

# Cancer life or psychosomatics oncology

## Astronomy Homework

Today there are many "official" theories of the occurrence of cancer. They describe the effects of viruses, mutations and carcinogens as a starting factor. But if you look at the "oncological" personalities, to observe the ways of responding to stress, emotional landscape, against the background of which the disease arises, it will become obvious - the problem of cancer psychological roots.

According to the "task" of the body

An attempt to tie the oncology and the emotional sphere is not at all Nova - the ancient Greek doctors of Hippocrates and Galen were engaged in this issue. Galen wrote that cheerfulness is the natural prevention of oncological diseases. Creating a teaching about the types of temperament, Hippocrates first argued the thesis on psychosomatic unity. He said that many diseases are determined by internal processes. Later, this point of view was confirmed. It has been proven that the state of the emotional sphere significantly affects the immune and endocrine system of the body. The psychosomatic disease occurs exactly when this influence becomes too strong.

Ancient Chinese medicine considered a tumor as a result of cluster and stagnation of blood and vital energy. Malignant formations were characterized as an insensible clusters, that is, devoid of life, alien organisms. Therefore, for their treatment, not only drugs affecting the tumor itself were used, but also practiced Dao as a way to change the style of life.

Stone on the heart

Known oncological metaphor - "Stone on the heart." Over time, if you do not remove it, the stone turns into a tumor. In the event of oncology, there is a transition from an external psychological problem to the internal - somatic. The body that is damaged by the tumor symbolizes the external danger, with which it is impossible to fight an adequate way. Oncology is actually capitulation, shifting the problem from the field of personal responsibility towards taking care: "Let the physicians now do now, I can't get my problem."

What does the oncological reaction launch? An injury becomes the point of reference - an event, after which you can not live as before. It seems to share life on "to" and "after," and the personality breaks onto the dotraumatic and postover. An adequately experienced traumatic event allows you to live in the changed conditions. But if we ignore reality, do not accept it, the body can start forming a tumor. Close on her eyes will not work.

Between crocodile and lion

For the "traumatic" equation, such conditions are needed: first, the principles, stereotypes and rules, according to which life structuring occurs, and secondly, the immersion in the events, which with these principles at some point begin to disperse.

For example, a man is emotionally incorporated into a romantic relationship with "inappropriate" from the point of view of relatives with a girl. For a while, the loyalty to the parent system will hold it in stable relationships "between the crocodile and lion", but one day he will have to make a choice - to go for his desires or abandon them. The betrayal itself is a vivid example of chronic injury.

Acute injury arises as an answer to the detection of any reality, the existence of which is in a contradiction with existing ideas. The detection of reality is wound. For example, a woman who grown in a very strict family suddenly detects sexual aspirations that threaten her familiar identity: "I am a good daughter, an approximate spouse." And then you can either thank the fate for finding what has always been unavailable, or include powerful repressive mechanisms aimed at expulsiioning out of the mental information. True, these mechanisms work is not as good as a wand-forget from the film "People in Black", and therefore the information expelled from consciousness always returns, the truth is already on the somatic level.

Change or die

Often we can observe the situation in which a separate person is actually a "clone" of another. He does not understand what wishes he has. And instead, it broods the desires of another as their own either sacrifices with claims in exchange for guaranteed constancy in relations. So the phenomenon of the dependent relationship is formed when the emptiness inside is filled with active activity on the periphery and one of the partners is forced to refuse themselves in favor of another, believing that his life is more important and more valuable.

The dependent relations are dangerous in that, ending with one of the partners in a state of total loneliness, when there is no possibility to rely on yourself. In this situation, the whole life is derived around the relationship. A typical personal response to such experiences is a feeling of helplessness and hopelessness, when the hands and forces are lowered for nothing. And it is at this point exactly how to continue to live.

Symbolically, the message of the body in the form of an oncological response looks like this: "Change or die." For a while, a person is in a state of impasse, when the solution to the old ways cannot be found. And then it remains either to explore new opportunities, or as a solution to resort to physical care.

We all know the situation in which a person suddenly loses the meaning of life. This often happens during crises - the entrepreneur loses business, politician is retired, children grow up and create their own families. If life in this ends, the tumor simply "voicates" the decision that a person unconsciously accepted. And then the same tumor puts a new condition for him: if you want to live, you need to do it happily. That is, it is necessary to understand what makes you alive, and free to this place in your life.

## Vitality suppression

Hobbies can be revived - often a completely useless and meaningless thing in terms of achievements and success. But thanks to him, there is a space free from obligations and debt, the space of care for its emotional state.

Activated aggression is helped to defend their interests - a universal way to build personal boundaries. Often it is suppressed from fear to cause harm to another and be in isolation. But it is in vain. The inability to withstand conflict situations creates chronic tension. Conversely - the constructive clarification of the relationship greatly promotes people in terms of mutual understanding and allows you to acquire new skills and opportunities.

Inability to be ourselves, rejection of self-authentication, the choice of comfortable and comfortable false identity is occurring in parallel at the somatic level. The tumor cell becomes someone else's for the fabric in which it originated, it is uncontrollably divided and penetrates other organs. And then displaces healthy cells and takes their place. This is a completely transparent element of the body: "Once you made the wrong choice, and now you reap the results." But it's never too late to fix it.

## Work on bugs

In order to gain greater stability in the support on yourself, you need to look around and ask yourself a few questions:

- What is happening now in my life?
- Do I like what is happening?
- What values do I support - prescribed by society or those that resonate with my most intimate and tremendous desires?
- When I make a choice, then strive to avoid anxiety or try something new?
- As far as I am free to do what I want?

Recall that the neoplasm is a reaction to the "jam" in past emotions and incomplete situations.

Try to see what an unimproved event makes you very sensitive or, on the contrary, unnecessarily insensitive. Is there experience in life that you still can not talk about without tears? What keeps you in these emotions and does not allow moving on, depleting the body and taking vital energy?

Emotions remain frozen only if we strive to protect the damaged portion of the soul. Changes occur when the attitude changes. But for this it is necessary to turn face to a difficult situation and finish what determines its emotional content. For example, forgive and survive the insult, let go of a person

who has long left, to come up with loss, to establish himself in his desire to live here and now.

Such practices not only exempt from the accumulated voltage, but also strengthen the confidence that what is happening in your life depends solely on you. And this in itself is a very healthy idea.

Source: Psi Help.rf