

# Intuitive Diagnosis: The Art of Reading Energy Through Body/Mind Metaphor Language

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Metaphor diagnosis and interpretation are crucial skills for reading energy accurately, whether the issue is an emotional problem such as a phobia, panic attacks of unknown origin, a physical dysfunction or illness.

The process, whether applied to oneself or someone else, can be defined as “medical intuition in manual mode.” Medical intuition is the ability, with informed consent, to assess emotional and/or physical conditions intuitively, generally knowing only a client’s name and age, in person or at a distance.

Metaphor language is similar to dream interpretation. Dream imagery displays various expressions of people, objects and situations as a reflection of our inner landscape. The key to accurate interpretation is to check out symbolic/metaphorical meanings in a dream dictionary then consider how it applies to our own emotional issues, relationships, finances, health concerns, etc.

Metaphor diagnosis is a powerful life management skill as well as a first-degree stress management tool. According to the landmark ACE Study, ([www.acestoohigh.com](http://www.acestoohigh.com)) childhood trauma or even a single shocking, overwhelming event can make us ill. When an emotional issue is causing a physical problem, (clinical term “somatization,”) the body communicates with us through metaphor language.

Here is a sample of some of the most common expressions of metaphor language that we say and we hear others say. The challenge is to learn to “listen between the lines” to yourself (“Uh-oh, did I just say that?”) and to also actively listen to others. If you are close to someone and you know they won’t take offense, you might say, “Stop—do you realize what you just said? Maybe that’s why your back has been hurting and chiropractic isn’t helping.”

**BACK:** “Get off my back.” criticized, unsupported, betrayed, carrying others problems on your back. Money problems (money is a fundamental form of support and survival.) Betrayed,

stabbed in the back. Fear, anxiety, distrust, “I can’t turn my back on him/her/them.” Back off! Backed into a corner. Nobody’s got my back. Carrying the weight of problems on your back or shoulders. Trapped, back is up against the wall.

**STOMACH/GUT:** “He/she turns my stomach. I can’t stomach that person.” Swallow one’s pride, can’t swallow that. “I hate his guts.” Shock, betrayal, invasive, felt like a punch/kick in the gut. Shame, guilt, stress, anxiety, churning. Something you can’t accept/digest. Conflict, churning gut, cheated, injustice, unfair. “My stomach hurts when I hear her voice, see that person, go there,” etc. Fear of future, vulnerable. Gutless, coward, lack of self-esteem, lack of self-confidence. “What’s eating at you?” i.e. emotional eating due to anxiety, fear, “trust your gut,” gut feeling, intuition.