



Got Fibromyalgia?

6 Steps to Resolve Hidden Stressors to Enhance your Health

As fibromyalgia is a physically painful experience, often the first place we look for relief is physical. Yet, there is another aspect of fibromyalgia that deserves attention along with physical treatments. From the perspective of energy medicine, all physical issues also have an energetic component. Dr Mehmet Oz states that *“Energy Medicine is the future of medicine. Energy Medicine embraces spirituality and conscious, altering energies in the mind, body and energy field supporting healing from the inside out.”*

According to Stanford University Medical School in research released in 1998 by Dr Bruce Lipton, a highly renowned and respected cell biologist and author of *The Biology of Belief*, stress is the cause of at least 95% of illness and disease. Dr Lipton reports that the remaining 5% is genetic and was caused by, stress somewhere in the ancestry of that person.

The Impact of Stress on the Body?

We all hold negative memories in our unconscious and subconscious data bases. These negative memories constantly send a stress signal to our mind, body and emotions. If you had an experience that planted a fear message/energy in your subconscious, on a subconscious level you are feeling fear all the time. . . until that message/energy is healed or neutralized.



The body responds to that message by going into a “*fight or flight*” mode. It is constantly preparing to be in a fight or run to save your life. The biggest problem with being in “*fight or flight*” mode is that the body does not relax, renew and recharge. Heart rate increases, and sleep can be diminished. The body does not go into rest and repair mode. The muscles are constantly tense ready to fight or run. In this state of being, no repair and regeneration of the body takes place. This leads to chronic physical symptoms in the body.

Fortunately, there is a remedy for this dilemma!

You can heal/neutralize the subconscious memories. As you heal the memories, your body will begin to relax, the heart rate will slow, blood pressure will drop, digestion will increase, sleep will normalize. The body’s resources can focus inward and heal the body. Also, the persistent challenges in your life will begin to shift miraculously. This is called, “*healing from the inside out*”.

Energy medicine tools work on the sub and unconscious levels and create shifts, freeing you from the unresolved, unhealed memories from your past. Whether they be severe trauma and abuse or a simple misunderstanding of a child trying to make sense of a confusing situation.

In my experience, I was severely depressed for many years. When I began working with The Healing Codes, one of my energy healing tools, in about three months, the depression lifted, and it felt like a ball and chain was released. I was able to move forward in my life and it has been uphill every since. Sometimes, if I am upset about something, I will take a warm bath and connect in with my body and find the source of my discontent. Once I know the source, I can move forward with healing it.

The first step in resolving hidden stressors is to identify the stressor.

By following these steps, you can begin to identify your hidden memories. Once these memories are found, there are many tools that can be applied to heal the memory.

1. Identify the challenge that you want to heal.

Clearly identifying the challenge is the first step to healing it. Many times we know something isn't right, but haven't clearly thought through what that is.

2. Identify the emotion and physical sensations connected with the challenge

We live in a society where we villainize our emotions. We tend to suppress our emotions. That alone creates energy blocks and stress in the body. If there is an unhealed memory, you may also feel a block somewhere in the body, like a constriction around your heart or a knot in your gut.

3. Rate the strength of the emotion and/or physical sensation on a scale of 1-10.

This helps to know the impact of the memory and also allows you to see the results of the healing work as the number will decrease as you heal.

4. Identify memories from your past that are associated with the memory.

Many times, when we feel a strong emotion, it is connected with an unresolved experience from our past. It is helpful to identify the unresolved experience to facilitate its healing.

5. Identify beliefs that are associated with the memory.

When we have an unresolved event from our past, there is an associated belief that we created to try to make sense of the event. Examples of some of the most common beliefs are, *'life isn't safe'*, *'there is something wrong with me'*, *'I am not good enough'*

6. Create an affirmative statement designed to rescript the belief system.

By creating an affirmative statement, we are reminding our self about the truth of who we are. In truth, you are a beautiful, worthy, loveable and powerful human being. An affirmative statement helps us to remember that truth.

The accompanying worksheet will walk you through the process. Once you find the underlying memory and can relate it to your current challenge, you have taken the first step to heal the memory. Some memories can heal very quickly and easily simply by identification. Others may need additional support.

Thank you for taking the first steps to identify and heal hidden stressors that are undermining your health and happiness.

I will check in with you in a few days. I look forward to hearing your progress and your questions as you take the first steps to reclaim your power and begin to heal from the inside out.

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