

Dr. Heal Yourself! How to treat the cause not the symptoms

By Dr. Cindy Brown, "The Business & Relationship Strategist."

Many of us have emotional, psychological and/or physical challenges we may have to deal with on a daily basis. We are bombarded with many situations throughout our lives where we have to process negative experiences, emotions, behavior and thoughts that cause extreme stress to our lives and our bodies.

It's remarkable to me that we as human beings can allow ourselves to suffer, trying this pill and this remedy and this fad and this pill and cure or solution, when the simple solution or cure is right under our noses, it's our gift for being human- the ability to think, feel and reason and understand ourselves for our own personal benefit.

I know I have suffered and I have watched my parents and siblings suffer as well. I had those role models as you also might have had. We repeat what we have learned until we learn something different, or until what we are doing is no longer working and we notice and want to change. This is what has happened to me lately! I realize I was not using my body's wisdom and inner connection to heal until my body was filled with toxins and I had to get better.

Something emotional can absolutely turn into something physical. Then we can make the mistake as we often do and go to the doctor to treat the symptoms on top, but never look at or treat the underlying cause-the emotional part that's underneath. Sometimes the symptoms subside, and in my case some did, but some didn't for months! And then I got sick of it and myself and needed to change!

As many of you know I have been processing the loss of my mother since November. It has been challenging process of ups and downs, good and bad days and moments. Just when I thought I had done most of my grieving another wave would come upon me. I've learned a lot about myself and the process of grieving, I have learned what works and what doesn't work for the sadness, depression, frustration, longing and anger. I have learned to be patient and more loving and caring of myself and others, I feel I am more compassionate as well.

Here are some of the many techniques I have used on myself and with my clients to help them process and work through their emotions, thoughts and

toxicity (stored, repressed, unconscious body memories of emotion and thought trapped in the body.)

Guided body journey- A hypnotic journey I guide you/my clients on to uncover information about the origin, purpose, reason and lesson of certain feelings and symptoms that show-up in your/our bodies. I put music on and relax you/my client by speaking to you/them calmly and guiding you/them to scan and tune into your/their bodies inner wisdom and inner voice.

Mind Dump Writing: A technique I recommend to you/my clients to help with the processing of your thoughts and feeling that you may be obsessing on, repeating or driving you crazy. It is a technique that is especially effective for those who can't fall asleep at night because your mind won't stop racing with ideas. Take out a pad a paper and start writing, make lists or just rapid stream of consciousness writing, not censoring or correcting spelling or grammar...just let it out; dump it all out on paper so you can rest. Ahhhhh

Writing letters: Sometimes we have extreme feelings that just need to come out or they are going to eat at us and be destructive to our bodies, The stress of negative feelings and thoughts is toxic to our bodies. When you write letters to people, (You don't have to actually send the letter to get the benefit of the process), just write the letter and the benefit comes from expressing it on paper and getting the thoughts and feelings out on the paper and out of your mind or head.

Empty Chair: This technique is a very powerful and cathartic "Gestalt Therapy" technique where you/we put an imaginary person (of your choice) in a chair across from you and you imagine talking to him/her. The benefit comes from being able to fully express the real raw emotion as if the person is actually there without worrying about that person only yourself getting your thoughts and emotion out of your mind and body. I guide you so you feel safe to do this process in my office.

As you can see here there are a many wonderful techniques you can use in order to process emotions and thoughts more productively than allowing them to fester in your body and hurt you from the inside-out. Please let me know if I can assist you in this process. I have lots of experience and you don't need to suffer any longer!

Remember: In order to be the person you have never been, In order to have the **Life and **Relationships** you have never had, You must do what**

you have never done before: Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!

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