

Logosynthesis & Physical Symptoms

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Physical Symptoms

The body is an interesting phenomenon. It is the mediator between our Self and the Earth-Life System. Our only awareness of our physical environment comes via our senses, and the body enables us to move through space. Most of the time, many of us forget the faithful servant in the background. We gain pleasure from our physical desires. The body provides physical or sexual achievement. It may also constitute an obstacle to the fulfilment of our life mission or desires.

Highest pleasure and deepest frustration are closely connected to our physical sensations. The mountaineer, scaling a sheer slope without a rope, is depending on the strength and dexterity of his fingers and toes. He concentrates fully until he reaches the summit. Tennis players like Roger Federer and Rafael Nadal attain an amazing level of perfection on the court; lovers consummate their union through each of the senses; the gourmet savors a sumptuous seven-course meal.

On the other hand, the reality is that our bodies are imperfect. We mature and come into our prime. Later on, beauty, strength, and speed decline. In the end, we each face death. For most of us, our body functions like a perfect machine for a certain period in our life. Sooner or later, however, we will suffer from acute or chronic physical symptoms—life is finite, and the body is not perfect.

Depending on how we see the world, we adopt one of several views of the body and its functions:

- My body is a complex physiochemical biological machine serving my goals. Injuries or deficiencies can be treated by chemical or technical intervention. Tradesmen, sportsmen, or soldiers tend to think like this.
- Fate determines the body I've been given, and I can resist or accept it.
- My body is a window on the world. It helps me to take part in what's going on around me and react to it.
- My body is a manifested energy form and follows the same rules as other energy forms. It is an instrument of my indestructible Essence.

How you regard your body affects your way of coping with illnesses and symptoms.

THE BODY AND HEALING

Healing through Logosynthesis always comprises several elements that may be employed in a variety of ways:

1. The physiological or functional symptom per se
2. The degree of limitation the symptom imposes on day-to-day living and the fulfillment of the perceived life mission.
3. Knowledge of, and beliefs about, the symptoms and the treatments available
4. Dissociation and introjection due to emotional distress caused by the symptom and the emotional acceptance of it.

Each of the factors above has an impact on the development and healing of symptoms.

1. The physiological or functional symptom

The level of suffering is only partially determined by symptoms. For a number of years, I worked at a pulmonary

rehabilitation center located at high altitude. I often wondered about the differences between people. One young man, who still could easily climb the highest mountains around, suffered intensely because of his illness although it was relatively mild. He was comparing himself to other men in his age group. By comparison, one elderly woman was proud to be able to climb the stairs to the third floor of the building, without help, and appreciate the wonderful panoramic vista of the mountains from her window. A physical symptom by itself does not predict the degree of suffering. Patients with chronic diseases often adjust very well, while for others, the limitations placed on day-to-day living predominate.

2. The degree of limitation

The extent of the limitation imposed on our wellbeing by a physical symptom is both physical and psychological. Context also plays a part. The same eye condition poses different problems for the assistant who can't work on the computer anymore and the young mother; the former will have to retrain, while the latter will have little difficulty in continuing to be a mother to her children. The extent of physical limitation is also determined by a sense of loss or grief. A biker who can no longer participate in his favorite sport or working life after an accident will probably suffer more than someone who can continue to engage in meaningful activity.

3. Knowledge of the symptom and its treatment

Knowledge of the symptom can work in two different directions. On the one hand, it may help you to come to grips with it, since you know how to manage your lifestyle and cope in a crisis. The treatment of chronic lung disease or diabetes is enormously simplified for a patient who is well informed

about the illness and treatment options. On the other hand, our knowledge of the symptom defines the way we see treatment options. Many people interpret a cancer diagnosis as a death sentence.

4. Dissociation, introjection, and the body

Our body must interact freely with our environment. If you have an introject that lets you know that you have to work hard, but not when you're allowed to stop, your health will be in trouble sooner or later. To allow our physical energy to heal our body, we need to leave introjects, emotional wounds, and illnesses behind us. Then our body will become an open unobstructed vehicle for the flow of Essence and your task in the Earth-Life System. As long as you hold onto anger, hatred, and resentment towards those who've let you down or injured you, you are contaminating and punishing yourself and not that other person. You weaken your immune system, become prone to illness, and reinforce the introjects and dissociated states that you have.

Essence is not sick, Essence doesn't have any symptoms or pain; by increasing the flow of Essence, of Life Energy to your body, you create a greater probability that the two will align. It is possible that symptoms—which are actually frozen energy—may be resolved, or that your body will have a greater energy flow with which to manage symptoms that are troublesome.

Logosynthesis does not claim to be able to heal the body. It is no substitute for treatment by conventional or alternative medicine. It can, however, ease suffering by activating a process that enables you to see your body and physical symptoms differently. An altered perception can help you to adapt to the demands of your own body, end destructive habits, or consider further treatment options.

It is, however, a good idea to use Logosynthesis to treat physical symptoms, especially if they're vague ones, difficult to diagnose or treat by the usual methods. For example, a woman who consulted me had been suffering from vertigo for years. After two sessions, the vertigo was gone.

At times, we can treat physical symptoms, illnesses, and problems effectively and rid ourselves of them. In other cases, we are forced to accept our physical limitations; we may have to acknowledge that our body is trying to tell us something important about our lifestyle. By holding us back, our body teaches us a lesson. Working with Logosynthesis means we have to separate the physical symptoms from other factors. Seldom does a symptom disappear when we simply retrieve our energy from it. Physical elements result from a longer lasting loss of awareness of the Self. Normally, they can be only partially eliminated, not immediately, but after some time. So, if you want to influence the healing process, it's better to examine and treat the thoughts and feelings connected to the physical problems. They can be dealt with before trying to treat the actual symptoms and their origins. Adequate coping with symptoms can and does offer considerable relief.

EMOTIONS AND PHYSICAL SYMPTOMS

Physical illnesses are closely linked to emotions: panic, fear, shame, anger, disgust, or grief. These emotions appear not only in ourselves, but in others too. The emotional problem usually outweighs the physical one and can be a good starting point when applying Logosynthesis to a physical illness. It's usually easier to influence the emotional factors. The body's healing chances improve if the energy bound up in archaic parts is allowed to flow

freely. Archaic emotions can be introjected, as well as dissociated.

Loss of a physical capacity or worsening of a symptom may reactivate previous losses and injuries. If people have an illness that has caused great upset to those around them, worries, irritations, and disappointments are likely to be present as imprints. This happens especially with chronic conditions that demand significant adaptation from the sufferer as well as those close to him or her.

BELIEFS AND PHYSICAL SYMPTOMS

Physical conditions are not only connected to powerful emotions, but also to strong beliefs. The latter may be evident as an introject or a dissociated part. Serious illness exceeds our ability to cope with our life situation. That means we create security through dissociation and introjection. If we're ill and can't make sense of our situation, we're inclined to accept any interpretation of our circumstances and hardly question it. What doctors, parents, family members, and friends say has authority beyond the extent of their knowledge.

These authorities, however, don't always have a solution. They too have powerful needs, thoughts, beliefs, expectations, and desires. These complicate our own attitude about our illness or physical suffering.

Applying Logosynthesis to beliefs about the body and illness is no different than treating any other conviction. It is, nevertheless, important to examine closely and focus on each aspect.

The process begins with the type of symptom and its changeability. There are hardly any unchangeable truths about illness and healing. Many ideas are

determined by introjects that have never been analyzed, such as:

- Nobody can cure cancer.
- Everybody in our family is overweight.
- Asthma is inherited, and you can do nothing about it.

Introjects like these reveal clear views on the nature, significance, and changeability of the body, its organs, and its conditions. It is worth examining them more closely and using Logosynthesis to eliminate beliefs relating to the changeability of symptoms.

Treatment options vary, and along with them medications. Stomach ulcers are no longer considered a result of stress, but rather signs of an infection with helicobacter pylori. There have been huge advances in cancer treatment and expert opinions, recommending consumption of eggs, red wine, and coffee, change like the weather. Beliefs contain frozen worlds, and it is worth eliminating them using Logosynthesis. Then you'll be able to find a new direction with your eyes and ears wide open.

Simply examine the human body in general and your own in particular. What do you know and believe about?

- The heart and circulation?
- The brain?
- The nervous system?
- The immune system?
- The lungs?
- The digestion?
- The muscles and skeleton?
- The glands?
- The reproductive organs?

- The kidneys and bladder?

At the end, ask yourself how long you've known this and who gave you this information. If you find that those sources aren't logical or quite up-to-date, apply the following sentences to the relevant imprint and the emotions connected to it:

1. I retrieve all my energy bound up in this belief (state the belief) about my body and take it to the right place in my Self.
2. I remove all non-me energy related to this belief (state the belief) from all of my cells, all of my body, and from my personal space, and send it to where it truly belongs.
3. I retrieve all my energy bound up in all my reactions to this belief (state the belief) and take it to the right place in myself.

IDENTITY AND SYMPTOMS

We tend to think we are our body. We identify with our physical strength, mobility, agility, and beauty—or with the lack of these qualities. Identifying with the body ignores that we are a mind, and that we are Essence. Identifying with our body creates dissociative states connected to powerful introjects. We can also ask ourselves whether those around us have responded to our being, our Self, or rather to our appearance and physical achievements. The more our adult identity has been characterized by physical qualities and achievements, the stronger the dissociative aspect. A top sportsman who has always had complete confidence in his physical strength will have to reconsider his identity at a certain stage in his life when his strength fails. To do this he needs to take back his own energy bound up in his previous image of his body as well remove the energy of others connected to it. Here are the questions:

- Who am I within this body?

- What can I do in this body?
- Who am I if this body changes?

The answers to these questions should be different from ten, twenty, or thirty years earlier. Simply examine your beliefs about yourself and the emotions bound up in them. Do you experience yourself as:

- good-looking, ugly?
- masculine, feminine?
- healthy, unhealthy?
- sexy, boring; agile, stiff?
- tall, small; or
- heavy, slim?

Which emotions do you feel in relation to your replies? Each of these self-attributions can interfere greatly with your perception of reality in the here-and-now.

INTROJECTS OF MATERIAL OBJECTS AND CIRCUMSTANCES

One of Logosynthesis' most interesting discoveries is the fact that not only people, but also material objects or phenomena can form introjects. Joachim, an older participant in a small group at a seminar, neutralized the emotional effects of a car accident three years earlier: the images of the car speeding towards him, the screeching of the brakes, the panic when he was struck.

When he had dissolved these elements of the trauma, he was relieved. He said he would be even more pleased if the pain in his leg were gone as well. He'd had it since the impact of the bumper. I gave him the three sentences again:

1. *I retrieve all my energy bound up in perception of the bumper of this car, and I take it to the right place in my Self.*

2. *I remove all the energy of this car bumper from my all of my cells, from all of my body, and from my personal space, and send it to where it truly belongs.*
3. *I retrieve all my energy bound up in all my reactions to the bumper of this car, and I take it to the right place in myself.*

The experiment proved a success. The pain that had bothered Joachim for three years disappeared within minutes. Two weeks afterwards, Joachim sent me an email thanking me for the seminar. The pain hasn't returned.

The incident of Joachim with the car bumper wasn't the only case of a non-human introject. Returning from a summer trip by car, I caught a cold because the air-conditioning was too high. I applied Logosynthesis to remove the introject of the current of cold air. My cold disappeared in an instant!

Here are some more possible examples:

- A cupboard door that you banged your head on.
- The surgeon's scalpel when a wound won't heal after an operation.
- The floor you fell onto.
- The allergens you react to.

FINALLY

Logosynthesis offers a broad range of options for dealing with physical symptoms and illnesses. Can it replace medical intervention?

My recommendation: use Logosynthesis to complement and support the medical treatment you need rather than replace it. Your ability to heal yourself will improve if you're completely dedicated to the healing process in the here-and-now.

This is a chapter from my book "Phrases to Freedom" (2008), edited and updated by Raya Williams.

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