

The Physical Nature of the Unconscious

Open Exchange Magazine – Fall 2003

Energetically, all things dynamically weave and interact to compose the world in which we live. Your body, your emotions, your spiritual inclinations are all subsets of the energy of all things.

Addressing physical, emotional and even spiritual dilemmas through energetic means - the very essence of their nature – can provide a key to resolution well beyond our conceptual reality and the parameters of a mechanical model of existence. For what occurs in the human process, within the body's biochemistry and physiology and into the realms of thought, feeling, intuition, belief and interpretation, is indeed an interlacing, sophisticated but often unconscious, energetic affair.

Clues to the source of physical and emotional symptoms are often revealed by the discomforts themselves. Are sensations of discomfort present in a particular part of the body? Are these symptoms joined with certain emotional experiences and repetitive or generalized thought processes? These are all indicators pointing to a source.

Unfortunately, although we may be able to describe in detail the physical symptoms, thoughts and feelings and may even have a strong intuitive sense that these ailments are a product of a historic trauma in our lives, the knowing of this does not always provide access to healing. Why is this?

One of the most fundamental protective mechanisms a human being possesses is the ability to drive a traumatic experience from its consciousness. Thankfully this is so, as it protects countless people from indescribable experiences of trauma, abuse, grief, shock and abandonment stemming from events in their lives.

The concept of the unconscious, attributed to Sigmund Freud, is commonly understood to be a psychological process existing in the brain or mind only. But, in fact, the body plays an enormous role and is key to the process of healing trauma and illness.

Have you ever noticed that when you experience something fully it goes away? This explains why people are not burdened with their positive experiences – they are experienced and one moves on. The unconscious, instead, harbors the events that were painful, traumatic, overwhelming or otherwise “not advised” as an experience. These incidents and all their content do not disappear, for they were not experienced and released. Instead they get caught in the body's energy systems.

Remembered by the body consciousness, these experiences are physically held as energy blockages, which the body must work around. Unfortunately, a work-around for the body can result in less than optimal functioning, such as biochemical errors resulting in allergy, depression, heart disease, hormone

dysfunction, blockages of amino acids, vitamins and minerals. Then there is the lack of oxygen, blood flow and nutrition that often results from such energy blockages. That's the physical level.

The emotional content of an unconscious experience also lives and is often re-triggered by our current environment – this is the source of repetitive patterns.

The human body provides access to all aspects of the human instrument: the body, mind and spirit. As the ancient Chinese discovered, the energies of all experience and function flow through the meridians and chakras of the body. These energy circuits harbor the unconscious emotions and cellular memory, as well.

Just as unconscious experience and energies are accumulated over a lifetime and held in the body's circuitry, so can they be released through the vehicle of the body - safely and comfortably, while providing profound insight.

History is not a life sentence. What it provides, in fact, is a compelling invitation -- to release, to awaken and to live fully in the present.

Copyright - Sarah McCroskey 2003