

Connecting Emotional and Physical Pain

By Rebecca Debus

Most of my work is with adults who are experiencing physical, emotional, or spiritual pain. With over 25 years of facilitating healing, I observe that a large percentage of disease is rooted in the early years. Regardless of what they "bring to the table", I always encourage them to explore the connection of how their current situation may have a foundation in their childhood experiences.

The following case study will be the fastest way to express the connection. Sara presented with back pain, and she was unable to put weight on her right foot/leg. She also felt as if her right leg was longer than her left. As I began to unwind her right leg, she told me she used to kick her dresser repeatedly many times when she was young until her foot was black & blue. I asked if she knew why she did it. She did not since she remembers virtually none of her childhood.

With her permission I assisted her to go back to her child that was in her bedroom, kicking the dresser. At the time the child was 11-years-old. Sara connected with her child, took her to a safe place, and had a conversation with her. As Sara provided a safe haven and loving presence to her 11-year-old, she spoke to her and acknowledged her for the amazing being of Light that she is. At the end of the session, Sara had no back pain and she could put weight on her left leg.

In my experience, many adults did not have the first 7 years to comfortably and cheerfully situate in the body. That leaves them with scar tissue emotionally, physically, and spiritually. Though I did some physical unwinding with Sara, I know it was the energetic and emotional connection that she got from the cellular memory that was triggered from the unwinding that unlocked the door for her to explore a deeper level of healing.

The memory she had as an 11-year-old was not just a memory. If you've ever seen the movie Ground Hog Day, you know the actor (Bill Murray) lived the same day over and over and over until he did something differently. The memories, the scenes we have that repeat over and over painfully in our heads, are not just memories. They are parts of ourselves that are reliving the trauma until we go back and set them free. What happened happened. However, what is the point in reliving it? A trauma that happened at 11 and is still being remembered at 54 is like being stuck in the movie scene like Bill Murray. It didn't happen then, but it is happening NOW until you set it free.

As CFT practitioners, we must be present with our clients and assist them in connecting the dots. The craniosacral fascial system connects EVERYTHING and holds the cellular memory of everything that has ever happened to us. Happiness, joy, and love do not seem to leave scar tissue and issues. That which is not happiness, joy, and love does. Dr. Mercola has found that autoimmune diseases are usually found in people who were abused before the age of 5. I am living proof of that statistic having been diagnosed with MS and abused at an early age.

Since the sensory-motor areas of the brain are most active in these years, the child up until the age of seven relates to the world primarily through the senses and body. What if a child experiences abuse in those 7 years of relating to the world primarily through the senses and body? Could this be the reason there is a disconnect for so many people between their heads and their bodies?

It is common to see people with very little body awareness. It is like they are a brain/head dragging around the rest of their body. My professional experience has

shown me that we do not fully inhabit our bodies because we do not feel safe to do so. This is another reason to provide a safe space for our clients. Once they can feel, receive, and trust the safety and support you provide, it will allow them to open up, release, and let go of what no longer serves them.

The first seven years are vital to an adult's health and wellbeing. When we work with clients using CFT, we are in sacred territory. We must always be mindful of all of the information that has been brought to our table, be present, and hold every minute we are with our client sacred. What a wonderful world it would be if one baby, one child, one adult at a time were released from pain and restriction from their body/mind/spirit. What if as adults being free from pain, we no longer pass that lineage onto our children? What if peace in our being contributes to peace on earth?