

# It's not what you see but how you see it

## ARE YOU HIDING EMOTIONAL CONFLICTS BEHIND DISEASE SYMPTOMS?



**S**ometimes, life is such a drag, isn't it? Your back hurts, your head aches, you feel listless, your hair is suddenly falling and where did those extra pounds come from? Maybe it's the flu that's getting you down, what with the monsoon showing no sign of letting up.

Life is a roller coaster - failures, disappointments, unhappy relationships, a demanding job, and yes, the daily commute. Most of us tend to ignore our fears and conflicts and repress them as we go through the daily grind. Till one day, your body starts to break down. For some, it's a slide into mild depression, for others it's vague aches and pains and still others go straight into the disease phase - hypertension, eczema, asthma, kidney failure, a stroke, even cancer. It's called stress. When a chronic emotional state manifests itself in physical symptoms, disease

begins to set in. But popping pills and wishing the 'flu' away only pushes the 'control switch' beyond your reach and you blame your body for 'giving up on you'.

But there's a better, more lasting way to achieving good health, and the answer lies in 'listening' - listening to your mind and your body. Physical symptoms are but a cry for help. And just like we ask a child in distress to tell us what's upsetting them, the key to health and serenity is self-discovery.

Have you ever tried just watching your thoughts and feelings as they well up, in real time. If you keep doing that, in no time, you'll have a wealth of information about what stresses you, how you react to stressors, and the effect this has on your physical state. But can self-discovery change your boss from a monster to a lamb? Will self-knowledge get you

out of a painful saas-bahu trap? Can it take away the pain of a broken relationship?

Let me put it this way: How many times have you said, "If only..." Nah! The fact is we can't change life's circumstances - but we can change the way we perceive and react to them. Once you shift the centre of control inward and take responsibility for your own life, a whole new world of strength, serenity, vitality and good health will open up. As the World Health Organisation says, "Health is not only the absence of disease but a state of physical, mental and social well-being."

Always remember, your journey into self-knowledge will help you heal your self. For more about de-stressing the MindHeal way, call 022-25230530 / +91-9930363981. Or write to [crm@mindheal.com](mailto:crm@mindheal.com) Website: [www.mindheal.org](http://www.mindheal.org)