



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

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Metaphor diagnosis and interpretation is a crucial life skill, whether the issue is an emotional problem, a somatized physical dysfunction (physical issue rooted in unhealed emotional trauma,) or an illness. The process can be defined as “medical intuition in manual mode.” Medical intuition is the ability, with informed consent, to assess emotional and/or physical conditions in person or at a distance, knowing only a person’s name and age.

Metaphor language is similar to dream interpretation. Dream imagery displays various expressions of people, objects and situations as a reflection of our inner landscape, often but not always, the unconscious. The key to accurate interpretation is to check out symbolic/metaphorical meanings in a dream dictionary then consider how it applies to your own emotional issues, emotional or physical triggers, even allergies in some cases, relationships, finances, health concerns, etc.

According to the landmark ACE Study, (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 talks to us via metaphor language.

Here is a sample of commonly used body/mind metaphors. Engage symbolic listening, aka listening “between the lines” to others AND yourself. If you are close to someone and you know they won’t take offense, you might say, “Stop; you just said, ‘I wish they would back off!’ Could that be causing your back pain and why chiropractic, physical therapy and pain pills are not working?”

BACK: “Get off my back.” criticized, unsupported, 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. Never back down vs. backing away. Emotion rigidity

STOMACH/GUT: “He/she turns my stomach. I can’t stomach that person.” Swallow one’s pride, can’t swallow that, repressing negative emotions that can’t be expressed or will cause harm to you or others if expressed. “I had to swallow the anger, rage, grief, etc.” 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, intimidation, cheated, injustice, unfair. “My stomach hurts when I: hear that sound, 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?” Emotional eating due to anxiety, fear, “trust your gut,” gut feeling, intuition.