Spiritual Intelligence and the Intelligence of the Body

As the soul's vehicle on our journey to wholeness, the body is more than a container. It is a temple to be honored and respected for its wisdom and the messages it brings us to keep us on the path to the life we were born to live. Understanding what our bodies are trying to tell us, then, may be considered to be an integral part of our spiritual intelligence.

There is generally something to be gained from each of our experiences. While we may be fast to judge experiences as good or bad, we often overlook how they fit into the big picture of who we are and why we are here. From a spiritual perspective each experience has value.

Messages in the Body

This is true with physical conditions, which often reflect areas where we are stuck or where we have deviated from our purpose. The following descriptions of relationships between physical symptoms and spiritual imbalances just scratch the surface of possible interpretations. They are provided as examples of common connections you can use as a starting point.

Full understanding of the messages in specific cases generally requires further exploration into a person's specific situation and background. It may also reveal itself over time. Other considerations include genetics, karmic agreements, and toxins. These areas may also require further investigation. Some physical conditions may exist solely as a result of toxins in our food, in substances we put on our bodies, or in our environment.

Another consideration is that we are here for a limited time. The length of the journey is not a measure of success and death is not a failure. It is an integral part of life to be honored along with all of our experiences here. Sometimes the body is telling us that it is simply time to let go and move on.

As an overview, here are some correlations that may provide insights as you explore what the body may be trying to say.

MAJOR AREAS OF THE BODY

- Right Side of Body: Masculine energy
- Left Side of Body: Feminine energy
- Torso: Unconscious feelings
- Limbs: Connections with the outer world
• Front Side of the Body: Future, looking forward
• Back Side of the Body: The past and looking back

SPECIFIC PARTS OF THE BODY
• Head: Way we think about ourselves
• Ears: Ability to hear
• Eyes: Capacity and desire to see things clearly
• Face: Self-image, self-expression
• Mouth, Jaw, Tongue: Speech, taking in ideas
• Neck and Throat: Creative Expression, flexible perspectives
• Shoulders: Responsibility
• Heart: Seat of the soul and life energy, love, relating to others and our reason for being alive
• Breasts (women): Nurturing, love, mothering
• Stomach: Digesting and assimilating our experiences
• Liver: Suppressed emotions, especially anger, hostility
• Kidneys: Flowing with life, anxiety
• Colon: Elimination, willingness to let go
• Bladder: Processing and releasing emotions
• Genitals: Sexuality, experiencing pleasure
• Back/Spine: Supportive foundation
• Hands/Arms: Grasping and embracing life
• Legs/Thighs: Moving forward in life, progressing on the path to wholeness
• Feet and Ankles: Balance, stability, being grounded

SYSTEMS OF THE BODY
Also note that messages related to systems also relate to the specific areas of the body that are affected
• Bones: Foundation
• Muscles: Ability to move and express
• Joints: Flexibility and ease of movement
• Skin: Self-image, individuality
• Blood: Nourishment of life running through us, related to the heart & love
• Glands: Integrating and balancing experiences
• Nerves: Stress
• Immune System: Strength, vitality and enthusiasm
• Lymph System: Ability to flow with life

DYSFUNCTIONAL CONDITIONS
• Pain and Illness: Show that we are out of harmony with life's flow, with the soul's journey
• Allergies: Overreaction to substance, related to fear
• Cancer: Repressed emotions, especially anger, hostility and anxiety, mourning loss
• Chronic Fatigue: Prolonged stress
• Poor Circulation: Detachment from others, heart closed
• Colds: Stress, time to stop and slow down
• Diabetes: Bitterness, compensated for by sweets
• Epilepsy: Getting in touch with deep-seated frustrations
• Heart Disease: Holding back feelings, related to love
• Hypoglycemia: Stress related
• Psoriasis: Fear of being touched, dissatisfaction with body
• Varicose Veins: Holding back emotions, inability to circulate ideas

PSYCHOLOGICAL SYMPTOMS
• Depression: Suppression of purpose or reason for being alive, disconnection from inner wisdom
• Insomnia: Dependence on power and control, inability to let go

EXPERIENCES
• Accidents, Injuries, Severe Illness: May indicate that an abrupt change is needed in one's life
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Wishing you a miraculous journey,

Phillip and Jane Mountrose