

**MESSAGES IN THE BODY:  
Working with Body Symptoms from a Process Work Perspective**

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*Your body is speaking to you. It is a source...your source...of information...just for you...Your body experiences carry information with messages to guide you.*

We all know this in a very common sense and intuitive way. My belly grumbles...I'm hungry. My belly tightens...a little higher up, and with a fluttery quality...I'm nervous. It may be different for you – and those differences are important. Your own unique experience is the point, actually – your experience of what is going on in your body is the key. By experiencing what is inside of us, we can decode the sensations coming through our bodies and use their messages as a source of information and guidance.

These body experiences are not always as gentle as belly grumbles or intuitive callings. Sometimes they come in the form of physical illness. They can be harsh and debilitating – like migraines, chronic back pain, digestive problems, fibromyalgia, other life-threatening diseases, or even mysterious undiagnosable – yet still quite present – disturbances which impact our bodies and our lives.

Understanding what these physical symptoms are about and how they can be useful for our lives is an important part of my work with people.

*Our bodies are speaking to us...through us. Our symptoms are our allies.*

From a Process Work perspective, physical symptoms are a doorway to our whole selves. We typically identify with being this or that – a woman, man, whatever meanings these roles hold, calm, tough, weak, brainy – and in doing so, it's the most natural thing to split off other experiences. But these experiences still exist...and one of the ways they live on is through our body symptoms. By believing in the value of these symptoms and unfolding the energies and information they carry, we have the potential to get in touch with more of who we are – things that we need in order to be our full selves.