

BODY SYMBOLISM explains the emotional messages in diseases and injuries.

BODY SYMBOLISM

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# **BODY SYMBOLISM**

**THE FASCINATING STUDY  
OF MIND-BODY  
COMMUNICATION,  
WITH SUGGESTIONS  
TO ENHANCE  
OUR BODY'S  
HEALING  
ABILITY !!!**

by

**Richard Rybicki, M.S.W.**

## **DISCLAIMER**

This book details the author's personal experiences with and opinions about the emotional messages contained in various diseases and injuries. The author is not a physician.

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## TABLE OF CONTENTS

<b>INTRODUCTION.....</b>	<b>iv</b>
<b>CHAPTER ONE .....</b>	<b>1</b>
PARADIGMS .....	1
PARADIGM ONE: GOD AS OUTSIDE AUTHORITY .....	4
PARADIGM TWO: LIFE AS RANDOM EVENT.....	7
RECENT DEVELOPMENTS .....	11
BREAKTHROUGHS .....	13
“CHRONOLOGY OF AN IDEA” .....	16
PHILOSOPHIC GROWTH .....	24
PARADIGM THREE: THE METAPHYSICAL	
VIEW OF EARTH LIFE .....	25
OUR BODY.....	38
HEALTH.....	46
CONCLUSION.....	50
<b>CHAPTER TWO .....</b>	<b>54</b>
BODY SYSTEMS .....	54
OUR EMOTIONS .....	57
CAUTIONS .....	67
CHAKRAS .....	69
GUIDELINES.....	74
OUR BODY SYSTEMS.....	78
OUR SKELETAL SYSTEM .....	78
OUR MUSCULAR SYSTEM .....	80
OUR SKIN SYSTEM.....	83
OUR DIGESTIVE SYSTEM .....	86
OUR EXCRETORY SYSTEM .....	89
OUR RESPIRATORY SYSTEM.....	95
OUR CIRCULATORY SYSTEM.....	98
OUR REPRODUCTIVE SYSTEM.....	102
OUR NERVOUS SYSTEM .....	108
OUR ENDOCRINE SYSTEM .....	112

OUR IMMUNE SYSTEM.....	114
REINCARNATION AND HEALTH.....	117
CONCLUSION.....	123
<b>CHAPTER THREE.....</b>	<b>124</b>
BODY SPECIFICS.....	124
OUR FEET.....	124
OUR ANKLES.....	128
OUR CALVES, KNEES AND THIGHS.....	129
OUR PELVIS.....	131
OUR ABDOMEN.....	145
OUR THORAX.....	147
BREASTS.....	150
OUR SHOULDERS.....	155
OUR UPPER ARMS.....	158
OUR ELBOWS AND FOREARMS.....	159
OUR WRISTS.....	160
OUR HANDS.....	161
OUR NECK.....	163
OUR HEAD.....	166
OUR FACE.....	168
OUR JAW.....	173
OUR NOSE.....	175
OUR LIPS.....	177
OUR TONGUE.....	178
OUR TEETH.....	180
OUR SPEECH.....	181
OUR CHEEKS.....	182
OUR EYES.....	183
OUR EARS.....	186
OUR BRAIN.....	188
SUMMARY.....	190

<b>CHAPTER FOUR.....</b>	<b>192</b>
DISEASE EXAMPLES .....	192
MELODRAMA .....	192
HEREDITY.....	209
CANCER .....	213
CANCER AND CHILDREN.....	222
GREAT PERMISSIONS .....	237
RECURRENCES .....	239
OTHER DISEASES.....	243
“STOP THE WORLD DISORDERS” .....	244
AUTISM .....	247
MUSCULAR DYSTROPHY (MD) AND MULTIPLE SCLEROSIS (MS) .....	249
PARKINSON’S DISEASE.....	251
HUNTINGTON’S CHOREA .....	253
ALZHEIMER’S DISEASE .....	254
DIABETES .....	258
EPILEPSY .....	260
AUTO-IMMUNE DISORDERS .....	261
ANOREXIA NERVOSA.....	262
VARICOSE VEINS.....	266
PSORIASIS.....	266
PROSTATE PROBLEMS .....	268
MENSTRUAL DIFFICULTIES.....	270
CATARACTS.....	279
GLAUCOMA .....	280
TINNITUS .....	281
STROKES.....	282
RH+ AND RH- INCOMPATIBILITY .....	284
CEREBRAL PALSY .....	285
AIDS .....	286
COLDS AND SINUS INFECTION .....	294



<b>CHAPTER FIVE .....</b>	<b>296</b>
HEALING AND THE NEW AGE .....	296
HEALING.....	297
HOLISTIC MEDICINE.....	299
METAPHYSICS AND HEALING .....	301
PRACTICAL SUGGESTIONS .....	303
FORGIVENESS .....	313
OUR FUTURE .....	320
THE NEW AGE .....	322
CONCLUSION.....	330
<b>INDEX .....</b>	<b>333</b>
<b>REFERENCES.....</b>	<b>339</b>

## **CHAPTER ONE**

### **PARADIGMS**

Our beliefs are like sunglasses that are worn and looked through every moment of our Lives. We are so used to wearing our beliefs that we often forget we have them on, yet they color our view of the world. Unfortunately, most of us are ignorant of our deepest beliefs about ourselves and Life; and yet those ideas are the most important to clarify and, if necessary, change. It is with our core beliefs, our self-defining ideas, that we most directly create our world and our experience.

A belief system has a big job; it tries to explain Life. For about 100,000 years people have tried to answer six basic questions about being Human. I call these our “Quintessential Questions” because they are the highest queries we have about Earth Life. They are: 1) What am I? 2) Who am I? 3) What is the Earth all about? 4) Why am I here? 5) How do events happen? and 6) Why do events happen as they do?

In our attempt to understand Earth experience, a society decides certain answers to the above questions are true and makes those its core beliefs. These beliefs will define what is “real”, what is “not real”, what is to be considered and what is to be ignored. These important beliefs form an invisible bubble of thought *inside which* the society lives. Their cultural belief bubble defines Life and prescribes ways of dealing with Life.

Throughout time, societies have used mythology to express their beliefs about Life. Myths are imaginative stories which explain and organize what seemed to our ancestors to be a rather unpredictable, threatening and frightening world. Our myths have tried to explain the primal Human experiences of creation, birth, growth, health, illness, death and what is beyond death. Many cultures have used myths to create and justify laws, economics, holidays and treatment of selves and others. For example, some cultures have established religious myths to explain why they are supposed to fish and not hunt for a living.

Ancient people devoted a great deal of energy to figuring out just who or what started Earth in the first place. The ancients spent many Lifetimes arguing and fighting over what God(s) was,

who God was, what God wanted, who would do God's work and what God had in mind for Humanity.

Up to our present time, Humanity has sifted through a variety of gods. Please realize that ideas about god are, of course, not actually god, just ideas about god, just *descriptions*; descriptions for which many people have killed and been killed.

A good term for a belief bubble with its attendant myths is "paradigm". The paradigms of Humanity range from the once popular idea that the world is being carried on the back of a giant turtle, to the one which says the sun revolves around the Earth, to even the current, improbable idea that our welfare is being protected by the research and development branch of the petrochemical industry.

Since our experience in Life is determined by what we believe, we would do well to examine the paradigms which have shaped Western civilization. Let us review the major premises and see how they answer the "Quintessential Questions" (What am I? Who am I? What is the Earth all about? Why am I here? How do events happen? and *Why* do events happen as they do?) and then

examine what they say about our body and health. Western cultures have had two major paradigms that have tried to explain what Earth Life is all about and what makes us tick. These belief bubbles have shaped our thinking and emoting over the past two thousand years; they are the major idea-paths we took to create our current society, with all our strengths and problems. I refer to these two major belief bubbles as: “God As Outside Authority” (Paradigm One) and “Life As Random Event” (Paradigm Two).

### **PARADIGM ONE: GOD AS OUTSIDE AUTHORITY**

Paradigm One is classic Judeo-Christian thought that started many centuries before Christ and became fully developed around 1,000 A.D. The core idea of classic Paradigm One (I’ll write from the Roman Catholic point of view) says that one God created Earth and all Earth Life-forms. It goes on to say that God is a male who is separate from us, lives very far away and relates to us like a cranky, autocratic probation officer. Humanity’s lot in Life is that we have to suffer on Earth. We are also supposed to obey church rules and try to win God’s favor so we may someday be granted entry into an

afterLife of safety and abundance. We are to achieve our admission to Heaven by developing the “feminine energy” components of our mind: our emotions, imagination and intuition. We are not to use the “masculine energy” portions of our mind; to not critically question and analyze ideas, especially about churches or institutions (we will examine feminine and masculine energy in more detail later). Indeed, we are commanded to follow selected leaders and books as lambs follow shepherds.

As far as our body is concerned, Paradigm One defines it rather harshly. It is said to be a temporary, tainted dwelling place, the prototype fashioned eons ago by God from a lump of clay. Our corporeal clay clump has several important characteristics: one, it was designed, created, activated and put here by God; two, it houses our immortal Soul; and three, it has the ugly habit of sabotaging our Soul’s goal of winning God’s forgiveness and favor.

Paradigm One says our body tries to accomplish this salvation-sabotage by liking pleasure. According to this belief bubble, there is a devil and he uses our body’s capacity for pleasure to tempt us away from God into damnable sins of sensual

gratification and pride. These will lead to God justifiably banishing us from Heaven. Thus, there is a ferocious war waging between our body and Soul, each pulling us this way and that. The classic version of this world view says the more we can rise above our sinful corporeal urges, the more “pure” we become in the sight of God. The most forbidden, vilified pleasure in this tradition, of course, has been the pleasure of sex. Thus, if our spirit was to be “saved”, our body with its attendant, treacherous desires must be purged. This anti-body, anti-pleasure view is also held in several Eastern traditions.

Concerning disease and injury, Paradigm One says afflictions are loaded onto our bodies by God to either test our commitment to keeping his rules or to punish us for disobeying them (most likely the latter). Thus, in The Dark Ages it was considered a sin to assist people with disease conditions because to do so was to interfere with God’s punishing will.

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