grace, poise and fitness.
  3. You can also energise your body with nourishing food. Eat organic, healthy food whenever possible. Eat protein that is hormone-free. Drink filtered water only and herbal teas. Cut down on coffee and alcohol and avoid all drugs and cigarettes.
  4. Practise meditation and prayer daily, focusing on breathing and letting go.
  5. Stimulate your bodymind by reading at least 30 minutes daily, engaging in whole-brain thinking by writing, drawing and journaling with your non-dominant hand and intentionally create activities with the non-dominant side of your body. This stimulates whole-brain learning, which frees up hidden creative talents.
  6. Continuously bring your unconscious emotions and images into consciousness by:
    - Revealing your personal negativity and thoughts to someone on a regular basis.
    - Exposing and detaching from sub-personalities on a regular basis.
    - Recording your dreams and daydreams. These images are the gateway to the unconscious.
- This program is a good starting point for your evolution. Some people accelerate their journey with a practitioner who promotes self-empowerment and self psychology. ☺